



SPRING HAS SPRUNG

by Keith Crank, Vice President

My wife and I recently went for a bike ride and what a nice ride it was.

During a rest stop for a drink of water I thought about the surroundings within our community. Where else can one see deer, turkeys, eagles, and other assorted birds and wildlife in such a serene setting. We are really fortunate to live in such a great neighborhood with such beautiful surroundings. As one of my neighbors said that once you enter

our gates it's like going from utter chaos to almost total relaxation. No noisy traffic except squirrels scurrying to cross the road to the safety of a tree. If you are having an anxiety attack I recommend just take a leisurely walk or ride your bike around our community and you will feel much better in just a short time. Now is the time to really take in the beauty and serenity of community while the temperature is still bearable. Everything is turning green and the flowers are starting to bloom and will soon be in full bloom.

I think this is good time for me to remind both our drivers and bicyclists about their responsibilities as it pertains to the rules of the road. Drivers remember if you are passing bicyclists you must give them a minimum of three feet between your vehicle and the bicyclists. The rules of the road states that bicyclists must ride within three feet of the edge of the road which means when vehicles are passing a bicyclist the driver side of the vehicle will be well over the double yellow line. Bicyclists please remember you cannot impede traffic, so if you are riding in a group you must ride single file if there is a vehicle behind you. Once the vehicle has passed you may resume riding side by side.

Drivers and bicyclists remember you must stop at stop signs. One of the worst things that bicyclists do constantly is not stopping at stop signs. Just be aware that you are putting yourself in harm's way and also opening yourself up to receiving a citation for running a stop sign or even worse being in accident with something that is much bigger than you and doesn't care about your feelings. Just be smart and obey the rules of the road and stop at the stop signs.

By the time you read this article the renovation of the manned guardhouses at the Tampa Road entrance and East Lake Road entrance will hopefully be well underway. There have been a couple of hiccups that have delayed the start but should now be up and running. As I stated in my article last month there



will be a lot more inconvenience for the renovation of the Tampa Road gate because there is only one exit point a this gate. There will many times that the exit to Tampa Road will be closed completely. Hopefully the closings will not be for a long period of time but it is possible that it could be. We must protect those working on the guardhouse so PLEASE have a little patience and I am sure that the inconvenience will be well worth it. Remember East Lake Woodlands Parkway will be closed anytime work around the guardhouse requires it. When the closing is required traffic will be diverted mainly to the SunTrust gate. ELW Parkway will be closed off at the intersection of ELW Parkway and Woodlands Parkway. Traffic will also be closed at the intersection of Woodlands Drive and ELW Parkway. As soon as it is possible the closed intersections will be opened.

I would like to remind anyone who drives a golf cart either when playing golf or just driving around our community. GOLF CARTS ARE NOT ALLOWED ON THE SIDEWALKS. In recent months there have been incidents of people driving carts on the sidewalks. On two occasions someone could have been hurt when suddenly surprised by golf carts coming up behind them. Golfers please if you need to get back to the clubhouse quickly please stay on the golf course paths and if this is not feasible stay on the roadways not the sidewalks and remember once you are on the roadways you must adhere to the rules of the road. The sidewalks in our community are for our residents who out for a leisurely stroll or for a workout and not golf carts.

As always remember time is of the highest importance in an emergency so call 911 immediately and then think of calling family and friends later. To reach our community patrol officers call 727-785-7384. The non-emergency number for the Pinellas County Sheriff's office is 727-582-6200/6900. I want to thank everyone for their patience during the renovation of our manned guardhouse. I want to wish our northern residents who will be heading back to their northern homes a safe trip and hope to see you in the autumn.



PRESIDENT'S REPORT by Susan Whitehead

After an unusually busy year for our community, it's been rather refreshing to have a fairly quiet month. There are always day to day issues that pop up but on the whole, we're enjoying a period where we are enjoying looking forward. The guardhouse renovations are underway and we are exploring other improvement projects for the

future. As each of us does in our own home, we must balance what funds we have available with appropriate repairs and maintenance. Of course, if your home is like mine, the list never seems to end!

The original scope of the drainage project is complete and over the last month we added a system of bafflers around critical drains, most of which handle over 1,000 gallons of water per minute. These bafflers stop debris from blocking the drains and were a financially prudent decision for the association. The one time cost of installation was equal to the cost of cleaning the drains annually. We estimate a ten year savings of \$180,000.

