

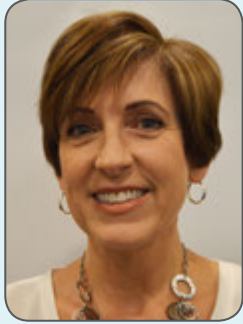
Heron

East Lake Woodlands



Volume 19 | Issue 3 | 2019

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PRESIDENT'S REPORT

by Susan Whitehead

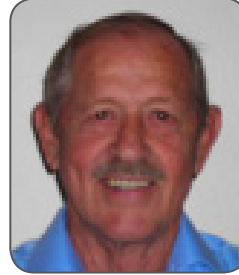
Where I grew up we would often say "April showers bring May flowers." I'm not sure what the rhyme should be for Florida. Perhaps "Sparse February rains bring more pollen pains?" If your congested head is telling you that the pollen season lasts forever, just think of all of the beautiful flowers we get to enjoy in our area as a result! To ease the

pain we should be thankful that we're not saying "March snow brings more shoveling!"

March also brings our ELWCA Annual Meeting. This year it will be held on Tuesday, March 26, 6:30pm at the ELW Country Club. This is the Board of Directors chance to give our members a review of 2018 and to explain what we have coming up in 2019 and beyond. Each board member will update you on the activities of their committee. We have nine committees that handle the needs of our community which include drainage, legal, controlled access, landscaping, communications, roads & sidewalks, insurance and administrative. In addition, the treasurer will give you a report on the financial status of our association. I hope you will attend as you are all de facto shareholders in our community.

Volunteerism is the cornerstone of any community association. Not only do we have a superb board who handle the operations of East Lake Woodlands, but we have volunteers who serve on each committee. Being a part of a committee can give insight on how that area of the association is run and is a terrific way to learn about the ELWCA as a whole. We will have signup sheets for the various committees at the annual meeting and I encourage you to consider adding your name. The time you spend can be as little or as much as you want. As an added bonus, we have a lot of great times together!

I hope to meet many of you at the annual meeting! Please add it to your calendar today.



QUIET MONTH

by Keith Crank, Vice President

It has really been an unusually quiet month in the community. You will notice that some of the controlled access officers have changed. Capt. Wendy Griffith has been replaced by Major Ricardo (Ricky) Vargas and Sergeant Brenda Barber has rejoined the controlled access team as a patrol officer. I want to wish Capt. Griffith all the best in her new position and thank her for her work done during her stay in our community. Should you happen to see either Major Vargas or Sergeant Barber in the community stop and say hello. The old system used by the patrol officers to check in at the patrolled communities has changed to an updated more comprehensive system. The new system allows for better tracking and clearer reports being generated. Soon the license plate readers at the two manned gates will be up and running and will allow our gate officers to use tablets to enter the driver's name and destination and do away with the outrageous amount of paperwork that they fill out for each vehicle. We are also working on upgrading the communication capability between the two manned gates and the patrol officers. Hopefully the patrol officer will have a separate contact number. As soon as we know the new number will publish it on the website, in the Heron and on the reader boards.

I want to recognize the birth of a bouncing eight pound eleven ounce boy to Ryan and Jessica and big sister Bella O'Conner. Jordan James was born on January 15, 2018. Congratulations to the proud parents and big sister.

As always should you need emergency help always call 911 first. Remember time is of the essence. To get in touch with PCSO non-emergency the number is

727-582-6200. Should you need assistance from our controlled access patrol officer call 727-785-7385. Let's all be safe and take care. Please slow down and stop at the stop signs. Still a problem in the community.

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GATE STATUS REPORT

Nov 2, 2018	NORTH GATE. Gate arm struck by resident. Awaiting payment.
Nov 20, 2018	SUNTRUST outbound hit by a non-resident. Claim filed; awaiting invoices.
Dec 3, 2018	SUNTRUST outbound struck by commercial vehicle. Company disputing responsibility; awaiting response.
Dec 18, 2018	SUNTRUST outbound struck by resident. Claim submitted; awaiting payment.
Dec 28 2018	SUNFLOWER outbound struck by resident. Claim submitted. THE WAL-MART inbound gate has now been replaced and is functional.

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Submit articles to: www.HOApub.com

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**EAST LAKE WOODLANDS
COMMUNITY PATROL REPORT**

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

JANUARY 2019

Alarm Calls/911 Hang Up	2
Emergency Calls	0
Complaint Calls (Noise, speeders, solicitors, domestic disputes, trespass, fireworks, suspicious persons)	29
Parking Violations	25
Irrigation Calls	1
Motor Vehicle/ Pedestrian Accidents	0
Crimes Reported (Vandalism to mailboxes, gates, grass damage, stolen bikes, dumping, all other criminal activity)	5
Miscellaneous/Other (Welfare checks, pets, wildlife, all others)	12

The Sheriff monitored 36 hours during January 2019

Performed 36 Hours of Presence/Visibility.

