

# Heron

## East Lake Woodlands



Volume 16 | Issue 11 | 2016

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### OUTSIDE THE GATES

by Richard Corrigan, Director ELWCA

By the time this article is edited, typeset, printed, delivered, and read we will have elected a President of the United States. U.S. Senators and Representatives will have been chosen and Florida State Senators and Representatives will be set for the next term. County Commissioners and referendums will have been voted on. Local officials from County appraiser to Fire District Commissioners will have been elected and

we will know whether the school board will have funding to support the arts and music curriculum. A decision as to the future of solar power in the Sunshine State will have been made and the extended battle over medical marijuana will hopefully be settled as well. It is even possible the drainage controversy will have quieted down. Even Halloween and Veterans Day will be over, so costumes and parades will no longer have any currency as topics. The Supermoon is gone and the Hunters moon is waning. So what to write about? In driving around East Lake Woodlands and taking a few deep breaths of the cooler evening air, it struck me there is a lot to write about. Despite all the controversy of the election cycle, the big decision as to whether a creepy clown costume is acceptable and what Disney Princess your daughter or granddaughter should be for a night, and including the uncertainty we feel as to whether the country can continue to effectively support the brave men and women who march so proudly on November 11, we still have a lot to be thankful for.

The end of the summer rainy season and hurricane threats have disappeared, the weeds have not taken over our backyard yet and everything in East Lake Woodlands in crisp and green. The snowbirds are returning, activity on the golf course is picking up (and on the roadways as well) and the flowering plants and trees on the boulevard end caps are in bloom. As we drive out the gates, commerce seems to be picking up and the variety of goods, services and especially places to eat seems to be expanding.

During the summer I spend a lot of time in a mountain community with lakes and streams, places for the grandkids to jump off rafts and boats and hike up to the waterfalls. Life is great in the mountains until you need to go somewhere for groceries or a medical appointment. Then it is a minimum of half an hour drive off the mountaintop to civilization. Here in ELW we can enjoy the newly refurbished pool, go to the Club for a bite or swing out to Walmart or Publix for something to throw on the grill. And you can walk to all of them if you want. Further out we have John Chestnut Park, Brooker Creek Preserve, Oldsmar's recreational facilities and somebody told me the ponies are on their way back to Tampa Bay Downs. And restaurants - well who doesn't enjoy choosing their favorite early bird special?

So it seems to me that after a long and tedious election cycle, sewage spills, zika threats, alligator scares, a couple of bouts of nasty weather and/or heat and humidity, and that prevailing sense of lethargy that a Florida summer brings, we still have a lot to be thankful for here in our corner of northeast Pinellas County. And oh yeah, Thanksgiving with all the trimmings is just around the corner. Happy Holidays to everyone.



### TUMULTUOUS TIMES

by Jeff Hunt, Chairman of Communications Committee

Well, the Election of 2016 is over (hopefully) by the time you are reading this article. I know that for me, the past 18 months have been an assault on my psyche that has kept me in an almost constant state of elevated anger, outrage,

anxiety, disbelief, etcetera, etcetera, etcetera...

So, in the spirit of giving Thanks this November and with a eye on some ideas for New Year's Resolutions, I'd like to share the following article from Karen Cassiday, PhD who contributed this information in August 2016 on the website livehappy.com. Doctor Cassiday is President of the Anxiety and Depression Association of America and is a leading expert on the treatment of anxiety. Reading her words about the power of staying positive reminds (and resets) me to continue to be informed and working to keep our country, state, county AND community the best it can be. Here's hoping it will do the same for you too !

### 5 TOOLS TO BEAT ANXIETY AND STAY POSITIVE DURING TUMULTUOUS TIMES

Just because the world seems to be falling apart doesn't mean you have to.

If you've seen the news lately, it certainly seems like prejudice, murder, terrorism and disasters—both natural and political—are getting the upper hand.

Maintaining your peace of mind and an optimistic outlook can be a daunting challenge when the news presents one negative image after another, accompanied by the commentary of an ever-changing roster of very angry people.

As a clinician and researcher who specializes in anxiety, I can tell you there is hope—even in these difficult times. You do not have to allow terrible world events to produce chronic worry if you follow these science-based tips.

