

The BEACON

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Shedding Light on What's Happening in Your Community!

Happy
NEW YEAR
Welcome 2026!

*Wishing all
our residents a
safe, healthy,
and prosperous
New Year!*

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President's Corner

The Board has an open slot for a director. Call the office for more information.

Just a reminder, there is no street parking allowed day or overnight. Emergency Vehicles cannot get through to assist when streets are lined with cars. This is a Pasco County Ordinance.

Beginning January 1, 2026:

All 3rd violations are sent via Certified Mail. The actual cost of this certified mailing will now be billed directly to the residents' ledger.

Dog Owners: Please Be Considerate. We've had several residents complain about dog owners not picking up after their dogs. Please make sure you clean up after your dog whether it is in another homeowner's lot or the common areas. And of course, do not throw the "doggie bags" in the storm drains. Please be considerate and responsible.

As Board President, I would like to remind our homeowners that the increase in quarterly assessments of \$100.00 per quarter effective January 1, 2026.

**Berkley
Woods Residents
See page 16!**

Nominating Committee Seeks Candidates

Applications are being accepted for three seats on the BWEHA Board of Directors to serve for two years beginning after the April 20, 2026 Annual Meeting. If you are enthusiastic about your neighborhood and willing to share your talents for the good of the community, please step forward.

The Nominating Committee is headed by Margaret Murphy (727-863-5447), who will be glad to answer any questions about the role and duties of a

Director.

Anyone who aspires to the Board must (1) be a lot owner, (2) be a verified member of BWEHA and (3) be current in paying assessments. These rules are per Article VII, Section 2, BWEHA Bylaws, dated November 19, 2007.

Qualified candidates are encouraged to **submit a Candidate Nomination form found**

on page 13 of this issue and a short resume to the Nominating Committee at our association office by 4:00 PM on Friday, February 13, 2026. Those who are interested in being a Board Member will be announced at the March Board meeting.

Further details regarding our election of new Directors will appear in the March issue of the *Beacon*.

IMPORTANT NOTICE! TEMPORARY POOL CLOSURE

Attention Residents:
We would like to inform you that the replacement of the Clubhouse roof will be taking place January 5, 2026, through January 7, 2026. To ensure the safety of all residents, the pool will temporarily be closed during this time. *We apologize for any inconvenience.*



**BWE Homeowners'
Association, Inc. Meeting**
Tuesday, January 6, 2026 at 7:00 p.m. in the Clubhouse

BWEHA 2026 Assessment Coupon

Quarterly Payment **\$100.00**

Due January 1, April 1, July 1 & October 1

Mail or deliver to BWEHA Clubhouse

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Lot # _____

Name _____

Address _____

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Email _____



BWEHA Directory

BOARD OF DIRECTORS

Beverly Botte, President
 Robert Rossi, Vice President
 Margaret Murphy, Treasurer
 Allison Pierce, Secretary
 Dan Hess, Director
 Daniel Daws, Director

ASSOCIATION OFFICE

727-863-5447

Hours: Monday thru Friday
8:00a.m. – 4:00p.m.

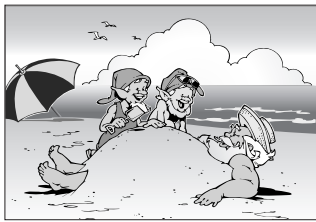
The office is closed for
lunch 12:30-1:00 daily.

ADMINISTRATIVE STAFF

Jane Katzen, Community
Association Manager

Rozanna Maltbie,
Office Assistant

Richard Sweet,
Maintenance Tech



BWE Mission Statement

- To maintain the property values and enhance the desirability of homes in the Beacon Woods East community by judicious and fair enforcement of our legally adopted Covenants and Deed Restrictions.
- To maintain our Common Areas and recreational facilities for the use and enjoyment of our members.
- To provide social and recreational opportunities to our members at reasonable cost and within our financial and physical capabilities.

The monthly newsletter, the Beacon, is published by Sieber Graphics. The newsletter serves as the official publication of the association and only information pertaining to BWEHA are submitted by the Association Office to inform the community of relevant news. The Association has no input or control over the advertisements. All advertising is handled by Sieber Graphics.

Summary of Meeting Minutes of Beacon Woods East Homeowners' Assn., Inc. Board of Directors • December 2, 2025

President Botte called the meeting to order at 7:00 pm. Present were Directors Beverly Botte, Rob Rossi, Margaret Murphy, Allison Pierce, Dan Hess. Director Daniel Daws was absent.

Also let the records show that Jane Katzen was present... The pledge of allegiance was recited.

Ms. Pierce stated the minutes of the last meeting of November 4, 2025, were published in the *Beacon*, posted on the bulletin board, and made a motion to accept the minutes as published. The motion was seconded, and the minutes were accepted.

Correspondence: None

Treasurer Report: Ms. Murphy reported that there is \$39,477.84 in the operating account; \$12,851.05 is prepaid, leaving a balance of \$26,626.80. There are 89 delinquents, 1 deceased, 17 liens/pre-liens, 1 foreclosure/ bankruptcies for a total of 10 in various stages of collection. We have 7 liens for \$11,784.51, 10 intents to lien \$5,505.78, for a total of \$17,290.27. We have a total of 23 homeowners that owe two or more quarters \$6,658.92. 49 homeowners that owe one quarter \$4,792.44.

Community Association Manager's Report: None

Architectural Control & Deed Restrictions: Ms. Mur-

phy reported that one (1) third letters were sent in November.

Lot 494 Grass exceeds 8" in height.

When the 1st violation is sent out, the resident has 3 weeks, if not taken care of after the 3 weeks a 2nd notice of violation will be sent. They have 3 weeks to comply. If not taken care of the 3rd letter will be sent certified giving them 3 weeks to do this. If they have not taken care of it, it will get sent to the attorney.

Old Business:

Dates for 2026 Craft & Bake sales and Garage sales.

Getting information on a hot dog vendor for craft and bake sales.

Charging \$1.00 more for a table at craft fair for coffee & donuts during set up.

New Business:

Dates for 2026 Craft & Bake Sales March 21 & October 10, 2026.

Garage sales March 28 & October 17, 2026.

The hot dog vendor is a minimum of \$250.00. If amount is not made the money from the rental of tables will pay the balance. No donuts or coffee will be offered to the vendor during set up for Craft & bake Sale.

Board approved the courtesy calls and 18% interest to residents that are behind on their assessments fees. These will be added to their balance, if not

paid within 30 days of Notice of Late Assessment letter.

Inspector came out & looked at clubhouse roof. There is wood under shingles that do need to be replaced due to soft area and shingles are old.

We had 3 proposals Trust Roofing \$49,380.27, Nature Coast \$40,000 and Simtech \$39,500. We would like to get a new roof before rainy and hurricane season.

Motion was approved by Directors.

Retention Pond areas – residents are throwing branches over their fences. Please do not do this.

Regarding chickens and Pasco County allowing chickens in yards this is not allowed in Beacon Woods East as it is HOA regulation.

2026 Event Calendar

Volunteers for all activities would be appreciated.

Suggestions:

Organizational Reports. None
Announcements and Reminders

The next meeting will be held on January 6, 2026, at 7:00 pm.

Open Forum: None

Adjournment: President Botte adjourned the meeting at 7:20 pm.

*Jane Katzen,
 Recording Secretary
 Allison Pierce, Secretary*

Thanks to Our Readers for Supporting the Advertisers Who Make This Publication Possible!

Just a note to thank our readers for patronizing the businesses in this publication and letting them know you saw their ad in *The Beacon*. The advertisers make this free magazine possible to all the residents in Beacon Woods East.