Citations 8, Warnings 28, Vehicles Stopped 35

Top speed: 43/30 MPH.

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by Sally Giar

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by Ron Regan

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4951 78th Ave N, Pinellas Park.

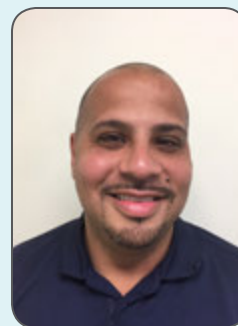
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MEET YOUR CONTROLLED ACCESS TEAM

by Ricky Vargas, Account Manager



Hello everyone, my name is Ricky Vargas and I'm your new Allied-Universal Account Manager for East Lake Woodlands.

I'm a New York City native born and raised! I've been in the security business for about 20 years starting in 1999 for a company called Bales Security. I am lucky to say that I am 9/11 survivor who was working at the Trade Center in Tower 2 that day. I share my story with anyone who is interested.

I'm a single father of 3 amazing young men; my oldest is in college, my second is a senior in high school about to attend college and my youngest will be starting middle school next year.

Football is my sport; home cooked meals are my passion! I also enjoy nature so East Lake Woodlands is perfect for me with all the deer, wild turkeys and wildlife. I don't know how to play golf, but I am very interested in learning if anyone has the patience to teach me!

God comes first and foremost in my family's life. Security and safety is important to me so my advice for today is to stop tailgating through the gates and slow down on the roads. After all, deer's lives matter!!!

I look forward to meeting each and every one of you. Just stop, say hi and let's chat!

ELWCA MANAGEMENT COMPANIES

Management & Assocs.
813-433-2000

Aberdeen
Cluster 1
Cluster 3
Cluster 4
Cross Creek
ELW Community Assn.
Enclave
Greenhaven 1
Greenhaven 2
Greenhaven 3 & 4
Pinewinds
Pinnacle
Silverthorne
St. Andrews
Woodlands Estates
Woodridge Green
Worthington

Citadel Management
727-938-7730

Cypress 3
Woodlake Run 1, 2 & 3

Ameri-Tech Prop. Mgmt.
727-726-8000

Creekside
Turtle Creek 1 & 2
Woods Landing

Jim Nobles
727-447-8949

Stonebriar

First Choice Management
727-785-8887

Preserve

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727-938-3700

Muirfield

Elite Property Mgmt.
727-224-1871

The Meadows
Hunter's Crossing

Progressive Mgmt.
727-773-9542

Cypress 1
Cluster 5
Heatherwood/Laurel Oaks
Patio Homes

Property Group of Cent. Fla.
727-771-7753

Diamond Crest
Isleworth

Resource Management
727-796-5900

Deerpath
Hunter's Trail

Sentry Management
727-799-8982

Kingsmill
Turtle Creek 3 & 4

Holiday Isles Prop. Mgmt.
727-548-9402

Cross Pointe

Self-Managed

Avenel
Lake Shore Vista
Warwick Hills
The Cove at East Lake Woodlands

As of 01/28/2019



REAL ESTATE DEBT IS "GOOD" DEBT

by Ernie Del Barba

Happy March, daylight savings time and Spring from the McCaffery Team at Berkshire Hathaway East Lake Office. We have a diverse and bi lingual team, with Team Members fluent in German, French, Italian, Spanish, Portuguese and Polish. The team includes our team leader Bob, and Fonda Dillard, Sharon Greenfield, Claudia Preisig,

Joan Daly, Grace Rutkowski and me. We are the ONLY Real Estate Office located within the East Lake Community across from the community pool and tennis club. No-one knows more about East Lake real estate than we do.

Visit our website at www.mccafferyteam.com and "like" us on Facebook at The McCaffery Team page. Our team members also have individual interactive Berkshire Hathaway websites so you can communicate with the agents directly or just use the site to locate properties. We are open daily so stop by any time with questions about your real estate investments, including the asset that is most valuable to All of us, your Home.

According to the financial strategists and planners, the smartest way to view your financial picture is that your possessions are either Good or Bad Debt. The Bad debt is the kind you enter in to that you can't afford with your income, such as trips, techno-toys and in general the things that drive your credit card up. Fortunately, your home is still considered one of your smartest choices for Good debt, and along with education and business ownership, are assets that will improve your net worth.

