

# Free LOCAL AREA Guide

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Hillsborough, County FL



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Hillsborough County



Scan the QR Code to go to the county page.

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# Local Area Events

## JANUARY

Rock the Park - Tampa - 1st Thurs Year Round  
 Annual Gasparilla Extravaganza - Tampa  
 Black Heritage Festival - Tampa  
 New Years Day Blast Of the Past - Temple Terrace

## FEBRUARY

Annual Charity Polo Classic - Plant City  
 Annual Magnolia Ball - Tampa  
 Florida State Fair - Tampa  
 Florida Strawberry Festival (Feb-Mar) - Plant City  
 Music on the Bay - Tampa  
 Tampa Taco Fest  
 Valentines Day Showcase Dance Party - Riverview

## MARCH

Tampa Beer, Bourbon & BBQ  
 Tampa Shamrock Stroll

## APRIL

Easter Eggstravaganza - Tampa  
 Gem, Mineral & Jewelry Show - Tampa  
 Strawberry Classic Cruise - Plant City  
 Tampa Bay Blues Festival  
 Tampa Bay Home Show  
 Tampa Bay Wine & Food Festival

## MAY

Memorial Day Service - Tampa  
 Summer Nights at Busch Gardens - Tampa (May-Aug)

## JUNE

Career & Job Fair - Tampa  
 Tampa Bay Boat Show  
 Tampa Bay Juneteenth Festival  
 Summer Festival of Racing - Tampa

## JULY

Bay Area Riders Night Ride - Tampa  
 Bierfest at Busch Gardens - Tampa (July-Sept)  
 Lutz Independence Day Run  
 Tampa Bay Bridal Show  
 Tampa Bay Boat Parade & Fireworks  
 Tampa Bay Water Ski Show

## AUGUST

Just Dance Tampa  
 Parks & Recs Trivia Night - Tampa

## SEPTEMBER

Tampa Bay Kids Expo  
 Tampa BAY Womens Expo  
 Tampa Bay Boat Show



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## OCTOBER

Annual Fall Festival - Westchase  
 Haunted Carnival - Tampa  
 Oktoberfest Arts & Crafts Festival - Tampa  
 Riverwalk Trick or Treat - Tampa  
 Tampa Bay Art Battle  
 Tampa Bay Auto Show  
 Trick or Treat at the Plaza - Thonotosassa  
 Trunk or Treat - Tampa  
 Wesley Chapel Fall Festival - Lutz

## NOVEMBER

Annual Pioneer Day - Plant City  
 Annual Trot Thru the Terrace 5K, 10K & 1 Mile- Temple Terrace  
 Annual Yard Sale - Gibsonton  
 BBQ Love Fest - Tampa  
 Cinnamon Roll 5K - Plant City

## NOVEMBER (CONTD)

Classic Car Show - Valrico  
 Holiday Gift Market - Tampa  
 Hillsborough County Fair - Dover  
 India Festival - Tampa  
 Kids Day Out - Plant City  
 Ruskin Seafood Festival  
 Smoke Shop Festival - Tampa

## DECEMBER

Annual Wellness Expo - Tampa  
 Christmas Parade - Thonotosassa  
 Christmas Time in Tampa  
 Florida Hmong New Year  
 Tampa Oysterfest

*\*Events are subject to change*

# Residential Services

Affordable Housing.....	813-246-3150
Aging Services.....	813-272-5250
Childrens Services.....	813-264-3807
Consumer & Veterans Services.....	813-635-8316
County Clerk & Comptroller.....	813-276-8100
County Administrator.....	813-272-5900
District Attorney/13th District Judicial Center.....	813-272-5400
Economic Development.....	813-273-3719
Emergency Management.....	813-272-6600
Environmental Services.....	813-272-5977
Extension Services.....	813-744-5519
Fire Rescue.....	813-272-6600
Health Care Services.....	813-272-5040
Homeless Services.....	813-274-6834
Library Service.....	813-273-3652
Parks & Recreation.....	813-744-5595
Pet Resources.....	813-301-7387
Public Works.....	813-635-5400
Sheriff.....	813-247-8000
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Solid Waste Services.....	813-272-5680
Water Resources.....	813-272-5977

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# HURRICANE SAFETY

## Top Five Tips



### 1. STAY INFORMED

If authorities issue evacuation orders, follow them promptly. Delaying evacuation can put your life and the lives of emergency responders at risk. They have the most up-to-date information on the storm and can provide guidance on the safest course of action. Remember that each hurricane is unique, so it's essential to stay informed and adapt your plans accordingly. Preparedness and early action are key to minimizing risks and ensuring the safety of yourself and your loved ones during a hurricane.