Thanks again — Your friends at Sieber Graphics



Behind Every

Small
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Tips to Clear a Cluttered Home



The dawn of a new year is often characterized as a chance to wipe the slate clean and start anew. The tradition of making New Year's resolutions reinforces that characterization, as many people resolve to turn over a new leaf and commit to a year of self-improvement on January 1.

While the phrase "wipe the slate clean" may be figurative, some also might take it literally, particularly in regard to their homes. Those who want to turn over a new leaf in a cluttered home can consider these storage solutions to give spaces a fresh and less claustrophobic feel in the year ahead.

Clear kitchen countertops.

Kitchens are the most popular rooms in many homes, and that popularity can come with a cost. Clutter can quickly accumulate on kitchen countertops, which is both inconvenient when preparing meals at home and unsightly to residents and guests. Appliances used with frequency, such as coffee machines and toasters, can be given countertop real estate, but store lesser used items, like blenders and waffle makers, in cabinets or pantries. Mail or materials sent home from children's schools also can pile up in a kitchen, so resolve to go through the mail each day and discard unnecessary items. School papers can be read when children arrive home from school and any that need to be kept can be stored in a folder placed inside a drawer in the kitchen or a home office.

Install drawer dividers.

Drawer dividers can help clear up cluttered spaces that might not be visible to the naked eye. Dividers inserted into kitchen drawers can ensure left-over containers are stored neatly and are easily accessible. Drawer dividers in a home office space can make sure desks don't fall victim to disorganization, which can make it harder to find supplies and important documents.

Consider furniture that pulls double duty.

Some home furnishings are more than meets the eye, and that multifunctional utility can help people conquer cluttered spaces. Storage ottomans are a prime example of furniture that serves multiple purposes. Blankets and throws left out on chairs and couches can make living areas feel more cramped and less organized. A storage ottoman can be a great solution in such spaces, providing both a place to put one's feet and also a clever storage solution for blankets and pillows. A coffee table with a small drawer or two can make for a multifunctional centerpiece to store remote controls, coasters and other small items that can encourage the buildup of clutter if left out when the room is not in use. A storage bench in bedrooms and guestrooms also can ensure these spaces stay clear of clutter.

Think vertical.

It might be possible to work your way up if storage is a problem in certain areas of the home. Vertical storage solu-

tions might be especially useful in areas like a garage, which can be difficult to navigate if garden tools and other outdoor items are left on a floor. Overhead storage racks that utilize a crank to raise and lower the rack when items need to be accessed and stored can be great ways to store holiday decorations and other items. Kitchens with high ceilings also can employ a hanging pot rack to create more cabinet space and reduce the amount of items that need to be stored on countertops.

Clutter can quickly take over a home. But some simple storage solutions may be all anyone needs to more effectively organize a home.

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How to Protect Your Personal Data Online

Long gone is the era when individuals could store their personal data almost exclusively on paper. Modern life mandates that much of society now does everything from banking to conversing to buying groceries online.

That's a lot of personal information floating around out there on the internet.

Without the appropriate security measures, internet users' personal information could be vulnerable to hackers and criminals. Though there's no way to guarantee personal information cannot be hacked, the Federal Trade Commission offers various tips to users hoping to safeguard their personal data online.

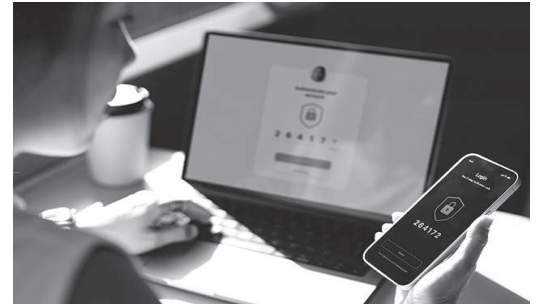
Make sure software is up-to-date. Smartphone users undoubtedly are familiar with system updates. Such updates are designed to improve functionality on mobile phones, tablets, computers, and other devices, and they also tend to update security software to offer greater protection against hackers and other criminals. Users can open the settings function on their devices and set up automatic updates so

systems are updated the moment the latest tweaks are available. System updates typically fix bugs and other issues with security software, internet browsers, operating systems, and even applications.

Utilize two-factor authentication. Two-factor authentication is an extra layer of security that typically sends users a verification passcode via text or email. Without that passcode, it's impossible to access an account. The passcode typically expires in a few minutes. Additional forms of two-factor authentication include a security key, which is an actual device that connects to a primary device and utilizes encryption to confirm the key is associated with the account that is trying to be accessed, and an authenticator app, which generates a

verification password not unlike the passcode sent via more traditional two-factor authentication.

Pick strong and unique passwords and routinely change them. Passwords are a significant part of modern life. Whether you're trying to access your smartphone in the morning or watch a television show at night or log into a bank account during a midday break from work, you're liable to need a password to do each of those things. Passwords can be hard to remember, and that may encourage some users to employ the same ones for various accounts. But that makes user data particularly vulnerable to hackers, so it's best to pick a strong and unique password for each account and rou-



tinely reset all passwords. A simple password like "User1234" is easily decoded, as is one that's used for years on end across multiple accounts. Third-party password managers can help users overcome the inconvenience of remembering multiple passwords. All that's necessary to remember when employing such functions is the password to access the password manager, which will then auto-populate the password for a given app or site.

Personal data is more vulnerable than ever. However, internet users can employ various strategies to safeguard their personal information online.

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Local HAPPENINGS

Baker House Tours (a cracker house built in 1882- free admission) is hosted by the Elfers Centennial Garden Club on **Saturday January 17, 2026** from 10:00 a.m. to 1:00 p.m. at the Centennial Library Branch 5740 Moog Rd. Holiday. Make sure you visit our plant sale. Weather permitting. Marie-rance Hollingworth Centennial Garden Club 727-942-1752



Women's Connection of New Port Richey meets the **second Wednesday of each month** at Spartan Manor, 6121 Massachusetts Avenue, 11:30 a.m. to 1:30 p.m. **January's event on Wednesday the 14th** includes a delicious lunch, a feature from the Pasco County Quilters' Guild and an inspirational speaker sharing her story, "Even though Life may not be Perfect, there is a Secret to true Happiness and Joy." All women are welcome, no membership or dues. The cost is \$20 inclusive and reservations are necessary. Call Karen at 727-842-9090 or Ruth at 727-233-2247.



5th Annual Pot O' Gold Mini Festival Tuesday, March 3, 2026 10:00 a.m. to 1:00 p.m. New Port Richey Library 5939 Main Street, New Port Richey Join the **blarney scone homemade bakery** for our 5th Annual Pot O' Gold Mini Event, a magical morning where we celebrate all things luck and fun!



Oh no! 2025 has passed and I have failed my resolution, again, to lose weight. I want to start 2026 with a new resolution to lose weight but not alone. I hear there is a life line, an organization called **TOPS**, I know it can help me lose weight. It's not pricey, no gimmicks, a group like me struggling to lose weight. They offer support and healthy tips. Come join me **Wednesdays** at 9:00 a.m. at St Andrews Church 4633 Glissade Dr NPR. The first visit is free. Questions:

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The Elfers Centennial Garden Club is meeting on **Tuesday January 13, 2026** from 5:00 p.m. to 7:00 p.m. at the Centennial Library Branch 5740 Moog Road. Our guest speaker is Kate Kaste, Program Manager at Florida Friendly Landscaping Program. A Florida-Friendly landscape can be designed to look the way you want, fit the aesthetics of your community, and suit your lifestyle, while being environmentally sustainable. Join us to learn how!



