

# The Shadow Runner



The Bi-Monthly Newsletter of the Shadow Run Homeowners' Association, Inc.

## Riverview Garden Club

Meets 2nd Wednesday  
of each month  
September thru June  
10:00 am at the  
Riverview Civic Center  
11020 Park Drive, Riverview  
813-671-0097



**FOR INFORMATION  
ABOUT SHADOW RUN  
CHECK OUT OUR WEBSITE  
[www.ourshadowrun.com](http://www.ourshadowrun.com)**

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## BREAKFAST WITH BUNNY, EASTER EGG HUNT AND PHOTO WITH EASTER BUNNY SATURDAY, APRIL 19TH AT 10:00 AM

On the Bell Creek Preserve Park property  
at the North end of Donneymoor



Eggs may be redeemed at the "Bunny Store" for prizes  
Be sure to bring a basket for egg collecting.  
Contact Janet Magnuson at 813-767-9372 for more information

## SHADOW RUN'S SIXTH ANNUAL NEIGHBORHOOD CLEAN-UP

*Janet Magnuson*

**SATURDAY, MAY 10th  
from 8:00 am to 1:00 pm (or earlier if full)**

This project is a VOLUNTEER run community clean up. The volunteers are your neighbors, NOT county employees. IF we have enough volunteers, we will

*continued on page 3*





# SHADOW RUN HOMEOWNERS ASSOCIATION, INC BOARD OF DIRECTORS MEETING MINUTES December 16, 2013

## SHADOW RUN HOMEOWNERS ASSOCIATION (SRHOA)

### BOARD OF DIRECTORS 2013-2014

board@ourshadowrun.com  
(gets forwarded to Stan Klos  
and RonTrowbridge)

manager@ourshadowrun.com  
(gets forwarded to Ron Trowbridge)

#### PRESIDENT

Stan Klos..... 813-598-7492  
Sklos@ourshadowrun.com

#### VICE PRESIDENT

Charles Delarosa..... 813-323-8814  
cdelarosa@ourshadowrun.com

#### TREASURER

Don McCann..... 813-671-0097  
dmccan@ourshadowrun.com

#### SECRETARY

Ron Dean  
rdean@ourshadowrun.com

#### DIRECTORS

Steve McDermott  
smcdermott@ourshadowrun.com

Dave Parker

James Petosky..... 813-340-4193  
jpetosky@ourshadowrun.com

Walter Seely

Wseely@ourshadowrun.com

### SHADOW RUN DAM CORPORATION BOARD OF DIRECTORS

#### PRESIDENT

Tom Behrens.....671-9089

#### TREASURER

Gene Porter

#### SECRETARY

Paulo Silva

#### MEMBERS AT LARGE

Yousuf Akhter • Peter Sabonis

Meetings the first Monday of the month at  
7:00 p.m. In one of the director's homes.

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#### I. CALL TO ORDER

Regular Board Meeting: Monday, December 16, 2013 called to order at 7:05 pm by Stan Klos, President, at the Riverview Civic Center, 11020 Park Drive, Riverview, Florida

#### II. ROLL CALL - Quorum Present

Members Present: Rob Dean, Charles DelaRosa, Stan Klos, Don McCann, Steve McDermott, Dave Parker, James Petosky and Walt Seely. Members Not Present: None  
Committees: Janet Magnuson (Newsletter & Events), Judy Paes (Welcome)

#### III. APPROVAL OF MINUTES

On MOTION by Walt Seely to waive reading of the minutes and approve as presented, duly seconded, the Board unanimously agreed to waive the reading of the minutes of the November 18, 2013 regular Board Meeting and approve the minutes as presented.

#### IV. ARCHITECTURAL APPLICATIONS AND GENERAL ARCHITECTURAL MATTERS

01. On MOTION to approve by Steve McDermott, duly seconded, the Board unanimously APPROVED the following applications:

- a. 12104 Shadow Run - Repaint home same color
- b. 11916 Sugarberry - Install solar panels

02. On MOTION to disapprove by Stan Klos, duly seconded, the Board unanimously DISAPPROVED the following application:

- a. 11308 Sandpine - Construct garage

03. On MOTION to disapprove by Chuck DelaRosa, duly seconded, the Board unanimously DISAPPROVED the following application:

- a. 11911 Shadow Run - Waiver of mailbox standards

04. The Manager noted that 12710 Silver Pine submitted to the Court, a request for Architectural approval of the required utility yard. However, the application is incomplete and no action can be taken. The Manager will notify the owner.

05. The Board agreed to table the additional fence relocation application of 12208 Timberline

#### V. MANAGEMENT REPORTS

01. Collections: The Manager updated the Board on collection matters.

02. Open Deed Restriction Violations: The Manager updated the Board on deed restriction violations.

#### VI. COMMITTEE REPORTS

01. Architectural Review Committee: Stan Klos updated the Board regarding the drafting of design standards and fine committee policies. Revisions of the drafts continue before pre-

sentation to the Board for discussion and consideration.

