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Dr. Ivelyn Santini, DDS

Dr. Mark Behm, DMD

Dr. Isaac Bosco, DMD

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IMPLANT SPECIAL

D6010, D6058, D6057

Includes: implant, implant crown, and abutment. Excludes: site preservation including bone grafting, a surgical guide, cone beam CT scan and extractions (D0367, D7210)

For first-time uninsured patients only. Coupons cannot be used with any other offer. All coupons must be presented at time of service. No exceptions. Exp.8/31/25

10% OFFAny Service for Veterans

Must show proper military ID. Excludes cleaning, exams and X-Rays. For first-time uninsured patients only. Coupons cannot be used with any other offer. All coupons must be presented at time of service. No exceptions. Exp. 8/31/25

FREE

Exam & X-Ray or Second Opinion

(D0150 & D0120)

For first-time uninsured patients only.

Coupons cannot be used with any other offer. All coupons must be presented at time of service. No exceptions. Exp. 8/31/25

ONE FREE CROWN

Fixed Bridge

Savings of \$800 (Pontic)

with the purchase of 3 units or more. D6245 or D6740

EXCLUDES: D2950 Core build-up. Excludes insurance portion.

Must present coupon at time of service.

Prices subject to change. Coupon cannot be used with any other offer. Exp. 8/31/25

DENTURE SPECIAL

\$599 Repla

Replacement Denture Only

(D5110, D5120)

For first-time uninsured patients only. Coupons cannot be used with any other offer. All coupons must be presented at time of service. No exceptions. Exp. 8/31/25





352.684.1274





7425 Spring Hill Drive | Spring Hill, FL 34606

Staff & Phone Numbers

Keith Elder	President, Ponds and Lochs
Joe Cuccio	1st VP, Secretary, Security
Available	2nd VP, Events
Denise Wilson	3rd VP, Treasurer
John Turner Gro	ounds, RV Compound, Buildings
Susan Thompson	Office Administrator
Judy Huffman	Heather Newsletter Editor

As a reminder, the newsletter is available on the HPOA website – www.heatherpoa.com. So if you are away, you can still find out what's going on.

DEADLINE

The deadline for the next issue of The Heather Newsletter is Sept 8, 2025.



You can send the article in PDF format to heatherpoal1@yahoo.com or drop off your typed article at the HPOA office, attention Editor. Thank you.

IMPORTANT MESSAGE: TO ALL HEATHER CONDO AND HOMEOWNERS

Please **DO NOT** drive across the median centers on St. Andrews Blvd. and Heather Blvd.

Not only are you posing danger to people walking or riding bicycles and other vehicles, but you also are damaging the grass and plants.

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DON'T FEED THE WILDLIFE!

The Florida Fish and Wildlife Conservation Commission (Rule: 68A-4.001General Prohibitions) states that people should not feed wildlife as wildlife can be a public nuisance. "Intentionally offering or placing food or garbage out will attract black bears, foxes, raccoons as well as other wildlife."

President's Corner

Keith Elder

Hello everyone! Summer is in full swing, so is hurricane season, so everybody keeps a good eye on the weather!

Remember there are a lot of kids in the neighborhood now so keep a watch out for the kids while they're playing. School is starting soon, and the bus stop has been moved to the boat ramp area and is not off of St. Andrews Blvd.

We have encountered having to replace the bathroom pumps. They hadn't been changed in over 20 years so now we have a brand-new system that should last another 20 years. Sorry for the inconvenience and having to use the porta potties.

Sorry to see her go, but Myrna Stover decided to resign from the Board. I feel that she did an excellent job for the Christmas parties and every little event that she tried to get the community involved in. It was just disheartening to her that we couldn't get any volunteers to step up and help at any of these functions. It always ended up being Board members.

Anyone interested in joining the Event Committee so we can start planning the Fall Festival, please let Susan at the office know. You don't have to be a Board member to do the committee or be in charge of the committee. I want to thank everyone that came out for the Fourth of July celebration. The kids had a great time. We had a nice fireworks show at the end of the evening. The live entertainment was outstanding. We would like feedback if there's something that you would like to see done again in the future. All these little events are for the community to make it a nicer place to have something and get-togethers. Please support these activities when they are available to you.