"Love Your Library" **bingo night**: A fundraiser for the **Friends of Starkey Ranch TLC**. Held at BarrieHaus Beer Co. on **February 5** from 7 p.m. till 9 p.m. \$20 for 5 cards, purchased at the door. Prizes in value between \$30 - \$50 each. Raffles too. All proceeds will go towards our Summer Reading Program and Springtime Author Fest



Free income Tax returns will be prepared by IRS Certified Preparers for low and moderate income individuals. For 2025, there are new tax law changes providing No Tax on Tips, No Tax on Overtime, credit

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Weeki Wachee Senior Citizens Club: Our Clubs provide an outlet for all walks of life and nationalities to have fun, learn and socialize. Our Clubs are Poker, Crafts, Pine Needlers, Mexican Train Dominoes, Texas Hold'em at 6:30 p.m. **Thursdays**, Pinochle, Mah Jongg, Rockhounds and Cards & Games. Bingo starts at 1 p.m. **Thursdays**. Open to the public. Call 352-251-8404 for more info. WWSCC, 3357 Susan Dr., *more Happenings on 22*

Attention Nonprofit Organizations

If you would like to post an announcement in this publication, we will do our best to publish it free of charge. Send your **100 WORDS OR LESS** Non-Profit Local Happening to events@sieberggraphics.com by the **17th** of each month. **Only Non-Profit may submit.** All submissions are subject to omission.



What to Know About Processed Foods

Anyone looking to eat right undoubtedly knows there's no shortage of advice in relation to dietary habits.

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Fad diets and nutritional trends are shared on social media platforms and websites every day. While access to such information is more available than ever, the volume of data can be overwhelming, especially for people looking to make simple and healthy tweaks.

One trending topic among advocates for improved nutrition concerns processed foods. Various health concerns, from the obesity epidemic to increased rates of high blood pressure, have been traced to processed foods. Such associations merit consideration, and that begins with answering some common questions surrounding processed foods.

What are processed foods? The United States Department of Agriculture defines processed foods as any raw agricultural commodity that has

been altered from its original state. Such alterations occur when foods are subjected to various processes, including pasteurization, blanching, freezing, dehydrating, or fermenting, among others. Fortification is another means to processing foods.

Is processing always unhealthy? Processing food is not always bad for human beings. For example, milk is pasteurized and commercial milk products are fortified with vitamin D. In regard to fortified milk, adding vitamin D ensures milk drinkers receive sufficient amounts of a nutrient that helps strengthen bones.

So why the fear of processed foods? The negative characterizations of processed foods arises mainly from foods that are considered ultra-processed. The Academy of Nutrition and Dietetics uses a spectrum to differentiate between various types of processed foods. Minimally processed foods include washed fresh spinach, while heavily processed foods include ready-to-eat foods like cereal and crackers. The negative attributes often associated with processed foods typically refers to heavily processed foods, which may also be referred to as ultra-processed foods.

What are some examples of minimally processed and ultra-processed foods? Potatoes

are perhaps the simplest example of how a single food item can sometimes be healthy and other times lack nutrition, even though it's the same item. A baked potato is minimally processed because it's been altered from its original state after being washed and baked. But the nutritional profile remains largely the same after these minimal adjustments to the potato. French fries are made from potatoes, but they're often greatly altered from their original state after being fried in oil. French fries also tend to be heavily salted, furthering altering them from their original state and thus lowering their nutritional profile.

What can I do to avoid eating heavily processed foods? The Mayo Clinic Health System advises reading food labels to analyze items in relation to how processed they may or may not be. Foods that contain additives and preservatives like high fructose corn syrup, hydrogenated oils, food dyes, sodium nitrates, sodium nitrites, monosodium glutamate (MSG), and sulfites are best avoided or consumed in low amounts.

The debate around processed foods is complicated. People seeking to bolster the nutritional profile of their diets are urged to avoid ultra-processed foods and work with a physician or dietitian to ensure they're making healthy choices.



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Probiotics May Provide a Healthy Boost

It's easy to view bacteria and yeasts through a particular lens, without realizing that these microorganisms serve various functions. Certainly, bacteria can lead to infections, but certain bacteria also are important for maintaining health.

Probiotics are live microorganisms (mostly bacteria and some yeasts) that may offer various health benefits. Probiotics are sometimes referred to as "good" or "beneficial" microbes due to their role in balancing the gut ecosystem. The Mayo Clinic reports that research suggests probiotics may be helpful, but it hasn't yet been proven that probiotics improve health and are safe for everyone. While side effects from probiotic supplements seem to be rare, it's best to consult a physician before taking such products.

What are some common probiotics? The National Center for Complementary and Integrative Health says the most common probiotics are bacteria that belong to groups called Lactobacillus and Bifidobacterium. Others are yeasts such as Saccharomyces boulardii. Probiotics are found in various foods, including fermented dairy products like yogurt, kefir and cheese as well as other fermented foods, including sauerkraut, kimchi, pickles, tempeh, miso, sourdough, salami, olives, and kombucha. Additional forms of probiotics include probiotic capsules and powders.

What are prebiotics? The terms prebiotics and probiotics cannot be used interchangeably. Harvard Health says prebiotics are ingredients in certain foods that the intestines cannot fully digest. One can think of prebiotics as the food upon which probiotics feed. Prebiotics also may trigger the growth of good microbes in the



digestive tract.

Potential probiotic benefits. Probiotics may benefit health through several mechanisms. They may restore gut microbe balance after a poor diet, illness or antibiotic use. Probiotics can help crowd out harmful pathogens in the gut. They may reduce "leaky gut" by supporting gut barrier integrity. Probiotics also may calm inflammation and help boost the immune system.

Additional uses for probiotics. Probiotics are largely known for their use in the digestive tract, but probiotics also come in topical versions or suppositories to target specific areas. Harvard Health says vaginal probiotic supplements are hugely popular and are designed to promote beneficial bacteria. Some common gynecological conditions are thought to be caused by an imbalance of bacteria inside the vagina.

Probiotics continued on 10

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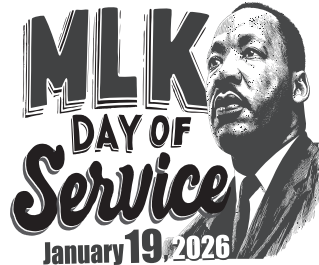
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The Global Impact of Martin Luther King, Jr.

Americans pay homage to Martin Luther King, Jr. every January. While King was a renowned leader for his role in the American civil rights movement, his legacy extends beyond American borders. King began to speak about global issues after receiving the Nobel Peace Prize in 1964, visiting countries in west Africa and toured South America. King also spent a month in India, where he was inspired by Mahatma Gandhi's use of non-violence when protesting British rule. King spoke out against apartheid in South Africa and condemned the use of nuclear weapons against Japan during World War II. He also was a critic of the Vietnam War. As a Christian minister, King's first priority was to promote the teachings of Jesus Christ, and King felt an obligation to do God's work around the world.



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What Seniors Can Do to Safeguard Their Mental Health

The stigma once assigned to mental health issues has largely dissipated, and many people now recognize that mental health should be just as big a priority as physical health.

Seniors may not have come of age in a world where mental health was prioritized, and thanks to that aging men and women may not recognize where their mental health is suffering and what they can do to combat such problems. Recognition of the importance of mental health is a step in the right direction, and seniors also can consider these strategies to safeguard their mental health.

