



## And The Category Is... Sugar

There are so many different opinions about sugar both positive and negative. For many there is one conclusion, it's delicious! Whether it's processed or in its natural form, it has been a favorite ingredient for centuries. Some have chosen to remove sugar completely from their diet, for those who still enjoy here are some you may or may not have heard of.

### Types of Sugar

Granulated Sugar  
Confectioners' Sugar  
Fruit Sugar  
Baker's Special Sugar  
Superfine Sugar  
Cane Sugar  
Coarse Sugar  
Sanding Sugar  
Pearl Sugar  
Light Brown Sugar  
Dark Brown Sugar  
Turbinado Sugar  
Muscovado Sugar  
Liquid Sugar

With such a wide variety of sugars available, explore the many uses of sugar that go beyond flavor and food.

**Junior Chef Riley "Cashman" Dew**

## Around The House

Keeping up with regular home maintenance is important for making your home safe and efficient. Here are some tips for around the house:

- Replace batteries in smoke and carbon monoxide detectors
- Change HVAC filters as directed
- Ceiling fan blades should spin counterclockwise to spin warm air up to keep you cool
- Remove leaves and debris from the gutters Check down spots to ensure they are snug against the house and draining away from the foundation
- Check for easy critter entrances where utilities enter the home Caulk or use spray expanding foam to fill any gaps
- Mulch your plant beds to 3" of mulch
- Inspect the irrigation system for broken or damaged sprinkler heads Adjust the spray to prevent spraying the house or sidewalks, wasting water
- Check for broken screens to keep insects away
- Clean outdoor lighting fixtures and replace bulbs
- Pressure wash driveways sidewalks and home Touch up paint if needed

## Did You Know?

SOPOA Covenants

Window Treatments:

Window treatments shall be compatible with the exterior design and color of the dwelling in which they are installed. No bedsheet, paper, cardboard, aluminum foil, or other similar covering is permitted.



Brunchery Owner Alket Marku is offering thru the month of May a 10% discount on meals.

**Show your SOPOA ID card or APP**

## For A Smoother Life

Electrolyte Booster Smoothie

**1 cup coconut water**  
**6 ½ ounces frozen pineapple**  
**½ small avocado**  
**¼ small baby fennel bulb**  
**¼ cup loosely packed fresh mint leaves**  
**1 cup firmly packed baby spinach leaves**  
**1 tablespoon lime juice**

1. Blend ingredients until smooth
2. Serve immediately over ice

### Did You Know?

Electrolytes (sodium, potassium, calcium, magnesium) are responsible for stimulating the muscles and nervous system. They also regulate fluids within the body. This natural booster is a far better choice than over the counter drinks.

## Expand your Vocabulary

ASPERITY (NOUN) - Something hard to endure.

Sorry, I can't handle the asperity of a ballet. Could we watch football instead?

## 10 Golf Tips

- #1. Take your time
- #2. Pick Out A Specific Target
- #3. Relax Your Grip
- #4. Quiet Hands In The Takeaway
- #5. Play To Your Strengths
- #6. See The Club Hit The Ball
- #7. Stay Perfectly Still While Putting
- #8. Don't Slide
- #9. Finish The Swing
- #10. Have Fun

Hopefully the tips listed above are helpful as you work on your game. Golf is a tremendous challenge, which is a big part in why so many love to play.

Please note that the tips listed are for right-handed golfers and will be needed to be reversed for left-handed players.

### Resident Spotlight

#### Tariq Siddiqui



Many hats are worn on my head — husband, father, active resident of Seven Oaks, Associate Director at DTCC, and for the last two years, Feeding Tampa Bay Volunteer Captain. Every Saturday morning, my team of volunteers lends a hand at the Feeding Tampa Bay Mega Pantry. With the music turned up, we move and groove while serving, and are often joined by the many guests in their vehicles. It is always a beautiful morning spending quality time with a great team of volunteers and rewarding to see families come through the distribution lines with a big smile of gratitude. Thomas Gaffney (TJ), a neighbor from Seven Oaks, and his friends: Logan Gannon, Ryan Briggs, and Jacob Briggs of Bishop McLaughlin Catholic High School, recently joined us. They were moved to see the impact being made. Volunteering is an amazing opportunity to help hundreds of people! We get to meet other volunteers. It gives a great sense of gratification and appreciation. I HIGHLY encourage you to sign up for just one Saturday. I promise you will want to come back for more.

### Where To Go? What To Do?

#### Tampa

May 2-7  
INVERSO 2022 MFA Graduation Exhibition  
Features Master's Thesis projects by the Graduating Class of 2022 from the USF School of Art and Art History.  
Event Venue-USF Contemporary Museum  
3821 USF Holly Dr.  
Tampa, FL

May 6  
Riverfest  
Tampa River Walk

Thru May 22  
Picasso And The Allure of the South  
Presented At the Dali  
Explores the influence of Southern France on Pablo Picasso's Revolutionary work.

May 29  
Cuban Sandwich Fest  
YBOR City



#### Mother's Day Events

##### Mother's Day Cruise & Brunch

Starships Cruises and Events

**Early Brunch:** Board Time: 10:00am.

Sail Time: 10:30am. – 12:30pm.

**Late Brunch:** Board Time: 2:00pm.

Sail Time: 2:30pm,- 4:30pm.

**Dinner:** Board Time: 6:00pm.

Sail Time: 6:30pm.- 8:30pm.

[info@yachtstarship.com](mailto:info@yachtstarship.com) or call-(813) 223-7999

##### Mother's Day Brunch

Straz Center for the Performing Arts

"It is possible to be busy-very busy-without being very effective." Stephen Covey