

New Year's Rx for Weight Loss

If you've vowed to lose weight as your New Year's resolution this year, you're not alone. Year after year, it's one of the most popular – and hardest – resolutions to maintain. Sarasota Memorial offers a number of programs – from healthy cooking and exercise classes to medically supervised weight loss programs and weight loss surgery – to suit diverse schedules, budgets and needs. Call (941) 917-7777 to find a plan that's right for you.

Sarasota Memorial Hospital Community Health Calendar

Upcoming events, classes, support groups. Register online or call (941) 917-7777 or the number provided.

- Caregiver Connection: 9:30-11 am second Wednesday of each month.
- Childbirth Education (free and fee-based classes): (941) 917-1700
- Diabetes Management: First Monday of each month. Information: (941) 917-7468
- FREE Memory Screenings: (941) 917-7197
- FREE Mental Health Assessments: (941) 917-7760
- Living Well With Heart Failure: (941) 917-2114
- MS Friends of Hope: 6-8 pm, third Thursday of the month.
- Stroke Support: 10-11:30 am second Wednesday of each month. Information: (941) 917-7048
- The Parkinson Wellness Club: 9:30-10:30 am third Wednesday of each month.
- Woman to Woman Breast Cancer Support Group: Next meeting 4:30-6 pm Jan. 20, 2010.

Suncoast Communities Blood Bank

Provides a reliable supply of quality blood products and services to hospitals and health centers in need.

Visit the Suncoast Communities Blood Bank bloodmobiles or donor centers from January 11th through February 1st and enter to win two tickets to the Daytona 500. Winner will be announced February 2nd.

To locate a Blood Drive, please visit www.scbb.org or call 941-954-1600

2010 Circus Sarasota Performers www.CircusSarasota.org

Friday Feb. 12 through Sunday Feb. 28, 2010 Tuttle & 12th in Sarasota

Ticket prices from \$ 10 to Box Seats \$ 42.00

Circus Sarasota is a 501 (c) 3 Non-Profit Performing Arts Educational Organization

Circus Sarasota 8251 15th Street E, Suite B Sarasota, FL 34243

Email: info@CircusSarasota.org

Phone: (941) 355-9335

Fax (941) 355-7978

District to accept 2010-11 school choice requests in February

Parents who would like their children to attend a Sarasota County public school in 2010-11 other than their districted school are invited to submit a school choice application from Monday, Feb. 1 through Friday, Feb. 19.

School choice application forms will be available beginning Monday, Feb. 1 at all public schools, at selected daycare facilities, or by calling 927-9000, ext. 32255.

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**Colonial Gables Homeowners Assoc**  
**Mailing Address**  
**C.G.H.A. PMB 137**  
4025 Cattlemen Road  
Sarasota, FL 34233

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Keep Sarasota County Beautiful

Did you know tossing a cigarette butt from your care is littering under the local laws. Call 365-TAGS (365-8247) to report someone for littering.

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**Martin Luther King, Jr Facts**

- Martin Luther King, Jr., was born on January 15, 1929, in Atlanta, Georgia

- A Baptist minister.

- In 1964, King became the youngest person to receive the Nobel Peace Prize for his work to end racial segregation and racial discrimination through civil disobedience and other non-violent means.

- King was assassinated on April 4, 1968, in Memphis, Tennessee.

**Cold Weather can bring fire and carbon monoxide dangers.**

According to the National Fire Prevention Association, heaters are the leading cause of home fires during the winter months. To avoid problems, keep space heaters (both portable and fixed), at least three feet away from anything that can burn, including furnishings, bedding, and clothing.

According to the U.S. Consumer Product Safety Commission, space (or room) heaters cause more than 25,000 residential fires every year, resulting in more than 300 fatalities and 6,000 injuries severe enough to require hospital treatment

For more information, contact the Sarasota County Call Center at 941-861-5000 and ask for Fire Prevention.

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Phillippi Farmhouse Market to open Jan. 13

The Phillippi Farmhouse Market will open at noon, Wednesday, Jan. 13, 2010 at Phillippi Estate Park, 550C South Tamiami Trail, Sarasota.

Featuring produce and fruits from local growers and farms in Florida, the Farmhouse Market also will offer baked goods, prepared foods and sustainable products. Admission is free and proceeds will support the renovation of the historic Edson Keith farmhouse in Phillippi Estate Park. The farmhouse was the first building on the estate in 1916 and is a valuable part of Sarasota County's early heritage.

The Phillippi Farmhouse Market will be open from noon to dusk every Wednesday through May. Amenities at Phillippi Estate Park include free parking, restrooms and handicap access.

