

AUGUST/SEPTEMBER 2024

NEWS and Views

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Special Focus

Understanding Our Roads



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FIRST LOOK

When someone mentions amenities, the first things likely to come to mind are our clubhouse, our park and our pools. What about our private roads?

While you might spend your entire time living in Meadowcrest without ever rolling a bocce ball or practicing your backhand on the tennis court, hardly a day goes by most of us don't make a quick dash to the grocery store or take a leisurely stroll along one of our many tree-lined streets. And, honestly, how often do we give more than a passing thought to the stretches of sun-baked asphalt snaking through our villages?

Driving on our roads may not be as alluring as an afternoon spent under the shade of an umbrella poolside, but those streets represent Meadowcrest's most valuable assets. They also represent a great expenditure with their maintenance and upkeep.

Rapid growth in Citrus County means our roads are under pressure like never before. You probably noticed several front page stories in the local newspaper regarding traffic on Meadowcrest Boulevard and attempts to control it. Our roads have become a hot button issue and, unfortunately, a source of some disagreement, too.

In this special issue, the MCA Road Committee pieces together the complexities of our private roads and suggests solutions on how we might best preserve these very vital community assets. This is an important topic for all Meadowcrest homeowners and hopefully you will take the time to fully absorb this information.

Beyond the roads feature, we have our management and village reports, silver highlights and something about a sock hop. The Meadowcrest chef has bravely returned and takes us on a different kind of road trip — one of the culinary variety!

Until next time, or, if you can't wait:
newsviews_ed@yahoo.com

~Ed

ON THE COVER

Meadowcrest's private roads are one of our community's greatest assets; they can also be complicated to understand. In this issue, we piece together the complexities of our roads, consider their future use and explore solutions on how we might best preserve them.

See the Road Committee's report and 'Parting Glance' later in this issue.

Photo Illustration: Ed

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MCA MANAGEMENT REPORT

Isis Williams

Over the past few months, the following maintenance concerns and projects have been addressed:

- The pool table has been resurfaced with new felt
- Clubhouse blinds have been removed in preparation of the new tint scheduled to be installed
- New faucets and water heaters have been installed in both clubhouse bathrooms
- The AED Machine has been installed in the clubhouse by the pool table
- Additional “Do not feed ducks” signs added around the pond
- Power washing of the common areas has been completed
- Side joists have been painted on the north side clubhouse deck in the pool area
- All wooden posts around the park and pond have been painted
- Basketball court pole has been painted
- The clubhouse library conference room has

a new table and chairs, the bookshelves have been moved to allow more light to enter the library, the bookshelves have been reorganized and duplicate materials removed, out of date magazines have been removed

- The water spigot under the clubhouse deck has been relocated to a more accessible location
- The upper pool entrance water drainage path by the landscape rock wall has been repaired
- A new pond aerator has been ordered and will be installed once it arrives
- Meetings with the engineer discussing drainage concerns throughout Meadowcrest have taken place and their recommendations will be submitted to the board

As a reminder, all maintenance request or concerns must be submitted through the MCA website or reported to the MCA office.



MCA PRESIDENT REPORT

Greg Herd

It has been a hot and humid summer, but, thankfully, we have been receiving nice showers to keep our landscape from burning up. It also has been an active summer for the MCA board and committees. Meetings on the financial reserve study, maintenance priorities, landscape care and storm water drainage have all been occurring.

I do want to express my appreciation and gratitude to those who volunteer their time and effort to address these areas of the Meadowcrest community. Comments being shared with me indicate your efforts are being noticed by your neighbors. Not everything runs as desired at times, but it's how we adjust to address failures that counts and all of you are making a difference.

New filters will be installed in both the upper and lower pool systems and should be completed by the time you read this. Like all filters they have a useful life span and are due for replacement. These new filters will be scheduled for replacement in 2028. Next, the three heat pumps on the lower pool will be serviced in late August/early September for the coming winter swimming season.

It has been requested we look at the cost to possibly convert one or both pools over to salt-based, chlorine-generated systems and will share our findings in a future article. Current information indicates the conversion cost per pool is in the \$20,000 range. Additional facts being gathered are the life span of the generators and the pros and cons on a conversion from a

commercial vs residential perspective. Also, we will be beginning a study on the cost to repair and resurface the current pool decks. Most likely this will be a multi-year project to spread out the potential cost.

I have one last item to share. The MCA, in coordination with Fairmont and Arbor Court, is in the beginnings stages of reviewing the condition of our storm water waste system as Isis mentioned in her article. We are working with a new engineer, Mark Schroder, who has worked with Chuck Pigeon and was the Citrus County storm water engineer. Additionally, Mark is working with Rusty Jay and his pond restoration committee. We are starting by reviewing and obtaining project specifications on three known trouble areas that have been reported to us. Our findings so far indicate we may have maintenance work and land contour restoration on our system to catch up on, particularly on the inlets into our DRAs to keep the system functioning properly. Again, this will be multiyear project.

Hopefully, this provides a worthwhile glimpse into the activity going on within the MCA.