I'm still talking with the golf course about the leasing of the pool. The last word I got was they were still making major repairs to the buildings in the area. Most likely it wouldn't be available to lease until next year, but I will keep you informed!

NOTE: Our next Board Meeting is on Sunday, August 17 at 7pm. Please try to attend.

Everyone, Be Safe!





All of the

From Susan's Desk

The office is a more productive environment. I have worked very hard with our bookkeeper and treasure. Every account has been looked over and fixed. All files are correct and organized. I am very happy to announce we will only be using the Bookkeeper for 5 hours a month. Between us 3 we are making sure the HPOA office is being ran smoothly and efficiently.

I am asking that everyone put your email on file at the HPOA office. This will be an easier way to see your invoices and pay them. This is also a great way to get information regarding your account.

Let's not get behind on paying your HPOA Dues. We do NOT mail monthly invoices. Your \$24 is due on the 1st of each month and a \$5 late fee is added if not paid by the 15th of each month. Late letters are mailed when you are 3-4 months past due.

My Office door is always open and happy to help and serve in any way I can.

If you have any questions or concerns, please call me 352-596-5028

Email: heatherpoa11@yahoo.com

Office Hours:

Monday, Tuesday, Thursday & Friday 9am-5pm

(lunch 12:30-1:30pm)

Wednesday 11am-7pm (lunch 2-3p)

Thank You, Susan Thompson, Office Manager

Architectural and Design Committee

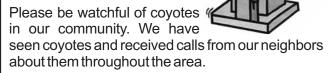
We need you to be a part of our A&D Committee or Fine Committee! These committees are such an integral part of working together as neighbors to help keep The Heather community looking its best.

The A&D Committee meetings are open to the community and meet at 6:30 PM every 1st & 3rd Tuesday of each month. The Fine Committee only engages on an 'as needed' basis. Whether you just want to observe, ask questions, or even decide to volunteer; please come join the next meeting to see what is discussed & how the committee works. You have the power to make a difference!

The A&D Committee

GATEHOUSE NEWS

Kids are returning to school this month. We ask that you <u>please slow down</u> and be mindful of the safety of our children!



Our gatehouse staff and security staff have been experiencing teens roaming our streets in the middle of the night. **Parents and guardians**, please note that there are **state-level curfews for minors!** Here are the Florida restrictions noted in 877.22—

- Minors (individuals under 16 years old) are generally prohibited from being in public places or establishments during certain hours, unless a legal holiday applies. The curfew hours are:
 - Sunday through Thursday: 11:00 p.m. to 5:00 a.m. the following day.
 - Saturday, Sunday, and Legal Holidays: 12:01 a.m. to 6:00 a.m.
- Additionally, minors who have been suspended or expelled from school are not permitted to be in public places, establishments, or within 1,000 feet of a school between 9:00 a.m. and 2:00 p.m. on school days.
- Violations: A first violation results in a written warning, while subsequent violations are civil infractions carrying a \$50 fine for each instance.

BE SAFE and remember THE SPEED LIMIT IS 30MPH

The Gatehouse Staff



Hallelujah, the community center bathrooms are up and running! The AC unit in the guard shack has also been replaced. The new flags with the new rope have been hoisted at the main entrance flagpole. The dead tree at the end of St Andrews Blvd. has been removed.

Since the last newsletter where I mentioned cars speeding on our roads, that problem seems to have dissipated some from my observation. I will keep a close eye on cars and unsafe situations for our children playing on and near our roadways.

Please take a picture or make a mental note of how green and beautiful our grounds are looking thanks in part to our mowing service and Mother Nature for providing a lot of moisture. Even our medians with the beautiful Crate Myrtles are showing off!

