

The BEACON

8421 Clayton Blvd.
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Email us at BWE@westpasco.us

Shedding Light on What's Happening in Your Community!

President's Corner

Lock your car doors. There have been reports of people walking through neighborhood checking car doors.

No dumping of any kind of debris into our retention areas is allowed.

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

This is a Pasco County Ordinance. There is no street parking allowed day or overnight.

Emergency vehicles cannot get through to assist when streets are lined with cars.

Homeowner Responsibility: Homeowners are responsible for maintaining the sidewalks adjacent to their property and ensuring they are in safe condition.

Assessments are past due as of January 31, 2026 and \$25.00 late fee will be added to your ledger.



Sales For Everyone!

This is reminder to all residents of Beacon Woods East. The **Community Garage Sale** will be held the **March 28, 2026**. Regarding the Community Garage Sale, no request form is required to participate in this.

You can post signs at your street & homes on the day of the sale. We will put signs at the entrances only!

If you would like to do an additional day for your sale perhaps the Friday before or the Sunday after, just come into the office & put your request in writing.

BWE Homeowners' Association, Inc. Meeting Tuesday, February 3, 2026 at 7:00 p.m. in the Clubhouse



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*.

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.

Woodbine Village
Lidannia De Los Santos Fernandez & Franciso Moran
12801 Winding Way

Berkley Woods
Joann & Donald Woroner
8640 Ashbury Dr.

Sandpiper Village
Paula Jean Spears
12909 Spicebox Way

Ravenswood Village
Austin Goonawardena & Anastasiia Bondar
8402 Roxboro Dr.

Woodward Village
Michelle & Karla Bononi
13315 Whaler Dr.

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.

New Residents continued on 13

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Berkley Woods Residents

berkleywoodsoa.com

PLEASE NOTE:
BERKLEY WOODS
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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 **Wednesday, February 11th** at 4pm, clubhouse.

Going forward the meetings will be the second Wednesday of each month.

PARTICIPATE IN COMMUNITY! JOIN THE BOARD!

If you would like to be on the board, please submit your name and contact info before **March 15th** to Kelley -727-597-0535

LUNCH BUNCH -Wednesday, March 15th at 12pm NOON, Breakfast Club, 10156 US-19, Port Richey. **RSVP to Kelley 727-597-0535.**

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 • January 6, 2026

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

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 December 2, 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 \$22,223.03 in the operating account; \$45,746.19 is prepaid, leaving a balance of (23,523.16). There are 39 delinquents, 1 loss, 17 liens/pre-liens, 2 foreclosure/ bankruptcies for a total of 10 in various stages of collection. We have 7 liens for \$12,414.51, 10 intents to lien \$5,024.58, for a total of \$17,439.09. We have a total of 23 homeowners that owe two or more quarters \$3536.92 homeowners that owe one quarter \$2638.36.

Community Association Manager's Report: None

Architectural Control & Deed Restrictions: Ms. Murphy reported that (2) third letters were sent in December.

Lot 108N Stuff in front of garage

Lot 108N Debris on the side of house

Old Business: 18% interest will be added to residents that are behind on their past due assessments fees. These will be added to their balance, if not paid within 30 days of "Notice of Late Assessment letter."

Calling residents with past due assessments is working out quite well.

Retention Pond areas - Are not for residents to throw branches or any type of debris over their fences.

New Business: Major maintenance updates: new roof has been completed on the clubhouse.

The hot dog vendor is locked in for the Craft & Bake Sale for March and October dates.

2026 Event Calendar

Craft & Bake Sale dates March 21st and October 10, 2026.

Community Garage Sale dates March 28 & October 17, 2026.

Volunteers for all activities would be appreciated.

Suggestions:
Organizational Reports: None

Announcements and Reminders: The next meeting will be held on February 3, 2026, at 7: 00 pm.

Open Forum: Resident wanted to know if BWE is allowed to add 18% to late assessment and late fee. Yes, the reason being the resident has a total of 60 days to get payment into the office for the quarter.

Resident complained about house on Braxton that there was debris in the yard and

driveway was broken and missing bricks. Woodward has cars parking every night in the street.

Code enforcement can be called during day 8am - 4:30pm. At night take pictures and send them to office with address of the violation.

Owner wanted to know why there were no Christmas decorations on or by the BWE signs. They were tattered and had a moldy smell and were thrown away.

Resident suggested a management company to take over BWE. Also commented that the "Common Area" looked the best it ever had since Richard started here.

Resident asked about vehicles in the driveway. They must fit in the driveway and not be hanging in the way of the sidewalks

Owner mentioned sidewalks that need to be fixed. Take a picture and send it to office.

Owner wanted to know if we are getting more renters and what can be done to stop any more from renting.

There needs to be 51% votes to stop rentals.

Owner suggested having a Welcome Committee. If anyone would like to volunteer, please come to the office.

Adjournment: President Botte adjourned the meeting at 7:45 pm.

Jane Katzen, Recording Secretary

Allison Pierce, Secretary



A note from the publisher:

Thanks for Supporting the Advertisers!

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.

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Working Out After Age 50

Exercise is an important component of healthy living at any age. Physical activity helps to maintain a healthy body weight and offers mental benefits like reduced stress and the potential to reduce risk for cognitive decline. But it's important to point out that appropriate exercise for a person at age 20 may look quite different from the right exercise regimen for someone who is 50 or older.

WebMD says exercise is important for quality of life as one ages and is a key to independence. It is important to think of exercise as a tool, and as with all tools, the right ones should be used with a goal to avoid injury. Fitness after 50 should prioritize some practices and avoid others.

• **Focus on resistance training.** Cardiovascular exercise is

important for heart health and general health, but strength training also is essential to counter some of the normal effects of aging. Continuum Care, a private duty home care service, says aging results in a decline in bone density and muscle mass. Resistance exercise performed several times each week can help combat muscle loss and bone density decline.

• **Opt for low-impact activities.** Low-impact exercises that involve less jumping and pounding will be easier on the joints. A doctor, physical therapist or athletic trainer can help to customize or adapt activities based on a person's limitations or medical conditions.

• **Warm up before working out.** Older adults are advised to warm up muscles before exercising to avoid injury, particularly if it has been some time since you last exercised. Harvard Medical School recommends five minutes of brisk walking or time on an elliptical machine to get blood flowing to muscles and make them pliable. After working out, it's advisable to stretch afterwards.

