

#### In This Issue:

Resident Clubs p5 Environmentally Sensitive Areas p7 WLP Events p9 & p12

May Calendar p10 & p11 Message From the Board p13 Message From CDD Board Resident Clubs pb

The Northern Bobwhite p6

Natural Areas and

Harmful Effects of Dumping in

the Storm Drains p17

The Community Magazine for Wilderness Lake Preserve Residents



### WE ARE WELL EQUIPED TO WORK DURING COVID-19

Our Matterport technology creates a VIRTUAL TOUR & DIGITAL DOLLHOUSE for ULTIMATE ONLINE SHOPPING! FOR IN-PERSON TOURS we are equiped with all necessary safety measures.



### **Heather Anderson Ancer**

"Joe Buchi Olga Buchi hands down the best!!!! Homes sell ridiculously fast with their marketing strategies and they are just good, down to Earth, Honest people!"



### Pishoy-Myrna Morcos ► Wilderness Lake Preserve

If anyone is looking for a hardworking, honest realtor, we highly recommend Joe and Olga Buchi. They helped us sell our first home and buy our new home here in Wilderness. They have made the process of selling and buying so much easier. Joe found us 2 potential buyers before even listing our home on the market and within 4 days we had accepted an offer & placed one on another house! They are very knowledgeable, easy to work with and always had our best interest at heart!! Thank you Joe Buchi & Olga Buchi for helping us smoothly transition into our new home!!





We provide Matterport 3-D & DOLLHOUSE TOUR on every listing! It's a vital tool to sell your house since it helps online buyers to better understand your home's unique layout



Patsy Meriwether That was amazing and one of the reasons you sold our house in less than a week!





### TV Ad Campaign to Promote Wilderness Lake Preserve!



As your fellow neighbors we go above and beyond to achieve outstanding results for Wilderness Lake Preserve! We continue to advertise a special WLP Commercial on Animal Planet. Having sold over 100 houses in Wilderness Lake and representing more buyers and sellers than any other agents, we are by far the undesputed experts on WLP Real Estate. Hire the best and forget the rest!

### Joe & Olga's Recent Wilderness Lake Listings & Sales!

**SOLD \$345K** 7220 Derwent Glen









SOLD \$285K 7701 Blue Spring Dr

LL 4 INFO 7640 Blue Spring COMING SOON 21610 Draycott Way





COMING SOON 7130 Derwent Glen

4 Bed 2 Bath Loft Rec Room 2385 Sq. Ft.

Pond Front 5 Bed 4 Bath 3528 Sq. Ft.

MYSTERY LISTING COMING SOON

**Tropical Paradise Pool Home! 3333** 

SOLD 287K 7304 Ambleside Dr.



If you are considering buying or selling in 2020 we would love to be your Realtors! Please call us today at 813-BUY-HOUSE, That's 813-289-4687. We live in Wilderness Lake and we Specialize in Wilderness Lake!



21320 Wilderness Lake Blvd. Land O'Lakes, FL 34637 813-995-2437 / www.wildernesslakecdd.org

#### **CDD Board of Supervisors**

Jim Estel - Chair Lou Weissing - Vice Chair Beth Edwards - Assistant Secretary Scott Diver - Assistant Secretary Sam Watson - Assistant Secretary

### **Wilderness Lake Preserve Phone Numbers**

### **Important Phone Numbers**

EMERGENCY/AMBULANCE	911
Animal Control	813-929-1212
Waste Express / Progressive	727-849-3333
Chamber of Commerce	
Florida Auto Tag & Title - Tax Collector	813-929-6020
Florida Driver's License	813-929-6020
Poison Control	800-222-1222
Duke Energy	800-700-8744
Frontier (Telephone)	800-921-8101
Spectrum	727-856-3278

### LAND O'LAKES

Library	813-929-1214
Community Center	
Recreation Center	813-929-1220
Post Office	813-996-1257

### PASCO COUNTY

Building Department	813-929-6084
Disaster Preparedness	
Health Department	
Sheriff's Department	727-847-8102
Government	813-996-7341
Parks & Recreation Department	813-929-1260
School Board	813-794-2000
Water & Sewer	727-847-8131
Public Information	727-847-8110



### Garbage Pickup Schedule

Waste Express / Progressive

TUESDAY and FRIDAY MORNINGS\*

\*Please bring in receptacles as soon as possible after trash has been picked up.