Thank you and God Bless!



ARBOR COURT

President
Brian Carson

Howdy friends and neighbors!

It seems our pace is slowing down for the summer; the days are longer and we're enjoying the many social events plus cooling off at the pool. We also miss our snowbird friends. Many of us are traveling, visiting friends and family and enjoying the many benefits of the season.

With the assistance of our compliance committee, the board has updated a few areas in our covenants and by-laws. The committee was convened to address recent statute changes, concerns from homeowners and provide some clarification with our articles.

Also addressed at our June board meeting was lawn care and the challenges we're facing with the condition of yards. We recently had our irrigation pumps fail within the Croyden area due to fire ants interfering with the circuits. This has been addressed and we're taking measures to address this with our other pumping stations.

Please take a moment to inspect your irrigation heads for proper function and areas in your lawn that don't appear to be receiving water. Notify our property manager by filling out a maintenance request online at our Arbor Court section under forms and emailing the form to our manager.

As a reminder, board members should not be your first line of maintenance notification or for reporting routine issues. Homeowners should instead download the maintenance request form and email the property manager. Urgent issues

may be reported by phoning our property manager. The board, however, can help with reported issues not completed in a timely manner.

Arbor Court is seeking volunteers for our design advisory board to review homeowner requests. The DAB performs a great service to all by ensuring our standards are maintained. Our volunteers provide the board with ideas and perspectives and provide information so that we may make sound decisions to benefit our neighborhood. Please contact any board member if interested in volunteering.

Again, a big shout-out to our block captains! We all appreciate your support and help with all you do. From delivering this issue of News and Views to placing flags and other decorations to celebrate holidays, THANK YOU!

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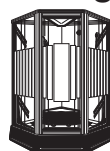
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FAIRMONT VILLAGE

President
Carol Ranney

You don't understand the lazy, hazy days of summer or you don't understand heat until you spend a July in Florida. I don't know if you've noticed, but the birds, bunnies, lizards aren't showing their faces in this heat. The dogs are out walking around 6:30 a.m. so their feet can stand the pavement.

I'm sure you have heard about the new house bill the Governor signed that goes into effect July 1st, 2024. The board reviewed our current covenants and by-laws and made the changes as they pertain to the new laws. They have been sent to our lawyer for their review and to make any changes as needed. Once we receive the corrected and approved document back, they will be printed for all our residents. Each unit will receive a new copy of the covenants and by-laws. All this takes time but we are trying to move as fast as we can.

I'm sure you have noticed the new trees we added to the village. Over the years, we have removed many big but old trees due to safety issues. We use an arborist who evaluates all the trees each year. Working with our tree company, trees are removed and others are trimmed and thinned out. We have been very fortunate during storms so far; the trees have been able to withstand the rain and wind.

We also had two depressions open up, probably due to the heavy rains. A company was out the next day to repair and fill these depressions. About 10 feet down the company hit an electric cable and yes, no electricity. Withlacoochee was notified and had electricity up

and running in the units in little over an hour. Repairing and splicing the cable took more time. I'm sure you saw the seven electrical trucks - they were hard to miss. Everything was completed in a day. The big, heavy equipment needed to fix the depressions also broke two park sidewalks. The company was notified and they repaired them immediately.

You will be receiving, or maybe already received, a nomination form for the 2025 board of directors. There are two open positions for the 2025 board. Ray Baker, Mike Kazemfar, and Todd Reeves have a year remaining on their terms. Please consider adding your name, or talk to your neighbor or maybe a former board member to see if they would be willing to add their name for the Fairmont board. It is volunteering two years of your time to help Fairmont maintain our contracts, plan the spending of our money and to plan for the future needs of the village.

This is the time of the year we send out notice to all our contractors and ask for the prices of their service for next year. This begins the process of putting the 2025 budget together. We all know nothing is getting cheaper. This is one of the most difficult jobs the board does each year with the goal to maintain all services so our village is beautiful for our residents and those who visit. Yes, you will get mulch in the front this year. Last year was the only time since we started adding mulch to the backs that we made the hard decision to skip it in 2024. We experienced many unexpected expenses and felt

continued on page 8

it was better to cancel the mulch (\$10,000) in the back of the units rather than use more money from the emergency fund. Some decisions are not easy but that's the job of the board — to do the best they can for the residents of Fairmont.

Now, the most important part of this article is recognizing our volunteers and the flags. Fairmont is known for our decorations and the 500 plus flags that go up three times a year, but this year was more difficult due to the very high temperatures and high humidity. Thanks to the kindness one of our residents, we have the silhouette of a soldier holding the American

flag which stands ready to defend our village at the entrance of Foxboro and the big island on Endicott. Thanks to another resident who added a bronze soldier to Edgemoor Court - this soldier is also holding the American flag. I know everyone in Fairmont is proud how committed we are to our military now serving, those retired and those who have a family member currently serving.

Have a wonderful summer and enjoy your air conditioning! And Fairmont thanks residents for all you do - the board is grateful.

