

News of KINGS POINT

Official Publication
of the SCC West
Master Association

www.kpmaster.com

February 2022

On January 12, 2022, during the Master Association Board Meeting, Kings Point's leadership teams (on behalf of Kings Point Residents, Clubs, Sponsors, and Volunteers) were pleased to present a check to the Mary & Martha House for \$17,525.00; the money that was raised during events held throughout the 2021 holiday season. Representatives from Mary & Martha House (Bill Chini – Executive Director, Stacy Richey – Shelter Manager, and Leticia (Letty) Feregrino – Administrative Assistant) were in attendance to receive the funds and to express their gratitude to all who participated in making the event for the Mary & Martha House such a huge success.

Before the check was presented to the Mary & Martha representatives (and after the Master Board got through with regular business), Jim Argiro, concept creator of the holiday events and former Master Association President, took a few minutes to introduce some of the leaders and volunteers that helped facilitate the event; and present a slide show of the photos taken at The Celebration



Kings Point Check Presentation to Mary & Martha House



From Left to Right – MaryAnn Meeker, Eileen Peco, Ginger Anzalone, Matthew Permuth, Keith Wilking, Jack Davidson, Sue Martucci, Shawna Deulio, Leticia (Letty) Feregrino, Stacy Richey, Jim Argiro, Bill Chini

of the Holidays; which is currently available online for Residents to view at kpmaster.com/holidays.

Letty Feregrino, a vital part of the Mary & Martha organization for over 4 years expressed her deepest appreciation to MaryAnn Meeker and everyone involved with The Angel Tree, one of a few events that helped raise funds for the Mary & Martha House this holiday season. Feregrino explained that 18 children benefited from The Angel Tree by receiving several gifts of toys and necessities that were donated by the Kings Point community, and with additional monetary donations; were able to assist 6 more children which helped a total of 24 children.

Bill Chini, the new executive director for the Mary & Martha House was next to speak and expressed gratitude for the development of the Celebration of the Holidays, acknowledging how much Kings Point has

always done for the Mary & Martha House. In addition, he mentions Sue Martucci organizer of The Festival of Trees and her helpers and expressed how "amazing & professional looking" the themed trees and wreaths looked. Finally, Chini shared his personal story; paying respect to his predecessor Laurie Herring who passed in September 2021 from Covid-19; and how we are carry on her legacy by staying strong and working towards the Mary & Martha mission: "To provide emergency and transitional housing and support services to abused and homeless women and their dependent children so that they will gain employment and successfully transition to permanent housing."

After Mr. Chini gave his appreciation for everyone who participated, Jim Argiro gave a moving speech thanking everyone as well stating, "This event started as a way to let our community have an



enjoyable time and promote an atmosphere of cohesion and working together by the leadership of our community; it quickly turned into a labor of love." Several people were referenced for their efforts in Mr. Argiro speeches to include Leadership and Volunteers listed below.

- Jack Davidson – Federation Pres.
- MaryAnn Meeker – (Angel Tree)
- Sue Martucci – (Festival of Trees)
- Christine Spooner – (Donations)
- Steve Maguire – (Santa)
- Eileen Peco – COA Vice President
- Ginger Anzalone – Vesta
- Shawna Deulio – Vesta (Master)
- Keith Wilking – FirstService (Federation)
- Rudy Seurattan – Vesta
- Matt Permuth – Vesta
- Andrew – Kail – Vesta
- Tiffany Decker – Vesta (Master)
- Denny Brinsinger – Master Association

Mary & Martha House would not have been able to receive such a fabulous gift without the efforts of not only leadership, but to all the sponsors, volunteers, Kings Point Clubs, and Kings Point residents who made it a success.



Hillsborough County Emergency Notification System Sign-Up

Get Connected. Stay Alert.

Always be the first to know what's happening in your community with HCFL Alert, Hillsborough County's official notification system. HCFL Alert is designed to keep you informed about local emergencies, everyday events, and county news that's important to you.

When you sign up, you can choose which updates you'd like to receive and how you'd like to receive them. Whether voice, text, or email, our alerts will reach you in real-time - straight from us to you.



Always be the first to know.

Sign up today to receive HCFL Alerts from Hillsborough County for emergency notifications and more.



