

The BEACON

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Email us at BWE@westpasco.us

Shedding Light on What's Happening in Your Community!



President's Corner

Board Meeting will be held at the clubhouse on April 7, 2026 at 7p.m.

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

Residents – If you are on auto pay with your bank or Zego, make sure the amount is \$100.00 per quarter. We cannot change anything on your bank or Zego account! You must do it.

Non-Members when you move into Beacon Woods East, please pick up a "Welcome Packet" from the office.

POOL RULES – Beacon Woods East members please follow the pool rules. There is NO drinks or food allowed in pool area. Only water is allowed. If not, following pool rules your key card will be deactivated for 30 days. 2nd time your card will be deactivated for 60 days. You can come into the office and pick up pool regulations and form to sign. There will be no warnings just deactivation of key card.

Please check the Beacon Woods East website for updates www.bweha.org

Dog Owners - Please Be Considerate

We've had several residents complain about dog owners not picking up after their dogs.

Please make sure you clean up after your dog whether it is in another homeowner's lot or the common areas. And of course, do not throw the "doggie bags" in the storm drains. Please be considerate and responsible.

Water ban – As of Febru-

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

Annual Meeting
Monday, April 20, 2026 at 7:00 p.m. in the Clubhouse

ATTENTION Berkley Woods Residents

berkleywoodsoa.com

Next Homeowner's meeting is Wednesday, April 8th at 4pm, clubhouse. **PLEASE, JOIN THE MEETING .**

Summary of Meeting from March 11: •

- Welcome packets will be distributed to those moving in from 2024 to present, finalize at April meeting.
- Landscape plants will be planted this month.
- Begin the wall repair/repaint project – gather quotes.
- Discussion of tree health along wall and in island.

LUNCH BUNCH -Wednesday, April 8th at 12pm
CODY'S ROADHOUSE, 3101 Commercial Way, Spring Hill, FL, RSVP to Kelley 727-597-0535.



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BWEHA 2026 Assessment Coupon

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ary 2026, Pasco County is under strict one-day-per-week lawn watering restrictions due to a significant rainfall deficit and declining water levels.

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.

Homeowner Responsibility:

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



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 • March 3, 2026

President Botte called the meeting to order at 7:00 pm. Present were Directors Beverly Botte, Margaret Murphy, Allison Pierce, Dan Hess and Daniel Daws. Rob Rossi 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 February 3, 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 \$115,070.11 in the operating account; \$105,214.57 is pre-paid, leaving a balance of 9,855.54. There are 103 delinquents, 8 liens/pre-liens, 2 foreclosure/ bankruptcies for a total of 121 in various stages of collection. We have 8 liens for \$13,779.93, 8 intents to liens \$5534.90, for a total of \$19,314.83. We have a total of 21 homeowners that owe two or more quarters \$5810.95, 82 homeowners that owe one quarter \$7549.03.

Community Association Manager's Report: None

Architectural Control & Deed Restrictions: Ms. Murphy reported no 3rd letters sent in February 2026.

Old 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. Due to wa-

ter restrictions no planting will be done at this time.

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

Management company looking into.

New Business: Water ban – As of February 2026, Pasco County is under strict **one-day-per-week** lawn watering restrictions due to a significant rainfall deficit & declining water level. Code Enforcement will be issuing tickets 1st time \$100.00 after that \$500.00. Watering time is 6 p.m. – 8 a.m.

Hot dog vendor had to cancel for the upcoming Spring Craft Fair. We are trying to find another vendor.

Dan Hess volunteered to get 5 bids from management company. 1st one he threw out they wanted \$750,000. (No matter if you had 50 or 5000 homes.) "Town Square" was a program with no pricing. "Realmanage" talked with Amy Edwards he received no pricing, so he called corporate and they had never heard of her. "Associa Gulf Coast" example: it is like McDonalds you pick off the menu and then after all information is collected will tell you the price of what you are wanting for your HOA. "Prime Management" has 3 levels of pricing

Basic per month \$17,598.00, Standard per month \$19,122.00 and Premium per month \$31,314.00. Folders with information will be at the office if you would like to look. They will be available for 30 days. March 4, 2026 till April 4, 2026.

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

Annual Meeting Monday April 20, 2026 at 7 p.m.

Volunteers for all activities would be appreciated.

Suggestions:

Organizational Reports. None

Announcements and Reminders: The next meeting will be held on April 7, 2026, at 7:00 pm. And the Annual Meeting April 20, 2026 at 7:00 p.m.

Open Forum: Resident asked the Board if they were interested in getting a management company?

Board said no it was due to the meeting in February that one couple wanted to know the cost of having a management company and they insisted the board investigate and find out if prices would be cheaper than keeping the employees. Resident also mentioned that he believes that in 3 years management companies will no longer be around.

Homeowner stated that Barrington has a management company and the board has no say so in anything!