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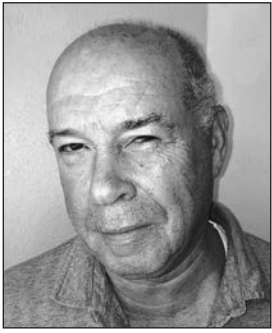
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FOX HOLLOW

President
Israel Malinowitzer

Greetings from Crystal River Florida!

The board of Fox Hollow Village would like to welcome all our new homeowners. Florida summer has arrived and the hot weather is upon us, which is also a reminder that many of our friends and neighbors are back at their homes up north.

I would like to recognize our board of directors and say thank you for all the work accomplished so far this year. I would like to thank Brian Harris for taking over the leadership of placing our U.S. flags out on everyone's lawn for the Memorial Day weekend and Fourth of July weekend. We want to thank our volunteers who help provide the guidance needed to continue the business of Fox Hollow Village.

As we begin the hurricane season which runs from June until November 30, 2024, let us take a few minutes to make sure we are prepared in the event a hurricane hits Fox Hollow Village and the Meadowcrest community. To soften the chaos during these catastrophic events, you can refer to the U.S. EPA and other government websites for quick links to walk you through an impactful emergency plan.

We have recently installed our commercial bench on West Cannondale Drive by the DRA facing the street. I hope our neighbors enjoy sitting down a few minutes relaxing before continuing their exercise walking or taking their pets for a walk.

Alliance Painting has completed all 26 homes

for the 2024 season. Alliance Painting will complete 31 homes during the 2025 year. If you are not sure whether your home is scheduled for next year to be painted, please reach out to Parklane Management or your board president.

Waterside Landscaping has installed the mulch on Torrington around the circle and will continue to maintain the area from weeds and other debris. I have been in touch with Waterside Landscaping supervisor Kevin, and he has informed me his crew is working to cut all the bushes and shrubs as requested by the board and within the next few weeks they will be back on schedule with their detailing and mowing. If any homeowner needs mulch, please call Kevin for a price for installation and delivery.

We are asking all drivers to reduce their speed and stop at all stop signs in the community. The Board of Directors have agreed to look for ways to reduce speeding and make sure all residents are safe when walking their pets or just taking a stroll around the neighborhood with their friends and family.

Wishing everyone a wonderful summer and enjoy that precious time with family and friends.



HILLCREST VILLAGE

President
Howard O'Connell

We have all been dealing with a hot spring and early summer and struggling with our lawns. Staying in the cool indoors we have had more time to reflect on how lucky we are to live in Hillcrest.

In my professional career I traveled to most corners of the world and can say that our village has one of the nicest groups of people who truly care about their property and each other. We have tireless volunteers on Hillcrest and MCA committees.

As is the case with any group of 160 or more people, personal and professional changes occur and people are no longer able to volunteer. At this time we have requirements for the following positions that we need to fill. In some cases, like finance, the committee is not legitimate without a specific number of members per our bylaws.

Hillcrest Road Survey — 2

Hillcrest Audit Committee — 1

Hillcrest Nominating Committee — 1

Hillcrest Finance Committee — 1

Traditionally, there is no July Hillcrest BOD meeting so it will be our goal to have volunteers for these open positions so our board can approve them at our August meeting.

Please contact me if you have an interest in volunteering for any of these positions: htoc1946@gmail.com or (860) 593-0072.

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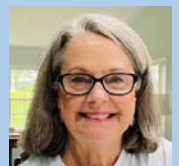
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PINEHURST VILLAGE

President
Harry Nicolino

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Pinehurst Village E-Mail Consent Form — If you wish to receive village email blasts sent by the board you must, according to Florida HOA law, consent to receive such email. Consent is given by a resident with a signed form the village maintains on file. If you currently are not but wish to be included on the village e-mail blasts please complete and return said form to Robbie. The form may be obtained from either Robbie or myself.

I would like to take this opportunity to thank Mary Elizabeth for her years of service to Pinehurst Village as a member of the board of directors. As I've stated on many occasions, we value our volunteers as they are truly the glue

that holds our village together.

I would also like to welcome Jan Schaberg as the newest member of the Pinehurst Village Board of Directors. Jan has a history of serving on various boards and now brings this valuable experience and knowledge to our village. On behalf of the board of directors, we look forward to working with Jan.

As always, some village house cleaning needs to be taken care of. It has been brought to my attention, once again, of speeders within the village. Whether they be visitors or possibly residents, please be mindful of our narrow roads and the fact we don't have sidewalks. Because of this, many residents share our roads with vehicles while walking and biking.

Another thank you to Terri, our social director, for hosting the recent pot luck dinner. I understand a good time was had by all who attended.

Please note, our next meeting of the board of directors will be Thursday, August 22.