#### 1. Adopt an optimistic attitude

Research has shown that attitude is much more important than circumstance. The important thing is to look for joy in life, even during difficult or uncertain times. Optimism is the attitude that says "good things are going to happen," and "my efforts mean something." It is

*Continued on page 2..*

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### FEEL GREAT STORY

By Jaime L. Soderland, MBA, PCAM

I was asked to include this in the Heron. Our Controlled Access team along with an owner at Woodlands Estates saved a fawn. The fawn got itself caught in the owner's fence. The owner contacted Controlled Access and together they were able to set the fawn free.

*"Enjoy the little things, for one day you may look back and realize they were the big things." – Robert Brault*

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Tampa, FL, 33634

Submit articles to:

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The East Lake Woodlands Heron is distributed free by HOA Publishers to all East Lake Woodlands residents, paid for through ad revenue. The Eastlake Woodlands Board of Directors welcomes all residents to submit positive and informative articles about our community.

**Total Circulation: 4,500**

Mailed to all homes in East Lake Woodlands and available online.

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**Five Tools to Beat Anxiety ... continued from page 1**

also the belief that good triumphs over evil and that love prevails.

These may sound like sugary truisms, but research shows that people who are slightly overly optimistic have the mental health advantage. Every situation has both a negative and a positive spin. I challenge you to try taking the positive spin and look for the silver lining next time you read or hear bad news instead of imagining the worst-case scenario.

**2. Act on that optimism**

Go further by imagining what you can do to make a situation better and then take action to address that problem. You alone are not going to end terrorism or world hunger, but you can donate to a charity that addresses national or world issues, vote in an election, host a block party for your neighborhood to increase a sense of community and solidarity or volunteer your time to a cause that works to alleviate suffering or create societal change.

Taking action reminds you that you are not a powerless victim in a tragic world, but instead that you are an agent of change and someone who lives to create a better future. Gandhi said it well: "Be the change you wish to see."

**3. Look for hope**

Humans are hard-wired to process fear-related information first (and blow it out of proportion as well). This is what makes it easy for mass media and social media to sell news that focuses on tragedy, disaster and human frailty. You can counter this tendency by seeking out news that reminds you of people's capacity for greatness and compassion.

Don't just go on a media fast. Seek out news and stories that celebrate or promote compassion, gratitude and good humor. Subscribe to news feeds and blogs that focus on good things that happen in the world and share them with others.

Elicit optimism and good humor from others by asking questions such as "What is the funniest thing that happened to you this week?" or "What is the best thing that happened to you today?"

Take the time each day to write down at least three things that you are grateful for that happened during the preceding 24 hours. This practice has been proven to help alleviate depression if you do it regularly. Taking the time to be grateful is especially effective when you encounter tragic news because it reminds you of what is good and precious about your life.

Get active in your religious or spiritual community. Research shows that when you regularly participate in a religious community, you have the advantage of receiving spiritual comfort and community support. In addition, spiritual practices enhance your ability to find meaning in tragedy and upheaval and feel connected to mankind, which makes us more resilient in the face of hardship.

**4. Cultivate compassion**

Compassion allows you to reverse the angst caused by negative world events, increase positive emotions, increase positive perceptions of others and improve your ability to manage stress. Compassion is so powerful; don't let it go to waste. Learn to be kind toward yourself and others—even those you might strongly disagree with.

The best way to learn to be compassionate is to mindfully meditate upon wholeheartedly loving everyone and to engage in acts of compassion in which you strive to live the golden rule: "Treat others as you wish to be treated."

Compassion also means being kind even when the other person is annoying, fails to treat you well or misunderstands your good intentions. Compassion helps you view the world as your opportunity to express love rather than the place that is likely to harm you and destroy those you love.

**5. Embrace uncertainty by living in the present**

The only moment you really have to live is the present. Worry will misdirect you into feeling as though you are headed for a frightening future. If you want to avoid worry by embracing uncertainty, then you need to learn to slow down, take a breath and take in the full experience of the present moment without judgment.

For example, you hear a podcast about a terrorist attack while driving in your car and then you mentally slow down to notice the warmth of the sun on your face, the sound of the traffic outside your car, the solid feel of the steering wheel, the smell of your latte and the tightness in your chest from listening to the news.