I would also like to mention that we are in desperate need and would be very appreciative of anyone who would have time and interest in volunteering for anything to better our community. Anyone interested in talking to me about this may contact Susan in the office for my contact information

John Turner

RV Compound







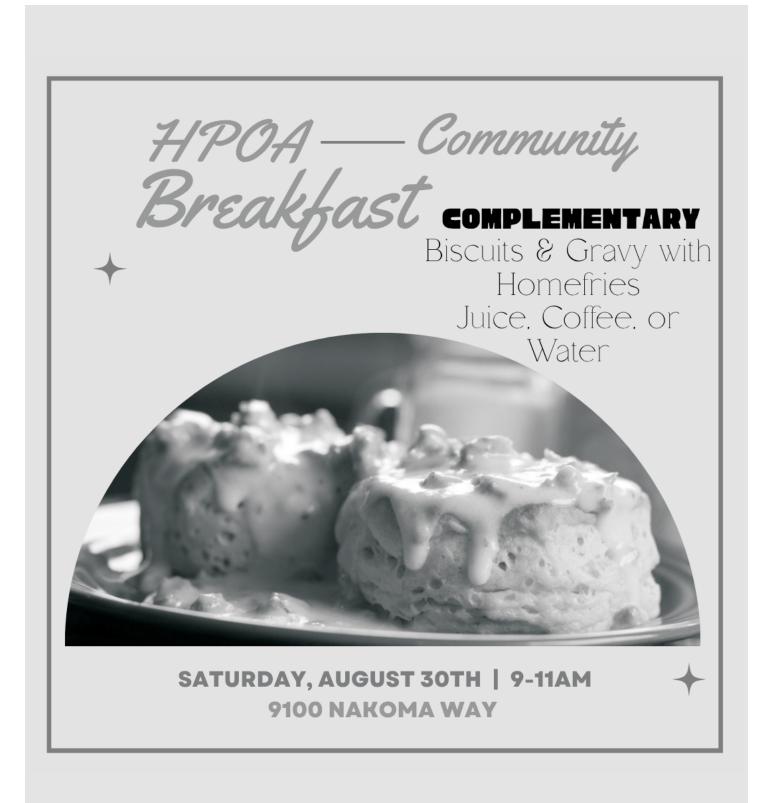
No news is good news, as they say. No complaints from anyone that I've heard. Everyone seems to be loving life in their nice little cozy spots! I believe we have one spot available for anyone who needs to store their RV, boat or utility trailer.

Thank you to everyone for being patient while we straighten things out. And a special thanks to Susan again in the office!

John Turner



Hope to have more information soon about future events.





The Heather Library

The Heather Library needs volunteers! Visit with Cathy and Audrey every Wednesday at 11am to help organize books, magazines, and puzzles. Thank you!

Please Note:

WE CAN ONLY ACCEPT BOOKS WITH A COPYRIGHT DATE NO OLDER THAN 2015!

THANK YOU YOUR LIBRARY VOLUNTEERS



SIGN UP TO HELP IN 2025 WITH EVENTS & ACTIVITIES

Please indicate your specific interest and the dates you're available.

Name:		
Phone:		
Email:		
Tell us how you're able to help:		

(Please return to the office.)



Dog walkers are required to pick up their dog waste from Footpaths and Green Areas

August Inspirational Quotes

"Welcome August! Let it be filled with love, laughter and cherished memories." - unknown

"Live in the sunshine. Swim in the sea. Drink in the wild air."

- Ralph Waldo Emerson (American writer, poet. Philosopher)

"Make someone smile every day. Don't forget you're someone too." -unknown

PLAY DUMINUES -Mexican Train

Come and hop on the train!! It's fun and a great way to meet new friends and neighbors!



ATTN FACEBOOK USERS!



There are now 2 Facebook pages for ALL residents in the Heather to utilize. Please join us and spread the word. This is one of the most expedient methods to disseminate info within the Heather.

"The Heather Community Residents, Weeki Wachee, FL"

Currently, this group has 820 members

"HPOA The Heather"

Currently, this group has 283 members

Tai Chi

This program is designed to improve strength, balance, mobility, and daily functioning and to prevent falls in older adults, for individuals with balance disorders and/or arthritis.

Who should Attend?

Older adults & anyone with a history of falls, balance disorders, leg muscle weakness, gait, difficulty walking and/or arthritis.



Your instructor, Laura Gonzalez
Gamba, is a certified coach for Tai Ji
Quan Moving for Better Balance and
Tai Chi for Arthritis. She is also a
Master Senior Trainer for the Diabetes
Empowerment Education Program and
a certified lay leader for the Matter of
Balance: Managing Concerns about
Falling program.