One of the main goals of The McCaffery Team is always to assist you in growing your net worth by making smart real estate decisions. If you already own property in East Lake Woodlands or are a small business-owners in the surrounding shopping plazas, we think you have made good choices to have a stable growth in your net worth. You might be thinking about downsizing or upsizing, and East Lake Woodlands remains one of the best places to live in Pinellas County with any size living space you could need within one master community. We would like to help you in finding what works for you.

To help enjoy March, don't forget about the 2019 Oldsmar Days and Nights festival from March 29 through the 31st at the R.E. Olds Park. This is the 58th year and is still free admission for music, parade amusement carnival and more.



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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FLORIDA FRIENDLY LANDSCAPING (FFL): IT'S THE LAW

by Bruce Berger

On February 1, 2019, a multi-county workshop, "Creating a Native FFL in Your Community", was held at the UF/IFAS Pinellas County Extension office, Largo, FL. The program was designed for property managers, HOA board members, and HOA residents. At least four attendees were associated with ELWCA.

2009 STATUTE FS 720.3075(4):

(a) The Legislature finds that the use of FFL...serves a compelling public interest and that the participation of homeowners' associations and local governments is ...essential to the state's efforts in water conservation and water quality protection and restoration.

(b) Homeowners' association official documents,...may not prohibit or be enforced so as to prohibit any property owner from implementing FFL, as defined in s. 373.185, on his or her land or create any requirement or limitation in conflict with any provision of part II of chapter 373... .

Despite the clear and unambiguous terms of the law some HOA's have fought the law by refusing to recognize the law or its intent, sued homeowners, denied the inclusion in CCR's and instruct lawyers to refer to FFL in the most narrow of terms - inconsistent with the spirit and intent of the law.

The law does not 1) invalidate HOA architectural control committees or landscaping committees, and 2) prohibit reasonable limits on FFL, such as requirements to be well maintained (neat, tidy and trim), or limit particular elements of FFL.

One flaw to the law is that the statute gives homeowners a right with no simple (non legal) remedy if a board is a "bully" on the issue.

SWFWMD also has free publications - Google.

Florida Friendly Landscaping in Our Courts



April 26, 2017
Barbara Billiot Stage, Esq.
Law Offices of Stage & Associates, P.A.

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Barbara Stage, "FFL in Our Courts" https://ffl.ifas.ufl.edu/LegallySpeaking2017/2017-3_FFL-Law_Stage.pdf



FOR INFORMATION CONTACT DORIS HEITZMANN,
Community Outreach Coordinator, Florida-Friendly Landscaping™ Program, UF/IFAS
Pinellas County Ext., Largo, FL
dheitzmann@pinellascounty.org

Florida-Friendly Landscaping Principles
Southwest Florida Water Management District

- 1 Right Plant, Right Place**
Plants selected to suit a specific site will require minimal amounts of water, fertilizers, pesticides and maintenance.
- 2 Water Efficiently**
Irrigate only when your lawn and landscape need water. Overwatering can waste water, cause pollution and makes plants more prone to disease and pests.
- 3 Fertilize Appropriately**
Less is often best. Overuse of fertilizers can be hazardous to your landscape and the environment.
- 4 Mulch**
Maintaining a 2"-3" layer of mulch will help retain soil moisture, prevent erosion and suppress weeds.
- 5 Attract Wildlife**
Plants in your landscape that provide food, water and shelter will attract Florida's diverse wildlife.
- 6 Manage Yard Pests Responsibly**
Unwise use of pesticides can harm people, pets, beneficial organisms and the environment.
- 7 Recycle**
Grass clippings, leaves and yard trimmings recycled on-site provide nutrients to the soil and reduce waste disposal when reused on the landscape.
- 8 Reduce Stormwater Runoff**
Water running off your landscape can carry pollutants such as soil, debris, fertilizer, gasoline and pesticides that can negatively affect water quality and the environment. Reduction of this runoff will help prevent pollution.
- 9 Protect the Waterfront**
Waterfront property, whether on a river, stream, pond, bay or beach, is very fragile and should be carefully protected to preserve Florida's waterways, plants and wildlife.

See other side for more information.

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BIRD OF THE MONTH DOWNY WOODPECKER

by Jake Jacoby

Adult Downy Woodpeckers are the smallest of North America's woodpeckers but there are many smaller species elsewhere, especially the piculets (small woodpecker species found primarily in central and South America). As you can see in the above photograph, the Downy is mainly black on the upperparts and wings, with a white back, throat and belly and white spotting on the wings. There is a white bar above the eye and one below. Adult males have a red patch on the back of the head.