Proposal for management company to come into Beacon Woods East. **Motion** made to stop and cease anymore inquiries on management companies. **Vote:** "5 in favor, 0 opposed. Motion passed."

Adjournment: President Botte adjourned the meeting at 7:25 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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Host a Crowd Without Breaking the Bank

Each year there are plenty of reasons to entertain and celebrate milestone or everyday events. The likelihood of hosting a large group of people at some point is generally high for those with strong social circles. But with the costs of just about everything on the rise, those interested in playing party host may wonder how they can do so without breaking the bank. According to 2025-2026 industry data from Peerspace, the average adult birthday celebration costs approximately \$1,875.

A financial hangover doesn't have to be a side effect of playing host or hostess. A few party planning tweaks can help hosts throw a budget-friendly get-together.

• **Master the menu.** Plated meals will always be more expensive than buffet-style options or other alternatives if a party is being held at a venue. Research from ezCater suggests going with buffet or drop-off catered food can save 30 to 50 percent on labor costs alone. Crowd-stretcher foods also merit consideration. Look for options that have inexpensive bases like pasta, rice, beans, and bread. People will fill up fast and food can stretch further.

• **Keep spirits strategic.** Skip a full, open bar, which requires having a lot of expensive alcohol available. Instead, offer beer, wine and potentially one signature cocktail. This limits the need for mixers and more. When shopping for alcohol, don't dismiss the store brands of warehouse centers like Costco, which are typically much more affordable and still high quality.

• **Time it right.** Timing a gathering at non-meal hours can help lower food costs compared to a full dinner service. Brunch, lunch or even a dessert social are means to circumventing pricy parties.

• **Utilize digital invitations.** Although many people no longer send paper invitations, those considering it may want to swap to digital. For a large gathering, hosts have to pay for both postage as well as the invitations. At between \$1 to \$2 for printed invitations, and additional postage for each guest, costs can quickly add up. Most digital invitation/greeting services are free or low-cost.

• **Host on a less busy day.** When choosing to host at a venue, consider hosting events on Thursdays or Sundays during daytime hours, as these off-peak hours are less costly than Friday, Saturday and Sunday evenings.

• **Encourage people to pitch in.** Hosts can enlist the help of talented friends and family to contribute to favors, decor or even food for the event to keep costs manageable.

Hosting a crowd can be expensive, but costs can be mitigated with some careful planning.





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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.





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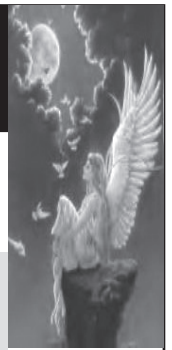
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The Effects of Alcohol on Various Areas of the Body

Alcohol is often served at both professional and personal functions. Though it's best that those who want to consume alcohol do so in moderation, even small amounts of alcohol can affect the body.

Various areas of the body are affected when a person consumes alcohol. Though it's generally safe to consume alcohol in small amounts, the National Institute on Alcohol Abuse and Alcoholism contends that current research points to health risks even when alcohol is consumed in low amounts. The NIAAA also notes the various areas of the body that can be affected when consuming alcohol.

Brain/neurological system

The NIAAA notes that alcohol can affect the way the brain looks and works because it interferes with the brain's communication pathways. That interference can affect mood and behavior. Alcohol also can adversely affect a person's ability to think clearly and move with coordination. The nervous system also can be affected by excessive alcohol consumption, potentially contributing to a



condition known as peripheral neuropathy that can cause numbness in the limbs and burning in the feet. Alcohol also can cause nerve damage, which can lead to conditions that affect the heart and even contribute to sexual dysfunction.

Endocrine system

Alcohol consumption can disrupt the hormones that help the body remain stable and healthy. The NIAAA notes that disturbances to the endocrine system affect every organ and tissue in the body, which means they can contribute to health conditions affecting the thyroid, the heart and the reproductive system, among other areas.

Immune system

Overconsumption of alcohol can weaken the immune system, leaving a person far more vulnerable to disease than he or she might be if they did not consume alcohol. The NIAAA notes that even acute overconsumption can leave the body vulnerable to infection for up to 24 hours after a last drink is

consumed. When the immune system is interfered with, it's less capable of defending the body against infection. Overconsumption of alcohol also can make it harder for damaged tissue to recover.

Heart/circulatory system

The NIAAA notes that research has found that long-term overconsumption of alcohol weakens the heart muscle, which results in cardiomyopathy. Overconsumption also contributes to arrhythmia and increases the risk of heart attack and ischaemic heart disease, which the World Health Organization reports is the leading cause of death across the globe. The NIAAA adds that heavy alcohol consumption causes deficiencies in the blood, including anemia and leukopenia, among other conditions.

Alcohol consumption has been normalized in social settings. But adults who choose to consume alcohol should be aware of its wide-ranging effects on the body.

