

# The Ocean Breeze

The official newspaper of the Ocean Hammock Property Owners Association

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## Meet The Kissins: Couple enjoys a new life in The Hammock

By Martie Thompson

Sam and Tema Kissin are new residents of The Hammock, by way of Delray Beach, where they resided for more than 30 years. Sam Kissin so loved living on the Intracoastal Waterway there that when they sold that home and moved in 2000, Tema Kissin had to promise him that one day they would live on the water again. Only a year later, they were driving south from Hilton Head, S.C. and saw the billboards for Ocean Hammock ... and the rest is history. They did indeed purchase another lot on the Intracoastal, this time in The Hammock.



Photo courtesy Sam and Tema Kissin. Sam and Tema Kissin in front of the home they are renovating in The Hammock.

But this was just the beginning of their fascination with lots; as Tema says, "We have lots of lots." For a number

of years, they commuted from south Florida and were part-time residents, but when Sam retired in February 2017, they moved to The Hammock full-time.

They are currently renovating a house near the Hammock Beach Club that will become their permanent residence.

Born in Russia, Sam moved to Israel at age five and then at age 21 moved to the United States to attend college at the University of Buffalo and dental school at Stony Brook University. Upon graduation, he decided to open his private dentistry practice in Delray Beach because of the climate.

"I was born in Russia and it was freezing. I moved to Israel and it was beautiful. Then I moved to Buffalo, which was freezing like Russia," Sam said. "I wanted

to go back to something beautiful like Israel. I enjoyed every moment in Delray Beach."

Part of his enjoyment stemmed from meeting his wife of 28 years, Tema, in Delray Beach. She was a Jersey Girl who followed her mother and sister to Florida.

"I have a master's in art," she said. "So to support myself, I became a realtor."

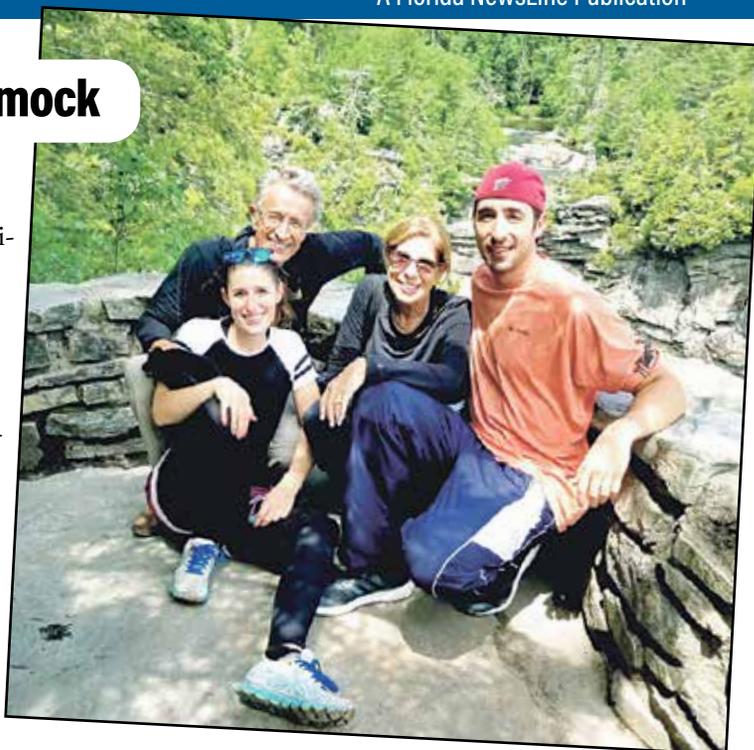
She is currently licensed with Hammock Real Estate Group and is the catalyst for the couple's many real estate deals, including a few transactions in the European Village shopping center. The original plan for that center was for it to be built in phases, with the second phase to feature medical offices. If it hadn't fallen through, Sam would have moved his practice there and the Kissins would have been full-time Hammock residents sooner.

As it was, Tema did contract for a store in European Village's first phase. When

deciding what type of establishment to open, Sam said that the choices were between a brewery and a bookstore. The bookstore won out and Tema managed By the Book for about four years. Nowadays, she leases the space out to The Fog Room, a vapor store.

As full-time Hammock residents, the couple is enjoying bowling and tennis. They have joined a couple of committees (Social for her and Recreation for him) of the OHPOA because they feel it is important to give back to their community. As for golf, Sam laughed and said that they have the membership and the clubs, but they

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The Kissin family in North Carolina.

## President's Message

By Paul C. Pershes

I am pleased to announce that the county has started the dune restoration up in Washington Oaks. They will be working towards the south and hoping we will have our beach done by June — we will have to wait and see. In connection with the restoration, the walkovers will be done once the dunes have been restored. Our cost-sharing agreement with the county is fixed and our dues includes our share of the dune restoration.

VerdeGo has begun as our landscaping contractor and I have heard only good

reports to date. Please let Chris and our Landscaping/Maintenance Committee know your experiences — good and bad.

We are still working hard to make sure our state legislature does not change the short term rental law in any way to affect our community.

Financially, we are in very good shape; 2017 was a very good year.

*Paul C. Pershes is President of the Ocean Hammock Property Owners Association.*

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## Dunes CDD Water Cooler Corner

By Gary Crahan

Here is the latest information on the status of some important Dunes Community Development District (DCDD) projects.