Recycling Days: Every Wednesday

### **Water Restrictions**

Please visit the Pasco County website (pascocountyfl.net) to obtain the most up-to-date watering information.

### **Architectural Review Committee**

When making changes to the outside of your home, remember to submit your alteration application to the "ARC" prior to beginning your project.

### Are You Selling/Renting Your Home?

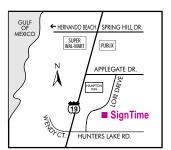
Please call The Lodge at **813-995-2437** to help streamline the process for yourself and the new home occupant. The Deed Restriction Books need to be left for the new homeowners.

Lodge ID Cards need to be returned to the Lodge for deactivation. *Thank you!* 

# ADVERTISING DEADLINE May 13th for the June 2020 Issue

The appearance of advertising in The Nature's News newsletter is neither a guarantee or an endorsement by Wilderness Lake 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

Nature's News is published monthly by SignTime and mailed free via USPS bulk mail to every home in Wilderness Lake Preserve. SignTime reserves the right to refuse any advertising which may be deemed objectionable or is not in keeping with our policies. Reproduction of any artwork or copy, in whole or in part, prepared by SignTime is strictly prohibited without the written consent of the publisher. All rights reserved. SignTime will not be responsible or liable for misprints, typographical errors, unplaced ads, misinformation, etc. herein contained.



### PUBLISHER AND ADVERTISING SALES SignTime Advertising 352-683-5629

1252 Lori Dr.
Spring Hill, FL 34606
www.signtimeads.com
signtime@tampabay.rr.com

### **Around the Preserve**

### Fitness & Health Classes

### **Water Aerobics**

9:30am - 10:30am Monday - Friday

Exercising in the water is a fun change of pace and is much easier on the joints than high-impact activities. This is a resident-driven event that is free to participants.

#### Yoga

**Lu-Ann Koegler,** a RYT-200hr Zarnay Yoga Instructor for classes.

Tuesday 8:45am - 10:10am Thursday 8:15am - 9:45am

Please RSVP to Lmgagain@yahoo.com or (813) 846-0874. Cost: \$5.00 per class.

### Walking, Toning and Strengthening Class

Location: Aerobics Room
Mondays, Wednesdays, & Fridays
9:30am - 10:45am

This is a resident-driven activity. Class size is limited due to spacing requirements.

Cost: FREE

### **Power within Boot Camp with Gina Leffers**

Location: Basketball Court
Tuesdays and Thursdays at 9:00am
Camp Includes: 12 workouts,

an exclusive Facebook Group with constant support, encouragement, and one on one assistance, if necessary.

A healthier and stronger you as a result of your efforts.

Cost: \$70 – 2 days a week – 12 Sessions
To register, please contact Gina at:
Gina.fitness320@gmail.com or 813-810-0796.

#### Wilderness Lake Tennis Instruction

Instructor: Blake Mallick

Instruction for all ages and all skill levels
Contact Blake for details on classes and pricing.
813-382-1838 or
Cardiofittennis@yahoo.com

# Classes at The Lodge

### **Children's Swimming Lessons**

For class information, please contact Coach Shelly at CSNMFLA@gmail.com or 813-675-5477.

#### Zumba

Join us on Saturdays at 9:30am for a fun way to get fit. Classes are \$5 for residents and \$6 for non-residents. For class details, please contact Angeles Barrett at 813-817-1046 or angelesbarrett@yahoo.com.

### **Resident Clubs**

#### Chat'hers Club

Ladies' Social Club at Wilderness Lake Preserve

This year the Chat'hers will sponsor research for finding cures for Women's Cancers.
For event information, please call Judy at 813-352-9536.

### Photography & Bird Watching Club Meets at 7pm on the 3rd Wednesday of every month.

The club also goes on outings off property.

If you are interested, you need not be a professional, just have the love for nature. For further information on the club or the monthly outings, please email mcoppola47@hotmail.com.

### Family Dinner & Bible Study All Are Welcome!

Dates: TBA Time: 6:00pm

Host: Rich Foster – 813-295-9147 or Carrie Foster – 215-779-0108

Location: Wilderness Lodge (Activities Center)

### Women of Wilderness Bible Study Wednesdays at 10:00am

Contact Shuyuan at 970-978-7568 for more information.