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Small Steps to Extend a Car's Life Expectancy

Vehicles continue to get more expensive. The automotive experts at Kelley Blue Book indicate the average American car buyer paid \$50,080 for a new vehicle in September 2025, which was the first time the average price for a new car ever topped \$50,000. More drivers are looking for ways to push their current vehicles past the 200,000-mile mark to save money.

According to S&P Global Mobility, the average age of a vehicle on the road hit a record high of 12.8 years in 2025. Although major mechanical failures concern drivers of older vehicles, it's actually much smaller things that can affect vehicle longevity. There are small actions anyone can take to significantly extend a car's life.

- **Use caution on cold starts.** When a vehicle sits, oil settles at the bottom of the engine. To help combat damage that can occur, drivers can wait about 30 seconds before shifting into gear, as this will allow the oil pump to circulate the lubricant to the upper valve train and help prevent extra wear on the engine. Modern fuel-injected engines warm up faster and more safely by being driven gently rather than sitting still, so it's not necessary to idle for a long while with the vehicle in the driveway, says Smart Motors Toyota. In fact, long idles actually can strip away oil.

According to EngineeringCivil.org, checking and replacing fluids is cheaper than replacing hardware. Recent data suggests that consistent oil changes can add between 50,000 and 100,000 miles to an engine's lifespan. It's important to follow a vehicle's manual for time-based intervals for fluid replacement, rather than just going by mileage.

- **Drive faster on occasion.** Oil will never get hot enough to evaporate internal condensation for those who primarily drive short distances under 10 miles. Once every few weeks, it's important for drivers to drive at least 20 minutes at highway speeds to help get rid of contaminants.



- **Drive smoothly on roads.** Aggressive driving will not just burn more gas; such driving also creates heat, which can impact longevity. According to Kia, hard braking generates immense heat that can warp rotors and stress suspension bushings. Likewise, it's

key to ease into acceleration. Rapid acceleration forces the transmission to downshift abruptly, increasing wear. Reports from The Zebra, an insurance shopping company, indicate that mindful driving can reduce mechanical strain by up

Car's Life continued on 26

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Local HAPPENINGS

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 noon. 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.



Nature Coast Bridge Club (NCBC) is now located at Hernando County Shrine Club, 13400 Montour St., Brooksville. We are **actively seeking new members**. If you are a social bridge player and would like to learn duplicate, we invite you to join us. We will give you a free lesson and, if you like, an NCBC member will shadow you as you play on your first day in case you need assistance. For more information, call Penny at 352-340-5120 or email Naturecoastbridge@gmail.com. You can also follow us on Facebook.



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



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, we'll have goodies, and discover how you can make a difference for animals! Heritage Lake Clubhouse: Heritage Lake Clubhouse located at 9151 Heritage Lake Blvd., New Port Richey.



Hudson Beach Yacht Club will hold their **April General**

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Meeting at the Sea Ranch Clubhouse, 13711 Veronica Dr. in the Sea Ranch subdivision off US 19 on **Tuesday, April 1st**. Doors open at 7:00 pm, meeting starts at 7:30 pm. Visitors are encouraged. Boat ownership is not required. Visit our website at <http://www.myh-byc.com> or call 727-808-0909, leave your name & phone number to ask for information.



St. Michael The Archangel Catholic Church invites you to our **new roof fundraising events**. **Sunday, April 12th**, 12 to 2 pm we are having an authentic Filipino lunch of egg rolls, chicken adobo, rice, pansit (noodles), dessert and drink. \$20 donation. **Saturday, May 16th**, 12 to 4 pm we are having 1/2 chicken BBQ dinner with potato salad, baked beans, and a roll. \$15 donation. Featuring Robert's Smokin' BBQ. Music, raffles and more. Purchase tickets at www.saintmichaelchurch.org/giving or call the office 727-868-5276. Both events held at the parish center 8014 State Rd. 52 Hudson. See ya there!



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Happenings continued on 25

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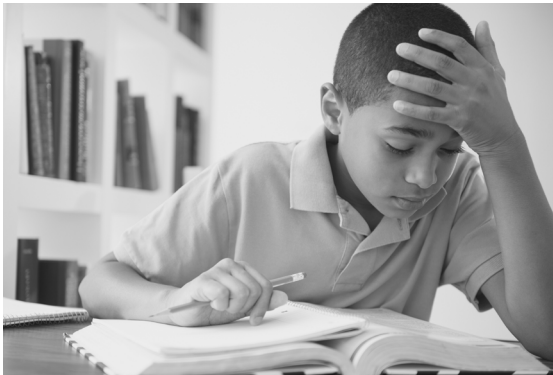
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How Students Can Manage Finals Week Stress



Graduation season is often characterized as a joyous time for students and their families. There's truth to such characterizations, as students, their parents, siblings, and other loved ones see graduation as the culmination of years of hard work. That hard work continues right up to the end, as finals week can be a trying time for students looking to finish a school year, and perhaps their academic careers, with a flourish.