02. Community Crime Prevention: Stan Klos updated the Board regarding cameras at the dam and noted that a fix for secure web access problems is on-going. The installation of additional cameras is being considered.

03. Landscape Committee: Ron Dean updated the Board regarding landscaping.

04. Newsletter, Grants & Events: Chairperson Janet Magnuson updated the Board. The article cut-off date for the February newsletter is January 25, 2014. Volunteer judges are looking to determine the best decorated homes for the holidays. Winners will receive Wal-Mart gift certificates. The Board requested the Manager check with the attorney regarding the legality of awarding needy homeowners Association funds for mailbox replacements. Another County grant has been awarded through the efforts of Mrs. Magnuson, this one for bike racks and dog waste stations at the dam.

05. Hospitality: Chairperson Judy Paes updated the Board on recent committee actions. Valid homeowner phone numbers are being sought.

06. Finance: There was no report.

07. Common Areas: Jim Petosky updated the Board on graffiti at the dam area and suggested pressure washing. Mr. Petosky also reported that a number of ornamental balls atop concrete pillars at the entrance walls require replacement.

#### VII. UNFINISHED BUSINESS

There was no unfinished business.

#### VIII. NEW BUSINESS

01. Lt. Wooden of the Hillsborough County Sheriff Department appeared to respond to questions by the Board regarding vandalism and trespassing at the dam and the proper legal response to such activities. The Deputy reiterated that the Department cannot enforce deed restrictions, but rather only matters of a criminal nature as defined by public law. Lt. Wooden shared a number of ideas with the Board concerning safety and security as well as suggested the Board look into a number of initiatives which he himself has been involved with in his own community.

02. A homeowner addressed the Board concerning his past due assessments as well as violation notices. Another homeowner objected to a recent architectural matter.

#### IX. ADJURNMENT

On MOTION to adjourn by Don McCann, duly seconded, the Board unanimously agreed to adjourn the meeting at 8:38 PM.

Approved by the Board on January 27, 2014

#### ADVERTISING IS EASY & AFFORDABLE!

Any company or individual interested in advertising in the SHADOW RUNNER should contact Nancy Law, Nlaw@tampabay.com at 813-909-4601.

The articles and opinions in this newsletter are the property of the Shadow Runner and are not endorsed by the Times Publishing Company or its affiliates.

# SHADOW RUN HOMEOWNERS ASSOCIATION (SRHOA)

## COMMITTEES

### COMMON AREAS

Stan Klos, Charles Delarosa,  
Ron Dean

### FINANCIAL

Don McCann.....671-0097

### SOCIAL ACTIVITIES

Carolyn Leneberg - Garage Sale  
Antonia Delarosa - Easter

### ARCHITECTURAL COMMITTEE

Stan Klos, Chairman .....813-598-7492  
Richard Gibson  
Dempsey Wilson  
William Paes  
Charles Delarosa  
Ron Dean  
Don McCann

### WELCOME NEIGHBOR

Judy Paes ..... 813-677-7512  
rexsmom@verizon.net

## COMMUNITY SERVICES

### NEWSLETTER

Janet Magnuson.....813-672-6257

### LOST OR FOUND PETS

Colleen Gentile ... 813-767-4224

## PROPERTY MANAGEMENT

### THE TROWBRIDGE COMPANY

Ron Trowbridge.....813-264-1119  
Post Office Box 273708  
Tampa, Florida 33688

### REMINDER:

Do not deposit yard waste  
and trash cans at the curb  
until the night before  
pickup day.

Articles submitted by individuals  
do not necessarily represent the opinion  
of the Board of Directors of the  
Shadow Run HOA.

Advertisements contained herein do not  
necessarily reflect an endorsement  
by the Board of Directors of the SRHOA  
and/or its membership.

## SHADOW RUN'S SIXTH ANNUAL NEIGHBORHOOD CLEAN-UP

*continued from cover*

help you unload your vehicle. Also, we will pick up at your residence if we have trucks available.

I have been working with the Hillsborough County Office of Neighborhood Relations in procuring funding for a neighborhood clean up. The Hillsborough County Board of County Commissioners (BOCC) has grant funding for the Community Clean Up Program. The specific purpose of this program is to encourage neighbors to conduct clean up projects in the community, which can include litter pick up, yard waste, appliances, metal, furniture and wood for deposit in dumpsters.

