

# The BEACON

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Email us at BWE@westpasco.us

Shedding Light on What's Happening in Your Community!

## President's Corner

Election is getting close! Do you have your "Voting Member Designation Certificate" filled out at the office? If not please HOA Members come up to office and fill out the form! Homeowners must be up to date with HOA assessments to vote.

**Annual Meeting** will be held at the Clubhouse on April 20, 2026 at 7 p.m.

Residents have told us to be aware of packages being taken from porches.

**Water ban** – As of February 2026, Pasco County is under strict one-day-per-week lawn watering restrictions due to a significant rainfall deficit and declining water levels.

The **Deed Restriction Committee** is asking all homeowners to help. If you see a deed violation, please send a picture with the address to the office. You can email it or drop it by the office. Any reports will be anonymous.

**Just a reminder to all Homeowners** that any outside project you are planning on doing, you must get Architectural approval prior to doing your project!

You can find the architectural forms on our website or you can pick the form up in the office. If you are unsure if your project requires approval call the office at 727-863-5447 and they will be happy to help you.

Please check Beacon Woods East website for updated information  
[www.BWEHA.org](http://www.BWEHA.org)

## BWE Homeowners' Association, Inc. Meeting

Tuesday, March 3, 2026 at 7:00 p.m. in the Clubhouse



# DONATE BLOOD

**Beacon Woods East**  
**Saturday, March 21**  
10:00 AM – 1:00 PM

- All donors receive\*:
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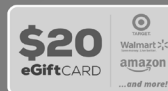


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## Community SALE

### Sales For Everyone!

This is reminder to all residents of Beacon Woods East.

The **Spring Craft Fair** will be held on **March 21, 2026, 9 a.m – 2 p.m.**

The **Community Garage Sale** will be held on the **week-end of 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.



Wishing you a rainbow for sunlight after showers,  
Miles and miles of Irish smiles for golden happy hours,  
Shamrocks at your doorway for luck and laughter too,  
And a host of friends that never ends,  
each day your whole life through.  
May you live a long life full of gladness and health,  
With a pocket full of gold as the least of your wealth.  
May the dreams you hold dearest, be those which come true,  
And the kindness you spread, keep returning to you.

## 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 • February 3, 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. 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 January 6, 2026, 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 \$41,865.96 in the operating account; \$93,889.06 is prepaid, leaving a balance of (\$2,023.10). There are 146 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 \$13,114.51, 10 intents to lien \$6024.58, for a total of \$19,139.09. We have a total of 29 homeowners that owe two or more quarters \$8215.87 homeowners that owe one quarter \$11,308.83.

**Community Association Manager's Report:** None

**Architectural Control & Deed Restrictions:** Ms. Murphy reported that (3) third letters were sent in January.

Lot 108N Stuff in front of garage.

Lot 108N Debris on the side of house Lot.

Lot 245N Debris on side of house in the shrubs.

**Old Business:**

**New Business:** New Board applicants 3 open seats: Douglas Walbert, Robert Rossi & Allison Pierce.

Garden Committee to plant flowers by the entrance sign at Fivay and Clayton.

Belly Dancing Classes on Wednesday's 6:30pm – 7:30pm Board approved.

### 2026 Event Calendar

Craft and Bake Sale Dates March 21 and October 10, 2026  
 Donate Blood March 21, 2026,  
 Big Red Bus will be in the parking lot 10am – 1pm

Community Garage Sale dates for 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 March 3, 2026, at 7:00 pm.

**Open Forum:** Resident asked if he could put up birdhouses in retention area. Board Approved. Resident will go with Richard to make sure birdhouse will not interfere with mowing.

Lot 858 was concerned about a tree on the Nature Trail due to it being at a 45-degree angle. Looks like it is about to fall.

Are employees' salary or hourly? Hourly.

Wanted to know why the budget increase went up \$40,000.00 on salaries from the 2025 budget. Vice President Rossi spoke up & told him that they couldn't find anyone to work for the low amount the Board was offering, and we are still paying below average pay.

Resident's wife would like for Board to check with 4 - 5 management companies to see what the cost would be instead of having employees and wants to see a list of duties for the 2 secretaries do. Vice President told her they are not secretaries & told them that the Board had looked into a management company when the past CAM gave notice. Wife said we do not need 2 secretaries in the office. Treasurer Murphy told them that 2 people are needed in the office and that one is part-time. Also, if one is on vacation or sick.

Resident's wife said that one secretary in the office can do the

bills and get assessments fees.

Vice President Rossi spoke up and stated she is not a secretary. President Botte said she is a CAM (Community Association Manager).

Which you must take classes and get licensed by the "State of Florida". And take continuing education courses. Which we do not pay for. They pay for their classes.

A homeowner stated that at a previous board meeting that the Board did look into a management company when CAM gave notice.

Lot 858 Wanted to know why we can't hire someone to do the violations.

Board said that would cost more money.

Previous Board meetings are not but 10 minutes long.

Director Hess said he would contact 3 management companies.

Homeowner stated that a management company would be over budget.

Lot 858 Wanted to know why budget wasn't posted. Directors told him that they are posted on web and not in the Beacon News. Can be picked up at the office.

Resident wanted to know about house on Wagner said that it was in terrible shape, and he had contacted the management company and was told that it was in foreclosure/HUD.

Board member said we are working on it and Pasco County Records still show in the owner's name.

D'Vora Cannell with National Cremation & Burial came in wanting to ask if Beacon Woods East would let her come in and do a workshop with meal included. If anyone is interested please contact the office.

Adjournment: President Botte adjourned the meeting at 8:00 pm.

*Jane Katzen, Recording Secretary  
 Allison Pierce, Secretary*





Few things are more deflating than finally venturing outdoors after a long winter of cabin fever, only to find that blooming trees and flowers start wreaking havoc with your personal health.

## 7 Signs of Spring Allergies

Spring allergies, also known as allergic rhinitis, occur when the body's immune system overreacts to indoor or outdoor allergens, such as tree and grass pollen, mold and dust. According to the Asthma and Allergy Foundation of America, approximately 25.7 percent of adults and 18.9 percent of children in the United States suffer from seasonal allergies. Allergic rhinitis accounts for an estimated \$16 billion in annual health care costs and is a leading cause of reduced productivity while at work.

Identifying the symptoms of allergies is key to distinguishing them from a cold or another infection and to ensuring fast relief. Spring allergies typically peak from March to May and may even continue into July. Physicians will look for specific physical markers to confirm allergies.

**1. Sneezing:** Sneezing can occur in rapid-fire patterns, known as paroxysmal sneezing, especially after spending time outdoors. These intense episodes can be tied to allergies or be symptomatic of another condition, says the National Institutes of Health.

**2. Itchy, watery eyes:** Allergic conjunctivitis is the medical term for this condition, which is a hallmark of spring allergies. Eyes will appear red, feel gritty or drip clear fluid.

**3. Nasal congestion/runny nose:** A thin, clear discharge typically is a sign of allergies, whereas any mucus that is thick, yellow or green could indicate an infection. Constant upward rubbing of the nose from allergies (called the allergic salute) often causes a permanent transverse nasal crease at the junction of the nose tip and the bridge, says Healthline.

**4. Itchy throat and ears:**

Pollen may cause a scratchy or tingling sensation in the throat and in the ear canals. Medical professionals warn that chronic inflammation from allergies is a primary risk factor for secondary bacterial infections that can occur in the sinuses and ears. Eustachian tube dysfunction occurs when fluid builds up be-

*Allergies Continued on 26*



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# Financial Missteps That Can Affect Your Credit Score



The importance of a good credit score cannot be overstated. Adults who handle credit responsibly may save tens of thousands of dollars in interest charges over the course of their lives, as a strong credit history helps to ele-

vate credit scores. The higher an applicant's credit score, the more favorable loan terms for big-ticket items like vehicles and homes will be.