• **Switch to interval training.** Interval training, which alternates between intense exercises and less demanding "rest" periods, offers greater benefits compared to a consistent exercise pace. Interval training helps burn extra calories and maximizes oxygen consumption. Interval training may allow for shorter workouts as well.

• **Increase the number of**
Working Out continued on 23

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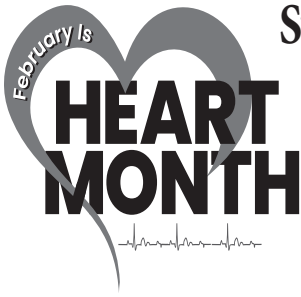
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Symptoms of Common Heart Conditions

Cardiovascular diseases (CVDs) are the leading cause of death around the world, indicates the Centers for Disease Control and Prevention. Globally, CVDs were responsible for around 19 million deaths in 2022. In the United States, heart disease affects around 128 million adults. Learning to recognize symptoms of potential heart conditions can ensure people know when to take action that may prevent further problems down the road.



Heart conditions can present in many ways, and symptoms of various conditions can overlap. This general guide, based on data from the Mayo Clinic and the Cleveland Clinic, serves as a warning and not a diagnosis. Those with any sudden, severe or "not right" symptoms are urged to seek immediate medical attention.

Clean teeth could translate to clean arteries

The mouth and the heart are tied in a unique way. Good oral health that aims to prevent gum disease has the potential to positively impact heart health. The Cleveland Clinic points to research that brushing one's teeth may promote a healthier heart as well as healthier teeth. Although taking care of oral health will not eliminate the risk for heart issues down the line, some studies have found that people with gum disease may be twice as likely to have a heart attack or a stroke. But why? Gum disease is linked to increased inflammation in the entire body, according to the experts. When combined with factors like high cholesterol and diabetes, gum-related inflammation can contribute to the development of blockages in the arteries. Gum disease also serves as a portal to where bacteria can enter the bloodstream. Research has found the same bacteria from common oral infections in plaques and blockages in the heart arteries. Bacteria from the mouth also may enter and attack artificial heart valves. Brushing and flossing teeth at least twice a day and visiting the dentist for regular cleanings and check-ups can safeguard teeth and the heart.



· **Coronary artery disease:** CAD can result in chest pain (angina), often with exertion. Shortness of breath, fatigue, and pain that may radiate to the arm, jaw, neck, or back are possible.

· **Myocardial infarction (heart attack):** A heart attack can produce different symptoms in men and women, so it's best to treat any out-of-the-ordinary signs with caution. Intense chest pressure or squeezing; pain spreading to arms, jaw, back, or stomach; shortness of breath; nausea; cold sweats, lightheadedness; fatigue; or back pain merit medical attention.

· **Heart failure:** Those experiencing heart failure may have persistent shortness of breath; swelling in legs, feet or abdomen; rapid weight gain from flu-

id retention; fatigue; and difficulty lying flat due to breathing trouble.

· **Arrhythmia (irregular heartbeat):** Irregular heartbeat can lead to palpitations or fluttering of the heart; dizziness or fainting; shortness of breath; chest discomfort; and fatigue.

· **Atrial fibrillation (AFib):** AFib is an irregular and often rapid heart rhythm that starts in the heart's upper chambers. It can cause fast heartbeat; fatigue; shortness of breath; dizziness; and chest discomfort.

Heart conditions can lead to a variety of symptoms, many of which will overlap. For a thorough diagnosis, it is best to first see a primary care physician, who may then refer patients to a cardiologist.

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Tips to Manage a Family Schedule with Greater Efficiency

The average twenty-first century family is quite busy, with each individual family member having their own responsibilities and social lives. According to Aspen Institute’s National State of Play 2024, nearly 40 percent of children in the United States between the ages of six and 17 regularly participated in a team sport, and the average child plays 1.6 sports. Recent data from the Bureau of Labor Statistics in May 2025 also indicates around 50 percent of all married-couple families are dual income. For all families, including those with children, 67 percent of married-couple families with children are dual income households.

Needless to say, with school, sports, work, and other responsibilities filling up families’ days, staying organized becomes an important priority. Keeping schedules straight involves forethought. Efficient and effective time management that incorporates the following suggestions

can help schedules feel a little more manageable.

Keep a family calendar: It is important to post schedules visibly so that everyone knows what is going on each day. The type of calendar used will vary depending on what families find most helpful. For some, it may be a traditional paper calendar hung in the kitchen or mudroom. Others may find that a shared digital calendar is most effective, particularly those who rely heavily on phones or other digital devices. No matter which type of calendar is used, color-code each family member so it is easy to identify immediately which dates are relevant to each family member.

Create routines: Consistent daily or weekly routines can help a family understand what is expected and when. Providing structure can reduce decision-making fatigue, according to *Becoming Minimalist*. Dinner can occur at the same time each day, and homework time

may be scheduled so kids know when they are expected to hit the books.

Use reminders: Reminder apps on phones or other devices can be very handy for keeping everyone in check. Alarms and reminders will alert the person as to when they are expected to be somewhere. Letting children set their own reminders can set them up for success by being responsible individuals. Get kids involved

Again, looping children into the process of establishing schedules and an organizational system helps teach them responsibility. Plus, if they are more invested in the process, they may be more apt to follow along. Families can hold weekly chats or meetings about upcoming events and discuss how to delegate or who might be able to attend what and when. Children



can weigh in on what is important to them and what can be passed up, such as if school is offering a special bonus extra-curricular that is not mandatory to attend. All Pro Dad, a program of the national nonprofit educational and charitable organization Family First, says it is alright to say “no” to extra commitments and prioritize what’s important to the family.

Managing the family schedule more efficiently involves maintaining a dialogue with everyone involved, using tools at everyone’s disposal, and prioritizing what is important to the family.

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A Home-Buying Guide For Empty Nesters

The day a child leaves home can be bittersweet for parents. Although a son or daughter being successful and mature enough to move on to new opportunities can be a source of pride, parents typically lament the quiet that comes from empty rooms and a change to the daily routine they'd grown accustomed to when the kids were around. After some time, some couples decide to downsize to a home more befitting the empty nester lifestyle.

