



Happy Independence Day!

COMMUNITY CALENDAR

JULY 2017

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 7/2 Hillsborough County Concert
USF School Of Music Concert Hall / 813-531-9252
- 7/4 Community Celebration / 813-966-9002
Brandon Elks Lodge, 12-4P

Florida Aquarium Celebration / Fish, Fireworks & Fun,
Including a Cruise 9:30am-9:30pm / (813) 273-4000
- 7/14 Jeremiah's Ice / 4:30pm-6pm @ Swan Lake Apts.
- 7/12 Poetry Performance 6pm @ Carrollwood Center
- 7/15 - The play, "Damn Yankees" For show times & pricing
7/23 Contact: boxoffice@carrollwoodcenter.org
- 7/28 Art Reception 6pm-8pm @ Carrollwood Center
- 7/29 Girls' Night Out Show 8pm @ Carrollwood Center

AUGUST 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	FAMILY FUN MONTH					
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 8/9 Dance Circle -5:30pm beth@carrollwoodcenter.org.
- 8/10 Wine & Cheese Tasting 6:30pm-8:30pm. Must be 21 or older. Contact: aaron@carrollwoodcenter.org.
- 8/12 North Tampa Market 10:00am-2:00pm
@Carrollwood Cultural Center
- 8/19 Carrollwood Jukebox 8:00pm
@Carrollwood Cultural Center

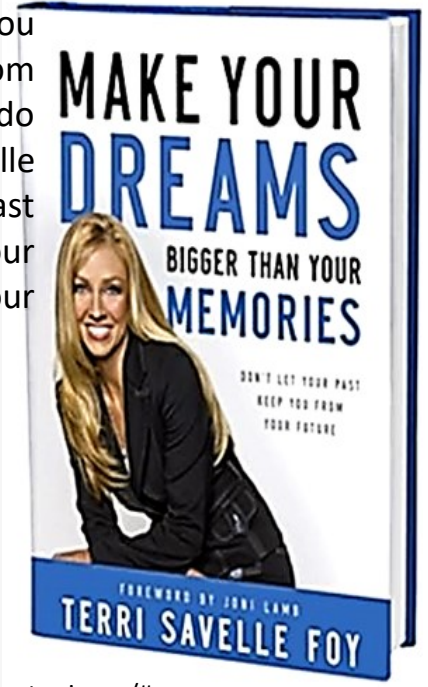
SEPTEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- 9/4 Labor Day!
- 9/9 North Tampa Market 10:00am-2:00pm
@ Carrollwood Cultural Center
- 9/13 Lecture: Three Strings @ 6:00 pm – 9:00 pm
- 9/16 Carrollwood Jukebox 8:00pm
@Carrollwood Cultural Center

TERRI SAVELLE FOY!

Clinging onto your past and all its mistakes will only hinder you from catching hold of your future. Not letting go can keep you from reaching your destiny. While it can be difficult to let go, you can do it! In “Make Your Dreams Bigger Than Your Memories”, Terri Savelle Foy shares her own personal story, which concludes that your past does not define your future. So stop living as if it does! Turn your back on guilt, shame and regret. Face the reality of living your dreams in a bright new future.



<http://www.terri.com/#>

Happiness is not something you postpone for the future; it is something you design for the present.

Jim Rohn

Success is nothing more than a few simple disciplines, practiced every day.

Jim Rohn

Discipline is the bridge between goals and accomplishment.

Jim Rohn

We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment.

Jim Rohn

You cannot change your destination overnight, but you can change your direction overnight.