**Wastewater treatment plant expansion.** After almost two years of planning, contract negotiation, and bureaucratic permit applications, I am pleased to report that we expect to break ground the first week of April 2018. This effort is the final step to bring us to our full design capacity required to support the original (as amended) "built-out" DCDD community. In addition, it will allow us to update our systems to the current code and technology developments of the intervening years since original construction. The process is expected to take about one year to complete and cost \$6.4 million. This project is being paid with funds put aside for this purpose and will not require any bond financing nor rate impact.

**Community projects and dune restoration.** As part of the arrangement with Flagler County to close out the original ITT developer's Development of Regional Impact (DRI) which removed the obligation to expand the toll bridge to a second 2-lane bridge, we established

a \$1.8 million Interlocal Agreement with a process to fund projects with mutual benefit to DCDD and local Hammock residents. That fund has a current balance of \$1.3 million with \$900,000 slated to assist the county with funding the resolution of the Malacompra area flooding problem. The remaining \$400,000 is unassigned and has been offered to the county to offset the cost of restoring hurricane-damaged areas adjacent to Jungle Hut, 16th Road, and Malacompra Road beach access areas. The reason for this limitation is to fulfill the legal requirement that these funds (that were initially generated by bridge tolls) must benefit the general public.

**Stormwater lake fish kills.** Once again our Ocean Hammock lakes have sustained a large fish kill, which have attracted large numbers of turkey vultures as our "Cleanup Crew." We are trying to determine the exact reason for this event, but have not narrowed it down yet. Some blame it on the cold weather experienced recently, others blame low dissolved oxygen levels in the water, while others suspect fertilizer runoff into the lakes from the golf course (possibly due to different fertilizer used by the new grass variety planted during hur-

ricane rehab). My personal pick is the fertilizer since Hammock Dunes lakes were not similarly affected and Ocean Hammock lakes not directly adjacent to the golf course seemed to avoid the kill until much later than the others (perhaps due to interconnection water exchange). There is more research to be done.

**Use of whole-house water softeners.** Every now and then I am asked if I think water softeners are a good thing to be added to a home in response to direct mail advertising "free" water testing. The DCDD potable water source is reverse osmosis processed deep aquifer water that is very pure and, in fact, we add some hardness chemical to the water to make sure it is not harmful to residential plumbing components. If you install a water softener in your home you will remove these chemicals and potentially subject your home to adverse effects. Call our office to inquire further (386) 445-9045.

*Gary Crahan is a member of the Dunes Community Development District Board of Supervisors.*



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Meet The Kissins cont. from pg. 1

just don't have the talent.

The Kissins have two adult children who live in Charlotte, N.C.

They are looking forward to having time to walk on the beach, participating in club activities, and becoming an integral part of The Hammock community once they finish renovating their house.

"Moving requires getting a new set of friends and finding your way around a new place," Sam said. "It's a new life and it's settling and unsettling at the same time — but we are looking forward to it."

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## Community Outreach Update

By Denise Buonaiuto

The Community Outreach Committee is in the process of finalizing the volunteers for the Food Bank in Bunnell for the month of April. Our members will be manning the food bank, Tuesday, Wednesday and Thursday from 10 a.m. – 12 p.m. the entire month and will be stocking the shelves at the beginning of the month and the end of the month since the shelves were pretty bare the last time I was there.



Photo courtesy **Denise Buonaiuto**. Nearly empty shelves at the Food Bank in Bunnell.

Our community has the luxury of being able to stock the shelves so abundantly because of the generosity of our property owners. From our pledge drive this year we have collected a record \$11,100 from 92 property owners. With this money we will not only be stocking the shelves for the Resource Center, but it will give us the funds to be generous to other needy organizations in Flagler County. One hundred percent of the money we collect gets distributed to needy organizations in Flagler County and only Flagler County.

There is still time to volunteer; email me at [denisebuonaiuto@gmail.com](mailto:denisebuonaiuto@gmail.com) for more information. Even though we will stock the shelves on April 1, if you have any shelf stable food items you'd like to donate or any household items such as detergent, diapers, toilet paper, cleaning supplies, etc, please feel free to drop

them off at the MAY Management office. We can always use donations of food and supplies. Take advantage of Publix and Winn Dixie BOGOs and buy something for yourself and the Resource Center at the same time.

The committee is looking for other ways to get our community involved, not just by donating money but also time. In the next article, I'm going to discuss the possibility of our community doing a Habitat for Humanity build later in the year. Ocean Hammock has done two such builds in the past and we are investigating if there is any interest from our property owners in doing this again. If you have thoughts on this, drop me a note, again at [denisebuonaiuto@gmail.com](mailto:denisebuonaiuto@gmail.com).

*Denise Buonaiuto is chairperson of the Community Outreach Committee.*

## Inspection Support Committee update

By Linda Windsor

I am sure everyone joins us in welcoming springtime. After Hurricane Irma last fall, several rounds of cold weather, and the Nor'easter in winter, it's nice to be able to finally open windows and doors again and listen to the birds singing.

Now is a good time to take a walk around your property and see how winter has treated your gardens. Some plants may still be showing signs of the shock from the cold, but hopefully, most of them will be green and blossoming before long.

