



Cumberland Crier

Publication of the Cumberland Manors Homeowners Association

Reader submission should be mailed to Cumberland Crier, c/o Greenacre Properties, Inc. 4131 Gunn Highway, Tampa, FL 33624 or emailed to the Dschek@greenacreproperties.com. Cumberland Manors reserves the right to withhold publication.

Award Winning Publisher— IKare Publishing Inc. 813-907-3629
www.ikarepublishing.com - ikarepublishing@aol.com

Welcome to Cumberland Manors 2011 By Linda Peery, President

We made it to 2011 and are on our way briskly through the year already. Our Annual meeting brought two new members to the board. Actually, I should say two former Board members came back to us. They are Vicki Baker and Richard Ulmer. Welcome back and thank you so much for joining.

We held our first meeting the night of the Annual meeting to establish our members and update everyone on things that were not settled during our November meeting. Our February meeting was more productive. Richard and Vicki both agreed that we need to tell you more of what the board has done during the year. We know so well, but forget that we only have two newsletters being printed to save money and not everything gets into those newsletters. So here are some of the items the board has done to help in keeping our community up to date and to save money:

Last year we added two new tables in the park! The Board Members met in the Park to clean up areas that we don't pay the landscapers to handle. We put down new mulch because it saved money to have us do it. Only two homeowners in the community showed up to help! We have sent numerous letters through Greenacre Properties and our attorney to homeowners who are parking on the streets and blocking traffic; who do not clean their roofs, keep up their landscaping, and/ or paint their homes; letters are sent to those that do not follow our deed restrictions; we especially send letters to homeowners to pay their quarterly dues. I could go on and on about the letters and liens we have filed, but then someone is going to send another nasty letter to us saying we are pointing them out in particular. Well, if you are not following the deed restrictions think about it. We have vendors bid jobs so we know who is giving us the best price for the most work to be done in our community, such as the landscapers. We are looking into replacing the swing set this year. We've replaced as many parts to that swing set as possible. Unfortunately, even the smaller units are not inexpensive. We have 12 foreclosures in the community as of the February 9th meeting! That's a lot of money not coming into the community to assist us in keeping our community up. That's also a lot of money going to the attorney to file the lien and then follow up on the foreclosures. We are updating our Website due to new requirements that have taken place.

Every year the community has two garage sales and the Association pays for the ads to be placed. Many of you remember when I used to ride around on my bike and collect money to pay for our ads. We call on different associations such as the American Red Cross, Metropolitan Ministries, etc. to come after the garage sale to pick up our "donation of leftovers" so we don't have to put them back until the next garage sale. In fact, our **next Community Garage Sale is March 19th from 8:00am to 1:00 pm**. We will have our **Annual Easter Egg Hunt on April 16th from 10:00 am to 12:00 pm at the Heathridge Park**. The candy and water is paid by the Association, and the Board Members meet to stuff candy in the "eggs" then hide them in the park the morning of the Hunt. Bring your cameras to take pictures of your children with our Easter Bunny. All these things are done through the Home Owners Association (the Board).

We also hired a Florida Highway Patrol officer who comes to our community at least once a month to help us in slowing traffic, reminding people to stop at stop signs and he has actually caught people with invalid licenses, no insurance and noise violations. So be careful out there, he issues tickets and is here to make our community a safe place to live.

I hope this gives you a better idea of what the Board does for Cumberland Manors. Our meetings are on the website. Join us some time. We certainly need members to our Welcome Committee and Landscape and Pond Committee. The more you know us, the better we know and assist our community.



Cumberland Manor Own: P/K Mattias Ciabatti Excited to be a Bull

By Larry Weisbaum
USFNation.com

Last Wednesday was national signing day and with all the hoopla surrounding who was going where, the USF staff got some more good news when Hillsborough's punter/kicker Mattias Ciabatti accepted a preferred walk-on invitation to USF. USFNation.com caught up with Ciabatti and got all the details.

Last Wednesday was national signing day and with all the hoopla surrounding who was going where, the USF staff got some more good news when Hillsborough's punter/kicker Mattias Ciabatti accepted a preferred walk-on invitation to USF.