This simple act allows you to return from the netherworld of your worry into the reality of the present. It allows you to live more fully and consciously instead of becoming preoccupied with worry. You can train yourself to notice that even though the news is bad, there are many good and beautiful things happening in your immediate presence just waiting for you to notice and savor them. Mindful awareness allows you

*Continued on page 5...*

**Five Tools to Beat Anxiety ... continued from page 2**

to cultivate a calm curiosity about the full experience of the moment instead of being overwhelmed by the scary information you hear and reacting with alarm.

Lastly, remind yourself of the truth: Our planet has survived terrible disasters of both the natural and manmade kind before. The beauty of being human is the ability to forgive, love and carry on despite disaster. Resilient and joyful people are those who embrace uncertainty by choosing to live in the present with hope and compassion for everyone.

**EAST LAKE FIRE RESCUE'S 2016 SANTA PROGRAM**

by Claudia Faiola, Public Education Officer



Each year Santa Claus teams up with the East Lake Firefighters to deliver presents to the boys and girls in the East Lake area. Santa rides on the fire station's 1961 American LaFrance Fire Truck and makes personal stops to East Lake Fire Rescue District neighborhoods. This year, we are extremely excited about our Santa Program due to the extra love the truck received through various upgrades! We are excited to show you the improvements our 1961 American LaFrance has received.

If you live in the East Lake Fire Rescue district and would like the Santa Truck to visit your

neighborhood during the holidays, sign up as soon as possible. Time slots fill up fast, so please do not delay. Registration for the East Lake Fire Rescue Santa Truck will begin telephonically and via [www.elfr.org](http://www.elfr.org) on November 1st.

To register online, visit [www.elfr.org](http://www.elfr.org), click on the "Santa Program" tab and submit your information through our website. East Lake Fire Rescue's Public Education Officer, Claudia Faiola, will contact you to complete the registration process. Time slots will be confirmed on a first come first serve basis.



If you would like to register telephonically, contact PEO Faiola at 727-784-8668 ex. 204.



**EAST LAKE WOODLANDS COMMUNITY PATROL REPORT**

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

**September 2016**

<b>Patrol Officers responded to</b>	<b>97 calls</b>
<b>Emergency Calls</b>	<b>0</b>
<b>Complaint Calls</b> (Noise, speeders, solicitors, Domestic disputes, trespass, fireworks, suspicious persons/cars)	<b>50</b>
<b>Parking Violations</b>	<b>64</b>
<b>Irrigation Calls</b>	<b>3</b>
<b>Motor Vehicle/ Pedestrian Accidents</b>	<b>4</b>
<b>Crimes Reported</b> (Vandalism to mailboxes, gates, grass damage, stolen bikes, dumping, all other criminal activity)	<b>5</b>
<b>Miscellaneous/Other</b> (Welfare checks, pets, wildlife, all others)	<b>35</b>
<b>The Sheriff monitored 33 hours during September 2016</b>	
<b>Performed 3 Hours of Presence/Visibility.</b>	
<b>Citations 2, Warnings 50</b>	
<b>Top speed: 86/30 MPH. no violation/20 MPH.</b>	

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## TRAVEL LOG

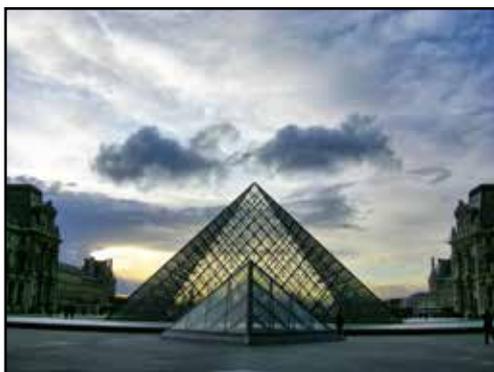
by Diane Mongiello, Communications Committee

I recently had the great pleasure of taking a mother/daughter trip to London and Paris. It was a wonderful experience to be able to spend quality, one-on-one time with an adult child and it is a memory we will both carry with us for the rest of our lives.

I had promised Jeff, the editor, that I would write an article about this adventure for the Heron. But as I began to formulate the content of the article, I realized we had seen so many amazing sights including Buckingham Palace, the Harry Potter plays, Westminster Abby, Picadilly Circus, the Eiffel Tower, the Musee d'Orsey, the London Eye, the Louvre and so many others that I could never describe the entire trip. Then today, an idea came with this morning's newspaper.