Living in Florida means we have many varieties of plants available for use in our landscape. As a reminder, artificial plants are not permitted in our outdoor landscaping.

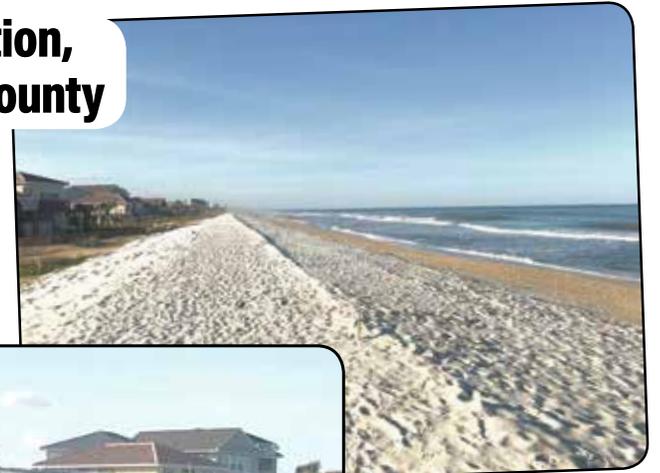
Spring is also a great time for mulching your beds; however, please remember red mulch is not accepted in the community — so stay with natural colored mulch.

We are seeing more satellite receiving dishes in the community lately. As a friendly reminder, they must be appropriately screened or landscaped so they are hidden from view. Architectural Review Board (ARB) approval is required for both the dish and landscaping.

The Inspection Support Committee wishes everyone a wonderful spring! Enjoy your time outside — after all, it's one of the many reasons that we all live in Florida.

*Linda Windsor is a member of the OHPOA Inspection Support Committee.*

## Dunes Restoration, North Flagler County



Photos courtesy **Linda Hager**. View north from the high point of the restored dune; vegetation yet to be planted.

View from the water looking up at the repaired dune, which has a 14 ft. elevation.

## MYSTERY PHOTO



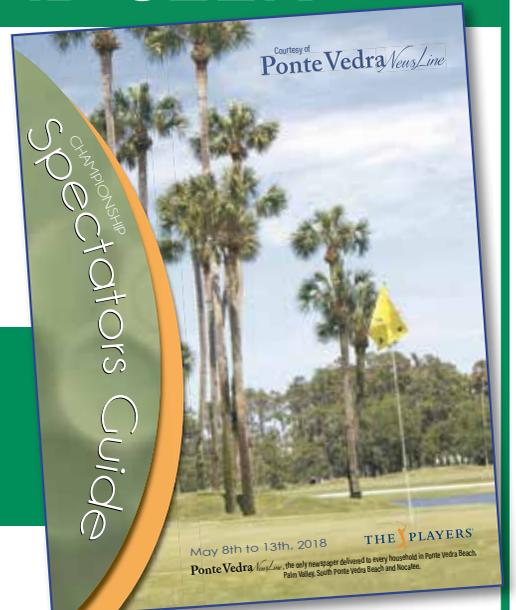
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## Experiences, stories are ad exec's inspiration for book

By Dave Rosenberg

When a potential client asked me to punch him in the stomach before he would agree to do work with my ad agency, I thought he was kidding. He wasn't.

When the economy tanked in 2009, most of my business friends suggested I let go of most of my staff or merge with another business. I couldn't do either.

I discovered how my four years working at a Dairy Queen for a summer job taught me more about establishing a winning company culture than did my four years at a highly-thought-of university.

These stories and dozens more make what I think is a different kind of business book. It is the type of book I wish I had when I started my ad agency 37 years ago. It is a book that puts its focus squarely on the human side of business.

I really believe I can credit my family's move to Hammock Beach full-time six

years ago with giving me the motivation to write my book, "Make It Fun to Make It Last, How I Built My Little Ad Agency into the Business of My Dreams." Over the years running my small business, Rosenberg Advertising, I encountered so many wacky experiences that I knew someday they could be compiled into a book. My staff always told me "It's time for you to write this book." Only problem was there never was enough time. There were ad campaigns to create, clients to service, fires to put out, bills to pay and a family to help raise. Moving to Florida full time but still commuting to Lakewood,

Ohio (a suburb of Cleveland) for at least one week each month provided me an abundance of free time at airports and on the plane. After six years of doing this traveling I had enough time to conceive, write and ultimately finish this book.

I started my business, a very small advertising agency, in 1981 as a one person

shop with one account and a \$95 per month dive of an office. Over the years we grew. I added staff and clients and settled to become a nice sized 15-person boutique ad agency, working in a charming 120-year-old Victorian house remodeled to be the perfect home for our family oriented culture. Our clients are not the Fortune 500s of the world, but rather the tough, sometimes not formally educated but very street smart, local small to mid-sized family owned businesses.

This was our niche — chains of carpet stores, furniture stores, drugstores, car dealerships, shoe stores, luxury watch retailers — and it was never, ever boring. Over the years we have moved beyond just retail and work with law firms, professional service firms, manufacturers and also many clients now in different parts of the country. Our client mix is very eclectic. The common thread is that they are all family owned businesses and we work very closely with the owners in almost all cases. These small business owners provided our agency and me with stories aplenty. Funny, strange, most good, some bad — but all with lessons learned.