Downy Woodpeckers are quite common in East Lake Woodlands and can routinely be found along the edges of the golf courses and backyard feeders.

They forage on trees, picking the bark surface in summer and digging deeper in winter. They mainly eat a variety of insects, especially beetles and ants, also gall wasps and caterpillars. They also eat seeds and berries when available. They are a natural predator of the European corn borer, a moth that costs the US agriculture industry more than \$1 billion annually in crop losses and population control. Especially in winter, Downy's can often be found in suburban backyards with mature trees where they can feed on suet and shelled peanuts provided by our East Lake Woodlands residents in their bird feeders.

Males and females have separate feeding areas in fall and early winter, with pairs forming by late winter. Both the male and female take turns drumming loudly on dead limbs on their separate territories; and then the male will gradually approach the female. Downy Woodpeckers nest in a tree cavity excavated by the nesting pair in a dead tree or limb. In the winter, they also roost in tree cavities. The nest cavity entrance is often surrounded by fungus or lichen, which helps to camouflage the site.

The female will lay 3 to 5 white eggs, incubated by both parents. The chicks will hatch in about 12 days. The chicks are born naked with a pink skin, a sharp egg tooth at the tip of their bill, and their eyes closed.

Both parents will then bring billfuls of insects to feed the nestlings. The young will leave the nest in about 20 to 25 days after hatching, and usually follow parents around for a few weeks thereafter before striking out on their own.

Woodpeckers don't sing songs, but they drum loudly against pieces of wood or metal to achieve the same effect. Most people assume that this drumming is part of the birds' feeding habits, but

it isn't. In fact, feeding woodpeckers make surprising little noise even when they're digging vigorously into wood. All woodpeckers have an extra-thick skull and a chisel-like beak. And when they drum, they are doing more than just making noise. There are a couple of reasons woodpeckers drum; they try to establish their territory in the summer and also to attract a mate.

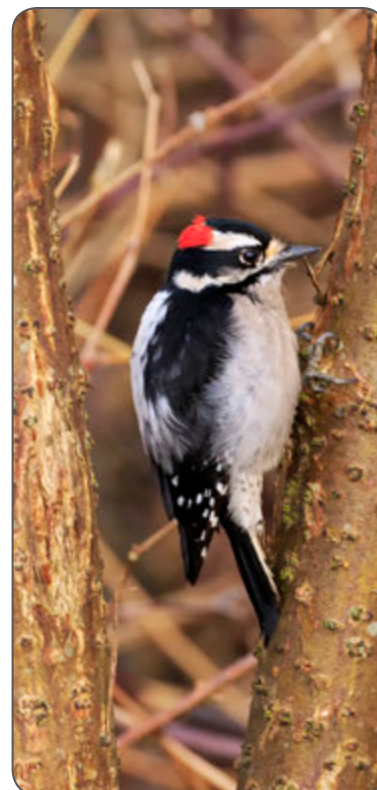
Please see my favorite photographs at: www.flickr.com/jake_jacoby



Baby, its cold outside



Downy in the Palm Tree



Looking for insects



Looking for beetle larvae

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EASTER EGG HUNT FOR THE DOGS

by Karen Ullestad, Volunteer

Canine Estates Dog Rescue is a local non profit dog rescue in Palm Harbor. Please come to our annual Easter Egg Hunt with your furry friend. Lots of fun for the dogs, with vendors, raffles, food and more. Our mission is to provide shelter to unwanted animals; to furnish medical and other services; to care for, protect, and find quality homes for neglected animals; to advocate animal welfare to further the bond between people and animals, for the mutual benefit of both. Please come and support our rescue to "Save One Tail at a Time!"

NEW PORT RICHEY GARDEN CLUB

by Rosemary Nagy, VP/Programming

The New Port Richey Garden Club will meet Wednesday, March 13 at the New Lakes at Regency Clubhouse, 8330 Civic Dr., Port Richey 34668. Our guest speaker is Dorothy Moore. The topic is **BUTTERFLIES, ENCOURAGING POLLINATORS IN OUR GARDENS.**

All are welcome. Doors open at 12:30pm, meeting begins at 1:00pm.



Canine Estates
Saving One Tail At A Time

2ND ANNUAL
easter egg HUNT FOR THE DOGS!