• **Recognize your vulnerability.** The World Health Organization notes older adults are uniquely vulnerable to potential mental health issues. That's because mental health is shaped by numerous variables, including earlier life experienc-

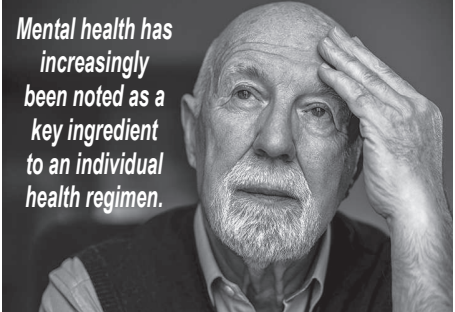
es and some notable stressors related to aging, such as a decline in functional ability that can cause psychological distress. Seniors also are more likely than others to experience adverse events like the loss of a loved one or even a loss of purpose, which can affect anyone upon retirement. Recognition of this vulnerability may be enough to compel seniors to seek advice and assistance on how to safeguard their mental health from age-related stressors.

• **Take time out if you're a caregiver.** The WHO notes that many older adults serve as caregivers for spouses with chronic health conditions, including dementia. The Alzheimer's Association reports that studies have found that 70 percent of caregivers report feeling stress related to coordination of care, while two in three caregivers have difficulty finding

resources and support for their needs. Seniors who have taken on caregiving duties for a loved one must protect their own mental health by taking time out to care for themselves as well.

Work with family members to share responsibilities when caring for a loved one. If family members cannot pitch in, then work with local government agencies to alleviate some of the stress of caregiving.

• **Make a concerted effort to socialize.** A 2025 report from the WHO indicated that roughly one-fourth of all older adults are affected by social isolation and loneliness. Social connection can significantly improve mental health and provide a sense of life satisfaction while improving quality of life. Seniors are urged to prioritize socializa-



Mental health has increasingly been noted as a key ingredient to an individual health regimen.

tion. Many community-based groups, including government offices, run programs designed specifically to facilitate socialization among older residents. Take advantage of such programs whenever possible. Seniors living alone also may want to consider relocating to communities exclusive to people age 55 and over, as such developments typically offer an array of socialization opportunities to residents.

Seniors are particularly vulnerable to mental health issues, but older adults can take many steps to safeguard their mental health.

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What Parents Can Do To Cultivate Kids' Creativity

Kids love to play, and moms and dads know that watching children have fun is one of the true joys of parenting. Play time might be all about fun for youngsters, but it's also vital to their development.

A recently reaffirmed clinical report from the American Academy of Pediatrics originally released in 2018 noted that developmentally appropriate play promoted social-emotional, cognitive, language, and self-regulation skills in children's brains. The authors of the report noted that play promotes executive function, allowing children to pursue goals and ignore distractions.

Kids indeed have much to gain from creative play, and parents can do much to encourage youngsters to cultivate their creative side.

• **Offer a creative space at home.** Whether you live in an apartment or a single-family home, designating a space inside for creative pursuits ensures kids always have a place to go when the mood to be creative strikes. Outfit the designated creative space with a table and comfortable chair (to keep kids from leaving a project due to discomfort) and an assortment of toys and supplies that encourage kids to use their imaginations.

• **Allow children to pick their own projects.** Parents might be inclined to urge children to engage in particular creative pursuits, but kids are more likely to embrace and enjoy creative play time if they're al-

lowed to pick their own projects and hobbies. Some children may be partial to drawing and coloring, while others may be natural born builders. Parents should resist any urge to direct kids toward projects and instead allow kids to identify their own ways to be creative.

• **Don't hesitate to partici-**

pate. While kids should be allowed to pick their own projects, parents can still get involved. In fact, studies have found that children benefit in myriad ways when their parents play with them. Such interactions help to build children's self-esteem and help kids learn about the world. Children also

learn new skills and strengthen bonds with their parents through play. Kids who are encouraged to direct play sessions also learn and sharpen their decision-making skills. Participation also can extend to asking questions about kids' creative pursuits, including what drove their decision-making during a given project and what they hope to do next.

• **Take creativity on the road.** Kids' creativity can be cultivated anywhere, including outside the house. Let kids plan trips to a museum, nature preserve or another local attraction that encourages them to get in touch with their creativity in a fun and unique way.

Time to be creative benefits kids in numerous ways, and parents can do much to encourage kids to use their imaginations.

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Probiotics *continued*

However, as of now, the benefits of suppositories like these are unknown and should be discussed with a gynecologist before use.

Topical probiotics have demonstrated beneficial effects for the treatment of certain inflammatory conditions like acne, rosacea, psoriasis, and others, says the National Institute of Health. But again, caution should be heeded and any new products should be discussed with a doctor.

Probiotics are an all-natural alternative that many people consider when seeking to improve personal health. It's important to speak with health care providers about the efficacy of probiotics and whether they are safe and effective for particular needs.

Why It Pays to Trust a Pro With Wedding Photography

User-friendly technology and greatly enhanced connectivity has changed the way people approach various tasks. The do-it-yourself home improvement trend is a testament to that shift, as homeowners now have access to professional grade tools and can easily take to social media for inspiration and instructions for renovations that were once the domain of experienced contractors.

Though it can be fun and budget-friendly to embrace a DIY approach in many settings, that strategy is not ideal for every situation, including the day couples tie the knot. A couple's wedding day is one to cherish forever, which is why it pays to rely on skilled professionals. That's particularly so with wedding photography, which will serve as the official record of a day filled with love and laughs. Modern technology may compel some couples to think they can

go without the services of a professional photographer on their wedding day, but there are many reasons to trust this important job to an experienced pro.

· **Photographers can get great shots no matter the conditions.** There's a difference between snapping great shots of an idyllic setting on a smartphone and taking wedding day photographs couples will look back on for years to come. Experienced photographers have cameras capable of far more than those on a smartphone, and these skilled professionals also possess the knowledge of how to get great shots in settings that might not be so conducive to photography. A dimly lit reception hall dance floor may prove challenging for untrained amateurs, but professional photographers know what to do to get great shots in such settings. Professionals also know how to utilize natural light to their advan-



tage when taking shots outdoors.

· **Photographers handle the details.** Couples have enough on their plate when planning weddings. Taking on photography duties requires identifying the right photo locations, knowing when to take photos to maximize surroundings, ensuring bridal party members are all ready to go so photos can be taken within tight deadlines, and

post-wedding detailing. That's a lot to take on, and it's work best left to professionals.

· **Photographers free up time.** Many newlyweds note their wedding day seemed to fly by and was over before they knew it. Such sentiments may be even stronger when couples take on too much responsibility come the wedding day. A pro *Photography continued on 21*

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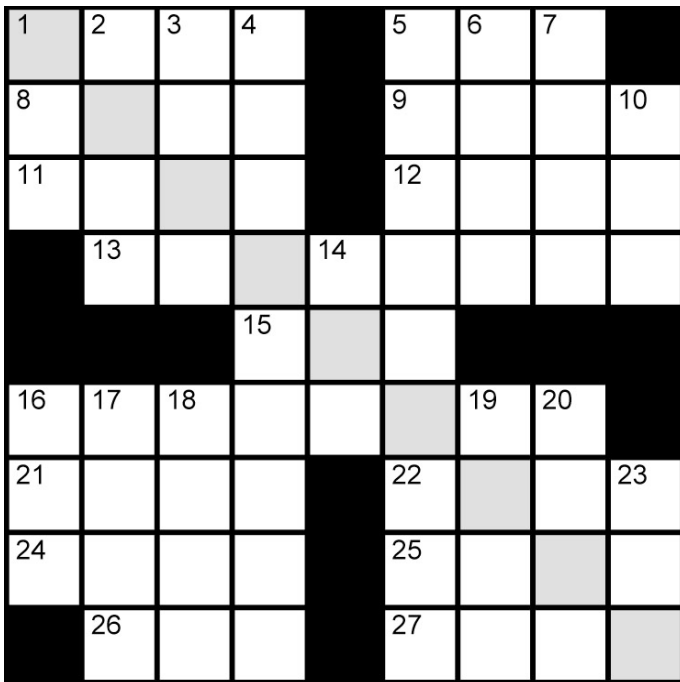
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Emotional Response



The headline is a clue to the word in the shaded diagonal.