Finals week may precede the celebratory graduation season, but this period can be uniquely stressful for students. A 2022 survey examining stress in college conducted by the American Addiction Center found that more than 89 percent of respondents felt stress from exams, while nearly three in four indicated studying was stress-inducing. Stress can sometimes be a good thing, as Firdaus Dhabhar, Ph.D., a one-time director of the Stanford Center on Stress & Health and now a professor of

Psychiatry and Behavioral Sciences at the Miller School of Medicine at the University of Miami, noted in a 2012 interview that acute stress might actually translate to improved mental performance. That means the acute stress students feel during finals week might actually compel them to perform better on their exams.

The potential benefits of acute stress on academic performance might be music to the ears of students, but it's important that they also find healthy

ways to manage stress during finals week. In recognition of the importance of finding healthy ways to manage stress, the American Psychological Association offers the following tips to students.

· **Get sufficient sleep.** Late-night cramming sessions may ensure students leave no stone unturned leading up to a final exam, but the APA notes sleep is essential for physical and emotional well-being. The Sleep Foundation urges college-aged students to get be-

tween seven and nine hours of sleep per night. The APA notes that limiting screen use at night and storing devices in rooms other than a bedroom are some methods to facilitate sleep.

· **Take time out to exercise.** Studying may dominate students' time during finals week, but finding time to break a sweat can be a particularly effective tool in the fight against stress. The United Kingdom-based Mental Health Foundation notes that research indicates low-intensity aerobic exercise performed for 30 to 35 minutes three to five days a week can boost mood and improve alertness. Such rewards can be especially beneficial to students confronting the stress of finals week.

· **Prioritize healthy eating.** College students and their high school counterparts are notorious for favoring poor diets. But a shift toward a more nutritious diet can help combat

Students continued on 26

Daily Means to Maintaining Oral Health



The OHF notes that brushing before breakfast coats the teeth with fluoride, which can form a protective layer against acids found in food and drinks. Brushing immediately after exposure to acidic items like fruit and coffee can wear down enamel. If you prefer to brush after eating breakfast, wait at least 30 minutes before reaching for your toothbrush.

· Gently use a toothbrush with soft bristles. Soft brushes fea-

A bright and healthy smile offers more than cosmetic benefits. When individuals prioritize oral hygiene, they're also protecting their overall health and laying an important piece of a foundation that can support a long and healthy life.

The Mayo Clinic notes that oral health can be a contributing factor to various conditions, including cardiovascular disease and an infection of the inner lining of the heart known as endocarditis. By prioritizing oral health, individuals not only reap outward benefits like a bright smile they can be proud of, but also benefit internally in ways that are no less significant. Perhaps the best thing about oral health is how simple it can be to maintain. Indeed, some daily dental habits can help people protect their oral health, and thus their overall health, for years and years to come.

· Brush twice per day (at least). Brushing twice a day for two minutes each time has been the go-to brushing advice for some time. The Oral Health Foundation notes that brushing twice daily with fluoride toothpaste is the most effective means to safeguarding oral health.

· Consider brushing before breakfast. Individuals who eat breakfast at home might want to brush before breakfast or wait to brush for 30 minutes after they finish eating.

ture less densely packed bristles, which makes it easier for the bristles to bend during brushing. That's gentler on the teeth and gums. The Cleveland Clinic recommends changing a toothbrush every three to four months, but more frequent changing may necessary if the brush becomes damaged. In such instances, replace the brush immediately. When brushing, do so gently to avoid aggravating the gums. Heavy brushing can lead to a receding gumline, which can expose the roots and lead to increased oral sensitivity.

· Floss daily. The Mayo Clinic urges individuals to clean between their teeth each day. Traditional floss, floss picks, a water flosser, and other products help to remove plaque and trapped food particles from between the teeth that a toothbrush cannot reach. If such particles remain between the teeth, people may be at elevated risk for cavities, gum disease and/or bad breath.

· Avoid sugary foods and beverages. The World Health Organization notes that consumption of free sugars is a major risk factor for tooth decay and cavities. Consumption of sugar-sweetened beverages like sodas and foods that are high in sugars should be greatly limited, if not avoided entirely.

Some simple daily steps can help people protect their oral health over the long haul.

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8					9				10
11					12				
	13			14					
			15						
16	17	18				19	20		
21					22			23	
24					25				
	26				27				

The headline is a clue to the answer in the diagonal.