"Yes I accepted a preferred walk-on to USF," said Ciabatti. "It was the best fit for me. It's close to home and has the engineering program that I want to be in. It's also a school that is developing really fast and I want to be on a winning team. I also love the facilities and the opportunity that I'll have to play for a division-I Big East team." Ciabatti, was an All-Hillsborough County first-team selection at punter, and was considering committing to Colgate a Division I-AA school, but turned it down to take preferred walk-on status with the Bulls. He could have done the same with UF.

"I had offers from Colgate, North Dakota State, Holy Cross, and Harvard, said Ciabatti. "I was also speaking to UF about walking on. Mattias said why he decided to accept a preferred walk-on with USF over Florida.

"I think I have a better opportunity to play with the Bulls. I also thought the atmosphere was better at USF than at UF." Turning down scholarship offers to walk-on at USF doesn't bother Ciabatti who is truly an academic athlete.

"At the moment Coach Holtz wants to see his kickers perform before he gives out scholarships and I'm good with that," said Mattias. "It's okay because I will get academic money for being in the International Baccalaureate program. Also the coaches told me that walk-ons and scholarship players get the same treatment and perks. It will be no different."

"I just got my report card and my GPA is a 6.2. My SAT is a 1960 for all three sections, 1290 for two. My ACT score is a 30."

Getting the opportunity to talk with the USF coaching staff and get to know them also helped in him making his choice.

"I really like the USF coaching staff. They are very accessible, when I have questions and they seem excited about getting better as a football team, and that gets me excited too!"

Being a local Product Ciabatti know several Bulls who told him all the good things about USF.

"Terrence Mitchell and Lindsey Lamar both went to my school and I played with them. They are good guys and speak very

highly about the program. I also know Bobby Eveld when I was younger, we played baseball together."

The 5'10, 170 pound Ciabatti led the county in punting last season with an average of 39.38 yards per attempt, with 12 kicks inside the opponent's 20-yard line. His long punt was a 69 yarder against Gaither.

Ciabatti also served as kicker for Hillsborough, with 23 touchbacks out of 50 kickoffs and converted five field goals. His longest was from 49 yards out. But where will he be playing at the next level?

"I'm going to go in there with the attitude that I will play either position. I think I'm a better punter than a kicker, but would gladly do both."

Mattias also played soccer his whole life which helped him with kicking, and played for the club team FC Tampa. I played soccer my whole life, and was playing U 17 when I was just 15 and had the responsibility of talking all penalty kicks. So I had practice with dealing with pressure already. My coach Steve brown pushed me to play with the older team because he said it would make me tough, and this played a big role in me being confident to play football." USF is also heavily targeting Ciabatti's teammate, DT Earl Moore, and he may do a little recruiting himself.

"Once I get to USF and experience they have to offer I will tell him what its like," said Mattias. "He's a great player and would be a great asset to any team, but that will be his choice."

Being a preferred walk-on there was no LOI signed and with enrollment not for several months, Mattias said they won't be any changes down the road.

"It's going to be USF for sure!" Mattias said. "I'm very excited to begin playing college football and to be a Bull! I definitely made the right decision and I wouldn't change my mind if I had the chance."



Reminder our Community Garage Sale is March 19th from 8:00 am to 1:00 pm. We will not have an organization picking up after the garage sale on Beaver this time.

Please do not drop off your items for donations on Beaver! No one will be picking up.

Our annual Easter Egg Hunt will be on Saturday, April 16th at Heathridge Park for children of all ages from 10:00 am to 12:00 pm. Bring your camera to take pictures of your children with the Easter Bunny. We have the Egg Hunt and games for the children. Lots of fun for everyone.



