

CAMBRIDGE AT HERITAGE RIDGE SOUTH



OFFICIAL PUBLICATION OF HERITAGE RIDGE SOUTH PROPERTY OWNERS ASSOCIATION

MAY 2016

RETIREEES THINK HOBE SOUND'S CAMBRIDGE IS HEAVEN

On Monday, May 4, 1987, the Palm Beach Post ran this story about Cambridge. If you haven't seen it in the past, I think you will enjoy the article by Shari Laicono, Palm Beach Post Staff Writer.

HOBE SOUND - To outsiders, it's a retirement haven. To residents, it's a retirement heaven.

But even the most distant of observers knows that Cambridge at Heritage Ridge South is no ordinary mobile home community.

In fact, it's no mobile home community at all, but a neighborhood of manufactured homes full of affluent retirees and semi-retirees who wanted to change of pace from the lives they led as attorneys, bankers, businessmen and politicians.

Look around Martin County and you'll see a number of mobile or manufactured home communities - some nice, some not so nice. But it's hard to match the standard of living and spirit of togetherness one finds at Cambridge.

"Most people here could afford to live wherever they want," Cambridge general manager Dewayne Lanham said. But they choose Cambridge for what it has to offer.

"It's like a family here, yet, you have your own privacy," said two-year resident Ruth Wing, who moved to Cambridge from Boca Raton with her husband, Henry, to escape the fast growth of the city. "I don't know if it's luck or what, but we just fell in with the right group of people," she said.

The community, with 500 homes ranging in price from \$70,000 to more than \$100,000, has won a number of awards, including "best in the nation" from *Automation in Housing and Manufactured Home Dealer* magazine and four awards from *Sunshine State Senior Citizen* magazine.

The term mobile home has "been a misnomer for over a decade," Lanham said, with residents prefer-

ring the name "manufactured home."

They chose manufactured homes over other types of housing because they wanted the advantages of being able to design their own homes and own them and the property on which they sit.

They wanted the atmosphere of a community that shares similar backgrounds and interests.

"We have more room and more ownership," said resident Harry Raifsnider, the retired manager of an automotive parts plant in Michigan who moved to Cambridge with his wife, Mary, in December. "There is more pride of ownership here, and the homes make better use of space."

"It's like a big reward you've earned all your life," Mrs. Raifsnider, a retired bookkeeper said. "You can do what you want, when you want. And the neighborhood is friendly. There are people you've never seen before in your life, but you feel like you know them."

Entering the eighth year

The Cambridge neighborhood is now entering its eighth year. "We have a way of life here more than just a house," said three-year resident Art Baumann who moved from New Jersey to Cambridge with his wife, Edna. "We couldn't ask for more," said Baumann, a retired accountant.

There is a lot to do at Cambridge. "The neighborhood is great. There are a lot of social activities and camaraderie here," Mrs. Wing said. "It's not a rocking chair community."

Many activities center on the Cambridge Country Club where neighborhood volunteers arrange dances, picnics, bingo and card games, pancake breakfasts and classes, including oil painting, ceramics, exercise and Spanish lessons.

"If anyone is bored in Cambridge, it's his own fault," Mrs. Wing said.

Continued on page 4.....Cambridge

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INSIDE THIS ISSUE:

Announcements	3
Bowling/Shuffleboard	7
Directors Corner	2
Health News	6
Lunch Bunch	5
Neighborhood Watch Group	5
Pet Points	6
Sunshine Club	5
Up and Coming Events	3 & 4
Thank You's	4

DIRECTORS CORNER

The summer months are approaching and some of our residents will be leaving to travel north. For your own protection notify your good neighbors to keep an eye on your house and leave a contact number, so if anything happens someone can contact you.

Recently the Board has noticed our resident's placing trash bags out without using a trash barrel during trash pickup days. The bags have no protection from animals or birds that tear open the bags, which places the contents of the trash bag to litter your neighborhood. Please use your trash barrels, it will save your neighbors from picking up your trash.