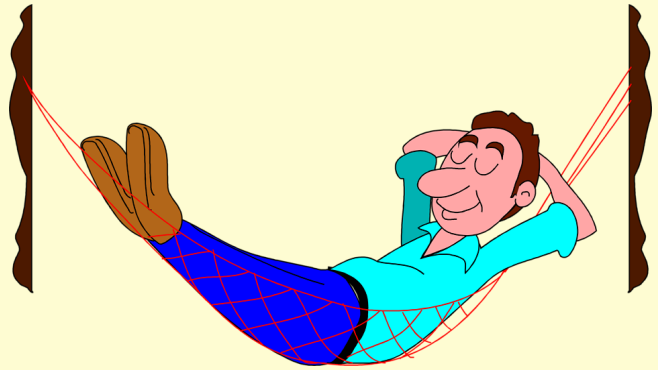
Jim Rohn

Either you run the day or the day runs you.

Jim Rohn

September

Labor Day is always celebrated on the first Monday in September. This holiday pays tribute to the social and economic achievements of American workers. Labor Day was created to annually honor the contributions workers have made to the strength, prosperity, and well-being of our country.



Add Money To Your Summer By Saving !!

Now that the extra warm months have begun, your electric bill may increase much more than in previous months. You could be spending -too much money on electricity. TECO (Tampa Electric Company) gives free Home Energy Audits. They will check your ductwork, insulation, doors, windows, heating /cooling systems and more. Participate in TECO's Energy Audit Program by calling: 813-275-3909 to complete a Phone-Assisted Audit or to schedule an In-Home Energy Audit.



Unplug appliances that you do not use in the summer.

Make sure that your AC for any needed maintenance, regularly, and replace filters in early summer.

Save on air conditioning. Open upstairs windows before bed. Turn fans on low for the night. Close windows before the sun gets high in the sky. Close curtains on the sunny sides of the house as the day goes on.

Consider lowering the heat setting on your dryer. Hang partially dry sheets and towels out to dry in the sun.

Visit websites before you go anywhere to check for discount coupons.

Stock large jars with fresh, healthy and crunchy snacks each week Instead of pre-packaged items.

Have a yard sale.

When that popular summer movie you've been waiting for comes out, eat at home first and then go enjoy the matinee.

Teach your kids resourceful lessons about money. Consider encouraging entrepreneurship (Ex: lemonade stand).

Kids love to contribute. Consider paying your kids for small jobs that could otherwise cost big money to have someone else do, such as: car & window washing, garage & furniture cleaning, etc.

This Quarters' Birth-Month Flowers

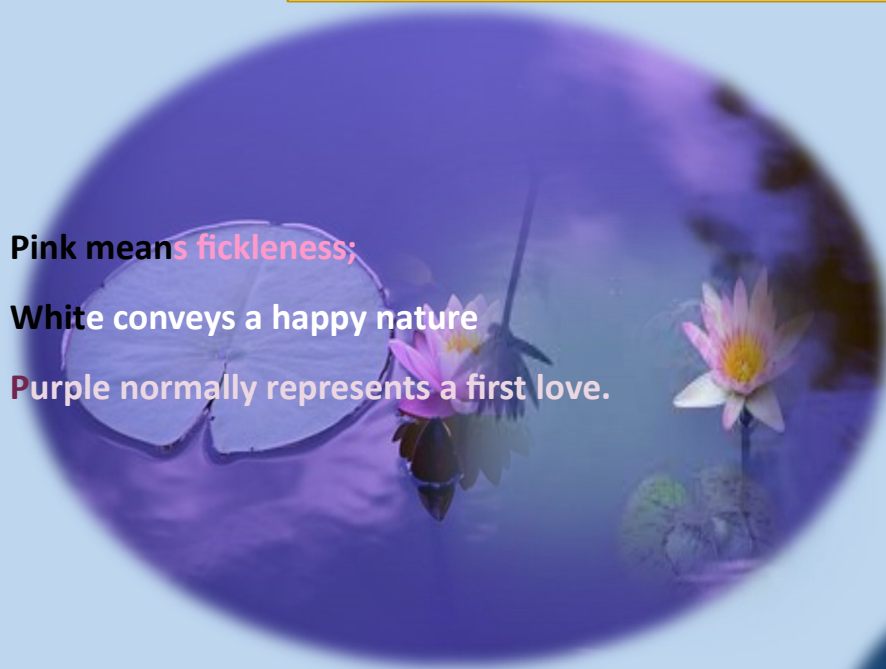
*July's Water Lilly

Each color variation of this lovely flower has different meanings.