### NO CHEMICALS OR PAINT!

### ITEMS THAT WILL BE ACCEPTED AT THE DUMPSTERS INCLUDE:

#### ELECTRONICS:

Televisions, VHS and DVD players, stereos, speakers, computers, laptops, monitors, printers, fax machines, copiers, radios, scanners, telephones, cell phones, pagers, computer games, cables, video and audio equipment, and microwave ovens. (Truck leaves at noon for electronics)

#### BATTERIES

#### METAL ITEMS:

Old refrigerators, ovens, water heaters, metal shelving, steel and other metals

#### FURNITURE:

Couches, tables, chairs, mattresses, etc.

#### CONSTRUCTION DEBRIS:

Concrete, bricks, glass, mirrors, roofing materials, fencing, wood, etc.

#### YARD WASTE

The dumpsters will be available on the West side of the Shadow Run Dam from 8:00 am to 1:00 pm on Saturday, May 10th. We will have trucks with men available to haul heavy items from your residence to the dumpsters. Call me on Saturday on my cell phone for large item pickups at 813-767-9372.

- We desperately need volunteers to oversee the operation of the clean-up. If you would like to volunteer or have a truck or trailer available, please call me at 813-767-9372 or email me at [jmagnuson2@verizon.net](mailto:jmagnuson2@verizon.net).

- If we do not have enough volunteers or trucks for pickups, we will not have that service available.

# Great Deals. Great Cause.

## April 28 - May 12

### eBuy for Education 2014

This annual online auction benefits the  
**Tampa Bay Times Newspaper in Education**  
program. Keep learning tools in the hands of  
teachers and students throughout Tampa Bay  
by bidding on one-of-a-kind items.



## [biddingforgood.com/tampabay](http://biddingforgood.com/tampabay)

100% of all funds will provide newspapers and other educational resources to Tampa Bay area classrooms at no cost to schools, teachers or students.

099047-01

# SHADOW RUN HOMEOWNERS ASSOCIATION, INC

## BOARD OF DIRECTORS MEETING MINUTES

### January 27, 2014

#### I. CALL TO ORDER

Regular Board Meeting: Monday, January 27, 2014 called to order at 7:00 pm by Stan Klos, President, at the Riverview Civic Center, 11020 Park Drive, Riverview, Florida

#### II. ROLL CALL - Quorum Present

Members Present: Rob Dean, Charles DelaRosa, Stan Klos, Don McCann, James Petosky, and Walt Seely  
Members Not Present: Steve McDermott and Dave Parker  
Committees: Janet Magnuson (Newsletter & Events)

#### III. APPROVAL OF MINUTES

On MOTION by Charles DelaRosa to waive reading of the minutes and approve as presented, duly seconded, the Board unanimously agreed to waive the reading of the minutes of the December 16, 2013, regular Board Meeting and approve the minutes as presented.

#### IV. ARCHITECTURAL APPLICATIONS AND GENERAL ARCHITECTURAL MATTERS

01. On MOTION by Walt Seely to approve the Architectural Review Committee's recommendations to the Board, duly seconded, the Board unanimously agreed:

a. As recommended by the Committee, to APPROVE the following applications:

1. 11302 Leprechaun - Re-surface Pool, Add Spa, Install Pavers
2. 12205 Shadow Run - Erect Workshop in Utility Yard
3. 13007 Shadow Run - Re-shingle Roof
4. 11905 Shadow Run - Replacement & New Utility Yard 6' Wood Fence

b. As recommended by the Committee, to DISAPPROVE the following applications:

1. 12701 Silver Pine - Non-Compliant Utility Yard Fence, No Survey/ Incomplete
2. 11209 Leprechaun - Partial Utility Yard Fence — Re-submit Alternate Location
3. 12114 Shadow Ru - Workshop/Garage — Incomplete Application — Missing Plans
4. 11208 Timberlake - Fence Across Garage Entrance
5. 11913 Shadow Run - Non-Compliant Mailbox — Re-submit with Matching Material
6. 11304 Donneymoor - Metal Roof — Incomplete Application
7. 11203 Silk Oak - Non-Compliant Mailbox

02. On MOTION by Walt Seely to disapprove and require re-submission within 30 days or remove, duly seconded, the Board unanimously DISAPPROVED the incomplete application

of 12102 Timberlake for the unapproved erection of a shed and an aluminum carport/fire pit outbuilding structure and require re-submittal within 30 days or remove the structures.

03. On MOTION to approve by Walt Seely, duly seconded, the Board unanimously APPROVED the installation of a 6' vinyl utility yard fence with gates at 11204 Tralee.

04. On MOTION to approve by Walt Seely, duly seconded, the Board unanimously APPROVED the roof re-shingle and removal of dead/diseased pine trees & water oak at 12408 Wexford Hills.

05. On MOTION to approve by Walt Seely, duly seconded, the Board unanimously APPROVED the removal of dead and diseased pines at 12103 Timberlake.