Although the problem will be covered elsewhere in this publication, I think it's vitally important that we strongly emphasize a couple of safety issues within East Lake Woodlands. First, NO GOLF CARTS ON SIDEWALKS. We have had several reports of pedestrians being surprised and close to falling when an almost silent golf cart comes up from behind. Secondly, you may have seen our recent signs on the reader boards that said "WATCH YOUR SPEED. ACTIVE PATROLS." Reports of speeders near bus stops and elsewhere forced us to ask for more Sheriff's patrols on our roads. Please remember that children are trying to cross the roads in the dark to get to bus stops from as early as 6:00AM. The afternoons are equally busy. And of course, summer break is right around the corner and the children will be out all day. Please watch your speed, stay off your phone and be alert.

Finally, the large majority of you have paid your 2017 Drainage Special Assessment and we are certainly appreciative. This has allowed us to pay down our loan substantially. However, we have a list of residents who have not made the effort to pay. Please be advised that we have adopted a very strict policy that will force us to file liens against these properties very soon and ultimately, although highly regrettable, foreclose. If you fall into this category, we strongly advise you to contact Management & Associates immediately.

EAST LAKE WOODLANDS COMMUNITY ASSOCIATION - MAY 2018

HOA Publishers, Inc.

727-403-5506 5420 Pioneer Park Blvd. Suite C Tampa, FL, 33634

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

MARCH 2017

Alarm Calls/911 Hang Up	0
Emergency Calls	0
Complaint Calls (Noise, speeders, solicitors, domestic disputes, trespass, fireworks, suspicious persons)	26
Parking Violations	28
Irrigation Calls	3
Motor Vehicle/ Pedestrian Accidents	1
Crimes Reported (Vandalism to mailboxes, gates, grass damage, stolen bikes, dumping, all other criminal activity)	3
Miscellaneous/Other (Welfare checks, pets, wildlife, all others)	10
The Sheriff monitored 33 hours during December 2017	
Performed 0 Hours of Presence/Visibility.	
Citations 2, Warnings 70, Vehicles Stopped 72	

Top speed: 49/30 MPH.

2018 EASTLAKE WOODLANDS COMMUNITY ASSOCIATION BOARD MEETING SCHEDULE

East Lake Woodlands Country Club	
Management & Associates	
East Lake Woodlands Country Club	
Management & Associates	
East Lake Woodlands Country Club	
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*All meetings are the second Tuesday of each month.	

Annual Meeting/Election March 27th 7:00pm ELWCC

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START PLANNING YOUR PATIO SETUP

by Sally Giar

Patio season is officially on the horizon! Now is the perfect time to start planning your indoor or outdoor patio space. Consider the following tips:

1. COME UP WITH A PATIO PURPOSE

What do you want to get out of your patio this year? Do you envision a cozy personal retreat or an entertainment space? Think about how you want to use your backyard and put your plans on paper – creating a blueprint, if you will. This gives you a great look at your project ideas before anything is set in stone.

2. CHOOSE YOUR FOCAL POINT

If you're having trouble coming up with a design theme or deciding how you'll use your patio, pick a focal point and let the creative ideas flow from there. Think of it as the heart of your outdoor space. Perhaps it's a lovely bird bath, potted plant or patio furniture. Choosing one beautiful statement piece might be all you need to get the creative juices flowing.

3. DECIDE HOW YOU'LL ARRANGE YOUR FURNITURE

Speaking of outdoor furniture, use your purpose blueprint to decide how you'll arrange your patio pieces this spring. How you plan to use the outdoor space will determine how you place your outdoor furniture. If you're expecting to entertain regularly, place pieces strategically for easy foot traffic. If you'll be spending the majority of your time alone, you have more leeway when it comes to furniture arrangement.

4. GRAB ACCESSORIES IN ADVANCE

Once you have a clear idea of the patio furniture and setup you're going to choose, don't hesitate to start grabbing accessories! Many of your favorite stores likely already have outdoor patio pieces on display, which means you don't have to wait to start grabbing stuff. Give yourself some relief from the cabin fever and start looking for accessories and statement pieces that'll complement your patio furniture, theme and setup.