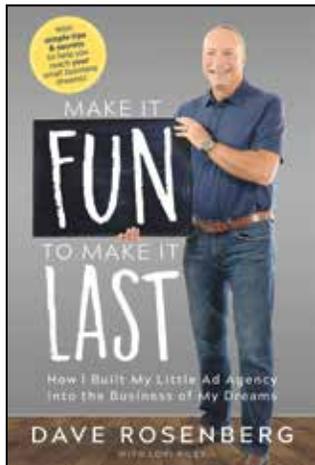
Reading various business books over the years, I usually came away learning some-



The Rosenberg Advertising team.

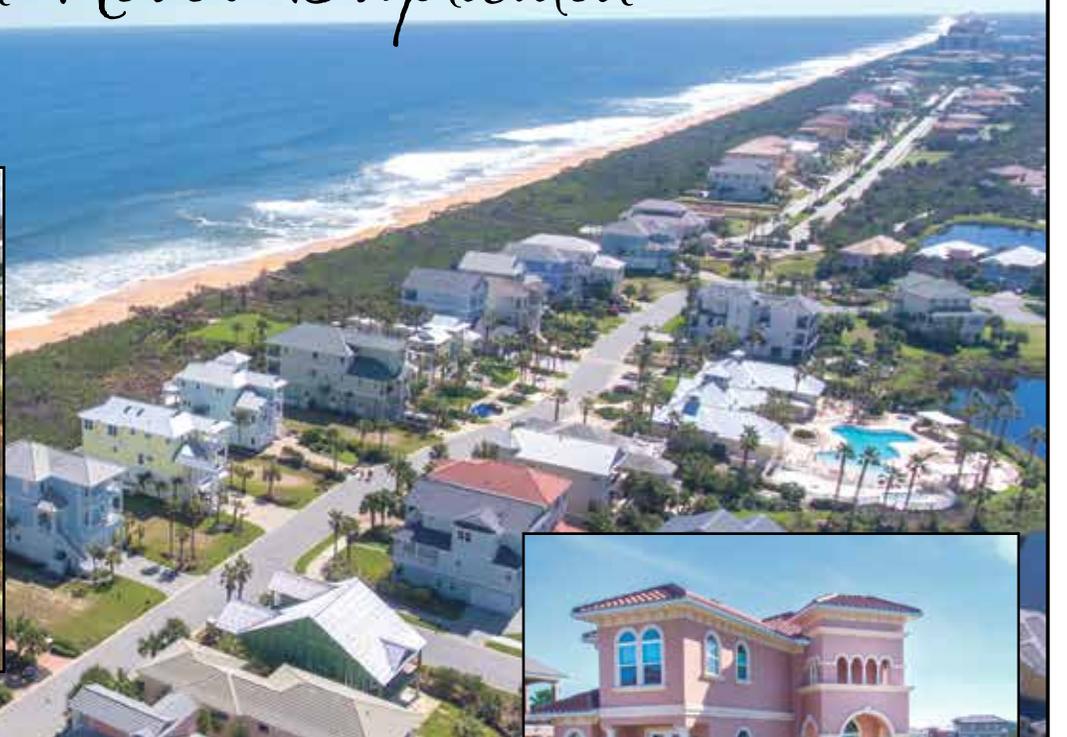
thing, but these books still never felt like the author was writing for me, the small business owner. My goal was to write a book that I wish I could have read when I first started my business. I wanted the reader to understand not only how to start a business, but more importantly how to keep it going. The small decisions. The funny conversations. The weird requests. Building a team and culture. Dealing with the drama. To me these small things make up the world of small-business ownership. Rather than focus on tools or technology as they relate to the business world, "Make It Fun" zeros in on the human factor.

In short, I wanted my lessons learned from both the good and bad from a guy in the small business trenches to be able help someone. Also I wanted this book to be a quick and fun read. Hopefully I have achieved my goal. The book is available on amazon.com and also from my publisher, Vervante.com.



Photos courtesy **Dave Rosenberg.** Dave Rosenberg with his book, "Make It Fun to Make It Last, How I Built My Little Ad Agency into the Business of My Dreams."

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## Florida School for the Deaf and Blind: Amazed and inspired

By Linda Hager

Like many of you, I've driven by the gates of the Florida School for the Deaf and Blind in St. Augustine and thought I could picture what it might be like.

Neighbor Judy Zange invited me, Bernadette Walsh, Marguerite McDermott and Patti Davis to a music and dance performance at the school that her grandsons attend. The hour and a half program was beyond amazing and inspiring. These high school students had a drum line, several singing quartets with accompaniment, soloists and some awesome dance moves. At the end of the performance many of them told us about their favorite sports, music and dreams of the future.

Here are some interesting facts about the preeminent school, besides the common knowledge that Ray Charles went there:

Founded in 1885 the campus is 80 acres

full of huge live oaks along the Intra-coastal Waterway.

Approximately 600 (about 400 deaf and 200 blind) students attend and tuition and room and board are free. Additionally 400 infants and toddlers are served in day programs.

They are on campus Sunday night through Friday, and buses return students for the weekend to Miami, Pensacola and Tampa.

In addition to the traditional education, other services include orientation and mobility, sign language, Braille, auditory and speech training, physical therapy and occupational therapy. Genetic testing services are also part of the medical services.

Arts, athletics and recreational programs are extensive with independent living and career development .