The Parade insert had the single word AWE on the cover, which the related article described as "the feeling of being in the presence of something vast or beyond human scale". That crystalized how I would write this article. Of all the amazing things we saw, only one created that feeling of AWE - the Louvre.

Of course I had heard about the Louvre, and it was on our list of 'must see' places. But when you actually see it...it is breathtaking!! I had no idea just how HUGE this museum is. I am a New Yorker and we have some pretty impressive museums in New York City, but they do not compare with the Louvre! Of course, we had to see



the Mona Lisa and the Venus De Milo, two iconic works of art known the world over. Yes, they were amazing and beautiful. But I was stunned to realize they were not the most amazing and beautiful works of art in this museum! They were merely part of thousands of equally wonderful and beautiful paintings and statues.

Actually it's more than thousands. We were told by a museum guide that if you started at one end of the 'C' shaped, 4 level building and stopped at every work of art for 4 seconds, paintings and sculptures alike, it would take you...(wait for it)...72 days to see everything! I did the math - that equates to 1,555,200 individual works of art in one place! Now that is AWE inspiring.

I took 1500 photos on this trip. About 500 are from the Louvre (yes - you can photograph the paintings and sculptures without flash). I am in the process of trying to whittle that down to a manageable 150 to share with family and friends. But I will keep each and every photograph as a reminder of this trip of a lifetime.

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## BIRD OF THE MONTH BALD EAGLE

By Jake Jacoby

The Bald Eagle has been the national emblem of the United States since June 20, 1782 when the Continental Congress adopted the design for the Great Seal of the United States depicting a Bald Eagle grasping 13-arrows and an olive branch with its talons.

The Bald Eagle has been a spiritual symbol for native people for far longer than that. Had Benjamin Franklin prevailed, the U.S. emblem might have been the Wild Turkey. In 1784, Franklin belittled the national bird's thieving tendencies and its vulnerability to harassment by small birds. He stated that the Bald Eagle was a bird of bad moral character and does not get his living honestly. He felt this way because Bald Eagles will often go after other bird's catches rather than catch their own prey. For instance, they will routinely harass an Osprey until the smaller raptor drops its prey in midair, and the eagle will then swoop it up.



The Bald Eagle isn't really bald, but their white-feathered heads gleam in contrast to their chocolate-brown body and wings. While both male and female are identical in plumage, the female is about 25-percent larger than the male. Their eyes are almost as large as a human's, but their sharpness is at least 4 times that of a person with perfect vision. If you

swapped your eyes for an eagle's, you could see an ant crawling on the ground from the roof of a 10-story building. Objects in your line of sight would appear magnified, and everything would be brilliantly colored, rendered in an inconceivable array of shades. And, they see ultraviolet light as well.

While fish of many kinds are the main diet of the eagle, they will eat a wide variety of foods depending on what is available. They will eat birds, reptiles, amphibians, invertebrates such as crabs, and mammals including rabbits, squirrels, and raccoons. They will take their prey live, fresh, or as carrion.



Bald Eagles typically nest in forested areas adjacent to large bodies of water, staying away from heavily developed areas when possible. The largest Bald Eagle nest on record was located here in St. Petersburg, Florida and was over 9-feet in diameter and 20-feet tall. Another famous nest in Vermillion, Ohio was shaped like a wine glass and weighted over 4,000-pounds. This nest was used annually for 34-years until the tree was blown down in a storm.



Both the male and female eagle will bring materials to build the nest, but the female will do most of the placement. They weave together sticks and fill in the cracks with softer material such as moss. Nests can take up to 3-months to build, and may be reused year after year.

Bald Eagles are sexually mature at four or five years of age. It also takes this long for juveniles to develop adult plumage. When they are old enough to breed, they often return to the area where they were born. While other raptors usually nest in April or May, Bald Eagles are earlier breeders. They build and reinforce their

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nests usually by February and lay a clutch of one or two eggs the same month. Incubation is 30-35 days and the eaglets will fledge in another two-months or so. Both parents take turns incubating the eggs but the female does most of the sitting.

Immature Bald Eagles spend the first four years of their lives in nomadic exploration of vast territories and can fly hundreds of miles per day. Some young birds from Florida have wandered north as far as Michigan, while birds from California have shown up in Alaska.