Here are just a few of the alerts you can opt-in to receive:

- hurricane evacuations
- flood warnings
- Severe weather alerts
- Major road closures
- County Closures
- Funding and grant opportunities
- Classes, Programs and Learning Opportunities
- Human Services

For assistance registering, call (813) 272-6602 or select the banner at kpmaster.com

Checked your Golf Cart Safety Features?

By Bob Preston

Have you checked the safety features of your golf cart lately?

Kings Point is a community that allows the operation of golf carts after dark. This provision does not extend beyond the physical boundaries of Kings Point property. Golf carts operated on county roads are only allowed during daytime hours.

Recently, after a heavily attended event that began before sunset and ended after dark, it was observed by volunteers from the Sun City Center Community Emergency Response Team that many golf carts had only one or no operational head lights. In some cases, when cautioned by volunteers to turn their headlights on, several operators had no idea on how to do so.

The privilege of driving a golf cart in Kings Point is great convenience for

visiting all our recreational facilities, business offices or for just a nice drive around the community; being able to drive after dark just adds to that convenience.

Each resident who owns or operates a golf cart in Kings Point should take a moment to make sure they know how to turn their headlights on and if all their lights work properly.

Even though your golf cart might have turn signals, it is recommended that hand signals be used as well.



For more information regarding golf cart laws see: Florida Statute 316.212 - Operation of golf carts on certain roadways

9 Surprising Ways to Boost Your Heart Health

By Julie Stewart | Nov. 12, 2021

These little-known tips can keep your ticker beating stronger and longer.

There is no time like the present to prioritize your health. Cardiovascular disease remains America's biggest killer, and the risk increases as you get older. But whatever your age, it's never too late to protect your ticker. Taking action now. These simple tips will help you get started.

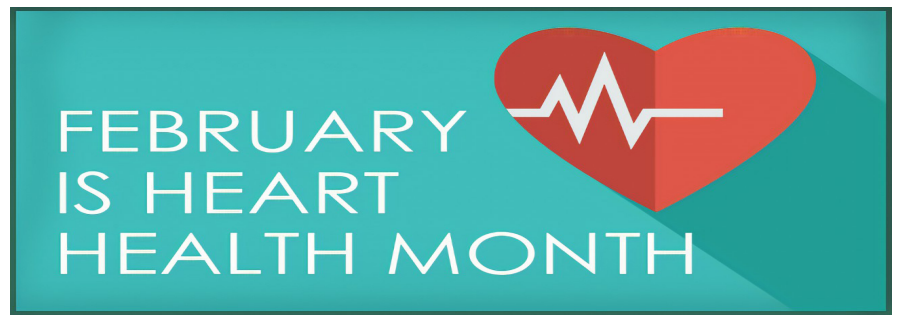
Heart Tip #1: Rethink Your Fish Oil Supplement The best way to reap the heart-healthy benefits of fish oil is to eat two servings a week of actual fish. That's preferable to taking a fish oil supplement, unless your doctor has prescribed one, says Dr. Gulati. "Fish oil is good for you. Get it from fish if you can." Research suggests that highly purified prescription-only fish oil can help reduce heart-threatening fats in your bloodstream. However, over the counter (OTC) fish oil supplements are not proven to have that effect, says Dr. Gulati.

Heart Tip #2: Double-Check Before You Pop "Baby" Aspirin You might have heard that everyone over a certain age should take low-dose aspirin, often called "baby" aspirin. Its blood-thinning properties are said to reduce heart attack risk. But providers no longer make this one-size-fits-all recommendation. Yes, an aspirin a day makes sense for some people, says Dr. Gulati. For many people, though, the risks of daily aspirin—especially the increased risk of bleeding—may outweigh the benefits.

Heart Tip #3: Tell Your Doctor About All Your Prescriptions Yes, all of them, not just the heart-related ones. You know that medication list your provider makes you fill out? If you do it thoroughly, you can help your heart. Many common medications for osteoarthritis, autoimmune diseases, cancer, asthma, and other conditions can negatively affect your heart, says Dr. Gulati.

Heart Tip #4: Go Easy on the Alcohol Vino lovers often cite research showing that red wine is good for the heart because its grape compounds might help keep arteries clear. The reality: These potential benefits shouldn't be an excuse to drink more than usual, or even at all. "I don't recommend that people start drinking to prevent heart disease, for sure," says Dr. Gulati.

