

WEST LAKE NEWS

Fall 2021 • Townhomes of West Lake

THE HOLIDAYS ARE ALMOST HERE!

The holidays are upon us and we've already started the season in style! Our Neighborhood Trick-or-Treat was a success as usual—be sure to check out the photos on pages 4 to 6 to see some fantastic costumes! Keep reading for details about more fun upcoming events for our West Lake community to enjoy this holiday season!

HOLIDAY LIGHTING CEREMONY

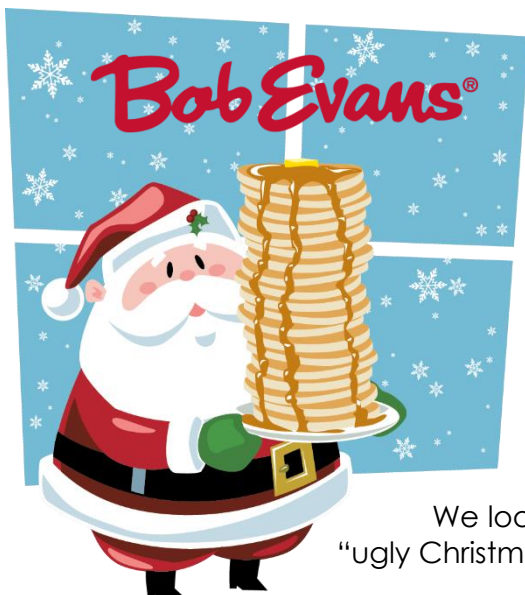


This year our community will be professionally decorated! The pool cabana and surrounding palm trees will as well as the monuments at Sheldon Road and on the entrance island. It will be spectacular!

Come join us on **Friday, November 19 at 6:30 pm** at the pool cabana to kick off the season with **cookies, hot cocoa and a festive celebration** with your neighbors as we turn on the lights!



END OF YEAR HOLIDAY BRUNCH



Join your neighbors for a delicious brunch on **Saturday, December 11 from 10:30 am to 12:00 pm** at the pool cabana. The brunch will be professionally catered and served by Bob Evans, and will include farm-fresh scrambled eggs, home fries, bacon, sausage links, buttermilk hotcakes, sausage gravy, biscuits, danish, fresh fruit, beverages, and more!

Please RSVP no later than **Tuesday, November 30** to Spirit@TownHomesofWestLake.com with the **number of adults and number of children attending** so we can coordinate with our caterer.

We look forward to seeing everyone, and feel free to wear your "ugly Christmas sweater" if the weather cooperates!

TIPS FOR PROTECTING YOUR IDENTITY DURING THE HOLIDAYS

Identity theft is a problem any time of the year. But, while consumers are focused on giving during the holidays, crooks are focused on taking. If there's one thing consumers don't need, it is dealing with identity theft during the holidays. The National Foundation for Credit Counseling (NFCC) offers the following tips to help consumers protect themselves during the busy holiday season:

- **Be aware of your surroundings.** Sidewalks and malls will be crowded, and shoppers will be distracted—the perfect combination for a pickpocket.
- **Don't carry large sums of cash.** Charge your purchases or use a debit card. Just remember that credit cards offer some protections that debit cards don't.
- **Guard your PIN number at the ATM.** Be aware of anyone lurking around the ATM, and if someone is standing too close, ask him or her to step back. Thieves can also install devices that read your information at the ATM. If you notice anything unusual about the ATM, use a different one, and report what you've seen to the bank.
- **Don't let your credit card out of your sight.** Unscrupulous clerks or waiters can copy your card information or swipe your card into a second card reader and later make a new credit card for themselves. Worse yet, they can sell your information to an organized crime ring.
- **Lighten your wallet.** Remove anything from your wallet that you don't absolutely need to have with you. Never carry your Social Security card with you.
- **Make copies of your credit cards.** Copy both sides of all your cards. If you lose your wallet, you'll have easy access to all your account numbers and phone numbers, allowing you to alert your bank immediately.
- **Keep up with all receipts.** Not only will you need them to make returns easily, but crooks are very interested in stealing the information they contain.
- **Open your credit card statements as soon as they arrive.** If you notice anything out of the ordinary, report it immediately to your bank. Doing so could remove any payment responsibility you might have for fraudulent purchases.