The average lifespan of Bald Eagles is around 20-years in the wild, but they can live much longer in captivity. A captive eagle in West Stephentown, NY lived to be at least 48-years old.

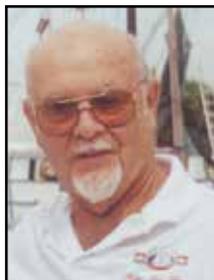
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## BIRD FACT

Birds are the only animals that have feathers, though they are not the only animal that can fly. Feathers not only allow birds to fly, but protect them from inclement weather and the sun's ultraviolet rays. Feathers are made out of keratin, like skin, nails and fur. Bird bills are also made of keratin and come in a great variety of sizes and shapes that depend largely on the bird's diet. Birds that eat seeds tend to have heavy bills to crush them, while fish-eating birds often have bills that are long and pointed, or in the case of a Bald Eagle curved for ripping and tearing. Birds have hollow bones that help them to fly, and hummingbirds, which are the smallest birds, can fly backwards. However, hummingbirds can't walk or hop. Because hummingbirds are the smallest birds, they lay the smallest eggs. Ostriches lay the largest eggs. An ostrich egg is also the largest single cell on Earth. All birds lay eggs. NO bird gives birth to live young.

## HISTORICAL BITS AND PIECES

By Paul J.H. Leaser



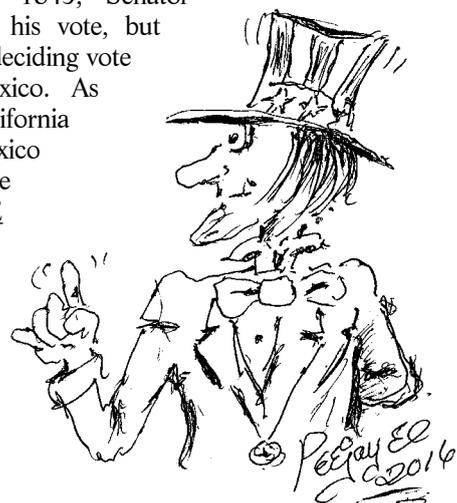
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In 1842, Henry Shoemaker took time from his farm chores, saddled his horse, rode miles into town to cast his vote for Madison Marsh, who then was elected by ONE VOTE to the US Senate!

In 1843, Senator Marsh was late to cast his vote, but finally did so. It was the deciding vote proclaiming war with Mexico. As a result of the war, California changed hands from Mexico to become a state in the United States; ONE VOTE!

Henry Shoemaker had no idea that his one vote that day in 1842 would make the difference between war and peace!

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**NOVEMBER LANDSCAPE NOTES**

*Pam Brown, ELW Resident*

Now is the time to control winter weeds in the lawn. Watch for night time temperatures that are 55 – 60 degrees for several nights in a row, and then apply a pre-emergent herbicide. Be sure that the herbicide you choose is labeled for your type of grass. For more information consult Weed Management in Home at: <http://edis.ifas.ufl.edu/ep141>.

Because October is like spring in other parts of the country, we can plant some of the same spring annual flowers now. Impatiens, geraniums, petunias, pansies and snapdragons can be planted as soon as the plants are available. Seeds of calendula and nasturtium can also be planted directly in the ground. Prepare the bed by spading in compost or other organic matter along with some slow release fertilizer just before planting. Mulch the bed well after planting to conserve moisture and keep down weeds. Remember to keep the mulch two to three inches away from the base of each plant.



*Geraniums*



*Herb container garden*

The fall and winter months are also good for growing herbs. Many herbs that succumb to our hot steamy summers will thrive during the cooler months. If you don't have a lot of space, herbs grow well in containers. More information on growing herbs in Florida is available on the Internet: Herbs in the Florida Garden <http://edis.ifas.ufl.edu/vh020>

Now is the time to add bulbs to your landscape. Amaryllis bulbs (*Hippeastrum* spp.) could be called the Florida tulip. They make a striking bloom show in the spring when planted in groups of 10 or more in landscape beds. Remember, when planting amaryllis bulbs, the collar and the very top of the bulb should be above the soil line. Keep the mulch away from the top of the bulb. You can also plant Crinum or Swamp Lily bulbs (*Crinum americanum*) now for spring and summer bloom. Well-suited to hot, dry, locations, Crinum Lilies grow from what are among the largest true bulbs, some weighing over 40-pounds and the plants are very large, so give them plenty of room. Crinums will recover quickly from killing frosts in our area. Deer have not eaten



*Crinum Lily*

the plants of Crinum bulbs in my garden, but they occasionally eat the foliage of the Amaryllis.