Heart Tip #5: Focus on Adding Healthy Food Instead of Cutting Things Low-fat and low-carb diets come and go, but a well-rounded approach to healthy eating is always a sustainable way to protect your heart. "Moderation will be the key," says Dr. Gulati. "Think about getting more of the substances you need rather than focusing on what you should eliminate," she says. A good place to start is



a nutrient-dense Mediterranean-style diet, which is more of a lifestyle than a diet, says Dr. Gulati. Fill your plate with fruits, vegetables, nuts, olive oil, fish, and low-fat poultry. You'll get a mix of protein, carbs, fat, and heart-protecting antioxidants.

Heart Tip #6: Aim to Avoid Diabetes Over time, high blood sugar can damage blood vessels and harm your heart. "Once you have diabetes, we always say you have heart disease until proven otherwise," says Dr. Gulati. "That's how strong the risk of diabetes and heart disease is." This is exactly why screening for diabetes and taking steps to lower your risk are important.

Heart Tip #7: Get Your Sleep The worse you sleep, the higher your risk of heart failure, according to research in Circulation. People who sleep better may also have lower cholesterol levels, lower blood pressure, and less inflammation, says study author Lu Qi, M.D., Ph.D.,

Heart Tip #8: Move a Little Every Day You knew this was coming. But here's the thing: You don't need to sign up for a boot camp to get the benefits. Even committing to move more and sit less can help your heart. Researchers found that when people wore a fitness tracker and tried to move more, their average sedentary time (a.k.a. inactive time) dipped by seven minutes a day, and their systolic blood pressure (that's the top number of your blood pressure) fell 10 points over 20 weeks. Don't overlook the value of simply spending less time sitting and increasing your low-intensity physical activity.

To start, find an activity you really enjoy, such as walking, gardening, or swimming. Then try to replace some of your TV or reading time with that activity.

Heart Tip #9: Get to Know Resistance Training It might not make your heart pump the way cardio does, but resistance training can help you mount a stronger fight against heart disease. People who did resistance exercise once, twice, or three times a week for an hour or less had a 40 to 70 percent reduced risk of cardiovascular disease, according to a study in Medicine and Science in Sports and Exercise. "Examples of muscle-strengthening activities include resistance band exercises, lifting weights, using weights for resistance, climbing stairs, doing home chores, and carrying heavy loads," he says. Increase your intensity and number of repetitions gradually over time.

When Valentine's Day rolls around, you want to make your partner's day a little bit better than the rest. The trouble is, that's harder than it sounds! Whether you've been together for a few weeks or multiple decades, it's always tricky planning a day Cupid would be proud of.

To make things easier, we'll let you in on a little secret: the most important part of a great Valentine's Day is spending time together! That's why we've gathered ideas on how you make this Valentine's Day extra special.

1. Create Valentines Cards Gather cardstock, glitter, glue, stickers, and whatever else your crafty self can think of then get to work creating

some handmade valentines.

2. Pull Out the Board Games Raid your closet for your favorite board games, clear off your table, and prepare your best smack talk – things are about to get serious! To add an exciting flair to your game night in, put some wagers on victory.

3. Take a Hike If you're really looking to get away from other people, head to the woods or beach! A scenic hike will help you blow off some steam and get your blood pumping. Pack some snacks and enjoy the fresh air.

Ideas for Valentine's Day 2022

Author Unknown - January 10, 2022

4. Picnic Under Moonlight Since the full moon falls on February 16th, the Valentine's Day sky will be awash with moonlight. Use this as an opportunity to head out for a romantic picnic dinner, complete with a cozy blanket, candles, and flowers.

5. Escape Room While being trapped with your partner may sound idyllic, have to push this thought aside in an escape room. Not only will the two of you have fun working together to break out, but you also might learn a thing or two about your partner!

6. Sing at a Karaoke Bar Do you and your partner love to sing? Then head to a karaoke bar to belt out your favorite tunes. Even if you aren't much of a singer yourself, you can spend the night cheering on your partner and rating the other vocalists.