### Facts About the Northern Bobwhite

- Also known as Virginia quail or bobwhite quail, the Northern Bobwhite is native to the United States, Mexico, and the Caribbean.
- Northern Bobwhites are yearround residents in open habitats of southeastern North America.
- Populations of Northern Bobwhites plunged between 1966 and 2014, resulting in an overall decline of 85 percent, according to the North American Breeding Bird Survey.
- Habitat loss and the increased use of pesticides are thought to be the culprits behind this steep decline.
- There are 22 subspecies of Northern Bobwhites.
- A subspecies known as the Masked Bobwhite, is federally listed as an endangered species.
- Northern Bobwhite populations are non-migratory, particularly where there is good habitat available.
- Like related New World quail species such as Gorgeted Wood-Quail, the Northern Bobwhite has a short, curved bill; a chunky, roundish body; and a short tail.
- They are ground-dwelling birds, preferring to walk or run, although they are capable of strong, short bursts of flight, particularly when fleeing from predators.
- These quail are more often heard than seen, since they tend to stay within dense low cover where their dappled brown-and-white plumage provides excellent camouflage. But sometimes, especially when calling in spring, male bobwhites will occupy a highly visible location, such as atop a fencepost.
- During snowfalls in the northern part of their range, bobwhites depend on woody cover to prevent snow from reaching the ground and blocking their foraging habitat.
- Northern Bobwhites feed along the ground, consuming a largely plant-based diet of seeds, fruit, stems, and leaves. They add insects, spiders, and snails to the menu during spring and



- summer, particularly when providing food to their young.
- In places where bobwhites are common, they may eat bird seed from ground feeders in open backyards with shrub cover.
- Chicks are fed mostly insects until they are 6-8 weeks old.
- Arthropods can make up 5 percent of the male's diet and 20 percent of the female's diet during the breeding season.
- Each fall, Northern Bobwhites form groups, or coveys, of anywhere between three to twenty birds.
- At night, these coveys roost in a close-packed, outward-facing circle with their tails pointing toward the center, probably to conserve heat and stay alert for predators. As a very social species, they stay in coveys until the beginning of nesting season each spring, when they begin to pair off.
- Although seemingly monogamous during the nesting season, each member of a bobwhite pair may mate with several different partners, a strategy which ensures maximum genetic fitness and diversity.
- Both sexes work to build the nest, a simple scrape on the ground lined with leaves and grasses. These birds often weave dry grass or weeds to form an arch around the nest, which hides it from potential predators. Nest building takes about 5 days.
- Female bobwhites lay large clutches of 12 to 16 eggs, which both parents incubate.
- The hatchlings emerge from their eggs covered in down, able to walk and their eyes are open. They will all leave the nest shortly after hatching.
- Young bobwhites are fed and cared for by their parents for several weeks after leaving the nest. In a good nesting season and in suitable habitat, female bobwhites can raise several broods per year.
- Hawks, owls, raccoons, opossums, skunks, foxes, and snakes prey on adult bobwhites and their young. Adults flutter and drag their wings to distract predators from their chicks.

## Natural Areas and Environmentally Sensitive Areas

Everyone plays a role in helping to protect and sustain Florida's wetlands and preserves: the government, developers, environmental groups, scientists, and YOU! Here at Wilderness Lake Preserve, Southwest Florida Water Management District (SWFWMD) vested The Preserve at Wilderness Lake CDD with the legal responsibility of protecting and maintaining all conservation land. This includes both CDD owned land and the numerous conservation buffer areas on residents' property. SWFWMD has mandated that the preserves remain untouched so that they will continue to serve their natural purpose, except in special circumstances.

Sometimes there are instances when it makes sense to help the preserve maintain its natural balance. So the CDD, at the request of numerous concerned residents, developed a Conservation Maintenance Policy. To summarize the policy, if you have wooded and/or wetland areas adjacent to your home, PLEASE DO NOT trim or disturb these areas yourself, regardless of whether they are on CDD owned land or YOUR OWN LOT. Instead, notify the Lodge or District Management, who will make an appointment with you. Prior to your meeting, please review our Conservation Maintenance Policy, which is available on the community website, www.wildernesslakecdd.org.