Across

- 1. Computer memory units
- 5. High school class
- 8. Need for fishermen
- 9. Regrets
- 11. Jason's ship
- 12. "Cogito, ___ sum"
- 13. It isn't silver or gold
- 15. Long, long time
- 16. Some baby toys
- 21. Cosmetic additive
- 22. Hokkaido people
- 24. Poet Angelou
- 25. ___ tide
- 26. Battle of Britain grp.
- 27. Opens a door

Down

- 1. CEO's degree
- 2. Make, as money
- 3. Garbage in, garbage out
- 4. Unhearing
- 5. Largest island in the world
- 6. Circular domed dwelling
- 7. Prefix with phone
- 10. Costa del ___
- 14. Jersey call
- 16. Battering device
- 17. Winged
- 18. Spanish painter
- 19. In ___ of
- 20. A breeze
- 23. Bull markets

Puzzle Answers on page 26





Pecans

Tweak the Flavor Profile of a Beloved Baked Good

When it comes to baked goods, it's hard to deny the appeal of a homemade brownie. Whether eaten on their own or paired with ice cream, brownies are a welcome treat that few can resist.

Though chocolate dominates the flavor profile of brownies, these beloved treats can be enhanced with additional delicious ingredients, like pecans. Anyone who wants to throw a little extra flavor into their next batch of brownies can consider this recipe for "Pecan Brownies" from Lines+Angles.

Pecan Brownies
Makes 12 brownies
12 ounces plain dark chocolate, 70 percent cocoa solids
2 sticks of butter
3 large eggs
1 1/4 cup dark brown sugar
1/4 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
5 ounces chopped pecan nuts

Brownies continued on 26

Richey Orchestra and Chorus Presents "Road Trip!" on April 12th

On April 12, 2026, the Richey Community Chorus, our own group of select singers, joins the RCO on a fantastic musical trip across the USA. On this joyride of songs, the Chorus will sing Route 66, Hooray for Hollywood, Oklahoma, Chattanooga Choo Choo, Kansas City, Do Know What It Means to Miss New Orleans, and many more fun songs.



School, 11646 Town Center Road, New Port Richey. Tickets are \$20.00 each. Buy your tickets now online at www.richeycommunityorchestra.com.

Tickets may also be purchased at the door the day of the concert; however advance purchase is suggested.

Don't miss this special added event! On May 3, 2026, The Richey Chorus will be presenting **Rockin' the 60's**, a special concert at the Community Congregational Church, 6533 Circle Blvd., New Port Richey. This concert will feature the Chorus and a small ensemble of RCO musicians, in some great tunes from the 60's including a tribute to Franki Valli, Neil Diamond, The Beatles and lots of good Old Time Rock and Roll! Tickets are only \$15.00! Buy online at www.richeycommunityorchestra.com. Tickets will also be available at the door.

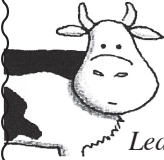
The last show of the season is our **"Mother's Day Tribute to the Ladies"** Dinner Concert on **May 10, 2026** at the Spartan Manor Restaurant. This show is a tribute to the great Divas of music, featuring fabulous soloist, Ashley Thunder. Ashley is a remarkable talent, with her dynamic

range and power, she is very exciting to hear! She will sing hits by Aretha Franklin, Gloria Gaynor, Tina Turner and more. The Orchestra will play tributes to the Divas of Broadway with songs from Mame, Funny Girl, Hello Dolly and Kiss Me Kate. Cocktails are served at 1:00 p.m. (Cash Bar), followed by dinner at 1:30 p.m. The show starts at 3:00 p.m. Tickets are \$50.00. Buy online at www.richeycommunityorchestra.com. Advance reservations are required.

Happy Mother's Day

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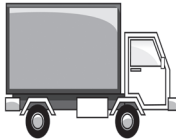
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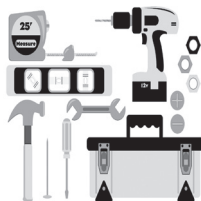
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- BWE Social Scene -

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.

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

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.

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.



Chair Yoga

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

What is chair yoga?

Chair Yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga

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

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

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 judgements, no divas!

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

Cheryl aka Sheralulu

Do you happen to know these kids?

If you do please inform the office so that we contact their parents.

You will stay anonymous & when the parents pay the fine you will receive a \$25.00 reward .

This is unacceptable behavior. Thank you.



Florida's real estate market remains highly competitive, and homeowners looking to maximize property value are increasingly turning to strategic upgrades before selling.



Florida Housing Trends: Upgrades That Add Value to a Home

In today's market, buyers are prioritizing energy efficiency, storm resilience, and modern design—features that not only improve daily living but can also significantly increase resale value.

One of the most impactful improvements is energy efficiency. Florida's hot climate means cooling costs are a major concern for homeowners. Upgrades such as high-efficiency HVAC systems, smart thermostats, and improved

insulation can reduce energy usage and make a home more attractive to buyers. Energy-efficient windows and reflective "cool roofs" are also gaining popularity because they help reduce heat absorption and lower utility bills. These improvements can significantly improve a home's marketability in warm climates like Florida.

