

the Shadow Runner

August 2011



The Bi-Monthly Newsletter of the Shadow Run Homeowners' Association, Inc.



Riverview Garden Club
Meets 2nd Wednesday
of each month
September thru June
10:00 am at the
Riverview Civic Center
11020 Park Drive, Riverview
813-671-0097

INSIDE THIS ISSUE:

Officer's Contact Info.....	2
Minutes: SRHOA Board of Directors Mtg, 4/18/11.....	2
SRHOA Accountant's Statement.....	2
Minutes: SRHOA Board of Directors Mtg, 5/16/11.....	3
Minutes: SRHOA Annual Membership Mtg, 5/17/11.....	3
Minutes: Organizational Meeting SRHOA Board of Directors 5/25/11....	4
Minutes: SRHOA Board of Directors Mtg, 6/20/11.....	4
Controlling Weeds.....	4
Hurricane Season.....	5
Be Safe in the Sunshine State.....	6
Free Classified Ads.....	7

The Argentine Tegu: Our Non-Native Neighbor

These photos were taken towards the West end of Donneymoore Drive and Tralee just before the creek which runs under the road. The Argentine Tegu, or Giant Tegu, is a large lizard from South America that resembles, in some way, the monitor lizards. Tegus are stockier, with shorter necks and bead-like glossy skin. Like monitors, they are also powerfully built with sharp teeth and claws. They have forked tongues, and can cause injury by biting and whipping their tails. They are diurnal (active during the day) and are omnivores, their diet consisting of plants and small rodents. This lizard likes to burrow underground. The name "tegu" means "lizard" in Amazonian Indian language. Just like many



other reptiles, they are bought as pets and then released into wooded areas when they have grown too large to handle. They eat Gopher turtle eggs and take over the turtle's burrow. Some residents have reported that they are not afraid of humans. My son "petted" one on school grounds at Riverview High School just before summer vacation.

It is important to report sightings of the Tegu lizard at: <http://www.eddmaps.org/florida/report/index2.cfm>



Sheriff's Office Website keeps track of crime in Neighborhoods

Hillsborough County Sheriff's Office has launched an internet database allowing for searches of 14 types of violations. Anyone concerned about crime in their neighborhood can go to www.hcso.fl.us to obtain the latest information on burglaries, batteries, robberies and homicides in Hillsborough County.

The site has a map and allows a viewer to look at crime types and trends by including addresses, zip codes, etc. The crime map also allows viewers to create PDF files and export the information to an Excel spreadsheet. The data is delayed about 24 hours, but the sheriff's office hopes to narrow the lag time in the near future.



SHADOW RUN HOMEOWNERS ASSOCIATION (SRHOA)

BOARD OF DIRECTORS 2010-2011

board@ourshadowrun.com
(gets forwarded to David Leneberg and Ron Trowbridge)

manager@ourshadowrun.com
(gets forwarded to Ron Trowbridge)

PRESIDENT

Dave Leneberg677-3996
dleneberg@ourshadowrun.com

VICE PRESIDENT

Richard Gibson234-9400
rgibson@ourshadowrun.com

TREASURER

Paul Duva677-2301
pduva@ourshadowrun.com

SECRETARY

Heather Stiller655-4711
hstiller@ourshadowrun.com

DIRECTORS

David DeVelder671-3422
ddevelder@ourshadowrun.com

Rose Lynn Greene813-531-8370
rgreene@ourshadowrun.com

Walter Seely671-2252
wseely@ourshadowrun.com

Charles Delarosa323-8814
cdelarosa@ourshadowrun.com

Janet Magnuson672-6257
jmagnuson@ourshadowrun.com

COMMITTEES

FINANCIAL

Paul Duva677-2301
Dave Leneberg677-3996

SOCIAL

Al Rousseau

SHADOW RUN DAM CORPORATION BOARD OF DIRECTORS

PRESIDENT

Tom Behrens671-9089

TREASURER

Eugene Porter

SECRETARY

Mel McKinley685-2212

MEMBER AT LARGE

Yousuf Akhter

MINUTES - BOARD OF DIRECTORS MEETING SHADOW RUN HOMEOWNERS ASSOCIATION, INC April 18, 2011

I. CALL TO ORDER

Regular Board Meeting: Monday, April 18, 2011 called to order at 7:04 pm by David Leneberg, President, at the residence of Heather Stiller, 11201 Kerry Hills Court, Riverview, Florida.