Visit [www.fsd.b.k12.fl.us](http://www.fsd.b.k12.fl.us) to learn more about this exceptional school.



Photo courtesy **Linda Hager**. Dave Patti Davis, Judy Zange, Linda Hager, Margherite McDermott and Bernadette Walsh at the Florida School for the Deaf and Blind.

## 10 bad habits that are secretly causing you to gain weight

By Donna M. Gialone

Even when you feel like you're doing everything right, there's a lot you're doing wrong. And it's making you gain weight. Sometimes, the most surprising of choices aren't nearly as good for you as they seem. In fact, they're downright terrible for you and can derail your weight loss plan.

Here are 10 bad habits that are completely sabotaging your weight loss:

**1. Stressing yourself out:** Stress creates weight gain because when you're stressed, you're not interested in reading labels and making healthy decisions. You're looking for quick and easy solutions which are typically nutrient deficient, yet calorically dense. Stress increases your likelihood of bingeing. If you're an emotional eater, where you eat to soothe, calm, numb and relax, stress is the perfect setup for a binge.

**2. Lack of sleep:** When you're tired, you look for energy in two places — sugar and caffeine. Eating sugar for energy gives us that immediate high, followed by the inevitable crash, and you stay on a roller coaster ride of sugar induced energy, moods, and weight gain.

**3. Being a couch potato:** Tired of going to the gym and want to lay on the couch instead? Don't do it. Not only does regular exercise (cardio and strength training) help you feel less stressed, happier and healthier, it helps you lose weight, too.

**4. Going out to eat:** Restaurant eating is the most fattening eating of all because there are huge portions laden with fat, salt and sugar. Eat at home more and you can be in control of what and how much you eat.

**5. Multitasking:** Don't multitask when you eat. When you eat and do anything else, like watch TV, work on the com-

puter, read a book, or drive in the car, the signal from your stomach to your brain malfunctions and you don't get the satiety signal.

**6. Adding unhealthy toppings to healthy foods:** A salad for lunch is great, as long as you're careful about what you add to those leafy greens. The calories and fat in toppings such as cheese, croutons, and creamy dressings can really add up, so use them sparingly (if at all) when enjoying your salad.

**7. Eating fruit:** Fruit is packed with vitamins, but they also come with high-calorie and sugar counts if you're not careful. Bananas, plums, and mangos are examples of high-calorie fruits. Enjoy fruit sparingly and choose lighter fruits, like apples, cantaloupe, or berries to curb the craving without the carb overload.

**8. Being dehydrated:** Not drinking enough water can be a reason you're gaining weight. Drinking water helps flush toxins and keep your body hydrated.

**9. Eating/drinking mislabeled "diet" food/drinks:** Foods that are considered "diet" foods can be dangerous and hinder your weight loss. High carb "diet" foods are more about marketing than about health. These so-called "diet" foods don't contain a lot of extra nutritional value, and contain extra preservatives and sodium, which is bad for weight loss.

**10. Eating the wrong breakfast:** Breakfast is the most important meal of the day, which is why you should choose foods that provide you with protein, healthy fats, and carbs and fat content. It's best to start with mostly protein as your starter meal, as it can help balance sugar levels.

*Donna M. Gialone is a Personal Trainer, spin instructor, and nutrition counselor.*

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## 27 FLAGLER PLACE

Luxurious Tuscan-styled home with timeless beauty. Located on a saltwater tip lot with stunning views, this home is filled with beautiful wood and tile throughout. Chef's kitchen is ready for large family gatherings! The second story enjoys two bedrooms, bathroom and family room. The lanai & pool offer breathtaking water views featuring a grotto area including a table & swim through from the spa to the pool. Beautiful, new tile roof. Enjoy the perfect family home while watching the sunsets and dolphins swim by...

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# Hey Man! what's cookin'?

By Charles Kerr

Having grown up in the South, the motto at our house was "If you can fry it, you can eat it." Ah, the good old days consisted of a steady diet of fat and nitrosamines. Now, the only thing that's fried at our house is me after my round of golf on Saturdays.

I'd like to say that I learned everything that I know about cooking from my mom. Not throwing my mom under the bus, just sayin'. Whereas cooking gourmet meals was certainly not her strong suit, she did make the best Southern style biscuits known to man ... buttered with honey or coupled with her sausage cream gravy. They were the stuff of legend. But enough about my troubled, culinary upbringing; now's the time to share one of my favorite dinner recipes: Skillet Sicilian Chicken.

Believe it or not, this recipe is extremely easy. Almost as easy as ordering pizza from an app on your phone. Not only is this recipe very tasty, it's pretty easy

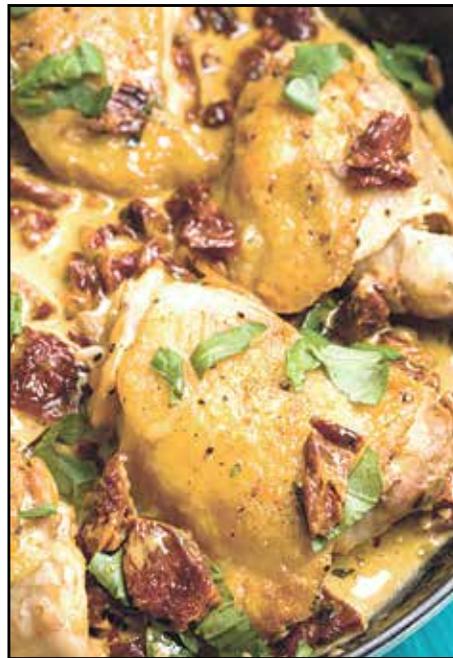
on the eyes, too. The color of the cream sauce coupled with the sun-dried tomatoes makes this dish scream to be served in black bowls.