With some cooler temperatures coming our way, fall is a good time to think about applying a fresh layer of mulch to your landscape beds.

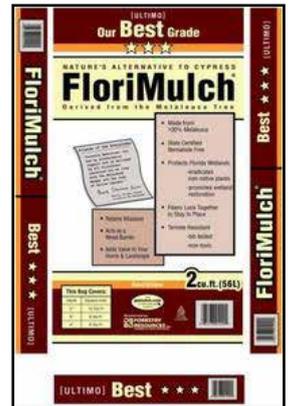
Mulch prevents loss of water from soil by evaporation, suppress weeds, and moderates soil temperature. It can improve absorption of water into the soil and reduce erosion. Using organic mulch adds organic matter to our infertile soil as it decomposes. In addition, mulch adds beauty to the landscape. You do not have to remove old mulch when you apply new – the old will just decay and adding its organic matter to the soil.



*Oak Leaves as mulch*

Rubber mulch makes a great play area for children and is good for paths. However, research at the University of Washington found that zinc leaches out of these mulches at levels that are toxic to plants. So, I would not recommend using it near any plantings.

The question always arises about mulch and termites. A research study was done at the University of Florida using Cypress, Eucalyptus, Melaleuca, Pine bark, Pine straw and Utility mulch. Termites fed on all of the mulches, but Melaleuca (sold as Florimulch) was the most resistant. Utility mulch was the most consumed by termites then Pine. It is recommended that no mulch (wood based or rocks) be placed up against the foundation of the house. Leave an area of at least 12 inches or more from the foundation. The termite treatment is in the soil at the base of your house. If you place mulch or rocks over this treated soil, you run the risk of the termites being able to access your foundation without being intercepted by the treated soil. You should not have any plants this close to your house either, so you can use Roundup or another weed killer to keep weeds down in this area.



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## FAMILY ROOM FUN

By Sally Giar

Family rooms, by their very name are for the family! And when most of us think of family, we think of relaxation and fun, as well as informal settings for carefree entertaining. This is a room in which we can truly "let our hair down". It demands space for our hobbies, be they reading, watching TV or needlework. It also calls for some imaginative planning, so all members of the family feel that this is truly "their" room.

Believe it or not, the concept of family rooms has been around for centuries. Many years ago, they were called second parlors, and allowed families to informally entertain while the front parlors were reserved for special guests.

Here are some tips you might consider in furnishing your family room.

1. Look for large or small tables, perhaps folded or stacked to allow you the opportunity to increase table space.
2. Ping Pong, pool, and air hockey games are a welcomed addition to this room. Of course, having the proper space is a requirement of the type of game you select.
3. An entertainment center to house your TV, DVD and music system is a must. Entertainment centers offer you a place for everything.
4. Comfort is KEY in the selection of your upholstered furniture pieces – cushy deep seats – large and oversized are a most welcome retreat.
5. A game table may also be an important addition to this room – be sure to allow for adequate lighting when you select it's place in your room.

Since many great rooms center around a fireplace, be sure to arrange your furniture to "take in the view" and the warmth of this wonderful architectural feature. And how about changing your mantle accessories with the seasons? A grapevine wreath for the fall, Christmas candles and greenery for the holidays, and a beautiful spring bouquet for the summer.

Careful planning of your family room is a must. Be sure to make a list of all the activities and functions that the room will encompass. Only then, can you make the truly wise decisions about furniture purchases and placements.



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**“OUTSIDE QUOTIENT” COUNTS, AND YOU CAN ACHIEVE IT FOR LESS!**

When getting a home ready to sell, most homeowners focus on interior upgrades and fixes. But what’s on the outside counts, too.

Take the time now with the cooling weather to give your home’s exterior and outside living spaces a careful review. Imagine yourself as a buyer, seeing the home for the first time, and imagining what you’d be thinking.