### 2. SECURE YOUR HOME

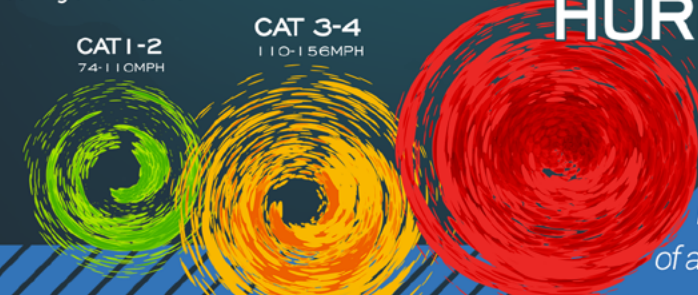
### 3. FOLLOW EVACUATION ORDERS & GUIDELINES

### 4. EMERGENCY SUPPLIES

### 5. EVACUATION PLANNING

CAT 5  
 157+ MPH

## HURRICANE CATEGORIES



The Highest Recorded Wind Speed of a Hurricane is 215 mph



West Central Florida is where Hillsborough County is situated. With 1,459,762 residents as of the 2020 census, it is the most populous county outside of the Miami metropolitan area and the fourth most populous county in Florida.

On January 25, 1834, Hillsborough County was established during the U.S. territory period (1822–1845) by combining Alachua and Monroe Counties. Wills Hill, the Earl of Hillsborough, who presided over the British government as the colonies' secretary of state from 1768 to 1772, is honored by the county's name. Augustus Steele made efforts to construct the County. The border of Hillsborough County's western portion to form Pinellas County in 1911 marked the last major alteration to the county's boundaries.

<b>CITIES</b>	<b>CENSUS DESIGNATED PLACES</b>	
Tampa ( <i>County Seat</i> ) - 384,959	Apollo Beach - 14,055	Egypt Lake-Leto - 36,644
Plant City - 39,764	Balm - 1,457	Fish Hawk - 24,625
Temple Terrace - 26,690	Bloomingtondale - 22,711	Gibsonton - 14,234
	Brandon - 114,626	Keystone - 24,039
	Carrollwood - 33,365	Lake Magdalene - 28,509
	Cheval - 10,702	Lutz - 23,707
	Citrus Park - 28,178	<i>*Populations are approximate.</i>
	Dover - 3,266	
	East Lake-Orient Park - 22,753	

## TAMPA (COUNTY SEAT)

For thousands of years, people have lived along Tampa Bay's coastlines. Around 2000 years ago, a Weeden Island culture variant emerged in the region. Based on archeological findings, it appears that the majority of the inhabited sites were located on or near the shoreline, and there is minimal indication of farming. This suggests that the residents relied heavily on the sea for their resources. The region was ruled by many chiefdoms of the Safety Harbor culture at the time of European encounter in the early 16th century.

With the construction of Fort Brooke in the 19th century, Tampa was established as a military hub. Vicente Martinez Ybor, the man who gave Ybor area its name, introduced the cigar industry to the area as well. After the Civil War, Tampa reincorporated as a city in 1887. The Gulf Coast is home to the city of Tampa. The east side of Old Tampa Bay and the north shore of Tampa Bay form the city's boundaries. The County Seat of Hillsborough County and the biggest city in the Tampa Bay region is Tampa. Tampa is the third most populated city in Florida, behind Jacksonville and Miami, and the 49th most populous city in the nation with an anticipated 398,173 in 2022.

## PLANT CITY

Plant City is an incorporated city in Hillsborough County, Florida, located roughly halfway along Interstate 4 between Brandon and Lakeland. In 2020, there were 39,764 people living there. It was named after well-known railroad developer Henry B. Plant, despite the misconception held by many that it was named for the vegetation grown in plant nurseries, particularly tropical houseplants and veggies and fruits, given the subtropical temperature of the Gulf Coast. Renowned as the global epicenter for winter strawberries, Plant City organizes the annual Florida Strawberry Festival in late winter.

## TEMPLE TERRACE

The town, which was incorporated in 1925, is known for its rolling terrain, picturesque views of the Hillsborough River, and towering trees. It is home to the largest sand live oak trees in central Florida. One of the first golf course communities in the United States, Temple Terrace was initially designed as a Mediterranean-Revival community in the 1920s. There were 26,690 people living in the city as of the 2020 census. In Hillsborough County, it is the third-smallest incorporated municipality.

## BRANDON

John Brandon, his first wife Martha, their seven boys, and their seven slaves landed in Fort Brooke (now Tampa) on January 20, 1857, from Mississippi. They initially relocated to the area that is now Seffner. Afterwards, in August 1858, John Brandon bought 40 acres in the New Hope region (now Brandon), and he eventually bought an additional 160 acres there, naming his property "Brandon". On property that Brandon provided, the New Hope Church was constructed years later. It was not only the community's first church, but Brandon's first school as well. In Hillsborough County, Brandon is a census-designated place (CDP) and an unincorporated community. It is included in the MSPA (Tampa, St. Petersburg, and Clearwater). In 2020, there were 114,626 people living there.

## RIVERVIEW

In Hillsborough County, Riverview is a census-designated place that is not incorporated. It's situated to the south of Brandon. In the 2020 census, there were 107,396 people living there. On the northern bank of the Alafia River, Riverview was established in 1885. However, Peru (pronounced "Pe-Roo") was the indigenous term for the "straight part of the river," and immigrants landed there on the south bank of the river in the 1830s. Peru was one of the first communities in central Florida and had been around for almost a century. Riverview did not acquire Peru until the 1940s, and it currently occupies the southern bank of the Alafia River.

