

# Villa Rosa

NOVEMBER • DECEMBER 2020

## THE OFFICIAL *Newsletter* OF VILLA ROSA

### Damages to our community

Sometime between the evening of Saturday September 19 and Sunday morning September 20, the entry gate to Heritage was severely damaged by a hit-and-run driver. The gate cannot be repaired and must be replaced. The replacement will cost nearly \$10,000, will not be installed for at least 10 weeks, and will be paid for by the Heritage homeowners.

In September, an appeal was made, on the VillaRosa website, for information that would enable the HOA to pursue the negligent party for the cost. Either due to apathy on the part of people who have information, or an utter lack of personal responsibility by those guilty of the damage, the HOA has not received any information.

Should anyone be able to help the HOA about this, please contact Mike Spall ([mspall@greenacre.com](mailto:mspall@greenacre.com)). Or call Greenacre at 813-936-4154.



Within the past few months, there have been several hit-and-run incidents that have damaged our community

property. To date, no one has admitted to the damage, nor has anyone provided information about the responsible parties. Our HOA insurance deductible amounts prevent us from collecting the costs from our carrier. Therefore, all repairs and replacements have been paid from our homeowner fees. The amount of damage costs has exceeded budgeted amounts.



Road Resurfacing

### Augusta Ridge Roads

The HOA Board of Directors is in the process of obtaining proposals for the resurfacing of roads and repairs to street gutters. It is expected that proposals will be evaluation by the end of November and work will be done in the first quarter of 2021. When logistical information is available, it will be posted on the VillaRosa website.

### Landscape Improvements

The landscape committee designed a new planting arrangement for the area surrounding the flagpole. Completion of the planting is to be completed in October.

The committee also planned for the irrigation and improved plantings in the several islands within VillaRosa that are not irrigated. The lack of irrigation has significantly limited the type and amount of plants. Installation of irrigation involves boring beneath roads, extending plumbing, and several county inspections. Completion of irrigation and planting of the first island, on Lace Cascade Court, is scheduled for completion in November.

### Parking in Gated Communities

Overnight parking on the roads in our gated communities is not allowed. Homeowners are subject to fines and the cars can be towed.

### Here's An Honest Answer To Whether Your Vote Really Even Matters

So you turned out to vote and your preferred candidate didn't win. It's frustrating, we get it. And you've heard time and time again that your vote matters, but does it really? There are millions of people out there, and you're just one person with just one vote. Does that really make any difference? Wouldn't it be easier to just sleep in or stay home with Netflix and takeout while everyone else lines up at the polls?

No, for example, in 2014, Republican candidate James M. Kelcourse defeated Democrat Edward C. Cameron for a seat in the Massachusetts House of Representatives by a margin of just 10 votes. And in 2008, Alaska Republican Mike Kelly kept his seat in the state legislature by beating Democratic candidate Karl Kassel by just one vote. Talk about a nail-biter!

Voting is also a crucial way to let politicians who are in office know how you feel about their performance and policies. If the majority of people in a district vote for a candidate who has promoted a certain issue, then that's a sign to other politicians that people care a lot about that subject — and if they want to be in office, they should, too.

The right to vote is one of the most fundamental elements of democracy in the United States — you're just that important! Don't pass up the opportunity to prove it.

Your vote is your voice when it comes to politics, and it's important to make your voice heard.

By Rowan Morrison, Buster

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Director at Large: Frank Castellano

Board Of Directors Meetings

Both locations and dates are subject to change from time to time and changes to the standards will be posted on the website, and on-site either on the community sign or the gatehouse wall.

To speak or request agenda time, contact : mspall@greenacre.com



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Check out the Villa Rosa website www.villarosahoa.com

VILLA ROSA Property Management www.villarosahoa.com

Community Association Manager

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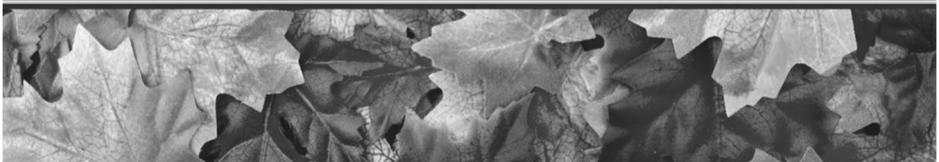


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WE DON'T WANT TO LOSE OUR NEWSLETTER This newsletter gets mailed to our homes bi-monthly and is FREE to the community, this is only possible because of the businesses that pay to place their ads. Since there is a lack of content from resident contributors, the advertisers are dropping ads. No ads, no newsletter. Everyone has a story to tell, a hobby they are excited about, etc., so let's hear from you, before we lose the venue to tell it and communicate with our residents.



