



# Heartland Lake Shark Bytes

July 2017

## PEACE RIVER WOMEN'S SHELTER

### ENGAGE. RESTORE. EMPOWER.

*The vision of Peace River Center is to be a Center of Excellence for building emotional wellness. Peace River Center's mission is to engage, restore, and empower individuals in our community to reach their fullest potential.*

Peace River Center is an agency striving to impact the lives of their clients and the community they serve by engaging, restoring, and empowering individuals to reach their fullest potential by offering a broad range of mental health and substance use disorder services throughout Polk, Highlands and Hardee counties.

Peace River Center helps over 23,000 individuals each year.

With 27 locations, 30 programs and accreditation from The Joint Commission and licensed by ACHA and DCF they are one of the largest behavioral health agencies in Florida.

They offer an array of services with 30 programs, which include:

- Inpatient and outpatient psychiatric services
- 24 hour crisis services
- Rape Recovery and Resource Center
- Domestic violence shelters and victim advocacy

*One of the organizations supported by the Heartland Lake Sharks*

- Substance abuse treatment
- Mobile and in-home services
- Group homes
- Integrated care combining primary care and behavioral health services

Peace River Center was founded in the late 1940's in response to the community's concern for the emotional and psychological wellbeing of children. Over time, Peace River Center gradually expanded their services to include adults. A significant growth period for the Center came after the 1973 passing of the Baker Act, which is Florida's Mental Health Act, enabling them to establish a community mental health center as an alternative to treatment at the State Hospital. In the late 1970's Peace River Center opened the first of two domestic violence shelters, and in 2013 they added a primary care Wellness Clinic.

**Peace River Center**  
COMPASSIONATE PEOPLE, POSITIVE IMPACT

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## SUMMERTIME IS NO PHLOCKING TIME!

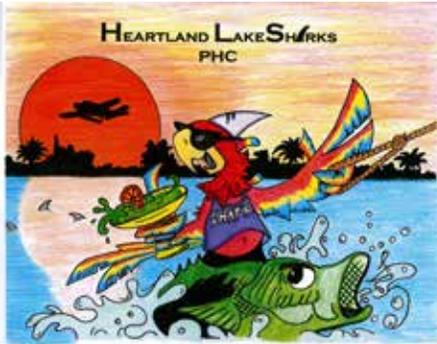
So, it's hot. Tell us something we don't know. No Phlocking in July, but we've found an air conditioned place for August. Check inside for details.

You know what? All those people still need donations. Take your donations of food and other necessities to Dock 633 or Jean Death at Lake and Land Realty, both in Lake Placid.

Then party on, dudes and dudettes!

# Lake Shark Bytes

A Publication of the  
Heartland LakeSharks  
Parrot Head Club  
Lake Placid, Florida



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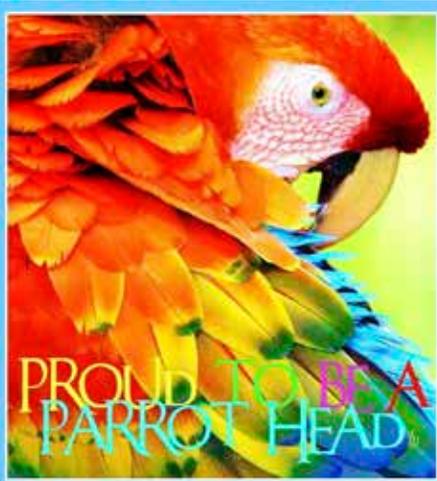
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## Directors

Jean Deuth  
Barbara Nickels  
John Howard



At the June Business meeting we decided to suspend the July Phlocking due to the heat and so many people taking vacations. We'll pick back up with the August Phlocking at Bo David's in Lake Placid.

Planning Committee Chairwoman Norma still needs **volunteers**. **(Norma's note: If you don't volunteer...you may get voluntold!)** The purpose is to organize the Phockings and what we do at them. Call Norma at 863-464-0357 or email her at [norma@hirize.us](mailto:norma@hirize.us)

We are working on a 'Welcome To The Club' new member package that will provide information about everything we do. Any suggestions, please contact Linda at [womantoblame.lrb@gmail.com](mailto:womantoblame.lrb@gmail.com)

The next business meeting will be at 5:30 PM, Tuesday, July 11<sup>th</sup> at the Mid-Florida Community Center, Stuart Ave., Lake Placid. Everyone is welcome to attend with ideas and/or margaritas. Board members who are unable to attend should contact Linda at [womantoblame.lrb@gmail.com](mailto:womantoblame.lrb@gmail.com)

*Our Thanks to These Supporting Businesses!*



Find us on:  
**facebook**®

Have you checked out our Facebook Page?