## Town 'n' Country

Town 'n' Country is a Hillsborough County, Florida, census-designated place (CDP). In 2020, there were 85,951 people living there. Town 'n' Country consisted mostly of natural regions and live-stock farms before the 1950s. The Webb family sold their 525-acre dairy farm to the LaMonte-Shimberg Corporation in 1958 so they could build the Town 'n' Country Park development, one of Tampa's earliest suburban communities. The property was located close to the Hillsborough Avenue-Memorial crossroads. The original Town 'n' Country developers and builders had taken over 2,000 acres, extending over three miles from Memorial Highway to the north of Waters Avenue, by the time they constructed their final home.

**Ybor City** in Florida holds a rich historical significance as the cigar capital of the world. With a vibrant Cuban and Latin American influence, this neighborhood is steeped in the tradition of cigar manufacturing and culture.



Ybor City was once home to numerous cigar factories, attracting skilled artisans and workers from Cuba and other countries. Walking through the streets of Ybor City, you can still feel the essence of its cigar-making heritage with the aroma of tobacco lingering in the air. Today, the neighborhood boasts charming cigar shops, historical buildings, and lively cafes where you can immerse yourself in the art and craft of cigar making.

Ybor City stands as a living testament to the enduring legacy of the cigar industry and its impact on the cultural fabric of Florida.



# Mosquitoes

## Prevention & Health Risks



### A MOSQUITO FREE YARD

Create an environment in your yard that invites animals that like to eat mosquitoes. Some things that enjoy eating mosquitoes are:

- Bats
- Frogs
- Fish
- Turtles
- Birds
- Dragonflies

To help repel mosquitoes, plant some of the different vegetation listed:

- Citronella
- Geranium
- Eucalyptus
- Rosemary
- Basil
- Anise
- Mint
- Marigolds
- Catnip
- Wormwood
- Tansy
- Lavender
- Cedar
- Cloves

Don't have stagnant water sitting around in things like buckets or tires.

### BE SAFE WHILE OUTDOORS

When a mosquito bites you it can leave saliva in your body. If the mosquito is infected it can transfer diseases to you. A few of the more common diseases transmitted to people are:

- Dengue
- Encephalitis
- Malaria
- Yellow Fever.

Mosquitoes can also transmit diseases to animals. A couple of these diseases are:

- Heartworm (mostly to dogs & cats)
- Encephalitis.

To reduce your chance of getting a disease from mosquitoes you can, apply mosquito repellent to your skin and clothing.

### RANDOM MOSQUITO FACTS

- More than 3,000 different mosquito species can be found around the world.
- Female mosquitoes feed on blood. Male mosquitoes feed on plant nectar.
- Some mosquito species prefer to feed on animals or reptiles over humans.
- All mosquitoes need water to complete their life cycle.
- One female mosquito can lay over 200 eggs at one time.
- Mosquito larvae only need a week in water to hatch.
- Mosquito eggs can survive for more than five years.
- Mosquitoes can fly around 1 to 2 mph.
- Mosquitoes find food by sight, infrared radiation and chemicals in the air.
- Around 1,000 Americans get ill or die from mosquito bites each year.
- Mosquitoes are a huge food source for birds, bats and some reptiles.



## BAYSHORE BOULEVARD



Bayshore Boulevard in Tampa, is a picturesque and iconic waterfront stretch that offers stunning views of Tampa Bay. Known for being the longest continuous sidewalk in the world, Bayshore Boulevard is a favorite spot for locals and visitors alike to walk, jog, bike, or simply enjoy the scenic beauty. Lined with grand historic homes, swaying palm trees, and beautifully landscaped parks, this boulevard provides a

peaceful escape from the hustle and bustle of city life. The gentle sea breeze and the sight of sailboats gliding across the bay create a tranquil and serene atmosphere that is perfect for relaxation and rejuvenation. Whether you're looking to exercise, admire the sunset, or simply take a leisurely stroll, Bayshore Boulevard offers a charming and vibrant experience that captures the essence of Tampa's coastal charm

## TAMPA FLORIDA





## More Than Just A Festival

Gasparilla is a beloved Tampa tradition that brings the spirit of pirates to life in a vibrant and captivating celebration. From the legend of the pirate *JOSE GASPARI*, who supposedly operated in the waters of Southwest Florida in the early 1800s, Gasparilla has evolved into one of the most anticipated events in the region.

The festival's roots can be traced back to 1904 when the city of Tampa decided to create a unique event that would capture the imagination of its residents and visitors. Inspired by the swashbuckling tales of Gaspar and his crew, the Gasparilla Pirate Festival was born.

Today, Gasparilla is a multi-week extravaganza that includes a variety of events such as the Gasparilla Children's Parade, the Gasparilla Distance Classic, and the highlight of the festival, the Gasparilla Pirate Invasion. During this grand spectacle, a fully rigged pirate ship sails into the heart of Tampa Bay, accompanied by a flotilla of boats and a lively crew of pirates.