II. ROLL CALL - Quorum Present

Members Present: Charles DelaRosa, Richard Gibson, David Leneberg, Janet Magnuson and Heather Stiller

Members Not Present: David DeVelder, Paul Duva, Rose Lynn Greene, and Walter Seely

III. APPROVAL OF MINUTES

Upon unanimous agreement, the Board waived the reading of the minutes of the March 21, 2011 regular Board Meeting and approved the minutes as presented.

IV. COMMITTEE REPORTS

01. Common Grounds: Richard Gibson updated the Board on the maintenance of common grounds. Quotes are pending for planting replacements. The Board briefly discussed planting options and Chuck DelaRosa offered to assist Richard Gibson in finalizing the plan.

02. Newsletter/Events: Janet Magnuson provided a written report. The deadline for publication in the June Newsletter will be May 15, 2011, for a publication date the end of May. Breakfast with the Easter Bunny and the Easter egg hunt is scheduled for Saturday, April 23, from 10:00 AM to 12:00 PM. Additional volunteers are needed for the crafts table. It was noted that the County has recently mowed the field. The Yard Sale Date has been set for Friday, April 29 and Saturday, April 30, 2011. The Neighborhood Clean-Up day is Saturday, May 14, 9:00 AM to 2:00 PM. Volunteers are also needed.

03. Finance: Mr. Duva was unable to attend the meeting due to a business engagement, however, he provided a written report stating that the financial report for the period ending March 31, 2011 had been previously provided the Board for review.

V. MANAGEMENT REPORT

01. Collections and Accounting: The Manager updated the Board on collection matters. The Manager reported that he has sent to the Accountant requested information to determine an alternative accounting method for the HOA owned lots.

02. Open Deed Restriction Violations: Management provided a listing of open deed restriction violations.

VI. ARCHITECTURAL APPLICATIONS

On MOTIONS made by Richard Gibson, duly seconded, the Board unanimously approved the following Architectural Approval requests:

- | | |
|----------------------|--------------------------|
| 01. 12506 Wexford | Roof Shingle Replacement |
| 02. 12208 Donneymoor | Roof Shingle Replacement |
| 03. 12601 Shadow Run | Shed Installation |

There being additional time needed for all Board members to personally visit the lot, no action was taken by the Board on the following:

- | | |
|----------------------|--|
| 04. 11211 Leprechaun | Erection of Wood Lattice
Trellis at Front of Home |
|----------------------|--|

VII. UNFINISHED BUSINESS

There was no unfinished business

VIII. NEW BUSINESS

Janet Magnuson reported on quotes she obtained for installation of alternate community signage at the entrances. A County grant of \$ 2500 has been awarded. Two bids have been obtained for plastic lettering. The Board discussed options and the matter was tabled pending receipt of additional quotes on metal letters similar to the existing product at the entrances. Richard Gibson offered to provide the labor for installation.

The Board thanked Heather Stiller for opening her home for the meeting.

VIII. ADJOURNMENT



There being no further business before the Board, the meeting was adjourned at 7:34 PM.

Approved by the Board on May 16, 2011

SHADOW RUN'S ACCOUNTANT STATEMENT OF CASH RECEIPTS AND DISBURSEMENTS FOR 2011

"In accordance with subsection (7) of Chapter 720.303, Florida State Statutes, a copy of the Accountant's Statement of Cash Receipts and Disbursements for the fiscal year ended April 30, 2011 is available after July 31, 2011 to Association members free of charge upon request. Individual homeowners may request a copy by one of the following methods: calling in the request to the management company at (813) 264-1119; by faxing a written request to (813) 265-2598; or by sending a written request by mail to the Trowbridge company, inc., P.O. Box 273708, Tampa, Florida 33688."

The articles and opinions in this newsletter are the property of the Shadow Runner and are not endorsed by the Times Publishing Company or its affiliates.

 <p>The right partner for success. The Times Community Development Program (CDP) was created to help raise the profile of your neighborhood while supporting your goals of providing a well connected, engaged community.</p>	<ul style="list-style-type: none"> • Providing marketing and promotions support that enhances local community events. • Newsletter production, customized welcome packages, fundraiser events and customized risks. • Designing promotional materials that advertise community events to both residents and non-residents. 	<p>When you're ready to partner with a proven leader and explore the many benefits of the Times Community Development Program, call 813-661-2458.</p> <div style="display: flex; justify-content: space-around;">   </div>
---	---	--

This newsletter is printed courtesy of the

St. Petersburg Times
In the know. In the Times.
tampabay.com

MINUTES - BOARD OF DIRECTORS MEETING SHADOW RUN HOMEOWNERS ASSOCIATION, INC May 16, 2011

I. CALL TO ORDER

Regular Board Meeting: Monday, May 16, 2011 called to order at 6:45 pm by David Leneberg, President, at the Riverview Civic Center, 11020 Park Drive, Riverview, Florida.