The classes are FUN, and all exercises can be done seated, standing with chair assist, or standing.

It's ALL ABOUT

YOU

Where:

The Heather Community Center

When:

Mondays & Wednesdays 9:00 - 10:00am

August and September NO FEES



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WE DO NOT OFFER EVERY PLAN AVAILABLE IN YOUR AREA. ANY INFORMATION WE PROVIDE IS LIMITED TO THOSE PLANS WE DO OFFER IN YOUR AREA. PLEASE CONTACT <u>MEDICARE.GOV</u> OR 1-800-MEDICARE TO GET INFORMATION ON ALL OF YOUR OPTIONS

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Judy Huffman

Taking that all important trip to visit family and friends can be wonderful! Yet sometimes when you visit family and friends that you haven't seen for a while, you experience many different feelings. These feelings can raise a range of emotions from joy and excitement to anxiety and sometimes frustration. If you tell yourself how important it is to have a positive response to your visits and situations, you will feel more comfortable, joyful, and excited to connect with your loved ones.

In a recent driving trip, my husband and I took, we had a few conversations on how important it is to keep positive and how it effects your responses to people. It was good that we were open to changes in plans and being flexible. And with that we realized we didn't have to fit everything in but sometimes welcomed the unexpected. And so, after our family and friend visits, we took a detour and scheduled time for ourselves to relax and recharge. We enjoyed the people, sites and areas of West Virginia, Virginia and Carolina's. In Charleston, SC while walking around we happened on a delightful restaurant called Hyman's Seafood. Apparently, it's legendary – a 3-story wood and brick restaurant, owned and operated by the Hyman family/ancestors since 1890. Because of the restaurant's location and delicious food, atmosphere and staff, many celebrities eat there. In fact, we sat at Metallica's table and Jodie Foster's table just adjacent to us! As we laughed about that we also read some of the small funny cards that were on the table. Here is one that we thought funny and I wanted to share it with you -

Circle of Life

At age 4: success is not peeing in your pants.

At age 12: success is having friends.

At age 16: success is having a driver's license.

At age 25: success is having sex when married.

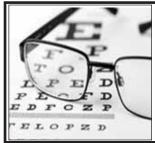
At age 35: success is having money.

At age 50: success is having money.

At age 60: success is having sex when married.

At age 70: success is having a driver's license.

At age 80: success is not peeing in your pants.



PLEASE BRING OLD EYE GLASSES TO THE Heather office for the Lions Club to give to those in need. Thank you!

INFORMATION

IF YOU LIVE IN THE CONDOS OR VILLAS

The Greens

call Qualified Property Management 877-869-9700

The Bluffs

PMI Adventure Coast 352-403-2220

Heather Walk

Sentry Management 727-942-1906, ext. 53523

The Fairways

PMI Adventure Coast 352-403-2220

Heather Sound

Michele Hernandez 314-614-6984

Let's Play Bingo



Join us for BINGO every Wednesday at 1:45pm, in the month of June. Dates are 8/6, 8/13, 8/21 and 8/27 at The Heather Community Center.

Bring a friend, meet new friends and have fun!

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ADVERTISING DEADLINE IS August 13, 2025

The appearance of advertising in "The Heather" newsletter is neither a guarantee or an endorsement by The Heather HOA of the product, service or company or the claims made for the product in such advertising. Customers are urged to make their own inquiries of any company before consideration. Verify that a contractor is licensed at www.myfloridalicense.com