The festival is a celebration of community, history, and the unique spirit of Tampa. It brings together people of all ages and backgrounds to revel in the excitement of pirate lore and create lasting memories. Gasparilla truly embodies the essence of Tampa's rich cultural heritage and continues to enchant and inspire all who experience its magic.



Whether you're a local looking to relive the magic or a newcomer eager to experience the excitement for the first time, Gasparilla promises an unforgettable celebration filled with pirate lore, community spirit, and endless fun. As the echoes of "Ahoy Matesy" fades into the distance, in January, we invite you to set sail for your own Gasparilla adventure and become part of this legendary event.



## GO GREEN

Reduce, Reuse,  
Recycle

reduce waste, reuse materials & recycle properly

Cut back on single-use plastics, conserve water, drive less



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**Clean-Up Events:** Organize or participate in local clean-up efforts.

**Upcycle Crafts:** Get creative by turning old items into new useful objects.



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8911 Turkey Creek Rd. | Plant City |  
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**Alexander Park**

5602 N. Lois Ave. | Tampa

**Apollo Beach Park & Recreation Center**

664 Golf & Sea Boulevard | Apollo Beach

**Balm- Boyette Scrub Nature Preserve**

15102 Co. Rd. 672 | Wimauma |  
813-272-5900

**Baybridge Park**

10020 W Bridgeton Dr. | Tampa

**Blackwater Creek Preserve**

2469 Patrinostr Rd. | Plant City |  
813-757-3713

**Boyette Springs Park**

10419 Deepbrook Dr. | Riverview

**Cacciatore Park**

2992 W Burke St. | Tampa

**Cockroach Bay Aquatic Preserve**

3839 Gulf City Rd. | Ruskin | 813-671-7754

**Davis Park**

612 N. Parsons Ave. | Brandon

**Edward Medard Park & Reservoir**

6140 Turkey Creek Rd. | Plant City |  
813-757-3802

**Egypt Lake Recreation Center**

3126 W. Lambright St. | Tampa

**Emanuel P. Johnson Recreation Center**

5725 S. 78th St. | Tampa

**Gardenville Park & Recreation Center**

6219 Symmes Rd. | Gibsonton

**Hillsborough River State Park**

15402 US-301 | Thonotosassa | 813-688-9500

**Lettuce Lake Park**

6920 E Fletcher Ave. | Tampa | 813-987-6204

**McKay Bay Nature Park**

134 N 34th St. | Tampa | 813-274-8615

**Mort Park**

1815 E. 148th Ave. | Lutz

**Peterson Road Park**

8203 Peterson Rd. | Odessa

**Rodney Colson Park**

720 Gerard Avenue, Seffner

**Schultz Preserve**

5906 Kracker Ave. | Gibsonton | 813-672-7876

**Town 'N Country Commons & Westgate Park**

7606 Paula Dr. | Tampa

**Upper Tampa Bay Conservation Park**

8001 Double Branch Rd. | Tampa

**Upper Tampa Bay Trail**

9201 West Waters Ave. | Tampa

**Valrico Park**

707 S. Miller Rd. | Valrico

**Wolf Branch Nature Preserve**

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**Woodlake Park**

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## American Victory Ship & Museum