5. DEVELOP A CLEANING SCHEDULE

Whether you're using your patio as an entertaining space – for your friends, family or the kids – or it's going to become your own personal oasis, you still need to keep it clean and tidy. Start thinking about which day of the week you'll give the space a quick pick-up, and which day of the month you'll dedicate to deep cleaning the area. This is also a good time to think about whether you'll store the patio furniture inside or keep it outside while it rains.

If you want a second opinion on any of your ideas, just contact us! We will come to your home for a free consultation to evaluate your patio space and design ideas and offer some tips and tricks to create your backyard oasis with ease.





10 TIPS TO ENHANCE YOUR HOME'S CURB APPEAL & VALUE TO BUYERS

By Pamela Lagattolla, Lic. Real Estate Broker

Here is your go-to list of 10 things you can do to increase your home's appeal and to obtain the best possible price when it comes time to sell your home.

- Give your entry a facelift with a new coat of paint, new front door(s) or add a new decorative item for a pop of color. Install a new door bell if it's faded or worn looking.
- 2. Landscape your yard, remove dead plantings, weed, mulch, and add some flowers around the front beds.
- 3. Check exterior lights and replace any dead bulbs or replace exterior lights if they look tired and old.
- 4. Clean windows inside and out so you can admire your great home.
- 5. Organize the garage- donate, discard items. Buyers love when garages are clean and organized, it makes an impression on the rest of the house.
- 6. Add a new welcome mat. Make sure the front door opens and closes smoothly.
- 7. Paint your mailbox and install new address numbers.
- 8. Power wash any exterior areas to clean up sidewalks, roof, driveway, fencing, pool cage, and lanai.
- 9. Clean your outdoor furniture and replace faded and worn cushions.

10. Clean your pool or have a pool company do it for you.

Need advice on what to do, where to invest in your home projects? Simply reach me at (727) 515-2261. I will be happy to advise with solutions that get great results.

About the author: Pamela Lagattolla is a former & retired Fortune 100 Corporate Executive, a 17 year East Lake resident, has established a successful Real Estate Practice in Pinellas County and an East Lake Sales Leader (2016-2018). Pamela's notable business & real estate credentials include: MBA, FL Lic/Insured RE Broker, top GRI designation from the National Association of Realtors, Certified Negotiation Specialist, and is a one of just a few in Tampa Bay having earned the CHRISTIE'S INT'L LUXURY SPECIALIST designation.



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As of 03/29/2018



THE MCCAFFERY TEAM HAS GROWN! by Charles Hawaes

by Charles Haynes

Memorial Day in Oldsmar is a tribute to the Veterans that live in this community and all over the country. The Annual Memorial Day Ceremony at Veterans Memorial Park is an opportunity to show our gratitude for their bravery and commitment. It is also a fun event and a terrific way to connect with the Veterans

and the others that will be celebrating them.

The McCaffery Team is happy to announce the addition of 2 real estate professionals to our Team. Bob McCaffery, Fonda Dillard, Claudia Preisig, Ann Galatro, Joan Daly and I welcome Sharon Greenfield and Emad Atta.

SHARON GREENFIELD utilizes her background in education, medical administration and real estate to be a trusted advisor that provides superior service. She also has a degree in Education from the University of South Florida, Tampa. Active in her personal life, Sharon is a Board Member and Sisterhood President at Temple Ahavat Shalom. She is always a willing volunteer within her Community and with other worthy causes. She has been a resident of East Lake Woodlands so has knowledge and a personal connection to the community.

EMAD ATTIA is a Broker Associate who is trilingual, speaking English, Arabic and French. He has studied Science and Psychology at the Aswan University in Aswan, Egypt. He has been a realtor for 20 plus years and is devoted to understanding your real estate plans. His work experience in Commercial and Residential real estate has given him a broad perspective of our marketplace. He is also very active in local community association work and a school volunteer.

Both bring an enthusiasm about real estate and a desire to connect with their clients, and the McCaffery Team feels fortunate to have them join us. They would be happy to meet with you and discuss your real estate needs. With market affects from tax reform, current inflation and other conditions, we are positive that we can answer the questions you must have. East Lake Woodlands remains a premier market in Pinellas County and a desirable place to live. Please call or stop by our office located in the same plaza as the tennis club and community pool with any questions or help you need. Have a happy and safe Memorial Day Weekend!