[facebook.com/heartlandlakesharks](https://facebook.com/heartlandlakesharks)

Or search for Heartland LakeSharks Parrot Head Club! Join the fun!

# AUGUST PHLOCKING

We know a place...

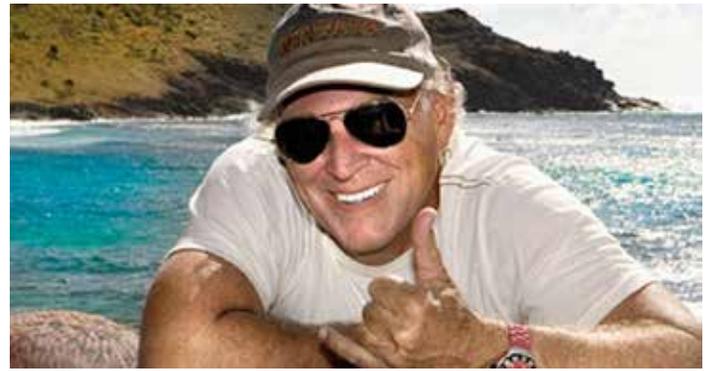
Join us in air conditioned comfort at bo david's Restaurant & Bar on August 27th from 3 to 6 pm for a cool Phlocking.

Music, drinks and food will be the order of the day. Details coming next month.

Bo David's - 131 Sun n' Lakes Boulevard, Lake Placid.



# HOLIDAY PARTY DECEMBER 16



## JIMMY BUFFETT SCHEDULE

Details - [www.margaritaville.com](http://www.margaritaville.com)

- 7/8 Riverbend Music Center - Cincinnati, OH
- 7/11 DTE Energy Music Theatre - Clarkston, MI
- 7/15 Wrigley Field - Chicago, IL
- 8/11 Moison Canadian Amphitheatre, Budweiser Stage - Toronto, ON, CA



Don't miss this great all-American Parrot Head opportunity! See the flyer on page 6!

## MESSAGE FROM THE EDITOR



Welcome to National Picnic Month here in Paradise, fellow Parrot Heads! This month we celebrate our Independence on July the 4th! Fly your Flag and wear Red, White and Blue proudly! Enjoy some good food, good drink, good times, and good fireworks with family and good friends! Thanks to all of you who generously volunteer your time and donate for those

less fortunate. Remember, we need **YOU**, so if you have any suggestions, or can help support our cause in any way, please contact **Linda** at [woman2blame.lrb@gmail.com](mailto:woman2blame.lrb@gmail.com)  
**CHEERS Trisha**

# THE BOAT DRINKIN' CRUISE

We are looking for fun-minded cruisers, ages 21 and over, to join us on this high seas adventure — the 3rd Annual Parrothead Cruise, featuring The



Trop Rock Junkies! We set sail April 14, 2018, on a 6 day cruise out of Miami on the Escape, Norwegian Cruise Line's newest ship. Ports of call include Georgetown, Grand Cayman, Ocho Rios, Jamaica, and Nassau, Bahamas. All reservations include the V.I.P Pass only when booked through Cruise Planners/Lisa Simons.

*We're going... are you??  
Get in touch with Linda and let her know you're interested!*

## V.I.P. PASS EXCLUSIVE EXTRAS

- FREE Beverage package plus beverage service fees (Value of beverage package \$474 pp person & beverage service fee \$85.32 pp value = \$559.32 PER PERSON VALUE!)
- TROP ROCK JUNKIES- Trop Rock Junkies were nominated by the Trop Rock Music Association for the 2016 Band of the Year. Lead vocalist Steve Tolliver was named TRMA 2014 Songwriter of the Year.
- PARROTHEAD OLYMPICS- Fun, games, and high jinx with prizes & medals awarded to the Gold, Silver, and Bronze Teams. (VALUE PRICELESS!)
- WIN MONEY OR PRIZES!- 50/50 Raffle with half of proceeds to charity, the other half to the winner, prizes, multiple winners.
- \* BOAT DRINKIN' BASH- Meet your Parrot Heads, while in costume, tailgating attire & trop wear! (A \$25 PER PERSON VALUE!)

Motorcoach service available. Current prices starting at \$936.89 per person. VIP Pass, taxes, and port fees included in cost. Contact for availability & pricing.