705 Channelside Dr. | Tampa | 813-228-8766

## Bloomington Regional Public Library

1906 Bloomingdale Ave. | Valrico |  
813-273-3652

## Burton Memorial Library

302 McLendon St. | Plant City | 813-757-9215

## Busch Gardens Tampa Bay

10165 McKinley Dr. | Tampa | 813-884-4386

## Dinosaur World

5145 Harvey Tew Rd. | Plant City |  
813-717-9865

## Florida Museum of Photographic Arts

1630 E 7th Ave. | Tampa | 813-221-2222

## Giraffe Ranch

38650 Mickler Rd. | Dade City |  
813-482-3400

## Glazer Childrens Museum

110 Gasparilla Plaza | Tampa | 813-443-3861

## Henry B. Plant Museum

401 W. Kennedy Blvd. | Tampa | 813-254-1891

## LEGOLAND Florida Resort

1 Legoland Way | Winter Haven |  
888-690-5346

## Museum of Science & Industry

4801 E. Fowler Ave. | Tampa | 813-987-6000

## New Tampa Regional Library

10001 Cross Creek Blvd. | Tampa |  
813-273-3652

## Oldsmar Flea Market

180 Race Track Rd. | Oldsmar | 813-855-5306

## Port Tampa City Library

4902 Commerce St. | Tampa | 813-273-3652

## Riverview Public Library

9951 Balm Riverview Rd. | Riverview |  
813-273-3652

## Robert W. Willaford Railroad Museum

102 N Palmer St. | Plant City | 813-719-6989

## Tampa Bay History Center

801 Water St. | Tampa | 813-228-0097

## Tampa Museum of Art

120 W. Gasparilla Plaza | Tampa |  
813-274-8130

## The Florida Aquarium

701 Channelside Dr. | Tampa | 813-273-4000

## Thonotosassa Branch Library

10715 Main St. | Thonotosassa |  
813-273-3652

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### **WALMART #3463**

1208 E BRANDON BLVD. | BRANDON |  
813-651-9040

## **GIBSONTON**

### **WALMART #5300**

9205 GIBSONTON DR. | GIBSONTON |  
813-672-0739

## **LUTZ**

### **PASCO TC - WESLEY CHAPEL**

4610 PET LANE STE. #C101 | LUTZ |  
813-235-6020

### **WALMART #988**

1575 LAND O' LAKES BLVD. | LUTZ |  
813-949-4238

## **PLANT CITY**

### **HILLSBOROUGH TC - PLANT CITY**

4706 SYDNEY RD. | PLANT CITY |  
813-635-5268

### **WALMART #547**

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813-752-1188

### **G FIVE FEED & OUTDOOR LLC**

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813-754-5405

## **RUSKIN**

### **HILLSBOROUGH TC - S COUNTY**

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## **SEFFNER**

### **WALMART #925**

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BLVD. | SEFFNER | 813-681-6654

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### **HILLSBOROUGH TC - AAA**

1701 N WEST SHORE BLVD. | TAMPA |  
813-635-5282

### **HILLSBOROUGH TC - BRANDON**

3030 N FALKENBURG RD. | TAMPA |  
813-635-5261

### **HILLSBOROUGH TC - DOWNTOWN**

601 E KENNEDY BLVD. | TAMPA |  
813-635-5282

### **HILLSBOROUGH TC - NORTH TAMPA**

3011 UNIVERSITY CENTER DR. | TAMPA |  
813-612-5268

### **TESTING**

7011 W WATERS AVE. | TAMPA |  
855-555-5555

### **WALMART #1482**

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813-881-0402

### **WALMART #1501**

14941 N DALE MABRY HWY. | TAMPA |  
813-968-3544

## **TAMPA (CONTD)**

### **WALMART #1960**

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813-872-6992

### **WALMART #2627**

2701 E FLETCHER AVE. | TAMPA |  
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### **WALMART #5964**

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## **VALRICO**

### **WALMART #941**

2140 BLOOMINGTON AVE. | VALRICO |  
813-681-8136

# Fishing Licensing

For specific zone areas, dates & details check online:  
<https://myfwc.com>, Telephone: (850) 488-4676,  
 or scan the QR code.



### Recreational Freshwater or Saltwater Fishing License Prices:

- Resident Annual: \$17.00
- Resident Five-Year: \$79.00
- Non-Resident Annual: \$47.00
- Non-Resident 3-Day: \$17.00
- Non-Resident 7-Day: \$30.00
- Resident Annual Saltwater Shoreline License: No-Cost
- Annual Resident Military Gold Sportsman's License: \$20.00
- Annual Resident Gold Sportsman's License: \$100.00
- Five-Year Resident Gold Sportsman's License: \$494.00
- Annual Resident Silver Sportsman's 64+: \$13.50
- Five-Year Resident Silver Sportsman's 64+: \$61.50
- Resident Youth Fishing License: \$17.00
- Resident Youth Gold Sportsman's License (available with completion of hunter education requirements): \$100.00

### Promotional Prices, Freshwater or Saltwater:

- Annual Gold Sportsman - \$50.75, plus applicable fees
- 5-year Gold Sportsman - \$247.75, plus applicable fees
- Lifetime Sportsman:
  - Age 0-4 - \$201.50, plus applicable fees
  - Age 5-12 - \$351.50, plus applicable fees
  - Ages 13-64 - \$501.50, plus applicable fees
- License-free Freshwater Days**  
 First consecutive Saturday & Sunday in April  
 Second consecutive Saturday & Sun. in June
- License-Free Saltwater Days**  
 First consecutive Saturday & Sunday in June  
 First Saturday in September  
 Saturday following Thanksgiving

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Photo © David Schrichte



# Beach WARNING Flag COLORS

**Beach flags are commonly used to communicate important information to beachgoers. The color-coded flag system may vary slightly from one location to another, but the following are commonly recognized color meanings:**

**Blue Flag:** This flag is used to signify that lifeguards are on duty and that the area is being actively monitored for safety.

**Green Flag:** Indicates that it is safe to swim. The water conditions are generally calm, & there is a low risk of hazards such as strong currents or high waves.

**Yellow Flag:** Caution is advised. This flag suggests that there may be some hazards present, such as moderate surf or currents.

**Red Flag:** A red flag indicates high hazards & potentially dangerous water conditions. It is a warning that strong currents, high surf, or other dangers are present. It is advised to stay out of the water.

**Double Red Flags:** This is a more severe warning, & it typically means that the beach is closed to the public. Dangerous conditions, such as strong rip currents or severe weather, pose a significant threat.

**Purple Flag:** This flag is used to indicate the presence of dangerous marine life, such as sharks or jellyfish. It is advised to exercise caution.