Though the significance of a strong credit history is a lesson in financial literacy emphasized to many people as early as adolescence, it's still easy to make some mistakes along the way. Many people's first encounter with credit comes around the age of 18, a point in time when young men and women may not recognize the gravity of their financial decisions. That makes it easy to fall into some bad habits that can unfortunately have a long-term, negative impact on individuals' financial futures. The following are some common credit missteps that consumers

can look to avoid as they seek to build strong credit histories.

• **Missed payments:** The credit reporting agency Equifax® notes that even a single late or missed payment can lower a person's credit score. Though it's always best to set up automatic payments so no payment is ever missed, those who haven't taken advantage of that capability who miss a payment should know that it generally takes 30 days for a missed payment to affect a credit score. If you simply forget to make a payment, Equifax® indicates that some lenders and creditors may not even report a missed payment if a full payment is made within 30 days of the initial due date. If you missed a payment because you can't afford to pay off the balance, then chances are you're committing another common misstep.

• **Overreliance on credit:** Utilizing credit too much is another common mistake that can quickly land consumers in debt. Resist using credit to finance unnecessary expenditures, like dining out or a night of entertainment. Only use credit to make purchases you know you can afford to pay off in full come your monthly due date. Credit utilization ratio is another metric used to determine credit score, and it refers to the percentage of your overall credit availability you use each month. The financial experts at Chase suggest a good credit utilization ratio is 30 percent or less. If you're routinely maxing out your credit card(s) and can't afford to pay the balance in full each month, then your utilization ratio might be around 100 percent and might even be higher once interest charges are factored in. A high balance on an existing card too often compels young consumers to make another costly misstep.

• **Opening too many credit accounts:** It's hard to turn down what feels like "free" *Credit Score continued on 26*

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## How Families Can Navigate Spring Break Vacations

Spring break offers an ideal respite for families looking to get away from the hustle and bustle of daily life. Students can use a restful spring break to recharge their batteries for the home stretch of the school year, while parents will enjoy a pause from work and a school year filled with kids' activities.

A family-friendly spring break will require some planning to ensure such an excursion is within budget and appropriate for travelers of all ages. With that in mind, parents planning a spring break getaway with their children can consider these tips.

- **Book flights as early as possible.** If the family aspires to take to the friendly skies during spring break, then book flights well in advance so the cost of air travel doesn't bust the budget. According to the affordable travel experts at Dollar Flight Club, fares for flights between mid-March and early April can spike by anywhere from 20 percent to 50 percent. That's because airlines know spring break is a popular time to travel. While booking early might not lead to huge savings, it will give parents more freedom to pick and choose flights based on variables important to them, like flight times and ticket costs. The longer you wait, the more expensive and less accommodating a flight may be.

- **Avoid hotspots.** Spring break hotspots tend to be overcrowded and a little raucous,

which is less than ideal for families with young children. When planning a family-friendly spring break, look for locales off the beaten path. Early to mid-March is peak spring break season for many colleges and universities, so if children's schools let out for spring during this time it may be wise to avoid oceanfront destinations that typically attract lots of college students. If the budget allows, spring break might prove an ideal time for an international trip with the family.

- **Emphasize outdoor activities.** As winter winds down, people from all ages tend to get a little cabin fever. Come spring break, look for destinations where outdoor activities abound. Access to activities like hiking, kayaking, swimming, and other outdoor favorites can provide a necessary escape from the cold weather back home.

- **Visit a big city.** Beaches draw crowds come spring break, but cities tend to be less overrun by tourists during this time of year. Consider visiting a big city and taking in all it has to offer. Flights and accommodations to such locales might not cost as much as travel and lodging to oceanfront destinations, so this can be a great time to visit a big city and take advantage of the cultural and culinary offerings it serves up.

Spring break need not be a budget buster for families looking to get away this March or April.




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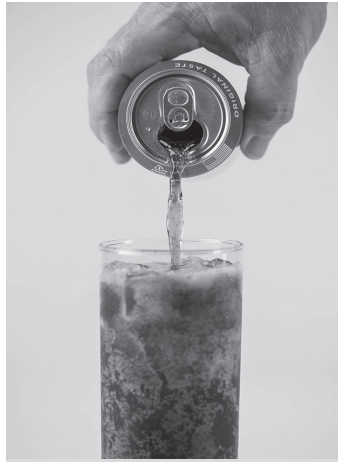
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The World Health Organization reports that colorectal cancer is the third most common cancer worldwide, accounting for roughly 10 percent of all cancer cases each year. Colorectal cancer also is the second leading cause of cancer-related deaths across the globe. But colorectal cancer may not be as formidable a foe as those statistics suggest.

The American Institute for Cancer Research notes that lifestyle factors are among the main risk factors for colorectal cancer. Such factors are within individuals' control, and when individuals embrace healthy lifestyle choices, they might be able to improve outcomes in relation to a colorectal cancer diagnosis.

## Lifestyle Choices That Could Affect Colorectal Cancer Outcomes

### PHYSICAL ACTIVITY

Routine physical activity has been linked to a wide range of healthy outcomes, including a reduced risk for chronic diseases and improved mental health. The AICR notes that people

who are more physically active have better health outcomes after a colorectal cancer diagnosis than people who live a sedentary lifestyle. While there's no guarantee such outcomes will improve by incorporating physical activity into a daily routine, the benefits of regular exercise are so profound that it can benefit anyone living a sedentary lifestyle to get up and move more frequently.

### DIET

The AICR notes that people who eat more whole grains have better health outcomes after a colorectal cancer diagnosis. AICR research also indicates eating three servings of whole grains each day lowers a person's risk of colorectal cancer


by 17 percent. The Mayo Clinic notes that whole grains include quinoa, brown rice, oatmeal, whole wheat flour, and popcorn. The AICR cautions that people who have been treated for colorectal cancer have reported difficulty consuming whole grains after treatment, including surgery. In such instances, a gradual re-introduction of whole grains under the supervision of a health professional can help people get back on track and reduce the need to consume refined grains.

### SUGARY DRINKS

Sugary drinks have been associated with a number of negative health outcomes, including overweight and obesity, each of which are risk factors for type 2 diabetes. The AICR also indicates people who consume less sugary drinks have better health outcomes after being diagnosed with colorectal cancer. The AICR recommends people consider reducing their consumption of sugary drinks.

Colorectal cancer is a common and often deadly form of the disease. But the right lifestyle choices may make a colorectal cancer diagnosis easier to overcome.



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# FINANCIAL WELLNESS

A helping hand every now and again is vital as people pursue a wide range of goals. Financial assistance can be particularly helpful in modern life thanks to the significant increase in traditionally high-priced items like vehicles and homes.

A recent analysis from Kelley Blue Book (KBB) found that the average sale price of a new car in September 2025 exceeded \$50,000, marking the first time that threshold had ever been crossed. Home prices also have soared over the last half decade, and the analysts at Cotality anticipate an average home price increase of 3.9 percent between July 2025 and July 2026.

As the cost of automobiles and homes rise, older individuals who are comfortable financially may be asked by their grown children or adult relatives to co-sign loans for these big-ticket items. While co-signing a loan is a selfless gesture, it's important that adults recognize the stakes of such decisions.

**What does co-signing mean?** A person who co-signs a loan is agreeing to be responsible for the primary borrower's debt should that individual prove incapable of repaying the loan on their own. The Federal Trade Commission notes that co-signers are responsible for making payments the primary borrower misses. A co-signer also is responsible for the balance if the loan defaults because the primary borrower

## What to Know Before Co-Signing a Loan

stops making payments.

**Which loans tend to require a co-signer?** The FTC notes just about any type of loan can be co-signed. But co-signers tend to be necessary when younger borrowers with limited or nonexistent credit histories attempt to borrow money. Creditors who issue student loans, auto loans and mortgage loans may require young borrowers or applicants with checkered credit histories to find a co-signer before they will loan such individuals any money. The cost of higher education, automobiles and real estate is higher than ever, which underscores the gravity of the decision to co-sign a loan.