Because our CDD Board takes our environmental responsibilities very seriously, they will strictly enforce the Conservation Maintenance Policy to ensure we are in compliance with all SWFWMD regulations and are in no way damaging our environment. If you feel the wooded and wetland areas surrounding your home need attention, please first review our community's policy and contact the Lodge to arrange for your inspection.

If you should have any questions, please feel free to contact the District Office to discuss any questions you may have, 813-994-1001.

\*\*Please do not dump yard clippings or trimmings in the wooded and/or wetland areas adjacent to your home.

#### AS A REMINDER...

The wetlands and wetland setback areas, on both CDD

property AND resident property, are part of the SWFWMD CDD wetlands permit. This means that residents may only remove invasive species AND must have CDD permission / supervision to do so. Residents must contact the Lodge prior to the removal of any plant material. The CDD wetlands vendor will review the area and provide guidance as to what may and may not be removed or cut back. Residents must receive written permission from the CDD prior to removal / cutback of any plant material on CDD property. The Lodge Manager will provide residents with the proper forms that must be completed prior to any work being done. Any non-authorized removal of plant material in areas falling under the SWFWMD CDD permit will be replanted at the offending resident's expense. All legal costs associated with the violation will also be charged to the offending resident.



Great Britain Tile 10% Tile · Carpet · Wood · Laminate Off Visit Our Showroom www.greatbritaintile.com

> 10% off materials for all Wilderness Lake Residents

Address: 9533 Land O'Lakes Blvd. (2 1/2 miles north of Wilderness Lake) Phone: (813) 235-9775 Email: customerservice@greatbritaintile.com Web: www.greatbritaintile.com







- Full Color **Process Printing**
- Catalogs and Brochures
- Letterhead, Envelopes
- . NCR Forms, Invoices
- Sians and Banners
- Business Cards
- Bindery Services
- Bulk Mailing Services
- Graphic Design
- Large Format Printing
- Posters, Car Magnets
- Community Newsletters
- Free Pickup & Delivery and more!

Our family can show you more ways



ITIONING - ELECTRI

**APPLIANCE REPAIR** 

Family Owned & Operated with Over 25 Years of Service! Free Estimates on Replacement Systems

Discount for Law Enforcement, Active Military, Veterans & Seniors

ALL REPAIRS 3 YEAR WARRANTY





266-0076 or (813) 324-1161 Now: (727)

With any Repair

Must present coupon - Expires May 31, 2020

Must present coupon - Expires May 31, 2020



Visit our website coolquest.com



This event is tentatively scheduled

# CINCO MAYO HAPPY HOUR

Kick off the celebration early at the Lodge with a fundappy hour!

# This Event Has Been CANCELLED

Menu: ınd Veggie Fajitas.

must be over 2 years of age

Chips with Salsa and Queso, Mini Churros

Please ROVP at the Lodg by Thursday, April 29th. Saturday, May 2nd

813-995-2437 nparker@wlplodge.com This event is tentatively scheduled





Come to the Lodge and build your ultimate ice cream sundae! We will have plenty of toppings for you to choose from.

> Friday, May 15th 4pm - 5pm \$2 per sundae

Please RSVP at the Lodge by Wednesday, May 13th. 813-995-2437 hparker@wlplodge.com