Lawns, driveways, walkways, patios, gardens, doors, and windows all play a role in the livability of a home – and its salability as well.

Whether or not you are thinking of selling, keeping the home’s exterior in “showroom condition” is a good thing to do!

Here are five ways to boost your home’s Outside Quotient (OQ), courtesy of a Williams Ski & Patio infographic:

Re-sod “thatchy”, ragged, and brown areas, and give your outdoors a whole new look. Isn’t that worth the investment? For an investment that could range from \$300 to \$1,000, you can undo the damage wrought by weather, weeds, and all those other nasties that invade your lawn (not to mention the dog and your kids).

Sprucing up your outside living areas and make them sparkle: power wash your deck and wash your outdoor furniture for an investment of between \$50 and \$100, and some elbow grease.

The same goes for the home’s exterior. A good power washing will make the home look fresh!

Don’t forget the front entrance to your home; boost your curb appeal and add some color and design with planters featuring seasonal greenery. Just pop in some color inexpensively by adding a pot of annuals or two from your local garden center.

Painting or replacing the front door is always a good investment. Surveys show that the front door is a focal point for buyers as they will be standing there while the realtor opens the lock box to let them in!

While you’re at it, check the driveway and walkways. Cracks and holes can deter future buyers and are just plain ugly. Fill in cracks so water cannot continue the concrete erosion. For \$50 to \$200, a new topcoat of driveway sealer will do the trick if it’s really bad!

For front or back yards, fill in holes in the vegetation with mature plants. Expand plantings and when it comes to mulch, there is only one rule: You just can’t have too much!

A small investment in time and money will generate great rewards.

**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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**PERSONAL SAFETY**

*Judy Gauron, Controlled Access Committee*

The program was presented by Deputy Thomas Kelley, Crime Prevention Practitioner, Pinellas County Sheriff's Office. Deputy Kelley has a skillful way of engaging audiences by making participants play the role of bad guy or victim. Two fun filled hours of learning, understanding, and appreciating the consequences and importance of staying safe.

The subject matter is very serious; everyone should be educated to the ways and means available to all of us in case we are confronted by a robber, gunman or abductor. It may be in the workplace, when we are out and about, at home or on the road. Ask yourself, what do criminals look for? Am I aware of my surroundings? Am I thinking of a way out? Am I quick, quiet and easy? Am I prepared?

Workplace violence is any physical assault, act of aggressive behavior, attempt or threat to inflict physical injury. It includes stalking with the intent to cause fear of physical injury, or an intentional display of force which would give an employee reason to fear or expect bodily harm in the place where an employee performs any work related duty in the course of his or her employment.

**ROBBERY VS. ABDUCTOR**

A robber wants your money, jewelry or car keys. Throw the items in one direction and run in the opposite direction. Carry a cell phone on your person; you won't be able to call for help if the robber has your purse.

Never go with anyone. If an abductor forces you to drive your vehicle, refuse to drive at a high rate of speed, find a soft target, a hedge or fence to crash the car, inflicting damage on the abductor's side. Your aim is for you to remain unhurt.

If confronted with a gun, RUN. If he tells you he won't hurt you, plan to FIGHT, SCREAM and WIN. Turn your FEAR into RAGE. Rehearse and act out a plan until it becomes second nature; you will be in a position to react instinctively rather than having to think of what to do next. We all have "weapons" available to us. A pen, keys, clipboard, our feet can be utilized to inflict pain to the groin area, that will buy you a few seconds of time to RUN - HIDE - FIGHT.

If you are traveling, always tell someone your itinerary. Drive with doors locked, dress comfortably in case you have to run, park your car in a lighted area.

**AVOID ROAD RAGE**

If stopped always leave yourself an out - one car length to the car in front of you, in case you have to get away. If you are being carjacked, find a soft target and crash. Crash the car on the side where the abductor/passenger sits, you want to remain unhurt.

**SHOPPING**

If possible, shop with someone. Have your keys in hand and your cell phone on your person. Don't carry your purse in the parking lot on your shoulder facing the drivers lane, a drive-by robber will pull your purse off, you will lose your footing, get dragged and injured by the fleeing car.

These are some of the steps you can consider to ensure your personal safety.