THE PROPER DISPOSAL OF EXPIRED OR UNWANTED PRESCRIPTION AND OVER THE COUNTER MEDICATIONS

BY MAUREEN PIERCE, R. Ph

THERE ARE TWO SETS OF GUIDELINES FOR THE DISPOSAL OF HOUSEHOLD MEDICATIONS. ONE IS THE FEDERAL GUIDELINES FORMULATED BY THE OFFICE OF NATIONAL DRUG CONTROL POLICY. THE OTHER GUIDELINES COME FROM THE FLORIDA DEPARTMENT OF ENVIRONMENTAL PROTECTION. BOTH THE FEDERAL AND STATE GOVERNMENT ENCOURAGE CONSUMERS TO TAKE ADVANTAGE OF LOCAL MEDICATION OR COLLECTION PROGRAMS. IN MY RESEARCH, I DID NOT FIND AN ESTABLISHED, CONSISTENTLY SCHEDULED TAKE-BACK PROGRAM IN HILLSBOROUGH COUNTY. IN THE ABSENCE OF SUCH A PROGRAM BOTH GOVERNING ENTITIES STRONGLY ADVOCATE (1) NOT GIVING YOUR DRUGS TO OTHER PEOPLE, (2) NOT FLUSHING THEM DOWN THE TOILET*, AND (3) NOT PUTTING THEM IN THE TRASH WITHOUT DISGUIISING THEM. THE FEDERAL GUIDELINES DO HAVE A CAVEAT TO FLUSHING THAT I WILL EXPLAIN IN A MOMENT.

THE FEDERAL GUIDELINES ARE AS FOLLOWS:

1. TAKE YOUR PRESCRIPTION/OTC DRUGS OUT OF THEIR ORIGINAL CONTAINERS.
2. MIX DRUGS WITH AN UNDESIRABLE SUBSTANCE, SUCH AS CAT LITTER OR USED COFFEE GROUNDS.
3. PUT THIS MIXTURE INTO A DISPOSABLE CONTAINER WITH A LID, SUCH AS AN EMPTY MARGARINE TUB, OR INTO A SEALABLE BAG.
4. CONCEAL OR REMOVE ANY PERSONAL INFORMATION, INCLUDING THE PRESCRIPTION NUMBER, ON THE EMPTY CONTAINERS BY COVERING IT WITH BLACK PERMANENT MARKER OR DUCT TAPE, OR BY SCRATCHING IT OFF.
5. PLACE THE SEALED CONTAINER WITH THE MIXTURE, AND THE EMPTY DRUG CONTAINERS, IN THE TRASH.

THE FEDERAL GUIDELINES DO MAKE MENTION OF FLUSHING CERTAIN MEDICATIONS ONLY IF THE ACCOMPANYING COUNSELING/PRODUCT INFORMATION SPECIFICALLY INSTRUCTS THE PATIENT TO DO SO. ALSO, DUE TO CONCERNS OF DIVERSION, MANY NARCOTICS (I.E. OXYCONTIN, PERCOCET, DILAUDID, ETC.) MAY BE ELIMINATED VIA THE SEWER SYSTEM. IF IN DOUBT, ALWAYS ASK YOUR PHYSICIAN OR PHARMACIST FOR GUIDANCE.

THE STATE ENVIRONMENTAL PROTECTION GUIDELINES DESCRIBE HOW TO SAFELY DISCARD PILLS AND LIQUIDS. THEY MAKE NO MENTION OF CONTROLLED SUBSTANCES OR OTHER MEDICATIONS THE MANUFACTURER RECOMMENDS DISPOSING OF BY FLUSHING.

THE STATE EPA GUIDELINES FOR PILLS AND LIQUIDS ARE AS FOLLOWS:

1. KEEP THE MEDICINES IN THE ORIGINAL CONTAINER. THIS WILL HELP IDENTIFY THE CONTENTS IF THEY ARE ACCIDENTLY INGESTED.
2. MARK OUT YOUR NAME AND PRESCRIPTION NUMBER FOR SAFETY.
3. FOR PILLS: ADD SOME WATER OR SODA TO START DISSOLVING THEM. FOR LIQUIDS: ADD SOMETHING INEDIBLE LIKE CAT LITTER, DIRT OR CAYENNE PEPPER.
4. CLOSE THE LID AND SECURE WITH DUCT OR PACKING TAPE.
5. PLACE THE BOTTLE(S) INSIDE AN OPAQUE (NON SEE-THROUGH) CONTAINER LIKE A COFFEE CAN OR PLASTIC LAUNDRY BOTTLE.
6. TAPE THAT CONTAINER CLOSED.
7. HIDE THE CONTAINER IN THE TRASH. DO NOT PUT IN THE RECYCLE BIN.