Why Are We All Smiling? "Ask Bob"

Bob Knows Real Estate & So Does The Team!



Come meet our team! Tammy Vigh, Claudia Preisig, Joan McIlhone-Daly, Linda Gagilardi, Emie Del Barba. Maria Nicholis, Annie Galatro, Fonda Dillard, and seated, Bob McCaffery.

From condos to estates, our team of real estate professionals have over 100 combined years of experience! TAKE ADVANTAGE OF THE MCCAFFERY TEAM. WE KNOW REAL ESTATE. Team McCaffery works from East Lake Woodlands' only Real Estate Office/Oldsmar





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BACK TO COLLECTING TO REVERE

Paul J.H Leaser

The bible, as we all know, was the first book printed; 1455 is agreed upon by scholars as the date.

However, rarer and even more valuable, are the hand – written copies of Holy writings, mostly copied by scriber in monasteries before Gatenburg printed the first copy of scriptures.

These Manuscripts were illuminated with detailed pictures and elaborate initial letters. In addition to the Scriptures, illuminated manuscripts include Books of Hours, which contain prayers.

My own experience with this type of collecting is scarce, as any interests were in other fields, but I have seen some copies of bibles printed in Germantown, PA., dated 1743 (I believe these were written by John Eliot in 1663).



The Aitken Bible, the first English Bible printed in America, 1782.

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EAST LAKE COMMUNITY LIBRARY MAY 2018 SPECIAL EVENTS

by Patty Ann Wieczorek, Reference & Marketing Librarian

FREE TECH SUPPORT

Mon., May 7, 14, 21, from 4-6pm

Tues., May 1, 8, 15, 22, 29, from 5-7pm

Wed., May 2, 9, 16, 23, 30, from 5-7pm

Is your Smartphone smarter than you? Overdrive driving you crazy? Just can't figure out where that "Cloud" is? Let our resident experts - our Teen Tech Team - help you out! Stop by for FREE tech advice - no appointments necessary! Please bring your own device: tablet, laptop or smartphone.



GENTLE YOGA WITH DAWN (OFFSITE)

Thurs., May 3, 10, 17, 24, 31, 12-1pm

Gentle Yoga with Dawn LaCross is offered at the Yoga Shakti Center for Wellness, 2625 Keystone Road, Suite A-2, in Tarpon Springs. No registration is required but a \$5 donation is requested. Minimum age: 16 years old.

MIDDLE SCHOOL "MAY THE 4TH BE WITH YOU" CUPCAKE WARS

Fri., May 4, 6-7:30pm

Calling all middle school padawans! Show off your Jedi Master skills by decorating Star Wars-themed cupcakes.



Register online as space is limited. This is a drop-off event for middle school students only (must be in grades 6-8). ELCL will provide all cupcakes and decorating supplies/materials.

CHOCOLATE CHIP DAY

Tues., May 15, all day

Today is National Chocolate Chip Day! The staff have been busy preparing all kinds of chocolate chip goodies for you to taste in celebration of this special day. Stop by for a free sample while supplies last!

FTRI-AMPLIFIED PHONES FREE FOR HEARING IMPAIRED FL RESIDENTS



Wed., May 16, 10am-12pm

(FTRI) Florida Telecommunication Relay, Inc., will be here to provide FREE amplified telephones to FL residents who have mild, moderate, or severe hearing loss or who are speech impaired.

COFFEE & CONVERSATION WITH THE DIRECTOR

Mon., May 21, 9:30-10:30am

Come talk about the building expansion, favorite books, programs and services you'd like to see, or anything else library-related with Lois Eannel. We bring the coffee - you bring the conversation!



EAST LAKE WOODLANDS COMMUNITY ASSOCIATION - MAY 2018

WE LIVE WATERSHEDS

by Bruce Berger

East Lake Woodlands residents, in deed all of Pinellas County lives in a watershed. We happen to live in two watersheds, the Brooker Creek watershed and the Oldsmar watershed (by way of Moccasin Creek.

The Brooker Creek watershed covers about 45 square miles in northern Pinellas and Hillsborough counties. The watershed contains 37 named lakes, multiple wetlands and Brooker Creek, which is the primary tributary to Lake Tarpon. The headwaters of Brooker Creek are located in the northwest corner of Hillsborough County.

