

Heron

East Lake Woodlands



Volume 17 | Issue 4 | 2017

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PRESIDENT'S MESSAGE

by Susan Whitehead

Spring is my favorite season of the year. As a child it always held the anticipation of the fun filled days of the summer to come. When my children were small it held the promise of winding up a school year full of homework and projects. And now, as an "older" adult, I find it renews my spirit and energizes me. It's that spring resurgence that I hope will find its way into all of our neighborhoods.

I am happy and honored to now serve as the president of the East Lake Woodlands Community Association. The ELWCA board, as always, is committed to providing the best possible service to our community. Items that we have recently finished are:

- Repaving Woodlands Boulevard from mid Cross Creek to the north gate
- Repaired sidewalks throughout the community
- Removed 17 dead pine trees in danger of falling
- Continued cutbacks of overgrowth along major roadways

Items that we are either continuing to work on or are in the planning stages:

- Adopted a new communication policy to ensure that every board member hears residents concerns and can discuss accordingly.
- We are in the process of organizing a more in-depth and comprehensive disaster response plan.
 - We are gearing up to review and rebid security contracts.
- Review and continue to work to bring all HOA's into the ELWCA
- Finishing up a financial audit.
- Changing board meetings to include 3 additional evening meetings for better communication. (See schedule within this Heron or on the ELW website)
- Reviewing ways to enhance communication through existing or new media.

I recently realized that the small town where I grew up in eastern North Carolina has one half of the population of East Lake Woodlands! Imagine my surprise when I discovered that Beaufort, NC has 68 full time employees in addition to a full service county government. To put it in perspective, East Lake Woodlands has zero employees. Yes, we contract services, but the leadership needed to execute our community's needs is a purely voluntary group, your board of directors. We cannot do it without input, comments and help from those we gladly serve. To borrow from and paraphrase Abraham Lincoln, we are a community of the people, by the people, and for the people. The more who engage, the better we all become.

A standard organizational meeting took place as per board policy after the ELWCA annual meeting on March 29. The Board discussed rotating positions within the group in order to get new perspectives and eventually voted Susan Whitehead as president. Judy Fosbrook resigned her position after a highly successful term of 10 years. The entire board wishes her well as she returns to a peaceful, private life. At the April 11 meeting the board reviewed three volunteer candidates for the open board position. The board voted to appoint Paul Burmeister to fill the director slot.

COMMUNICATIONS

By Jaime L. Soderland-Ballard, MBA, PCAM

East Lake Woodlands has a new communications policy. This policy will ensure that all concerns that you have addressed to ELWCA are responded to in a timely manner and will have input from all Board members.



COMMUNICATIONS

Re: Eastlake Woodlands

1. All communication coming in from owners must be in writing and mailed to ELWCA c/o Management & Associates 720 Brooker Creek Blvd., Suite 206 Oldsmar, Florida 34677. Emails where content requires input from the board will be responded to indicating that a new policy is in place and that they must submit their correspondence in writing via U.S. regular mail.
2. Once received, a copy will be scanned to all board members for their review.
3. All correspondence will be responded to in a timely manner and within the statutory requirements.
4. This policy will start April 11, 2017.

Of course, if you have a question, maintenance or safety concern you may email me as you do now. This policy has not been constructed to make it more difficult for communication, it is merely to make responses more timely and formal.

EASTLAKE WOODLANDS COMMUNITY ASSOCIATION BOARD MEETING SCHEDULE

Tuesday May 9th 8:00 AM	Management & Associates
Tuesday June 13th 6:30 PM	East Lake Woodlands Country Club <i>Guest speaker: Pinellas County Deputy Love addressing community security concerns</i>
Tuesday July 11th 8:00 AM	Management & Associates
Tuesday August 8th 6:30 PM	East Lake Woodlands Country Club
Tuesday September 12th 8:00 AM	Management & Associates
Tuesday October 10th 6:30 PM	East Lake Woodlands Country Club
Tuesday November 14th 8:00 AM	Management & Associates
Tuesday December 12th 8:00 AM	Management & Associates

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SUPPORT THE MAD HATTERS KNITTING CIRCLE

by Deanna J. Bennett

If you used to knit or crochet (or know someone who did), you may still have a stash of yarn somewhere in a drawer or closet. Why not donate your yarn to The Mad Hatters Knitting Circle for their charitable knitting projects? The group knits and crochets caps for chemo patients, baby hats and blankets for newborns, lap afghans for the wheelchair-bound, and other items. We donate these to hospitals, Hospice, and cancer support organizations. If you have non-wool yarn to donate, please contact Deanna Bennett at djb123@tampabay.rr.com. Also contact her if you'd like to join the group. We all knit/crochet on our own and meet the first Monday afternoon of the month to bring in everything we've knit/crocheted so it can be donated.