**What can I do to safeguard myself as a co-signer?** The FTC urges prospective co-signers to read a document known as the Notice to Cosigner, which lenders must provide to anyone co-signing a loan. This simple notice spells out exactly what it means to co-sign a loan and urges co-signers to be certain they can afford to pay the loan if the primary borrower defaults. Vetting the borrower is another vital step for co-signers. If asked to co-sign a loan, even if the request is made by a relative, it's best to ask for documentation detailing the prospective borrower's finances. An income statement,



bank statements, an up-to-date credit report, and a list of existing financial obligations can give potential co-signers an idea of how capable the prospective borrower will be in regard to making each monthly payment on time and doing so without jeopardizing their co-signer's finances.

**Does co-signing affect my credit?** The FTC notes creditors can report the loan to credit bureaus as the co-signer's debt. Should that occur and the borrower misses payments, that could be a black mark on co-signer's financial reputation.

Co-signing a loan can be a

selfless but risky venture. Anyone asked to co-sign a loan is encouraged to speak with a financial advisor to determine if doing so is in their best interest.

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# LENT

A Time for Prayer & Penance

## A Lenten Meal the Kids Will Love

Some Christians make the commitment to avoid meat in

their Friday meals for the duration of Lent, signifying a sacrifice for their faith that recalls the ultimate sacrifice Jesus Christ made during the crucifixion.

Vegetables and pasta dishes are a staple of the Lenten season, and seafood also serves as a popular substitute for meats and poultry. As parents of picky eaters can attest, encouraging children, particularly toddlers or early grade-schoolers, to dig into a seafood meal can be a struggle. However, fish sticks can make a fish dinner more attractive to youngsters. You don't need to buy the frozen variety at the store. This recipe for "Fish Sticks with Fries and Tartar Sauce" from "*Danielle Walker's Eat What You Love*" (Ten Speed Press) is a crunchy, homemade alternative.

### Fish Sticks with Fries and Tartar Sauce Makes 12

#### Tartar Sauce

- 1/2 cup mayonnaise
- 1 tablespoon minced cornichons (gherkin pickles)
- 1 tablespoon chopped capers
- 1 teaspoon champagne vinegar
- 1 teaspoon freshly squeezed lemon juice
- 1 teaspoon coarse-grain mustard
- 1 teaspoon chopped fresh flat-leaf parsley
- 1/8 teaspoon freshly ground black pepper

#### Fries

- 1 large parsnip, peeled
- 1 white-fleshed sweet potato (such as Hannah), scrubbed but unpeeled
- 3 tablespoons avocado oil
- Kosher salt



### Fish sticks

- 1 pound haddock or cod fillets
- 4 ounces plantain chips
- Fine sea salt and freshly ground black pepper
- 2 egg whites, beaten until frothy
- 2 teaspoons Dijon mustard

### Preheat the oven to 450 F.

To make the tartar sauce, in a small bowl, mix together the mayonnaise, cornichons, capers, vinegar, lemon juice, mustard, parsley, and pepper. Place in the refrigerator to chill while you make the fries and fish sticks, or up to three days.

To make the fries, cut the parsnip and sweet potato into matchstick fries. In a bowl, toss the vegetables with the oil. Spread in a single layer - *not touching* - on a large rimmed baking sheet. Bake for 20 minutes, turning once during baking, until browned.

To make the fish sticks, meanwhile, cut the haddock into 3-by-1/2-inch strips. Place a wire rack on top of a clean kitchen towel and brush the rack lightly with avocado oil. In a food processor, or using a

mortar and pestle, pulse the plantain chips a few times until they resemble coarse sand. Pour the ground chips into a shallow bowl and combine with 1/2 teaspoon salt and 1/4 teaspoon pepper. In a separate bowl, whisk together the egg whites and mustard.

Pat the fish dry with paper towels and season generously with 3/4 teaspoon sea salt and 1/4 teaspoon pepper. One at a time, dip the fish strips into the egg mixture and shake gently, allowing any excess to drip back into the bowl, then dip the fish into the plantain chip mixture and shaking off any excess. Place the fish strips on the prepared wire rack.

Remove baking sheet from the oven and scoot fries over to one side. Position the rack with the fish sticks on the baking sheet and return to the oven. Bake the fish and fries together for 10 to 12 minutes, until the fish is crisp and cooked through. Season the fries generously with the kosher salt. Serve the fish sticks and fries immediately with the tartar sauce on the side.

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## Small Increases

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		

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

### ACROSS

1. Carbonium, e.g.
4. Charm
9. "Gimme \_\_\_!"  
(start of an Iowa State cheer)
10. Trowel wielder
11. Flexible mineral
13. Believed
14. African conflict of 1899-1902
16. Not out
17. Big Apple attraction,  
with "the"
18. In attendance
20. Shiver from fear
22. Chill
24. Big time?
25. Wuss
27. Chemical ending
28. "The Republic"  
writer
29. Darling



### DOWN

1. Poets' feet
2. Part of "the works"
3. "Good one!"
4. Morning, for short
5. Gandhi's title
6. Conniver
7. Fa follower
8. Terminate
12. Chair part
15. \_\_\_ bit
18. Companionless
19. C.I.A. director  
under Clinton  
and Bush
20. Charlie, for one
21. Page
22. Software  
program, briefly
23. "For Me and My \_\_\_"
26. Rocky's greeting

Puzzle answers on 26



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**WHEN YOU PASS THROUGH THE WATERS**, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. Isaiah 43:2



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*No ads taken over the phone. Deadline is the 18th of the previous month to go in the next month's issue. Phone number counts as one word. Advance payment required.*

# Local HAPPENINGS

Join the **Richey Community Orchestra** for a celebration in honor of St. Patrick and the Celtic Culture. You'll hear beautiful music filled with the lovely lilt of the Emerald Isle and the Scottish Highlands. The show is on **Sunday, March 15th** at the **Spartan Manor Restaurant** in New Port Richey. The Dinner Concerts are very popular events creating the perfect atmosphere for sharing delicious food, fun and great entertainment with friends.



**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 \$390/pp. Cabins are limited, Call Tina Wilson at (727) 271-3061 to reserve your cabin today!



**Barn Patrol Inc.** invites the community to a **fundraiser** on **Thursday, March 19th** at Tidal Brewing, 14311 Spring Hill Dr., Spring Hill. Barn Patrol is a local, volunteer-based 501(c)(3) non-profit helping community cats through spay/neuter and rescue efforts. Enjoy raffles, Barn Patrol merchandise, and fun cat trivia while helping make a difference close to home. Our last event was standing room only—don't miss this lively night out for a great cause. Come meet like-minded animal lovers, test your trivia skills, and support our community cats. Barn Patrol, empowering communities to protect feral and community cats.



**German American Club** of Spring Hill will have an **Oldies**

**but Goodies Dance on Sunday, March 8th**, at Regency Oaks Civic Association. Dress code: Your Oldies Era/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.



**Hudson Beach Yacht Club** will hold their **March General Meeting** at the Sea Ranch Clubhouse, 13711 Veronica Dr. in the Sea Ranch subdivision off US 19 on **Tuesday, March 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.



**Weeki Wachee Senior Citizens Club:** Our Clubs provide an outlet for all walks of life and nationalities to have fun, learn and socialize. We offer Bible Study, Poker, Crafts, Pine Needle Crafts, Mexican Train Dominoes, Texas Hold'em, 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., Spring Hill, FL 34606. Proceeds benefit building funds.



**The Nature Coast Botanical Gardens Annual Spring Plant Sale** will be held **Friday, April 3rd** from 9 a.m. to 2 p.m. and **Saturday, April 4th** from 9 a.m. to 12:00 p.m.. 1489 Parker Ave in Spring Hill. All proceeds go to the upkeep of the Botanical Gardens so please come help us to keep the gardens FREE to the public. Visit our website at [naturecoastgardens.com](http://naturecoastgardens.com).