Pink means **fickleness**;

White conveys a happy nature

Purple normally represents a first love.



*August's Gladiolus

Also known as the 'Sword Lilly,' this beautiful flower is representative of calmness, infatuation, integrity, and remembrance.



*September's Morning Glories

Morning Glories

They are said to represent Wit & Wisdom



Bob Evans Restaurant

Bob Evans is founder of the well-beloved eatery, Bob Evans Restaurant. Since 1948 this restaurant has been wooing customers with their family-styled menu and southeastern hospitality. Of the many times I have paid to the Carrollwood restaurant, I found that it was never a slow day. I interviewed Laura, the General Manager there, to investigate the momentum I see with each visit.

*Laura, how many years' experience do you have with Bob Evans Restaurant?

*This November will make 30 years.

*How many different positions have you held during this time?

*Started out as a busser/dishwasher. I moved to hostess for 4 years and then ended up in kitchen prep for 16 years before deciding to go into management. I was an assistant for 2 years, and assistant General Manager for a year before getting promoted to the General Manager of my current restaurant.

*Bob Evans Restaurant is obviously a great place to work. What do you like best about working for the company?

*The benefits and the great management team. They have always given me the ability to operate my restaurant without being micromanaged.

*As the General Manager, what are some of the fun things you get to do?

*Although I can't say there is much fun things to do at work, I would like to say that I enjoy ensuring my guests are well taken care of.

*When the American diet demands fast food, Bob Evans Restaurant has quite a line-up of *family-favorite meals* listed on their menu. As a customer, to sit in an eatery and feel like you're sitting at your own table is not an easy feat for any restaurant. However, Bob Evans Restaurant has nailed it by serving the kinds of meals that brings families together: mashed potatoes & gravy, slow-roasted turkey with dressing, pot roast, glazed carrots, soups, sausage chilli, fresh biscuits and all the home-cooked meals and baked goods in between making Bob Evans Restaurant, in my opinion, a very enjoyable dining experience. What is your view on why Bob Evans Restaurant is so frequented?

*Bob Evans foods are built around comfort and home cooked recipes that our busy families don't get the opportunity to provide much. Bob Evans has always been about hospitality. Giving our guests that "at home" feeling; giving fresh options.

*What made owner, Bob Evans, decide to start an 'at home' based meal restaurant during a time when the burger and fries were continually growing in favor?

*Bob Evans was a huge family man. He envisioned the opportunity for people to come, relax, enjoy their meals and to sit down with a feel like coming home to family. Fast food can't offer that.

*Tell me about the benevolent factor with people/customers. How does Bob Evans Restaurant reach out?

*Bob Evans Restaurant is always involved in our community. Whether it be supporting local events,

community fund raisers, or donating to specific charities. All our restaurants take part in feeding needy families through donations of all products we used to just throw away – now, they feed many each and every week.

*How are you personally affected by the rich history and extended arms of Bob Evans' legacy?

*They have always provided for my family. I have been blessed to have never had to work any other job.

*Bob Evans Restaurant has the most generous coupons I've ever seen, thus far. To give \$2.00 towards a full meal is a very generous gesture. Overall, I have been quite impressed with my experience at Bob Evans Restaurant. Thank you for your time, Laura.

Bob Evans' Restaurant

Open: 7:00 a.m.— 9:00 p.m. / 7 Days a week

16314 N Dale Mabry Hwy, Tampa, FL 33618

<https://www.bobevans.com/>

Phone: (813) 968-3988

Order Online

Review Recipes and Tips

Watch Cooking Videos and More!

Join Bob Evans Email Club!

Visit their website for details:

<https://www.bobevans.com/our-restaurants/locations/502>

What Do Your Nails Say About Your Health?