**EAST LAKE WOODLANDS COMMUNITY PATROL REPORT****Tampa Road Gate 727-785-7384 or North Gate 727-785-1465****March 2017**


Alarm Calls/911 Hang Up	1
Emergency Calls	0
Complaint Calls (Noise, speeders, solicitors, Domestic disputes, trespass, fireworks, suspicious persons/cars)	25
Parking Violations	101
Irrigation Calls	3
Motor Vehicle/ Pedestrian Accidents	3
Crimes Reported (Vandalism to mailboxes, gates, grass damage, stolen bikes, dumping, all other criminal activity)	0
Miscellaneous/Other (Welfare checks, pets, wildlife, all others)	28
The Sheriff monitored 36 hours during March 2017	
Performed 3 Hours of Presence/Visibility.	
Citations 18, Warnings 69	
Top speed: 50/30 MPH.	

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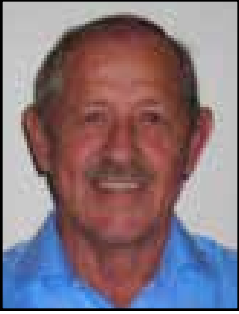
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STOP AND SLOW DOWN

by Keith Crank, Vice President

This month was pretty quiet but many of the drivers within the community still ignore the posted speed limits and stop signs. There were recently two accidents at Eastlake Woodlands Parkway and Woodlands Drive. The drivers on Woodlands Drive either ignored the stop signs or rolled through the stop sign causing both accidents. Also, a secondary factor was the vehicles speeding on Eastlake Woodlands Parkway. People need to stop and slow down! Thankfully, the persons involved in the accidents were not seriously hurt.

Another problem we have is that some children think it's cool to jump on the monument walls. The Greenhaven monument wall at the corner of Eastlake Woodlands Parkway and Sunflower Drives seems to be the one they prefer at the present time. The monument wall at the Preserve used to be their preferred wall. The Greenhaven monument wall was recently refurbished and new plantings placed and we don't want to see it vandalized by some kids who think is a cool place to play. Should you see anyone playing on any of the monument walls please call the controlled access patrol officers at 727-785-7384. Fortunately no one has been hurt yet and hopefully no one will be. Let's not take that chance. Just a slip could mean a life-changing injury should one of the children fall and hit their head on the concrete.

I want to take this opportunity to thank a gentleman who does a great service for our community. He and I were talking last month and he told me that in April of this year he would have been picking up trash along our streets for twelve years. How is that for giving back to the neighborhood!! He also told me it was getting boring and he was doing something else to continue to give back. He now is driving persons back and forth to appointments and while he waits for them he will pick up trash along McMullen Booth Road if that is where he happens to be. Howard Jackson is a great person and should you see him along Sunflower Drive or Eastlake Woodlands Parkway beep your horn and he will give you a friendly wave and his great smile. Howard, thanks a million from all of us.

On April 15, Rod and Jen (a couple of terrific people and parents) once again organized a wonderful Easter egg hunt for all the youngsters in Worthington. A great time was had not only by the kids but all the parents seem to enjoy it too. Thanks again Rod and Jen. Nice Job. We appreciate all the time and effort that you put into organizing and pulling this community function off in such a great way every year.

At the last controlled access meeting, it was announced that should anyone need to call the sheriff's department non-emergency number we should now call 727-582-6900. This number should be used instead of 727-582-6200 and will result in a quicker response by the sheriff deputies since the dispatcher is in north Pinellas instead of south Pinellas. As always call 911 should you need emergency help. To get in touch with the patrol officers the number is 727-785-7384.



OUTSIDE THE GATES

by Richard Corrigan, Director ELWCA

Last month we outlined several of the projects that received funding from the BP settlement funds received by Pinellas County. While those projects have not necessarily begun yet, the County Commissioners are already turning to what projects might be funded if the Penny for Pinellas sales tax is extended for one year at the referendum to be held this November. The commissioners prefer that these funds be used for infrastructure development or improvement and are soliciting ideas from the community. By the time you read this, the Penny for Pinellas survey will have been completed. However, if you did not complete this survey, you can write in your ideas to the commissioners at large who serve North County or in support of the ideas that are already being considered or have been advanced by interested parties. The Council of North County Neighborhoods (CNCN) held a forum on April 17 at East Lake Woodlands Country Club to hear ideas from citizens or justification for projects already under consideration.