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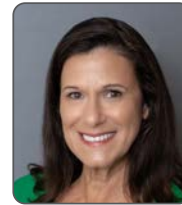
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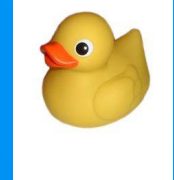
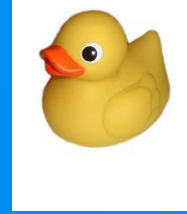
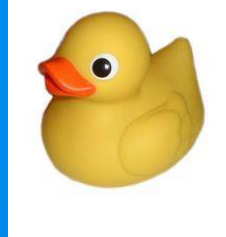
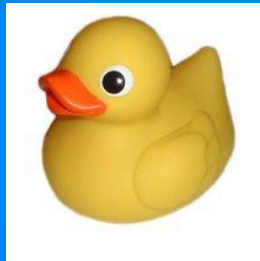
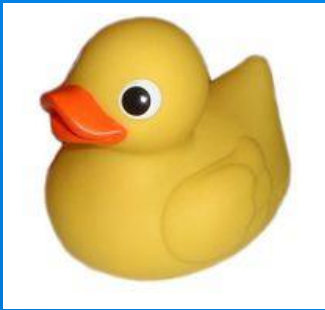
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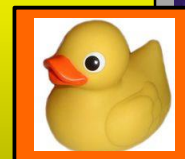
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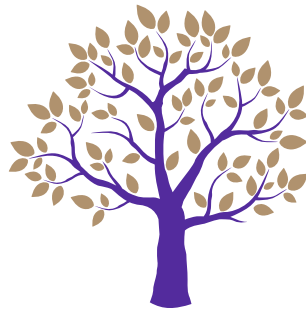
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Photo Illustration: Ed

PIECING TOGETHER THE COMPLEXITIES OF MEADOWCREST'S ROADS

Most of us were likely drawn to Crystal River because of its lower population, the leisurely pace of a laid-back lifestyle, and, further, to Meadowcrest itself because it's a gorgeous community. Most of us probably appreciated that Citrus County wasn't a boomtown and hoped it would stay that way. But it seems those days are over.

Thousands of acres of "Old Florida" are being leveled for more housing and more people. In Citrus County, the list of residential and commercial applications is staggering. Right now around 6,000 residential lots in Crystal River and Lecanto are either approved or awaiting approval! Don't forget the enormous retail centers being built near the Walmart in Lecanto, the proposed mega development in Beverly Hills, and the upcoming

Suncoast Parkway extension and County Road 486 interchange that will come within yards of Meadowcrest.

In our own community, less than two years after many Meadowcrest homeowners fought to prevent a change to allow high-density rental units on the "tree farm" tract, a large developer has purchased the property with plans to build 179 apartments in multiple three-story buildings plus retail space — all on Meeting Tree Boulevard directly across from our park and clubhouse. The former Winn-Dixie building is being modified into a large medical facility, and will undoubtedly also bring more traffic onto Meadowcrest Boulevard and into our community.

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What does this explosive growth mean for us? As the expanding population learns about the convenient “cut-throughs” of Meadowcrest Boulevard and Meeting Tree Boulevard, traffic will increase each day.

Many of you have already noticed and commented on the expanding number of cars on Meadowcrest roads. The volume of traffic we’re encountering now is only a fraction of what we’ll see in the not-too-distant future and, as annoying as increased traffic will be, it also has potentially alarming financial implications related to road maintenance and repair.

The Road Committee Mission

Last October, in response to the increases in use of our private roads, the MCA Road Committee was formed to mitigate the effects of traffic in our community. The new committee’s mission was more extensive than its predecessor, the Traffic Safety Committee, primarily because it included researching legal ways to limit public use of private Meadowcrest roads.

The committee was authorized to engage an attorney to advise on what is, and is not legally possible to restrict and deter traffic in our community. Since all Meadowcrest roads are private, but seemingly used by the public at-will, the committee needed to learn the legal rights to alter their use.

To that end, our attorney thoroughly researched both Meadowcrest’s founding and governing documents. His investigations revealed that Meadowcrest was established by its developer in the 1980s as a **mixed-use** community, combining both residential and commercial ownership. The project was deemed a Development of Regional Impact (DRI) due to its large size and scope, requiring both county and state approvals for development.

Subsequent multiple recorded deeds and plats confirmed every road in Meadowcrest is owned by either the master Meadowcrest Association (MCA) or by one of the nine village property owner’s associations (POAs). Citrus County does not own or maintain any road within Meadowcrest.

Meadowcrest’s governing documents classify two types of property/assets in our community and who their rightful users are:

- **Common Property/Assets:** Funded by **BOTH** homeowners (64%) and commercial owners (36%). Meadowcrest Boulevard and Meeting Tree Boulevard are Meadowcrest

common property. Use of common property is open to **BOTH** homeowners and commercial owners.

- **Limited Property/Assets:** Funded **EXCLUSIVELY** (100%) by homeowners. MacVicar Road, the clubhouse, pools and tennis courts are examples of Meadowcrest limited property. Use of limited property is restricted **ONLY** to homeowners from the five residential villages (Arbor Court, Fairmont, Fox Hollow, Hillcrest and Pinehurst).