Cruise Planners/ Lisa Simons -224-241-1373  
[lisa.simons@cruiseplanners.com](mailto:lisa.simons@cruiseplanners.com)



## CEREAL FOR SUMMER

Families in our area sometimes have a bit of trouble putting a nutritious breakfast on the table during the summer months. Parrot Heads can step up to the plate by donating any dry boxed or bagged cereal, breakfast bars, Pop Tarts, oatmeal, and any other foods that will be distributed by the Lake Placid Police Department.

Several Heartland LakeShark Parrot Head Club members have already dropped off bags of cereals and breakfast foods to Jean Deuth at Lake & Land Realty, 124 East Interlake Boulevard in Lake Placid. Jean will deliver the food to the cop shop and you'll know even though school breakfasts have taken a break, there's still food on the table!

If you would like to make a monetary donation, make check or money order to the Lake Placid Police Department and memo it to "Cereal For Summer." All donations go to the program. For additional information, contact Chief James Fansler at [LakePlacidChief@gmail.com](mailto:LakePlacidChief@gmail.com), by phone at 863-699-3757 or stop by the LPPD at 8 North Oak Avenue.



# SAY HAPPY 4TH OF JULY WITH BLUE SKY-RITAS!



Makes 2 glasses

## Ingredients

6 T tequila

1/4 C lime juice

1/4 C peach and tropical flavored vodka (like Kinky Gold)

2 T Blue Curacao liqueur

1 T simple syrup

1 T blue decorating sugar

1 T green decorating sugar

Lemon and orange slices, paper umbrellas, optional

In pitcher, combine tequila, lime juice, vodka, curacao and simple syrup. Refrigerate until chilled. On small plate, mix sugars and spread over plate. Dip rims of 2 glasses in water; shake off excess. Dip into sugar; invert and let dry. Divide drink between 2 glasses and garnish with fruit and a paper umbrella.

## PATRIOTIC CUPCAKES

Makes 1 1/2 dozen

### Ingredients

1 15.25 oz. box white cake mix

1/2 tsp. blue food coloring

1/2 tsp. red food coloring

1 16 oz. container vanilla frosting

Red, white and blue sprinkles

### Directions

Prepare cake mix batter according to package directions for cupcakes. In a small bowl, combine 1-1/3 cups batter and blue food coloring. In another bowl, combine 1-1/3 cups batter and red food coloring. Leave remaining batter plain. Fill paper-lined muffin cups with 1 tablespoon red batter, 1 tablespoon plain batter and 1 tablespoon blue batter. Bake at 350° for 20-24 minutes or until a toothpick inserted near the center comes out clean. Cool in pans for 10 minutes, then remove to wire racks to cool completely. Frost with vanilla frosting, decorate with sprinkles.

*SHARE AND ENJOY!*



## DONATIONS

From our May Phlocking, we donated 66 lbs. of food, 12 pairs of slacks, shoes and other women's clothing, baby items, and toiletries to Manna Ministries. Thank you to everyone for their generous donations.



## DEADLINE

Got a story you wanna tell? Do you have pics that deserve to be seen? Is there something you'd like to see in the newsletter? All your stuff needs to get to us **BEFORE** the 25th of the month. Trisha [trishaonislandtime@yahoo.com](mailto:trishaonislandtime@yahoo.com)



**RAYS** 2017



## Margaritaville Night

With The **RAYS**



**SAT, JULY 22**  
VS. TEX  
START TIME: 7:10 P.M.  
GATES OPEN: 5:10 P.M.

### DON'T MISS

- Pregame Performance by The De Lei'ed Parrots
- Each ticket includes Rays Hat & Hawaiian Lei
- Specialty Themed Food & Drink Items
- Gate Giveaway: DJ Kitty Onesie (while supplies last)

✦ **Press Level Reserved Tickets are \$34 (\$60 Value)** ✦

For Groups of 10 or more

**Includes Rays Hat & Hawaiian Lei**

Items can be picked up by showing ticket at the table located in Section 222 through the 5th inning

**Deadline to purchase Group Tickets is Friday, July 14th**



Individual tickets can be purchased online for \$39 by Thursday, July 20 at [www.raysbaseball.com/margaritaville](http://www.raysbaseball.com/margaritaville) and use promo code: **FIN2**

To order 10 or more tickets contact John Pope at 727.825.3362 or email [jpope@raysbaseball.com](mailto:jpope@raysbaseball.com).

**RaysBaseball.com 888-FAN-RAYS**