The watershed is approximately bordered on the west by East Lake Road, on the north by Tarpon Springs Road and Gunn Highway, on the east by the Veteran's Expressway and Gunn Highway, and on the south by Racetrack Road.

Very importantly, the land surface elevation decreases dramatically near the Pinellas–Hillsborough County line (about 70 ft) to Lake Tarpon (about 3 ft).

WE ARE NOT LIKE NEW ORLEANs, i.e. in a bowl.

Watershed Boundar as:Countu Pasco Count 1) Anclote River Tarpon Springs 5 2) Klosterman Bayou 11 3) Lake Tarpon 3) Lake Tarpon Basin ti-i 4) Brooker Creek 5) Oldsmar 10 3 8 8 While every effort is in the 6) South Creek made to ensure the 7) Sutherland Bayou 4 accuracy, correctness and timeliness of the data presented anywhere 8) Smith Bayou time: 9) Cedar Creek 1 in these pages, Pinellas County makes no 1 10) Curlew Creek warranty or guarantee 11) Possum Branch as to the content, accuracy, timeliness or 12) Bishop Creek 10 55 completeness of any of the data provided and 13) Mullet Creek 1000 14) Alligator Creek assumes no liability for 1 the use of these m 15) Spring Branch and data, 11/9/2012 11 16) Coastal Zone 4 and a 9 10 OH 17) Coastal Zone 1 12 18) Stevensons Creek 調査 19) Allen's Creek 16 15 13 20) Coastal Zone 2 1 Safety Harbor 21) Coastal Zone 3



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BIRD OF THE MONTH BLACK-CROWNED NIGHT HERON

by Jake Jacoby

Black-crowned Night Herons do not fit the typical body form of the heron family; however, they are the most widespread heron in the world, breeding on every continent

Flying home

except Antarctica and Australia. They are relatively stocky with shorter bills, legs, and necks than their more familiar cousins, the egrets and other herons and have bright red eyes. Their resting posture is normally somewhat hunched but when hunting they extend their necks and look more like other wading birds.

The Black-crowned Night Heron will stand still at the water's edge and wait to ambush prey, mainly at night or early morning. They primarily eat small fish,





Bringing home nesting material

buoyant objects into the water within their striking range – a rare example of using a tool among birds.

Their breeding habitat is fresh and salt-water wetlands throughout much of the world. They nest in colonies on platforms of sticks in a group of trees, or on the ground in protected locations such as islands. The male picks a site and displays to attract a female. Once paired, the male brings nesting material to the female, and she builds the stick nest. Both parents incubate the 3 to 5 pale green eggs for 24 to 26 days. Once the young hatch, both parents feed them by regurgitation. For the first 10 days of the chick's lives, they are brooded almost continuously by one of the parents. At the age of 4 weeks, the young climb about around the nest. First flight usually occurs at about 5 weeks, and the young will follow the adults to foraging areas and beg for food for another few weeks.

Juvenile birds have dull grey-brown plumage on their heads, wings, and backs, with numerous pale spots. Their underparts are paler and streaked with brown. The immature birds have orange eyes and duller yellowish-green legs.

I took all of the above photographs in 2018 in Venice and Tampa, FL.

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





Landing at the nesting site

Juvenile in flight



Black-crowned Night Heron at rest

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POLLINATORS by Pam Brown (ELW resident)

I know that I have written recently about the decline in the honeybee population and the growing problem that this presents to agriculture. But this is an important subject that needs to be repeated. Besides providing tasty honey, bees provide a critical service by pollinating at least onethird of our food supply. Growers rely on these bees to pollinate their crops so bee

keepers will truck many hundreds of hives to fields where crops are blooming. Honeybees are not native to North America; they were imported from Europe with the first settlers. There are many other native bees and insects that also serve as pollinators. All of these pollinators are declining as well. Their native habitats are being destroyed to build housing and other infrastructure and all the housing ends up planting many exotic plants that will not support these pollinators.

Pesticide use is one of the growing concerns regarding the pollinator population. When foraging bees come into contact with pesticides, those that aren't killed immediately can bring the contaminants back to the hive. In turn, these pesticides can kill larvae and adult bees though contaminated pollen and nectar. This is true of our native pollinators as well.