Across

- 1. Gym set
- 5. Darling
- 8. "I, Claudius" role
- 9. Band member
- 11. Apple spray
- 12. Face-to-face exam
- 13. Buttonwood
- 15. In-flight info, for short
- 16. Close call

- 21. Halftime lead, e.g.
- 22. Wyle of "ER"
- 24. Horace volume
- 25. Coastal raptor
- 26. Balaam's mount
- 27. Attends

Down

- 1. Bio-chemistry abbr.
- 2. Congers
- 3. Beseech
- 4. Witch
- 5. Food poisoning
- 6. 100 cents
- 7. Alpine transport
- 10. A pint, maybe
- 14. Store convenience, for short
- 16. "The Matrix" hero
- 17. Icelandic epic
- 18. Long, long time
- 19. Achy
- 20. All there
- 23. "For ___ a jolly ..."

Puzzle Answers on page 21



Simple Ways to Add More Fiber to Your Diet

A healthy diet includes a mix of various vitamins, minerals and nutrients. In fact, those seeking to eat healthy may sometimes be overwhelmed by medical advice recommending an array of items so wide it can seem difficult to squeeze everything in without eating too much food. Thankfully, there are many simple ways to get enough of what you need, and that includes fiber.

The Mayo Clinic notes that a high-fiber diet supports a healthy body in various ways. A high fiber diet can reduce risk for constipation, help people maintain low cholesterol levels, promote bowel health, and slow the absorption of sugar, which can improve blood sugar levels in people with diabetes. With so much to gain from including fiber in your diet, the following are some strategies to do just that.

• **Begin the day with fiber.**

One of the most effective ways to eat enough fiber is to choose the right breakfast cereal. Many breakfast cereals contain ample amounts of fiber, and the Mayo Clinic advises looking for one

Fiber continued on page 21

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- BWE Social Scene -

Joanie's Beginners Line Dance Class

Every Monday beginning September 8th. Time: **10:30 am to 11:30 am. Cost \$3.00 for BWE members, \$4.00 for non-members.**

Chair Yoga

Lori-Ann Lynde our yoga class instructor has added chair yoga to **Mondays** monthly calendar at Beacon Woods East Clubhouse from **5:00 pm - 6:00 pm.** The cost is **\$5.00 for members & \$6.00 for guests.**

What is chair yoga?

Chair Yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. It promotes relaxation, reduces stress and improves mental clarity. Like other forms of exercise, seated yoga may also help improve mood, your confidence and relieve anxiety and depression. This yoga is a slower paced flow for beginners or those that want to focus on the pose without having to worry about balancing. Chair yoga poses engages your legs, upper back, lower back, shoulders, hamstrings, hips, glutes and feet. The poses elongate and lengthen the back and can help improve your core muscles and core strength. It can also help relieve stiffness in your shoulders, back, arms and legs.

Now let me tell you a little about myself. My name is Lori-Ann Lynde and I am a 500 hour Yoga Instructor with a specialty certification in Chair Yoga. I modify poses for those that may need it. I have been a member of the Yoga Alliance for 5 years. I would love to have everyone come out and give it a try. All you need to do is show up to class. I recommend you bring a towel and a bottle of water to stay hydrated.

Tai Chi/Chi Kung

is a fun, slow simple exercise that's EASY so, everyone will benefit. Increase focus, flexibility, energy, coordination. Improve balance, breathing, posture and lower blood pressure. A donation for **members are \$5.00 and \$6.00 for guests.** Class is **10:30am on Tuesdays.** Call Pat, Grand Master has taught for over 20 yrs. Join the fun! 992-7896.

BWE Wednesday Yarn Group

The Wednesday afternoon Yarn Group has been busy making items that are being donated to Hospice Care Coordinator Janie Bennett. These gifts of kindness will be given to adults, children and infants in their time of need to help with the end of life comfort.

The yarn group is a small intimate group. While we are busy creating some wonderful gifts and works of art, the additional benefits have been the dear and marvelous friends who have been made along the way. This group works in all mediums including knitting, crocheting, needlepoint, quilting, and more.

Couldn't find more caring or sharing people anywhere. Come join in the fun on **Weds., 1-3** at Beacon Woods East Clubhouse on Clayton Blvd.

BWE Yoga Classes are Thursdays at 5:00 p.m.

Yoga Classes are held at the BWE Clubhouse on Thursdays from 5:00 p.m. - 6:00 p.m. Classes are led by Lori-Ann Lynde, a Certified Yoga instructor. Join her for relaxing music to help stretch, strengthen, and build posture and balance in your body while relaxing your mind. All you need is a yoga mat, a towel for your head, comfortable clothes and a water bottle. The **cost is a \$5.00 donation and \$6.00 for guests.** For additional information call Lori-Ann 727-505-7703.

Deed Restrictions at Work:

Letters were sent in November the Architectural Control & Deed Restriction Committee to correct verified deed restriction violations listed below:

- 1 Trailer parked on street overnight
- 1 Debris in front of garage
- 1 Vehicle parked on street overnight
- 1 Grass exceeds 8" in height
- 1 Street gutters need to be cleaned of debris
- 1 Debris in front yard & side of house

2nd Notices

- Lot 191N Trailer parked in street overnight
- Lot 274 Grill & ladder cans visible from street
- Lot 526 Vehicle parked on street overnight
- Lot 245N Debris in front yard & side of house
- Lot 108 Street gutters need to be cleaned of debris

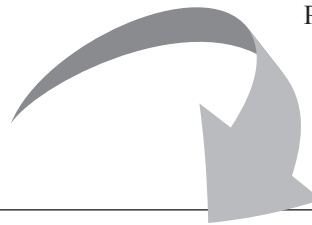
3rd Notices

- Lot 494 Grass exceeds 8" in height

Board Candidates Wanted!

We are looking for qualified candidates for 3 open positions on the Board of Directors.

Please complete the form below and include a brief paragraph stating why you would like to join the Board of Directors.



GOING BACK

Candidate Nomination Form for BWEHA Board of Directors

I hereby submit my name as a candidate for a Director of the Beacon Woods East Homeowners' Assn., Inc.

(PLEASE PRINT)

Name _____

Address _____

Phone # _____

My resume accompanies this nomination form.

Signature _____

Date: _____

Return form and a short resume to the Nominating Committee at our association office by 4:00 p.m. on February 13, 2026.



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Beacon Woods East
 Spring Craft Sale – March 21st
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All homemade goodies must comply with the cottage laws.

Saturday, March 21st • 9 am to 2 pm ***This Event will be Open to the Public!***

Set up at 8:00 day of or 3 – 4 pm day before - Open 9:00a.m. – 2:00p.m.

Beacon Woods East Clubhouse
 8421 Clayton Blvd. • Hudson, FL

Cost for table: HOA Members \$5 per table • Non-Members \$10 per table

Table donation will help offset cost of additional HOA activities.

Pre-Registration required prior to March 2nd (Space is Limited)

BWE Early Registration begins January 5th

Non - Member Registration begins March 2nd

Name: _____

Address: _____ Lot _____

Phone #: _____

Email: _____ (Necessary for info on early set up)

Number of tables (2 max) _____

Power requested (though we cannot guarantee power, and power is very limited, we will make attempt to locate your table near an outlet) _____

Type of Craft: _____

Remit to office by March 13, 2025,
at the BWE Clubhouse Office -8421 Clayton Blvd, Hudson, FL 34667

BWEHA Operating Statement - November 2025

Welcome New Neighbors

The Board of Directors and staff of the Beacon Woods East Homeowners' Association would like to extend a hearty welcome to our new neighbors and association members.