It is simply common sense that all of our community assets need to be protected. Currently, Meadowcrest protects assets such as our clubhouse, pools and tennis courts. They are kept under lock and key 24 hours a day to prevent them from being accessed by unauthorized users. Collectively, our private roads are unquestionably our **most valuable** assets, however we’re not currently protecting them from use and abuse by non-authorized persons in any manner and have exercised no control over them for almost 40 years.

When Meadowcrest was developed in the 1980s, State Road 44 (W. Gulf to Lake Highway) and County Road 486 (W. Norvell Bryant Highway) were two-lane roads. Both are now bustling five-lane highways and are slated to be primary retail and housing corridors in Citrus County with our subdivision literally sandwiched between them. The general public has taken free rein to utilize Meadowcrest Boulevard and Meeting Tree Boulevard as shortcuts at all hours of the day and night, often with zero regard to posted speed limits or stop signs. Homeowners in both Fox Hollow and Pinehurst are rightly concerned about their safety each time they use Meadowcrest Boulevard.

In the early days of Meadowcrest, no one could have ever envisioned the volume of traffic we see today, especially the high volume of cut-through traffic we currently suffer. Considering the number of planned new homes and businesses in our area mentioned above, cut-through traffic will only increase.

The Good News

The Road Committee has experienced great success with our missions to date. Over the last few months, utilizing legal advice, the MCA Board approved the changes below to improve safety and attempt to restrict and deter the public’s unfettered use of our limited and common private roads:

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1. Reduced the speed limit from 30 to 25 mph on Meadowcrest Boulevard and Meeting Tree Boulevard;
2. Installed new speed limit signage, facilitated sheriff's inspection and approval of signage installation;
3. Notified the sheriff's office of the speed limit change and coordinated regular patrols for enforcement;
4. Re-striped the bike lane and installed bike lane signage;
5. Eliminated access to MacVicar Road (a limited property) by the Summerhill tenants and the adjacent vacant landowner via the existing curb cut by providing them with legal notice and the chaining-off of the point of ingress/egress.

The Bad News

Legal counsel advised we cannot legally restrict traffic on Meadowcrest Boulevard or Meeting Tree Boulevard because MCA's governing documents clearly state the commercial property owners in Meadowcrest have full rights to those two common property roads at all times, as do their customers.

This legal issue eliminates any possibility of being able to gate (aka impose use restrictions) for Meadowcrest Boulevard or Meeting Tree Boulevard.



Photo: National Association of City Transportation Officials

Speed cushions allow emergency vehicles to easily pass with their wheels on either side of the raised area.

Options for Meadowcrest Boulevard:

So, what can we **legally** do with Meadowcrest Boulevard and Meeting Tree Boulevard, both common property assets? Our attorney explained we can install "traffic calming devices" to **deter cut-through traffic** by making it inconvenient for the general public to use our roads as a shortcut.

Deterring traffic is not restricting traffic.

At the MCA June meeting, the Road Committee presented multiple options for traffic calming devices on Meadowcrest Boulevard. We proposed **speed cushions**, which are modified rubber **speed tables** installed mid-block and include special wheel cutouts to allow emergency vehicles such as fire trucks to pass unaffected while reducing passenger car and truck speeds. These devices are designed to not only slow traffic below the posted 25 mph, but also coerce drivers to obey stop signs. These devices will discourage unauthorized cut-through traffic and encourage them to seek an alternate route. Those who don't will be encouraged to be more respectful of our speed limit and our stop signs. You can learn more about these traffic calming solutions at: www.trafficlogix.com/speed-cushions.

The fact that the exclusive ingress and egress for both Fox Hollow and Pinehurst is via Meadowcrest Boulevard creates a unique set of problems. As explained above, we are legally prevented from gating Meadowcrest Boulevard because it is common property. Because of this, we asked both gate companies submitting proposals to analyze how these two villages might be gated separately.

Both companies found Pinehurst has sufficient space to install a gate system at the entrance. We submitted that proposal to the MCA board in June. There's some complexity involved in the ownership of the entrance parcel, but that is a workable solution, with the approval of the Pinehurst and MCA boards.

Both companies, however, agreed that Fox Hollow's entrance is not spacious enough to allow a gate system installation. We instead requested proposals for an integrated camera surveillance system to closely monitor and record incoming and outgoing traffic for increased security.

The decision to move forward on the Pinehurst and Fox Hollow proposals would ultimately be made by the homeowners in those villages along with their respective village boards and the MCA Board.

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Options for MacVicar Road:

Once the public's use of Meadowcrest Boulevard is deterred and discouraged, rest assured drivers (and Google Maps) will quickly discover MacVicar Road as an alternate cut-through route! Additionally, when the upcoming 179 apartments are constructed and occupied, hundreds of people will also find and use MacVicar Road (a limited property) as a cut-through substitute to Meadowcrest Boulevard.

The general public does not currently have, nor will the incoming apartment residents have in the future, any legal right to use MacVicar Road – it is a limited property, funded and maintained only by the homeowners of Meadowcrest.

In fact, our legal counsel explained that according to MCA recorded governing documents, homeowners in the five residential villages have the right to use MacVicar Road (a limited property asset) to the “exclusion of all others.” Therefore, Meadowcrest homeowners have full control over the usage of MacVicar Road and can legally install gates at each end to restrict its use to Meadowcrest homeowners and their invitees.