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Digital Network

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2025

	SUNDAY	M	ONDAY	TUESDAY	WEDNESDA	Y 1	THURSDAY	FRIDAY	SATURDAY
								1	2
3		4		5	6	7		8	9
		9am 1pm	Tai Chi/Arthritis Bunco Games	6:30pm A&D Meeting	9am Tai Chi/Art 11am Library Vol 1:45pm BINGO	I	Dominoes/Mexican Train	10am Sew Happy	PRIVATE EVENT
10		11		12	13	14		15	16
		9am 1pm	Tai Chi/Arthritis Bunco Games		9am Tai Chi/Art 11am Library Vol 1:45pm BINGO	I '	Dominoes/Mexican Train		PRIVATE EVENT
17		18		19	20	21		22	23
7pm	Heather HOA Board Meeting	9am 1pm	Tai Chi/Arthritis Bunco Games	6:30am A&D Meeting	9am Tai Chi/Art 11am Library Vol 1:45pm BINGO	I '	Dominoes/Mexican Train		
24		25		26	27	28		29	30
	31	9am 1pm	Tai Chi/Arthritis Bunco Games		9am Tai Chi/Art 11am Library Vo 1:45pm BINGO		Dominoes/Mexican Train		9-11am HPOA Community Breakfast

The Fairway

Well, the transition is in full swing. To the best of my knowledge, it has been smooth. There is a lot of changes and adjustments going on, but it was all very necessary to get The Fairway to where it belongs for the owners.

You have had some very committed people stand up and offer to form committees for the landscaping and care of the buildings and your finances to name a few. Each of them either works full-time or has a life so they cannot devote 40 hours a week to The Fairway. You all live in a community and with that choice you need to be conscious of your environment for yourself and your neighbors. I love the quote, "It takes a village" to make The Fairway the wonderful place you deserve with curb appeal and a friendly environment.

I hope you attended the July meeting and will attend all Fairway meetings. If you have a talent or interest that would be beneficial, please speak up. The more involved, the better.

This will be my last column since I have made a decision to change my life a little which required a move. My husband and I bought our condo in 2006. We rented it out for six years and customized it and moved in in 2012. We enjoyed The Fairway surroundings until 2016 when Bob very unexpectedly passed away. I remained because I loved living at The Fairway. I was very involved in the running of The Fairway since 2006 and continued to the last minute. I had lived in condominium communities three times up North, so condominium living was a choice that Bob and I were comfortable with. I want to add that the one thing I should have done differently is to ask for help and that is why I keep insisting on getting involved so that things will run smoothly and no one will experience burnout.

I still have friends at The Fairway and will not be a stranger to the home I lived in for over 12 years.

Saundra Piercy President



Pickett's Park Pool

The pool is ready for you. Water has warmed up so everyone can get in now.

Thank you, The Pickett's Park Pool Board

Heather Sound

It's so hard to believe that August is on the way. I personally am enjoying the near 90 degree pool temperatures but know others prefer it slightly cooler. It won't be long until we'll be complaining that it's too cold to swim!

We have been lucky to welcome new residents to our community recently. I am hoping that some of them will be willing to be on our board at some point. We need more community participation.

Thank you to everyone who does what they can to make this a wonderful place to live.

Diana Retan



The Bluffs

We continue to work well with the new management company. Again, please set up your portal if you have not already done so. Here is the link: https://pmiac.cincwebaxis.com

If you see any streetlights that are either blinking or out altogether, please contact WREC with the pole number so they can replace those. Online link: https://wrec.net/street-light-repair

No meetings are scheduled at this time.

Your board, Edna, Carmella, Kelly, Yuri and Julie



The Greens

This coincides with the July article from The Bluffs explaining Common Elements property.

Per our governing documents, "Common Elements" means that portion of the Condominium Property not included in the units. "Not included in the units" is the area from the unfinished perimeter walls, the unfinished concrete floors and unfinished ceiling of each unit outward. Basically, as an owner you own the inside starting with perimeter walls finish, ceiling finish and floor covering inward.

When it comes to the **outside property**, all of this is **Common Elements**. The Greens association is responsible for the Common Elements within The Greens association. Responsibility includes the maintenance, upkeep and liability of Common Elements. The Greens aren't a 3rd party entity. All of us owners as a group are The Greens. Each of us shares responsibility and liability for all Common Elements. This is why the outside property of a condo is not like owning a private home, where your outside property is yours alone 100%.