Tips For Protecting Your Identity During The Holidays (continued)

- **Unfortunately, many times an ID thief is someone we know.** During the holidays, you may have guests in your home. Remove temptation by putting personal information out of sight.
- **Consider signing up for a credit monitoring service.** Such services alert you via email anytime there is an inquiry or other activity to your credit report.
- **Order your credit report.** Consumers are allowed one free credit report every 12 months from each of the three bureaus. Order a report now from one bureau and order another one in January from a different bureau.

Despite all your efforts, if you are victimized by ID theft, contact an NFCC Member Agency for help. Their certified counselors can walk you through the steps to recovery. To find the agency closest to you, dial (800) 388-2227, or go online www.DebtAdvice.org. To locate a Spanish speaking counselor, call (800) 682-9832.

For more information and tips about identity theft visit NFCC at www.ProtectYourIDNow.org.



PLEASE JOIN US! Your Community Committees need additional volunteers!

Grounds, Spirit and **Covenants** committees all need your help! If you're interested in joining any of these [committees](#), please email:



Grounds Committee: Grounds@townhomesofwestlake.com

Community Spirit Committee: Spirit@townhomesofwestlake.com

Covenants Enforcement Committee: CEC@townhomesofwestlake.com

WEST LAKE'S 2021 HALLOWEEN NEIGHBORHOOD TRICK-OR-TREAT!







Trick
OR
Treat



THANKSGIVING ORIGINS

The Mayflower set sail from Plymouth, England in September of 1620 and arrived near Cape Cod some 66 days later.

The surviving passengers were forced to spend the winter aboard ship. In the spring of 1621, they were introduced to Squanto of the Pawtuxet tribe and were taught the many survival skills needed in their new homeland. After a successful season of cultivating corn, hunting, fishing, extracting sap from maple trees, etc., Governor William Bradford organized a three day long celebratory feast and invited Native American allies to join the settlers. This generally became known as the "first Thanksgiving."

The Continental Congress subsequently designated one or more days of thanksgiving every year. In 1789 George Washington issued the first Thanksgiving proclamation addressing the successful Revolutionary War and ratification of our Constitution. New York State was the first of several states to officially adopt the idea of this national holiday in 1817, but not all states celebrated on the same day. Interestingly, our southern states were unfamiliar with this essentially New England holiday tradition!



In 1863, to help address the suffering of the Civil War, Abraham Lincoln issued a proclamation establishing Thanksgiving on the last Thursday in November.

Franklin Roosevelt, largely in an effort to spur retail sales during the Depression, moved the date up one week, to the current fourth Thursday in November, beginning in 1941.

Enjoy the holiday season this year and celebrate safely!

PUMPKIN BREAD RECIPE

3 ½ cups flour	1 teaspoon cinnamon
2 teaspoons baking soda	1 cup cooking oil
1 ½ teaspoons salt	4 eggs, beaten
3 cups sugar	2/3 cup water
1 teaspoon nutmeg	2 cups canned pumpkin (not pie filling)

Preheat oven to 350 degrees.

In a large bowl, sift dry ingredients together. Make a well and add liquid. Beat until smooth (with mixer). Pour into greased and floured pans.

Bake at 350 degrees for 1 hour or until light brown or until toothpick comes out clean. If making mini loaves, check for doneness at 45 minutes.

Makes 4 one-pound coffee cans, 3 loaves, or 6 mini loaves. Freezes well.



FIELD OF HEROES HONORING OUR VETERANS

On Veterans Day, we came together as a community to remember and to honor our veterans with a Field of Heroes, a visual display of personalized American flags showing support for our retired and fallen military heroes. The weather was beautiful and the flags looked incredible waving in the wind

To those in uniform serving today and to those who have served in the past, we honor you on Veterans Day and every day.