Downsizing presents an option for homeowners whose kids have left the nest. New analysis from a survey of 2,500 empty nesters commissioned by Regency Living found that 30 percent of empty nesters choose to downsize and move from their original family homes. When retirement is just around the corner, many professionals shift focus to how they want to live and where. Moving to a new home presents plenty of opportunities for older adults, including a chance to choose a home based on what's right for them in this stage of life. There are questions homeowners can ask themselves as they ponder if downsizing is right for them.

1. How much upkeep can I handle? A lifelong family home may be well-loved, but chances are it requires significant upkeep and repairs. Empty nesters may choose to move on to a home that offers lifestyle benefits like less maintenance. Homes in lifestyle communities or those overseen by a homeowners' association tend to have certain maintenance built into a monthly fee.

2. Is this layout still a fit? Many empty nesters may not immediately feel the effects of aging, but before selecting a



next home, individuals should think about aging in place and any unique needs they may have. Opting for a single-level home, or at least one with the owner's suite on the main level, can be advantageous.

3. Can I make due with less square footage? A cavernous home with many rooms often isn't desirable for empty nesters. All of that square footage requires heating, cooling and maintenance. Rattling around inside a big, empty house may precipitate the decision to downsize. Downsizing also can free up home equity, which can be used to fund retirement needs.

4. Which features do you desire? Many empty nesters want the next home to focus on some luxury items they may have bypassed in the first home
Empty Nesters continued on 22

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James Coleman brings a comprehensive blend of clinical experience and dedicated family practice expertise to Bailey Family Care Inc. As a Board-Certified Family Nurse Practitioner (FNP-C), he believes the cornerstone of a great healthcare provider is a true partnership built on mutual respect and open communication. His goal is to serve as a supportive guide, ensuring patients fully understand their health options so they can confidently make the best decisions together.	

How to Determine Your Financial Needs In Retirement



person actually needs in retirement will depend on a host of variables unique to each individual, including the age a person retires, his or her health status at the time of retirement and personal goals for their golden years. For example, those who hope to retire at 65 and travel extensively in retirement will likely need more savings than someone who hopes to retire at 70 and travel less frequently.

Though variables unique to each person will help to determine how much to save for retirement, there are some additional ways to identify how much you might need to live comfortably after calling it a career.

• **Identify your ideal retirement age.** Arguably the most significant variable related to saving for retirement is the age at which a person hopes to retire. Some may have the luxury

of choosing their own retirement date, while others' personal health or employers may make that choice for them. But it's good to remember that the longer a person continues to work, the less retirement savings that person will need. When trying to determine how much to save for retirement, first identify your ideal retirement age and then go from there, recognizing that this important variable can change over time.

• **Identify the lifestyle you hope to live.** If the romanticized ideal of a jetsetting retirement lifestyle appeals to you, then you're likely going to need to save more for retirement than someone whose vision of life after working is less glamorous. It's possible for many retirees to live their ideal lifestyle in retirement, but those whose ideal is marked by expensive pursuits like regular international travel will need to start earlier and save more than someone who

Retirement continued on 24

No one knows what the future holds. Despite the mystery shrouding the future, it's still vital that people plan for the years ahead, particularly in regard to saving for retirement.

Advice abounds regarding how much money retirees will need to live comfortably in retirement. One common approach suggests retirees should

aspire to replace 70 to 80 percent of their pre-retirement income, while another strategy urges retirees to save twelve times their final pre-retirement income, meaning someone making \$100,000 in the year they retire will need at least \$1.2 million in retirement savings to maintain their lifestyle. Each of these approaches are just strategies, and how much a

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Local HAPPENINGS

Women's Connection of New Port Richey meets the second Wednesday of each month at Spartan Manor, from 11:30 a.m. - 1:30 p.m. Our **February 11th** luncheon features a Thrift Store Fashion Show, and our inspirational speaker, Carol Kent, will be sharing her story of "Living in a New Kind of Normal." Come and join us for good food, fun and fellowship. The cost is \$20 inclusive. Reservations are necessary. Call Karen at 727-842-9090 or Ruth at 727-233-2247.



Hudson Beach Yacht Club will hold their **February General Meeting** at the Sea Ranch Club house, 13711 Veronica Dr. in the Sea Ranch subdivision off US 19 on **Tuesday, February 1st**. Doors open at 7:00 p.m., meeting starts at 7:30 p.m.. Visitors are encouraged. Boat ownership is not required. Visit our website at <http://www.myhbyc.com> or call 727-808-0909, leave your name & phone number to ask for information.



Forest Oaks Lutheran Church Ladies Guild, 8555 Forest Oaks Blvd, Spring Hill is holding their **annual rummage sale February 6th and 7th** 8:00 a.m. to 12 p.m. Proceeds support the FOLC food pantry. Contact Eloise at 727-215-7496



Cruise for a Cause. March 2027! Sail with AHEPA Chapter 489 Charities, a 501(c)(3) non-profit, aboard the SS Sky Princess on a 6-night cruise from Port Canaveral, FL. 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 at \$100/pp. Upgrade to a Princess Plus Package: includes Wi-Fi, Drink pkg, 4-Specialty Dining Meals, and Gratuities for

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Baker House Tours, a cracker house built in 1882 (free admission) is hosted by the Elfers Centennial Garden Club on **Saturday, February 21st** 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.



West Pasco Quilters' Guild is

hosting their **19th Biennial Quilt Show on February 13th, 14th, and 15th**. Hours Friday/Saturday 9 a.m to 5 p.m., Sunday 10 a.m to 4 p.m. Daily Admission Donation \$10 or Multi-Day \$15. It will be held at the New Port Richey Recreation and Aquatic Center, 6630 Van Buren Street, New Port Richey. We are celebrating the USA's 250th with our Show "**America's Garden of Quilts**". Over 400 quilts will be on display as well as the Guild Boutique and Consignments, Kids Activities, Youth Challenge Quilts, Quilts of Valor, Basket Walk, Lec-

tures, Techniques Demonstrations and much more.



