

The Lake Heron "Banner"

Lake Heron is a welcoming, caring, vibrant and well managed community we call home.



LAKE HERON ANNUAL YARD SALE

**Sat. Nov. 18th 2023
7:30am-2:30pm**

**Please Drop off \$3.00 in a SEALED ENVELOPE
With your NAME, ADDRESS, and PHONE #
If you plan to PARTICIPATE after Nov. 1st
Linn Torres 813-240-4398
1713 Lake Heron Drive**

**THIS WILL ENSURE
a sign on your STREET
as well as signs put up on Osprey, 41 & 54.
I will be blasting Facebook Marketplace
the week of our sale.**

**You could also blast your groups on Facebook!!!
This is how we get lots of customers!**

Email your articles for the next issue to
Dee Ryder at Dee_Ryder@Verizon.net
put "For The Banner" in the Subject line Please ...
Only emailed items will be accepted.
November Banner Deadline is October 25, 2023

Volume 21 – Issue 7

2023 Board of Directors:

- President - Max Saus
- V. President - Ron Bowman
- Treasurer - Tiffany Wells
- Secretary - Mark Cravens
- Director at Large - Linn Torres

Lake Heron HOA does not recommend nor endorse any advertisement printed in the Banner.



Board Meeting
will be on
October 9th, 2023
at 6:30 PM
in the Clubhouse

September Board Meeting

Good news, the Finance Committee did a good job of keeping our monthly assessment at \$232.00. The budget will be approved at the October meeting and mailed out to each homeowner in November.

The resurfaced tennis courts are getting a fair amount of usage and are still looking new. The park trail has been repaired enough to make it safer to use. The sign painting will continue when the weather gets cooler. Two new security cameras have been added to the inside of the clubhouse. This should reduce the problems that have occurred in the library. We finally own the complete brick wall at the entrance to Lake Floyd Drive. Some minor repairs will be done in the future.

WIFI and TV usage during a clubhouse rental are still being discussed. Looks like they will be approved. For those who are not getting their trash and recycling picked up, you need to contact Waste Connections at 727-847-9100. Some residents, a total of 55 households, are going to get together to propose a new regulation that will state the removal of any peacocks is done in an acceptable humane manner.

Just found out today, our pump in the deep well needs to be repaired or replaced. No matter how hard we try, the unexpected costs always happens.

For those who walk the park trail in the mornings, you will see Linn Torres doing a fantastic job of keeping it looking so nice. I sometime help her and we both have worked on the brick trail together. I guess I have a strong back and a weak mind so she stuck me with another unusual endeavor. Someone dropped off an old chair in the median off US 41 and Lake Floyd. Then it was moved to the south shoulder of the road in the hedges. I had been there for over a month and she wanted me to help her take it to the dumpster. Too heavy to carry so I attached to my SUV and towed it to the dumpster. Linn did declined to ride the chair to said dumpster. Now that would have been a sight.

The next meeting will be October 9th. See you then.

~**Max Saus** - President

RV Park Rentals

We have an opening in the Lake Heron RV Park. Our RV Park is in a locked and fenced area next to Aaron Court. Use of the park is limited to residents of Lake Heron and the Hammocks. To keep the expenses down, volunteers manage and maintain the park. All rentals have to have wheels so they can be moved, no sheds. The price is \$1.50 per foot per month. You will get one month free if you rent for a year. Minimum rental time is for six months.

You can contact me at 948-4538 or Larry Kelly at 758-4503. Do leave a message with your phone number.

~**Max Saus**

From the Cook's Corner

Air Fryer Ribs With Sesame Ginger Glaze

Ingredients

1 half rack of pork ribs

Dry Rub

1 tsp ground ginger

1 tsp coriander

1/2 tsp kosher salt

1/4 tsp white pepper

Glaze/Sauce

1/2 cup honey

1 tbsp toasted sesame oil

1 tsp soy sauce

1 tsp fresh grated ginger

Directions

Remove membrane from ribs and cut 1/2 rack into individual ribs.

Combine dry rub ingredients and evenly coat the ribs on all sides.

Wrap tightly with cling wrap and refrigerate overnight.

Combine all glaze ingredients into a small bowl.

Pour the glaze into a large mixing bowl and set aside.

Reserve 1/4 cup for dipping.

Preheat air fryer to 350F or 176C

Unwrap ribs and arrange in air fryer basket with space for air flow.

Air fry for 10 minutes then flip each rib and air fry for 7 more minutes.

Transfer ribs to large mixing bowl with glaze, and toss thoroughly.

Return ribs to air fryer and cook for 3 more minutes.

Serve sprinkled with sesame seeds and green onion for garnish. (optional)

Colonoscopy

Colon cancer is one of the commonest causes of cancer deaths. It is also one of the easiest cancers to detect using modern screening tests.

There are several factors that increase the risk for colon cancer. These include; red meat intake, smoking, alcohol in excess, family history of colon cancer, black race, obesity, age greater than 45, the presence of colon polyps(which are small growths in the colon which can contain cancer)and having inflammatory bowel disease, such as Crohn's disease, and ulcerative colitis.