SATURDAY APRIL 6, 2019
11AM - 2PM

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Easter Costume Contest
Silent Auction Gift Baskets
Easter Egg Pool For Prizes
Raffle Prizes
Music by Chris Sjakvist
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GIVING BACK

by Jeff Hunt, Editor

A few weeks ago during a staycation, my wife and I decided to embark on a one tank trip to a destination that I had always thought of as a little hokey since I moved to Florida in 1986. The name of the place always evoked an image in my mind of a little old ladies garden club with plants trying to imitate the Hanging Gardens of Babylon or something. I think the location of the

place, right in the center of the state in Lake Wales (of all places) helped keep me away too.

Dedicated on February 1, 1929 by President Calvin Coolidge, I found this to be a truly amazing place. It is listed on the National Register of Historic Places and is a National Historic Landmark. It was built on the highest elevation of peninsular Florida at 295 feet above sea level. The site contains a 250 acre botanical garden, a 205 foot musical tower with 60 carillon bells, hiking trails, an estate and visitors center. It is also designated as a bird sanctuary which I know makes ELW resident Jake Jacoby very happy.



This beautifully serene place is called Bok Tower Gardens and was the vision of Dutch immigrant Edward K. Bok and his wife Mary Louise Curtis Bok. Edward was born in the Netherlands in 1863 and immigrated to the United States at age 6. He spoke no English and his family was very poor with little Edward collecting scraps of coal off the streets to help out his family. From those humble beginnings Mr. Bok rose to become the editor of Ladies' Home Journal for 30 years and was also a Pulitzer Prize winning author for his work, *The Americanization of Edward Bok: The Autobiography of a Dutch Boy Fifty Years Later*. After retiring, he fell in love with the area around his winter home near Lake Wales and began working on the creation of Bok Tower Gardens in 1921. Once completed, he dedicated it to the American people as thanks for giving him the opportunity to live the life he lived.



the area around his winter home near Lake Wales and began working on the creation of Bok Tower Gardens in 1921. Once completed, he dedicated it to the American people as thanks for giving him the opportunity to live the life he lived.

Also during the same staycation, ELWCA Board member Paul Burmeister and I had an interesting and exciting meeting with two ELW residents. John Kuch and Ethel Tijerino-Kuch own an aerial videography company and had offered to help us create a unique visual experience for our ELWCA website. Potential buyers, sellers and visitors would be able to view our entire Community from a multitude of video perspectives, showcasing the varied strengths of living in ELW.



Much like Edward Bok, the Kuch's stated they were motivated not only by a sense of Community, but by a desire to GIVE BACK something to the Community they call home.

So as my time as a ELWCA Board member draws to a close, I'd like to thank all those residents who choose to GIVE BACK to their Community by serving on the ELWCA Board of Directors or a ELWCA committee. Also, those residents that choose to submit interesting and informative articles for The Heron. And those residents that go out for a walk and choose to pick up the garbage of others.

Finally I'll leave you with a poem by Madeline S. Bridges, part of which is quoted by Edward Bok at his Bok Tower gardens and who is still GIVING BACK to this day.

Life's Mirror

*There are loyal hearts, there are spirits brave,
 There are souls that are pure and true;
 Then give to the world the best that you have,
 And the best will come back to you.*

*Give love, and love to your life will flow,
 A strength in your utmost need;
 Have faith, and a score of hearts will show
 Their faith in your work and deed.*

*Give truth, and your gift will be paid in kind,
 And honor will honor meet;
 And the smile which is sweet will surely find
 A smile that is just as sweet.*

*Give sorrow and pity to those who mourn;
 You will gather in flowers again
 The scattered seeds from your thought outborne
 Though the sowing seemed but vain.*

*For life is the mirror of king and slave,
 'Tis just what we are and do;
 Then give to the world the best that you have
 And the best will come back to you.*





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PINELLAS COUNTY - WATERSHED SUMMARIES

by Bruce Berger

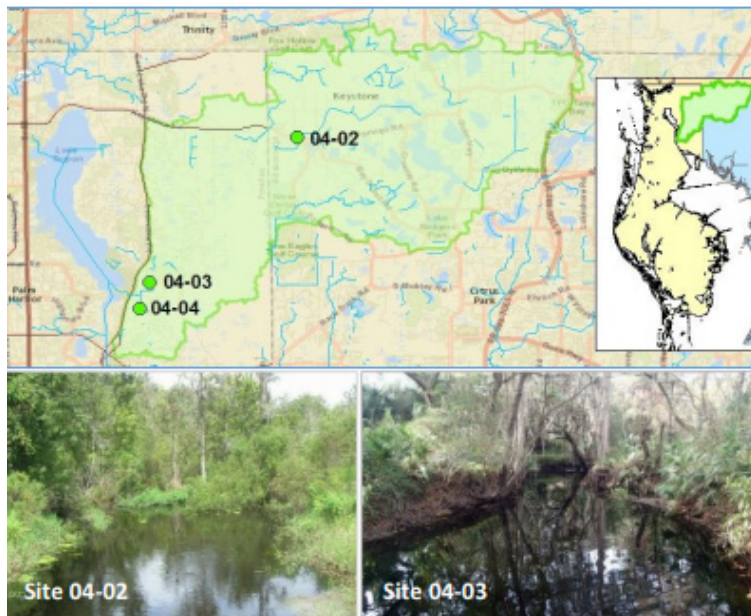
As discussed in prior articles, ELWCA has drainage outfalls into two watersheds, Brooker Creek in the north and Moccasin Creek in the south. There is a sampling site for each watershed within ELWCA.