Caregivers who take care of Loved Ones with dementia. **Support meeting** at Hudson First United Methodist Church, 13123 US 19, Hudson. **Tuesday, February 17th** at 10:30 a.m.. Contact, Linda Sudano 727-277-6922, travelingduo2001@yahoo.com or Louise Vallee, 727-967-6376, gerweeze@yahoo.com



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Cherries Offer Some Sweet Perks



Eating healthy, diverse food offerings is a step in the right direction for overall wellness. Foods rich in essential vitamins and minerals should be front and center in most people's diets, and one particular fruit is quite literally the cherry on top when it comes to nutritional value.

Cherries, which are small stone fruits (fruits that have a pit or seed inside), boast some impressive benefits. Michigan grows most of the sour cherries in the United States, while Washington, California and Oregon grow 90 percent of the sweet cherries. Whether they're tart or sweet, the nutritional benefits of cherries abound. Here's a look at some of the health benefits.

• **High in antioxidants:** Cherries are high in plant chemicals (polyphenols and anthocyanins) that have antioxidant properties. The Cleveland Clinic says antioxidants fight free radicals, which can cause cell damage and contribute to chronic diseases. Cherries contain vitamins A, C and E.

• **Reduce inflammation:** These same plant chemicals also are vital in reducing inflammation throughout the body. Healthline says cherries can reduce inflammation by

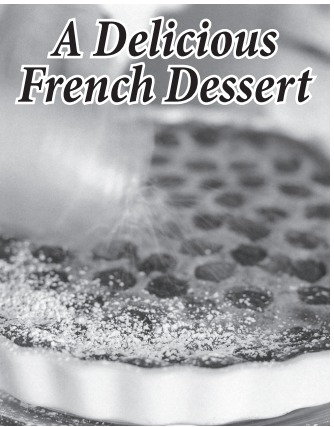
blocking inflammatory enzymes and lowering inflammatory markers. This is good news for people with arthritis or gout, who may find that consuming cherries or drinking cherry juice can alleviate symptoms.

• **Promote restful sleep:** Tart cherries contain key compounds that support better sleep, says WebMD. These include melatonin, serotonin and tryptophan. These natural chemicals help promote relaxation and sleep-wake cycles.

• **Low glycemic index:** Cherries are low-glycemic index foods. The fiber from the skin facilitates a slow increase in blood sugar, which makes cherries a treat for those with diabetes when enjoyed in moderation. Research is underway to see if a healthy diet that includes cherries may reverse prediabetes, says the Cleveland Clinic.

It's always best to thoroughly wash cherries to remove any dirt and pesticide residue. WebMD says cherry pits naturally have small amounts of cyanide in them. One would have to eat a lot of crushed pits for them to be harmful, but it's best to spit out the pits. Pits should be removed before giving cherries to children. Select cherries that have bright green stems, plump fruit and a darker color, which have a better flavor profile.

Cherries are nutritionally sound foods that offer a number of health benefits.



A Delicious French Dessert

French cuisine is known for many things, including dessert. Those who want to emulate their favorite French chefs for a loved one this Valentine's Day should consider the following recipe for "Clafoutis," a French baked custard, from Elisabeth M. Prueitt and Chad Robertson's "Tartine" (Chronicle Books).

Clafoutis

Makes one 10-inch custard

- 2 cups whole milk
- 3/4 cup sugar
- 1/2 vanilla bean
- Pinch of salt
- 3 large whole eggs
- 1/3 cup plus 1 tablespoon all-purpose flour
- 2 cups cherries, pitted
- 1/4 cup sugar for topping

Preheat the oven to 425 F. Butter a 10-inch ceramic quiche mold or pie dish.

In a small saucepan, combine
Dessert continued on 23

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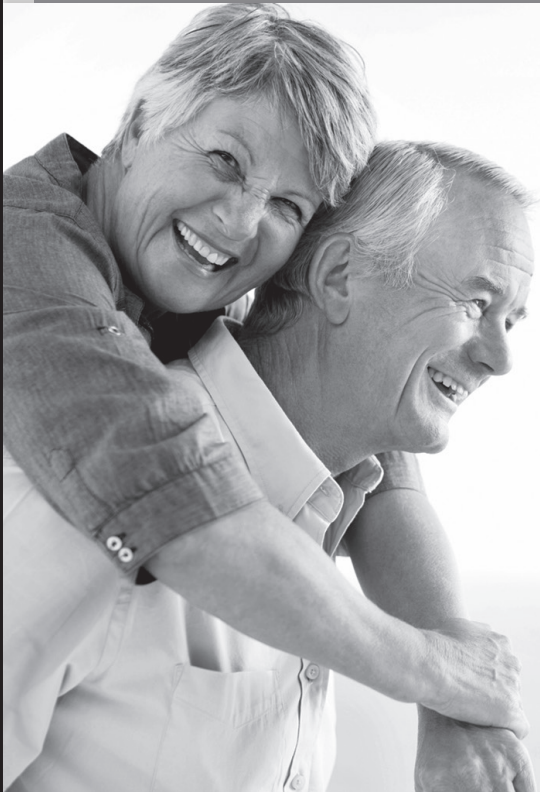
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- BWE Social Scene -

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 **Wednesdays, 1-3** at Beacon Woods East Clubhouse on Clayton Blvd.



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

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.

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 nonmembers.**

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.

New Residents

continued

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.

Tai Chi/Chi Kung

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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.

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**Help Keep
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a Great Community!
Join the
Board of Directors.**

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.



ATTENTION
Quilters, Knitters, Bakers
and all other Crafters

Beacon Woods East

Spring Craft Sale – March 21st

Make Plans now to “rent” a tablespace for
your Handmade and Homemade Goods

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, 2026,
at the BWE Clubhouse Office - 8421 Clayton Blvd, Hudson, FL 34667

Deed Restrictions at Work:

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

- 1 Tattered tarp on roof
- 1 Street gutters need to be cleaned
- 1 Stuff in front of garage
- 1 Debris on side of house in shrubs



2nd Notices

Lot 108N Stuff in front of garage

Lot 363 Roof still has tattered tarp

3rd Notices

Lot 108N Street gutters need to be cleaned

Lot 245N Debris on side of house in the shrubs

Thanks for your compliance – the following violations have been corrected:



Cost-Effective Curb Appeal Boosters

One shouldn't judge a book by its cover. However, that often is hard to do, particularly when it comes to homes. Curb appeal bears significant influence regarding how a property is perceived. A property that is neat and aesthetically appealing probably will be preferable to one that looks like the homeowners did not maintain it.