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## Reduce Thanksgiving Waste

Thanksgiving festivities can result in a lot of waste, but that doesn't have to be the case. You can keep sustainability in mind while giving thanks and carving turkey with your loved ones. Follow these recommendations to reduce waste this holiday.

- Think about how much food you realistically need to avoid cooking too much. Make a list based on your plan and use it while grocery shopping.
- Buy food and other holiday necessities in bulk if possible to reduce packaging waste. Buying products with refillable containers is also a resourceful way to reduce waste.
- Take advantage of reusable dishes and cutlery during Thanksgiving dinner.
- If you're having guests this holiday, make it easy for them to recycle in your home.
- Thanksgiving dinner often results in leftover food—safely store leftovers in clean, used jars, jugs, and cans. You can also pack food in recyclable containers and give them to family and friends.
- Donate untouched leftovers to a food bank or homeless shelter.
- Leftover food can also be composted.
- Continue to enjoy Thanksgiving leftovers by creating new meals and recipes. For example, leftover turkey can be used in soups, sandwiches, and salads.

## Gearing Up For The Fall

It's time to ask that age old question. What am I going to do with this place?

It's easy to let the yard go when the days are hot and there are so many fun activities to do. But what do you do when you've let it all go? All is not lost. Even if you only cut the grass through the summer, your yard can be saved. And you won't have to live in gardening clothes for the next 6 months.



Fall is a good time to start looking at the landscape. What needs to stay and what needs to go? Where is some color needed? Color? Yes. Our gardens need some color to really pop. Fall and winter are the ideal time to put in some of the heat sensitive, cold loving plants many of us abandoned when we moved to Florida. Pansies and snapdragons do well when temperatures dip. Flowering kale, impatiens, and petunias are also good fall and winter choices. A little color will bring your garden into focus. Lettuce, peas, and cucumbers will also thrive in the cooler temperatures.

What about the grass, and the weeds that have invaded your flower beds? Two options that you might consider are weeding and herbicide. If you have no flowers or plantings currently in your garden a spray with an herbicide like Roundup or something similar may kill the weeds currently growing. Be careful to spray only on days with no wind. Sprays can carry into your lawn or the neighbor's yard. Only spray in areas where you won't be planting food crops. Although many are deemed "safe", it's always best to be cautious around food your family will eat. Once the weeds have died they can be easily removed.

It won't take long. Before you know it, your neighbors and winter visitors will be marveling over your beautiful Florida yard once again.

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# ! Interesting Facts?

**Interesting facts about Thanksgiving...Who was the leader of the Pilgrims at the first Thanksgiving?** William Bradford and the First Thanksgiving. As was the custom in England, the Pilgrims celebrated their harvest with a festival. The 53 remaining colonists and roughly 90 Wampanoag tribesmen attended the "First Thanksgiving."

Since Bradford wrote of how the colonists had hunted wild turkeys during the autumn of 1621 and since turkey is a uniquely American (and scrumptious) bird, it gained traction as the Thanksgiving meal of choice for Americans after Lincoln declared Thanksgiving a national holiday in 1863.

**Why is Turkey a symbol of Thanksgiving?** The bird was as symbolic as the holiday itself: a sign of a nation's great wealth and ability to provide for its citizens. ... The turkey at Thanksgiving idea is that the turkey is the de facto symbol of America's prowess, of its national origin myth,

**Why do we eat turkeys at Thanksgiving?** The food selection wasn't because of the three-day feast held back in 1621 between the Pilgrims and the Wampanoag like some believe. Historians have found they ate some turkey then, but venison was the main meat eaten. Potatoes also weren't, eaten at that meal, because they weren't grown in the area at the time

Why exactly the Turkey has been the star of "Turkey Day" since at least the mid-19th century is a matter of much debate, particularly given the consensus amongst historians that the Pilgrims and the Native Americans probably didn't focus on the bird at the "First Thanksgiving" in 1621

**How long did the first Thanksgiving last?** The event that Americans commonly call the "First Thanksgiving" was celebrated by the Pilgrims after their first harvest in the New World in October 1621. This feast lasted three days, and—as accounted by

attendee Edward Winslow—it was attended by 90 Native Americans and 53 Pilgrims.