Pinellas County monitors County waterbodies to determine if waters are “fishable and swimmable” or are in need of improvement. If a waterbody does not meet the State standards indicative of a healthy system, it is considered impaired, and actions are required to improve water quality.

Pinellas County has monitored the quality of surface waters (creeks, lakes, bays, and intracoastal waters) since 1991.

As part of the Pinellas County ambient monitoring program, Moccasin Creek is sampled eight times a year, approximately every 40 days from June through September (wet season) and every 51 days for the rest of the year (dry season).

Some water quality parameters are measured in the field: pH, dissolved oxygen, temperature, conductivity, salinity, and flow. Other parameters are analyzed at the County lab from collected

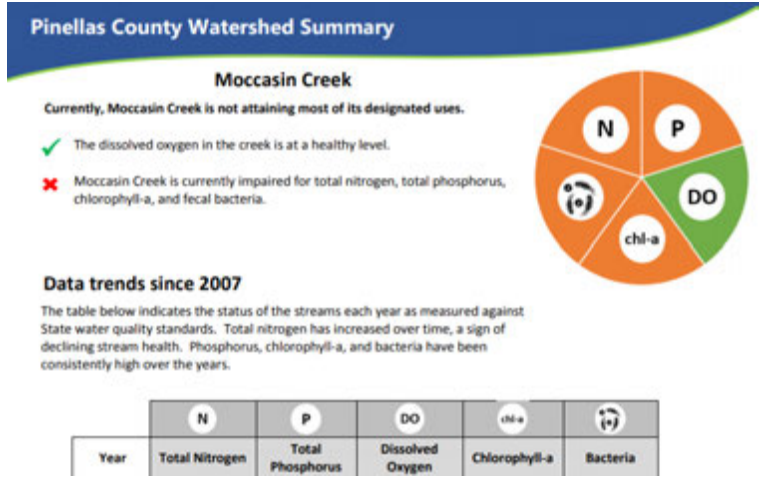
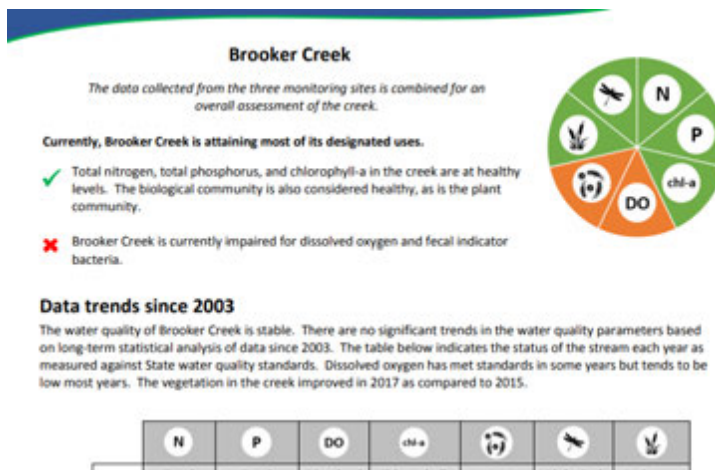


Brooker Creek Watershed Summary Map

water samples: total phosphorus, orthophosphate, nitrate-nitrite, ammonia, total Kjeldahl nitrogen, chlorophylls a, b, and c, phaeophytin, total suspended solids, turbidity, five-day biological oxygen demand, and E.coli bacteria.

One of three Brooker Creek sampling sites is within ELWCA, site 04-04. As part of the Pinellas County ambient monitoring program, three sites are sampled eight times a year, approximately every 40 days from June through September (wet season) and every 51 days for the rest of the year (dry season).. In Pinellas County, Brooker Creek flows southwest and enters the southern-most area of Lake Tarpon.