**Hope Lutheran Church** is hosting a **Tricky Tray Fundraiser, Friday, March 13th**. 12321 Canton Ave., Hudson. Doors open at 4:45 p.m.. Entry is \$5, which includes snacks.

Basket tickets are available for purchase inside. Basket ticket prices are a sheet of 10 tickets for \$10.00 or 30 for \$20.00



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



The **Elfers Centennial Garden Club** is meeting on **Tuesday March 10** from 5:00 p.m. to 7:00 p.m. at the Centennial Library Branch 5740 Moog Rd. in Holiday. Come and join us.



**Baker House Tours** (a cracker house built in 1882- free admission) is hosted by the **Elfers Centennial Garden Club** on **Saturday March 21** from 10:00 a.m. to 1:00 p.m. at the Centennial Li-

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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 nonmembers.

## 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.

## 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

## 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.

## 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.

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.

## Silver Shimmies Belly Dance Classes for Fun

Learn to Belly Dance! **Starts March 4th! Wednesdays, 6:30-7:30 p.m.** in the BWE Clubhouse. **\$5 members/\$6 drop-in.**

Beginner friendly, basics and beyond, all movements modified, body positive, no judgments, no divas!

Please dress comfy. Shoes are optional. Bring water and your Smile! Jingly scarves are provided.

*Cheryl aka Sheralulu*

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## Deed Restrictions at Work:

Letters were sent in January 2026 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
- 2 Stuff in front of garage
- 1 Debris on side of house in shrubs
- 1 Trailer in driveway
- 1 Boat & Trailer on side of house
- 1 No approval for tree removal
- 1 Debris & Building supplies in front of garage
- 1 Driveway bricks loose and /or missing
- 1 Parking on grass

### 2nd Notices

- Lot 363 Roof still has tattered tarp
- Lot 572 Trailer in driveway
- Lot 874 Grill in front of garage
- Lot 195 Boat & trailer on side of house
- Lot 601 No approval for tree removal
- Lot 884 Debris & Building supplies in front of garage
- Lot 884 Driveway bricks loose and /or missing
- Lot 368 Parking on grass

### 3rd Notices

- Lot 108N Street gutters need to be cleaned
- Lot 245N Debris on side of house in the shrubs
- Lot 108N Stuff in front of garage

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

- Lot 537 Branches on side of house
- Lot 572 Trailer in driveway

# Spring Craft Fair

## 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, 2025,  
at the BWE Clubhouse Office -8421 Clayton Blvd, Hudson, FL 34667**

# Berkley Woods Residents

berkeleywoodsoa.com

**LATE FEES WILL BEGIN MARCH 1:**

**BERKLEY WOODS  
2026 HOA DUES ARE \$330**

**14 owners outstanding**

**Late fee is \$25 per month until paid in full.**

Take your check to the clubhouse or send your check to:

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

LOT NUMBER & HOUSE NUMBER ON CHECK!

Next Homeowner's Association meeting is Wednesday, March 11th at 4pm, clubhouse.

## 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 11th at 12pm Tin Can Café 13227 US 19, Hudson. RSVP to Kelley 727-597-0535.**

## 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.

### Woodward Village

Taryn Cao  
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.

# MEET THE CANDIDATES

## ALLISON PIERCE

My Name is Allison Pierce, I have lived in Beacon Woods East since July of 2020 and love where we live. I am looking forward to working harmoniously with other board members and the office staff, as well as the community, to continue to make BWE a great place to live.

For those of you who do not know me, I have a spouse, who I have been married to for 34 year and have 3 children and 4 grandchildren. In my spare time, I love being in nature or relaxing at the beach.

As an United States Navy veteran and with my 19 years background as a Medical Practice Manager, I am the best candidate for the job. BWE HOA board members must know how to plan and understand the budget, manage the association's finances, deal with disputes, discuss and carry out ideas, and importantly listen to the membership. I am well equipped and prepared to hand each and everyone of these situations.

Thank you for your consideration.

*Allison Pierce*

## ROB ROSSI

I have been a resident of Beacon Woods East for 5 years and have grown to appreciate the character of our neighborhood. I have been a board member of Beacon Woods East for the last two years, and I'm currently serving as Vice President. Previously, I have served on the Community Development District Board of Directors for Heritage Harbor Golf and Country Club in Lutz. I was responsible for the financial interests of the Community including the golf course, restaurant, and common areas. I also served on the Heritage Harbor HOA and was responsible for maintaining the community.

My primary goals are to ensure that our community continues to thrive, ensuring that the residents are safe, as well as improving the look and feel of our community. We are fortunate to live in a community with wonderful amenities and I would like to help these things continue to thrive by signing up for another term.

I am retired from the Nielsen company where I worked in Software Development for over 30 years. I hold a Ph.D. in Business Administration and currently teach IT studies on a part time basis.

## DOUGLAS WALBERT

I would like to continue to be an asset to the Board of Directors & the community efforts to represent the residents of the Beacon Woods East homeowners. My knowledge as a veteran in the United States Navy, working in Washington D.C., under the Secretary of the Navy, along with the White House, State Department and many foreign Embassies, and now working with the State Of Florida's Department of Veteran Affairs. I strongly believe my addition to the Board of Directors is an excellent opportunity.

***Do you have your "Voting Member Designation Certificate" filled out at the office? If not please HOA Members come up to office and fill out the form! Homeowners must be up to date with HOA assessments to vote.***

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.

## Mistletoe is a parasitic plant...



that can be harmful to trees, particularly when infestations are severe. By tapping into the tree's vascular system, it steals water and nutrients, causing weakened growth, branch dieback, and, in severe cases, tree death. While healthy trees can often tolerate small amounts, it is a

significant threat to stressed or old trees, requiring pruning for control.

Mistletoe is a parasitic plant that can harm trees by siphoning off water and nutrients. While healthy trees can typically tolerate a few small clusters, a heavy infestation can severely weaken or even kill the host tree over time.

### How Mistletoe Damages Trees

**Nutrient Theft:** Mistletoe sends root-like structures called haustoria through the bark and into the tree's water-conducting tissues (xylem) to steal resources.

**Weakened Structure:** Infected branches often become swollen and brittle, making them more likely to break during storms or under the weight of snow.

**Stunted Growth:** By competing for resources, mistletoe can lead to reduced vigor, sparse foliage, and stunted growth in the host tree.

**Secondary Stress:** Mistletoe makes trees more vulnerable to other stressors, such as drought, disease, or wood-boring insects like bark beetles.

**Specific Severity:** Dwarf mistletoes (which primarily affect conifers) are generally more damaging and "vicious" than broadleaf varieties, often causing "witches' brooms" (dense, distorted branch growth).

### Management and Control

**Pruning:** This is the most effective method. Experts recommend cutting the infested branch at least 6 to 12 inches below the point of mistletoe attachment to ensure the internal haustoria are removed.

**Surface Removal:** Simply breaking off the green visible part is only a temporary fix; it will regrow from the embedded roots.

**Light Deprivation:** If a limb cannot be pruned, you can cut off the mistletoe and wrap the area in sturdy black plastic (secured with twine) for up to two years to starve the parasite of sunlight.

**Chemical Treatment:** Growth regulators like Ethephon can be used on deciduous trees during their dormant winter season to knock off mistletoe, though this is often a temporary solution and must be applied by professionals.

Despite the damage to individual trees, mistletoe is a keystone species in natural forests, providing critical nesting sites and food for various birds and insects.