**Why did Thanksgiving start?** After 1890, representations of the Pilgrims and the Wampanoag began to reflect a shift of interest to the 1621 harvest celebration. By the beginning of the 20th century, the Pilgrims and the Thanksgiving holiday were used to teach children about American freedom and how to be good citizens

**Thanksgiving trivia quick facts** — Benjamin Franklin wanted the turkey to be the national bird, not the eagle. Neil Armstrong and Buzz Aldrin's first meal in space after walking on the moon was foil packets with roasted turkey.

On the fourth Thursday in November, families across the U.S. gather to feast on turkey, watch football and gear up for Christmas by looking for Santa during the Macy's Thanksgiving Day Parade, but did you ever wonder why these Thanksgiving traditions started?

Thanksgiving didn't become a national holiday until over 200 years later! Sarah Josepha Hale, the woman who actually wrote the classic song "Mary Had a Little Lamb," convinced President Lincoln in 1863 to make Thanksgiving a national holiday, after writing letters for 17 years campaigning for this to happen.

**No turkey on the menu at the first Thanksgiving:** Historians say that no turkey was served at the first Thanksgiving! What was on the menu? Deer or venison, ducks, geese, oysters, lobster, eel and fish. They probably ate pumpkins, but no pumpkin pies. They also didn't eat mashed potatoes or cranberry relish, but they probably ate cranberries. They did not use forks as they were not invented at that time.

**Thanksgiving is the reason for TV dinners!** In 1953, Swanson had so much extra turkey (260 tons) that a salesman

told them they should package it onto aluminum trays with other sides like sweet potatoes — and the first TV dinner was born!

**Thanksgiving was almost a fast** — not a feast! The early settlers gave thanks by praying and abstaining from food, which is what they planned on doing to celebrate their first harvest, that is, until the Wampanoag Indians joined them and (lucky for us!) turned their fast into a three-day feast!

**Presidential pardon of a turkey:** Each year, the president of the U.S pardons a turkey and spares it from being eaten for Thanksgiving dinner. The first turkey pardon ceremony started with President Truman in 1947.

**Why is Thanksgiving the fourth Thursday in November?** President Abe Lincoln said Thanksgiving would be the fourth Thursday in November, but in 1939 President Roosevelt moved it up a week hoping it would help the shopping season during the Depression era. It never caught on and it was changed back two years later.

The Macy's Thanksgiving Day Parade began in 1924 with 400 employees marching from Convent Ave to 145th street in New York City. No large balloons were at this parade, as it featured only live animals from Central Park Zoo.

**How did the tradition of watching football on Thanksgiving start?** The NFL started the Thanksgiving Classic games in 1920 and since then the Detroit Lions and the Dallas Cowboys have hosted games on Turkey Day. In 2006, a third game was added with different teams hosting.

Wild turkeys can run 20 miles per hour when they are scared, but domesticated turkeys that are bred are heavier and can't run quite that fast.

The heaviest turkey on record, according to the Guinness Book of Records, weighs 86 pounds.

Californians consume the most turkey in the U.S. on Thanksgiving Day!

Female turkeys (called hens) do not gobble. Only male turkeys gobble.

The average turkey for Thanksgiving weighs 15 pounds.

Campbell's soup created green bean casserole for an annual cookbook 50 years ago. It now sells \$20 million worth of cream of mushroom soup.

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## Veterans Day

In the USA, Veterans Day annually falls on November 11. This day is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied nations and Germany in 1918. Veterans are thanked for their services to the United States on Veterans Day.