High on that list is a new mulcher for Brooker Creek Preserve. While the preserve currently leases a mulcher, having its own equipment will help it regularly gather and shred the ground litter and undergrowth that accumulates in the preserve during the dry season and grows abundantly when the rains return. It is in all East Lake corridor residents interests that the flammable growth and litter be reduced given the risk of fires. As we have seen during this exceptionally dry winter, the risk of brush fires is high as evidenced by the recent massive burn in Osceola County.

The Friends of the Library will also be out in force to support their planned Phase II expansion of the East Lake Library. If you have not been up to the facility to see their plans it is worth a trip - check out a good read while you are there - the conceptual plan is quite impressive and would mean 2,500 square feet of extra facilities for the community. East Lake Library serves not only the East Lake corridor but also pulls in clients from southern Pasco County making it one of the most heavily traveled facilities in the library system so expansion is needed as well as the move to make the library a community center. Lois Fennel and her staff will be at the April 17th meeting to discuss this request as well as other fund raising activities.

The Palm Harbor Library is also considering a new roof. Although this would ordinarily be a maintenance or facilities reserve expense in the county budget, as the revenue stream is still recovering from the Great Recession, PHCSA, which manages the facility is turning to Penny for Pinellas for funding of this critical repair. The Palm Harbor Library has been cutting back hours to save funds for maintenance which does not do one any good.

Ozona is looking to save its coastline and this may be a harbinger of things to come for all of Pinellas as the cause of concern is rising sea levels. Not only will this threaten the beach areas but also the mangrove stands that provide filtration, preserve the coastline and harbor fish fry (baby fish) from predators.

Since Penny for Pinellas funding won't be decided until after the November referendum it will be after Hurricane season. But that is no reason not to look at your flood policies for both your own dwelling plus your HOA. A major and necessary expense post any large storm is cleanup of debris and fallen trees etc. Make sure your HOA has adequate coverage for this potential expense. You should also note that FEMA flood insurance may cover tree damage to your own property if caused by a storm with associated flooding.

The good news is that the hurricane season, which begins in June, is forecast to be light with only 11 named storms, 4 hurricanes and only two predicted to hit the east coast somewhere between Florida and Maine. Now I am trying to figure out why that prediction comes from a university situated in the Rocky Mountains north of Denver!

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AROUND THE NEIGHBORHOOD - WOLF PACK SIGHTED IN EAST LAKE WOODLANDS COMMUNITY

by Diane Mongiello

A small pack of wolves has been sighted within East Lake Woodlands! "Reports started coming in to 911 Thursday around 4 PM. People were hysterical and babbling making it difficult for the 911 operators to understand exactly what they were saying.



Local wildlife experts believe this small pack followed the high tension wires through the US and into Florida, travelling south from Canada for more than 4 months" said Deputy A. P. Rilfool of the Pinellas County Sheriff's office.

Do I have your attention? The Communications Committee is working hard to improve the Heron ('fake news' notwithstanding) so more ELW residents look forward to reading it when it arrives monthly! The committee has adopted a few changes and additions which you should find not only interesting, but informative, about projects and events going on in YOUR neighborhood.

Jeff and his 2 committee members cannot do it alone. We are looking for contributors, ordinary people who have something of interest they would like to share; or a skill they would like to use to inform the residents of ELW. Have you followed Paul Leaser, Jake Jacoby, Judy Gauron and Pam Brown's articles, as well as the informative articles by the ELW Board Directors? Each has an interest, skill, hobby or pertinent information they share with you monthly – and they are incredibly interesting and informative! I'm willing to bet that there are more than a few of you who could do the same! This is not a request for a monthly commitment – just for an occasional addition to the "Official Publication for East Lake Woodlands Community Association" – YOUR Community.

So, if you have information to share, including 'Good News' like birth, marriage, anniversary, a restaurant review, or a topic you are passionate about and would like to share, please consider writing a small article and sending it to Jeff Hunt at jlhunt0225@aol.com or me at mongielod@yahoo.com for inclusion in the Heron.

P.S. There were really no wolves in Eastlake Woodlands.



The Pinellas County Sheriff's Office offers house checks while you are away from your home for an extended period of time. To sign up for this service you need to provide the following information:

- The date you will be leaving and the date of your return (if you are a seasonal resident, please estimate your return)**
- The address for the house check**
- The homeowner's name**
- The phone number to reach the homeowner while away**
- The address of your destination**
- A phone number and address for a local contact (family member, neighbor, etc.)**
- Please share whether or not someone else will have access to your home, if you will leave lights or TV on or on a timer, if you have pets on the premises, and if you have lawn maintenance.**

Call **(727) 582-6177** or **(727) 582-6200** to schedule your house checks.