II. ROLL CALL - Quorum Present

Members Present: Charles DelaRosa, David DeVelder, Paul Duva, Richard Gibson, Rose Lynn Greene, David Leneberg, Janet Magnuson and Heather Stiller. Walter Seely (at 6:49 PM)
Members Not Present: None

III. APPROVAL OF MINUTES

Upon unanimous agreement, the Board waived the reading of the minutes of the April 18, 2011 regular Board Meeting and approved the minutes as presented.

IV. COMMITTEE REPORTS

01. Finance: Mr. Duva reported that the financial report for the period ending April 30, 2011 had been previously provided the Board for review. The Manager added that the fiscal YR end report for the fiscal period ending April 30, 2011 is being prepared for forwarding to the Accountant.

V. MANAGEMENT REPORT

01. Collections and Accounting: The Manager updated the Board on collection matters. The Manager reported that he is awaiting the Accountant's response for an alternate procedure of accounting for HOA owned lots. On MOTION by Richard Gibson,

duly seconded, the Board unanimously agreed to write off \$ 5,270.34 in legal defense expenses from a member's account due to bankruptcy of the homeowner. The fees related to the defense against a lawsuit which was withdrawn. The association attorney advised that the expenses were unrecoverable due to the bankruptcy.

02. Open Deed Restriction Violations: Management provided a listing of open deed restriction violations.

VI. ARCHITECTURAL APPLICATIONS

01. On MOTION by Richard Gibson, duly seconded, the Board unanimously approved the installation of a 6' white vinyl and chain link fence at 11203 Mist Moor.

02. On MOTION by Walt Seely, duly seconded, the Board on a vote of eight (8) FOR and one (1) (Gibson) AGAINST approved the erection of wood lattice trellis at the front of the home at 11211 Leprechaun

VII. UNFINISHED BUSINESS

There was no unfinished business

VIII. NEW BUSINESS

There was no new business.

IX. ADJOURNMENT

On MOTION by Walt Seely, duly seconded, the Board unanimously agreed to adjourn at 7 PM.

Approved by the Board on June 20, 2011

ANNUAL MEMBERSHIP MEETING SHADOW RUN HOMEOWNERS ASSOCIATION, INC May 17, 2011

I. CALL TO ORDER

The Annual Membership Meeting of the Shadow Run Homeowners Association, Inc. was called to order by David Leneberg, Chairperson, on May 17, 2010 at 7:15 P.M. at the Riverview Civic Center, Riverview, Florida.

II. QUORUM

Total votes available: 349 (385 less 7 exempts, less 4 Association owned lots, less 25 not in good standing)

Members Present: 22
Members present by proxy: 129
Total members present 151

The Proxies were confirmed by Inspectors of Election Fred Hendershot, Janice Hendershot, Jane Wilson, Harvey Morris and Tom Behrens. There being required 105 members for a quorum (30%), the Chairperson announced that a quorum was present.

III. PROOF OF NOTICE

The Manager reported that the first notice of meeting had been mailed to the membership on March 16, 2010, the second notice on April 16, 2010. The meeting notice was also posted at community entrances.

IV. MINUTES

A. The membership was provided a copy of the minutes of the May 18, 2009 annual meeting. On motion made by Carolyn Leneberg, duly seconded, and upon unanimous agreement of the Membership, the minutes of the prior annual meeting were

approved as presented.

B. The membership was provided a copy of the minutes of the March 15, 2010 budget meeting of the membership. On motion made by Sam Greene, duly seconded, and upon unanimous agreement of the membership, the 2010 budget meeting minutes were approved as presented.

V. ELECTION OF DIRECTORS

Nominations were opened from the floor. Walter Seely and Charles Delarosa were nominated. There being no further nominations from the floor, the nominations were closed. Upon tally of the ballots by Inspectors of Election Fred Hendershot, Janice Hendershot, Jane Wilson, Harvey Morris and Tom Behrens, the nine candidates on the ballot receiving the most votes were elected to the available nine vacant seats. The elected directors are Dave DeVelder, Paul Duva, Richard Gibson, Rose Lynn Greene, Carmen Patricia Henry, David Leneberg, Janet Magnuson, Walter Seely and Heather Stiller.

