



AUGUST



TIGER LAKE NEWSLETTER - 2021

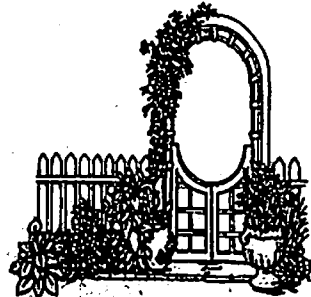


PLEASE KEEP YOUR TRASH CANS IN YOUR GARAGE UNTIL 6:00 P.M. THE EVENING BEFORE THE SCHEDULED TRASH DAY AND RETURN THEM TO YOUR GARAGE THE SAME DAY IT IS COLLECTED.

- BROWN CAN FOR YARD WASTE - WEDNESDAY
- BLUE CAN FOR RECYCLE - WEDNESDAY
- GRAY CAN FOR GARBAGE - THURSDAY
- BROWN CAN FOR GARBAGE - THURSDAY
- BULK ITEMS - FRIDAY

CALL WASTE PRO AND LET THEM KNOW IN ADVANCE YOU HAVE A BULK ITEM.
(850)365-1900.

CONGRATULATIONS UNIT 1357 'JULY' GARDEN OF THE MONTH!



DID YOU KNOW
GARDENING CAN DO
WONDERS FOR YOUR
WELL-BEING?

HERE ARE SEVEN SURPRISING HEALTH BENEFITS OF GARDENING.

1. GARDENING CAN BUILD SELF-ESTEEM.

MAYBE YOU DON'T THINK YOU WERE BORN WITH A GREEN THUMB, BUT AFTER TILLING, PLANTING, NURTURING AND HARVESTING PLANTS, YOU MIGHT SEE A SLIGHTLY DIFFERENT PERSON IN THE MIRROR: A PERSON WHO CAN GROW THINGS AND IS A LITTLE MORE IN TUNE WITH THE EARTH.

2. GARDENING IS GOOD FOR YOUR HEART. YES, ALL THAT DIGGING, PLANTING AND WEEDING BURNS CALORIES AND STRENGTHENS YOUR HEART.

3. GARDENING REDUCES STRESS AND CAN HELP REDUCE SYMPTOMS OF DEPRESSION AND ANXIETY.

4. GARDENING CAN MAKE YOU HAPPY. IN FACT, INHALING MYCOBACTERIUM VACCAE, A HEALTHY BACTERIA THAT LIVES IN SOIL, CAN INCREASE LEVELS OF SEROTONIN AND REDUCE ANXIETY.

5. GARDENING CAN IMPROVE YOUR HAND AND FINGER STRENGTH.

6. GARDENING IS GOOD FOR THE WHOLE FAMILY. THE HAPPINESS AND STRESS RELIEF THAT GARDENING PROVIDES IS A GREAT THING TO SHARE WITH LOVED ONES. ALSO, GARDENING HAS SPECIAL BENEFITS FOR KIDS. EARLY EXPOSURE TO DIRT HAS BEEN LINKED TO NUMEROUS HEALTH BENEFITS, FROM REDUCING ALLERGIES TO AUTOIMMUNE DISEASES.

7. GARDENING CAN GIVE YOU A BOOST OF VITAMIN D, WHICH INCREASES YOUR CALCIUM LEVELS, WHICH BENEFITS YOUR BONES AND IMMUNE SYSTEM. EXPOSURE TO SUNLIGHT HELPED OLDER ADULTS ACHIEVE ADEQUATE AMOUNTS OF VITAMIN D.



PARKING

PLEASE DO NOT LEAVE YOUR VEHICLES PARKED ON THE STREET

AFTER 9:00 P.M.

AND

BEFORE 9:00 A.M.



- NO PARKING AT ANY TIME ON THE SIDEWALKS, GRASS AREAS OR THE CURBS THAT ARE PAINTED YELLOW.
- BOATS OR RECREATIONAL VEHICLES CANNOT BE PARKED OVERNIGHT.
- IF YOU VIOLATE THESE RESTRICTIONS, YOU COULD BE FINED \$100 OR UP TO \$1000 FOR REPEAT OFFENDERS.

FOR SALE!