### Observance

Veterans Day is intended to honor and thank all military personnel who served the United States in all wars, particularly living veterans. It is marked by parades and church services and in many places the American flag is hung at half mast. A period of silence lasting two minutes may be held at 11am. Some schools are closed on Veterans Day, while others do not close, but choose to mark the occasion with special assemblies or other activities.

### History

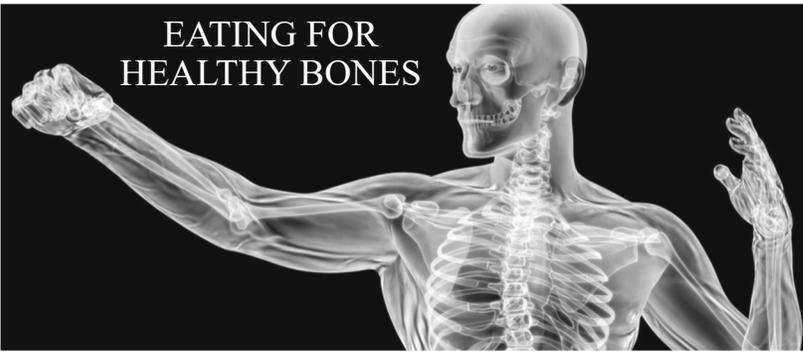
On the 11th hour of the 11th day of the 11th month of 1918 an armistice between Germany and the Allied nations came into effect. On November 11, 1919, Armistice Day was commemorated for the first time. In 1919, President Wilson proclaimed the day should be "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory". There were plans for parades, public meetings and a brief suspension of business activities at 11am.

In 1926, the United States Congress officially recognized the end of World War I and declared that the anniversary of the armistice should be commemorated with prayer and thanksgiving. The Congress also requested that the president should "issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) was approved on May 13, 1938, which made November 11 in each year a legal holiday, known as Armistice Day. This day was originally intended to honor veterans of World War I. A few years later, World War II required the largest mobilization of service men in the history of the United States and the American forces fought in Korea. In 1954, the veterans service organizations urged Congress to change the word "Armistice" to "Veterans". Congress approved this change and on June 1, 1954, November 11 became a day to honor all American veterans, where ever and whenever they had served.

In 1968 the Uniforms Holiday Bill (Public Law 90-363 (82 Stat. 250)) made an attempt to move Veterans Day to the fourth Monday of October. The bill took effect in 1971. However, this caused a lot of confusion as many states disagreed with this decision and continued to hold Veterans Day activities on November 11. In 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which stated that Veterans Day would again be observed on November 11 from 1978 onwards. Veterans Day is still observed on November 11.

## EATING FOR HEALTHY BONES



According to American Bone Health, Tampa Bay has the highest rate of bone fractures of any metropolitan area of equal size in the U.S. with an average of 44 osteoporosis related fractures occurring daily among women 65 and older. More people suffer from fractures due to osteoporosis than from heart attacks, strokes and breast cancer combined. Osteoporosis is preventable and treatable through healthy behaviors and safe physical activities. Eating nutrient-rich foods and safe exercises promoting good posture, stamina and coordination can contribute to optimal bone health.

Some possible signs of osteoporosis are loss of height (1 ½ - 2 inches), minor fractures, back pain, decrease in grip strength and poor posture. Chronic diseases such as diabetes, rheumatoid arthritis, kidney, liver, lupus, Celiac disease, Crohn's, and ulcerative colitis can increase the risk of osteoporosis due to medications and/or malabsorption of nutrients. Other risk factors include advancing age, post-menopausal women, being underweight and diets high in animal products and low in fruits, vegetables and calcium.

Medications that may impact bone health include the diabetes medications, Actos and Avandia, proton pump inhibitors prescribed for acid reflux, seizure medications and steroids. Both Actos, Avandia and long-term use of steroids suppress bone building osteoblasts. Proton pump inhibitors also known as PPI's, such as Prilosec and Nexium reduce stomach acid necessary for the absorption of calcium and magnesium. These minerals in addition to others are necessary for bone strength.

Proper nutrition plays a major role in the prevention and treatment of osteoporosis. Besides calcium and Vitamin D which are well documented, other nutrients are needed for bone health. These include magnesium, phosphorus, zinc, Vitamin K2, protein, boron, copper, Vit A, Vit C, and folic acid. Conversely, substances such as excessive alcohol, salt and protein from animal sources can weaken bones.