Joel Dick, our Grounds Director, has jumped right into his job. He is working on changing our community lights over to LED to save us money. He also is obtaining a lighting analysis on the cost of replacing the lighting and the cost savings for the future. Joel is also working on the vacant properties in our association and the common grounds that are

landlocked and that our landscaper's are unable to enter because of private property.

We now have a Cambridge web page. It includes the covenants of all three phases, by-laws, and articles of incorporation. It also contains C-Breezes, minutes from Board of Directors meetings, and calendar. It may take up to month to reach all search engines so be patient The web address is:
cambridge-heritageridgesouth.com

The shuffleboard courts (3) are scheduled to be resurfaced at the end of April or beginning of May.

New umbrellas were purchased for the swimming pool area. Please remember to put the umbrella down when you are finished with them. Also if it is windy, please do not put them up. Thank you.



The blood pressure clinic will be on Wednesdays from 10-11:30 in the clubhouse.

The combination to the lock on the shuffleboard closet is posted on the bulletin board outside of the office.

WELCOME WAGON

The following new owners have recently joined our community.



Calvin & Eloise Helsen - 7685 Independence
Leslie Hanlon - 7505 Independence
Glen & Linda Weidenfeller - 7595 Independence

C-BREEZE DEADLINE IS ON THE 20TH OF THE MONTH

Submissions may be made in writing to the Clubhouse Suggestion box or the basket in the office and must be signed. All material is subject to editing for content, grammar and spelling. E-mail: jazr49@aol.com and list subject as C-Breeze.

Information gathered herein is from sources considered reliable. Accuracy, however, cannot be guaranteed. All humorous stories and jokes appearing here are intended for entertainment purposes only and are not meant to disrespect or harm any group or individuals. Ads appearing in this paper are not to be considered as an endorsement or validation by C-Breeze for products or services offered. **Articles must be signed and approved by the Board of Directors.**

UP AND COMING EVENTS



THE NEXT MONTHLY BOARD OF DIRECTORS MEETING WILL BE HELD ON WEDNESDAY, MAY 18TH AT 7:00 P.M. AT THE CLUBHOUSE.



MEMORIAL DAY
POOL PARTY
MONDAY, MAY 30TH,
12 TO ?

POT LUCK. SIGN UP SHEET ON OFFICE DOOR.

"Going out of town? if you will be leaving and/or closing your Hobe Sound home for an extended period of time, and won't require water for pool or irrigation needs, you can request that the water meter be locked. The \$30.00 fee, which is charged directly to your account, includes locking and unlocking the water meter according to your needs. Taking this step will provide peace of mind for potential leaks and unwarranted usage outside your home. Remember to contact the Customer Service Office in advance of your return so the water will be back on when you arrive home."

Also, please remember to change the light bulb in your outside light fixture to ensure that it remains lit throughout the summer months. Since hurricane season is coming, please store all lawn ornaments while you are away. This will ensure that we have no missiles flying around in case of a hurricane. Submitted by Maureen Dalton

NOTARY: Free notarization of documents is available by Jim Ricker.
Please call 772-546-4640

ANNOUNCEMENTS

E-MAIL ADDRESS!

C-Breeze, Financial reports, and general notifications are available by E-mail. If you are not receiving these publications or notifications, please come into the office or call so that we can add your e-mail address to the lists.

BLOCK CAPTAINS:

Becky Carney has volunteered to be the Block Captain for the Mid section of Shenandoah. Thank you Becky.

Some of our Block Captains are leaving for the summer. If your Block Captain is one of these people and no one has volunteered to temporarily take their place to deliver the C-Breeze during their absence, then your C-Breeze will either be available by E-mail or you can obtain a hard copy inside the front door of the Clubhouse. Sorry for any inconvenience this may render. Note that there will not be a C-Breeze published for July or August.