LOVE SEAT - EXCELLENT CONDITION,

FLORAL PATTERN \$60



COMPUTER DESK - LIGHT BLONDE WOOD,
PLENTY OF STORAGE \$50



FULL SIZE TIGER - JUST IN TIME FOR
TAILGATING. HE ACTUALLY ROARS! \$50
CALL: 850-497-3539

IT'S A GOOD DAY TO HAVE A GOOD DAY!



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LAKE RULES & RESTRICTIONS



CHILDREN 12 YEARS OF AGE AND UNDER MUST BE SUPERVISED

AROUND THE LAKE.



NO SWIMMING



NO FISHING



NO SKATEBOARDS

NO SCOOTERS



NO BICYCLES

PLEASE REMEMBER THE LAKE IS ALSO YOUR NEIGHBOR'S BACK YARD.

ARCHITECTURAL REVIEW COMMITTEE

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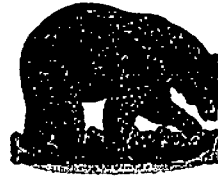
ALL EXTERIOR CHANGES OR ADDITIONS TO YOUR UNIT MUST BE REVIEWED AND APPROVED BY THE BOARD BEFORE CHANGES ARE MADE TO YOUR UNIT. ADDITIONALLY, ALL ROOFS MUST BE IDENTICAL. THE ASPHALT SHINGLE COLOR IS "WEATHERWOOD."



HOA MEETINGS @ 6:00P.M.
TIGER PARK COMMUNITY CENTER

SEPTEMBER 15, OCTOBER 20, JANUARY 19,
FEBRUARY 16, MARCH 16, APRIL 20, MAY 18

PLEASE BE CONSIDERATE OF YOUR NEIGHBORS AND SCOOP UP THE POOP.



ABOUT."

DOES THIS SOUND FAMILIAR?

"IT IS GARBAGE DAY IN GULF BREEZE AND, AS A RESULT, IT'S ALSO BREAKFAST TIME FOR AN UNKNOWN NUMBER OF WAYWARD BEARS THAT ROAM FREELY

"FUN FACT: BLACK BEARS HAVE THE KEENEST SENSE OF SMELL OF ANY ANIMAL, APPROXIMATELY 300 TIMES STRONGER THAN A BLOODHOUND'S AND 2,100 TIMES MORE POWERFUL THAN A HUMAN'S. SO, IF YOU THINK THAT BOX OF FRIED CHICKEN YOU HAD LAST NIGHT SMELLED GOOD, THINK HOW ENTICING THE AROMA IS FOR A BEAR AFTER THE LEFTOVERS MARINATE IN A TRASH CAN OVERNIGHT. KEEPING GARBAGE CANS SECURELY OUT OF REACH IS A PREVENTATIVE MEASURE, BUT ALSO PROBLEMATIC ON GARBAGE DAYS WHEN CANS MUST BE PUT OUT ON THE STREET — EASY PICKINGS FOR A HUNGRY BEAR."

"FLORIDA'S BLACK BEARS WERE DECLARED AN "ENDANGERED AND THREATENED SPECIES" IN 1974 AND, AS SUCH, IT IS ILLEGAL TO KILL OR HARM ONE UNLESS IT IS TO PROTECT HUMAN LIFE OR LIVESTOCK." THE FISH AND WILDLIFE COMMISSION OFFICE INDICATES THAT BEARS THAT BECOME A CHRONIC NUISANCE IN URBAN SETTINGS ON OCCASION WILL BE CAPTURED AND RELOCATED TO UNINHABITED AREAS.

"FLORIDA BLACK BEARS ARE RATHER SKITTISH AND, IF GIVEN THE OPPORTUNITY, WILL AVOID HUMANS. ON THE OTHER HAND, BEARS ARE WILD ANIMALS, AND WILD ANIMALS BY NATURE ARE UNPREDICTABLE."

"THE BOTTOM LINE: A SIGNIFICANT NUMBER OF WELL-FED BEARS HAVE TAKEN UP RESIDENCE IN THE GULF BREEZE/NAVARRE AREA AND, FROM THE LOOKS OF IT, HAVE NO PLANS TO VACATE THE AREA. SO, LET'S HOPE THIS LIVE-AND-LET-LIVE POLICY CONTINUES TO WORK ... AND THAT NO ONE, INCLUDING THE BEARS, GETS HURT."

-CARLTON PROCTOR

"TREAT A CHILD AS THOUGH HE ALREADY IS THE PERSON HE'S CAPABLE OF BECOMING." - HAIM GINOTT