06. The Manager noted that 11204 Egret Nest (Formerly addressed as 12302 Shadow Run) submitted an incomplete application for new home construction and the Manager has notified the owner that the application remains administratively disapproved pending complete submission. Proposed set backs will require Board waiver.

07. The Manager reported that the foreclosing Bank has not assumed maintenance of the abandoned 12405 Wexford and that 12502 Wexford Hills has agreed to a payment plan for the required reimbursement to the HOA for legal fees incurred during HOA enforcement actions

#### V. MANAGEMENT REPORTS

01. Collections: The Manager updated the Board on collection matters.

02. Open Deed Restriction Violations: The Manager updated the Board on deed restriction violations and on going legal enforcement actions.

#### VI. COMMITTEE REPORTS

01. Architectural Review Committee: Stan Klos updated the Board regarding the drafting of design standards and amendments to the Declaration and finalization of Fine Committee policies. On MOTION by Charles DelaRosa to send the draft design standards and Declaration amendments to the HOA Attorney for legal review, duly seconded, the Board agreed on a vote of Five (5) FOR and One (1) (Petosky) AGAINST, to refer the draft design standards and amendments to the HOA Attorney for legal review. The Fine Committee policy has been forwarded again to the Board for Director comments. It was noted that the Fine Committee Policy Draft has been already initially review by the Attorney.

02. Community Crime Prevention Update: Stan Klos reported that the dam area camera system log-on info and pass-

words have been distributed to the Directors. On MOTION by Walt Seely to post closing times of 10 PM to 6 AM at the dam, duly seconded, the Board unanimously agreed to post closing times of 10 PM — 6 AM on signs at the dam. The Manager is to arrange for such posting. Jim Petosky presented a plan to pressure wash graffiti from dam wall columns and sidewalks along the dam. On MOTION by Ron Dean to proceed with pressure washing of the columns and sidewalks following posting of the dam closing signs, duly seconded, the Board unanimously agreed to proceed with the pressure washing of columns and sidewalks following posting of the dam closing time signs.

03. Landscape Committee: Ron Dean updated the Board regarding entrance landscaping. Stan Klos suggested plans be prepared in springtime for planting improvements at the entrances and presented to the Board. Committee Volunteers are still being solicited.

04. Newsletter, Grants & Events: Chairperson Janet Magnuson provided a written update to the Board regarding the February newsletter which is at the publishers. Delivery is scheduled for the first week of February. Winners of the best holiday decorated homes will be listed in the newsletter. The Manager confirmed that the Board received the legal opinion which basically advised that an awards program to provide Association funds to needy homeowners to replace old mailboxes with the new standards would be problematic.

05. Hospitality: There was no report.

06. Finance: The Manager presented the Board a Manager's suggested budget for the Fiscal YR 2014-2015. The Board will need to adopt a budget at the next meeting in order to distribute a proposed budget for approval by the homeowners in March at the special budget approval meeting of the membership.

07. Common Areas: Having address graffiti during the crime prevention portion of the meeting, there was no additional item to report.

#### VII. UNFINISHED BUSINESS

There was no unfinished business.

#### VIII. NEW BUSINESS

There was no new business.

#### IX. ADJURNMENT

On MOTION to adjourn by Charles DelaRosa, duly seconded, the Board unanimously agreed to adjourn the meeting at 8:51 PM.

Approved by the Board on February 17, 2014



# BIG DEAL

# THURSDAYS

Pick up the **Tampa Bay Times** at a news rack or retail location this **Thursday** for our weekly **BIG DEAL!**

PR76738\_V2

## JUD AND JENNY COOK ... SHADOW RUN RESIDENTS AND OWNERS OF CHRISTIAN BROTHERS AUTOMOTIVE

By Janet Magnuson

As you know, we have a new business on the Northeast corner of Boyette Road and McMullen Road. We do not have a automobile repair shop in the area, therefore, it is a benefit to the community. The owners, Jud and Jenny Cook are residents of Shadow Run. Stop by Christian Brothers and meet Jud and Jenny.

Jud Cook served as a civil and environmental engineer in the Army and retired as a Colonel after 30 years. He and his wife, Jenny, spent those 30 years moving around the globe and raising their four children and now their one year old granddaughter.

After living in so many different places, the Cooks were ready to become a permanent part of the community and fell in love with and retired in Florida. They wanted their post-military life to focus on service and on being a light in the community, so they chose to purchase a Christian Brothers Automotive franchise in Riverview, Florida. The faith based and ethical business model of the company is what attracted them.

Jud and Jenny, as Christian Brothers Automotive in Brandon, are enjoying supporting the community. They are donors to THORN Ministries, sponsor the Riverview High School yearbook and are helping a local elementary school with their end-of-year trip. The Cooks are also active individually. Jud is a member of the Greater Riverview Chamber of Commerce. He is also active at his church, the First United Methodist Church of Brandon, where he plays trombone every Sunday. Jenny serves the church as a member of the Bell Choir and recently volunteered as a life coach at Life Care of Brandon, an at-risk pregnancy center. Jud is a member of the board and trombonist for the Eastern Hillsborough Community Band, a non-profit group dedicated to fostering a love of music in the local area and sponsoring young musicians. Jenny is a featured vocalist and saxophone player with the group.