Boosting curb appeal is a common focus of sellers before listing a property. But what can those who don't have big budgets for major overhauls do to improve their curb appeal? Plenty of projects can offer maximum output with minimal investment.

Refresh the front door

Painting the front door can add brightness and improve the look of a home's entryway. Most exterior paint costs between \$30 and \$40 per gallon, so this is undeniably a budget-friendly improvement. If

money allows, replacing the door altogether will generate bang for your buck.

Improve or add landscaping elements

Landscaping should be designed to highlight the home's best features. It should look symmetrical and feel manicured. If it's not possible to plant new flowers or bushes, simply cleaning up debris and weeds, and trimming existing greenery can make it feel neater and more polished.

Clean up

Power-washing the siding,

cement walkways and garage door can create instant impact. It's amazing how much dirt and mildew can reduce the luster of a home. Cleaning off years of grime can be a fast and inexpensive refresh.

Reseal the driveway

Make sure the driveway is clean and tidy. If it has cracks or discoloration, filling in cracks and applying a new coat of sealer will make a big difference. Homeowners can hire someone to reseal the driveway or do the work on their own.

Add more lighting

Updating front porch lights and accent lights around the property will cast a more positive glow on a home, both literally and figuratively.

Add a seating area

If space by the front door allows, add a bench or some chairs to create a welcoming seating area. A potted plant or two nearby will help the area seem intentional.

Improving curb appeal doesn't have to cost a lot of money. A few easy touches can boost the look of any property.

BWEHA Operating Statement - December 2025

INCOME

HOA FEES	\$5,854.90
GUEST FEES	\$85.00
ELECTION	\$600.00
INTEREST INCOME RESERVES	\$472.59
CLUBHOUSE RENTAL	\$800.00
ATTORNEY FEES	\$150.00
OTHER INCOME	\$676.03
ESTOPPEL CERTIFICATES	\$700.00
LATE FEE	\$1,693.00
TOTAL	\$11,031.52

EXPENSE

UTILITIES	\$2,395.18
SERVICES	
OFFICE SUPPLIES	\$183.16
COMPUTER & INTERNET EXPENSE	\$64.20
LAWN/SHRUB FERT	\$530.00
LIABILITY/ECT. INSURANCE	\$13,683.36
COPIER MAINTENANCE AGREEMENT	\$72.12
SOCIAL GATHERING	\$96.49
SPECIAL ACTIVITIES BEACON NEWS	\$135.00
INTERIOR PEST CONTROL	\$33.17
BAD DEBT	\$904.00
TOTAL	\$15,701.50
MAINTENANCE/SUPPLIES	
COMMON AREA MAINTENANCE	\$607.01
BUILDING MAINTENANCE	\$29.97
TOTAL	\$636.98
PAYROLL	
SALARIES	\$14,048.30
TOTAL	\$32,781.96

NET INCOME	POOLING RESERVES	STANDARD RESERVES
\$22,223.03	\$176,705.93	\$173,854.25

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Gemstones in February

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		



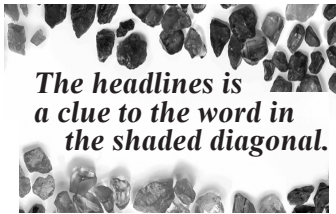
29. Fraternity letters

DOWN

- 1. Boosts
- 2. Censor's target
- 3. Asparagus unit
- 4. Thoroughbred
- 5. "You got that right!"
- 6. Moo ___ gai pan
- 7. "What's gotten ___ you?"
- 8. Escritoire
- 14. Foursome
- 17. Petty-Officer on merchant ship
- 18. Questions
- 19. Boutique
- 21. 1984 Nobelist
- 22. "Planet of the ___"
- 24. 1969 Peace Prize grp.

Puzzle Answers on page 23

- 25. Dine
- 26. They're nuts
- 27. Colorado Indian
- 28. Some porcelain



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

ACROSS

- 1. Biblical beast
- 4. Inflexible
- 9. Babysitter's handful
- 10. "Home ___"
- 11. Rightful
- 12. Artery problems
- 13. Expresses
- 15. Sooner St.
- 16. Get fit after injury
- 18. "Stubborn ___ a mule"
- 20. Corolla and Prius maker
- 23. Bake, as eggs

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Richey Orchestra to present “That’s Amore” on February 15th!

On February 15, 2026, the RCO presents “That’s Amore”. Bring your valentine to this beautiful celebration of romance with a little bit of Amore!

Entertainer extraordinaire, **John D. Smitherman**, one of the original Three American Tenors, has starred in over 100 different roles in both Opera and Musical Theatre and has published several plays. As a concert artist, John specializes in Broadway and classical music as well as the great standards by such artists as Andrea Bocelli, Josh Groban, Mario Lanza, and many others. Joining John is **Stephanie McCranie Kelly**, soprano with the acclaimed classical crossover group Klassika, which tours nationally and internationally. She has also performed with Andrea Bocelli’s Chorus, The Dallas Opera, Opera Colorado, Dallas Symphony, Opera Tampa, St. Pete Opera, and many others.

Maestro David Thomas conducts the RCO, Pasco County’s premier symphony orchestra. The 50-piece orchestra has a membership of both professional and amateur musicians. The Orchestra will play a variety of Italian folk songs, music from Mamma Mia, and pop hits When I Fall in Love, and My Funny Valentine.

The show will start at 3:00 p.m., at the Center for the Arts at River Ridge, on the campus of River Ridge High School, 11646 Town Center Road, New Port Richey. **Tickets for the show are \$20.00** each for open seating. Tickets may be purchased online at www.richeycommunityorchestra.com. Tickets may also be purchased at the door the day of the concert; however advance purchase is suggested.

For more information about the RCO and our concerts, visit our website: www.richeycommunityorchestra.com or call **Denise Isaacson at 727-919-3866**. Be sure to “Like” us on **Facebook**.



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Do video doorbell devices enhance home security?

Video doorbell devices, such as Ring or similar models, allow homeowners to monitor their front doors remotely via cameras, motion sensors, and apps.