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EARTHDAY WITHOUT LEAVING YOUR PROPERTY – THE HIDDEN COSTS OF IRRIGATION OVERSPRAY AND RUN-OFF

by Bruce Berger

ELIMINATING RUN-OFF AND OVERSPRAY

Run-off

Run-off occurs when water is applied too fast, or in too great an amount, to the soil. In addition to over-watering (applying too much water overall), run-off can occur on sloped landscapes when landscapes are watered too long for their soil type.

Overspray

Overspray is simply the water that lands beyond the planted or target area. When the overspray lands on sidewalks, drives and other hard surfaces it can, and does, empty into the streets and local waterways. Garden beds and irrigation systems should be designed to avoid overspray onto impervious surfaces. Lawns should be held back from streets and driveways. Overhead irrigation should not be used in planting areas directly adjacent to streets, driveways and waterways. Irregular-shapes and narrow strips of lawn should be avoided, as it is difficult to water them without the occurrence of over spray.

The hidden costs of overspray and run-off:

- Paying for water that is not needed, or used, in the garden.
- Accelerated deterioration of asphalt drives and parking areas.
- Damage to fences, siding, patios, walks and other garden structures.
- Reducing water quality at creeks and beaches.
- Harming aquatic life.
- Causing disease in humans that come into contact with polluted waters.
- Creek clean up and watershed restoration projects.

Excerpt from <http://togetherweconservelandscape.com/Garden-Resources/Runoff.php>



Irrigation over spray onto the sidewalk will flow through the gutter, into the drain, and pollute the ground water.

HISTORICAL BITS AND PIECES

By Paul J.H. Leaser

FALSO TEETH

Many Years ago, when I was engaged in collecting, one of my interests was in scrimshaw.

Apparently, I had not done enough "homework" on the art when I bought the beautifully - scrimshawed whale's tooth shown here. It's a Fake! However, I hadn't paid much for the tooth, and I learned what



to look for in the future, so I considered it a worthy lesson.

The picture of the grouping of scrimshawed items belonged to a friend of mine, who educated me on what to look for in the art.

I would suggest you read, "The Scrimshander" by William Gilkerson, who tells about the nautical ivory worker and his art.



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HOW TO PREPARE YOUR PATIO FOR SUMMER

By Sally Giar

It's never too early to prepare for summer. The warm temperatures and clear skies will be begging you to spend more time outdoors, so you need to make sure your patio's ready to party. With a few décor tips and advice, you can transform your outdoor space into a getaway that's always within reach.

Consciously choose the right furniture

First, consider how you plan to use your space. Is it for entertainment, or is it for your own personal use? This will help you decide how much furniture you need and what kind of pieces would work best for your patio.

Creating a space for your family and friends to gather is simple. Just imagine you're designing a room in your home - but without walls. Make sure there's a place for lounging and mingling, as well as a space for wining and dining.

If you're focused more on creating your own personal getaway, you'll likely need less furniture, so you need to pick a few statement pieces. We can help you find the ideal set that'll create your dream sanctuary.

There are so many different styles of furniture to choose from based on what you find aesthetically pleasing. We can help you choose the perfect products to match your taste.

Don't forget to accessorize

Beyond choosing furniture, outdoor accessorizing is the key to creating the personalized space of your dreams. Spruce up your chairs with bright, colorful throw pillows that can equally maximize comfort and style. You should also consider an area rug to bring all of your furniture pieces together - this can help ignite the idea that your patio is a room with no walls.

Although you'll be spending most of your time outside while the sun's still shining, you need to prepare for when the sun sets. A simplistic outdoor light fixture can illuminate your space without overwhelming the senses. You may also consider placing candles on your patio tables - this subtle touch will give your space a relaxed and intimate feel.

Create an outdoor sanctuary that no one will want to leave. Your friends will be begging you to throw a summertime soiree every weekend!



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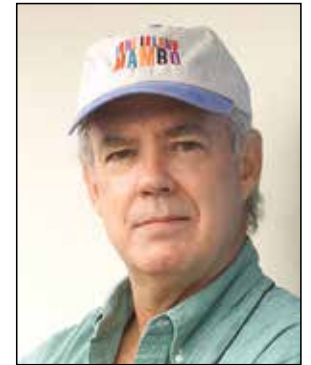
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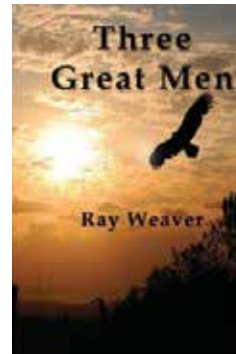
by Deanna Bennett

The East Lake Community Library Authors Showcase is 6:30- 8 p.m. on the third Tuesday of the month from January thru October. A published author comes and talks about his/her books and writing and research and usually has copies of the books available for sale and autographing. These are free events. Contact Deanna Bennett at djb123@tampabay.rr.com for additional information. The next two speakers in this series are:

6:30 PM, Tuesday, 16 May. Tom Corcoran is the author of eight Key West-based mysteries and numerous books of non-fiction. His latest mystery is *Crime Almost Pays*. Tom says he has been a bartender, a U.S. Navy officer, a professional photographer, a screenwriter, and an automotive magazine editor. His photos appeared on seven Jimmy Buffett album covers. Over 160 of Tom's photos of the 1970s and 1980s were collected in 2008's award-winning book, "Key West in



Black and White." Come hear Tom talk.