The property outside your condo unit, is not for one's personal property to do whatever one may want. Living in a condo deed restricted community brings with it special responsibilities. The outside property is not for excess storage, signage, bikes / toys / items scattered outside after use, inoperable cars, BBQ grill, etc. For one, our governing documents prohibit this as we must maintain high standards in order to preserve the investment in our homes. More importantly, it is the liability we expose ourselves (all The Greens owners) if we allowed this to happen. Liability example could be in the form of an owner walking on Common Elements property that trips and falls over one's personal items outside. That would affect the association insurance which affects all owners. There's also the potential of personal liability on the unit owner for the items on Common Elements.

A more serious liability is the BBQ Grill, which is why all types of grills have always been prohibited (Declaration section 22.1.8) in the unit, on screen lanai or outside. This is a liability in terms of both a fire hazard and our insurance cost. This type of action, if left unchecked, has the potential to increase the cost of our insurance, which affects all owners. If there was a fire started due to an unauthorized BBQ grill, our insurance may not cover the damages. What isn't covered most likely will come back against the individual owner themselves by the community and/or other owners if the building or other units get damaged. Each building has 8 units that each of us must take into consideration of our actions. How would you feel if you were responsible for the destruction of your neighbor's personal belongings due to a fire? Have you ever lost your home with all personal belongings to a fire or other catastrophic event; or known someone who has? It's devastating.

20+ years ago, this almost happened. Originally there were charcoal grills scattered throughout the community at the patios where current picnic tables are. A grill was left unattended, when hot ash or embers spilled onto the grass. The fire spread through the grass towards building 10. It wasn't a "small fire" either. After that, all those grills were removed. The current designated BBQ area is at

Pickett's Park pool. Yes, it's a hassle, but it is better than the alternative.

Our rules and governing documents are not to punish individual unit owners. They were created based on FL statutes and county regulations to protect all owners. In a condo community, individual owner actions, especially negligent ones, have a direct impact on all owners. If this is something, as a condo owner, one does not understand, then maybe condo living is not for you. A single-family home with your own personal private property, to do what you want, would be a better option.

Thank you,
The Greens – Board of Directors



Ponds and Lochs

Well, as you know, the ponds are always a constant battle! Hopefully now we're starting to get a little bit of rain so when Aqua Scope kills the algae, it's supposed to float down to the bottom and deteriorate. But with the ponds being low, it is just sitting on the top. So, George is constantly trying to solve that problem. We're also looking at ways to manually remove some of the scum from the top of the ponds. We are also looking into adding more fish to the ponds. The fish specifically eat the algae that's growing.

Keith Elder



Helpful Community Information

(Noted in Hernando Sun Newspaper)

CPR/AED BLS

August 13 @ 6:00 pm - 10:00 pm

The Brooksville Enrichment Center will be sponsoring CPR/AED BLS classes each second and fourth Wednesday of the month. Classes begin promptly at 6 p.m. and end at approximately 10 p.m.

This American Heart Association class is designed for professional healthcare providers. Non-health care professionals are welcome to attend. The total cost is \$35 per person. Classes are being held at the Brooksville Enrichment Center, 800 Gary Grubbs Blvd., in Brooksville. *To reserve a seat please call Bob Kanner at 352-597-8875.*

Part of the proceeds are donated to the Enrichment Center.

٠.

Profit and Loss

Heather Property Owners Assoc

May 1, 2024-April 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
Income Building Rental Income Estoppel Fees Hernando County/Maint Income HOA Lot Fee Income	3,000.00 6,800.00 3,500.00 242,505.58
Interest income	\$9,386.93
Lot Late Fee Income RV Compound Income Fee Social Activities Income Total for Income	3,550.00 5,815.00 3,699.07 \$278,256.58
Cost of Goods Sold Gross Profit	\$278,256.58
Expenses Bank Charges & Fees Building Maintenance	128.92 \$20,918.18
Computer & Internet	\$877.06
Dues & Subscriptions Gifts Insurance	380.89 323.68 \$10,615.06
Maint, Grounds	\$59,016.25
Office Supplies	\$8,774.49
Payroli	\$83,348.73
Payroll Taxes	\$6,291.77
Professional Fees	\$11,642.72
QuickBooks Payments Fees Security	1,858.43 \$19,261.67
Sheriff's Patrol Social Activities Expense - Events Taxes & Licenses	14,040.00 8,705.43 \$3,578.97
Utilities	\$35,793.56
Total for Expenses	\$285,555.81
Net Operating Income	-\$7,299.23
Other Income	\$75.80
Other Expenses Bad Debt Expense Total for Other Expenses	1,609.00 \$1,609.00
Net Other Income	-\$1,533.20
Net Income	-\$8,832.43