- White Spots
- Brittle Nails (Onychoschizia)
- Yellow Nails
- Lifting Nails (Onycholysis)
- Vertical Ridges "Spoon" Nails (Koilonychia)
- Pitting Nails
- Clubbing

*https://www.youtube.com/results?search_query=what+do+your+nails+say+about+your+health

*<https://www.rodaleorganiclife.com/wellbeing/8-weird-things-your-fingernails-say-about-your-health/slide/2>

Potato sprouts of any size can be toxic, but you would have to eat a large amount to actually get sick. Potato sprouts are toxic because of their theoretically high concentration of Glycoalkaloids. Glycoalkaloids wield toxic effects on the nervous system and interferes with the body's ability to control acetylcholine. This is a chemical that conducts nerve impulses.

If a potato is shrunken and / or wrinkled, please do not eat it. If a potato is exposed to light, whether it's sprouted or not, there may be an increased concentration of Glycoalkaloids. If this is the case, the toxic area will be green. You can cut the green part off and eat the rest of the potato.

When shopping, choose firm potatoes. It is not a good idea to buy them if they have sprouted or have a green tint to the skin. Store potatoes in a cool dry area, especially if you won't be cooking them right away.



*<http://www.rachaelray.com/2011/08/30/is-it-safe-to-eat-sprouted-potatoes/>

*https://www.youtube.com/watch?v=J9cAp_eMpK4

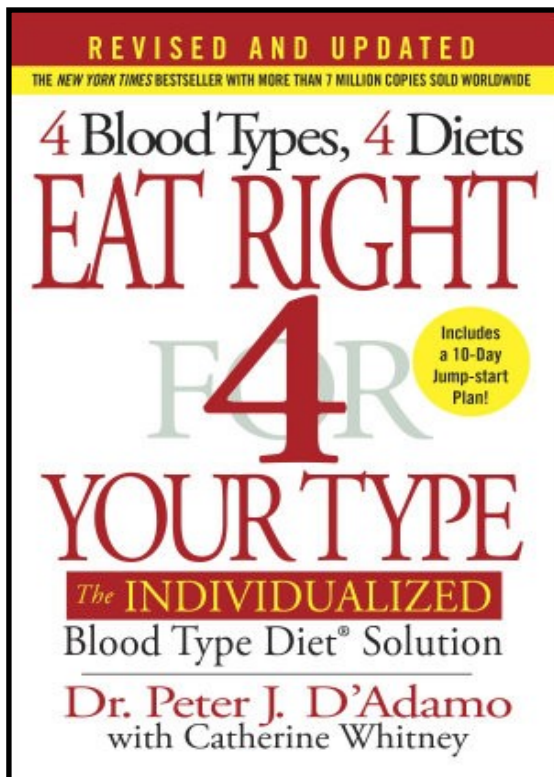
The typical American diet consists of a lot of meat and dairy products that causes the blood to become acidic. Research suggests that Eating too many acid-promoting foods can possibly damage your kidneys and liver. It could also, very possible, even raise the risk of a diabetes diagnosis. It is a good idea to balance your diet with foods that promote an alkaline body.

Baking soda is tremendously alkaline. It rapidly deactivates stomach acids while alkalinizing the entire system. A simple combination of a daily 8-ounce glass of purified water mixed with an 1/2 teaspoon of baking soda can make a big difference in your health. Drink plenty of water daily as you take this home remedy because baking soda can raise your blood pressure as it is high in sodium.

