



The Villages at Cypress Creek
NewsLink

Fall/Holiday 2013

*The Villages at Cypress Creek
Business Community featured in
"The Tampa Tribune 2013 Best of SouthShore"*

*Vision Meeting Participants Envision a Bright
Future for Community*



*The Villages at Cypress Creek is Gearing Up
for the Holidays*

Our Holiday Activities are set to go!



*The Villages at Cypress Creek Website
A Resource for Community Documents
<http://thevillagesatcypresscreek.net/>*



*The 2013 Best of South Shore
The South Shore News & Tribune Poll*



The Villages at Cypress Creek Winners

Goods & Services Category

- "Best Kept Secret" ~ Sparkle N Sprinkle (owners, residents, George & Margaret Myers) (Silver)*
- "Best Kept Secret" ~ The Golf Club at Cypress Creek Golf Course (Bronze)*
- Car Wash ~ America's Car Wash (Gold)*
- Cosmetic Surgery ~ Dr. Ronald Patrick, Watson Clinic (Silver)*
- Dermatologist ~ Dr. Ronald Patrick, Watson Clinic (Silver)*
- Dry Cleaners ~ Touch of Class Cleaners (Silver)*
- Fitness Center/Gym ~ Curves (Silver)*
- Golf Course ~ The Golf Club at Cypress Creek (Bronze)*
- Hair Salon ~ The World of Suzie Vong (Bronze)*
- Home Builder ~ Miller Florida Homes (Bronze)*
- Home Improvement ~ The Home Depot (Gold)*
- Landscaping/Garden Center ~ The Home Depot (Gold)*
- Law Firm ~ Owens Law Group (Silver)*
- Music Store ~ Music Avenue (Gold)*
- Pet Store ~ Pet Supermarket (Gold)*
- Senior Living ~ Cypress Creek Assisted Living (Silver)*
- Travel/Cruise Planner ~ AAA Travel (Gold)*
- Title Company ~ South Bay Title (Silver)*
- Vet ~ Fax & Friends (Silver)*

Food & Beverage/Restaurant Category

- Bagels ~ Elite Donuts (Silver)*
- Barbeque ~ Sonny's Real Pit BBQ (Gold)*
- Breakfast ~ Sunshine Café (Bronze)*
- Coffee House ~ Sunshine Café (Bronze)*
- Donuts/Bakery ~ Elite Donuts (Silver)*
- Fine Dining ~ The Golf Club at Cypress Creek (Bronze)*
- Health Food Store ~ GNC (Gold)*
- Ice Cream/Smoothie ~ Elite Donuts (Bronze)*
- Pizza ~ Hungry Howie's (Silver)*
- Pub ~ Beef 'O' Brady's (Silver)*
- Sandwiches/Deli ~ Subway (Gold)*
- Seafood ~ The Seafood Dive (Silver)*



"South Shore" includes the area south of the Alafia River and north of the Manatee River ~ Apollo Beach, north Gibsonton, Ruskin, Sun City Center, south Riverview and Wimauma



Happy Thanksgiving!



N-Link NEIGHBORHOOD BROWSER



Wine Tasting at The Garden



Palm Garden recently hosted a wine tasting open to the community, with gracious hostesses, **Elise Aubourg (Community Relations Director)** and **Kimberly Borsheim (Marketing Director)**, pictured here on the right. Attendees had a variety of wines to choose from and the accoutrements were delectable! There are plans for future community wine tasting gatherings, stay tuned!

3850 Upper Creek Drive
633.2875
website not available at this time



Martini Crawl Fundraiser



Sponsored by Pacifica Sun City Senior Living and Palm Garden ~ this event was open to the public and featured two different signature martinis with hors d'oeuvres and entertainment. All this fun raised \$400 for the Alzheimer's Association! Kudos to event planners **Heather Campese (Sun City Senior Living Community Relations Coordinator)**, **Elise Aubourg (Palm Garden Community Relations Director)** and **Kimberly Borsheim (Palm Garden Marketing Director)**, CONGRATS on a fun and profitable fundraiser!

The Sunshine Café is Now Shining for Dinner

The Sunshine Café is now open for dinner on Thursdays, Fridays and Saturdays! Thursday is "2 for \$25" ~ 2 three-course meals. Friday is All-You-Can-Eat Fish Fry, \$9.99. Saturday is Fajita Night and Prime Rib Night, prime rib dinner starting at \$11.99. Early bird special 3 to 5pm. Beer and wine coming soon.

Cyndi Burger now performing on Thursdays from 4 to 7pm.

Make your reservations now for Thanksgiving at the Sunshine Cafe, open from 9am to 6pm.

The Sunshine Café is open Sunday, from 7am to 2:30pm, Monday through Wednesday, 6:30am to 2:30pm, and Thursday through Saturday, 6:30 to 8pm

3808 Sun City Center Boulevard
633.3344





SouthShore Regional Library



The Friends of the Library 5th Annual Holiday Art Contest

For a fifth year, The Friends of the SouthShore Regional Library held their Holiday Student Art Contest ~ and for a fifth year, we had wonderful results! The winning artists' holiday renderings were beautifully transformed into cards by Ruskin printer, M&M Printing Company, Inc. The participating schools were Beth Shields Middle School, Cypress Creek Elementary School and Reddick Elementary School. Pictured here are the winners of the Contest, along with their Art Teachers and School Principals. Proceeds from the sale of the cards are being used to help supplement the cost of various programs offered to the public for free at the Library.