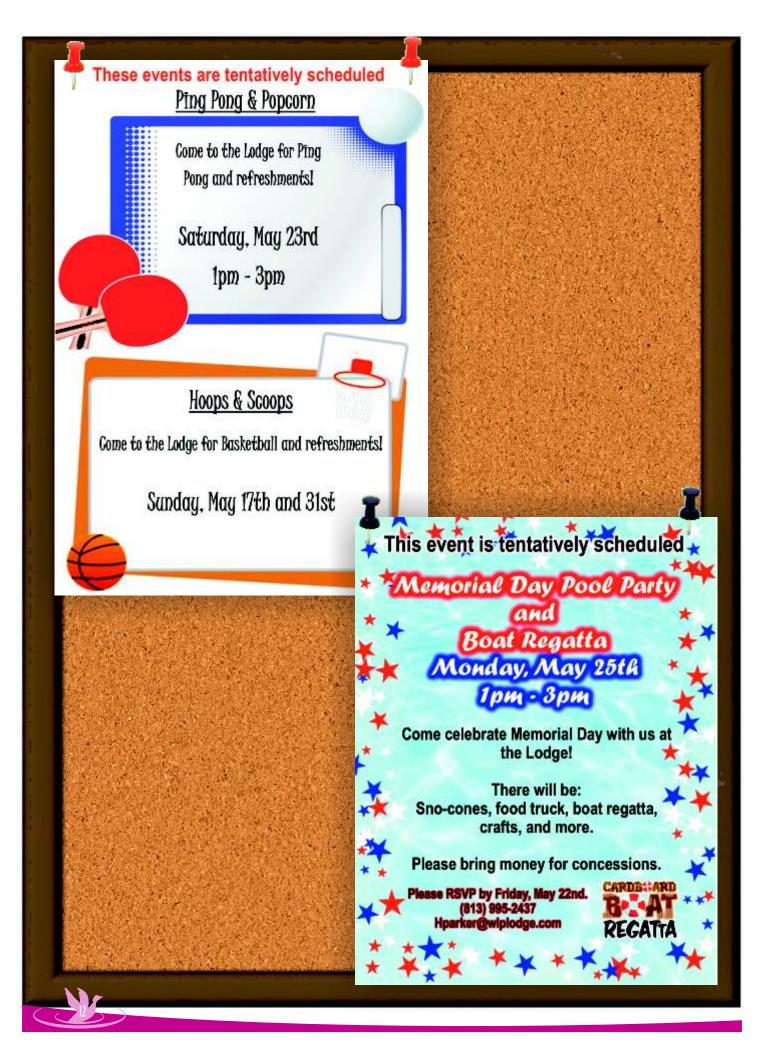
#### Kid's Art Class 10:00 am olt Art Class 2 00 pm End of School Pool Party 1:00 pm - 4:00 pm Ping Pong and Popcorn 1:00 pm - 3:00 pm 23 30 40 Move an Pizz with Mo 6:00 pm Party 6:30 pm - 8:30 p SATURDAY Cinco de N Sunday, June 7th – Hoops and Scoops Grill and Chili Potluck 4:00 pm - 8:00 pm 15 22 F 29 Frosty Friday 4:00 pm Please be advised: All May and June meetings and events are tentatively scheduled. 14 21 Please refer to the CDD website and the community emails for updates. 28 THURSDAN 13 Bird Club Mtg 7:00 pm Recycling Day Recycling 4 20 Recycling Recycling Fining Mtg 7:30 pm Recycling Day 27 67 CDD Meeting 9:30 am CDD Meeting 6:30 pm 12 26 2 **HOA Meeting** 6:30 pm Movie Night 6:00 pm Movie Night 6:00 pm Movie Night 6:00 pm ing vie Night :03 pm ARC Meeting 6:30 pm ARC Meeting 6:30 pm Story Time for Tots 10:00 am Story Time for Tots 10:00 am Story Time for Tots 10:00 am Memorial Day BBQ 1:00 - 3:00 pm Ŧ Story Time for Tots 10:00 am LODGE HOURS NOON - 6:00 pm ARC Mee in 6:30 pm 25 MEMORIAL JONE MONDAY Hoops and Scoops 1:00 - 3:00 pm 3 Sunday Matinee 2:00 pm 31 24 1:00 - 3:00 pm **Hoops and**



The Community Newsletter For Wilderness Lake Preserve Residents

Friday, June 12th – Frosty Friday Tave the

Thursday, June 11th – Ping Pong Madness Monday, June 8th – Tie Dye Day



## Message From the HOA Board

So grateful to live in this wonderful community. We see safe neighboring going on all around, as well as support for our medical, first responder, and essential workers. Those who live alone are being contacted by kind neighbors and sidewalk chalk art adorns many homes, spreading hope and cheer. Masks are being sewn, supplies shared, and most importantly...news of toilet paper availability broadcasted! In the midst of all of our stress, some beautiful things are happening.

While in this time of shelter at home, we still need to maintain our homes and yards to the best of our ability. In fact, we see many people sprucing up their homes and yards while some folks are home and have more free time. Not all have more free time and resources may be short. If you have received a violation and need more time to comply, please do not stress, simply contact our Community Association Manager, Mike Spall at mspall@greenacre.com. Extensions of deadlines are always available for almost any violation, and certainly some issues and resident circumstances will require extra time to be dealt with. We ask that you contact our Manager via email for two important

reasons: he is frequently driving around properties and not in a position to look up your property or adequately address your issue while he's on the road; and an email trail protects you and your attempt to comply or get clarification. Also keep in mind, neighbors can forward deed restriction problems to the Manager. We've seen some folks get upset because their violation cites evening or weekend issues, but a violation is a violation regardless of evening, weekend, or holiday.