Clayton Village

Konrad & Magdiel Sek
8607 Sagewood Dr.

Streamline Homes Inc
13009 Sandburst Ln

Berkley Woods

Roger Salazar & Acanda Magdiel Gonzalez
8540 Caitlin Ct.

New owners are reminded that we are a Deed Restricted Community with regulations governing the maintenance and appearance of their property. We charge small association fees payable quarterly, semi-annually or annually. All new members agree to this arrangement in writing at closing.

We encourage new owners to visit our Clubhouse, check out our swimming, sports and playground facilities, and find out about our community activities.

The BWEHA Board of Directors meets once a month on the first Tuesday. New members are invited to attend these meetings and learn about the workings of our Association. They can participate in the formal Board meeting by speaking or asking questions during the Open Forum part of the meeting.

All members receive the monthly *BEACON* newsletter and are encouraged to read it for important news about the community and its people.

INCOME

HOA FEES	\$7,146.05
GUEST FEES	\$80.00
INTEREST INCOME RESERVES	\$493.21
OTHER INCOME	\$5.00
ESTOPPEL CERTIFICATES	\$450.00
LATE FEE	\$1,360.00
TOTAL	\$9,534.26

EXPENSE

UTILITIES	\$971.65
SERVICES	
OFFICE SUPPLIES	\$34.46
COMPUTER & INTERNET EXPENSE	\$180.00
COUNTY ASSESSMENTS	\$4,118.43
LIABILITY/ECT. INSURANCE	\$14,428.49
COPIER MAINTENANCE AGREEMENT	\$72.01
LAWN MAINTENANCE CONTRACT	\$1,000.00
SPECIAL ACTIVITIES BEACON NEWS	\$135.00
INTERIOR PEST CONTROL	\$33.17
LEGAL-PROFESSIONAL FEES	\$6,744.58
EMPLOYEE COST	\$900.00
TOTAL	\$27,646.14

MAINTENANCE/SUPPLIES

COMMON AREA MAINTENANCE	\$172.98
JANITOR SUPPLIES	\$53.96
TOTAL	\$226.94

PAYROLL

SALARIES	\$10,633.12
TOTAL	\$39,477.85

NET INCOME	POOLING RESERVES	STANDARD RESERVES
\$ 29,943.59	\$176,467.71	\$173,619.88

RESERVES - DEPOSITED ZERO TO EACH RESERVE ACCOUNT IN NOVEMBER

Shine a Light on Vitamin D

Many vitamins are important for personal health, but come the wintertime, vitamin D may dominate the headlines. That's because hours of sunlight dwindle

in the winter, which can lower levels of vitamin D in the body.

Vitamin D sometimes is referred to as the "sunshine vitamin" because of its ties to the sun. The Cleveland Clinic says sun exposure on the skin is one way for people to get vitamin D. However, people with darker skin or those in certain geographical

locations that do not get enough sunlight may not get sufficient vitamin D. Supplementation with foods that contain vitamin D or through pills may be necessary.

Vitamin D helps maintain a balance of calcium in the body and facilitates the building and maintaining of strong bones. The Mayo Clinic says low vitamin

D levels have been tied to cancer, cognitive decline, multiple sclerosis, rickets, and psoriasis. But how much vitamin D does a person need? The recommended daily amount of vitamin D is 400 international units for children up to age 12 months, 600 IU for those ages one to 70 years old, and 800 IU

Vitamin D continued next page

Vitamin D

continued

for people over 70 years of age. However, some doctors recommend people take higher amounts. The Endocrine Society, for example, suggests higher daily doses of 1,500 to 2,000 IU may be needed for some adults.

Although vitamin D deficiency may compromise health, it's important to note that going too far in the other direction also is unhealthy. Harvard Health advises against taking more than 4,000 IU per day, which is considered the safe upper limit. High doses of vitamin D can cause too much calcium to form in the blood, a condition called hypercalcemia. This raises the risk of fatal heart conditions. Increasing vitamin D intake also increases the risk for kidney stones, so the pros and cons must be weighed. Symptoms of too much vitamin D can include vomiting, nausea, stomach pain, fatigue, dizziness, confusion, increased thirst, and frequent urination.

Getting vitamin D naturally through sunlight and food sources is preferable to supplements. Fatty fish, mushrooms, liver, shrimp, and oysters are some foods that are excellent sources of vitamin D. UCLA Health says eight to 10 minutes of sun exposure at noon produces the recommended amount of vitamin D. However, in the winter when only 10 percent of the body is exposed, nearly two hours of sun exposure at noon is needed to pro-

Berkley Woods Residents

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Merry Christmas and a Happy New Year!

PLEASE NOTE: BERKLEY WOODS 2026 HOA DUES OF \$330 DUE BEFORE JANUARY 31. Take your check to the clubhouse or send your check to:

Berkley Woods HOA
8421 Clayton Blvd., Hudson, FL 34667

LOT NUMBER & HOUSE NUMBER ON CHECK!

You will **NOT** get a letter in the mail; this is your notice.

Next Homeowner's Association meeting is Tuesday, January 6th at 4pm, clubhouse.

Lunch Bunch, Wednesday, January 7th, Carrabba's Italian Grill, 10110 US 19N, Port Richey. RSVP to Kelley 727-597-0535.



All Berkley Woods Residents invited to
7th ANNUAL NEW YEAR'S DAY
1PM-?
NEIGHBORHOOD
CORN HOLE TOURNAY AND PICNIC!

This year, CROCK IT! **Come Join The Fun!**

Anything in a crockpot, chili, soup, or whatever tickles your tastebuds. We will have plenty of outlets to keep food warm. (or bring whatever you wish).

BYO DRINKS AND CHAIR

duce a sufficient amount of vitamin D. Geographic regions may produce different rates of exposure needed to ensure sufficient vitamin D production.

Vitamin D is necessary for health, but many people are not getting enough. Increasing exposure to the sun, eating the right foods and supplementation when needed can improve vitamin D levels.



Breakfast Sandwiches are an Early Morning Comfort Food

Comfort food is often associated with dinner fixtures like meatloaf and baked ziti. But comfort also can be served up at the breakfast table.

Breakfast sandwiches are wildly popular and can act as early morning fuel after a good night's rest. When the urge strikes to prepare some early morning comfort food, cooks can look to this recipe for "Fried Egg, Bacon, Cheese, and Tomatoes on a Bread Roll" courtesy of Lines+Angles.

Fried Egg, Bacon, Cheese & Tomatoes on a Bread Roll

- Makes 4 servings*
- 4 bread rolls, split in half horizontally and toasted
 - 8 slices thick bacon
 - 4 large eggs
 - Salt & Freshly ground black pepper, to taste
 - 4 slices cheddar cheese
 - 1 fresh tomato, rinsed and sliced



1. In a skillet set over medium-high heat, cook the bacon until nicely browned and crispy. Drain bacon on paper towels.
2. Remove most of the bacon drippings from the pan and fry the eggs to your liking. Season to taste with salt and pepper.
3. Arrange a slice of cheese and 2 slices of cooked bacon on the bottom half of each roll. Add tomato slices and a fried egg to each. Top with the remaining half of the bread roll. Serve.

Main Reasons Why Computer Performance Lags



People rely on computers each and every day for business, school and pleasure. No matter which operating system and computer manufacturer one prefers, over time devices may run less efficiently and bugs and lags may crop up. Recognizing the causes of potential computer issues can enable users to take proactive steps to help all of their devices operate more smoothly.