CRANBERRY RELISH RECIPE

2 cups boiling water

½ cup cold water

2 cups fresh cranberries, ground

2 oranges, unpeeled, seeded and ground

2 apples, unpeeled, cored and ground

4 (3-oz.) pkgs black raspberry-flavored gelatin (any black or dark Jell-O)

1 cup chopped pecans

2 cups sugar

1 (15¼ oz.) can crushed pineapple, undrained

Lettuce leaves (optional)

Orange slices (optional)

Pecan halves (optional)



Dissolve gelatin in boiling water. Add cold water, chill until consistency of unbeaten egg whites.

Combine next 6 ingredients; mix well. Fold fruit mixture into gelatin mixture. If using a mold, pour into lightly oiled 10-cup ring mold; chill until set. Unmold on lettuce leaves, fill center with mayonnaise and garnish with orange slices and pecans, if desired.

Makes 18-20 servings. Recipe can be halved easily! Using less sugar works, too!

Helpful Tips:

- Rather than using a mold, it can be poured into decorative salad bowl or other container and garnished with pecan halves and orange slices. Whipped cream can be used instead of mayonnaise or for garnishing the top if chilled in bowl.
- Using navel oranges eliminates having to seed oranges.
- Apples—any kind. Using tart and something like Fuji for sweetness works well.
- Food processor is ideal for grinding the fruit. However, a blender can be used but does take more time and cleanup of the juices.
- This is great on a turkey sandwich, a dip for vanilla wafers, or wherever your imagination takes you. It's a very versatile recipe!

NOT JUST VAMPIRES WANT BLOOD... BLOOD BANKS DO TOO!

Blood is life.

Blood banks are the go-to for blood, and blood donations are always needed. About 40% of the population is eligible to donate blood. But, according to the Red Cross only about 3% of age eligible possible donors donate yearly.

Blood is perishable and cannot be stockpiled. Platelets from whole blood must be transfused within 5 days of the donation so you can see how quickly blood supplies can diminish.

Blood is comprised of red and white blood cells and platelets. Red blood cells (RBC) transport oxygen from the lungs to the rest of the body. The life of red blood cells is approximately 115-130 days, so our bodies are constantly working to manufacture red blood cells. It has been estimated that about 180 million are eliminated from the spleen and liver every minute. Amazing, isn't it? White blood cells (WBC) protect our bodies from foreign invaders such as bacteria, viruses, cancer, and other toxins. WBC lymphocytes contain T and B cells and maintain memory of previous foreign invaders. For example, there was no memory for COVID. So, either through prior infection and production of antibodies or through a vaccine, a memory is then acquired in the event of future exposure. Like the flu, COVID might mutate or vary from time to time with different strains. For antibodies from either a vaccine or a past infection to be effective, you must have a strong immune system that manufactures proper levels of T and B cells.

Platelets are the third component of whole blood. These are the most fragile part of blood. Their main function is to control bleeding by moving to injured tissue to produce a clot to prevent uncontrolled bleeding.

Plasma is the liquid part of blood comprising about 45% of the volume of blood in which components of the blood are suspended. Plasma is about 92% water. It contains such things as the gamma globulins that are extracted for use in hemophilia, immune issues, cancer, transplant surgeries, etc.

A balance of all of the above components of whole blood cells is needed for health, the life force of our bodies.

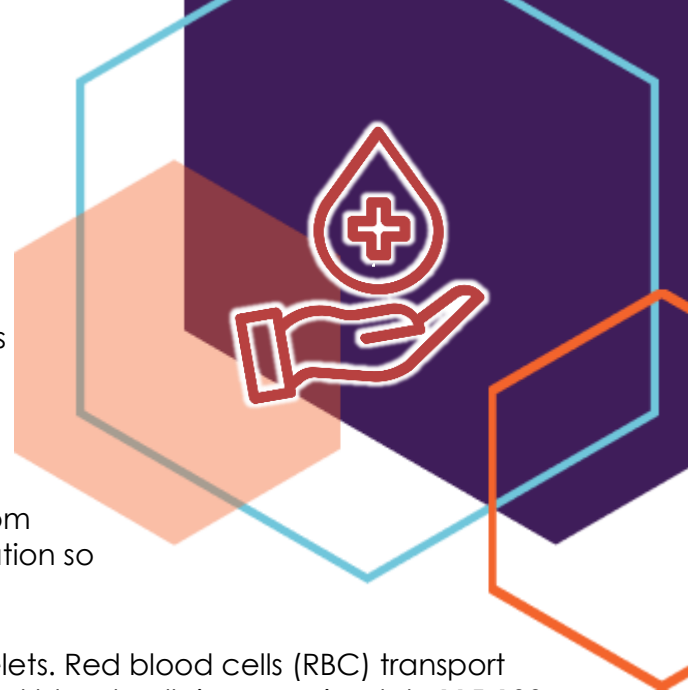


You can donate whole blood or plasma. Plasma donations require more time for the donation and is reinfused into the body after certain components are filtered.

