

Sky Valley Property Owners Association
Newsletter – September 2, 2021

Pancakes Saturday

Join us for a **pancake breakfast this Saturday, September 4**, 8-10 a.m. in the Lakeside Pavilion. Pancakes, eggs, grits, sausage, biscuits, coffee and juice. Open to the public. Cost is: \$8 adults & children age 12 and older / \$5 children age 5-11 / no charge for children age 4 and younger. Cash or checks ONLY (no credit cards), please.

Our next **meeting is Wednesday**, Sept. 15, at 3 p.m. in the Sky Valley Country Club Lakeview Room. The program is an update on Mountain Lakes Medical Center www.mountainlakesmedicalcenter.com.

The **Going Away Party** is scheduled for 5 p.m. **October 20** at the Sky Valley Country Club. This is instead of our regular October meeting. The menu is heavy hors d'oeuvres with a cash bar (or charge to your country club account). If you bring your own bottle, there is a \$10 corkage fee. Cost is \$25 per person. Please pay at door: CASH or CHECK to SVPOA.

Reservations are required before Oct. 15: Email [Grace Guess](mailto:Grace.Guess@skyvalley.com) (click on name to email) or call 706-746-5583 or 863-640-9777.

MEDICAL NEWS REPORT

This month's topics from Dr. Sam LaMonte's website www.themedicalnewsreport.com are below. Sam's advice: Stay healthy and well and get vaccinated, please.

- COVID-19 updates: booster, delta variant, kids
- Cancer update: prostate screening, breast, colon, and lung
- Pregnancy complications
- Colon diverticular disease
- Anti-inflammatory meds: Aleve, ibuprofen, etc.
- FDA and amalgam (mercury) dental fillings

For more information on your association, please visit our website www.skyvalleypoa.net.

Sincerely,

Ed Steil, president