These systems alert users to activity and record footage, but their impact on security is mixed. They primarily aid in investigations rather than preventing crimes outright. Research indicates limited

evidence that video doorbells deter burglaries or thefts. A 2023 Scientific American analysis found little data supporting crime reduction, noting that while some burglars avoid visible cameras, determined criminals often proceed.

Similarly, a BBC report from 2023 concluded they may not reduce break-ins, as thieves can mask themselves or target less-secured areas. For homeowners, this means these devices offer a potential deterrent but should not replace locks, alarms, or lighting.

The devices do excel in providing evidence for police. Footage has solved numerous cases by identifying suspects. In the December 13, 2025, Brown University shooting, where two students were killed and nine wounded, Providence police used neighbor-

Doorbells continued on 23



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How to Start a Consulting Business After Retirement

Retirement is often characterized as a time to kick up one's heels and enjoy some well-deserved rest and relaxation. However, over time many retirees desire to return to the workforce in some shape or form. Starting a consulting business is an opportunity for a retiree to leverage personal experience on one's own terms.

Successful consultants know each situation is unique. Some look at things through the vantage point of a business owner, while others may examine a situation through the eyes of employees. That's a challenge

some retirees are uniquely qualified to take on. But before doing so, some pointers may help the new venture hit the ground running.

Define your niche: A niche is the specific area where your expertise can solve problems. Identifying your strongest skills will help you zero in on where to focus your attentions. Maybe you help save companies on procurement costs? Perhaps you're a whiz with grassroots marketing? After identifying your niche, you can begin to target clients.

Contact your network: MBP

Partners suggests tapping into a professional network of colleagues, clients and friends when beginning an encore consultancy career. Explain the value that you can offer, then ask for suggestions and referrals. It's likely someone in your network knows someone who is in need of the services you are offering.

Secure your first client: Build momentum right off the bat by securing your first client, who can serve as a building block to a successful consulting business. After landing that first client, you can establish the efficacy of your approach and look for ways to expand. Focus on delivering exceptional results to this initial client, so he or she can spread the word.

Set consultancy rates: How much you charge is important. While you may start off with modest rates, as the consulting business grows, you can adjust accordingly. Most consulting operates on a project-based/fixed-fee model. Calculate the time it will take to handle a job, and multiply by a reasonable

hourly rate. Then add in a buffer for unforeseen circumstances.

Establish a legal structure: Speak with a tax professional or business attorney about the best way to establish a legal business. A sole proprietorship is the simplest to start, but offers owners no protection against personal liability. Citizens Bank says a limited liability company (LLC) means owners are not personally liable for the company's debts. It's a hybrid between a corporation and a partnership, and LLCs may have some tax benefits. Once the business is established, separate personal and business finances through different bank accounts.

Set your limits: Some consultants want to grow exponentially. Others may be satisfied with a few core clients. The goal may be to scale up income without increasing your time commitment at this stage in life.

A startup consulting business provides an avenue for retirees to re-enter the workforce on their own terms.



Happy BIRTHDAY AMERICA

250

Notable Events in Colonial America

The year the United States came to be was an interesting time to be alive, particularly for those living in colonial America. The American Revolutionary War began in 1776, and much of the year was marked by events stemming from that conflict. Below are some of the more notable events to take place during a year that has come to symbolize so much to generations of Americans.

• **Thomas Paine publishes his 47-page pamphlet Common Sense in Philadelphia on January 10.** Initially published anonymously, the pamphlet is considered a watershed moment in American history, as Paine's easily digestible writing style appealed to the masses, helping promote his arguments that encouraged common people to fight for an egalitarian government.

• **The Battle of Moore's Creek Bridge takes place near Wilmington, North Carolina on February 27.** The battle is sparked when loyalists, after storming across a bridge over Moore's Creek, attack a group of men they believe to be rebels. Though the engagement was brief, two loyalist leaders are killed, another is captured and the force is scattered. The failed attempt later complicated efforts to recruit loyalists in the area to fight.

• **The Fifth Virginia Convention is held in Williamsburg between May 6 and July 5.** The meeting of the Patriot legislature of Virginia ultimately leads to the declaration of Virginia as an independent state and the pro-

duction of the Virginia Declaration of Rights, which asserts the state's right to reform or abolish any form of government it deems inadequate.

• **Thomas Hickey becomes an early casualty of the burgeoning conflict between the colonies and England** when the Irish-born soldier is the first to be executed by the Continental Army for "mutiny, sedition, and treachery" on June 28 in New York City. Hickey had been part of a protective detail for General George Washington but was briefly

jailed for passing counterfeit money. During that brief incarceration, Hickey told a fellow prisoner he was part of a conspiracy, and reports ultimately indicated he might have been part of a plot to assassinate General Washington, which proved enough to warrant his execution.

• **An uptick incidents of violence between Native Americans and settlers in Kentucky was a ripple effect of the American Revolutionary War,** and that increase in ag-
America continued on 22

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David J. Wollinka, Esq.

America continued
gression was behind the capture of Jemima Boone and the Callaway girls on July 14. Days later Daniel Boone led a successful attempt to rescue his daughter and Elizabeth and Frances Callaway, who were the children of Colonel Richard Callaway, one of the first white settlers in Kentucky. A fictionalized version of the incident was included in James

Fennimore Cooper's novel *The Last of the Mohicans*.

• **The Great Fire of New York destroys as much as 25 percent of all buildings in New York City as it burns through areas in lower Manhattan on September 20 and 21.** The fire broke out shortly after British forces began occupying the city. While each side accused the other of arson in the aftermath of the fire,

historians dispute such assertions, noting the fire likely started with burning rooftop debris before windy conditions spread the conflagration to surrounding buildings.

Empty Nesters continued

when priorities lay elsewhere. Upscale environments like gourmet kitchens, spa-like bathrooms and outdoor living spaces may be in the budget when moving into a home with a smaller footprint.

5. Will my home be secure while I travel? Empty nesters might want to choose homes in gated communities or condominium complexes for safety reasons. Should they opt to spend a portion of time at a vacation rental or second home as snowbirds, secure communities enable residents to leave their primary residence with the peace of mind that those homes will be less vulnerable to thieves.

6. Does this home have enough light? The American Optometric Association says many adults start to have problems seeing clearly beginning at age 40. Homes with more light from large windows and artificial lighting can reduce accident risk.