VI. NEW BUSINESS

There was no new business. Comments were taken from the floor.

VII. ADJOURNMENT

There being no further business, the meeting was adjourned at 8:15 P.M.

Approved by the Membership on May 16, 2011.

SHADOW RUN HOMEOWNERS ASSOCIATION (SRHOA)

COMMITTEES

COMMON AREAS

Richard Gibson 234-9400

LAKE COMMITTEE

Rose Lynn Greene 531-8370
Sam Greene
Mike Villa
Earlene Patterson
Donna Bullock
Low & Lillian Coney

WELCOME NEIGHBOR

Position Available

COMMUNITY SERVICES

NEWSLETTER

Janet Magnuson 813-672-6257

PROPERTY MANAGEMENT

THE TROWBRIDGE COMPANY

Ron Trowbridge 813-264-1119
Post Office Box 273708
Tampa, Florida 33688

LOST OR FOUND PETS

Colleen Gentile 813-767-4224



REMINDER:

Do not deposit yard waste and trash cans at the curb until the night before pickup day.

Articles submitted by individuals do not necessarily represent the opinion of the Board of Directors of the Shadow Run HOA.

Advertisements contained herein do not necessarily reflect an endorsement by the Board of Directors of the SRHOA and/or its membership.

ORGANIZATIONAL MEETING OF THE BOARD OF DIRECTORS SHADOW RUN HOMEOWNERS ASSOCIATION, INC May 25, 2011

I. CALL TO ORDER

Organizational Board Meeting: Monday, May 25, 2011 called to order pursuant to By-Laws at 6:58 pm by David Leneberg, Chairperson, at the West end of the dam in the Shadow Run Subdivision, Riverview, Florida.

II. ROLL CALL - Quorum Present

Members Present: Dave DeVelder, Richard Gibson, Charles Delarosa, Rose Lynn Greene, David Leneberg, Janet Magnuson, Walter Seely, Jim Petosky and Joseph Don McCann

III. ELECTION OF OFFICERS

On MOTION for PRESIDENT By Dave DeVelder, duly seconded, the Board on a vote of six (6) FOR and two (2) (Petosky and McCann) AGAINST and one (1) (Leneberg) Abstaining approved the appointment of David Leneberg as President.

On MOTION for VICE PRESIDENT By Janet Magnuson, duly seconded, the Board on a vote of eight (8) FOR and one (1) (Gibson) Abstaining approved the appointment of Richard Gibson as Vice President.

On MOTION for SECRETARY By David Leneberg, duly seconded, the Board on a vote of eight (8) FOR and one (1) (Seely) Abstaining approved the appointment of Walter Seely as Secretary.

On MOTION for TREASURER By Richard Gibson, duly seconded, the Board on a vote of eight (8) FOR and one (1) (McCann) Abstaining approved the appointment of Joseph Don McCann as Treasurer.

IV. NEW BUSINESS

On MOTION made by David Leneberg, duly seconded, and upon unanimous agreement, the Board appointed all four (4) officers as signatories on the various bank accounts and approved execution of appropriate banking resolutions to affect such.

V. ADJOURNMENT

There being no further business, the meeting was adjourned at 7:08 PM.

Approved by the Board on June 20, 2011

MINUTES - BOARD OF DIRECTORS MEETING SHADOW RUN HOMEOWNERS ASSOCIATION, INC June 20, 2011

I. CALL TO ORDER

Regular Board Meeting: Monday, June 20, 2011 called to order at 7:00 pm by David Leneberg, President, at the Riverview Civic Center, 11020 Park Drive, Riverview, Florida.

II. ROLL CALL - Quorum Present

Members Present: Charles DelaRosa, David DeVelder, Richard Gibson, Rose Lynn Greene, David Leneberg, Janet Magnuson, Don McCann, James Petosky and Walter Seely

Members Not Present: None

III. APPROVAL OF MINUTES

Upon unanimous agreement, the Board waived the reading of the minutes of the May 16, 2011 regular Board Meeting and approved the minutes as amended to reflect the name of the unit owner whose account balance owed was written off by bankruptcy.

IV. COMMITTEE REPORTS

01. Common Areas: Mr. Gibson reported that burnt bulbs have been replaced at the entrances and irrigation repaired.

02. Newsletter: Mrs. Magnuson reported that the article submission deadline is mid-July for the next publication scheduled for August.