IN LIGHT OF THESE 2 SETS OF DISPOSAL RECOMMENDATIONS, THIS WRITER SUGGESTS TAKING ADVANTAGE OF ANY LOCAL 1 TO 2 DAY TAKE-BACK PROGRAMS. IN THE PAST, THE HILLSBOROUGH COUNTY ANTI-DRUG ALLIANCE HAS OFFERED MEDICATION DISPOSAL THROUGH THEIR "OPERATION MEDICINE CABINET." ONE OPTION UNAVAILABLE TO CONSUMERS IS ASKING YOUR DISPENSING PHARMACY TO TAKE BACK YOUR MEDICATIONS. UNDER FLORIDA PHARMACY LAW, YOUR PHARMACY CANNOT TAKE BACK MEDICATION THAT HAS BEEN PRESCRIBED FOR YOU. **IF THE PHARMACY CHOOSES TO DO SO, THEY ARE MANDATED TO DESTROY IT. IT CANNOT BE REDISPENSED TO OTHER PATIENTS.**

ONE LAST PROGRAM I'D LIKE TO MENTION IS **THE BAY AREA SHARPS DISPOSAL PROGRAM.** THIS IS A FREE PROGRAM DESIGNED FOR HILLSBOROUGH COUNTY RESIDENTS WHO REQUIRE THE USE OF INJECTABLE MEDICATIONS TO CONTROL THEIR DISEASE STATES. THIS PROGRAM PROVIDES ELIGIBLE PATIENTS WITH A FREE SHARPS CONTAINER FOR USED NEEDLES AND A LIST OF DISPOSAL SITES WHERE THE CONTAINERS CAN BE TAKEN FOR PROPER DISPOSAL. INTERESTED INDIVIDUALS CAN FIND OUT MORE ABOUT PROPER SHARPS DISPOSAL AT WWW.HILLSCOUNTYHEALTH.ORG.

PLEASE, NEVER IMPROPERLY DISCARD USED NEEDLES IN YOUR RESIDENTIAL TRASH. THE RISK OF INJURY OR HARM VIA AN ACCIDENTAL NEEDLE STICK IS FRIGHTENING AND PREVENTABLE.



Southwestern Baked Chicken

Serving Size : 4

4 boned and skinned chicken breasts -- fat trimmed
1/4 cup lemon juice
1 clove garlic -- minced
1 teaspoon chili powder
1 teaspoon salt
1/2 teaspoon cumin pepper -- to taste
3 tablespoons flour
1/4 cup cornmeal
1/2 teaspoon paprika
2 tablespoons butter
vegetable cooking spray

In a glass or plastic dish, combine the lemon juice, garlic, chili powder, salt, cumin and pepper to form the marinade. Mix well. Add the chicken, turning to coat on all sides.
Cover and refrigerate for at least one hour.
Preheat oven to 375 degrees. Light spray a shallow baking dish, large enough to hold the chicken in a single layer, with vegetable cooking spray.

On a piece of wax paper, combine the flour, cornmeal and paprika.

Remove the chicken from the marinade and pat dry with paper towels. Roll in the cornmeal mixture, coating all sides. Place in the prepared baking dish and dot with 2 tablespoons of butter.

Bake in the upper half of the oven for 45 minutes, or until browned and crisp.

NOTES : Can use lime juice instead of lemon juice.

Per Serving: 294.3 Calories,
8.1g Fat, 40g Protein, 13.3g
Carbohydrates, 112mg
Cholesterol, 706mg Sodium



Earthquake Cake

Serving Size : 12

18 1/4 ounce box Devil's Food Chocolate Cake Mix
1 cup flaked coconut
1 cup chopped pecans
8 ounces cream cheese
1 pound confectioner's sugar
1/3 cup butter or margarine -- melted
1 teaspoon vanilla extract

Preheat oven to 325 degrees. Spray 9x13-inch pan with cooking spray.

Spread coconut and pecans over the bottom of the pan.

Mix cake mix according to package directions. Pour over the pecans and coconut.

Melt butter, add with cream cheese, vanilla, and confectioners' sugar to a medium-sized bowl and mix well. Spoon with a teaspoon over the cake.



Bake for 50-55 minutes or until done.

NOTES : Use a Devil's Food Chocolate Cake Mix that has pudding in the mix.