We like this dish without an accompanying starch, but it goes great with rice. The rice is a good device to help you sop up all of the great sauce. While I would never tell you what to drink with this dish (I will anyway), we like a nice, crisp chardonnay to round out the meal.

If you happen to try this dish, please let me know what you think.

## Skillet Sicilian Chicken

- 1 tbsp. extra virgin olive oil
- 5 bone-in skin on chicken thighs
- 2 cloves of garlic, minced (using 3 isn't a bad thing)
- 1 tbsp. fresh thyme
- 1 tsp. crushed red pepper flakes
- $\frac{3}{4}$  cup low sodium chicken broth
- $\frac{1}{2}$  cup heavy cream



- $\frac{1}{2}$  cup chopped sun-dried tomatoes
- $\frac{1}{4}$  cup Parmesan cheese
- Kosher salt and black pepper
- Fresh basil garnish at serving

Preheat the oven to 350 degrees. In a large skillet (hence the name of the dish) over medium high heat, heat the oil. Add the chicken and season with salt and pepper. Sear until golden and skin is crispy, approximately three minutes per side. Transfer the thighs to a plate and pour off half of the fat.

To the skillet, add garlic, thyme and crushed red pepper flakes. Let cook until fragrant, approximately one minute. Add the chicken broth, heavy cream, sundried tomatoes and Parmesan. Season with salt. Return the chicken thighs to the skillet and bake for 15 minutes until the chicken is fully cooked through.

Garnish with the fresh basil and serve.



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RESORT

## Double Jeopardy: Playing with both Art and Alex

By Rosemary Travis

I was a Jeopardy champion before Ken Jennings was born! In the early 1970s, the long-running TV game show was in its 14th season on NBC, filmed at 30 Rock and hosted by amiable Art Fleming. I was a young, stay-at-home Brooklyn mom whose mother-in-law loved Jeopardy and who quizzed me constantly on the answers of each day. Thinking I was pretty good, she submitted my name

to the show without my knowledge. She confessed her mischief when I received an invitation to try out. Those tryouts included both a written test and oral competition among the hopefuls.

One week later I received the call to appear and on the appointed day a quick subway ride brought me to midtown Manhattan and the NBC studios. St. Patrick's Cathedral was just across the plaza from 30 Rock so I went to morning Mass first, for a little extra help.

Each week, Jeopardy taped six shows in two days, thereby accumulating shows to take them through a summer hiatus. For each day's taping they call for extra contestants to allow for no-shows and therefore, you may not get to play on the first scheduled day. I happened to be one that was held over for the next day's taping and discovered that they were trying to have some Irish faces on their St. Patrick's Day show airing about three weeks after the taping.

I told no one but my husband in case I



Photo courtesy **Rosemary Travis**. Rosemary Travis with Art Fleming on the Jeopardy set.

did poorly but after winning two games I allowed my mother and mother-in-law to accompany me. They had a great time, fell in love with announcer Don Pardo and delighted at sitting at the next table to Doc Severinsen in the NBC commissary. They also were very nervous as I competed in the final three games.

I became the 91st Undefeated Jeopardy Champion, and the earnings helped with

the down payment on our first home. Winning five games qualified a contestant for a Tournament of Champions, which came 18 months later. By then, our family had moved from Brooklyn to Indiana and welcomed our third child. I came in fifth in that tournament and the public library in Terre Haute hosted a party for me ... that would have been an unlikely event in Brooklyn!

Thirty-five years after the Art Fleming shows, Alex Trebek is hosting Jeopardy from the Sony Studios in California, no mere subway ride from Brooklyn or Palm Coast. At that time Jeopardy was bringing back a few contestants from the Fleming days. Following another contestant tryout and months later, I was asked to come to California to compete.

Now, 35 years has definitely brought changes to both Jeopardy and me. The operational changes are partially due to the advances in technology and partially due to the changes in our culture. There are distinct differences in orient-

ing competitors and in how contestants interact with Alex...even in how seats are determined on the set.

In the new age, there is a Contestant Advocate as well as a Coordinator. The staff is sizably larger and contestants are not allowed to go anywhere unaccompanied. While Art Fleming was in the makeup room with the contestants and ran the rehearsals, Alex Trebek is kept isolated from contestants and you will not see him until he appears on stage during the actual taping. Contestants in Art's time sat at desks, today's stand for the game. You might wonder if that makes a difference; I think it does.

The big board is much different. There used to be a human behind the board, physically removing the title card when a contestant chose a category and dollar amount of an answer. A contestant could ring in right away. This favored quicker readers and also gave the option to ring in before Art read the entire answer ... good for lower value answers in your better categories. Now the board is entirely electronic, with rows of lights on the right and left sides that viewers cannot see on their home TV screens. When a

contestant makes a category and amount choice, Alex must read the entire answer and a technician at the judges' table must push a button that activates the lights. Only then can you ring in and you must push the button several times for it to register.