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## TOAST TO THIS TRIFECTA OF WONDERFUL WINES TO SHARE AT HOLIDAY CELEBRATIONS

(BPT) - As the weather cools and the fireplace whets your appetite for comfort and relaxation, thoughts naturally turn to friends, family, good food and drinks ... enjoyable moments this season so notably brings.

Whether you plan to be the host or a guest at the festivities, you can make a lasting impression by offering up some tasty and carefully selected pairings of wine and appetizers. Sharing delicious food and drinks can be a great conversation starter and create memorable holiday experiences.

Consider these suggestions for delicious combinations that will impress even your most experienced wine-loving and foodie friends.

**Choose a bottle of Leese-Fitch Cabernet Sauvignon**, hailing from where cab is king, sunny California. The enjoyable finish of this full-bodied wine features hints of toasted coconut and rich vanilla to balance out the dark fruit overtones. The meat lovers in your group will enjoy this wine with easy-to-prepare braised beef short ribs or turkey meatballs.

You could even offer up a strategic selection of crackers and aged cheeses, ranging from a sharp cheddar to a higher-end Chalosse or Reblochon. Picture those pairings as you reunite with friends around the holiday table.

**A pinot noir can be an excellent introduction** to red wine for the white wine drinker, and is a great choice for the holiday season because it pairs effortlessly with a variety of foods. Whip up a batch of salmon tartare on toasted wontons for your next dinner party to go with the light, red fruit and earthy elements typical of this varietal.

Try the Moobuzz Pinot Noir, named after "the land of milk and honey" (the California Central Coast), which features an

abundance of red currant, dark cherry, rich mocha and wild strawberry ... with a finish one critic compares to "a velvet blanket." This is one you'll want to snuggle in!

**Those celebrating a special occasion, or any day that ends in "Y," may enjoy the festive White Knight Prosecco D.O.C.** with crisp aromas of acacia flower, apple, white peach and citrus fruit, this bubbly is a nice change from the typical white wine. It is great by itself as an aperitif or as a base for a festive French 75 cocktail. Enjoy this lively sparkler with mini quiches at a wedding shower, gathering of friends or your company holiday party.

Visit [3badge.com](http://3badge.com) for information on where to purchase these wines, or to learn more about 3 Badge's strong portfolio of award-winning beverages.



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**When:** Thursday, November 10, 2016  
Cocktails, Food and Socializing 5:30  
Fashion Show 6:30

**Where:** East Lake Woodlands Country Club  
1055 East Lake Woodlands Pkwy,  
Oldsmar, FL 34677 (727) 784-8576

**Benefit:** Ovarian Cancer Research Fund Alliance, in honor of Victoria Resnick\*

**Tickets:** \$35 per person includes food and fashion show. Contact Mirabella Fashions, 481 Main St., Dunedin, FL 34677. (727) 288-2999  
[joy@mirabellafashions.com](mailto:joy@mirabellafashions.com)

10% of all ticket sales will benefit OCRFA as well as proceeds from all raffles, any direct donations and 10% of any purchases made by attendees who shop at Mirabella between 11/11/16 and 11/23/16. Victoria is the sister of Joy Hillman Owner of Mirabella.

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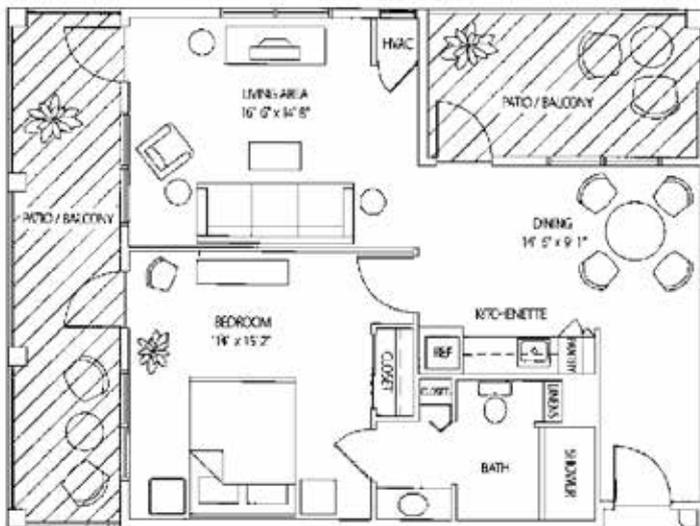
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