Christian Brothers Automotive in Brandon, Florida knows how hard it can be to find the time and the money to take care of your car. That is why they offer military discounts for all military families. They treat everybody like they are a member of their own family. With their comfortable leather couches, free Wi-Fi and superb customer service, they want you to feel like you are right at home. When the required repairs for your vehicle have been determined, they will take the time to show you what is wrong with your automobile and why it needs to be serviced. Their goal is to take the hassle out of car repairs and make them more convenient for you. If you need to go back to work, home or even pick up your kids from school, their free shuttle service is available to you.



### SPRING AND SUMMER DANGERS FOR DOGS

Spring and summer can be a dangerous time of year for our pets. In the spring landscapers put chemicals on the lawns to control bugs and weeds. These chemicals can get on to the animals' feet and then the pet cleans their feet and ingests the chemicals. After walking your dog wet a towel and wipe the dog's feet off so the dog does not ingest the chemicals.

As the warmer weather comes in don't walk your dog during the mid-day hours. The roads and sidewalks can burn their paws. Walk in the morning or evenings when the pavement is cooler. Also bring a bottle of water for your dog to drink. It does help cool the animal down.

Another thing is to watch out for snakes during the day. Snakes like to hide under bushes to keep cool but toward the evening they like to come out onto the sidewalks and roadway to collect the heat. Snakes are cold blooded and need the morning sun and the heat of the evening sidewalks and roads to keep warm. Snake bites are expensive for the anti-venom.

## THE GREATEST PARENT TIPS EVER....

Janet Magnuson

### Three Instant-Soothers You Can Count On



• **Try The Triple Play....**  
Rub lavender essential oil on the back of your neck for a calming scent (feel free to swipe your kid's Johnson & Johnson lotion). Then wrap your baby in a blanket and gently bounce on a fitness ball or the edge of the bed.

• **Head To the bathroom....** Need help fast, run the bathroom fan and faucet. Low, droning noises remind your little one of hearing your heartbeat in utero.

• **Create a Toddler Cocoon** When toddlers throw tantrums, they often need to block out stimulation in order to calm down. So instead of picking up your tot, make a "cave" or cocoon-like space by throwing a blanket over a small table and allowing him

to climb under it. If you've got a pop-up kid tent, that will work, too. Give him his favorite toy and a pillow, and he'll have the soothing sanctuary he needs to regroup.

### Help the Medicine Go Down (or In)

Who hasn't squirted Motrin into her toddler's ear when he's putting up a feverish fight? Take a cue from Mary Poppins and mix a dose of medicine with chocolate syrup. For toddlers and older babies on solid foods, medicine will seem like a treat! Another option: Refrigerate OTC meds. Cold can mask the taste. For eyedrops, lay your baby on her back and put a toy on her belly so she'll look down. If she's old enough to follow directions, just tell her to close her eyes. Place a drop on the inner corner of the eye, right by her nose. When she looks up or opens her eye, the drop will fall right in. (Works for drowsing pets, too!)

### Happier Hair Washing

Turn this often torturous process into something your toddler will look forward to: Treat her to a salon visit right in your own home.

• Talk in a fancy voice and ask her to lie down on the kitchen counter, with her head hanging over the sink, just like she would if she were sitting in the shampoo chair at a salon.

• Roll Up a towel and put it under her neck for support.

• Let her lean back and enjoy. Use your fingers to give her a head massage while you shampoo.

• Rinse, wrap hair up in a turban.

• Accept kisses as tips.

**Better Bangs:** The unfortunate hallmark of an at-home trim is poorly cut bangs. The secret? Don't cut them from ear to ear. Instead, trim them in from the outside edge of each eyebrow.

### Car Seats on the Fly

Many a parent has suffered a long flight with a crying baby only to

*continued on page 7*

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## KIDS AND FOOD

Janet Magnuson

It's no surprise that parents might need some help understanding what it means to eat healthy. The good news is that you don't need a degree in nutrition to raise healthy kids. Following some basic guidelines can help you encourage your kids to eat right and maintain a healthy weight.

### Here are 10 key rules to live by:

1. Parents control the supply lines. You decide which foods to buy and when to serve them. Though kids will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.

2. From the foods you offer, kids get to choose what they will eat or whether to eat at all. Kids need to have some say in the matter. Schedule regular meal and snack times. From the selections you offer, let them choose what to eat and how much of it they want. This may seem like a little too much freedom. But if you follow step 1, your kids will be choosing only from the foods you buy and serve.