Correction to the 2016 Telephone Directory:

Under Block Captains: Independence South - Bea Clock - 545-2729

In Directory:
Connie Goegan - 330-206-1023


Thank you Alice Pecoraro for painting the scoreboard for the Bocce Court.



Cambridge resident with the initials DC, was attacked by a rooster in Port Salerno. DC was visiting a friend when he was attacked by the neighbor's rooster. DC had two puncture holes in his leg and had to go to the doctor. Needless to say everyone at the doctor's office had a good laugh. Of course antibiotics and a Tetanus shot were in order. Is the rooster okay?

CORRECTION FOR HOT CHICKEN SALAD

In large mixing bowl combine 2 cups cooked chicken breast cubed 1 cup diced celery 1/2 cup sliced almonds 1/2 teaspoon salt 1/2 teaspoon pepper 2 teaspoons lemon juice 1 cup mayo and 1 cup grated sharp cheddar cheese. Spread in 8 by 8 baking dish top with crushed potato chips Bake AT 350°, 20-30 min or till bubbly and brown.



I ♥ Book Club

Attention book lovers/book worms: We will be meeting in the Clubhouse at 1:00 p.m. on the second Thursday of each month. Feel free to call Kathy Burell with any questions (772- 245- 8099) Please come



LINE DANCING WILL RESUME THURSDAY, OCTOBER 6TH.
HAVE A GREAT SUMMER.

Continued from front page... Cambridge...

Away from traffic

Residents are attracted to Cambridge because it is away from congestion and traffic but close to bigger city amenities and local shopping facilities, Lanhams said.

The Wilhelms looked at other housing developments, but said none had the appeal of Cambridge. "None had exactly the layout I wanted," Mrs. Wilhelm said.

"I never would have believed I would live in a manufactured home," she said. "But this area felt just like where I wanted to be."

"When we first saw it, we said, 'If this place is as nice as it looks on paper, this is it,'" Mrs. Baumann said. "We haven't regretted a day."

That article was written 29 years ago. Cambridge still has that attraction for people who are looking to relocate or to have a winter home. A few of the activities have been discontinued (ceramics, bingo and Spanish lessons), but we still have many of the activities that we had back in the beginning.

It's has always been said "Cambridge is the Best Kept Secret in Martin County", and we are still winning awards. In fact, Cambridge has won "The Best Manufactured Home Community In Martin County for the last two years (2014 and 2015). Let's try to keep that award for 2016.

Submitted by Judy Ricker

CRAFT SALE - MONDAY MAY 2ND THRU FRIDAY, MAY 6TH; 9 a.m.—6 p.m. DAILY

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Great gift ideas for anytime of the year!

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Hope to see you there!
Sharon



CLASSIC MOVIE NIGHT at the Clubhouse. Mark your calendars for the last Wednesdays of the month and join us for Movie Night. 6:30 to 8:30 pm. Bring your popcorn and enjoy a classic movie.



TRASH AND RECYCLE

PLEASE TAKE NOTE THAT MONDAY AND THURSDAY IS TRASH PICK UP.. TRASH CANS SHOULD NOT BE PUT OUT TO THE ROAD BEFORE 6:00 P.M. THE NIGHT BEFORE.

WEDNESDAY IS RECYCLE AND YARD CLIPPING PICKUP. SAME GOES, SHOULD NOT BE PUT OUT TO THE ROAD BEFORE 6:00 P.M. THE NIGHT BEFORE.

Some residents are putting their trash out two days before pickup day. This is a NO NO. Thank you



SUNSHINE CLUB

By Maureen Dalton

Please call Maureen Dalton (772-546-5757) when you know of a friend or neighbor who is hospitalized or very ill at home, so a card can be sent. Our thoughtfulness may help cheer them during their illness.

Joe Dennihan - Surgery
 Larry Drew - hospitalized/rehab at the Manors
 Al Costa - surgery
 Melissa Rice - surgery
 Chuck Henck - surgery
 Dick Nilan - hospitalized
 Dean Dutko - hospitalized

Condolences to the family of Ginny Dygert (long time Cambridge resident) who recently passed away.