03. Finance: Mr. McCann reported that the financial report for the period ending May 31, 2011 had been previously provided the Board for review along with Manager's response to earlier questions from the Treasurer. The Manager added that the fiscal YR end report for the fiscal period ending April 30, 2011 has been forwarded to the Accountant.

V. MANAGEMENT REPORT

01. Collections and Accounting: The Manager updated the Board on collection matters. The Manager reported that he is still awaiting the Accountant's response for an alternate procedure of accounting for HOA owned lots and expects such answer will be addressed as part of the pending Accountant's Year End Report.

02. Open Deed Restriction Violations: Management provided a listing of open deed restriction violations.

VI. ARCHITECTURAL APPLICATIONS

01. On MOTION by Richard Gibson, duly seconded, the Board unanimously approved the installation of an in-ground pool & screened enclosure at 11508 Heron Hills.

02. On MOTION by Richard Gibson, duly seconded, the Board unanimously approved the replacement of a wooden

fence at 11304 Burberry.

03. On MOTION by Richard Gibson, duly seconded, the Board unanimously approved the repainting of the home at 11202 Killearn Ct.

04. On MOTION by Richard Gibson, duly seconded, the Board unanimously approved the roof re-shingle and lanai re-screen at 12116 Timberlake.

05. On MOTION by Richard Gibson, duly seconded, the Board unanimously approved the replacement of siding and repainting of the home at 12310 Shadow Run.

VII. UNFINISHED BUSINESS

01. Following confirmation by Management of the application process for the signage, on MOTION by David DeVelder, duly seconded, the Board unanimously approved the new Entrance Signs lettering as presented by Janet Magnuson. It was noted that the entire cost except tax will be reimbursed by the County per the Grant obtained on behalf of the Association by Janet Magnuson.

VII. NEW BUSINESS

01. On MOTION by David DeVelder, duly seconded, the Board unanimously approved the Records Inspection Policy as presented by Management.

02. The Board discussed the pending renewal of the Commercial Insurance Policy and no change to common property listed was offered.

03. A MOTION by Richard Gibson, duly seconded, to renew the Shades of Green Landscaping contract failed to carry. Mr. DelaRosa suggested his firm be used instead for the service. The Manager informed the Board that the use of a Director's firm may be in violation of State Statute in that Directors may not financially gain from any service to the Association. The Manager was requested to confirm such State Statute before the next meeting. On MOTION by Janet Magnuson, duly seconded, and upon a vote of seven (7) FOR with two (DeVelder and McCann) ABSTENSIONS, the Board agreed to continue the Shades of Green contract on a month to month basis until such time the Board determines to either renew the Shades of Green contract or engage an alternate firm

IX. ADJOURNMENT

There being no further business, the meeting was adjourned at 7:51 PM.

Approved by the Board on July 18, 2011

CONTROLLING WEEDS WITH PRE-EMERGENCE

Perennial weeds live for 2 years or more and are difficult to control because they reproduce both from seed and from vegetative buds on the roots. Pre-emergence herbicides are usually applied in spring for germinating perennial seeds. To be ahead of the game in weed control is to place a pre-emergence in late summer.

Pre-emergence herbicides are the back bone of current turf-grass weed management. There are several types of pre-emergence herbicides listed under the following names: Benefin (Crabgrass), Atrazine, Aatrex, metalochlor, napropamide, and oryzalin.

Pre-emergence herbicides should be used when temperatures are between 50/ 55 degrees F. and should be in place before weed seed germination begins. If you apply it too early it will result in reduced control or no control at all due to leaching and normal herbicide degradation.

To avoid wasting time and chemicals it is important that you identify the weeds. Always use pre-emergence herbicides on established lawns only because on new lawns it may cause damage. If you are not sure about application of pre-emergence herbicides and identifying weed types and what chemicals to use you can contact the county extension center @ 813-929-2716



Hurricane Season starts June 1 ... **Are you prepared?**

EVACUATION

- Know your evacuation level. Find yours at <http://gisweb.hillsboroughcounty.org/heat/>
- Find out what fire station and hospital is closest to your house? Best to know before you need it; <http://gisweb.hillsboroughcounty.org/heat/>
- Do you like interactive Web site? Check out the Hurricane Evacuation Assessment Tool to find your property – <http://arcims-prod.hillsboroughcounty.org/website/htmlviewer/heat/cf.htm?Title=Hurricane%20Evacuation%20Assessment%20Tool>
- There are many things you should be aware of when returning home - www.hillsboroughcounty.org/emergency/info/flooding.cfm?oid=05GUIDES
- Pick up your 2011 Hurricane Guide, The Official Guide For The Tampa Bay Area, at local post offices and libraries, or view it online at - www.tbrpc.org/tampabaydisaster/hurricane_guide2011/HG_2011.html
- You can start shopping for your hurricane supplies now. Don't know what to buy? Here is a weekly list to help spread out the costs - <http://bit.ly/140cWK>