The commonest symptoms of colon cancer are; blood with bowel movements, abdominal pain, and a change in bowel habits, either diarrhea or constipation. There are many causes for blood to appear in the stool, such as hemorrhoids, diarrhea caused by colon infection, anal fissure, among others; don't panic if you see blood since there are many harmless or curable causes, but do consult your doctor.

Who should be screened for colon cancer? it used to be that screening was recommended to begin at age 50, but now several medical groups suggest screening begin at age 45, because more colon cancers are being seen in younger persons. In persons with family member(s) with colon cancer at a young age, screening should be undertaken starting at age 40 or 10 years prior to the age of onset of colon cancer in family members, whichever is earlier.

Screening tests for colon cancer include, primarily, stool tests and endoscopic tests. The latter is usually colonoscopy. In colonoscopy, the scope is inserted into the rectum and advanced throughout the entire colon, which can be visualized by the endoscopist and biopsies and polyp removal, if necessary, can be done. Colonoscopy detects up to 98% of cancers. This test, which I have had several times, is not nearly as bad as it might sound. Preparation involves taking multiple laxatives the day before the exam in order to entirely empty the colon of fecal matter(this the most unpleasant part)so the colon can be visualized completely. Sedation is used during the actual colonoscopy and there is no discomfort, and in fact, the patient usually has no memory of the examination. Stool tests can be done at home and require no anesthesia. There are several types, all of which detect either abnormal dna which suggests cancer, or blood in the stool, or both. One of these, known as cologuard, can detect cancer in 92% of patients. So, if you fall into a group where colonoscopy is recommended, please considerate having it done

~Bram Smith

Garbage and Recycling

If you recycle, you **CAN NOT** use any bags.
You **MUST** use a dedicated container (tub or can).
***The Recycling will be picked up every Wednesday,
usually before 7am***

The truck crews will pass by any container that has plastic bags. We see more and more bags being left out for curbside pick up, and those bags are being ignored. Your recycle container should have a "Recycle Sticker" on it. The stickers can be obtained by calling **727-856-4539**.

Reminder – When Home or Away

You can still get The Banner and keep up with Lake Heron news by accessing the Lake Heron website.

Access to Lake Heron Web Page

- 1) Type into your internet search page "**univprop.com**"
- 2) Locate "**Association Pages**" in the contents list in the left border
- 3) Lake Heron's number is 4350. Put your mouse in the number list and scroll down to 4350 and click on it.
- 4) The website will now open with the calendar of events for the clubhouse. To reach other pages just scroll down (or Page Down).

On our web page you'll find copies of The Banner, Board Minutes, Directors and committee Chairpersons. Our standardized forms in printable copies are on the web page.

Information To Set Up Zoom For Lake Heron Meetings

In order to attend the Zoom meeting you will need to download the Zoom.us app by going to www.zoom.us/download and click to sign up. You will need a camera and a microphone on your computer in order to participate. On the scheduled date and time of the meeting you would click on join a meeting and you will be asked for the following information in order to be a part of the meeting:

MEETING ID: 219 022 5906 / PASSCODE: 2020

Lake Heron Contact Information:
Property Manager - Angela Hester
University Properties Inc. 813-980-1000
or email her at... ahester@univprop.com
Website - Univprop.com - HOA# "4350"

<u>Volunteers</u>	<u>Name</u>
Board (President)	Max Saus (813-948-4538)
Board (V. President)	Ron Bowman
Board (Treasurer)	Tiffany Wells(845-532-2434; Tiffany.L.Wells@outlook.com)
Board (Secretary)	Mark Cravens(813-361-0399; Lheronsecretary@gmail.com)
Board (Director A. L.)	Linn Torres

Park

Linn Torres - Chairperson	Rachel Powers
Ruth Copeland	Kathy & Sam Gray
Linda Brunner	Lee Carter
Don Bushkie	Pam Schwebl
Bonnie Mikulla	Maxine Pickert
Sheila King	Max Saus
Beatriz Patino	Barb Charvat
Mike Flanagan	Bill & Jennifer Prall
Mark & Jill Cravens	

Social Committee
 Tiffany Wells - Chairperson
 Mark and Jill Cravens

Newsletter Delivery

Vickie Morris	Beverly Patterson
Olivia & Tiffany Wells	Sherry Williamson
John Copeland	Maria Saldarriaga
Hoke Cash	Robert Spaulding

Newsletter Editor Dee Ryder

Welcome Committee
 Tiffany Wells-Chairperson Michael Flanagan

Grounds and Irrigation
UPI (Angela Hester) 813-980-1000
 Ruth Copeland

Architectural Control
 Rachel Powers - Chairperson Vickie Morris
 Bill Prall

RV Park
 Max Saus - Chairperson Larry Kelly
 Hoke Cash

Community Center and Courts
UPI (Angela Hester) 813-980-1000

Wright Termite & Pest Control - 813-948-0229



HOA Dues

Homeowners can now pay association dues with credit cards if they wish.

Simply go to **www.univprop.com** and click on pay credit card payment and follow the link.

Visa, Master Card, American Express and Discover Card may be used.

If the homeowner does use the credit card there is a 5% convenience fee the homeowner is charged.

Thinking of putting in SOLAR?

Remember, you need to contact the ACC committee and Angela Hester with UPI for forms, approvals and standards.

You can see the standards at:

<https://www.univprop.com/resources/association-pages/hoa-4350/>