Beth Shields Middle School
Sean Davenport 6th Grade and JoAnna Gaff 6th Grade; with Terrena Conson, Art Teacher, and Tibor Kovacs, Principal



Cypress Creek Elementary School
Fatima Guia 5th Grade, Vellenia Pena 2nd Grade and Kenneth Saldana 5th Grade; with Roy Moral, Principal, and Sandra Shelton, Art Teacher



Reddick Elementary School
Belinda Solis 3rd Grade, Alexander Moran Chavez 3rd Grade, Annahi Heredia 2nd Grade, Lourdes Gonzalez Kindergarten, Emily Cuevas 5th Grade; with Michelle Garrick, Assistant Principal, and Susan Turpyn, Art Teacher

The Annual Festival of Trees is Back

The Friends of the SouthShore Regional Library is gearing up to sponsor the 3rd Annual Festival of Trees!

From Saturday, November 23rd through Saturday, December 14th the middle aisle of the Library will be transformed into a beautiful season celebration with decorated holiday trees. The Friends of the SouthShore Regional Library and the Ruskin Elementary School join in presenting this fundraiser, with proceeds to help fund programs at the Library and fund educational programs at the Schools. Proceeds are raised via silent auction bids for purchase of these donated trees, decorated wreaths and baskets filled with lots of goodies.

Announcement of silent auction bid winners and holiday celebration is scheduled for Saturday, December 14th. There will be a celebration and the trees will be awarded to the highest bidder. Santa will be making a stop as well!

Everyone is invited to view the beautiful trees and wreaths and perhaps make a bid on a favorite tree!





Be Healthy, Stay Fit – It's your Choice!



Fuel Up for the New Year!

Here are Eight Nutrition-Smart Ways to Energize Your Walks, Your Day, Your Life!

You wouldn't try to drive your car with an empty gas tank ~ you know you'd never get out of the driveway. But chances are you've gone for a walk or two when you were "out of gas" and didn't get very far either. Unwittingly, you may have sabotaged your entire exercise program: After "I never have enough time," one of the most common excuses people give for not working out regularly is "I'm always too tired." And when exercise regulars lose focus and quit, the primary reasons are fatigue and dehydration.

Sometimes the problem is lack of sleep, but just as frequently, it's diet. "You need calories and fluids to have energy and to feel good while you're physically active," says Kristine Clark, PhD, director of sports nutrition for the Penn State University athletic department. So whether you're walking 2 miles a day to lose weight, training for a 5-K, or trying to keep up with an active family, here are eight eating tips to help you stay energized and rainin' to go.

1 Never Go Hungry

That's rule number one," says Dan Benardot, PhD, RD, associate professor of nutrition and director of the Laboratory for Elite Athlete Performance at Georgia State University. "It's extremely difficult to exercise when you haven't eaten enough or at all, so to keep your blood sugar from getting low and to sustain your energy, you need to eat small amounts of carbohydrate-containing foods throughout the day." He recommends having three moderate-sized meals plus two snacks every day.

2 Never Go Thirsty

Dehydration is a real downer. If you haven't had enough to drink, you can feel light-headed, headachy, dizzy and confused and can have increased heart and breathing rates. "Any athlete who is ready to compete, but isn't holding a drink, is not fully equipped," says Benardot. That's because "even a small amount of water loss can impair your ability to perform at your best and feel good about exercising," says Christine Rosenbloom, PhD, RD, associate professor of nutrition at Georgia State University. When you exercise, don't wait until you feel thirsty: Drink 6 to 8 ounces of liquid before and after you walk. And sip something every 15 minutes while you walk.

3 Save Sports Drinks for Special Occasions

Plain water is a fine hydrate, but if you fatigue quickly when you exercise or if you sweat a lot, a sports drink may be just the ticket. Sports drinks contain glucose, the sugar

your body needs for energy, as well as electrolytes, such as sodium and potassium, which are lost when you perspire. Another reason to sip them: You're taking a long walk or competing in a race and you don't have access to a bathroom; the sodium-rich drinks help you hold on to your fluids.

4 Don't Overdo The Calories

"Unless you'll be exercising for long periods of time, you don't need to drink a quart of a sports drink or eat a 300-calorie energy bar beforehand," says Rosenbloom. Energy snacks like these, especially the bars, are so high in calories they can cancel out the fat-burning benefit of your walk. Instead, before you start, drink 6 to 8 ounces of fluids (such as water) and have an energizing snack of 100 to 200 calories.

5 Pick the Perfect Protein

Protein doesn't give you the same burst of energy that you'll get from an orange or a slice of whole wheat toast, but it does give you staying power, which could make the difference between doing a mile-long walk every morning or sticking it out for 3. "Protein helps to blunt the rise in blood sugar after a meal or snack, which aids extending energy," says Clark, who recommends combining protein and carbohydrates in every meal and snack.

6 Take Supplements

High energy comes from eating right every day. Since that's not always possible, take a regular multivitamin/mineral supplement for added insurance.

7 Eat Healthful Fish

Research suggests that antioxidants can help reduce the inflammation and stress that exercise puts on your body. To fully unlock their power, make sure you're eating enough good fats. Aim for two weekly servings of fish rich in omega-3s, such as salmon, tuna, mackerel and sardines.

8 Limit Fats

That's good advice for many reasons, but if you're eating for energy, fat, other than the omega-3s in fish, doesn't really have a place in your exercise regimen. "Fat is the last nutrient to leave the stomach, and it slows down digestion," explains Rosenbloom. When you eat anything, the act of digestion requires that your body increase circulation to your digestive tract. "You don't want your body to increase its blood flow to the stomach when you need it flowing to your muscles, this can drag you down."

— Susan Learner Barr, RD, "Prevention"



"The bottom line is to have a positive experience when you're exercising," says Rosenbloom. "If you're eating right, you'll feel good about what you're doing, and you'll want to do it again tomorrow." That, after all, is the whole idea.