Condolences to the family of Bill England who recently passed away.



CAMBRIDGE LUNCH BUNCH

Bea Clock/Marty Scheuermann

LUNCH BUNCH

On Tuesday May 10th we will be lunching at "Casa Giuseppe's" at 840 S.E. Indian St., the intersection of Willoughby & Indian. Lunch time is still at 11:30 and separate checks given. Call Bea Clock at 772-545-2729 for your reservation by Sunday May 8th. If a ride is needed, call Bea Clock 772-545-2729 or Marty Scheuermann at 772-546-9037 and we will try to get someone to pick you up

Bon Appetite'



NEIGHBORHOOD CRIME WATCH

By Joe Chippari

We have all heard, or at least if I have your email address, should have heard, about the IRS scam going on. I know of several residents that have received a threatening "YOU OWE BACK TAXES" calls. I personally received 2 of them. The below https address is an address that you should key into your web address line and listen in. If you have a PC but don't know what I mean by 'Type this address' please either ask friends that have PC's or call me on 772 546 8982 & I'll explain.

Type this addr: <https://www.facebook.com/MartinCountySheriffsOffice/videos/1152271748116700/>

Watch this video as Martin County Sheriff's Detective Eugene Marcaida turns the tables on a phony IRS supervisor trying to steal money from unsuspecting citizens.

Listen to what happens when the fake collection agent is pressed for information. The call ends in silence, when the phony agent realizes he's caught, and suddenly disappears.

These calls are likely being generated from outside of the United States.

Stay safe and don't be intimidated by threatening phone calls. And please by all means, DO NOT EVER SEND MONEY AS A RESULT OF A INTIMIDATING CALL. Please if you need help call me & together we will put this to rest and you can stop worrying.

Joe Chippari



HEALTH NEWS

By Peggy Caye

SCIATICA

LOWER BACK AND RADIATING LEG PAIN

Suggestive symptoms

Symptoms that indicate pressure on the sciatic nerve roots include one or more of the following, usually in only one leg:

- Deep, aching pain that radiates from your lower back, down through your buttock to the lower leg. When sciatica is caused by a herniated disk, the pain may become worse when sitting or straining. When sciatica is caused by spinal stenosis, pain may increase with walking or standing for a long time, and may diminish when you're bending forward.
- A burning, stabbing or tingling sensation that may be felt all the way down the leg.
- Development of muscle weakness, numbness, or difficulty moving your leg or foot.

Sciatica pain usually isn't an emergency, but if a nerve root becomes severely compressed, emergency surgery may be needed. Seek immediate medical attention if you experience any of the following signs and symptoms:

- Sudden severe or increasing pain
- Sudden numbness, loss of feeling or weakness spreading to the groin area or to one or both legs
- Loss of bladder or bowel control

Conservative Care:

Even without any treatment, sciatica symptoms go away or greatly improve within about one to three months in about 75 percent of people. Because of this, the mainstay of early treatment is controlling pain and discomfort as the body heals. This may be done with:

- Medications --Nonprescription pain relievers are generally the first choice for pain relief. Certain prescription medications may be considered for a trial for more-severe pain.
- Modified activity—Generally, the goal is to stay as active as possible, but in a way that doesn't worsen pain.



PET POINTS

Submitted by Judy Ricker

CAUSES OF ELBOW DYSPLASIA IN DOGS

You've probably heard of hip dysplasia, but what about elbow dysplasia in dogs? This painful condition is common in many large breed dogs, and can really affect their quality of life.

Because elbow dysplasia causes swelling and pain in your dog's elbows, it may result in difficulty walking, exercising, and even standing up. Your dog may not be able to walk or play as much as they would like to, and you may find that they choose to sit or lie down the majority of the time.

But what causes this debilitating condition? Let's take a look.