3. Quit the "clean-plate club." Let kids stop eating when they feel they've had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn't help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they're less likely to overeat.

4. Start them young. Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food on several different occasions for a child

to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.

5. Rewrite the kids' menu. Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese? When eating out, let your kids try new foods and they might surprise you with their willingness to experiment. You can start by letting them try a little of whatever you ordered or ordering an appetizer for them to try.

6. Drink calories count.

Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk

are the best drinks for kids. Juice is fine when it's 100%, but kids don't need much of it — 4 to 6 ounces a day is enough for preschoolers.

7. Put sweets in their place. Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.

8. Food is not love. Find better ways to say "I love you." When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.

9. Kids do as you do. Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.

10. Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.



## THE GREATEST PARENT TIPS EVER...

*continued from page 6*

discover that she can't get the car seat out of the airplane seat. Because airline seatbelts open with a pull lever, the belt can easily get wedged in the car-seat back once it has been tightened. If you can't pull the lever, well, you're stuck. Avoid this problem with two solutions that are FAA compliant: Ask your airline attendant for a seat-belt extender, the extender attaches to and lengthens the belt so you can reach the buckle when deplaning. If you can't get their attention in time, simply turn the buckle over so that the clasp opens in a different direction.

### How to Defuse Road Rage

We've all been there: You're making great time on a trip home from the mall and then, bam!, traffic. Your child, who was happy moving at 50 miles per hour, is hysterical when your speedometer drops below 10. Some quick tricks to avoid crying jags.

- Turn on cool tunes As soon as you see a stream of brake lights ahead, pop in a customized CD that sings your child's name in every stanza (\$14.95 to \$19.95; mymusiccd.com). When they hear their names in a song, they instantly stop crying

- Dial it in. Low-tone cell-phone ringtones can be calming. Play tones that are heavy on the drum and bass.

- Stash some magnets. Dig out an old metal cake pan or small cookie sheet and load it up with large magnetic pictures or letters (they should be larger than 1 3/4 inches in diameter). The magic of magnetism can keep them entertained for hours (okay...many, many minutes)

### Nighttime Tips

- Think Big to avoid 2 a.m. diaper leaks, puts a diaper one size up. It absorbs more and won't make a mess

- Do Diaper Prep. Pre-fill newborn diapers with ointment before bed to save time during middle-of-the-night changes.

*continued on page 7*

# ENERGY TIPS FOR MOMS AND DADS

Janet Magnuson

Why is it that the kids have all the energy, but they're the ones who get to nap?

Parenting is one of the most rewarding jobs in the world, but it's also exhausting. You are on duty 24-7, no weekends off or sick days. It's easy to focus on your kids and neglect yourself, but that's not good for you or them.

Ideally, all moms would get eight hours of sleep and rise refreshed. But most of us know that's not realistic. Instead, here are some quick and realistic tips from parenting experts on how you can recharge your own energy tank.



## 1. Guzzle a Bottle of Water.

Mild dehydration can affect your body even before you know you're thirsty, and may leave you with headaches, fatigue, and lack of energy.

## 2. Take a Bath or Shower.

There's nothing like taking a bath or shower in the middle of the day to make you feel like a totally new person.

## 3. Be a "Bad Mom or Dad."

To get even five minutes for an energy boost, you may need a quick break from the kids. If they're not in school or day care, that may mean relying on the dreaded TV for at least a short time. Turn on Sesame Street or an educational DVD. They'll get a much more present, happier you if you occasionally allow yourself a break like that than if you're watching them like a hawk every second.

## 4. Get Moving.

Studies have found regular exercise is better than a nap for boosting your energy levels. But constant reminders to fit an hour's worth of exercise into every day can be daunting. Forget the perfect and go for what you can do

instead. Take a quick walk around the block with your child in the stroller, or just stand up from your desk to do some stretches. (You can set your computer alarm to remind you.) Or take advantage of playtime with your kids: have a race in the park or roller skate. Too cold? Try a physically active video game like Wii tennis or put on some music and dance.

## 5. Don't Skip Breakfast!

You're vigilant about making sure your kids get a healthy breakfast before they head out the door. But what about you? A cup of coffee does not equal a healthy start to the day (and no, two cups don't make it better). Studies have found that people feel more satisfied by food eaten in the morning, a feeling that can translate into better energy for your day.

## 6. Keep Your Blood Sugar Steady.

You feel drained. You grab a candy bar or a soda for a quick sugar rush. The energy burst lasts for a short time and then you crash, feeling more tired than before. Sound familiar? Wild fluctuations in your blood sugar can be rough on your energy level. Instead, eat regular small snacks to keep on an even keel. Keep snacks in your purse that combine carbs with protein for a slow release of energy -- like trail mix, peanut butter crackers, protein bars, and small containers of veggies and hummus.