### 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.

Thanks again — Your friends at Sieber Graphics

## BWEHA Operating Statement January 2026

### INCOME

HOA FEES	\$56,792.50
GUEST FEES	\$80.00
INTEREST INCOME RESERVES	\$416.59
CLUBHOUSE RENTAL	\$1,200.00
OTHER INCOME	\$105.00
ESTOPPEL CERTIFICATES	\$400.00
LATE FEE	\$278.00
UNCATEGORIZED INCOME	\$195.00
	\$59,467.09
<b>TOTAL</b>	<b>\$118,934.18</b>

### EXPENSE

<b>UTILITIES</b>	\$1,260.69
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### SERVICES

OFFICE SUPPLIES	\$750.10
POOL SUPPLIES	\$174.41
LEGAL FEES	\$907.69
ACCOUNTING	\$140.00
COPIER MAINTENANCE AGREEMENT	\$72.01
SPECIAL ACTIVITIES BEACON NEWS	\$135.00
INTERIOR PEST CONTROL	\$33.17
TAXES	\$606.81
MISC EXPENSE	\$195.00
<b>TOTAL</b>	<b>\$3,014.19</b>

### MAINTENANCE/SUPPLIES

COMMON AREA MAINTENANCE	\$25.09
JANITOR SUPPLIES	\$98.55
BUILDING MAINTENANCE	\$41,527.80
<b>TOTAL</b>	<b>\$41,651.44</b>

### PAYROLL

SALARIES	\$11,674.81
<b>TOTAL</b>	<b>\$57,601.13</b>

<b>NET INCOME</b>	<b>POOLING RESERVES</b>	<b>STANDARD RESERVES</b>
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\$41,865.96	\$181,938.04	\$139,038.73
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RESERVES - DEPOSITED ZERO TO EACH RESERVE ACCOUNT IN DECEMBER

## Treasurer Operating Report

Operating	\$41,865.96
Prepaid	\$93,889.06
Balance	\$(52,023.10)
Delinquents	63
Deceased	0
Liens / Preliens	21
Bankruptcy / Foreclosures	0
Various stages of collections	84



Spring is the season of nature's rebirth. Trees and flowers begin to bloom anew each spring, and young animals can be seen frolicking with their parents. During a time when it seems like the entire planet gets a refresh, many homeowners turn their thoughts to refreshing their homes as well.

## Put Some Spring in Your Cleaning Step

As the days lengthen and the weather warms, spring cleaning takes center stage. Spring cleaning is more extensive than simply washing away grime, as cleaning a home often offers a psychological reset for the coming months. A clear strategy can make the task of spring cleaning feel less daunting, and these tips can help cut down on clutter and other interior annoyances that have arisen after months spent indoors.

**Declutter before cleaning.** The rule of thumb when starting on spring cleaning is to combat clutter before cleaning. Trying to clean around clutter is inefficient and may result in throwing in the towel prematurely. It is important to remove as much as possible from each room before you begin cleaning. As homeowners move through each room, they can assess whether they've used items in the last year or whether they serve any functional or aesthetic purposes. If not, they can be trashed or donated.

**Move top to bottom.** It's important to follow the rules of science when spring cleaning. That means that dust and debris will be affected by gravity. Engaging in a top-down approach will help make cleaning more efficient. Beginning at the ceiling and working down towards the floors will help people avoid having to clean the same surface twice.

Using a duster or a microfiber cloth, individuals can clear cobwebs from corners and dust from crown molding. Fingerprints will accumulate near light switches and door handles, so those areas should be wiped

down, too.

Homeowners can conduct a thorough cleaning of heating and cooling output and intake vents as they likely have gathered dust over the winter. A down of floor moldings can get to any area near the floor or under furniture that doesn't get frequent cleaning.

**Do a kitchen reset.** Focusing attention on the kitchen, which tends to be the busiest room in the house, is a wise idea for spring cleaning plans. This is the time for individuals to pull everything out of the refrigerator and pantry and check for expiration dates. Wiping down the shelves means cleaning away any accumulated food drips or spills. Additional areas to consider include behind the refrigerator, inside the dishwasher filter and inside the microwave.

**Focus on air quality.** It's key to replace the HVAC system fil-



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ters come springtime, as well as any air purifiers in the home. This will help reduce allergens and ensure that the cooling system will run efficiently when it's time to turn it on.

Spring cleaning takes place each year. Prioritizing decluttering and following a systematic path through the home helps people eliminate stress and mess at the same time.



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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.



# The Changing Nutritional Needs of Aging Bodies

Getting older requires adapting to the changes that come one's way. The human body is ever-changing and health requirements typically need to be modified as people age. One

area that merits consideration is the body's changing nutritional needs. Individuals should know that generally the body absorbs nutrients less efficiently as it ages. That's just one of many changing needs.

• **Fewer calories:** Healthline notes that older adults likely need to eat fewer calories than they did when they were younger since they tend to move and exercise less and carry less muscle. Overeating may lead to gaining extra fat around the belly area.

• **Vitamin B12:** As people age, their stomachs produce less hydrochloric acid, and some medications can make it harder for the body to absorb B12. Adults should speak with a health care provider about whether or not a B12 supplement might be right for them.

• **Fiber:** Regular bowel movements are an important part of staying healthy. Fiber will help support healthy digestion and prevent constipation. Fiber is



found naturally in most fruits, vegetables, whole grains, and legumes, according to Penn Health. Men 50 years of age and older should aim for 30 grams of fiber a day, while women should strive for 21 grams, according to Maureen Boccella, MS, RD, CDCES, LDN, at Chester County Hospital.

• **Protein:** Eating more protein might help older adults avoid loss of muscle mass and diminished strength, which are hallmarks of a condition known as sarcopenia, says Healthline. A

study published in the American Journal of Clinical Nutrition found those who ate the most protein lost 40 percent less muscle mass than people who ate the least.

• **Calcium:** Bone health is a consideration as a person gets older, says the United States Department of Agriculture. Calcium supports bone health and plays a role in muscle function, hormone secretion and nerve transmission. Calcium can be found in yogurt, cheese, milk, and some vegetables like kale and broccoli.

• **Potassium:** According to Harvard Health, diets that emphasize significant potassium intake can help keep blood pressure in a healthy range compared to potassium-poor diets. Potassium is also necessary for the normal operation of all cells, ensuring proper function of muscles and nerves. While bananas are good sources of potassium, apricots, prunes, orange juice, squash, and some potatoes also contain this often-neglected nutrient.

• **Water:** While not a nutrient per se, water is essential for older adults, who do not feel thirst as readily as they did when they were younger, making them more vulnerable to dehydration. Low-fat milk and unsweetened juices also can help.

Older adults are urged to speak with their doctors or dietitians to discuss their changing nutritional needs.



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### How Reading Benefits Young Brains



Reading is a beloved pastime that's having a moment. A number of variables have helped to renew people's interest in reading. BookTok, a popular subcommunity on the social media platform TikTok in which users create videos to recommend and discuss books, is one such variable.

The BookTok trend has helped to spark and revive many people's interest in reading, and that's paid dividends for the bookseller Barnes &

Noble, which plans to open 60 new stores in 2026 after opening 30 new stores in 2023, 61 in 2024 and 67 in 2025. Reading more also pays considerable dividends for readers, particularly school-aged book lovers. Research has found that reading has a notable impact on brain development in children.

• **Reading can foster critical thinking skills.** Reading fosters critical thinking skills by engaging readers in a story

and encouraging them to ask questions about its characters and plot. The tutoring experts at Readability, who specialize in helping a diverse group of readers in making the shift from learning to read to reading to learn, note that reading helps students assess situations logically and form reasoned opinions.

• **Reading can help build language skills.** Reading helps children build their vocabularies by enabling them to read new words. Reading aloud to children can be especially beneficial for young children, but reading to themselves also encourages kids to learn new words. As children read and learn new words, their language skills expand.

• **Reading fosters a sense of wonder about the world.** The wide range of literary genres, from sci-fi to fantasy to history, can instill in children a sense of curiosity and wonder about the world they live in. That can spark interest in other

subjects at school, including science, mathematics and art.