For more information contact the Sarasota County Call Center at 941-861-5000

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**Upcoming Sarasota County School Events**

End of 2<sup>nd</sup> Grading Period - Jan 15,2010  
Martin Luther King Jr. Day, no school – Jan 18,2010  
Professional Day, no school – Jan 19, 2010



## Ronnie Miller Painting, Inc.

**Ronnie Miller**

5408 Brookmeade Drive  
Sarasota, Florida 34232 USA

Phone: (941) 378-2035  
Cell: (941) 302-4196

**FREE ESTIMATES**

Our community website was developed to serve as an information portal for our neighborhood and our local community.

[www.colonialgablesnews.net](http://www.colonialgablesnews.net)

Have you visited the new Colonial Gables website. Please let someone know your ideas of the website. If you have input for the website, please email them to [colonialgables@yahoo.com](mailto:colonialgables@yahoo.com)

### Newsletter Submissions

All articles, ads, and payments must be submitted by the 15th of each month. You can submit articles through the website or email [djpat77@verizon.net](mailto:djpat77@verizon.net) .

### Newsletter Advertising

Business Card \$ 10  
Quarter page \$ 20  
Half page \$ 30



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47 S. Palm Avenue—Suite 301  
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Email: 5455Whittington@comcast.net  
[www.WagnerRealty.com](http://www.WagnerRealty.com)

A Colonial Gables resident since 1978. Realtor since 1987  
The only Realtor you will ever need.

## Current Water Restrictions

### Exceptions to Water Restrictions

No watering can occur between 8 a.m. and 6 p.m. Visit [www.scgov.net](http://www.scgov.net) for additional information for specific exceptions, example, replacement lawns, new plant establishment. Irrigation restrictions apply to all water sources including private wells, lakes, and canals. Reclaimed water may have different restrictions. Basic Restrictions:

- Even addresses (house numbers ending with 0, 2, 4, 6 or 8) may water only on Tuesday. (1, 3, 5, 7 or 9) may water only Thursday.
- Common areas with no address, such as median or roadside plantings, clubhouse or recreation areas may be irrigated only on Tuesday.
- The maximum amount of water applied is limited to three-quarters of an inch in each irrigation zone, once, on each allowable watering day.
- Property under 2 acres can water before 8 a.m. or after 6 p.m.
- Property over 2 acres can water before 10 a.m. or after 4 p.m.

## Sarasota County Call Center

A one stop phone number connects you to Sarasota County for all your needs.

**941-861-5000** or

Visit [www.scgov.net](http://www.scgov.net) and follow the link for an online service request.

# Colonial Gables News

January 2010 Edition



## 4th Annual Christmas Display & Decorating Contest

1st place winner - 5580 Hayden - \$50.00 Publix gift certificate  
2nd place winner - 5352 Winewood - \$35.00 Publix gift certificate  
3rd place winner - \$20.00 Publix gift certificate  
(tie) - 3418 Kingswood  
(tie) - 3522 Spainwood -



## Upcoming Yard Sale

Have any items you wish to sell? Participate in the Colonial Gables community yard sale. The Colonial Gables Home Association will sponsor its community yard sale on March 20, 2010 from 8 AM to 1 PM. It will be here before you know it. See February's newsletter for full details. Contact the secretary for additional information.



## Holiday Closings

Most Sarasota County Government offices will be closed Monday, Jan. 18, to observe the national holiday that celebrates the birthday of Dr. Martin Luther King Jr.

All Sarasota County libraries will be closed, as will all Sarasota County Recreation Centers, with the exception of the following: Payne Park Tennis Center, open 7 a.m. – 9 p.m.; Arlington Park Recreation Center, open noon – 5 p.m.; and Newtown Estates Park, which will host a Dr. Martin Luther King Jr. breakfast from 7:30 a.m. – noon.

**Sarasota County Area Transit will be on a normal bus schedule on Jan. 18.**

The collection schedule for solid waste, yard waste and recyclables will not be affected by the holiday and remains on the regular pickup schedule with no interruption of collection. The landfill at 4000 Knights Trail Road in Nokomis will be open. Regular operating hours will be in effect at Sarasota County's chemical collection centers at 8750 Bee Ridge Road, Sarasota; 250 S. Jackson Road, Venice; and 4010 Knights Trail Road, Nokomis

Colonial Gables  
Homeowners Association  
Founded 1980

## GENERAL MEETINGS

Colonial Oaks Park –  
5300 Colonial Oaks Blvd  
Sarasota 34232  
**Room C**

**February 2, 2009  
7:00 - 8:00p.m.**

## ASSOCIATION OFFICERS

~President ~  
Ken Jomisko  
371-2976

~Vice President ~  
Robert Summerall  
handyrobert@comcast.net  
342-8671

~Treasurer ~  
Dan Patterson  
djpat77@verizon.net

~Secretary ~  
Lori Rinker  
rinkld@aol.com

~Newsletter~  
(Pending)

## WEB SITE

[www.colonialgablesnews.net](http://www.colonialgablesnews.net)

Ivonne and Sean Malo  
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