Insufficient hardware resources. Lenovo advises that one of the most frequent causes of computer slowdowns is insufficient hardware resources. This refers to the processing power, memory and storage abilities to function correctly and efficiently. If a computer lacks RAM, CPU power or storage space, it may work harder and struggle to keep up with tasks.

Outdated software. An up-to-date computer will work faster and more efficiently. Software manufacturers routinely offer software updates and patches to fix or improve functionality and to prevent security vulnerabilities. When a computer is not running current software, poor performance and security issues may affect the user experience.

Poor maintenance. A computer needs to be regularly cleaned and serviced in order to function properly, says Creative Computer IT Services Solutions, Inc. Dust buildup can cause overheating, which can result in component failure.

Power surges and spikes. If delicate computer components are subjected to sudden changes in power, they easily can become damaged, causing the computer to glitch and fail. Using a surge protector for basic protection and an uninterruptible power supply for more robust protection can help.

Type of hard drive. Alto IT Consultancy says a big misconception concerns computer speed and hard drive capacity. In some cases, having more space on the hard drive may not improve speed, as the bigger the data container for the computer, the further the CPU has to "reach" to access information. In addition, a solid state hard drive (SSD) tends to have better performance and speed than a hard disk drive (HDD), according to PC Magazine. HDDs are now largely reduced to secondary roles in the consumer storage market.

Viruses or corruption. Corrupted files or viruses on a machine can greatly affect performance. A virus may be working in the background nefariously, which can compromise speed and other factors. A robust antivirus program on the computer can help thwart such issues.

Computer performance can be affected by a variety of factors, many of which are controllable.

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2025 Goals

Tips to Stay the Course With a New Year's Resolution

The holiday season is steeped in tradition. Many of those traditions are rooted in celebrants' faith, but one of the last customs people embrace each year is largely secular.

The tradition of making New Year's resolutions is older than many people may realize. According to History.com, the ancient Babylonians are believed to be the first people to make



New Year's resolutions when they began doing so roughly 4,000 years ago during a 12-day festival known as Akitu. That festival was religious in nature, but many people now make resolutions with a goal toward self-improvement unrelated to their faith. As people ponder their resolutions for the year ahead, the following strategies might help them stay the course over the next 12 months.

• **Give serious thought to a prospective resolution.** Statistics regarding New Year's resolutions vary, but a 2024 survey from the Pew Research Center found that 13 percent of adults polled indicated they kept none of their resolutions. Numerous variables can affect whether or not a person keeps a resolution, but giving a potential resolution little thought ahead of time can make achieving a goal unlikely. Give any potential change ample thought before committing to a resolution. If you aspire to lose weight, identify the ways you're going to go about that. Find a local gym to join, identify ways to eat a more nutritious diet and, perhaps most importantly, study how you can make time to stay the course. A little legwork in advance of declaring a resolution can pay off in the long run.

• **Set periodic goals.** Small goals along the way to the larger goal can serve as motivation to keep going. If you aspire to watch less television and read more, resolve to read 100 pages

per week and then gradually increase that total if you so desire. Small goals can provide a great means to measure incremental progress that will ultimately make achieving a larger goal more likely.

• **Be realistic.** Realistic goals are more likely to be achieved than ones that seem good on the surface but are too difficult to keep. For example, if you aspire to exercise for an hour each day but obligations to work and family leave little time for physical activity, then you may need to reduce those expectations in favor of a more realistic, achievable goal. Taking on too much will only discourage you when hurdles inevitably appear, and that is likely to compel you to abandon the resolution entirely. If your initial goal is realistic, then any challenges that arise are less likely to derail your efforts.

• **Don't go it alone.** Many people employ the buddy system as a means to stay motivated with fitness-related resolutions, and that approach can be applied to any goal you set at the beginning of the year. Having someone there to hold you accountable, and doing the same for a partner, increases the chances you'll stay the course.

New Year's resolutions are an ancient tradition, even if the majority tend to be abandoned rather quickly. But anyone can buck that trend and stay the course by employing a few simple, yet effective strategies.

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Football fans know there's nothing quite like the playoffs. Whether your passion rests with college football or the action on the professional gridiron, there's plenty of exciting football to watch in the early weeks of winter.

Game watch parties are wildly popular. Indeed, big games are even more enjoyable when watched alongside fellow fans. When hosting a game watch party at home, certain culinary staples, including chicken wings, need to make an appearance. Fans hosting parties this playoff season can ensure guests get what they need by offering up these "Zesty Chicken Wings" from Lines+Angles.

Zesty Chicken Wings Makes 4 servings

For the marinade:

- 1 tablespoon olive oil
- 1 small white onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1/2 cup fresh cilantro, finely chopped
- 2 tablespoons fresh lemon zest
- 2 tablespoons fresh lemon juice
- 2 cups Barbecue sauce (your favorite)
- 1/4 cup sherry vinegar
- 1 teaspoon turmeric

For the chicken wings:

- 1 1/2 pounds chicken wings
- Salt, to taste
- Freshly ground black pepper, to taste
- 1 tablespoon oil, for the grill

1. Combine all of the ingredients for the marinade in a *continued on next page*

Tips When Traveling with Pets



Traveling with pets can be a rewarding experience that enables individuals to share new adventures with their companion animals. Bringing pets along on vacation has become quite popular. According to Top Dog Pet Travel, a central Florida agency specializing in pet-friendly bookings, there has been an uptick in people traveling with their pets since 2024. A report from the American Pet Products Association indicates 22 percent of both cat and dog owners reported taking their animals on at least three flights in 2024.

Although traveling with pets can be fun and cuts down on costs for pet boarding or alternative care, it also requires careful planning to keep pets safe, comfortable and free from stress throughout the trip. These practical tips can make traveling with pets a smooth

experience, whether one is traveling by car, plane or just off on a weekend getaway.

• **Plan ahead.** Research any pet regulations and restrictions prior to traveling. Some hotels, airlines and rental properties have specific rules or fees for pets. Always confirm if companion animals are allowed, and determine if there are restrictions on size, breed or the number of pets. Every airline has different rules for in-cabin versus cargo travel for pets. International travel may require certain vaccinations or quarantine periods, so it pays to start planning well in advance.

• **Visit the vet.** A checkup with the pet's vet is a good step prior to any trip. The vet will make sure the animal is current on vaccinations and well enough to travel. Getting a copy of the pet's medical re-

Traveling continued on 22

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Photography

continued

fessional photographer will coordinate shots and timelines with couples prior to the big day and take over getting bridal party members where they need to be when they need to be there. That frees up time for couples to spend more time with each other and their guests come the day of the wedding, which in turn can make it feel as though the day didn't fly by.

• **You get a professionally finished product.** Amateur photographers simply won't produce as stunning a finished product as professionals who take and touch up photos for a living. A wedding day photo album is a keepsake couples will look back on for years, so it's best to ensure its contents include photos taken and touched up by a skilled professional.

Couples can find ways to cut costs with their wedding budgets. But it's best to avoid cutting corners regarding photography, as there's no way to turn back the clock and get better shots if the efforts of amateurs fall short of expectations.

Recipe

continued

food processor. Pulse until blended well.

2. Rinse chicken wings under cold running water and pat dry with paper towels. Season with salt and pepper.

3. Place the marinade and chicken wings into a large resealable plastic storage bag. Seal the bag securely. Squeeze the bag several times coating the chicken wings thoroughly with marinade. Place the bag in the refrigerator and marinate overnight.

4. Prepare the grill for direct grilling. Brush the grill grate lightly with oil. Barbecue the wings over medium hot coals or at medium high-heat for 5-7 minutes on each side (turning once, halfway through) until they are cooked through and golden brown.