As of the deadline for this publication, the ARC is currently meeting electronically. If you are doing an improvement that requires ARC approval, request and completion forms are on our community's Greenacre website. Governing documents are also located on that website which can be accessed at https://g360.greenacre.com/Webadmin/Login.aspx which gets you into the portal. If you have problems signing in, please contact our Community Association Manager, Mike Spall at mspall@greenacre.com.

Stay safe! Be well! Help others when you can and ask if you need help. We'll get through this!



**Connerton Agency at Arbor Square** 

New LOWER rates for Home and Auto

Call for a quote 813 523 4689

\*\*\*Resident of Wilderness Lake\*\*\*



# A Message From the CDD Board of Supervisors

Dear The Preserve at Wilderness Lake CDD Residents,

As we all continue to monitor the evolving state of emergency, the CDD Board of Supervisors, Rizzetta & Co., and the Lodge Staff remain dedicated in serving the community with the highest level of service while adhering to the guidelines set forth by the insurance company, and federal, state, and local officials.

Along with the sanitizing and enhanced cleaning by the cleaning crew and staff, Hayley, the Event's Coordinator is designing a summer calendar filled with thrilling events that includes Nature Walks, Painting with a Twist, Scavenger Hunts, Science Under the Trees, Star Gazing, Treats for the Pups/Sweets and Drinks for Adults by the Fire Pit, and Wildlife Safaris. With the health and safety of our residents and staff being our top priorities, these exciting events will comply with all CDC mandated Social Gathering Guidelines which may include Social Distancing.

As our nation settles into this mandatory respite from the hectic lifestyle that we all grew accustomed to, many of our Preserve at Wilderness Lake residents are embracing the new norm by learning new hobbies, taking long walks and bike rides, enjoying family lawn games, relishing in the natural habitat of The Preserve at Wilderness Lake, and appreciating the time to decompress. With all of these newfound activities, the Lodge encourages you to email in photos of your adventures. We welcome the opportunity to showcase these precious moments in our upcoming issues of the Nature's News.

hparker@wlplodge.com or tdobson@wlplodge.com

In accordance to the directive the CDD Board of Supervisors received from the insurance company, and federal, state and local officials, the entire closure of the Lodge amenities includes, the Activities Center, Fitness Center, Lodge, Nature Center, Theater, Basketball Court, Tennis Courts, Lap Pool, Lagoon Pool, Jacuzzi, Dock, Boats, Canoes, Kayaks, Courtyards, and Parking Lot. While the directive is disruptive and inconvenient, it is a necessary precautionary measure in minimizing the risk of exposure to the COVID-19 virus.

We thank you for your support, cooperation, and most importantly, for entrusting the CDD

Board of Supervisors, Rizzetta & Co., the HOA Board of Directors, Greenacre Properties, and the Lodge Staff with the management, health, safety, and welfare of The Preserve at Wilderness Lake. As we all are eagerly awaiting the announcement of when we can re-open the Lodge amenities, the entire team remains committed in maintaining the welfare of the community and lifestyle that The Preserve at Wilderness Lake offers.

Please continue to monitor the District's website and eblasts for updates, https://wildernesslakecdd.org.

Thank you,

The CDD Board of Supervisors, District Staff, Lodge Staff



# Recipe's of the Month continued

# Garlic Butter Capellini Pomodoro with Shrimp

### Ingredients

#### Shrimp:

- 1 lb large shrimp
- Salt, pepper, and olive oil for the pan

#### Pomodoro Sauce:

- 4 cloves garlic
- 4 cups diced fresh tomatoes or halved cherry tomatoes
- 2 cups chicken or vegetable broth
- 4 tablespoons butter
- 1/2 cup fresh basil leaves, cut or torn into small pieces
- Salt to taste