Moving to a smaller home is a consideration for many empty nesters. Various features offer benefits to adults who want to age in place.

"Give the ones you love wings to fly, roots to come back, reasons to stay." — Dalai Lama



Did you know?

The phenomenon known as "dog breath" is widely recognized by dog owners. When a beloved dog comes over for cuddle time and begins to pant in contentment, owners may be subjected to a foul, warm odor emanating from the animal's mouth. Unlike halitosis that affects humans, which is often linked to the foods one might eat or habits like smoking, dog breath typically can be traced to poor oral hygiene. The American Kennel Club says the simplest way to prevent bad dog breath is to clean a dog's teeth on a regular basis. Teeth brushing will reduce plaque and promote better oral hygiene. Providing plenty of chew toys and dental treats also can prevent plaque formation and tartar build-up. Left untreated, poor dental hygiene can lead to inflammation of the gums (gingivitis) and infection below the gum line. Stuck food also can rot in a dog's mouth and result in bad breath. Persistent bad breath in dogs should be addressed by a veterinarian, as it also can be a sign of an infection or another underlying health issue.



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Dessert *continued*

the milk, sugar, vanilla bean, and salt. Place over medium heat and heat, stirring to dissolve the sugar, to just under a boil. While the milk mixture is heating, break 1 egg into a heat-proof mixing bowl, add the flour and whisk until the mixture is free of any lumps. Add the remaining 2 eggs and whisk until smooth.

Remove the saucepan from the heat. Slowly ladle the hot milk mixture into the egg mixture while whisking constantly. Pour the mixture into the prepared mold and add the fruit, making sure that the fruit is evenly distributed.

Bake until just set in the center and slightly puffed and browned around the outside, 30 to 35 minutes. Remove the custard from the oven and turn up the oven temperature to 500 F. Evenly sprinkle the sugar over the top of the clafoutis. Return the custard to the oven for 5 to 10 minutes to caramelize the sugar. Watch carefully, as it will darken quickly.

Let the custard cool on a wire rack for at least 15 minutes before slicing. Serve warm or at room temperature.

Far Breton Variation: Omit the cherries. Soak 2 cups pitted prunes in equal parts water and brandy for about 1 hour; the timing will depend on how dry the prunes are. Drain off any remaining liquid before adding the prunes to the custard.

Note: You may use any fruit that is well balanced with acidity and sweetness, such as raspberries, apricots, or peaches. Sauteed apples or pears are delicious variations in fall.



Working Out *continued*
rest days. Focusing on recovery after age 50 is important. Tissue takes more time to recover as the body ages, and that may require longer rest periods between workouts.

• **Pay attention to what your body is saying.** Scripps Health says that even with a doctor or professional trainer guiding workouts, an individual is the best judge if physical activity is too much or too little. Everyone should pay attention to signs of overexertion, such as dizziness, excessive fatigue or chest pain. Other signs of discomfort, such as joint pain, may mean the intensity needs to be dialed down or other exercises chosen.

An exercise regimen may need a reboot after a person turns 50. Modified activities and a slowing of pace can promote a healthy, injury-free lifestyle.

Doorbell *continued*

hood and doorbell camera recordings to create a detailed timeline of suspect Claudio Neves Valente's movements before and after the attack.

Videos from doorbell cameras captured him walking streets near campus, aiding the investigation that linked him to MIT murders; he was found dead days later. In Savannah, Georgia, the FBI sought doorbell footage near Forsyth Park for an investigation into an acid attack, emphasizing how such videos fill gaps in public surveillance.

Amazon's Ring partnerships with police have deepened, enabling faster evidence sharing.

For homeowners, these devices enhance security by offering peace of mind and investigative support, potentially speeding resolutions. Yet, privacy concerns exist, as footage can be shared with law enforcement. Combine them with comprehensive home security for best results.



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Local HAPPENINGS

— CONTINUED —

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Hudson Beach Yacht Club will hold their **February General Meeting** at the Sea Ranch Club house, 13711 Veronica Dr. in the Sea Ranch subdivision off US 19 on **Tuesday, February 3rd**. Doors open at 7:00 p.m., meeting starts at 7:30 p.m. Visitors are encouraged. Boat ownership is not required. Visit our website at <http://www.myhbyc.com> or call 727-808-0909, leave your name & phone number to ask for information.



German American Club of Spring Hill will have a **Sweet-heart Dance** on **Sunday, February 1st**, at Regency Oaks Civic Association. Dress code: Dressy/Club Casual. Music by 'Eva Adams'. Doors open at 2:30 p.m. Dancing from 3:00 p.m. to 7:00 p.m. B.Y.O.B. Tickets in advance only: members \$14.00, guests \$17.00. For tickets call Lisa Yaskulski at 352-688-3744.



Sunshine State Humane Society, a 501(c)(3) nonprofit, is urgently **seeking loving foster homes** for small dogs. Fostering is a short-term commitment that makes a life-changing impact. We provide medical care and support; you provide a safe, nurturing home. Help us bridge the gap between rescue and forever homes, become a foster today. Together, we can save lives, one dog at a time. Apply at Sun-



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Plan now to attend the **Christ Lutheran Church Rummage Sale Friday, February 13th** and **Saturday, February 14th**, 9 a.m. to 2 p.m. There is something for everyone! Everyone is welcome at Christ Lutheran Church! We are located at 475 North Avenue W, Brooksville, FL 34601 See you there!



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



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Friends Annual Gala & Silent Auction Sunday, March 22nd from 2 to 4 p.m. (doors open at 1:15 for auction bidding) \$15 + taxes. **Starkey Ranch Theatre Library Cultural Center**. Join us at the library for an afternoon of live jazz, delicious bites, and a silent auction -- all to benefit the Friends of Starkey Ranch TLC! Funds raised will help power our kids' Summer Reading Program and the popular Springtime Author Fest. To register & purchase tickets, go to: bit.ly/SRFriendsGala2026.



Retirement *continued*
envisions occasional trips but more time at home.