Balance Sheet

Heather Property Owners Assoc As of April 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
Assets	
Current Assets	
Bank Accounts	\$296,439.37
Accounts Receivable	
Accounts Receivable (A/R)	-73,536.33
Total for Accounts Receivable	-\$73,536.33
Other Current Assets	\$4,456.39
Total for Current Assets	\$227,359.43
Fixed Assets	\$374,694.58
Other Assets	
Depreciation	-300,659.00
Total for Other Assets	-\$300,659.00
Total for Assets	\$301,395.01
Liabilities and Equity	
Liabilities	and the same and an artist of the same and t
Current Liabilities	\$3,300.36
Long-term Liabilities	
Total for Liabilities	\$3,300.36
Equity	\$298,094.65
Total for Liabilities and Equity	\$301,395.01



9474 Nakoma Way (The Greens) MLS #2254275 2 BR/2BA, ground floor condo......\$164,888.00

7375 Crestwood Dr. (Heather Walk) MLS #2252375 3 BR/2BA, Villa......\$224,900.00

7278 Scotland Circle (Heather Walk) MLS #2251102 2 BR/2BA, Villa.....\$169,888.00

7602 St. Andrews Blvd. (The Fairway) MLS #2254622 2 BR/2BA, 2nd floor condo......\$166,700.00

If you would like to personally preview any of these homes in the Heather or ask me any questions regarding these properties, please feel free to call Bobbi Glenn Representing Tropic Shores Realty, LLC at 352-346-3635.

Thank you.

Heather Walk News

Well, July has come and gone. Fireworks are over! Hard on our fur babies.

Rite Guys are still preparing us for the hurricane season with trimming and cutting.

Waterways are exceptionally LOW. Hope for a little more rain.

Reminders:

- Vehicles are NOT permitted on roadways between midnight and 7 AM. HPOA security is monitoring.
- Lately the pool has been experiencing after-hour activity that goes against the rules. The pool closes at 10 PM every day. Those loitering after closing will be considered trespassers. Our HPOA Guard is now performing overnight patrols due to recent activity. As per the rules, OWNERS are responsible for their guests at the pool and must accompany them during open pool hours.



Easy Jortellini Caprese Salad

(Food Network Kitchen)

 Cook 1 pound of cheese tortellini as the label directs; drain and rinse under cold water.



 Lawns/sod are the HOA's responsibility - please DO NOT spray poisons or any other substances on these areas.

Please join us at the next board meeting. (Dates posted on bulletin boards)

Till next month Sue Tolbert



CATS AND WEATHER AND FOLKLORE

(Old Farmer's Almanac)

In Europe and in early American, it was believed that cats could influence or even forecast the weather. If a cat sat with its back to the fire, it was foretelling a cold snap, and if it slept with all four paws tucked under, bad weather was coming. Another legend was that when a cat stared out the window, it would rain. Others said if the cat sneezed, rain was on the way; and if it was frisky, the wind would soon blow.

Many of us have used the expression "it's raining cats and dogs". Some authorities tie the idea to Norse mythology. Odin, the Viking god of storms, was often pictured with dogs and wolves, symbols of wind. Witches, who supposedly rode their brooms during storms, had black cats, which became signs of heavy rain. Therefore, "raining cats and dogs" referred to a storm with wind (dogs) and heavy rain (cats).

While the story sounds good, the expression didn't become popular until the 1700's when Johnathan Swift (author of Gulliver's Travels) used it in a satire. He pictured snobby upper-class aristocrats solemnly fretting that it would "rain cats and dogs." Suddenly the saying caught on. Apparently,

the English spent a lot of time chatting about rain, and it became the newest hit phrase that some of us still sometimes say!