• **Reading can benefit youngsters' attention spans.** Modern children are inundated with stimuli that does not necessarily foster longer attention spans. Social media videos and even some children's television programming may have an adverse effect on kids' ability to build a strong attention span. Reading helps kids to strengthen their focus by requiring them to concentrate on a narrative and process information as the story unfolds. That requires kids to maintain their attention for far longer than the average social media video.

Reading has a profound impact on the development of young children's brains. That makes it both an enjoyable and effective pastime.

*"You can find magic wherever you look. Sit back and relax, all you need is a book!"*  
 — Dr. Seuss —

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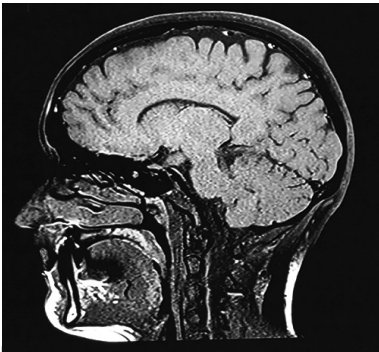
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## Signs of Minor Brain Injuries

Mild traumatic brain injuries are more common than people may realize. While the prevalence of concussions among competitive athletes is widely recognized, one need not play a sport to suffer a mild traumatic brain injury.

The Centers for Disease Control and Prevention reports that anyone can experience a traumatic brain injury (TBI). A 2019 study published in the journal JAMA Insights noted that mild traumatic brain injuries (mTBIs) are the most common type of TBI. Despite their characterization as “mild,” mTBIs can produce physical, cognitive and social or emotional symptoms. Recognition of the signs of mTBIs may compel people experiencing such injuries to seek medical attention that can make life more manageable until symptoms subside.

### Physical

The physical symptoms of an mTBI can affect everything from balance to vision. The

CDC notes that such symptoms include:

- Bothered by light or noise: The Optometrists Network reports that 40 percent of individuals who have suffered a brain injury are sensitive light.

- Dizziness or balance problems: The Model Systems Knowledge Translation Center indicates that issues with balance are common among people who have dealt with a TBI. A TBI can affect parts of the brain that control movement, which can make it hard for people to maintain their balance.

- Feeling tired, no energy: The Brain Injury Association of America reports that 98 percent of people who have experienced a TBI have some form of fatigue. In fact, the BIAA notes that many report fatigue is the most challenging symptom they experience after a TBI.

- Headaches: The MSKTC notes that headaches like migraines, tension headaches and cervicogenic headaches, which can start in the neck, shoulders and back of the head before traveling over the top of the head, are common after a TBI.

- Nausea or vomiting, particularly in the immediate aftermath of suffering the injury

- Vision problems: The Optometrists Network notes that blurred or double vision, difficulty with eye movements, focus issues, and struggles with tracking are some common vision problems associated with TBIs.

### Cognitive

Some people experience cognitive issues after a TBI, and such problems may affect thinking and memory. The CDC notes that some of the cognitive issues associated with TBIs include:

- Attention or concentration problems
- Feeling slowed down
- Feeling foggy or groggy
- Problems with short- or long-term memory
- Trouble thinking clearly

### Social or Emotional

In the aftermath of a TBI, people may experience a range of social or emotional symptoms. The Brain Injury Association notes such issues occur because TBIs can cause damage to parts of the brain that control emotions. Others may develop these symptoms due to living with the impact of the TBI. After experiencing a TBI, people may develop these social or emotional symptoms:

- Anxiety or nervousness
- Irritability or easily angered
- Feeling more emotional
- Sadness

The BIA notes anyone experiencing social or emotional symptoms after a TBI can work with a clinical neuropsychologist or clinical psychologist to assess their situation and work on coping strategies that can be vital to overcoming the symptoms.

TBIs affect people from all walks of life. Recognition of symptoms of TBIs can alert people when they need to seek professional medical attention.



## What to Know About Colic —

Parents of newborns know there’s no shortage of challenges when caring for an infant. Colic is one potential challenge that can be particularly daunting.

The Cleveland Clinic characterizes colic as intense crying that lasts for more than three hours per day, at least three days a week and for more than three weeks. When a baby experiences colic, parents may feel hopeless and frustrated. But it’s important that parents recognize colic is not a permanent problem. The Cleveland Clinic notes colic can appear within weeks of a child’s birth and peak between four and six weeks of age. Though it can last until a child is between three and four months old, colic tends to end abruptly.

The exact cause colic remains something of a mystery, but the Cleveland Clinic notes causes may include abdominal pain, discomfort from gas after air is swallowed while nursing or crying, reflux, food allergies, milk-protein intolerance, underfeeding or overfeeding, or sensory overload, among other factors.

Though there’s no guaranteed way to soothe a colicky *Colic continued on 22*

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## Signs Adolescents Might Be Struggling with Mental Health

Adolescence can simultaneously be an exciting and challenging time for children. The World Health Organization defines adolescence as a transitional period children experience between the ages of 10 and 19. The physical changes and challenges of adolescence are widely recognized, but mental health also can be challenged during this pivotal period in a young person's life.

It's easy to mistake signs of mental health issues among adolescents as normal struggles that

tend to affect all children at this point in their lives. However, the WHO reports that one in seven adolescents across the globe experiences a mental disorder, which is why it's so important that parents do not quickly dismiss signs of struggle as a normal part of adolescent life. Recognition of signs suggesting adolescents are struggling with mental health issues can increase the chances kids get the help they need.

**Behavioral disorders.** The WHO reports that behavioral disorders, which include atten-

tion deficit hyperactivity disorder (ADHD) and conduct disorder, are more common among younger adolescents than kids nearing the end of this period in their lives. Kids who have difficulty paying attention, are excessively active and act without regard to consequences might be dealing with a behavioral disorder. Conduct disorder may compel children to exhibit destructive or challenging behaviors that compromise a child's ability to fulfill their academic potential. Conduct disorder also can increase a child's risk of engaging in criminal behavior.

**Eating disorders.** The WHO notes girls are more commonly affected by eating disorders than boys. These conditions, which include anorexia nervosa and bulimia nervosa, tend to emerge during adolescence and are marked by abnormal eating patterns. Adolescents may exhibit an abnormal preoccupation with food and be particularly concerned about their body weight and the shape of their bodies. The WHO reports eating disorders

often co-exist alongside other mental health disorders, including anxiety, depression, substance abuse, and even suicide.

**Psychosis.** Conditions marked by symptoms of psychosis, which can include hallucinations or delusions, tend to emerge in late adolescence or early adulthood. Participation in activities typical of daily life, such as school, are impaired by conditions indicative of psychosis.

**Risk-taking behaviors.** Some adolescents struggling with mental health turn to risk-taking behaviors in an effort to cope with their emotional challenges. The WHO reports that young people are especially vulnerable to substance abuse when confronting mental health challenges during adolescence. Some adolescents also look to risky sexual behavior as a means to coping with mental health issues during adolescence.

Various mental health issues can arise during adolescence. Parents are urged to be vigilant and observe children's behavior during this pivotal period in youngsters' lives.

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## Nicknames of All 50 States

The United States is the fourth largest country in the world in terms of total area. According to The World Factbook, the U.S. features more than 9.8 million square kilometers (roughly 3.8 million square miles), and the country's terrain is as diverse as the people who call the nation home. There may be no better way to gain a feel for America and its inhabitants than getting behind the wheel and taking a road trip, but there's many other ways to gain insight into what makes each state unique. Each state in the United States has at least one nickname, and those monikers can be a fun way to spark discussions and learn more about each of the 50 states that make up the country.