Causes of Elbow Dysplasia

The word *dysplasia* refers to any abnormal development of cells, organs, or tissues. Elbow dysplasia, therefore, is an abnormal development of the elbow.

A dog's elbow joint is made up of three bones: the humerus, the radius, and the ulna. These bones are supposed to fit together perfectly to form the elbow joint, but in dogs with elbow dysplasia, a developmental problem results in abnormal joint formation.

There are four different types of developmental defects that can appear in a dog's elbow:

- **Fragmented coronoid process (FCP):** A small fragment of the ulna bone has broken off and floats around inside of the elbow joint, causing irritation to the lining of the joint and deterioration to the cartilage of the humerus bone.
- **Ununited anconeal process (UAP):** A bone outgrowth within the elbow becomes detached and causes irritation and degeneration of the joint.
- **Osteochondritis dissecans (OCD):** A small piece of joint cartilage becomes loose and detaches from the surface of the joint. This causes irritation and pain.
- **Growth rate incongruity:** When the radius bone and ulna bone grow at different speeds, it can cause an abnormal curvature of the radius bone. Because the two bones don't fit together properly, surface cartilage can wear down quickly.

Elbow dysplasia can become more severe if your dog is putting too much stress on the defective joint because they are overweight, or if they are engaging in activities that create a pounding effect on the joint (for example, running on asphalt).

Breeds Likely to Develop Elbow Dysplasia

In general, elbow dysplasia tends to affect large breed dogs. Breeds that are often affected by elbow dysplasia include: Golden Retriever, Labrador Retriever, German Shepherd, Chow Chow, Newfoundland, English Setter, English Springer Spaniel, Rottweiler, Bernese Mountain Dog, and Chinese Shar-Pei.

Continued on page 7.....Elbow Dysplasia

Continued from page 6.... Elbow Dysplasia in Dogs

Most times, puppies begin showing signs of elbow dysplasia between 4 and 10 months of age. Some dogs may not show signs until they reach adulthood and the condition has progressed to degenerative joint disease, also known as osteoarthritis.

While it may be difficult to predict this condition with a mixed breed dog, if you plan to purchase from a breeder, you should ask them to provide documentation that the puppy's parents have been screened for elbow dysplasia by the Orthopedic Foundation for Animals (OFA).

What to do About Elbow Dysplasia

If your dog is showing symptoms of elbow dysplasia, contact your veterinarian. They will typically diagnosis the problem through a physical examination and X-rays. There are number of treatment options available for dogs suffering from elbow dysplasia, including medications, therapies, supplements, and surgeries. Your veterinarian will recommend the best treatment for your dog.



THE CAMBRIDGE GARDENER

By Judy Ricker

POT UP SOME DREAMS

Once you get in the spirit of container gardening, you'll be amazed at how many places you'll find to tuck a basket or pot. You can experiment with textures, colors, and varieties of plants. Some colors will melt your heart each time you see them. Some leaves will be so aromatic that you'll pinch 'em as you pass. Vegetables in pots will surprise you with succulent harvests. Each pot can have a different reason for being, but together they will brighten your life, warm your soul, and beautify your home.

Gathering your containers

There are all kinds of containers from which to choose. Pots can be square or round, big or small, natural or man-made. There are window boxes, racks, liners, and flat-backed hanging planters. Don't forget baskets - plastic, wire, woven, and wicker. Big barrels and boxes can hold exotic plants, conifers, or shade trees. The only caveat is that your container be clean.

Add a bit of whimsy to your garden by using old kitchen containers, elderly wheelbarrows, watering cans, boots, tires, or outgrown toys. Size? No problem. Big pots will hold lots of normal-sized plants - or one or two big ones - and the tiny containers will draw attention to those really sweet little shallow-rooted plants that otherwise become lost among large ones.

Once you begin to think about where to put these moveable gardens, your creative juices will flow. Look for fences and porch railings to embellish - balconies and windows to highlight.