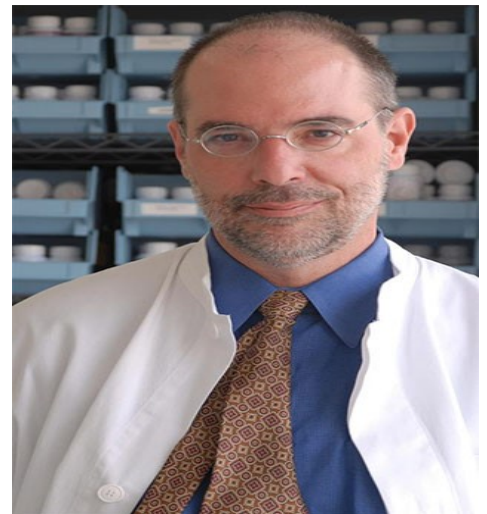
*<http://www.doctoroz.com/article/25-alkaline-promoting-foods>

*<https://www.google.com/webhp?ie=utf-8&oe=utf-8#q=to+have+an+alkaline+body>





Dr.
Peter J.
D'Adamo



Peter D'Adamo is a naturopathic physician who is also an author, researcher-educator, Ivesian, amateur horologist, budding software developer and air-cooled enthusi-

The international bestseller by Dr. Peter D'Adamo, continues to change the way we eat and live. Dr. D'Adamo's ground-breaking medical and genetic research reveals that blood type is the key to your biochemical uniqueness. When you eat right for your type, your body responds the way nature intended.

With more than 6 million hardcover copies in print, translated into 60 languages, and voted one of the "Ten Most Influential Health Books of All Time", *Eat Right 4 Your Type* has made a lasting mark in the field of diet and nutrition, with a simple, effective formula: 4 blood types; 4 individual diet plans.

- Blood Type O thrives on a lean, high protein diet.

Eating Right For Your Type just got a whole lot easier with the official Blood Type Diet App for

Don't know your blood-type? No problem! Dr. D'Adamo has created the Original Home Blood-Typing Kit! I personally purchased 5 of them; they were extremely accurate and only \$9.95!



It's never been easier to take charge of your health!

public-relations@dadamo.com

<http://www.dadamo.com/>

MOVIE PIC OF THE MONTH

Starring: Gal Gadot as Diana Prince

&

Wonder Woman

Plot: After realizing the perils of the outside world, Diana Prince, an Amazon warrior princess, leaves the safety of her paradisiacal island home to fight evils that rage against mankind. It is there that she discovers her purpose.

Now Showing In Theatres Everywhere!



What is Orange
and smells like
Yellow paint?

Orange,
tried
painted



Riddle Of The Month

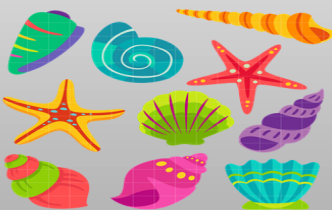
What did the frustrated golfer say to his caddy?



The first two residents who contacts the office with
the correct answer wins a prize!

The next quarter's joke, riddle, trivia and / or
brainteaser will be found in the next edition of
THE SWAN LAKE E-MAG! 2017, OCT—DEC.

How
Fast
Can
You
Say?



Sally sold some seashells by the
seashore, then sailed south to Singapore
in a submarine sandwich





On July 4, 1776, the thirteen colonies: Province of New Hampshire, Province of Massachusetts Bay, Colony of Rhode Island and Providence Plantations. Also, Connecticut Colony, Province of New York, Province of New Jersey, Province of Pennsylvania, Delaware Colony, Province of Maryland, Colony of Virginia, Province of North Carolina, Province of South Carolina, and Province of Georgia, their independence from England. This occasion led to the formation of the United States. This amazing moment in history marked the beginning of the annual holiday we know as Independence Day.

https://en.wikipedia.org/wiki/Thirteen_Colonies



Dear Swan Lake Residents, thank you for allowing us to be a part of your lives! Refer your friends. If they apply and are eligible for tenancy, you can receive a \$150.00 coupon for rent after the application process.

If you are active or retired military, come and see us. Swan Lake Apartments honors the United States Military!

Sincerely,

Cathy, Barbara, Katherine, Yolanda, Raysa, Kareline, Angela, Eylin, Ralph, Jeff, Joe, Eric L., Ruben, Alan & Eric C.



HAPPY 4th OF JULY!

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