#### Pasta:

- 8 oz capellini pasta
- · Parmesan cheese for topping

#### **DIRECTIONS:**

- 1. SHRIMP: Heat a swish of oil in a large skillet over medium heat. Add the shrimp and season with salt and pepper. Cook until pink, about 2 minutes per side. Remove shrimp from the pan and set aside.
- 2. GARLIC BUTTER POMODORO SAUCE: In the same pan, heat just a tiny bit more oil over medium low heat and toss the garlic in. Sauté for a minute or two until it smells amazing. Add the tomatoes and broth and simmer for 10-ish minutes. The tomatoes will start to become saucy, and gradually the sauce will start to thicken. This is perfect!
- 3. CAPELLINI: Cook according to the package directions. Drain and set aside.
- 4. ALL TOGETHER NOW: Add the butter and basil to the thickened sauce and stir to combine. If it needs thickening, let it hang out on low heat for just a little while longer. Season to taste. When the sauce is ready, add the shrimp back in. Serve the sauce over top of the pasta with a little Parmesan cheese, salt and pepper.

### Chicken Enchilada-Stuffed Zucchini Boats

### **Ingredients**

#### Lime Crème:

- 1/2 cup plain nonfat Greek yogurt
- 1 tbs lime juice
- 1/4 teaspoon salt

#### Zucchini Boats:

- 1 boneless, skinless chicken breast, sliced into 1/2-inch pieces
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon chili powder
- 2 teaspoons olive oil
- 1/2 cup salsa
- 1 zucchini, cut in half lengthwise, centers hollowed out
- 2 tbs shredded cheddar cheese
- 1 Roma tomato, diced
- 1/4 avocado, diced
- 2 tbs cilantro, chopped
- 1 lime, cut into wedges

#### **DIRECTIONS:**

- 1. Preheat oven to 375 degrees F.
- 2. Add the Greek yogurt, lime juice, and salt together in a small bowl and stir to combine.
- 3. On a cutting board, season the chicken breast with salt, pepper, and chili powder.
- 4. Heat olive oil in a large pan over medium heat. Once the oil begins to shimmer, add the chicken and cook until browned, about 3 minutes.
- 5. Remove the chicken from the pan and let cool. Once cooled, shred the chicken with a fork.
- 6. Add the chicken to a bowl with the salsa and stir to combine.
- 7. Stuff chicken mixture in hollowed-out zucchini boats, and top with cheddar cheese.
- 8. Bake until cheese is melted and browned, and zucchini is tender, about 20 minutes.
- 9. Top with tomato, avocado, cilantro, and lime cremé. Serve with lime wedges.



### Recipe's of the Month continued

### **Summertime Spaghetti**

### **Ingredients**

- 2 lemons
- 12 oz uncooked thin spaghetti noodles
- 2 cans (14.5 oz each) reduced-



- 1 cup grape tomatoes
- 3 garlic cloves, peeled
- 1 oz fresh Parmesan cheese
- ½ cup fresh parsley
- 3 tablespoons olive oil
- ½ teaspoon ground black pepper
- 2 cups diced cooked chicken breasts
- 1 cup small broccoli florets

#### **DIRECTIONS:**

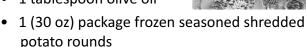
- 1. Zest lemons using zester to measure 1 tablespoon; set aside. Juice lemons using juicer to measure 1/4 cup.
- 2. Break noodles in half. Combine noodles, broth and lemon juice in deep covered baking dish.
- 3. Microwave, covered, on HIGH 11-13 minutes or until most of the liquid is absorbed, stirring once halfway through cooking using tongs.
- 4. Cut tomatoes in half lengthwise. Grate Parmesan.
- 5. Process garlic, Parmesan cheese, parsley, zest, oil and pepper in food processor until parsley is finely chopped.
- 6. Carefully remove baker from microwave using potholders or grips. Add Parmesan mixture to dish; mix well using tongs.
- 7. Stir in tomatoes, chicken and broccoli. Microwave, covered, on HIGH 2-3 minutes or until broccoli is crisptender.

### Potato-Crusted Pizza

Hands-on Time: 10 minutes Total Time: 45 minutes Makes: 6 servings

### **Ingredients**

• 1 tablespoon olive oil



- 1 (28 oz) can diced tomatoes, drained
- 1 (1 oz) package fresh basil, torn
- 2 cups (8 oz) shredded pizza cheese blend

#### **DIRECTIONS:**

Preheat oven to 450°. Brush a 15 1/2- x 10 1/2-inch jelly-roll pan with oil, and arrange potatoes in a single layer in pan. Bake 10 minutes. Flatten potatoes, using the back of a wooden spoon until rounds touch and cover entire pan. Bake 20 more minutes or until crisp. Top with remaining ingredients. Bake 5 to 10 more minutes or until cheese melts.