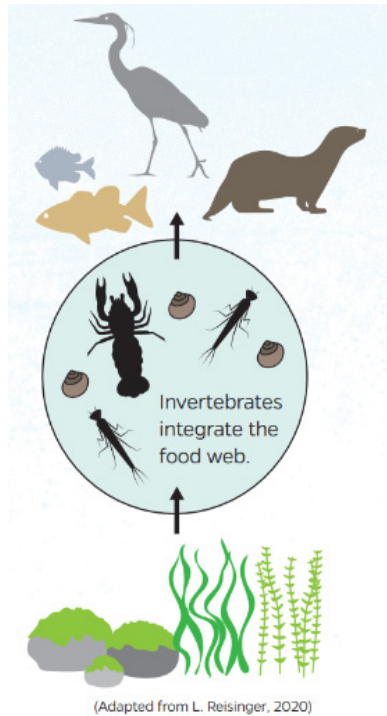
7. Sign Up for a Virtual Cooking Class If you'd rather take advantage of your kitchen, sign you and your significant other up for a virtual cooking class! Most classes allow you to tune in from multiple locations, so you'll both be able to learn and cook from your own homes.

With thousands of ideas to choose from; you and your special someone can have the best Valentine's Day Ever!

HEALTHY PONDS AND YOU! By: UF/IFAS Extension

A healthy pond starts with you! You can assess your own pond using the Stormwater Pond Assessment tool. You can also request a stormwater pond assessment by contacting us. Finally, you can follow these recommendations to create a healthy pond.

- Know your permit. See how your ponds were designed by finding your Environmental Resource Permit on file at the Water Management District.
- Reduce negative inputs. Limit fertilizer and keep grass clippings/landscape debris, pet waste, and irrigation water out of your pond.
- Support your pond's natural food web. Allow native plants to thrive.
- Create a vegetated buffer zone. Separate your yard from the water's edge with native and Florida-Friendly plants.
- Manage invasive species. Use an integrated pest management (IPM) approach to manage invasive species.
- Reduce herbicide use. Limit chemical applications applied for aesthetic reasons.



Broad-spectrum herbicides, such as copper sulfate, target the items at the bottom of the food chain (algae and plants), but invertebrates in the middle are often more sensitive to these chemicals. Herbicides eliminate or weaken the invertebrate community, destroying the natural pond food chain. Invertebrates feed on algae, plants, and other insect pests. Invertebrates also make food for fish, birds, and other predators. By eliminating non-essential applications of herbicides and reducing the use of broad-spectrum herbicides, you can build up your pond's food web, which in turn stabilizes the ecosystem and creates a healthier pond.

To Learn more about Kings Point's Ponds visit the page on the web!
<https://kpmaster.com/ponds/>

WHAT IS A HEALTHY POND? By: UF/IFAS Extension

Features of a healthy pond:

1. Florida native plants in and around the pond, covering 30-85% of the total pond area.
2. Diverse plants and animals supporting a balanced aquatic ecosystem.
3. A 3-to-10-foot-wide buffer zone with plants growing their maximum height and turfgrass trimmed to maintain 8 – 12 inches in height.
4. Periphyton allowed to grow.
5. Limited stressors from surrounding roadways and yards.



The first is an abundance of native flora in and around the pond, covering between 30% and 85% of the pond area. This is necessary to help support a balanced ecosystem of fish, invertebrates, birds, and more.

Second, when selecting plants for your pond, it is important to have a variety of species to encourage biodiversity. Biodiversity creates resilience in the face of disease and other natural hazards and ensures shoreline stability.

Another feature of healthy stormwater ponds is a buffer zone that is greater than 3-feet-wide. Buffer zones prevent erosion, which can cost communities hundreds

of thousands of dollars to fix. Thus, buffer zones (sometimes called no mow zones) extend the life the pond, delaying and possibly putting off the need for expensive engineered solutions.

It is very important that pond managers and residents of the community recognize the importance of periphyton and other beneficial algae. Contrary to the common narrative that "a clear pond is a healthy pond," in our region of the state where nutrients are naturally abundant, the presence of algae, bacteria, and detritus in ponds is an integral part of a healthy ecosystem. These smaller organisms are the base of the food chain and provide necessary nutrition to invertebrates, fish, and birds.

Last, it is important that you minimize the negative inputs coming into your pond from neighborhood yards and streets. These stressors, which include nutrients from landscape debris, fertilizer, and/or pet waste, can create an imbalanced pond and subsequent decline in the health of your pond and all the plants and animals that rely on it.