By taking careful precautions with pesticides that are used in our landscapes, we can help benefit the health of all pollinators. The first step is to use pesticides only when necessary. If you must use pesticides, notice if the plant is blooming. Pollinators are most active at this time, so consider spraying before or after the bloom



From top left: Bee covered in pollen; Bumblebee; Native bee; Sweat bee pollinator.

period. Also, avoid spraying between 8 a.m. and 5 p.m. This is when honey bees and other pollinators are most actively foraging. And finally, try to use pesticides that are less toxic. Neem oil, Insecticidal soap, and Organocide are natural pesticides that are not as harmful to bees as synthetic chemical pesticides. Imidacloprid and other neonicitinoids are common systemic pesticides that are incorporated into all parts of the plant including nectar and pollen. Use systemic pesticides only as a last resort.

Consider planting native plants to recreate some of the habitat that was lost when you home was built. Choose plants that produce fruit and flowers that will attract wildlife and pollinators. The Xerces Society (https://xerces.org/)has a lot of information about planting for pollinator conservation. In addition, The Pollinator Partnership has planting guides and other information at http://pollinator.org/guides. The University of Florida has a variety of information on the Internet. Here are links to just a few: http://blogs.ifas.ufl.edu/orangeco/2017/10/12/simple-steps-create-pollinator-paradise-landscape/; http://blogs.ifas.ufl.edu/pinellasco/2017/06/20/the-

buzz-on-pollinators/; along with a list of resources for gardening for pollinators - http://nfrec.ifas.ufl.edu/pollinator-convservation/

As gardeners we all need to be aware of the fatal affect a pesticide use can have on pollinator populations. The ultimate goal is to have healthy plants and healthy pollinators. Hopefully, by applying some common sense knowledge, we can achieve both.

MAY LANDSCAPE CHORES

Hurricane season is just around the corner. Check your large trees for damaged branches or large branches close to the roof. If they need pruning, a certified arborist is properly trained in the correct way to prune trees to maintain their structure and health. To find a certified arborist in our area, visit http://www. treesaregood.org/findanarborist. Remember, hurricane pruning of palms where only two or three fronds are left is very damaging and does not protect the palm from wind damage. In fact, palms pruned in this manner are more vulnerable to damage from high winds.

As the weather warms harmful lawn and landscape insects become more active. Watch for the early signs of chinch bug damage (especially near the sidewalk and driveway) and treat while the infestation is small. Also look for scale, aphids, mealybugs and whiteflies on ornamental shrubs. Observe if there are also beneficial insects at work taking care of the problem before deciding to treat with a pesticide.

Gardenias should be in full bloom now. If you notice older leaves turning yellow, the cause can be too much or too little water, or fluctuations of temperatures in the spring. If the new leaves are yellowing, but the leaf veins are still green, there could be an iron deficiency. Use a fertilizer containing Sulphur (to acidify the soil) and iron. An iron foliar spray can also be used.

If your Oleanders are looking a bit ragged, Oleander caterpillars could be the culprit. These are the larvae of a rather attractive dark blue moth with polka dots on the wings. If you see the caterpillars on parts of the plant, sometimes just pruning off these parts will take care of the problem. If you need to use a pesticide, Bacillus thuringiensis (Bt) is a microbial insecticide sold under various trade names such as Thuricide or Dipel. Bt is a bacterium that kills only caterpillars. It has no toxicity toward beneficial insects. However, be cautious using Bt near butterfly plants since it can also kill butterfly caterpillars.

May is historically very dry, so watch your landscape for signs of water stress. We are only allowed to water two days per week according to the Southwest Florida Water Management District and if you have ELW Water it is one day per week. So, be sure that your irrigation system is delivering ³/₄ to 1 inch of water per zone. If you need to calibrate your irrigation system, refer to the University of Florida/IFAS publication How to Calibrate your Sprinkler System at: http://ufdc.ufl.edu/IR00003389/00001

Remember the Pinellas County Fertilizer Ordinance prohibits using fertilizer containing Nitrogen from June 1 to September 30. It is important to fertilize lawn grasses with slow release Nitrogen by May 31 if you have not already done so. Fertilizer with a formula of 15 - 0 - 15 is good to use on lawns.

All pictures are from the University of Florida



YOUR JOINTS AREN'T CREAKING, THEY'RE ASKING YOU TO Schedule an appointment.