Protein is important for bone health due to its role in collagen formation and calcium absorption. As we age, a slightly higher protein intake is necessary to preserve muscle mass which decreases by 3-5% every decade starting in our 30's. Protein requirements for most adults are approximately 60-80 grams/day. Plant food sources of protein include nuts, seeds, soy, lentils, beans while animal sources include meat, poultry, eggs, dairy products and fish. Excessive intake of animal sources of protein can weaken bones by acidifying the blood. To maintain the body's narrow pH range, the body reaches into its alkaline reserves: the calcium from bones. This can be minimized by consuming a higher proportion of plant-based protein vs animal sources along with adequate calcium intake.

Calcium is important for bone health since 99% of calcium is found

in bones and teeth. Most calcium in the U.S diet comes from dairy products such as milk, cheese, yogurt, and cottage cheese. Plant sources of calcium include almonds, beans, broccoli, lentils, collard greens, kale, edamame and tofu. Other non-dairy sources of calcium include sardines, canned salmon and calcium fortified cereals and juices. Ironically, Americans consume more calcium than most other countries in the world despite having one of the highest rates of hip fractures. This has been postulated to be due to the high consumption of animal proteins along with low intake of fruits, vegetables and plant sources of protein. Other factors may be differences in activity levels and sunlight. The recommended intake of calcium is 1,000 – 1,200 mg/day for most adults. Calcium/Vit D supplements may be necessary for those unable to consume this level.

Vit D is necessary for bone health due to its role in improving calcium and phosphorus absorption and by inhibiting the breakdown of bone. Vit D also signals muscle cells to make new protein which is needed for muscle strength and stability particularly in the elderly who are more prone to falls. There are limited food sources of Vit D: among them are fatty fish such as salmon, trout, sardines, eggs, portobello mushrooms, and Vit D fortified milk and other Vit D fortified foods. A supplement may be necessary, particularly if blood levels are low. Up to 42% of the adult population in the U.S. have low blood levels of Vit D. According to the Institute of Medicine those at risk for Vit D deficiency are shown to have blood levels of 30 nmol/L or 12 ng/ml or less. Most people have sufficient blood levels at 50 nmol/L or 20 ng/ml. The recommended daily intake of Vit D is 600-800 IU/day for most adults. In addition to bone health, Vit D is also needed for immunity and protection against cancer.

Magnesium is another vital nutrient for bone health since it is needed to convert Vit D from its inactive to active form and its connection to calcium. Calcium and magnesium work together in many functions such as regulating heart rate, muscle tone and contraction and nerve conduction. The optimal ratio of calcium to magnesium is 1:1, although, this is rarely achieved in the standard American (SAD) diet. For example, cow's milk has 9 parts calcium to magnesium, while plant sources have a 1:1 ratio. In the "What we eat in America" report, at least one half of American's don't get enough magnesium in their diet since the typical diet tends to be low in magnesium rich foods such as leafy green vegetables, beans, nuts and seeds, soybeans and tofu.

Phosphorus is combined with calcium in the formation of bones and teeth. Similar to magnesium, the American diet tends to be high in phosphorus compared to calcium. This increases the risk of bone loss due to a disruption in calcium absorption. Much of the phosphorus in the U.S. diet is from processed foods and animal proteins.

Sodas, particularly, colas are of concern, particularly if substituted for calcium sources of beverages. Check ingredient list for phosphoric acid, pyrophosphate or dipotassium phosphate.

Achieving strong bones is possible by a combination of optimal nutrition, safe physical activities, supplements and possibly medications. Suggested resources are American Bone Health with their Tampa affiliate: Healthy Bones Tampa Bay, National Osteoporosis Foundation, Eatright.org: national dietetic association for nutrition information.

Barbara Freedland, RD/N: registered dietitian/nutritionist



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**Thierry Chapuis**



Tina is very professional and is great to work with. She has lots of knowledge in the business.

**Gretchen Denninger**



Tina is fantastic. She's personable, professional, and she's in it for your best interest! Best realtor I've ever had and my search is now done for any realtor needs I may have in the future. She will be my forever go to for real estate!

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