2018 Summaries are available online, Google "Pinellas Watershed Summaries."



2019 EASTLAKE WOODLANDS COMMUNITY ASSOCIATION BOARD MEETING SCHEDULE		
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



Moccasin Creek Woodlands Drive

CHOOSING THE RIGHT DOCTOR FOR YOU AND YOUR FAMILY

(Family Features) What matters to you when finding a doctor to treat you or your family members?

A recent survey commissioned by the American Board of Medical Specialties found that four out of five people ranked Board Certification as an important factor when selecting a doctor, second only to whether the doctor is covered by their insurance.

Choosing a new doctor is an important decision that nearly everyone experiences at one time or another, whether it's finding a new family physician or pediatrician after a move or searching for a specialist after being diagnosed with a condition such as heart disease, diabetes or cancer.

When selecting a physician, you want to know the doctor you choose is qualified and that you and your family will receive the best care. Board Certified doctors hold themselves to a higher standard and have demonstrated their knowledge and expertise in their specialty. This higher standard has been found to be important to patients.

"Choosing a doctor is one of the most important decisions you'll make regarding your health," said Richard E. Hawkins, MD, president and chief executive officer, American Board of Medical Specialties (ABMS), the leading not-for-profit organization overseeing physician certification in the United States. "Today's patients have a greater expectation for quality. Board Certified physicians offer people confidence that their doctor has the specialized knowledge, skills and clinical judgment to provide the high-quality care they expect and deserve."



- Not all doctors are Board Certified. Board Certification is voluntary, and more than 880,000 doctors in the United States are ABMS Board Certified in 40 specialties and 87 subspecialties.
- Find out if a doctor is Board Certified. This simple search tool allows you to check if your doctor, or one you are considering, is Board Certified. CertificationMatters.org, a website of ABMS, also features information about how doctors earn Board Certification, its importance to quality care and why the credential matters. Additional resources include links to prominent health care and consumer advocacy organizations.

To find a Board Certified doctor near you, visit CertificationMatters.org.

*Photos courtesy of Getty Images #14609
Source: American Board of Medical Specialties*

BACK TO COLLECTING A TIME TO CHANGE?

by Paul J.H Leaser

Daylight Saving yes? Or no? or?

Julius Caesar "instituted" a calendar, which, unknowingly, lost 11 minutes a year for sixteen hundred years.

Then, on October 4, 1582, eleven days were added to our calendar. This was a "papal bill" mandating the change

issued by Pope Gregory XIII.

Some countries did not accept the change, but eventually did so. This, then, was the *Gregorian calendar as we know it today.

Now what?!?

*The Gregorian calendar, itself, is off by one day every three thousand years.



WHAT IS BOARD CERTIFICATION?

Board Certification is recognized as the premier standard and assessment system for specialty and subspecialty expertise in medical, surgical and hospital disciplines.

- Board Certified doctors are experts in their specialties. Doctors who choose to be Board Certified are required to demonstrate their specialized knowledge in their area of practice.
- Board Certified doctors have met a higher standard. To be Board Certified, doctors successfully complete extensive training and assessment beyond that of their non-Board Certified peers.

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EAST LAKE COMMUNITY LIBRARY MARCH 2019 SPECIAL EVENTS

by Patty Ann Wieczorek, Reference & Marketing Librarian

WHAT'S IT WORTH TO YOU? ANTIQUE APPRAISAL FAIR

Saturday, March 2, 10am-12pm



Popular Radio Show Host, Author and Antiques Appraiser Mike Ivankovich will be here giving verbal valuations of your household items, antiques, collectibles, and even JUNK! This is a quick and low-cost way to obtain a general ballpark value of what your personal property may be worth in today's market, whether you have any hidden treasures or special items of significant value, and how/where you can sell or dispose of these items in today's market. Limited to 30 people. Only charging \$5/item up to 3 items max. Sign-up in the library in-person!

STREAM SATURDAY

Saturday, March 9, 11am-2pm



Drop in for hands-on science, tech, reading, engineering, art, and math activities! K-2 activities will be in the children's room and will require caregiver guidance. Children grades 3-5 can explore self-guided activities in the community room. Parents must remain on library grounds but are not required to attend.

SUNDAY CONCERT: MRS. MURPHY'S CELTIC CHOWDER BAND

Sunday, March 10, 2-3:30pm



Mrs. Murphy's Chowder is a Celtic band with many musical ingredients, cooking up some hot jigs & reels with energy from a variety of instruments. Advance tickets are available at the library circulation desk for a donation of \$15 per concert. Tickets will be available at the door. Proceeds benefit the library. Concert is followed by a wine and cheese reception.

AARP TAX SERVICE (BY APPT.)