FREE TAX PREPARATION AVAILABLE BEGINNING FEBRUARY 2022

Unfortunately, the Kings Point COA hosted tax preparation service is not available to Kings Point residents this year; However, there is an alternative nearby. VITA (Volunteer Income Tax Assistance) has plans to open the South Shore VITA site in Ruskin (South Shore Regional Library) beginning

Tuesday, February 8, 2022.

Taxpayers will be able to begin signing up for services on January 17, 2022. (To ensure a workable environment due to the surge of COVID cases, tables will be fitted with plexiglass sneeze guards and masks will be required.)

There will be 5 preparation stations. More information should be completed shortly, and we will make it available to you.

For more information, Text VITA to 51555; Dial 2-1-1; or Call 1-833-UWS-VITA, or visit UnitedWAYSuncoast.org/VITA

Generous support provided by: AARP • Florida Prosperity Partnership • Hillsborough Community College • IRS • IberiaBank/First Horizon Foundation • Linnie E. Dalbeck Memorial Foundation • MacDill RAO • Republic Bank • Regions Bank • Stetson University • Spurlino Family Foundation • TD Bank Charitable Foundation • Third Federal, and Wells Fargo



Give. Advocate. Volunteer.
unitedwaysuncoast.org
#LIVEUNITED



Dear COA Volunteers,

The new dialing procedure requires anyone with an 813 or 656 area code to dial the area code + telephone number to complete local calls, including calls within the same area code. This means that all calls in the 813 area code that are currently dialed with seven digits will need to be dialed using area code + telephone number. (This also applies in the new 656 area code)

Beginning January 22, 2022, if you have an 813 /656 area code, you must dial the area code on all calls, including calls within the same area code.

After this date, if you do not dial the area code + telephone number, your calls will not complete and a recording will instruct you to hang up and dial again, including the area code. Let me know if you have any questions. - Lucy Polson, Secretary Kings Point COA

KPCOA MEMBERS - MARK YOUR CALENDARS!

FEBRUARY 1, 2022: MONTHLY KPCOA BUSINESS MEETING AT 2:00 PM IN THE BANQUET ROOM OF THE MAIN CLUBHOUSE.

Guest Speaker will be Chris Noble, Community Engagement Manager, for Seniors in Service. Their mission is to provide solutions to community challenges by engaging volunteers aged 55+. We look forward to hearing about ideas for volunteering in our area.

FEBRUARY 21, 2022: KPCOA ANNUAL MEMBERSHIP MEETING AT 2:00 PM IN THE WATERSIDE ROOM.

**JANUARY MEETING LOTTERY DRAWING WINNER (\$25)
ELAINE VARNEY - NANTUCKET I
CONGRATULATIONS!**



2021 was a very busy year for the Master Association and the residents of Kings Point. Covid Vaccines were distributed, Master Elections were held, Committees were formed, and the leadership team of Kings Point (Master Association, COA, Federation, Vesta and FirstService) partnered up to plan and execute events such as the Disaster Planning Symposium, Vaccine Distributions and all the Holiday Events that were recently held throughout November and December.

The engineer study of the infrastructure including the roads, drainage structures and bridges was completed. As a result of



30" Storm Pipe Replacement Finsbury Cr.

Master Association – Looking Back at 2021, Year End Review

the study, a five-year plan was put in place to keep the bridges in good shape and structurally sound, dozens of drain repairs and grate replacements were completed and additional signage, road striping, and cross walks were installed throughout the community to improve safety. Over 45,000 square yards of roads were paved and the turn lane at Kings & Fox Hunt was extended.

Irrigation work order submissions for repairs reached over 3500; with submissions averaging 295 requests a month. In addition to the irrigation repairs, irrigation alteration requests for lanai extensions, paver driveways and other projects were also many, averaging 29 requests a month.

There were a multitude of miscellaneous repairs and improvements across Kings Point as well including: tree removals, street signs repaired, potholes filled, gatehouse electrical and plumbing repairs, golf course clean up, and benches installed. The end of 2021 brought about a

few contract changes. Irrigation Technical Services (ITS) is the company now taking care of all maintenance and repairs for the community's irrigation system. For more information on ITS please see the article "Getting to know your new irrigation contractor" located on this page. David Rivera from Nature Coast Irrigation was brought on as the new water manager. David has over 25 years in the irrigation industry. He is Baseline certified and highly proficient in installing, servicing, troubleshooting, designing and water management, including working with SWFWMD. The Field Manager contract was awarded to Denny Brinsinger of ARIPM Consultants. Denny is also certified in Baseline, has over 8 years' experience in irrigation and has worked on the KP property in various capacities for the past 6 years. His knowledge and familiarity with the property, our irrigation system and the governing entities within the community have allowed for a smooth transition with all of these contractors.