6:30 PM, Tuesday, 20 June. Ray Weaver has written six legal thrillers in his Justice series – *Miami Justice*, *European Justice*, *Final Justice*, etc. His latest book, *Three Great Men*, is a departure, telling of how three young men meet challenges in such a way that those around them consider each of them to be "a great man." Ray is an engaging speaker. Come to his talk.

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BIRD OF THE MONTH BROWN PELICAN

By Jake Jacoby

*His beak can hold more than his belly-can.
He can hold in his beak,
Enough fish for a week,
But I'm darned if I know how the hell-he-
can,"*



Brown Pelican in flight

Squadrons of Brown Pelicans can routinely be seen flying together in V-formation above the surf line along both the southern and western coasts of the U.S. While there are seven species of pelicans, the Brown Pelican is the smallest and also the only one that plunges from the air into the water to catch its food. They feed by plunge-diving from high up, using the force of impact to stun small fish before scooping them up.

While the Brown Pelican is draining the water from its bill after a dive, gulls often try to steal the fish right out of its pouch. They sometimes even perch on the pelican's head or back and reach in. The pelican itself, however, is not above stealing fish from other seabirds. It also follows fishing boats and hangs around piers for handouts.

Brown Pelicans mostly eat small fish that form schools near the surface of the water – in Florida, mullet is a favorite fish. A pelican will spot a fish from the air and will then dive head-first from as high as 65-feet over the ocean, tucking and twisting to the left to protect its trachea and esophagus from the impact. As the pelican plunges into the water, its throat pouch expands to trap the fish, filling with up to 2.6 gallons of water. Pelicans usually feed within 12-miles of the shoreline but will occasionally venture further offshore. Sometimes they will feed by sitting on the surface and seizing prey with their bills when a dense school of fish is close to the surface and the water is too shallow to plunge-dive.

The Brown Pelican frequently lowers its head onto its shoulders with the bill open, pulls its head back, and stretches the pouch over its

throat and neck. The exposed neck looks like a large lump sticking up out of the pouch.

Pelicans live and nest in what are called colonies or rookeries. On the Atlantic and Gulf coasts they breed mostly on barrier islands, natural islands in estuaries, and islands made of refuse from dredging. But in Florida they primarily use mangrove islands. The male picks out a nesting site either on the ground or in a tree. One of these locations is used to lure a female and if she likes the site of the nest she may give the male a chance. The female ultimately does the mate selecting and she must make the final selection on the nest site as well. It is important that the male is not too aggressive or he will chase away the female, but he needs to be aggressive enough to avoid other males from moving in on his site. He performs a display of head movements and a female will approach usually within two to four days due to either his display, site/nest construction or plumage, or a combination of some of these. Once she accepts her partner they will then attempt to mate right away.

Unlike most birds, which warm their eggs with the skin of their breasts, pelicans incubate their eggs with the skin of their feet, basically standing on the eggs to keep them warm.. They hold the eggs under the webs that stretch from the front toes to the hind toe. This peculiar incubation



Brown Pelican landing



Brown Pelican at lift-off

method made them vulnerable to the effects of the pesticide DDT. The DDT made the eggshells thin, and the weight of the incubating parents frequently cracked their eggs. After nearly disappearing from North America in the 1960's and 70's, they have now made a full comeback thanks to pesticide regulations currently in effect.

Chicks are hatched in broods of 2 or 3 eggs after incubation of about a month and are born naked and helpless at birth. Both parents care for the young and they will stay in their nests for about 3-months. Young Brown Pelicans can normally fly and fend for themselves after 3-months but take 3-5 years of age to reach sexual maturity.

The Brown Pelican is the state bird of Louisiana. The oldest Brown Pelican on record lived to be 43-years of age.

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

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Brown Pelicans nesting



YOU CAN LEAD A HORSE TO WATER BUT...

by Jeff Hunt, Chairman of Communications Committee

First things first this month. I'd like to give a "HUGE" Thank-you to all ELWCA residents that voted in this Year's election. (Applause). I'd like to give an even "HUGER" Thank-you to all ELWCA residents that attended the Annual meeting on March 29th. (Standing applause). The ELWCA Board of Directors appreciates and values your participation in your Community.