Friday, March 8, 10am-2pm



AARP Foundation Tax-Aide Volunteers will provide free in-person tax preparation. In-person preregistration is required at the library so that participants receive the list of required documents to bring with them. Half-hour appointments begin at 10AM with last appointments at 1:30PM. There are no online or phone registrations for this program; walk-ins will be accommodated, if possible.

5 WAYS TO AVOID AN ENERGY CRASH

(Family Features) If you start each day motivated but find your energy tends to fade throughout the day, a few simple and easy-to-implement changes to your routine could make all the difference.

TUNE IN. Take the silence out of a dull morning with some of your favorite music to help ensure you're starting the day on a positive note. Turn on the radio while you're showering, plug in headphones while preparing breakfast or set a "wake up and get ready" playlist on shuffle during your commute.

START WITH BREAKFAST. It's fairly common to skip breakfast if you're in a rush to get out the door, but those few minutes you save in the morning can end up costing you as the day wears on. That's because breakfast quite literally breaks your overnight fast and sends signals to your body that it's time to kick back into gear for the day. With a convenient option like the Nescafé Coffee Protein Smoothie, you can hack your morning routine so that you can get more out of your day. Made with real 100 percent Colombian Arabica coffee, oats and almond butter, this ready-to-drink smoothie contains 15 grams of plant-based protein and as much caffeine as one cup of coffee to help you prepare for the day ahead.

GET CREATIVE. If you typically spend your mornings focused on routine tasks, give your brain some creative freedom. Carving out time during the day for an activity you enjoy, such as sketching or coloring, watching inspirational videos, meditating or even brainstorming outside-the-box ideas for a fictional client, can help increase productivity when you turn your focus back to the task at hand.

SHAKE UP YOUR AFTERNOON PICK-ME-UP. Mornings can go by in the blink of an eye, but afternoons sometimes seem to drag. A little boost may be all you need to keep going. Reward your hard work with an option like a Nescafé Cold Whipped Latte and enjoy a perfectly indulgent afternoon treat. Give it a quick shake and the chilled blend of coffee, creamy milk and coffee or French vanilla flavors create layers of froth and foam to deliver a coffee-shop experience right at your desk.

PREP FOR THE NEXT DAY. If you're apt to take your work home with you, consider jotting down any end-of-day work thoughts and tasks for the following day before you leave for the night. Keeping a physical to-do list or journal can provide a starting point for the next morning. This can help prevent forgetfulness, reduce stress and potentially aid in getting a better night's sleep.

Find more inspiration to energize your morning and shake up the afternoon at Nescafe.com/us.

Source: Nescafe



A TASTY TAKE ON TRENDY TOAST

(Family Features) While many food trends come and go, some desired food traits seemingly never go out of style. For example, dishes that provide nutritional benefits will pretty much always be popular, along with types of foods that can be customized to match personalized preferences and tastes.

Toast is a versatile option for nearly anyone seeking a bite for breakfast, especially those eaters looking for both nutrition and flavor. Because you can add a variety of toppings to your toast, it can be a simple way to add a healthy element to your morning routine.

These recipes, for example, include Sabra Hummus as a base spread, which adds protein and fiber perfect for breakfast, brunch or a mid-morning snack. Hummus Toast with Sun-dried Tomatoes and Parmesan brings with it the extra nutritional value of veggies, while Hummus Toast with Soft-Boiled Egg and Spinach packs ample protein for an ideal way to start the day.

Plus, because these quick-to-make recipes involve short amounts of time spent on preparation, you're able to enjoy a nutritious treat even on the busiest of days.

Find more ways to take trendy toast to the next level at Sabra.com.



HUMMUS TOAST WITH SOFT-BOILED EGG AND SPINACH

Servings: 1

- 1 slice artisan country white bread
- 1/4 cup fresh spinach, wilted
- water
- 1 soft-boiled egg
- ice
- 1 garlic clove, chopped
- 1 teaspoon olive oil
- 2 tablespoons Sabra Classic Hummus
- red pepper flakes, for garnish
- salt, to taste
- pepper, to taste

1. Toast bread; set aside. Wash spinach; set aside.
2. Fill small saucepan with enough water to barely cover egg; bring to boil, cover and reduce heat. Cook egg 6 minutes, remove from heat and plunge into ice bath to stop cooking. Peel egg; set aside.
3. In medium skillet, saute chopped garlic in olive oil approximately 3 minutes; add spinach and stir 2 minutes, or until spinach begins to wilt. Remove from heat.
4. Spread toast with hummus. Add wilted garlic-spinach. Cut egg in half and place on top of spinach. Sprinkle with red pepper flakes, salt and pepper.

#14540

Source: Sabra

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