To donate blood, you must be at least 16-17 years old (with parental permission) or at least 17 or 18 (ages vary depending on organization accepting donations), and you must weigh at least 110 pounds. O- and O+ are in high demand, with O- being the rarest, but it is considered the universal blood for any blood type.

For more information and how to donate, look for the Big (or Little) Red Bus. Or go to www.oneblood.org or www.redcross.org. For plasma only, go to www.CSLplasma.com for a center near you. In addition, some hospitals have their own blood donor center. Some cancer centers have mobile units.

Please consider adding the gift of life to your holiday "to-do list"!



DID YOU KNOW IT TAKES 58 FEET TO STOP A CAR GOING JUST 35 MPH?

It's not something most of us think about when we have places to be and much on our minds. We tend to drive a little faster when we are running late or when we are distracted. It's human nature. But if there is an urgent need to hit the brakes, how far will I need to stop the car?

The data may surprise you.

Keep in mind our speed limit inside this community is 15 mph.

Driving only 5 miles over the limit almost doubles the braking time, adding more than 8 feet. Here are the facts:

Stopping/braking distance calculator:

- Driving at 25 mph → 29.86 feet to stop
- Driving at 20 mph → 19.11 feet to stop
- Driving at 15 mph → 10.75 feet to stop
- Driving at 10 mph → 4.770 feet to stop
- Driving at 7 mph → 2.340 feet to stop



**Statistics obtained from Forensicsdynamics.com Traffic Engineers, a consulting firm specializing in accident reconstruction.*



Like most communities, we have excessive speeding in the Townhomes of West Lake. Florida is one of the worst states for pedestrian accidents. It is so important for every driver to understand the real danger of speeding even a little bit over the posted speed limits.

We can make our beautiful West Lake community safer by being more mindful of the potential impacts of speeding.



UPCOMING MEETINGS & EVENTS

townhomesofwestlake.com/calendar/

HOLIDAY LIGHTING CEREMONY WITH COOKIES & HOT COCOA

Friday, November 19, 2021 • 6:30 pm to 7:30 pm at the Pool Cabana

MONTHLY HOA BOARD MEETING

Monday, November 22, 2021 • 6:30 pm via Zoom video conference call
Check bulletin board near mailboxes for additional information.

DEADLINE TO RSVP FOR HOLIDAY BRUNCH

Tuesday, November 30, 2021 (RSVP deadline)

Email [Spirit@TownhomesofWestLake.com](mailto:spirit@TownhomesofWestLake.com) with #of adults and # of kids attending

END OF YEAR HOLIDAY BRUNCH CATERED BY BOB EVANS

Saturday, December 11, 2021 • 10:30 am to 12:00 pm at the Pool Cabana

SPIRIT COMMITTEE MEETINGS

2nd Monday of Every Month* • 6:30 pm via Zoom video conference call
Check calendar for upcoming meetings.

** unless otherwise noted on website calendar*

TOWNHOMES OF WEST LAKE DIRECTORY:

TownhomesofWestLake.com/Directory

WHO YA GONNA CALL?

Maintenance, Grounds/Landscaping or HOA Issues:

Jeff d'Amours, Community Associate Manager
Greenacre Property Management
(813) 936-4164 • JDamours@Greenacre.com

Broken Trash or Recycling Cart? Missed Pick-up?

Republic Services of Florida • (813) 272-5680

County information:

Hillsborough County Information Line
(813) 272-5900

Hillsborough County Sheriff's Dept.:

Emergency: 911

Non-Emergency: (813) 247-8000

www.TownhomesofWestLake.com