SPECIAL NEEDS

- Have a family member who need special assistance to evacuate? Find out many of the requirements at - www.hillsboroughcounty.org/emergency/hurricaneinfo/disabledprep.cfm

BUSINESSES

- Do you have your business Go Box? Find out what you need at - www.hillsboroughcounty.org/emergency/hurricaneinfo/businessprep.cfm

PETS

- Have a pet? Plan for them, too. Find out more at - www.hillsboroughcounty.org/animalservices/information/disaster.cfm
- Need to shelter your pet. Great pet sheltering preparation tips are found at - www.hillsboroughcounty.org/emergency/programsservices/shelteringpets.cfm

***Hurricane Season runs
June 1 through November 30.***



VISIT OUR WEBSITE!
www.ourshadowrun.com

The site is continually being worked on for improvements. Any and all suggestions will be appreciated and considered.

Convenient Before & After School Appointments • Most Insurance Accepted • Flexible Payment Options



HESS ORTHODONTICS
MICHAEL A. HESS • DMD MS

Damon System
Invisalign®
Invisalign® for teens
i-CAT
Sure Smile



**Back to School
Special!**
\$100 Off
Full Treatment
if started by 9/30/11
Certain restrictions apply,
call for details.

Creating Florida's Most Beautiful Smiles!

Visit Us at www.hessorthodontics.com
813-645-4377 • 11970 Boyette Rd., Riverview

BE SAFE IN THE "SUNSHINE" STATE

by Doris Scruggs, RN

Living in Tampa can sometimes feel like paradise, with year round perfect weather, white sandy beaches and the warm Florida sun. But did you know you could get sunburned in as little as 15 minutes? Yes, sunburns can happen in as little as 15 minutes of being exposed to the harmful UVA and UVB rays of the sun, yet redness and discomfort may not be noticed until hours later. Repeated sunburns can lead to skin cancer, especially in those with fair skin, light hair and freckles. Sunburns can range from a mild burn with skin redness, mild pain and itchiness to a severe burn with skin blistering, facial swelling, severe pain, headache, nausea, fever/chills and bright red/purple coloration of the skin.



The sun is not all bad. Everyone needs to be exposed to the sun. The sun is the primary way our bodies make Vitamin D, and Vitamin D helps us absorb calcium which makes our bones grow and stay strong. It doesn't take much time in the sun for our bodies to make all the Vitamin D it needs for the day, actually it only takes about 10 minutes.

Living in Florida it's almost impossible to avoid over-exposure to the sun. Think prevention, and here are some tips:

1. Minimize kids exposure to the sun between 10 a.m.-4 p.m.
2. Have kids wear protective clothing, sunglasses and a hat.
3. Apply sunscreen that provides both UVA and UVB protection with an SPF of 15 or greater.
4. Apply sunscreen 15-30 minutes before sun exposure and re-apply after 30 minutes in the sun. Also reapply after kids have been swimming or sweating.

Let's face it, sometimes no matter how hard you try, we are all going to be sunburned. Here are some tips to manage those burns:

1. Remove kids from the sun as soon as you notice first signs of burn occurring.
2. Place child in cool shower or bath. Apply cold compresses to affected areas as needed.
3. Give extra fluids for the next 2 to 3 days.
4. May give child over the counter pain relievers to reduce pain.
5. Use moisturizing creams or after sun gels with lidocaine as needed.
6. When going back into the sun, ensure all sunburned skin is covered.

Seek emergency medical care if:

1. A sunburn forms blisters or is extremely painful.
2. A child has facial swelling during/after sunburn.
3. The sunburn covers a large area of the body.
4. A child develops fever or chills.
5. A child has headache, confusion, lethargy or feeling of faintness.
6. You see signs of dehydration such as dry mucous membranes (eyes, mouth or nose).

Have fun this summer swimming in our community pool, going to the beach, fishing, hiking and biking. Just remember while enjoying our warm Florida sun the best way to treat a sunburn is to prevent a sunburn!!

You can visit www.kidshealth.org for more summer sun safety information.