6" mainline break at Hassel Park

Currently, the Master is repairing golf course cart paths, installing new moisture sensors on two wire paths, working on pressure sustaining wells and making preparations for the 2022 paving project to begin the last week for February. The Strategic Planning Committee is researching a few other projects that are up for discussion or consideration as well including an emergency exit, visitor lane expansion, speed control, solar street lighting, communication improvements, and a possible cell tower. The future looks bright here in Kings Point, and The Master Association looks forward continuing to serve the community.

Irrigation construction has been at the heart of what we have done for over 45 years. Family owned, Newberg Irrigation offers a full range of services that combine our experience with the latest technology and craftsmanship. We have set the standard for irrigation by never being too comfortable with the status quo, developing new ideas, and applying those solutions that differentiate us in valuable ways. Our success is attributed to a dedicated workforce that is committed to doing the right thing with uncompromising honesty. These qualities have enabled Newberg Irrigation to build lasting relationships based on consistency and the highest ethical standards.

Newberg Irrigation is the parent company of Irrigation Concepts and Irrigation Technical Services. Together, we design, build, and maintain irrigation systems.

Newberg is proud of what we have accomplished and the

Get To Know Your New Irrigation Contractor



properties we have designed, installed, and maintained over the years. Irrigation Concepts has designed irrigation systems all over the state of Florida, in the U.S and even abroad. Newberg Irrigation has installed irrigation systems all over the state including many masters planned communities (Margaritaville Daytona Beach), National VA Cemeteries (Tallahassee and Bushnell), sports fields and complexes (Ben Hill Griffin Stadium for the University of Florida, New York Yankees spring

training site in Tampa) and even golf courses. Newberg also has had a long working relationship with Disney, including repair work at their theme park and hotels.

Irrigation Technical Services (ITS) has a comprehensive knowledge and understanding of irrigation water management systems. ITS has established a synergy that combines all of the elements of water management software, hardware and communication devices; large

pump station design, operation, service and installation; repair of every facet of the irrigation system including two-wire decoder components. As the service division for Newberg Irrigation, ITS is positioned to provide ongoing care and support for some of the most robust irrigation systems in existence. From maintenance and repair to water management, ITS possesses the talent and experience to keep your investment in perfect working order for years to come.

ITS is thrilled to be back in Sun City at Kings Point. ITS is fully committed to take care of all the irrigation needs at Kings Point. ITS previously retrofitted the irrigation control system to Baseline, making Kings Point one of the largest Baseline systems in the U.S. Our dedicated team has the experience and knowledge to maintain the irrigation system, make all necessary repairs and work with the property to provide long term solutions for the entire community.



Unclaimed Raffle Prizes

\$275 in gift cards as well as the \$1500 Royal Caribbean Cruise certificate from the Celebration of the Holidays event has yet to be claimed. The planning committee has decided to donate the gift cards directly to the Mary & Martha House and hold a silent auction for The Royal Caribbean Cruise certificate. Auction sheets will be available for bidding in the lobby of the North and South clubhouses the week of February 7th.

Monday Feb. 7th North Clubhouse
Tuesday Feb. 8th South Clubhouse
Wednesday Feb. 9th South Clubhouse
Thursday Feb. 10th South Clubhouse
Friday Feb. 11th North Clubhouse



CLOSED COURSE UPDATE



The closed golf courses are scheduled to reopen to the public on February 1, 2022. The paths are now repaired.

Thank you for your patience.

SAVE THE DATE

March 7, 2022 @2:00 PM
Disaster Planning Symposium

UPCOMING MEETINGS

February 1st @ 2:00pm
COA Meeting
KPNCH - Banquet Room

February 4th @ 9:30am
Federation Board Meeting
KPNCH - Card Room

February 9th @ 9:30am
Master Association Town Hall
KPNCH - Card Room

February 18 @ 9:30am
Federation Membership Meeting
Room - TBD