Gating MacVicar Road will not only block unauthorized use of this shared limited property (asset), it will better protect the clubhouse, pools, tennis courts and MacVicar Park, which are also limited properties (assets). The gating system proposed to the MCA board in June allows homeowners from all five residential villages full, easy access to MacVicar Road.

The Expense

Our legal counsel explained installing gates is considered an improvement to a road because it reduces its use and therefore extends its useful life, much like resurfacing or patching a road. Gates will be an improvement to an existing community asset no different than resurfacing the pools or fencing and gating the pickleball court, expenses the MCA allocated to protect and extend the life of those assets.

Our attorney further explained the expense of the gate project can be fully funded from the limited road reserves because they will be an improvement to the road, should the MCA board approve the MacVicar gates.

It seems to make good business sense that spending reserve funds now on gates to restrict traffic on MacVicar Road will ultimately extend the date (and the expenditure) for its eventual

required repaving. Installing gates now will restrict future use to only authorized persons and prevent unhampered use by the general public.

The Bottom Line

Our roads are an enormous financial responsibility and our largest asset. Continuing to allow unchecked use by the general public puts an unnecessary financial burden on our homeowners. Increased traffic equals increased wear and tear. Increased wear and tear speeds up the need for resurfacing sooner, rather than later. Increased traffic also presents noise and safety concerns for all residents.

Gates will be a change for our community but it's a change communities facing similar rapid, unchecked growth all over Florida have successfully undertaken. Gated communities are more desirable than ever, bringing overall increased home values and potentially lower home insurance premiums.

MCA Board President Greg Herd said he plans to hold meetings with each village to discuss the gating and security proposals to make sure community members are involved and have the chance to ask questions and express their opinions.

Investing to protect our roads now saves money in the future by extending their lifespan. We on the Road Committee are hopeful the MCA Board agrees with our assessment and moves forward with these projects.

For most of the last 40 years our community roads have been relatively quiet, but the exponential population and commercial growth surrounding our community require us to finally have to deal with the public's unchecked use of our private roads. We can't stop growth in Citrus County but we can take critically important steps to protect our own community assets from unnecessary and unauthorized wear and tear by the public at our expense.

Ed and Donna Cunningham
Co-Chairs MCA Road Committee



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New Guidelines of Evidence Based Care for Neck and Back Pain Part II by Cheryl McFarland-Bryant, DC

I desire to reach out to mainstream medical professionals with the published research about the safety of Chiropractic.

A strong recommendation was given for spinal manipulation in conjunction with Flexion-Distraction by the World Federation of Chiropractic Congress in June 2021, above other therapies: upper back manipulation, low level (cold) laser therapy, advice, massage, stretching, soft tissue therapy mobilization, exercise and pulsed short wave diathermy. Manual therapy includes the use of Active Isolated Stretches - therapist assisted ranges of motion - ROMs to increase flexibility and to increase pain free ROMs. Spinal Traction combined with adjustments was determined to be much more effective than when massage / manual therapy was done without spinal manipulation. Chronic back pain manipulation done without these other therapies was only given a weak recommendation.

The conclusion was that “interventions commonly used in chiropractic care improve outcomes for the treatment of acute and chronic neck pain” and that “increased benefit has been shown” in several circumstances when multiple therapies including adjustments were used for the treatment of neck pain.

Acute Low Back pain: A study using 3 groups of acute low back pain subjects: a placebo group, a group receiving an NSAID and a group receiving spinal manipulation. The group receiving the spinal adjustments/ manipulation had less time off work, less medication usage and less self-rated disability than the other 2 groups and the results were registered by a blinded investigator, published in SPINE journal 2012. Chiropractic has at least an 80% success rate using the combination of exercise, stretches/ mobilization,

massage, and specific chiropractic manipulations/adjustments.

Some other rather recent research published in the medical journals showing the safety and effectiveness of spinal manipulation are the following: JMPT (Journal of Manipulative therapy) 2013 volume 36 issue 8 Study of “Outcomes from MRI confirmed symptomatic Cervical HNP patients treatment of spinal manipulation using Neck Oswestry Disability Questionnaire Index found that at 1 month post adjustment, 69% of the neck pain patients with a confirmed herniated cervical disc improved and at 3 months 76% were still improved following spinal adjustment with no adverse side effects. This study compared the group of patients with confirmed herniated disc on MRI to the group that only received nerve root injections which only had a 53% success rate in reducing the pain and disability levels.

The medical profession has used mostly pharmaceutical and surgical intervention for neck pain, low back pain and sciatica. The first course of action is oral medication, which has risks for the liver, kidneys, and cardiovascular system. Epidural steroid injections are successful 50% of the time, with a 21 % increased risk of spinal fracture with every injection. When there are multiple degenerating or herniated discs, the worst or most obvious “pinched nerve” per imaging studies is often not the one causing the symptoms. Spinal fusion only works when the specific pain generator is known at the time of surgery and at least 50% of the time it is not known. Another problem is that usually the disc above and/or below the fusion has degeneration following the fusion; 51 % of the time with cervical fusions and 70% in the Lumbar fusion 10 years later.