HEAT & COOL EFFICIENTLY

(www.energystar.org)

As much as half of the energy used in your home goes to heating and cooling. So making smart decisions about your home's heating, ventilating, and air conditioning (HVAC) system can have a big effect on your utility bills — and your comfort. Take these steps to increase the efficiency of your heating and cooling system.

Change your air filter regularly

Check your filter every month, especially during heavy use months (winter and summer). If the filter looks dirty after a month, change it. At a minimum, change the filter every 3 months. A dirty filter will slow down airflow and make the system work harder to keep you warm or cool — wasting energy. A clean filter will also prevent dust and dirt from building up in the system — leading to expensive maintenance and/or early system failure.

Tune up your HVAC equipment yearly

Just as a tune-up for your car can improve your gas mileage, a yearly tune-up of your heating and cooling system can improve efficiency and comfort.

Install a programmable thermostat

A programmable thermostat is ideal for people who are away from home during set periods of time throughout the week. Through proper use of pre-programmed settings, a programmable thermostat can save you about \$180 every year in energy costs.

Seal your heating and cooling ducts

Ducts that move air to-and-from a forced air furnace, central air conditioner, or heat pump are often big energy wasters. Sealing and insulating ducts can improve the efficiency of your heating and cooling system by as much as 20 percent — and sometimes much more.

Focus first on sealing ducts that run through the attic, crawlspace, or garage. Use duct sealant (mastic) or metal-backed (foil) tape to seal the seams and connections of ducts. After sealing the ducts in those spaces, wrap them in insulation to keep them from getting hot in the summer or cold in the winter. Next, look to seal any other ducts that you can access in the heated or cooled part of the house.

Consider installing ENERGY STAR qualified heating and cooling equipment

If your HVAC equipment is more than 10 years old or not keeping your house comfortable, have it evaluated by a professional HVAC contractor. If it is not performing efficiently or needs upgrading, consider replacing it with a unit that has earned the ENERGY STAR. Depending on where you live, replacing your old heating and cooling equipment with ENERGY STAR qualified equipment can cut your annual energy bill by nearly \$200. But before you invest in a new HVAC system, make sure that you have addressed the big air leaks in your house and the duct system. Sometimes, these are the real sources of problems rather than your HVAC equipment.

Ask about Proper Installation of your new equipment

Replacing your old heating and cooling equipment with new, energy-efficient models is a great start. But to make sure that you get the best performance, the new equipment must be properly installed. In fact, improper installation can reduce system efficiency by up to 30 percent — costing you more on your utility bills and possibly shortening the equipment's life.



Carr Pediatric Dentistry

Driving you to better dental health

- Beautiful Healthy Smiles for Life
- Supportive & Nurturing Environment
- Commitment to Preventative Dentistry & Education
- Video Games & Wii Play Area
- TV & Movies in Treatment Rooms
- Most Insurances Accepted



Natalie J. Carr, DDS, MS
Board Certified
Pediatric Dentist



We Recommend Your
First Visit by Age One

**Is Your Little One
Ready For School?
Back To School
Special!**

**Call for Details!
813.672.DENT (3368)**

**Give your child a bright,
beautiful smile!**

SE HABLA
ESPAÑOL

11936 Boyette Rd. • Riverview, FL 33569

813-672-3368 • www.carrdental.com

FA66571



Proudly serving
Riverview,
Apollo Beach,
Brandon, Lithia
and surrounding
communities.



Mamta Sehgal, DMD

Riverview Family Dentistry
813-671-0808

**EMERGENCY
VISIT \$69**

Includes limited exam & x-ray
D0140, D0220

WITH THIS COUPON. NOT VALID WITH OTHER
OFFERS OR PRIOR SERVICES. EXP 8-31-11

Riverview Family Dentistry
813-671-0808

EXTRACTIONS \$149

D7140
Limited exam required

WITH THIS COUPON. NOT VALID WITH OTHER
OFFERS OR PRIOR SERVICES. EXP 8-31-11



Riverview Family Dentistry

www.RiverviewFamilyDentistry.com

Now Accepting New Patients! Call 813-671-0808

13039 Summerfield Square Drive, Riverview, FL 33578

FA66387

FREE CLASSIFIED ADS

ACF CABINETS, licensed and insured. Kitchen cabinets at affordable prices. Over 16 years of service. Call Ron at 813-267-9031, www.acfcabinets.com

ALL SAINTS CARPET CLEANING, three rooms steam cleaned, \$65. Each additional room \$20., hallways free. Water extractions, tile and grout, upholstery and automobiles. 813-986-1266.