As for me, the young mom of the early '70s didn't have arthritis so she had a better handle on the buzzer — a major factor in success. And the less stressful days of early Jeopardy were easier on the nerves. Nevertheless it was fun though this time did not result in a win for me.

The best part of Jeopardy will always be the answers and questions. Giving the right question makes you feel really good, and winning one or more games makes you a celebrity in your family. It also can make your adult children incredibly happy when they can defeat you in Trivial Pursuit, something that often happened with our son, Brian.

My days with Art and Alex are truly a fun memory. And continuing to watch Jeopardy is great brain exercise for this old gal.



The winner of the Hammock Hot Shot Photo Contest in the Winter 2017 issue of The Ocean Breeze, entitled "Strictly Silhouettes," is Larry Mingledorff. His photo is entitled, "Land of the Rising Sun."

The next Hammock Hot Shot photo contest theme is "Beautiful Bridges."

We may not be Amsterdam, but we have our share of beautiful bridges

within our area. We will extend this contest from Ormond Beach to Jacksonville. Above, below, from a boat or from a pier, get creative and stay local with your shots. As always, remember no people or recognizable faces.

Give us your best shot and keep it to three entries per household. Email your entries to HammockHotShot@Gmail.com.

Happy Shooting!



Photo by **Larry Mingledorff**. Land of the Rising Sun..



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# Resident



## Adventures

### Climbing Kilimanjaro

By Declan Doogan

Not having climbed anything of note before, climbing Kilimanjaro in Tanzania, the highest mountain in Africa could hardly be called entry level. My son Paul (39) and four other companions from Ireland — Pdraig, a pharmacist; Paddy who owns his own medical device company; Barry who had just sold his high-tech packaging company; and Kevin a 29-year-old accountant and farmer — who were superb company, met up for the first time. We set off with our 14 porters and bonded quickly. You could hear the Irishmen coming from miles because of the laughing (and the swearing!)

We climbed for four days, each night stopping to sleep in tents (with our own team toilet — an optional extra that was cheap at any price). We were in bed usually by 7:30 p.m. and up the next day at 6:30 a.m. with our oxygen levels measured by Fredy, our team leader. Insomnia in the thin air affected us all, but we were content just to lie there with pretty uncluttered minds. The food, all prepared fresh, was of a very high standard. We had to drink three liters of water per day to counteract altitude sickness.

We got lucky with the weather as we were just ahead of the rainy season and saw none the whole week. Our equipment was of a high standard, so

we were dry and toasty warm in our tents. It took a fair degree of contortion (and swearing) to get in and out of the tent and getting our boots on and off. You could hear tent zips operating throughout the night as the effects of the three liters

became apparent. (We have a newfound sympathy for women who have additional challenges we men do not fully appreciate.) Our boots were the best investment as none of us got blisters.

I got hit by the altitude Day 1 and felt poorly, but was advised “Eat Drink Sleep” and that helped.

Each day brought its own challenges, but some days were easier than others because of gentler terrain. The only real rough night was the final ascent. We went to bed at Barafu Camp around 6 p.m. and were awakened at 11 p.m. to be suited and booted and prepared for a really cold night.

As there was only one trail, all climbers converged



Photos courtesy Declan Doogan.

and made a long line, “quiet, determined, one foot in front of the other and I hope I do not fall.” We had head-

lamps and it was almost Christmassy watching the line above and below. Altitude sickness kicked in again with either headache and/or nausea and vomiting. Our hearts were beating like mad with Fredy monitoring oxygen levels and at the first sign of decompensation, he later said, we would be sent down.

We got to the summit (Uhuru Peak at 19,341 feet) at about 7 a.m. with the sunrise. Our exhaustion diminished any elation, but though the views were stunning the photos do not do the glacier, clouds and topography any justice.

After a brief photo stop, it was off at breakneck speed down the mountain, passing these zombie figures still trying to get to the top. The way down was a bit like skiing on powder as it was dusty scree and the dust entered our lungs even with face cover.

It took seven hours up and about two-and-a-half hours down to the camp. We were given tea and high fives from the crew and were ready for a nice relaxed day — but wrong! After two hours of rest we had to get down to the next camp, another five-hour slog with the team muttering darkly. That evening we went to bed and slept about 12 hours (no insomnia that night) at the lower altitude.



The last day's hike was easier and our quads and calves held out. We left the National Park and headed for our first shower and beers in over a week; both equally welcome.

There are no profound insights other than to say how much

we enjoy people, a good laugh and great conversations. We all challenged ourselves and happily succeeded. Paul is

Climbing Kilimanjaro cont. on pg. 14

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## Ask Sherry

By Sherry Babbitt

**Question:** I am disappointed that we didn't get any questions for this issue; however, I thought I would take advantage of it by writing about one of my favorite subjects: failure.

Having some personal experience in the area of failure, I was fascinated when I read about a conference saluting successful leaders in politics, business, the arts, science and so on. The purpose of the get together was to help others learn more from these people about how to be successful. What came as quite a surprise was that without exception, every successful person interviewed was much more eager to discuss their failures than their successes. Could there be a correlation between success and failure? My conclusion is a resounding yes.