# Harmful Effects of Dumping in the Storm Drains

Think twice about dumping anything into a storm drain! It is a common misconception that storm drains lead to a wastewater treatment plant. In many urban settings such as Wilderness Lakes Preserve, the water entering storm drains goes into a nearby stormwater pond, most likely behind or nearby your house. You can help with the water quality and aesthetics of your stormwater ponds:

- Never dump anything directly into a storm drain.
- Lawn Debris Materials such as grass and tree clippings should never be swept into a storm drain or onto a street, they provide excess nutrients and promote unnecessary algae growth which, in turn, can cause severe negative impacts to the rest of the ecosystem.
- Pick up After Your Pets Rain washes parasites and bacteria from pet waste into local waterways and also unbalances nutrient loads. This poses harm and also degrades the aquatic system.
- Sweep Pesticides and Fertilizer off of hard surfaces and onto your lawn – These applications will encourage the growth of algae blooms and/or negatively impact the aquatic system.
- Wash Vehicles on Lawn Washing vehicles on a grassy surface allows the dirty and soapy water to be absorbed by plants and soil, filtering the water and preventing it from washing into a storm drain.
- Properly Dispose of Chemicals Some things like motor oil and batteries can be recycled. Other products that should be brought to a facility for proper disposal include paint, herbicides,

pesticides, and swimming pool chemicals. Be careful to clean up after any spills and avoid allowing them to enter the storm drains.



### Radar Results

### Radar Sign Report #1 Wilderness Lake Blvd. and Palmetto Pines Lane

Date:	# of Vehicles	# of Violators 21mph & up	Peak Speed of the Day	Average Speed of the Day	% of Violators for the Day
2/18/2020	755	382	36	20.71	50.60
2/19/2020	1185	587	84	20.74	49.54
2/20/2020	1475	638	42	20.32	43.25
2/21/2020	1409	716	70	20.86	50.82
2/22/2020	1250	746	39	21.36	59.68
2/23/2020	1094	595	37	20.96	54.39
2/24/2020	1267	658	41	20.87	51.93
2/25/2020	1238	632	38	20.82	51.05
2/26/2020	1309	635	37	20.66	48.51
2/27/2020	1303	683	39	20.94	52.42
2/28/2020	1201	545	39	20.68	45.38
2/29/2020	1170	676	41	21.27	57.78
3/1/2020	1123	627	56	21.32	55.83
3/2/2020	1246	613	41	20.67	49.20
3/3/2020	1307	666	37	20.88	50.96
3/4/2020	1301	692	35	20.96	53.19
3/5/2020	1348	708	41	21.09	52.52
3/6/2020	1360	676	42	20.72	49.71
3/7/2020	1211	690	38	21.33	56.98
3/8/2020	1083	607	41	21.32	56.05
3/9/2020	1289	656	34	20.75	50.89
3/10/2020	1078	556	40	20.78	51.58
3/11/2020	1049	524	42	20.89	49.95
3/12/2020	1333	731	37	21.02	54.84
3/13/2020	1414	769	39	20.97	54.38
3/14/2020	1178	660	38	21.24	56.03
3/15/2020	1067	599	40	21.11	56.14
3/16/2020	1174	627	43	20.94	53.41
3/17/2020	620	357	48	21.16	57.58
Totals:	34837	18251	Avg. 42.58 High 84	20.93	52.39





James Ronzo, D.O.

Reginald Davis, M.D.

Frank Bono, D.O.

# Bio\pine



# Institute

### Minimally Invasive'

We exclusively practice minimally invasive spine procedures for our patients that are performed through a small 3/4" incision.

### Recovery Time

With our minimally invasive approach, patients go home the same day and recover much more quickly than traditional spine surgery.

### In-Network

We are in-network with leading health insurers and have helped thousands of patients successfully navigate the insurance process.



7101 MARINER BLVD | BROOKSVILLE, FL 34609 TAMPA | ORLANDO | SPRING HILL

352-678-5244 | BIOSPINE.COM

\* The vast majority of procedures at the BioSpine Institute are performed through a 3/4" incision.





Lodge Hours: Monday-Friday 9:00am-9:00pm Saturday 10:00am-10:00pm Sunday 12:00pm-9:00pm