**Boating safety is critical for anyone who operates a boat or spends time on the water. Here are some general boating safety tips to keep in mind:**

- **Wear a life jacket:** Always wear a life jacket while boating. Make sure the life jacket is appropriate for your weight and is U.S. Coast Guard approved.
- **Know the weather:** Check the weather forecast before you go boating and keep an eye on changing conditions. If you notice darkening clouds, rough winds or sudden drops in temperature, get off the water.
- **Use navigation aids:** Use navigation aids like buoys and beacons to help you navigate safely.
- **Maintain your boat:** Keep your boat well-maintained and in good working condition. Make sure all safety equipment is in good condition and functioning properly.
- **Avoid alcohol:** Do not drink alcohol while operating a boat. It is illegal and increases the likelihood of accidents.
- **Watch your speed:** Observe speed limits and maintain a safe speed based on conditions. Remember, slower speeds may be necessary in crowded areas or in inclement weather.
- **Be aware of other boats:** Watch for other boats and be aware of their movements. Always assume other boaters may not see you.
- **Know the rules:** Learn and follow boating safety laws and regulations. This includes rules for navigation, safety equipment, and right-of-way.
- **File a float plan:** Always let someone know where you are going and when you plan to return. File a float plan with a trusted person or a marina.
- **Take a boating safety course:** Consider taking a boating safety course to improve your skills and knowledge.



**By following these general boating safety tips, you can reduce the likelihood of accidents and enjoy a safe and enjoyable time on the water.**

# Be smart...



## Take good care of your skin

*The skin is an organ and helps protect against heat, sunlight, injury, and infections. This is why it is important to always protect it. Overexposure to the sun can be linked to some skin cancers. Ultraviolet rays from the sun or sunlamps can also cause eye problems, weakened immune system, age spots, wrinkles, and leathery skin.*

### • Protect your skin

Wear proper clothing like long-sleeved shirts and pants. Also protect your head and eyes with a hat and UV-resistant sunglasses.

Remember that you can also fall victim to the sun on a cloudy day as well as in the winter.

Sunburns increase the risk of developing skin cancer. It is especially important that children don't get a sunburns.

Peak burning hours, according to the Centers for Disease Control and Prevention and the World Health Organization, are between 10 a.m. and 4 p.m.

Reflective surfaces, like water, snow, and sand can reflect sun rays and make them more intense.

You experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

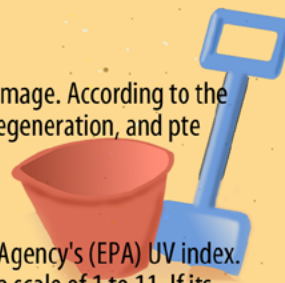
Use a broad-spectrum sunscreen to cover all exposed skin. The FDA recommends using sun screens that are broad spectrum and have a sun protection factor (SPF) value of at least 15. Re-apply sunscreen throughout the day.

### • Protect your eyes

UV rays can penetrate the structures of your eyes and cause cell damage. According to the CDC, some sun-related vision problems cause cataracts, macular degeneration, and pterygium.

### • UV index

Before going outside you can check the Environmental Protection Agency's (EPA) UV index. To see the intensity of UV rays for the day. The index measures on a scale of 1 to 11. If its low on the UV index you will require less protection and a high UV index will require a lot more protection.



# Get Active!!!

- Yard Work
- Gardening
- Walk the Dog
- Bike Ride
- Swimming
- ANYTHING!!!

## Go Outside and Do SOMETHING!

Anything to get your heart rate up,  
and your blood flowing...

# YOU'LL FEEL BETTER and it's good for your health!

# SINGLETRACK MOUNTAIN BIKING



### **HAVE FUN & BE RESPECTFUL:**

Singletrack mountain biking is an exciting and rewarding activity.

Remember to enjoy the ride, take in the scenery, and respect nature. Stay positive, be patient with yourself as you learn and improve, and have fun exploring new trails and pushing your limits. **EXPERIENCE:** Singletrack trails are often more challenging than regular trails. It's important to have some experience and proficiency on your bike. **TRAIL DIFFICULTY RATING:** Singletrack trails are often graded on their difficulty level, usually using a color-coded system. Start with trails that match your skill level.

**TRAIL ETIQUETTE:** Respect other trail users, yield to uphill riders, and follow any posted signs or guidelines. Don't litter and stay on designated trails. **PROTECTIVE GEAR:** Wear appropriate gear, most important a helmet. Other helpful choices are gloves, knee and elbow pads, and sturdy shoes.

**BIKE MAINTENANCE:** Check tire pressure, brakes, gears, and suspension. Carry essential tools, such as a multi-tool, spare tube, and a pump, to handle any minor repairs or adjustments on the trail. **HYDRATION & NUTRITION:**

Singletrack mountain biking can be physically demanding. Carry enough water and pack some energy-rich snacks. **RIDE WITH A BUDDY:** It can make the experience more enjoyable, but it also enhances safety in case of any issues. **TRAIL RESEARCH:** Look for trail maps, reviews, and any relevant information about the area before heading out.