- Alabama: Cotton State, Yellowhammer State
- Alaska: The Last Frontier
- Arizona: Grand Canyon State
- Arkansas: Natural State
- California: Golden State
- Colorado: Centennial State

- Connecticut: Nutmeg State, Constitution State
- Delaware: The First State, Diamond State
- Florida: Sunshine State
- Georgia: Peach State, Empire State of the South
- Hawaii: Aloha State
- Idaho: Gem State
- Illinois: Prairie State, Land of Lincoln
- Indiana: Hoosier State
- Iowa: Hawkeye State, Corn State
- Kansas: Sunflower State
- Kentucky: Bluegrass State
- Louisiana: Pelican State, Creole State, Sugar State
- Maine: Pine Tree State
- Maryland: Free State, Old Line State
- Massachusetts: Bay State, Old Colony State
- Michigan: Wolverine State, Great Lake State
- Minnesota: North Star State, Gopher State, Land of 10,000

- Lakes, Land of Sky-Blue Waters
- Mississippi: Magnolia State
- Missouri: Show Me State
- Montana: Treasure State, Big Sky Country
- Nebraska: Cornhusker State, Beef State
- Nevada: Silver State, Sagebrush State, Battle Born State
- New Hampshire: Granite State
- New Jersey: Garden State
- New Mexico: Land of Enchantment
- New York: Empire State
- North Carolina: Tar Heel State, Old North State
- North Dakota: Flickertail State, Sioux State, Peace Garden State
- Ohio: Buckeye State
- Oklahoma: Sooner State
- Oregon: Beaver State
- Pennsylvania: Keystone State
- Rhode Island: Ocean State, Little Rhody
- South Carolina: Palmetto State
- South Dakota: The Mount Rushmore State
- Tennessee: Volunteer State
- Texas: Lone Star State
- Utah: Beehive State
- Vermont: Green Mountain State
- Virginia: The Old Dominion, Mother of Presidents
- Washington: Evergreen State, Chinook State
- West Virginia: Mountain State
- Wisconsin: Badger State, America's Dairyland
- Wyoming: Equality State

## Colic continued

baby, the Cleveland Clinic recommends mothers who are nursing maintain a food and drinks journal, as it's possible the foods and beverages Mom consumes are affecting the child. Milk products, caffeine, chocolate, nuts, and onions are some of the foods moms may need to avoid until they stop breastfeeding or until the colic has subsided, whichever comes first.

Colic is a significant challenge parents may face in the months after a child is born. Parents having a particularly difficult time with a colicky child can consult their pediatricians for advice and strategies on how to respond.

**Don't forget to turn your clocks 1 hour ahead!**



Modern children are not getting enough daily physical activity. So says a 2024 report from the Physical Activity Alliance, a coalition that works to promote regular participation in physical activity.



Physical Activities Kids Can Engage with Each Day

Researchers behind the report utilized data from the National Survey of Children's Health and National Health and Nutrition Examination Survey data, which showed that just 20 percent of children between the ages of six and 17 meet the daily physical activity minimum of 60 minutes recommended by the U.S. Physical Activity Guidelines for Americans.

That four in five children are not getting enough physical

activity each day is a red flag for parents. A 2023 study published in the journal Children noted that children who engage in sedentary behaviors are at increased risk for an assortment of negative health outcomes that include obesity, type 2 diabetes, cardiovascular disease, and poor mental health. Parents can help kids reduce their risk by encouraging daily physical activity, which can be incorporated into

youngsters' lives in various ways.

• **Walking:** Walking is an accessible physical activity that children can embrace throughout the day. In lieu of driving to the bus stop each morning, parents can walk their children there and even arrive a little early so kids get a chance to run around with their friends before the bus arrives. Parents also can incorporate walks into their nightly routines by taking a post-dinner stroll around the neighborhood.

• **Dancing:** Dancing is another great physical activity that children, especially those in elementary school, tend to love. The National Institutes of Health note that dancing can improve mood, promote heart health, help to build strong muscles and bones, and create better balance and coordination, among other benefits. Parents concerned that kids aren't getting enough physical activity can host routine dance parties at home to get kids off the couch and up and moving. Let kids choose the music so they're more enthusiastic

about cutting a rug.

• **Outdoor activities:** Organized sports is not the only way for kids to be physically active. Kids who don't enjoy sports can still get lots of exercise each day. Parents can introduce youngsters to outdoor activities like hiking, kayaking and cycling to ensure they aren't spending all of their free time sitting around. Come wintertime, if the air outside is too chilly, consider taking youngsters to a local indoor swim club or an indoor rock climbing facility, many of which have programs for climbers as young as five.

Many modern kids aren't getting enough physical activity each day. Parents can remedy that by incorporating any number of fun physical activities into kids' daily routines.

*"I wish for everyone to help create a strong, sustainable movement to educate every child about food, inspire families to cook again and empower people everywhere to fight obesity."*

— Jamie Oliver —

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— CONTINUED —



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Mark your calendar! **Sunshine State Humane Society** will be at the **Heritage Lake Craft Fair on Saturday, April 25** from 9 a.m. to 2 p.m.. Stop by our booth, say hello, and discover how you can make a difference for animals. Heritage Lake Clubhouse: 9151 Heritage Lake Blvd., New Port Richey.



**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 Naturecoast-bridge@gmail.com. You can also follow us on Facebook



**Beacon Woods** is having a **community wide garage sale**. It will be on **Friday, March 6** and **Saturday, March 7** from 9 a.m. to 4 p.m.



**Women's Connection of New Port Richey** meets the second Wednesday of each month, 11:30 a.m. to 1:30 p.m. at Spartan Manor, 6121 Massachusetts Avenue, NPR. On March 11th we are having our annual fundraiser, a fun-filled Quarter Auction. Bring at least one roll of quarters and bid on some great items. All proceeds go to Stonecroft.org. Our special guest will

be Jennie Afman Dimkoff, international speaker and author. The cost is \$20 which includes a delicious lunch. Reservations are necessary. Call Karen at 727-842-9090 or Ruth at 727-233-2247.



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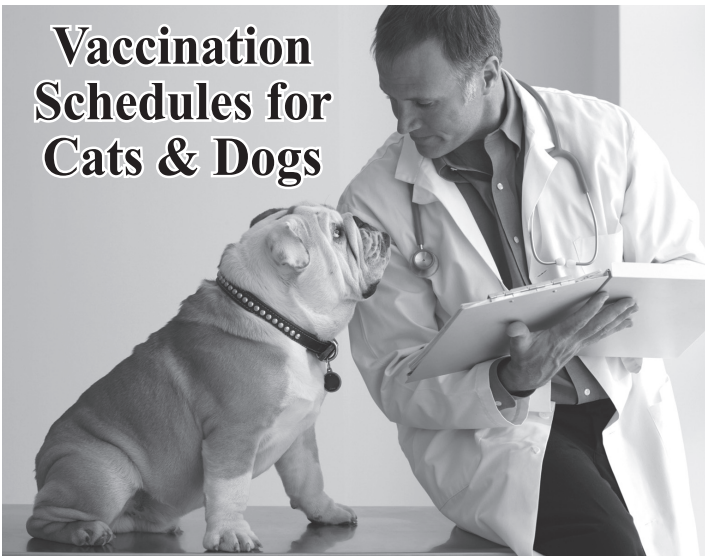
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## Vaccination Schedules for Cats & Dogs

Preventative veterinary medicine is a cornerstone of pet health. Vaccinations are a major part of that care that protect pets from highly contagious and potentially fatal diseases. Vaccines tend to be the safest and most cost-effective ways to protect companion animals from preventable diseases.

Specific schedules will vary based on the type of pet and the advice of a vet, but there are standard protocols recommended by most professionals. Here's a look at common core and non-core vaccinations, courtesy of The Spruce: Pets and PetMD. Core vaccinations provide immunity against the most dangerous and widespread diseases, while non-core are recommended for pets who may be exposed to certain diseases due to geographical location or outdoor lifestyle.

### CATS

**FVRCP:** Kittens receive the feline viral rhinotracheitis, calicivirus, and panleukopenia generally between six and eight

weeks of age. It is repeated every three to four weeks until around 16 weeks of age

**FeLV:** Feline leukemia virus is non-core in low-risk adult cats but often is considered core for all cats less than a year old. Kittens will get the first FeLV vaccine between nine and 11 weeks of age, then a booster three or four weeks later. Adult cats who spend time outdoors should get this vaccine booster annually.