Secondly, we have a new ELWCA President and a new ELWCA Board member. Susan Whitehead of Greenhaven I was elected President at the ELWCA Board of Directors organizational meeting that occurs every year immediately after the ELWCA Annual meeting. At this meeting your elected ELWCA Board members vote on who will be the presiding Board officers for the upcoming year and then discuss any changes to Committee assignments. Please read Susan's article in this edition of the Heron where she shares her thoughts and updates on our East Lake Woodlands Community. Your new ELWCA Board member is Paul Burmeister from Warwick Hills. Paul was appointed by the ELWCA Board at the regularly scheduled April 11th meeting. His appointment from a group of three volunteer candidates was necessitated by the resignation of re-elected ELWCA Board member Judy Fosbrook at the March 29th organizational meeting. Please join me in thanking all of these Community minded residents for volunteering to serve the ELWCA.

Thirdly, I'd like to share some Communications updates with you. These changes are primarily in response to some residents of ELW who feel that information about the Master Drainage Revitalization Project was inadequate. I have spent about 10 hours over the last couple of months talking with a handful of residents about possible positive changes to how the ELWCA Board of Directors communicates with ELW residents AND how residents communicate with the ELWCA Board of Directors. Some of these changes are being implemented now, like the New Communications policy that our Property Manager Jaime Soderland outlines in her Heron article this month. Another change you will notice this month in the Heron is a schedule of our ELWCA meetings, times

and locations for the rest of 2017. These changes will soon also be reflected on our ELWCA website (eastlakewoodlands.com/). Several other Communications changes are still in the development and planning stages with the goal of implementing the ones that work for our Community in the next few months. I'll be reporting to ELWCA Board of Directors on those upcoming potential changes at our regular meeting on May 9th.

Finally, please remember that these changes (real and potential) only work if YOU, the residents of ELW do your part and stay informed. WE, as the ELWCA Board of Directors, can only take you so far by making the information available via the Heron, the ELWCA website, our monthly meetings and direct mailings. Each resident has to take personal responsibility to read, pay attention and choose to positively participate in the Community they call home. A "HUGEST" Thank-you to those residents that do!!!

"Horse sense is the thing a horse has that keeps it from betting on people." ---W.C. Fields

USERS OF ELW WATER FOR IRRIGATION

by Steve Gibbs, Irrigation Manager

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Everything you wanted to know about you A/C and cooling but were afraid to ask:

It's that time of year again to get ready for our summer season. And, let's face it-having a functioning A/C system is a must for the Florida summer!

For most of us, the rule of thumb is to have the central A/C system checked once a year by a qualified technician. In addition to the annual service, it's important to check on a couple of things each month during the cooling season and this should only take you a few minutes (and save you BIG in monthly power bills and in costly system replacement intervals).

Annual Air Conditioner Maintenance Checklist (Best done in the spring before it heats up!):

1. Clean the outdoor condenser coils and indoor evaporator units.

The coil is made up of the refrigerant lines and surrounding radiator-like fins of your outdoor A/C unit. The evaporator is the interior counterpart, with its own coil. Dirt and debris on the coils reduce efficiency and stress the system's mechanical parts.

2. Check the refrigerant level.

An improper amount of refrigerant makes a compressor work too hard, reducing the efficiency and longevity of the system.

3. Inspect the interior drain pans and condensate drains.

Drains must be unobstructed and clean to ensure excess moisture is not trapped in the units or inside the house. A cup of 50/50 white vinegar/warm water solution poured into the inside drain line on a monthly basis will do the trick easily and inexpensively.

4. Check outdoor fan motor and blades and indoor blower assembly.

The fan on the outside unit pulls air in through the coil fins. The indoor blower is the fan unit (motor, fan wheel and housing). Older blowers may include a drive belt that should be inspected and adjusted or replaced as needed.

5. Check compressor and refrigerant tubing.

6. Lubricate moving parts (as applicable).

Older A/C units often have ports on fan motors, compressors and other parts for adding lubrication periodically. Newer models typically have sealed parts that don't need to be lubed.

7. Inspect all electrical controls, wiring and connections.

All electrical components and hookups should be checked for soundness, wear and damage.

8. Inspect and clean or replace air filters.

9. Run a general system test.

Your technician should turn on the A/C system to check operating functions such as the starting cycle and shut-off control, check for unusual noises or odors, and measure indoor/outdoor temperatures and system pressures as needed.