**PACE YOURSELF:** Start at a comfortable pace and gradually increase your speed and difficulty level as you gain more experience and confidence.



# Health Benefits of Physical Activity

## Major Research Findings

from the Center for Disease Control and Prevention



- Regular moderate-to-vigorous physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Substantial health benefits for adults occur with 150 to 300 minutes a week of moderate-intensity physical activity. Additional benefits occur with more physical activity.
- Both aerobic and muscle-strengthening physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with chronic conditions or disabilities.
- The benefits of physical activity generally outweigh the risk of adverse outcomes or injury.

### Guidelines for Adults

- For substantial health benefits, you should do at least 2.5hrs a week of moderate-intensity, or 1.25hrs a week of vigorous-intensity aerobic activity, or a combination of the two activities. Aerobic activity should be performed in episodes of at least 10 minutes, and should be done throughout the week.
- For even better health benefits, adults should increase their aerobic physical activity to 5hrs a week of moderate-intensity, or 2.5hrs a week of vigorous-intensity aerobic physical activity, or a combination of the two activities.

### Guidelines for Children and Adolescents

- Children and adolescents should do an hour or more of physical activity daily.
- Aerobic: Most of the hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity.
- Muscle-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- Bone-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

*Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.*

## Intensity Examples

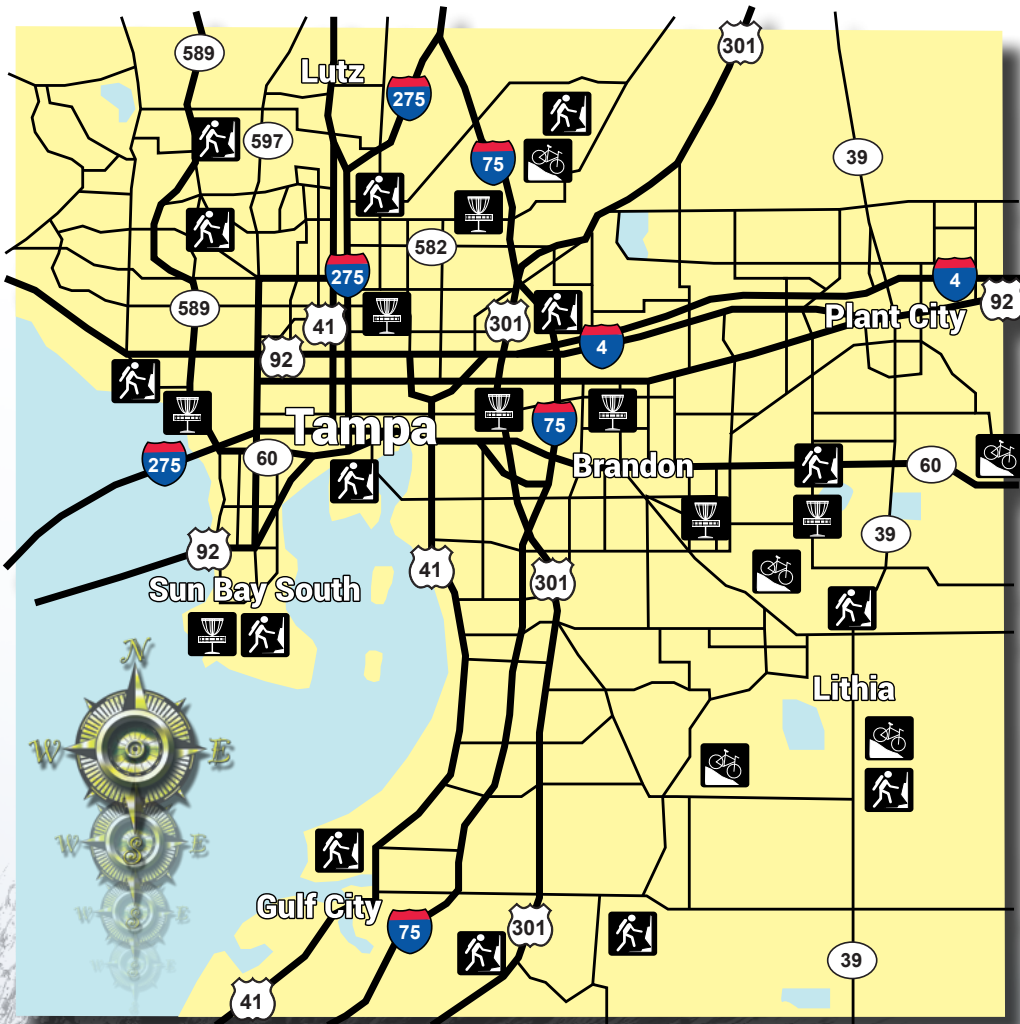
### Moderate Intensity

- Walking briskly (3 mph or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10mph
- Tennis (doubles)
- Ballroom dancing
- General gardening

### Vigorous Intensity

- Race walking, jogging, running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10mph or faster
  - Jumping rope
  - Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack

HILLSBOROUGH COUNTY



-  **Hiking/Walking Trail**
-  **Disc Golf Course**
-  **Mountain Bike Trail**



**ALLIGATORS** are in Florida's lakes, rivers, streams, brooks, & canals. Sometimes they are found in people's swimming pools! So, watch-out: They like to eat small mammals.