## 7. Change Your Clothes.

No, really. If you're sitting around in baggy sweats or your pajamas, it can actually make you feel more tired and rundown. You don't have to put on a skirt or suit, but a switch from sweats to slacks and a cute top can make you feel like a new person.

## 8. Give Yourself a Bedtime.

Maybe eight hours' sleep isn't realistic for a mom of young kids, but you can't survive on five. There's no quick cure for lack of sleep, no matter how much caffeine you ingest. Seeking energy through caffeine or sugar just leaves you tired and wired and prone to weight gain. Try this experiment: for one week, go to bed one hour earlier

than you usually do, every night. Don't veg out in front of the TV or the iPad. See how much more energy you have by the beginning of the next week.

## 9. Spend Real Time with Your Child.

Sometimes taking a break from parenting can give you the energy you need -- but the right kind of mommy-child time can refill your tank. Take 15 minutes and just play with them. Abandon yourself completely to the play without a deadline or timeline or goal. You'll find yourself empty and dry at the end of the day if all your interactions with your kids are about getting dressed, eating meals, and getting in and out of the house.

.....

## THE GREATEST PARENT TIPS EVER...

*continued from page 7*

### Better Mothering Through Technology

- **Make It a Baby Monitor.** You're at a dinner party and are worried you won't hear your sleeping baby in your host's bedroom. Download the application at [codegoo.com/page/baby-monitor](http://codegoo.com/page/baby-monitor) (\$4.99), then stash your phone near the baby. If he stirs, your phone will call a number you've chosen (e.g., Daddy's cell).

- **Let it Lull.** Download the white-noise ambient application (\$1.99; [tmsoft.com/iphone-whitenoise.html](http://tmsoft.com/iphone-whitenoise.html)) and place the phone in your baby's car seat or stroller. The app also offers a variety of sounds, including some as quietly calming as lapping waves and rain.

- **Turn it into a Tracker Log** your baby's diaper changes and feedings with the applications at [andesigned.net](http://andesigned.net) (99¢, \$7.99). Both store a history of your data, in case you need to share it with your doctor.

- **Have it Wooo Them.** Download the Wooo Button ([iphoneappreviews.net/2008/08/01/wooo-button](http://iphoneappreviews.net/2008/08/01/wooo-button)). It's simple: You press a button and a man shouts "Wooo!" Kids love it, and it's so harmlessly addictive that you'll be amazed at what you can accomplish!

# TIPS TO KEEP CHILDREN SAFE FROM PREDATORS

Janet Magnuson

Not every child abduction can be prevented; abductors are larger and stronger than their victims and are often clever. There are, however, ways to help keep your child safer. Here are five tips to ensure safer practices with your children:

## 1. Don't teach "Stranger Danger."

That was the warning when we were kids, but it's probably best to leave that one in the past. First of all,



it invokes the image of a scary person. In truth, an abductor will look like anyone else and they can approach children in a friendly way. Once they introduce themselves or claim to be a friend of a parent, they may not be a stranger in your child's mind. Stress to your child that they can not identify whether someone is good or bad based on their appearance.

Second of all, there may be times when your child does need to talk to strangers. The important thing is to talk to the right stranger. It's tempting to tell your child to find a police officer, but children often can't distinguish between a police uniform and other uniforms, and abductors have used uniforms in order to gain trust. Helpful tip: If a child is lost or needs help, tell them to look for a mother with kids.

## 2. Teach your kids that adults don't need help from kids.

If an adult needs directions, help finding a pet or anything else, they should ask another adult, not a child.

## 3. Have a code word phrase.

This is a phrase that you would share with your children, especially as it relates to adults they should and can trust. They should know that if you send someone to pick them up from school or any activity, the code word will be used. Make it something funny or personal so it's easy for the kids to remember. A child should only go with someone who tells them that phrase.

## 4. Let your child know it's OK to yell, scream, and say no to an adult if they feel uncomfortable or scared.

We teach children to listen to adults and not to be disruptive, but there are times they should disobey



and be loud. It's a good idea to practice with your kids. Give them a scenario and have them practice say no firmly and loudly, screaming, and running away.

## 5. Be cautious and aware of identifying clothing.

Personalized shirts, a team uniform or clothing from your child's school can provide a potential abductor with valuable information. If they are able to call your child by name or mention their school or team, they may be able to trick your child into believing that they know them.

The most important thing when trying to keep your child safe from abduction is to communicate with your child. Talk to them regularly about the dangers and what they can do to stay safe.

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## Pet Owners Beware.....