10. Check ductwork for leaks and other problems.

Leakage in ductwork is one of the main causes of inefficiency in forced-air A/C and heating systems. It's a good idea to have your ductwork assessed periodically and sealed and/or insulated in problem areas, as needed and the power company may offer this free of charge!

Monthly Maintenance During the Cooling Season

First, replace the filter monthly. A standard inexpensive filter is fine with monthly replacement. And second, check the outdoor condenser and remove all leaves, grass clippings and other debris from the sides and top of the cabinet. Cut back shrubs and other vegetation as needed to maintain a minimum of 2 feet of clearance on all sides of the unit. This ensures adequate airflow to the condenser coil. With the power to the condenser off, hose down the coils in the spring and the fall, at the least, to remove sand, etc. that may inhibit air flow.

Remember: If you are even thinking of selling, you owe it to yourself to have a conversation with a real estate professional. We can give you sound advice and good, solid local market info that will greatly assist you. And, if you or someone you know is even thinking of buying, a real estate professional is best able to go over price, payment, location, and value information for this very large decision.

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SIMPLE IDEAS TO GET IN SHAPE FOR SUMMER

By www.brandpoint.com



(BPT) - Getting in shape for summer is more than just feeling good in a swimsuit. It's being healthy so you can participate in all the fun activities that come along with the warmer weather.

From hiking to swimming, you don't want to miss out on any of the summer fun. Eating right is a great way to ensure you're healthy and in shape for summer. Use these easy healthy-eating tips to work your way toward healthier living.

1) Eat a high-protein breakfast

A Tel Aviv University study found that adding whey protein to your breakfast can help you slim down. What's more, you'll feel satisfied for longer. Record-setting long distance runner Jordan Hasay eats the same whey-protein-powered breakfast before each of her races. Try out the recipe for yourself: French vanilla BiPro, cinnamon oatmeal, fresh fruit, peanut butter and flax seed.

2) Give your workout routine a jolt

A growing body of research shows that having caffeine before exercise can improve athletic performance, whether you're lifting

weights or doing an endurance workout. A study in the journal "Nutrients" found that cyclists who consumed caffeine were able to pedal for an average of 25 percent longer than other bikers. Another study, from the "European Journal of Sport Science," indicated that pre-workout caffeine can increase muscular force and power. More research from the "American Journal of Physiology" even shows that consuming caffeine before a workout can help accelerate fat loss!

3) Join a workout challenge

There are all kinds of great fitness challenges online, which offer nutritional tips and workout advice. One of the great things about a challenge is that it not only helps you learn more about nutrition and the gym, but it can also give you a concrete workout schedule. Check out the Summer Jumpstart Challenge at Info.BiProUSA.com/jumpstart.

4) Avoid late night snacking

One of the easiest ways to eat healthier is by cutting out unneeded snacks. If you watch TV at night, it's pretty easy to grab a bag of chips or microwave a bag of popcorn to eat while sitting on the couch. Try to cut out these unnecessary calories. If you eat a protein-packed, healthy dinner then you shouldn't feel the need to snack later.

5) Make your desserts healthier

Ok, if you absolutely can't go without having a late night snack then at least make it as healthy as possible. The recipe below is great because it satisfies your sweet tooth and each serving is just 30 calories.

Frozen Strawberry Yogurt Pops

Ingredients

- 1 cup of chopped strawberries
- 1 cup of Greek yogurt
- 1/4 cup of strawberry BiPro whey protein isolate
- 1-2 tablespoons of orange juice

Directions

Place 1/2 cup of strawberries, yogurt, strawberry BiPro and orange juice in a blender and puree until smooth.

Divide remaining strawberries into desired molds. Pour pureed mixture over chopped fruit.

Insert sticks and freeze for at least 5 hours.



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SIMPLE IDEAS TO GET IN SHAPE FOR SUMMER

By www.brandpoint.com

(BPT) - You see it every year - a "hot" new color begins appearing on phone cases, walls, ceilings, furnishings and accessories. Soon, virtually everyone who's doing any kind of renovation or design work is incorporating that color into their project. Have you ever wondered how home color trends happen?

"Our team of global color experts assess societal and cultural influences from around the world to forecast what colors will be popular in home decor, consumer goods, automotive and even on airplanes for the upcoming year," says Dee Schlotter, senior color marketing manager for PPG in North America. "We also look at what major retailers are doing in home décor, and what's happening in society, and people's state of emotion because of these events. All this information helps us predict what colors will resonate with people in the coming year."

For example, immediately following 9/11, pinks and browns were popular because people craved comfort and security. For 2017, a blending of various cultural norms influenced the choice of purples as color of the year, Schlotter says.