# BUTTERED-UP Steak



Simple meal with a Gourmet Feel

## INGREDIENTS

2 steaks (ribeye or sirloin are good choices)

Salt and pepper

2 tablespoons unsalted butter

2 cloves garlic, minced

Fresh herbs (optional)

## INSTRUCTIONS

**1** Take the steaks out of the refrigerator and let them come to room temperature for about 30 minutes. This helps the steak cook more evenly.

**2** Preheat your oven to 400°F.

**3** Season the steaks generously with salt and pepper on both sides.

**4** Heat a large skillet over high heat until very hot. Add the steaks and cook for about 2-3 minutes per side, until nicely browned.

**5** Remove the steaks from the skillet and place them on a baking sheet.

**6** In the same skillet, add the butter and garlic. Cook for about 30 seconds, stirring constantly, until the garlic is fragrant.

**7** Pour the garlic butter over the steaks on the baking sheet.

**8** Place the baking sheet in the oven and cook for about 5-7 minutes for medium-rare doneness, or longer if you prefer your steak more well-done.

**9** Remove the steaks from the oven and let them rest for a few minutes before slicing.

**10** Serve the steak with any remaining butter from the baking sheet and fresh herbs if desired.



## BARBECUE DO'S:

- use proper barbecue equipment and tools, such as a grill, tongs, and spatulas.
- preheat your grill before placing any food on it.
- marinate your meat before cooking to enhance the flavor.
- keep a close eye on your food while grilling to prevent overcooking or burning.
- use a meat thermometer to ensure that your meat is cooked to the correct internal temperature.
- let your meat rest for a few minutes before slicing or serving to allow the juices to redistribute.
- keep your grill and utensils clean to prevent any foodborne illness.

## BARBECUE DON'TS:

- use lighter fluid to start your grill. Instead, use a chimney starter or electric starter.
- overcrowd your grill. Leave enough space between the pieces of meat to ensure even cooking.
- use a fork to flip your meat. Piercing the meat can cause it to lose its juices and become dry.
- baste your meat with sugary sauces too early in the cooking process, as it can burn and create a bitter taste.
- leave cooked meat out in the sun for too long, as it can spoil quickly.
- assume that meat is fully cooked by its color. Always use a meat thermometer to check the internal temperature.
- leave your grill unattended while it's still hot. Always make sure to properly cool it down before leaving it.



Enjoy your delicious  
buttered-up steak!

PREP: 35 MIN • TOTAL: 50 MIN

# WORD SEARCH



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U H J H D C B O Q U O L A W C F Y M J I Z E J P L M H R K E  
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## STRAWBERRY FESTIVAL

The Florida Strawberry Festival is Plant City's annual celebration of all things strawberry related. This year's festival ran from February 29th to March 10th. The Festival grounds are located at 303 Berryfest Place, in Plant City. Every year guests from all over the sunshine state, the country, and the world - look forward to livestock shows, midway rides, carnival games, concerts with big-name performers, and of course: a new lineup of the sweetest strawberry treats! The Neighborhood Village, located on the east side of the festival grounds, is dedicated to homemade & handcrafted items. From cake decorating & food preservation to woodworking & quilting, there are craft competitions for everyone to enjoy. Through social events, contests, youth developmental programs, top-name entertainment, and parades with glorious floats and marching bands: The fabric of American life is woven into the Florida Strawberry Festival; as guests enjoy exhibits of agriculture, commerce, industry, livestock, fine arts, horticulture, and crafts.

And so... the festival represents a piece of Americana, and a time in our history when fairs & festivals brought communities together through celebrations of their agricultural harvests. It has continued to grow in popularity year after year as a direct result of the preservation of this heritage. The central focus of the festival is to preserve and enhance the agricultural & historical legacy of Florida's strawberry. The event began back in 1930. These days - the annual event ranks in the Top 40 Fairs in North America; and has become one of the best Festivals in the entire country.



## PLANT CITY FLORIDA



# Swimming Safety Tips

*Swimming is a great way to get some exercise or have fun and can be done by people of all ages. It is important to keep safety on your mind while around the water. Below are some things you should know before heading out to the pool or beach.*



- Do not dive into the water unless you know the water is deep enough and free of any hazards.
- Jumping from cliffs or bridges is dangerous due to shallow water, submerged rocks, trees, or other hazards.
- Always swim with a buddy and in supervised areas, preferably ones with a life-guard on duty.
- Always supervise children closely. Do not read, play cards, talk on the phone, or engage in any other distracting activity while watching children in or around water.
- Avoid drinking alcohol before or during swimming. Avoid drinking alcohol while supervising children around water.
- Learn cardiopulmonary resuscitation (CPR).
- Do not use air-filled or foam toys, such as water wings, noodles, or inner tubes, in place of life jackets.
- Check the local weather conditions and forecast before swimming.



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