Storm protection is another key trend influencing property value in the state. With hur-

ricane risks top of mind for buyers and insurance companies, many homeowners are investing in impact-resistant windows, reinforced roofing, and upgraded doors. These improvements can increase resale appeal while potentially lowering insurance costs, making them a strong investment for Florida homeowners.

Interior upgrades also continue to deliver strong returns. Minor kitchen remodels, updated bathrooms, and modern flooring are consistently among the most valuable improvements. Replacing outdated carpet with durable options such as luxury vinyl plank, engineered wood, or tile can modernize a home and make spaces feel larger and more cohesive. Even smaller updates—like new fixtures, lighting, and fresh paint—can significantly enhance a home's perceived value.

Finally, curb appeal remains a critical factor for Florida homes. Landscaping improvements, fresh exterior paint, and updated entryways create a strong first impression for potential buyers. Outdoor living features such as patios, decks, and backyard pools are particularly attractive in Florida's year-round warm climate, helping homes stand out in competitive markets.

As Florida continues to attract new residents, homeowners who invest in energy-efficient features, storm protection, modern interiors, and appealing outdoor spaces are often best positioned to maximize their property's value. Strategic upgrades not only improve everyday comfort but also help homes sell faster and at higher prices in the state's dynamic housing market.

As always, if you are considering buying or selling your home, with almost \$500 Million in closed sales, I would be grateful to meet with you to discuss your home buying or selling needs.

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Deed Restrictions at Work:

Letters were sent in February 2026 the Architectural Control & Deed Restriction Committee to correct verified deed restriction violations listed below:

- 1 Car parked on grass overnight
- 1 Trailer parked in front yard
- 1 Outbuilding shed in backyard

2nd Notices

Lot M12N: Car parked on grass overnight

Lot 355: Trailer parked on front yard

Lot 030N: Outbuilding shed in backyard

3rd Notices N/A

Potato - Crust Quiche Makes a Lovely Easter brunch

Quiche, the savory custard pie, is usually attributed to French cuisine. It actually originated in the old kingdom of Lothringen, which was ruled by Germany in the 1870s.

The word, "quiche," is derived from the German "kuchen," meaning cake, and was originally a pastry shell or bread dough stuffed with egg cream custard and smoked bacon. French chefs added ingredients like spinach, cheese and onions, dubbing their creations with surnames like Lorraine or Alsacienne quiche.

Quiche still makes an elegant, tasty breakfast or brunch, and you can tailor it to your guests. One way to please the meat and potatoes fans and the gluten-free crowd is to make a potato crust. Add any of your favorite quiche ingredients on top of this potato layer for a hearty meal.

Basic Quiche ingredients

- 5 eggs, beaten
- 1 cup shredded cheese
- 1.5 cup Half-and-Half
- Salt, pepper to taste

Welcome New Neighbors

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

Clayton Village

Karl & Dianne Hoffman
861 Stonehedge Way

Cynthia Gail Mina
12906 Sandburst Lane

Sandpiper Village

Christian Dizinno
13004 Spicebox Way

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

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

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

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

You'll want to stir in your favorite add-ons to the basic egg mixture: Ham and cheese, bacon and cheese, spinach and cheese, sausage and red pepper.

For cheese, choose the one you like best. Recommended cheeses for quiche include: Gruyère, Swiss, Cheddar, Goat Cheese, Feta, Parmesan, Monterey Jack. Shredded Parmesan is commonly recommended when you use spinach but mix in whatever you like.

The key to the crust is the po-

BWEHA Operating Statement February 2026

INCOME

HOA FEES	\$11,910.02
GUEST FEES	\$111.00
INTEREST INCOME RESERVES	\$380.67
CLUBHOUSE RENTAL	\$400.00
OTHER INCOME	\$205.00
ESTOPPEL CERTIFICATES	\$800.00
LATE FEE	\$1,771.03
SPECIAL ACTIVITIES	\$110.00
ATTORNEY FEES	\$251.67
TOTAL	\$15,939.39

EXPENSE UTILITIES SERVICES

	\$2,326.71
ACCOUNTING	\$385.00
NEW EQUIPMENT	\$13,777.00
SECURITY	\$330.00
OFFICE SUPPLIES	\$350.57
BANK SERVICE CHARGE	\$14.50
LEGAL FEES	\$240.00
LAWN/SHRUB FERT	\$530.00
COMPUTER & INTERNET	\$259.20
COPIER MAINTENANCE AGREEMENT	\$79.96
SPECIAL ACTIVITIES BEACON NEWS	\$135.00
INTERIOR PEST CONTROL	\$33.17
TAXES	\$815.00
MISC EXPENSE	\$115.00
TOTAL	\$17,064.40