The take-a-way is that Chiropractic is the only healthcare profession that says no to drugs and unnecessary surgery, so utilize chiropractic first, drugs second (including over the counter meds), and surgery last. Call 352-795-8911 for an appointment ASAP!

SILVER HIGHLIGHTS

with Brenda Flowers

HOME REPAIRS

“There is nothing more important than a good, safe, secure home.” Rosalynn Carter

The Citrus County Emergency Home Repair Program is funded through the State Housing Initiative Partnership Program. Provided that funding is available, it pay for repairs that remove conditions of imminent threat to the health and safety of residents by fixing existing hazards (it is not for remodeling). Applicants are on a first come, first qualified, first served basis.

Items eligible for repair include: roofs, heating and cooling, plumbing, electrical, and accessibility repairs.

Annual household income must not exceed the following figures as of April 1, 2024:

- 1 person - \$37,250
- 2 persons - \$42,600
- 3 persons - \$47,900
- 4 persons - \$53,200
- 5 persons - \$57,500
- 6 persons - \$61,750
- 7 persons - \$66,000
- 8 persons - \$70,250

If you income qualify, then:

- This must be your primary residence (you must be homesteaded)
- Your taxes and mortgage must be current
- You must be clear of any open judgment or lien against the property on public records (excludes the mortgage)

Do you have to pay this back? NO
REPAYMENT is required provided the client resides in the home within five years from the date of signing the rehabilitation agreement.

They cannot sell, lease, rent, refinance or transfer the property. If, however, the home is sold, leased, etc. during years six through nine, a prorated amount must be repaid:

- 80% if sold during year six
- 60% if sold during year seven
- 40% if sold during year eight
- 20% if sold during year nine
- 0% if sold during year ten

At the time of writing, there is a waiting list of approximately one year. If you income qualify for assistance and you anticipate home repair needs a year from now, please call Citrus County Housing Services Division at (352) 527-7520 to request the appropriate form and get your name on the waiting list.

In addition to the county program, there are two other resources to reach out to:

- **USDA Rural Development** for the home repair grant for seniors. They're located in Ocala but serve county homeowners. Contact Mary Littrell at mary.littrell@usda.gov or (352) 414-7801.
- **Mid-Florida Community Services** assist with windows, doors, insulation and air conditioning. Contact Karen Schulz at kschulz@mfcs.us.com or (352) 796-1427.

If you'd like to share helpful tips through Silver Highlights or have questions, please contact Brenda Flowers at brenda.flowers.usa@gmail.com or (352) 601-6481.

I was four days into a three-week road trip around France when I arrived in Marseille to visit with my friend and fellow chef, Christian. Christian was searching for a location to hold summer cooking classes and we decided to visit Chateau Routas, a 716 acre vineyard specializing in rosé wines located in the rolling hills northeast of Marseille.

It was a pleasant spring morning with the countryside just starting to turn green with new growth when we enjoyed our tour of the Chateau; a typical centuries-old farm with great stone houses and outbuildings along with a large kitchen and dining area, perfect for classes.

As it was the off-season, the farm was quiet but around noon several couples stopped by for a wine tasting. This is when our visit became a true experience! There were folks from Germany, the United Kingdom and Switzerland — each bringing along a snack to enjoy with their wine.

Our visitors decided to pool their resources for an al fresco lunch. Bread, cheese and sausages were shared, along with giardiniera (pickled vegetables) all spread on a large wooden table under the sun.

Christian and I were invited to raid the kitchen and we elected to cook pasta and risotto, combining each with the giardiniera to add a new dimension that complimented the wines provided by the owner. It was a fantastic meal!

After lunch, a hike through the fields was in order. Imagine walking in a giant jar of herbs de Provence; my feet were kicking up the scent of dried wild oregano, rosemary and thyme. This, along with the sun warming us after our feast, made for a very enjoyable afternoon.

Giardiniera is a workhorse, delicious on its own or chopped and mixed with tuna, chicken or pasta salad. Pair with a rosé or gewurztraminer and marinated olives with country bread.

Versatile Giardiniera

INGREDIENTS

2 carrots	15 fresh basil leaves
2 celery ribs	1 tsp. oregano
1 medium red onion	2 tbsp. pickling spice
2 bell peppers	¼ cup salt
1 small cauliflower	1 cup white wine vinegar
3 garlic cloves	1 cup distilled vinegar
	Olive oil

METHOD

Take advantage of farmer's markets for the fresh ingredients. Cut all vegetables into bite-sized portions and place in a bowl, add salt, mix, add water to cover then soak for eight hours. Drain the water, place vegetables into lidded glass jars and divide the basil among jars.

Add the vinegars and one cup of water to a saucepan, add spices and slivered garlic. Bring to a simmer for five minutes. Divide the hot brine among the jars, barely covering the vegetables. Allow to cool down for about an hour then add olive oil to below the rim of each jar. Place lid and refrigerate for up to two weeks. Vegetables are ready to enjoy after two days of refrigeration.