AMAZING SCAPES OF FLORIDA, INC. Lawn maintenance, mulching, sod installation, Justin Bell, 813-541-6137

BAKER'S LAWN CARE INC., licensed/insured, 813-671-1080

BOYETTE ANIMAL HOSPITAL, Dr. Bob, 10931 Boyette Road, Riverview 813-671-3400, www.boyetteanimalhospital.com

COUNTRY CLASSICS, Florida's custom made Wood-Mode cabinet source. Full service design and remodeling of kitchens, baths, or any room in the house. 4323 El Prado Blvd, Tampa 813-835-9444, Email: Country-Classics.net, Website: www.wood-mode.com

DELAROSA LANDSCAPE & DESIGN, Tree trimming & removal, landscape and design and installation, clean-up & hauling, Charles Delarosa, 813-323-8814 or 813-323-8813, adela-rosa2@tampabay.rr.com

FOUR PAWS VETERINARY HOSPITAL, Dr. Kimberly Tyson 9430 Balm-Riverview Road, Riverview, 813-672-3687 www.4pawsvethospital.com

INTERIOR TRIM CARPENTRY, crown molding, fireplace mantels, bookcases, etc. Call Rodney, 813-924-1319

LINE-X Protective Coatings & Truck Accessories. Coatings for truck beds, jeeps, trailers and commercial and industrial applications. Owners, Kevin and Molly Koehnke, 105 US Hwy 301 S, Ste. 113, Tampa 813-627-9603, www.line-x.com

MASSAGE THERAPIST, Sarah Ball, 813-508-1149

PRO KLEEN, pressure washing service, roofs, sidewalks, driveways, decking, pool enclosures, etc. 813-240-7274

REALTOR, Kathy McGartland, your neighborhood realtor, Keller Williams Realty South Shore, 813-601-3783

SMART LIFE ORGANIZING™, a division of Legacies & Lifelines, identifying, organizing and storing important legal, medical and financial records and information. www.smartlifeorganizing.com or call 813-361-6946 or 866-307-0827

TAMPA BAY BOUNCE, INC. Jump start your party, moonwalks, 5 in 1 combo units, slides, concessions, party amenities. 813-767-4224 or 813-767-4693, www.TampaBayBounceInc.com

THERAPEUTIC IN HOME MASSAGE THERAPY, medical massage, relaxation, pain management, stress relief, Angie Honackie, LNT, 813-505-8785

ADVERTISING IS EASY & AFFORDABLE!

Any company or individual interested in advertising in the
SHADOW RUNNER should contact
Kelly Mariskanish, Times Publishing, at 813-661-2458.



Post Office Box 273708
Tampa, Florida 33688

CHANGE SERVICE REQUESTED

PRSRT STD
U.S. POSTAGE

PAID

Riverview, Florida
PERMIT 30

Kids **R** Kids[®]

Learning Academy

Now Enrolling!

- 6 Weeks Through 12 Years
- Full & Part Time Options
- Open: M-F 6am to 6:30pm
- Creative Curriculum for Infants & Toddlers
- NAEYC & APPLE Accreditation and CITA Approved Curriculum
- Security Code Access Entry
- FREE Internet Viewing of Your Child's Day
- Outdoor Playgrounds with Water Park
- Before & After School Care: 6-12 Years
Fishhawk Creek, Bevis, Boyette Springs, Stowers, Foundation Christian, Alafia and Cimino
- Nutritious Meals & Snacks: Low Salt & Sugar
- Spanish & Music Included
- Trained Professional Staff, Certified in First Aid & CPR
- Extracurricular Programs

VPK

**Voluntary
Pre Kindergarten
2011-12**

**NOW ENROLLING
FREE 3 Hr Program with
"Pay for rest of day" Option**

- Accelerated Pre-K Curriculum with Math, Science, Spanish, Music, Sign Language & More
- Preparation for National Kindergarten Standards
- Field Trips to the Theatre
- Must be 4 years old by Sept 1, 2011
- Must be Florida resident
- Class times
7:30am-10:30am & 11:00am-2:00pm

**VPK
Circa
OPEN HOUSE
Tuesday 8/16**
All families are invited
to tour our state of
the art facility

813-657-6200 • krkvalrico.com

4321 Lynx Paw Trail, Valrico
Across from Lithia Springs Elementary

813-526-7000 • krkcirca.com

5815 Kids Crossing Drive, Lithia
Located between Stowers Elementary and Mosaic