MAINTENANCE/SUPPLIES

COMMON AREA MAINTENANCE	\$195.81
BUILDING MAINTENANCE	\$278.35
TOTAL	\$474.16

PAYROLL

SALARIES	\$11,592.44
TOTAL	\$31,457.71

NET INCOME POOLING RESERVES STANDARD RESERVES

\$15,518.32	\$187,153.73	\$144,203.71
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RESERVES - DEPOSITED \$5000.00 TO EACH RESERVE ACCOUNT IN FEBRUARY

tatoes. Natasha Kravchuk of Natasha's Kitchen recommends 1.5 pounds of creamy, yellow, Yukon gold potatoes. Select small round potatoes and boil skin-on until soft. Press and mash the potatoes, including skins, into your oven-safe skillet until you form an even crust on the bottom and sides. Kravchuk recommends using a glass measuring cup to mash and press the potatoes. They shouldn't end up smooth, but should be a little choppy. Pour

the egg mixture on top. Tip: If you fry chopped bacon to use in your egg mixture, leave the extra bacon grease in your over-safe skillet, otherwise be sure to oil your skillet.

With all the ingredients added, bake at 400 degrees for 25 to 30 minutes until set and not jiggly. Let cool on rack for 15 minutes before serving.

Cups of fruit make a delicious and healthy side to accompany the dish.

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Prepare now and be road trip-ready

The allure of the open road compels millions of people to get behind the wheel and set off in the direction of new horizons every year. A freedom of adventure is an inherent trait of road trips, and these excursions can be incredible ways to explore the sights. But vehicle preparation is important before taking to the open road.

Vehicle breakdowns can derail a road trip quite quickly. Breakdowns can be costly and are always inconvenient. According to AAA, tire-related issues consistently rank among the top reasons for roadside assistance calls. AAA data also shows battery-related issues account for a significant portion of roadside calls. Here are some key areas to address when preparing a vehicle for a road trip.

• **Tires, tires, tires:** Incorrect tire pressure can affect fuel efficiency and handling. Ensure tires are inflated to the correct PSI as indicated in the driver's side door jamb or in the vehi-

cle's owner's manual. Inspect the tread depth on all tires to ensure it is adequate, and also look for any tire damage like cracks, embedded objects or bulges. While you're checking the tires, make sure the spare is inflated and in good condition.

• **Battery life:** Many automotive centers offer free battery testing. If the battery is between three and five years old, consider having it checked or replaced. Use a wire brush to clean battery terminals of corrosion.

• **Under the hood:** If a road trip is close to the next oil change, do it before leaving. Ensure that all coolant levels are correct, and that the brake fluid isn't low. Transmission fluid and power steering fluid also should be checked. Refill the wiper fluid reservoir to maintain visibility on the trip.

• **Belts and hoses:** Inspect the belts for cracks and fraying. Check the hoses for leaks and bulges.

• **Brakes:** Brakes are the pri-



mary safety system. If the brakes squeal, grind or pulse when you are braking, they may need to be replaced. The same can be said if a visual brake pad inspection indicates the pads are thinning.

• **Essentials kit:** Even with the best preparation, unexpected issues can happen on road trips. That's why it's a good idea to have a kit stocked with jumper cables, a portable air compressor to fill tires, first-aid kit, flashlight with extra batteries, basic tools, flares, water, and non-perishable snacks. A blanket or warm clothing or reflec-

tive vest also is helpful.

• **Documentation:** Don't leave home without a driver's license, vehicle registration and proof of insurance. If you are part of a roadside assistance program, keep the contact information and member number handy. While GPS tools on phones and other devices are very efficient, they're only as good as the cellular signal. Paper maps or printed directions are a backup for GPS.

A successful road trip starts with preparation. Ensuring the car or truck is road-ready is very important.



Why Hiring a Painter is the Right Choice

Few home improvements can change the look of a room faster and more affordably than a painting makeover. In fact, homeowners often turn to paint before they make any other renovations. Home Light, a real estate technology company, says painting a home's interior can net a return on investment as high as 107 percent.

Although painting is a project that can be tackled by do-it-yourselfers, there are various advantages to calling in a professional to handle painting projects. Here is a look at some of the benefits to working with a professional painter.

Cut down on the job time

A professional painter can reduce the project timeline. Painters have the skill set and experience to complete a project in a timely manner. This means the job will be streamlined from preparation to clean-up.

Pay attention to details

Professional painters are likely to do a job that is nearly flawless, especially after homeowners exercise their due diligence and vet painters carefully. Professionals will pay attention to the small details that less experienced painters wouldn't think about.

Reduce your workload

Painting can be a time-consuming job, and most of it occurs even before you pick up a brush. It can take hours to prep walls, patch holes, remove moldings, and apply painter's tape. Homeowners who do not have much time are better off leaving trusting the project to a professional.