Pots, boxes, barrels, or baskets do a great job of hiding stumps, or they can contain climbing plants to hide (or highlight) whole walls and buildings! By lining walkways and placing containers on steps, you may use them to warn of grade changes too. Is your garden small? Hanging a pot or two on a pole creates verticality that has the effect of enlarged space. You can soften a patio corner, fill a hole in a garden bed, or use a container as an eye-stopper at the turn of a path.

Choosing your plants

Look around the house and garden before your trip to the nursery. Let a couple houseplants out of their house-pots to spread their roots in outdoor containers for a time. Designate a pot for the seeds you've been saving. Want a climber? Insert a branch or twigs upright in a pot, and grow moonflowers and morning-glories. Bulbs, tubers or corms that never got planted in your garden beds can be slipped in with your other plants for fun. There are always plants in the regular garden beds that need to be divided or thinned. Put those extras into your containers for yet another approach.

Now you're ready to go to the nursery to choose what you want in your pots. You might decide to limit your palette and choose certain colors of flowers or leaves. Maybe you'll only choose things you don't know, so you can expand your knowledge of plants. Maybe you'll pot geraniums in a container with vinca on the outside and a tall spikey thing in the center, because it reminds you of home and your mother or your grandmother. Use that same potting-up principle of 1) a drapery thing, 2) a sturdy thing, and 3) a soaring thing - and try to accomplish the same effect using different flowers or leaves. Luxuriate in lots of choices of plants - big and small, bold and shy, familiar and foreign.

The magic ingredient

While you're at the nursery, stock up on the magic ingredient for all container gardening - potting mix. In most cases, the regular soil out of your garden beds is too nutrient poor and filled with weed seeds to be used for potting. The consistency of potting mixes helps to assure your potted plants a nutrient rich soil without weeds. This is a good start for a long healthy life for your potted plant.

Pull up a chair and pot on

On your quiet deck - down your shaded path - in your private potting shed - pull up a chair and pot up your containers. Fill them to overflowing. Plant abundantly, for many plants will all thrive in the container together. The care and love you show by creating

Continued on page 8.....

Continued from page 7....Pot up some dreams

these containers will soon be repaid by beautiful plants.

Water is key

Share the job of watering with Mother Nature. If rain is plentiful and available to the pot, you need not do anything, as long as you've chosen potting mix with nutrients already included. However, your containers definitely need to be watered. That's fun too, for each day will present change, growth, and beauty in your creations.

Color, fragrance, and bounty will cascade out of each pot, and you'll find yourself creating more plantings just for the pleasure they bring.

Sources: This article was written by The Scotts Company with content assistance from Jane Johnson, horticultural lecturer and consultant. Illustrations © FloridaGardener.com.

COST OF 1ST-CLASS STAMP DROPS TO 47 CENTS.

Beginning Sunday, April 10, the price of a first-class stamp dropped two cents.

The reduction is the result of an expiring surcharge that had been put in place in January 2014 to help the beleaguered Postal Service recoup \$4.6 billion in losses dating to the Great Recession.

Postmaster General Megan Brennan said in a statement that the forced rate reduction would exacerbate Postal Service losses. The agency estimated that it would lose \$2 billion in annual revenue as a result.

Commercial and other postage rates also are declining.

In its latest financial report, the agency reported a \$307 million profit between October and December of 2015, due in part to increases in holiday shipping.

Submitted by Barbara Thompson



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ALL MY LISTINGS INCLUDE :

- CUSTOM REAL ESTATE SIGNS**
- CUSTOM REAL ESTATE RIDERS**
- CUSTOM FLYERS FOR EVERY HOME**
- PROFESSIONAL DIGITAL PHOTOGRAPHY**



“ CUSTOMER SERVICE IS MY # 1 PRIORITY !!! ”

“I AM IN CAMBRIDGE ON A DAILY BASIS ... JUST FLAG DOWN MY BUG “

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