ACTIVITES

Activities take place in the clubhouse unless otherwise indicated. Outdoor activities are weather permitting. Refer to the online calendar for the most current schedule:
www.meadowcrestvillages.org/p/Clubhouse-Calendar-Reserved-Dates

AEROBICS (LOW IMPACT) – Mondays, Wednesdays, Fridays 8:45 a.m.
Contact Donna Kilbury 352-564-0223

BIBLE STUDY – Fridays 10 a.m. Contact Bill or Donna Farmer 260-267-2401

BOCCE BALL – Mondays, Wednesdays 1 p.m. in the Meadowcrest park.
Contact Pat Musser 717-816-2588

BOWLING – Thursdays 3 p.m. at Bowlero Lanes in Crystal River. Fall league bowling, spring and summer fun bowling.
Contact Linda Bendel 352-795-1887

BRIDGE – Mondays 1 to 4 p.m.
Contact Mike Selby 352-228-4008

EUCHRE – Thursdays 1 to 3 p.m.
Contact Bill Atkinson 352-564-0240

LADIES GAME NIGHT – Thursdays 7 to 9:30 p.m. Ladies are welcome to play any board/card game they bring.
Contact Joanne Fetzer 352-794-6457 home or 513-300-6219 mobile

LINE DANCING – Fridays 1 p.m.
Contact Rose Evans 352-563-1619

MAH JONNG – Tuesdays 10 to Noon and Fridays 3 to 5 p.m.
Contact Janice Hoffmann 352-795-4633

PICKLEBALL – Mondays, Tuesdays, Thursdays, Fridays 8 to 10 a.m. at the lower tennis courts.
Contact Gail Baker 720-275-9965

TENNIS/MEN – Mondays, Wednesdays, Fridays 9 to 11 a.m. at the upper tennis courts.
Contact Mike Mangan 352-228-4798 or Manny Karosas 352-795-9023

TENNIS/WOMEN – Tuesdays 9 a.m. to 1 p.m. League play. Contact Alice Karosas 352-795-9023. Saturdays 10 a.m. Open play.
Contact Briget Brothers 352-212-3232

WATER AEROBICS – Mondays, Wednesdays, Fridays 10 to 11 a.m. at the swimming pool. Men and Women. Classes begin in April and go until mid-October. Led by Barbara Johnson and/or Pat Gabriel

If you have a regularly scheduled activity and want it advertised here or have changes to report, please contact the editor via email at:
newsviews_ed@yahoo.com



SEPTEMBER SOCK HOP

Saturday, September 21 at 5:00 p.m.

Bring your appetite and your dancing shoes and enjoy an evening of 1950's music with DJ Ed from E2 Entertainment!

Watch for details on the Meadowcrest website.

By the time you receive this edition, road committee chairpersons Ed and Donna Cunningham will have presented their proposals to the MCA Board for consideration. The board is now breaking down the presentation, creating a list of questions and requests for additional information that will be submitted to the committee. Our thanks to Ed and Donna for presenting the committee's work.

In the process of working through the presentation, quotes and specifications, the board has broken out the following projects for consideration:

- WGI traffic study — proposed deliverable: Vehicle count data by location so we have an accurate snapshot in time of where vehicles enter, exit and stop from 13 check points. Based on that study data, additional actions may be prudent
- Traffic calming devices — proposed deliverable: A physical roadway tool to force drivers to slow down as they encounter each cushion between stop signs
- Gating McVicar — proposed deliverable: Eliminating unwanted traffic, possible home insurance premium reduction, possible positive effect on property value and perceived added security for homes and amenities
- Transfer of title of Pinehurst entrance property to the MCA — proposed deliverable: Incorporate the funding and costs of gates into the “limited” reserve planning
- Gating of Pinehurst Village — proposed deliverable: Eliminating unwanted traffic, possible home insurance premium reduction, possible positive effect on property value and perceived added security

- Integrated camera system for Fox Hollow — proposed deliverable: Ability to record each vehicle that enters or exits Fox Hollow and review that history in the event of a crime

The road committee has endeavored to include something for each village of possible positive value. We appreciate their work and effort.

The boards role is to now sort through the information to understand each aspect so village meetings can be held to discuss these projects and potential impacts to reserve planning and funding, new reserve categories, possible funding options and operational budgets should any or all projects be supported by you, the Meadowcrest homeowners.

The traffic study and the Meadowcrest Boulevard traffic calming devices will be on the agenda for discussion at the August MCA Board meeting. These items will be broken out, as they are potentially projects all Meadowcrest POAs, residential and commercial, can support to encourage traffic compliance on Meadowcrest Boulevard and make it less desirable as a cut through between 44 and 486 for those that do not have business within the community.

The balance of the items will be handled in the meetings between each village and the MCA Board. Then a survey of the villages will be conducted to determine support for the projects. There is much work to be completed, but you, the homeowners, will provide the final direction.

Respectfully submitted by,
Greg Herd, MCA President

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