5. Serve with your favorite dipping sauce (optional).

Fiber

continued

that contains five grams or more of fiber per serving. Though this is not always the case, and shoppers are urged to read nutrition labels before purchasing a new cereal, products that contain the descriptors whole grain, bran or fiber in the name tend to feature ample amounts of fiber.

• **Supplement your cereal.** Another simple way to start the day with fiber is to add berries or sliced bananas to your cereal bowl. Blueberries (roughly four grams per cup) and strawberries (about three grams per cup) are high in fiber and also can up the flavor profile of your morning cereal. The USDA National Database for Standard Reference indicates a medium-sized banana contains roughly three grams of fiber, making any of these, or a combination of them, great additions to a cereal bowl.

• **Replace white bread with wheat bread and traditional pasta with whole grain alternatives.** Verywell Health notes that wheat bread is generally considered healthier than white bread due in part to its higher fiber content. The same dynamic plays out with whole grain pasta compared to traditional pasta. Traditional pasta is made from refined flour that has the bran removed during process-

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ing, whereas the fiber-rich bran is not removed when making whole grain pasta. It can take some getting used to, but opting for whole grain pasta and wheat bread over more traditional but less nutritious alternatives can be a great way to include more fiber in your diet.

• **Eat healthier snacks.** Nacho lovers might be surprised to learn that tweaking their nachos recipe can be another way to eat more fiber. When making nachos for the big game, prepare them using whole-grain tortilla chips, legumes like black beans or red beans, and fresh vegetables like diced bell peppers. Another way to eat more fiber when snacking is to

reach for whole-grain crackers, dried fruits without added sugar or a small amount of nuts in lieu of processed snacks like traditional potato chips.

Fiber is a key component of a healthy diet, and there are many simple and flavorful ways to eat more of it each day.

Puzzle Answers

S	E	S	S	A	
E	R	E	S	D	O
H	O	N	E	G	E
S	S	M	R	A	N
		A	E		
E	O	A	C	Y	S
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A	T	U	R	O	N
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- CONTINUED -

Spring Hill. Proceeds benefit building funds.



Are you looking to honor local Veterans? You might want to consider volunteering for **Gulfside Hospice**. If so, call Gulfside Hospice Veteran Volunteer Services Program Coordinator Janie Bennett at 813-576-8851 for more information and to sign up. We offer a 1 day training at no cost to you! Lunch is provided. Look forward to hearing from YOU!



Do you want to adopt a rescue dog but are nervous about it? Our **"Foster to Adopt Program"** lets you live with the dog for a trial period. After a simple application process, we'll match you with a dog that fits your lifestyle. You'll foster them (meaning they live with you but are owned by us), giving you both time to bond and adjust. If it's a perfect match, you can choose to adopt! It's a great way to make sure your future pup is truly the right fit for life. Go to SunshineHumane.org/foster



Nature Coast Bridge Club (NCBC) is now located at Hernando County Shrine Club, 13400 Montour St., Brooksville. We are actively seeking new members. If you are a social

bridge player and would like to learn duplicate, we invite you to join us. We will give you a free lesson and, if you like, an NCBC member will shadow you as you play on your first day in case you need assistance. For more information, call Penny at 352-340-5120 or email Naturecoastbridge@gmail.com. You can also follow us on Facebook.



Cruise for a Cause March 2027! **Sail with AHEPA Chapter 489 Charities**, a 501c3 non-profit, aboard the SS Sky Princess on a 6 night cruise from Port Canaveral. Enjoy an unforgettable journey while supporting a great cause! Rates start at \$990.45/pp (double occupancy); single rates available, \$50 onboard credit per cabin plus Greek Entertainment. Bus Transportation available to/from cruise terminal \$100/pp. Upgrade to a Princess Plus Package: includes Wi-Fi, Drink pkg, 4-Specialty Dining Meals, and Gratuities for \$390/pp. Cabins are limited, Call Tina Wilson at 727-271-3061 to reserve your cabin today!



Hudson Beach Yacht Club will hold their **January General Meeting** at the Sea Ranch Club house, 13711 Veronica Dr. in the Sea Ranch subdivision off US 19 on **Tuesday, January 6th**. Doors open at 7:00 p.m., meeting starts at 7:30 p.m. This is our annual Change of Watch for Officers

and Directors. Visitors are encouraged. Boat ownership is not required. Visit our website at <http://www.myhbyc.com> or call 727-808-0909, leave your name and phone number to ask for information.



America's Garden of Quilts, West Pasco's Quilt show will be **February 13th, 14th, and 15th, 2026** at NPR Recreation and Aquatic Center, 6630 Van Buren Street in New Port Richey. Over 400 quilts will be on display. Daily admission Donation of \$10. Multi-Day admission donation is \$15. Free trolley service from West Pasco Art Guild, West Pasco Historical Society and First United Methodist Church of NPR.



Heritage Pines Democratic Club is pleased to announce that Andrea Knauber, from the American Civil Liberties Union (ACLU), will be the guest speaker at our membership meeting on **Thursday, January 22** at 6:30 p.m. at Heritage Pines, 11524 Scenic Hills Blvd, Hudson. The ACLU is dedicated to defending and preserving individual rights and liberties guaranteed by the Constitution. We welcome all Democrats and like-minded people to come and share camaraderie. Visit us on Facebook at Heritage Pines Democratic Club or contact us at heritagepinesdems@gmail.com.

Traveling *continued*

records and vaccination schedule is helpful, as some airlines or destinations may require it. Also inquire about medication for motion sickness or anxiety, if necessary.

· **Bring familiar items.** Animals like consistency and routine. Keeping familiar items nearby can help reduce anxiety in unfamiliar environments. Bring along food, bowls, leashes, and preferred toys or bedding.

· **Stick to routine.** Give the pet time to adjust to the new surroundings and adhere to the same meal, walk and play schedules the animal is accustomed to at home. Regular feeding helps avoid stomach upset, as does bringing bottled water or water from home.

· **Pack some patience.** Even the most well-behaved pet may act out a little when in unfamiliar territory. Also, it's possible to encounter individuals who may not be as amenable to sharing surroundings with pets. Pets will take emotional cues from their owners, so projecting calm can be beneficial.

Traveling with pets is becoming increasingly popular. Planning ahead and working with pet-friendly venues can ensure that everyone in the family enjoys some time away.

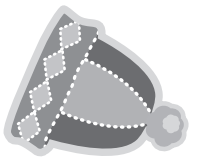


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">JANUARY 2026</h1>						
				 <p>OFFICE CLOSED</p>		

4	5	6	7	8	9	10
9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga	9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga	10:30a Tai Chi 4:00p Berkley Woods Board Meeting 7:00p BWE Board Meeting	1:00p Yarn Group	9:30a Tai Chi 5:00p Yoga	10:30a Kniters for Charity	

11	12	13	14	15	16	17
9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga	9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga	10:30a Tai Chi	1:00p Yarn Group	9:30a Tai Chi 5:00p Yoga	10:30a Kniters for Charity	

18	19	20	21	22	23	24
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25	26	27	28	29	30	31
9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga	9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga	10:30a Tai Chi	1:00p Yarn Group	9:30a Tai Chi 5:00p Yoga	10:30a Kniters for Charity	

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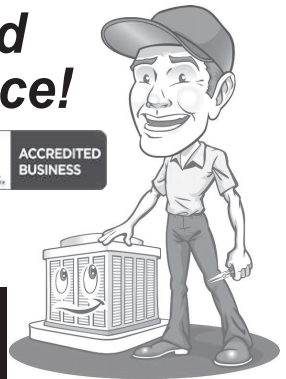
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