**FIV:** Feline immunodeficiency virus is spread through bite wounds. It is no longer considered core, nor available in North America.

### DOGS

**DA2PP/DHPP/DAPP:** Canine distemper/adenovirus-2 is commonly given as one vaccine referred to by these acronyms. The first dose of this vaccine tends to be administered between six to eight weeks of age, then boosters again between 10 and 12 weeks, and 14 and 16 weeks of age. From then on, it is an annual vaccine.

## Do's & Don'ts Around Strange Dogs

Spring weather brings more opportunities for contact with other people's pets. The Humane Society of the United States gives these tips on a successful meeting of canine and human:



- ▲ Always ask permission to pet a dog. Then let the dog sniff the back of your hand in order to identify you.

- ▲ Never touch a dog without letting it see and sniff you.

See a neighbor's dog sitting in the car? Even if the dog knows you, and you have petted him before, never reach inside the window. The dog could think he's on guard and defend his territory.

- ▲ Don't approach a strange dog, especially not one that is confined or restrained.

- ▲ Never run past or turn your back on a dog and run away. Its natural instinct is to chase.

- ▲ Don't make jerky movements, wave your arms, or scream even in play. Such actions may provoke the dog's chase response.

- ▲ Don't stare into a dog's eyes because that's how dogs challenge each other to fight. Always assume that a strange dog may see you as an intruder.

You may want to help an injured animal, but take precautions. Even your own pet may bite if it's in pain or afraid. Don't try to pick him up or pet him. Move slowly and try loosely muzzling the dog with a leash or strip of cloth.

- ▲ If you have a dog, don't teach him to "sic." You would be teaching him that it's OK to attack.

Dogs can be wonderful companions, but they should be approached with care if they belong to someone else.

**Rabies:** Around the age of 14 weeks, dogs will get a rabies virus vaccine. The rabies vaccine will be an annual shot unless the vet administers the three-year vaccine.

**Leptospirosis:** Leptospirosis is a bacterial disease caused by the leptospira bacteria. It affects dogs who come in contact with infected animal urine or contaminated water or soil. The leptospirosis vaccine will protect against the bacteria and symptoms.

**Bordetella:** Also known as kennel cough, bordetella is a highly contagious respiratory

infection. Dogs who spend a lot of time in social settings are recommended to get this vaccine, first between age six and eight weeks, and later as an annual vaccine.

**Lyme:** Vets recommend that dogs who live in areas where Lyme disease is prevalent receive the Lyme vaccine at around age 10 weeks, and yearly thereafter.

**Canine influenza:** This vaccine is recommended for dogs who go to daycare, boarding facilities, the groomer, or any places where they will spend time among other dogs.

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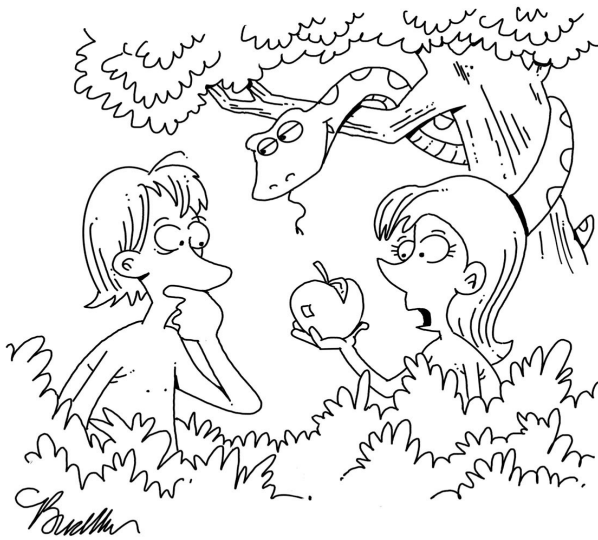
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### Allergies *Continued*

hind the eardrum because the eustachian tubes become blocked or don't open properly to let fluid drain to the nose and throat, says the Cleveland Clinic. Pressure imbalances, muffled hearing, popping sounds, and even pain can occur.

**5. "Allergic shiners":** Nasal congestion can cause swelling and increased blood vessels to the small veins in the infraorbital area, causing dark, bluish circles under the eyes called periorbital hyperpigmentation, says the Center for Orofacial Myology. This makes allergy sufferers appear as though they have two black eyes.

**6. Cough:** Post-nasal drip occurs when mucus drips down the back of the throat from the nose. This can cause a persistent, dry cough that's often worse at night. Post-nasal drip also may result in a sore throat and a "cobblestone" appearance in the back of the throat that's visible during a medical exam.

**7. Fatigue:** Insufficient rest due to allergy-related discomfort can cause those with spring allergies to feel fatigued. The constant immune system response to allergies also can lead to daytime tiredness and lack of focus.

Allergic rhinitis is a problem for millions of people each spring. A combination of avoid-

### Credit Score

*continued*

money, and many consumers new to credit might open new credit cards, particularly if a current account has a high balance. Too many credit cards can land consumers in considerable amounts of debt. Equifax® notes it's generally recommended that consumers have no more than three credit cards, but some consumers who struggle to make payments each month might be better off with just one card.

Some common missteps can make it easy to fall into credit card debt, which can adversely affect consumers' credit scores. Avoiding those missteps can set borrowers up for a lifetime of financial freedom.

### PUZZLE ANSWERS

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ing triggers and using allergy medications can help calm any symptoms that crop up.



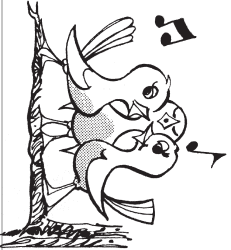



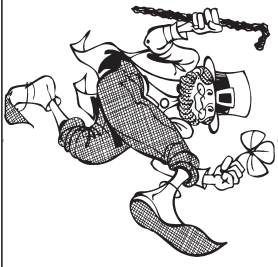
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>	<p>2</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>3</p> <p>10:30a Tai Chi 7:00p BWE Board Meeting</p>	<p>4</p> <p>1:00p Yam Group 6:30 Belly Dancing Class</p>	<p>5</p> <p>9:00a Tai Chi 5:00p Yoga</p>	<p>6</p> <p>10:30a Knitters for Charity</p>	<p>7</p> 
<p>8</p> 	<p>9</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>10</p> <p>10:30a Tai Chi</p>	<p>11</p> <p>1:00p Yam Group 4:00p Berkeley Woods Board Meeting 6:30 Belly Dancing Class</p>	<p>12</p> <p>9:00a Tai Chi 5:00p Yoga</p>	<p>13</p> <p>10:30a Knitters for Charity</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>17</p>  <p>10:30a Tai Chi</p>	<p>18</p> <p>1:00p Yam Group 6:30 Belly Dancing Class</p>	<p>19</p> <p>9:00a Tai Chi 5:00p Yoga</p>	<p>20</p> <p>10:30a Knitters for Charity</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>24</p> <p>10:30a Tai Chi</p>	<p>25</p> <p>1:00p Yam Group 6:30 Belly Dancing Class</p>	<p>26</p> <p>9:00a Tai Chi 5:00p Yoga</p>	<p>27</p> <p>10:30a Knitters for Charity</p>	<p>28</p> <p>Community Garage Sale Clubhouse Rented</p>
<p>29</p> 	<p>30</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>31</p> <p>10:30a Tai Chi</p>				<p>MARCH 2026</p>

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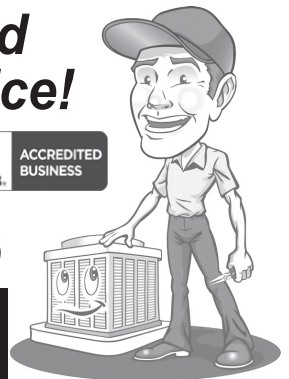
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