### COCOA MULCH A DANGER TO DOGS!

The danger of poisoning from Theobromine, the ingredient in chocolate that is toxic to dogs, does not end with the chocolate candy or the baking chocolate inside your home. Pet owners should never use cocoa bean mulch in their flower beds or as garden fertilizer. "Cocoa Mulch," made from cocoa bean shells, contains potentially toxic quantities of Theobromine. Even if your dog has absolutely no interest in other types of garden mulch, cocoa mulch smells like chocolate and that smell attracts dogs. Dogs have died from eating cocoa mulch! According to the ASPCA.... "Eaten by a 50-pound dog, about 2 ounces of cocoa bean mulch may cause gastrointestinal upset; about 4.5 ounces, increased heart rate; about 5.3 ounces, seizures; and over 9 ounces, death."

## PLANTS FOR SHADY LOCATIONS

*Sydney Park Brown Ed.D.*

Trees can be a blessing and a curse. They offer cool relief from Florida's blistering sun and heat, but gardening beneath them can be a challenge. Plants need sunlight to make food, and no amount of fertilizer and water can compensate for a lack of light. Lawn areas or plant beds, which are thin and weak from too much shade, need to be replanted with more shade-tolerant plants. The list below offers ground covers, shrubs and flowering plants, which will grow in reduced sunlight.

However, before you make changes, it's important to analyze the type of shade you're dealing with. Tree shade offers several obstacles. Not only does the leafy canopy block the sun, but also the tree roots often dominate the soil beneath and compete for space, water and nutrients. It can be difficult to establish some plants, particularly shrubs, so in this situation ground covers may be a better bet. Shade from trees or buildings can be seasonal. Analyze the sun's path at different seasons and make sure that a plant shaded in the winter won't fry in full sun during the summer.

### Shade Tolerant Ground Covers

Provide them lots of water, mulch and attention until its root system is well established. Some ground covers not only grow in places where grass won't, but they're also lower maintenance. Once established, many ground covers suffice with little water, and their need for trimming and spraying is also minimal. Raking and mulching is also reduced since the falling leaves from the trees above will sift through the ground cover and provide free mulch.

### Shade Tolerant & Colorful Annuals, Perennials & Bulbs

It takes lots of energy for a plant to produce flowers and this energy is derived from sunlight. Low light means reduced flowering. Therefore, the list of shade tolerant, flowering plants is limited. However, there are a handful of plants which offer color in a shaded garden either through their flower or their variegated or colorful foliage.

<b>Shade Tolerant Ground Covers</b>	Anise	Ti plant	Flamingo Flower/
	Bamboo Palm	Blackhaw Viburnum	Jacobinia
	African Iris	Viburnum suspensum	Johnny-jump-up
	Algerian Ivy	Yesterday,-today	Impatiens
	Asiatic/Dwarf Jasmine	&-tomorrow	Mother-in-law's
	Border Grass-Liriope		tongue
	& Mondo	<b>Shade Tolerant</b>	Nasturtium
	Boston Fern	<b>&amp; Colorful Annuals,</b>	Orchids
	Bromeliads	<b>Perennials &amp; Bulbs</b>	Oyster plant
	Cast Iron Plant	Agapanthas Lily	Pansy
	English Ivy	of the Nile	Peace Lily
	Holly Fern	Amaryllis	Pentas
	Leatherleaf Fern	Angelonia	Persian Shield
	Peace Lily	Begonia	Pinecone Ginger
	Peacock Ginger	Blood Lily	Polka Dot Plant
	Walking Iris	Blue Ginger	Purple Queen
	Xanadu Philodendron	Butterfly ginger	Shrimp plant
<b>Shade Tolerant Shrubs</b>	Nandina	Caladiums	Spider plant
	Oakleaf Hydrangea	Coleus	Sweet Potato
	Philodendron selloum	Crosssandra	Torenia
	Phillipine violet	Dayflower	Trailing phlox
	Shrimp Plant		
	Sanchezia		



# Spring

## YARD AND HOME CHORES

Spring is nearly here and outdoor chores are in order:

- Service your mowers as they are about to work again regularly!

- Adjust your sprinkler times for the drier months expected through May.

- Check your lawn and re-sod areas which were too weedy during the last growing season.

- Replace all dead plants/ those that did not survive the winter.

- Prune easement trees 15ft above roadway grade (anything below 15ft will get damaged by Republic Services trucks, Fedex, UPS etc.). Prune shrubs and trees when new growth begins:

The end of the dormant season is a good time to prune many trees and shrubs. Cold damaged shrubs can be pruned back to where new growth appears.

- Replace winter annuals.

- If you have azaleas in your landscape they need to be pruned after blooming.

- Prune spring flowering trees and shrubs after blooming: Prune after the last flowers fade but before new buds set in mid to late summer.

- This is when palms and ornamentals should have been fertilized.

- Mulch conserves moisture during dry weather and minimizes weeds in landscape beds.

- The drier months are ideal for completing jobs like exterior home repainting. Association approval is required.

- Clean Mailboxes and mail posts.



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