Why live with pain or limited mobility if you don't have to? Our extensively trained medical teams offer the latest advancements in minimally invasive orthopedic treatments while maintaining the highest standards of safety and patient care. The orthopedic specialists and physical therapists at Mease Countryside Hospital and Mease Dunedin Hospital handle everything from sports injuries and arthritis to joint problems and replacements. We also have total joint nurse navigators—specialists who guide patients through the entire process of joint replacement so they have a better recovery and experience. If you want to spend more time doing what you enjoyed doing 10 years ago, we can help. Make an appointment with an orthopedic specialist today. **For a physician referral: (727) 953-6953 or BayCareJointPain.org**.



Mease Countryside Hospital Mease Dunedin Hospital

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FINDING FAMILY HISTORY IN BOOKS, JOURNALS & DIARIES

by Bonnie Bratby-Carey, Publicity Chairman, West Pasco County Genealogical Society

GENEALOGY SEMINAR TO BE HELD MAY 16, 2018

The West Pasco County Genealogical Society (WPCGS) will host a genealogy seminar on Wednesday, May 16, 2018 from 12:30 to 2:30 pm. at the CARES Enrichment Center in the Activity Center Building, 12417 Clock Tower Parkway, Hudson FL 34667.

Attendees will learn how to locate family history in such sources as history books, family bibles, diaries, journals, scrapbooks and more. The presentation will offer insights on how and where such information may be found.

The event is open to the public. Cost of the seminar is \$7.00 for non-members; \$5.00 for Society members.

To ensure seating availability, please register for the seminar by email to: debbehagner@yahoo.com or via text message to 727-271-0770.

ABOUT WPCGS: The West Pasco Genealogy Society (WPCGS) was founded in 1983 as a non-profit educational organization of amateur and professional family historians, genealogists and archivists. The Society strives to encourage the research, publication, and preservation of genealogical and historical material; to instruct and lend assistance to the membership and the public in modern methods of research. These objectives are accomplished through regular meetings and Society-sponsored workshops, lectures, field trips, socials and other educational activities. The Society offers many opportunities for the public to attend seminars and classes in genealogy-related subjects. There is something for everyone at Society meetings from the novice to the more experienced genealogist. For more information, contact Society president Debbe Hagner at: debbehagner@yahoo.com.



DO YOU LOVE WHOLE MILK? NEW RESEARCH SUGGESTS YOU CAN FOL-LOW YOUR HEART

(Family Features) New research suggests "good" fat may be good for your cholesterol. Whole milk may help raise "good" cholesterol and could be considered part of a healthy diet that's also good for your heart, according to a new study from the "European Journal of Clinical Nutrition."

When adults drank two cups of whole milk every day for three weeks, they had higher levels of good cholesterol that promotes heart health (HDL) and similar levels of LDL cholesterol, triglycerides and blood sugar (risk factors for heart disease) as when they drank the same amount of fat free milk for the same period of time. Based on these findings, researchers concluded whole milk can be part of a heart-healthy diet as long as calories are taken into account.

This study adds to a growing body of research that suggests whole milk can fit within a healthy diet, and some studies suggest it may have additional benefits for both adults and kids – including maintaining a healthy weight and getting enough vitamin D. Researchers followed more than 18,000 healthyweight women for nearly a decade and found those who consumed more whole milk and full-fat milk products (1.3 servings every day) were less likely to become overweight or obese compared to women who didn't consume any full-fat dairy at all, according to a study from the "American Journal of Clinical Nutrition."

Whole milk may also give kids a vitamin D advantage, according to another study from the "American Journal of Clinical Nutrition." Kids who drank whole milk had higher blood levels of vitamin D than their peers who drank low-fat milk, even when the total amount of milk they drank was the same. Researchers believe this might be because milk fat helps kids' bodies absorb vitamin D more efficiently.

Experts agree milk plays an important role in a nutritious, balanced diet, and the 2015-2020 Dietary Guidelines for Americans recommend three servings of low-fat and fat-free milk and milk products each day. Many people are surprised to learn whole milk has the same essential nutrients as low-fat and fat-free milk, so no matter which type of milk you choose to pour in your cereal bowl, use in your smoothie or fill up your glass, you can rest assured that all dairy milk – from fat-free to whole – is simple, wholesome and naturally nutrient-rich.

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