-Folklore from The Old Farmer's Almanac

HERNANDO COUNTY DISASTER PLANNING INFORMATION

We've heard it often enough as Florida residents that hurricane season is June 1 through November 30. But it's so important to be ready and have a plan to relieve some stress for any unforeseen events and ensure your safety. Here's some information to help you –

- Keep important documents in a fireproof safe or box and store a copy in a secure location away from your home or business.
- Proof of residence/ ownership
- Birth and marriage certificates
- Passports and Social Security cards
- · Bank and credit card info
- Wills, deeds, and copies of recent tax returns
- Stocks and bonds
- Copy of driver's license
- Special medical information Insurance policies
- Property inventories or photos and videos of your home or business
- Business tax license
- Business supply/vendor lists

Also, know your evacuation level and visit floridadisaster.org/knowyourzone.



Inflammation and the Heat

According to the American Heart Association and John Hopkins Research extreme heat can impair the immune system and make your body more susceptible to inflammation. Individuals with asthma, fibromyalgia or other chronic pain conditions may increase pain and inflammation in hot weather.

Acute inflammation is your body's natural response to illness, injury or infection and usually is resolved on its own. But there is another kind of inflammation that affects the entire body, called systemic. Systemic inflammation can become chronic and last for months or years.

There are several factors that increase inflammation in the body – your diet, lifestyle choices and environmental factors. So, in considering ways to reduce inflammation, and make better choices it's suggested that we reduce or eliminate processed meats, refined carbohydrates, alcohol, fried foods, smoking, sugar. Basically, reducing inflammation - one meal at a time with food substitutions – which may be a diet like the Mediterranean diet. And it's highly recommended to exercise more, get more sleep, and reduce stressful situations.

CAUTION -ALLIGATORS



Here is some good information about protecting yourself from alligators.

It involves a combination of awareness, prevention, and knowing how to react if you encounter one. Key strategies include swimming only in designated areas during daylight hours, avoiding feeding alligators, keeping a safe distance if you see one, keeping pets on a leash near water, and understanding alligator behavior and habitat.

- Active Times: Alligators are most active between dusk and dawn. This is when they primarily hunt, so it's best to avoid swimming or being near the water during these times.
- Mating Season: Alligators exhibit heightened aggression during mating season, which typically occurs from mid-April through May. Be extra cautious during this period.
- Natural Fear of Humans: Alligators generally have a natural fear of humans and will usually retreat if approached. However, it's essential not to test this by getting too close.
- Basking Behavior: Alligators often bask in the sun on logs or banks. Be aware of your surroundings and avoid these areas.
- Predatory Behavior: Alligators are ambush predators, lying in wait for prey. They primarily target animals that are smaller than themselves.

Call the toll-free Florida Wildlife Commission, Nuisance Alligator Hotline at 866-392-4286 if you are concerned about an alligator situation.



Attention: All Nighttime Walkers!

To be safe at night, bright, colorful clothing helps drivers see you while walking at night and dog walking!

Reflective tape or shapes added to your clothing would make you and your dog more visible to drivers.



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signtime@tampabay.rr.com



PROPERTY CHANGE APPLICATION

Mail or hand deliver to

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HEATHER PROPERTY OWNERS' ASSOCIATION

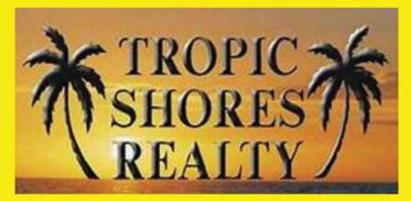
9100 Nakoma Way Weeki Wachee, FL 34613 (352) 596-5028

This form is to be used by Heather Property Owners to file a property change with the A&D Committee. Only one project may be listed on each application.

Please Note: If you are not in good standing (paid up to date) with the HPOA your application will not be considered.

NAME		
ADDRESS		
LOT	BLOCK	PHONE #
DATE PRESENTE	D	7 2
. .		E SITUATION agrams/etc. to this application
LOCATION		
State lo	ocation of property change	9
TYPE OF CHANG	E (Be brief, but descriptive	e and accurate)
This request may or		risdiction of the A&D Committee. Nevertheless ision.
		Your Signature
Action taken	ommittee this application mailed/giv	
Signed		-
by:		Date

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