· **Don't overlook health care costs.** Health care costs for retirees are heavily dependent on individual health. But even the healthiest retiree might experience a sudden and potentially costly medical issue, so it's best for everyone to plan for sizable health care expenses in retirement. The Employee Benefit Research Institute estimates that couples will need to have saved at least \$188,000 to have a 90 percent chance of covering their health care expenditures in retirement. That figure is subject to variables unique to each individual, but it can serve as a useful measuring stick as adults try to determine how much they need to save for retirement.

Financial needs in retirement depend on the individual. However, some key planning strategies can help individuals determine how much they might need to save to live comfortably in retirement.

"Say goodbye to tension and hello to your pension."

— Unknown —



Spaying Helps Prevent Cat Overpopulation

Between 100 and 150. That is the estimated number of kittens an unspayed cat can have in her lifetime. ABC Clinic Pet Refuge Animal Birth Control Clinic says in just one year, an unspayed cat who is allowed to roam outdoors can have three litters resulting in 12 kittens. One year later, those 12 kittens if kept unspayed, can have 144 offspring of their own. Such figures illustrate that the potential for feral cat overpopulation is high.

According to Shelter Animals Counts, nearly 2.9 million felines entered rescues and shelters across the country in the United States in 2024. About 275,000 of them were

euthanized. Cat overpopulation can be controlled if people learn more about how to keep cats safe and happy, which starts with spaying.

What is spaying?

Spaying is a surgical procedure that removes the ovaries and sometimes uterus of a female cat with the intention of preventing reproduction. VCA Animal Hospitals characterize spaying as a major surgical procedure that requires placing the cat under general anesthesia. Most cats are able to return home within 12 to 24 hours of surgery. Even though spaying is considered a major operation, the risk of complications is very low. Spaying is a routine

procedure.

What are the advantages to spaying?

Small Door Veterinary says there are many advantages to spaying a cat, which can help with population control, reduce risk of reproductive disease, eliminate heat cycles, and help head off unwanted behaviors like roaming to find a mate. Spaying eliminates the risk of ovarian and uterine cancers and the risk of breast cancer. VCA says cats spayed before their first heat cycle have a less than 1 percent chance of developing breast cancer.

At what age should a cat be spayed?

Today's Veterinary Practice says for owned cats, the optimal age to spay is four to five months of age to catch the cat before its first estrus cycle. For cats in shelters, the optimal age could be as early as eight weeks of age. An older cat also can be spayed if it is adopted and hasn't been altered. It's always best to speak with a veterinarian about spay choices to protect the health

of the animal.

Spaying felines at an early age can reduce the large numbers of cats entering shelters and even prevent an assortment of health issues.

Income Based Services for Owned Pets

PCAS offers two low-cost options for our Spay and Neuter in Pasco (SNIP) program. The first is an income-based service for owned pets, and the second is Trap, Neuter, Vaccinate and Return (TNVR) for feral and community cats.

Pasco County residents may have up to 3 pets spayed or neutered per household per year.

To qualify, you must meet one or more of the following criteria: Currently receive Medicaid, SNAP, WIC or SSI benefits. Meet the household income eligibility guidelines. Opens in new window.

Please note: Social Security, Disability, Unemployment or Worker's Compensation are not automatic qualifications.

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Vitamin D and its Link to Cancer Prevention

Vitamin D, also known as the sunshine vitamin, is crucial for maintaining health. Vitamin D is essential for bone health and immune function.

For the last 20 years, researchers have studied vitamin D to determine if it can help to prevent certain cancers. The theory that it may is built upon the role vitamin D plays in regulating cell growth, proliferation and cell death (apoptosis).

Data published in the New England Journal of Medicine in 2019 that was based on the largest randomized clinical trials on the topic, the VITAL (Vitamin D and Omega-3 Trial), reveals the link between vitamin D and cancer prevention is

nuanced. The primary finding was that vitamin D supplementation did not significantly lower the overall incidence rate of invasive cancer in the general population, when compared to the placebo. However, when researchers looked into specific cancer types, the VITAL study showed a statistically significant 38 percent reduction in total cancer mortality (death from cancer) among participants who took vitamin D for at least two years. Among the more than 25,000 men and women who participated, those who took 2,000 international units of vitamin D each day for an average of 5.3 years were nearly 20 percent less likely than

those who took the placebo to have an advanced cancer, which is defined as one that metastasized or proved fatal. The risk reduction also correlated to participants being at a normal weight. Researchers didn't see a benefit in people who were overweight or obese.

There has been a compelling trend regarding colorectal cancer and vitamin D supplementation. Data published in JAMA Network Open showed that those who consistently supplemented with vitamin D had a roughly 17 to 25 percent lower risk of developing advanced colorectal adenomas or cancer, suggesting a potential benefit for protecting against gastrointestinal malignancies.

While vitamin D is vital for overall health, it cannot conclusively and universally be recommended as a cancer prevention measure for the general public, based on scientific consensus supported by the National Cancer Institute and other medical organizations. However, given the link between vitamin D and cancer mortality, supplementing with vitamin D is a low-risk measure individuals can adopt. It's always best to consult with a doctor for more guidance about appropriate supplementation doses and health strategies.



How special is your birthday, really?

Your birthday, your special day. But how special is it?

According to Reader's Digest, about 20.8 million people worldwide share the same day of their birthday, if not the precise day and year. But that's actually an estimate. Seems no one has actually done the research.

However, we do know what are the 10 most common birthdays in the U.S. and all but one are in September, the most common birthday month.

The first top five are all in September. They are, in order starting with the number one most common birthday: 9, 19, 12, 17, and 19.

The sixth most common birthday is July 7.

The seventh through 10th most common birthdays are all in September: 20, 25, 16, and 18.

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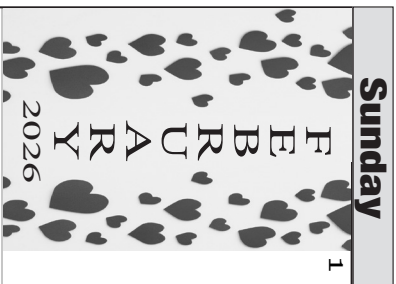



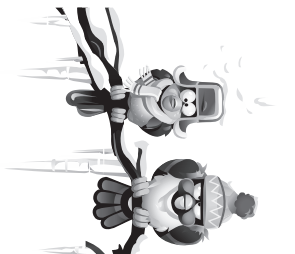
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