"Culturally, we're seeing a shift toward blending of gender, relationships, careers, workplaces and living spaces," she says. "For example, male makeup models are now blending traditional views of masculine and feminine. Hotels, restaurants and homes are blending indoor and outdoor spaces, and modern offices are finding middle ground between work and play. Purple is such a blended color that it really speaks to what's going on in the world, especially for our choices of 2017 color of the year, which combines gray, blue and purple all in one tone."

Shades of purple are the colors of the year for multiple paint brands including PPG Paints, Glidden and Olympic paints. Glidden's

Byzantine Blue and PPG's Violet Verbena blend blue and gray to create a hue that appears more gray when paired with dark neutrals and bluish-purple when paired with whites, similar to that of a chameleon. Cloudberry from Olympic is a calm, soft violet that also straddles the blurred line between purple and gray.

"Blended purples evoke a lush, pampering yet calm effect that's a comforting foil to the harshness of the world right now," Schlotter says. "These trending colors are sweet without being feminine, and gray without being somber."



The colors also mesh with the more bohemian lifestyles people seem to be pursuing, she notes. A trend toward spiritual exploration is driving interest in meditation and yoga, which blend elements of mental and physical exercise. "This fits perfectly with the purple trend because this hue is thought to represent the subconscious, and can be a meditative color in the right tone," she says.

While Schlotter says homeowners have historically been shy about using purple, this year's hues will work well in a variety of settings. The muted nature of the colors makes them gender-neutral yet impactful, so they're great statement colors when used in a dining room, on the front door or even as an accent wall in a child's room.

What's more, the color pairs well with trending home materials, such as gray flooring, black tiles and gold décor accents. The unique blended qualities of the colors mean these purples can adapt to the surrounding environments and blend effortlessly.

"The great thing about Violet Verbena, Cloudberry and Byzantine Blue is that they all have hints of other colors and neutrals in them," Schlotter says. "Gray is popular now more than ever, but many consumers don't want a monochromatic look. These beautiful purple hues pull in hints of blue and gray to form chameleon-like hues that adjust based on their surroundings. They're not your typical purple, but rather can be looked at - and used - like a new neutral."

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SPECIAL EVENTS FOR MAY 2017!**

Middle School Game Night Extravaganza!
Friday, May 5, 6-8 PM

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ELCL Author Showcase
Tuesday, May 16, 6:30-7:45 PM

Tom Corcoran is the author of eight Key West-based mysteries & numerous non-fiction books. His latest novel, a "spin-off" from his Alex Rutledge Series, is Crime Almost Pays. Tom has lived in Florida for over 40 years, with ten of those years in Key West, and four years on Cudjoe Key.

AARP Smart Driver Course
Saturday, May 20, 9:30 AM-4:15 PM

AARP's Smart Drive course is a 6-hour workshop that will provide drivers 55 & over with defensive driving techniques & proven safety strategies. Please register with payment made the day of the course - \$15 for AARP members & \$20 for non-members (CHECK ONLY!).

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**THE MEANINGFUL MONTH
OF MAY**

by Ernie Del Barba

May is the month of Memorial Day and the weekend of remembering those who have died while serving our country. The creation of National Military Cemeteries in 1865, and the establishment of Decoration Day in 1868 were 2 historic events that recognized the practice of decorating the graves of those lost in service. In 1882, the name was changed to Memorial Day, and became an official Federal Holiday in 1971. My grandfather always wore his worn out symbolic red silk poppy, and I remember thinking it was just an odd quirk he had. Memorial Day weekend was just a fun time of barbecues and get togethers. I became aware of the real meaning of these symbols and gatherings with the Viet Nam War, when the older brothers of my friends came back home and were changed, or did not come back at all. Rather than just hearing about WWII, now my peers were talking passionately about the fighting in the world, and the Reserves were a place for them to be, ready to serve if need be.

As a realtor, it is a great feeling when veterans use their VA benefits to finance or refinance homes. It means they have returned and are alive, and that the government acknowledges just what they have done for us, and that we're still that America that honors them. VA financing can be available with no money down, and the VA Loan Guaranty Division backs loans to administer Specially Adapted Housing grants for the disabled veterans. There are also refinancing programs with low interest rates. The McCaffery Team at Berkshire Hathaway Home Services East Lake Woodlands Office takes pride in making sure our surviving veterans benefit from these programs and grants. We also encourage Home Sellers to include the option of VA financing.

This month the Upper Tampa Bay Regional Chamber of Commerce joins the city of Oldsmar to hold a Freedom Festival on State St. The day starts with the annual Memorial Day Ceremony at Veterans Memorial Park followed by a bike parade back to State St. Come and participate in a day that will be moving, memorable and fun. Hope to see you there!

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