Imagine a world without the music of Beethoven, the inventions of Thomas Edison or the wonder of Disney. Beethoven's music teacher told him that as a composer he was hopeless;

Thomas Edison's teacher told him he was too stupid to learn anything; Walt Disney was fired by a newspaper editor because he didn't have any good ideas.

**It's fine to celebrate success, but it is more important to heed the lessons of failure.**  
~Bill Gates

If people like these, and so many others, had accepted the criticism of others and not overcome their failures to pursue their beliefs, hopes and dreams, this would be an empty world indeed.

Another example is Michael Jordan. He didn't make the cut when he tried out for his junior varsity basketball team. Fortunately for Michael (and basketball fans everywhere) he didn't say, "Well, I didn't make the team, I guess I just don't have what it takes." Not only did he have what it takes, he became what many consider to be the greatest basketball player of all time.

I could go on and on, but the point is obvious. People need to take some risks and be willing to fail in order to reach their potential and succeed.

## Landscaping tips

Contributed by VerdeGo

This past winter was a tough one on plants between hard freezes and north-easters. It's time to spring clean your plants and clean up the garden before planting others.

For small perennials like lantana, salvias, pentas, and Blu My Mind, simply trim it back to new growth at the base of the plant — taking off all the dead parts. For woody shrubs like hibiscus, allamanda and bougainvillea, also clip branches back until you reach green stems or to where new growth is emerging. If no new growth is evident yet, wait awhile to see where it will emerge.

Now is a perfect time to fertilize your

wear plants as well. We recommend Nurserymen Sure Gro products that are 100 percent slow release. Right now the Garden Centers are becoming full of beautiful plants and flowers just in time for spring planting; we would love to have you come by!

*VerdeGo is now the contracted landscaper for the Ocean Hammock Property Owners Association. This company, with garden centers in Bunnell and St. Augustine, specializes in landscape design and installation, maintenance, specimen palms and trees, pavers, retaining walls, fire pits, water features, pergolas, irrigation systems and exterior lighting. Visit [www.verdego.com](http://www.verdego.com) for more information.*

## Interior design: Layering as a beautiful decorating strategy

By Laura Giadone

We think of layering when we decide what to wear — putting on a shirt over a camisole, then adding a scarf and necklace. Layering for your home is similar — it adds richness and depth, and keeps your home warm in feeling and mood. There are so many surfaces you can layer in your home.

Easy ways to add layers:

- To your walls with wainscoting, stenciling, wall coverings and crown moldings
- To your floors with colorful area rugs over a larger sisal or jute rug, or a long shag rug on your wood, tile or stone flooring
- To your window coverings by pairing soft window treatments with blinds and shades
- To your bed with layers of sheets, blankets, duvets, comforters, throws, pillows and more
- To your furniture by mixing solid and print fabrics on a chair or sofa, embellished pillows and cuddly throws
- To your lighting by combining functional task lighting with interesting lamps, chandeliers, wall sconces, spotlights and even candles

- To your dining table with centerpieces, tablecloths, runners, placemats, chargers and dishware

Layers can be achieved with color, by using multiple shades within the same color family or by using complementary colors, such as deep coral accents in a light blue décor. Consider layering with textures too, combining soft rich fabrics with crisp, clean linen and even tweedy, rough wools.

You can also layer with patterns, using several patterns in a decorating scheme or using the same pattern in slightly different colors or a different scale. Just be careful with too many patterns, so you don't create chaos. Three is a good rule of thumb for decorating. When layering patterns choose one large scale pattern like a floral or an ikat, a medium scale or striped pattern, and a small scale or subtle pattern with colors that pull the different patterns together.

Think multidimensional about your rooms this summer, and add a little layering for depth and engagement. Layering is not just for cakes or the newest outfit in your wardrobe.

*For more information, contact Laura Giadone, C.I.D. at [ask@hammockdecor.com](mailto:ask@hammockdecor.com).*

## Be a considerate dog owner

We all love our pets, but it is important to be respectful of our neighbors when visiting the community's common areas.

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**2 Clean up after your pet. Doggy bags are available at multiple locations.**



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**Climbing Kilimanjaro** cont. from pg. 12

now thinking about Everest Base Camp. Finally, we know we had families and friends back home who cared and it would seem kind of empty doing this without such support.

And, oh yes, Africa is stunning and despite the poverty, its people are wonderful.

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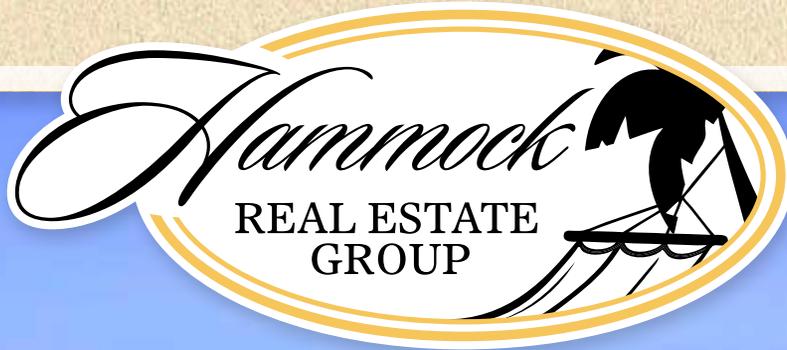
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