Painters already have equipment

Do-it-yourselfers may need to buy new tools before beginning the job. This means brush-

es, rollers, tape, tarps, trays, and much more. Unless you plan to paint multiple times, this can make stocking up a considerable investment. Professionals already have all the right gear and tools of the trade.

Lasting results

Professional painters understand which products will produce the desired results, depending on the wear and tear of the space. Paints are not all created equal, and certain walls, floors and trim may require unique priming and preparation that novices are not familiar with. Professional painters can help ensure durability and save homeowners from having to do the job again in a few months or years.

A safer experience

Painting can be a challenging job when it involves painting hard-to-reach spaces and/or climbing and balancing on tall ladders. Homeowners are not at risk of injury when hiring a professional painter. In addition,



Did you know?

People have been increasingly spending a considerable amount of time on devices. Zip-Do Education reports indicate the average person spends about seven hours per day looking at screens. Adults in the United States may be using their screens even more, averaging between seven and 8.5 hours daily across all devices. A Reviews.org report titled "Screen Time and Internet Usage 2025" says that screen exposure is even higher when factoring in both work and entertainment. When adding those variables, Americans may be spending in excess of 12 hours per day on screens. Digixie, an SEO firm based in India, says young adults (Gen Z) spend the greatest number of hours on screens, averaging around nine hours per day.

professional painters should be licensed and insured. This means if an injury or incident occurs, the homeowner will not be on the hook for the cost.

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Reap the Rewards of Expanding Your Culinary Horizons

Trying new foods is one of the joys of cooking. When people expand their culinary horizons and embrace opportunities to taste new dishes, their mealtime options are endless.

For those looking to experiment with Asian cuisine, this recipe for "Green Fish Curry With Rice" from *Lines+Angles* is sure to please. *Green Fish Curry With Rice Makes 4 servings*



For the curry:

- 2 tablespoons coriander seeds
- 1 tablespoon cumin seeds
- 1 pinch freshly grated nutmeg
- 6 cloves garlic, chopped
- 5 shallots, chopped
- 1 large bunch coriander, chopped, plus extra for garnishing
- 8 green chillies, seeded and chopped
- 4 1/2 ounces galangal, chopped
- 2 stalks lemongrass, outer leaves removed, inner stalks chopped

- 4 kaffir lime leaves, chopped
- 2 tablespoons Thai shrimp paste
- 1 lime, juiced
- 2 tablespoons sunflower oil
- 2 cups vegetable stock
- 4 thick, skinless, boneless cod fillets, approximately 7 ounces each
- Salt
- Freshly ground black pepper

For the rice:

- 1 tablespoon sunflower oil
- 1 cup basmati rice, rinsed in several changes of water, then drained
- 3 cups water
- 1/2 teaspoon salt
- 1 large carrot, peeled and finely diced
- 4 1/2 ounces green beans, chopped

1. For the curry: Toast the coriander and cumin seeds in a

dry frying pan over a medium heat until aromatic. Tip into a spice grinder and blitz until fine and powdery. Tip into a blender or food processor.

2. Add the nutmeg, garlic, shallots, coriander, chillies, galangal, lemongrass, kaffir lime leaves, shrimp paste, and lime juice. Blend on high to make a smooth paste.

3. Heat the oil in a large saucepan set over a medium heat. Add the paste and fry for 4-5 minutes until it starts to darken, stirring frequently.

4. Whisk in the stock and bring to a simmer. Place the cod in the sauce, cover with a lid, and cook over a low heat for 10 to 15 minutes until the fish is firm, opaque, and starting to flake. Season the curry with salt and pepper to taste. Cover and set aside until needed.

5. For the rice: Heat the oil in a heavy-based saucepan set over a medium heat. Stir in the rice and fry for 2 minutes, stirring occasionally. Stir in the water and salt. Bring to a boil, then cover with a lid and cook over a low heat for 20 minutes until the rice has absorbed the water and is tender.

6. When the rice is ready, scatter the carrot and green beans on top and cover with a lid. Set aside for 10 minutes. Fluff up the rice with a fork, mixing in the vegetables at the same time.

7. Reheat the curry over a medium heat. Ladle into bowls and serve with the rice on the side and some chopped coriander on top.

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5 Ideas to Repurpose a Formal Dining Room

Traditional formal dining rooms are not as necessary as they were a generation or two ago. A recent study by Realtor.com found formal dining rooms are often the most underutilized square footage in homes, and a significant percentage of Millennial and Gen Z homeowners prefer flexible "lifestyle rooms" over dining spaces.

So what can homeowners whose dining room tables are covered in mail or the kids' homework do to repurpose the space into something they will actually use? The following are five ideas to repurpose a formal dining room into a more usable space.

1. Lounge: Those who enjoy hosting friends or family without sitting down to formal dinners might appreciate transforming the dining space into a cocktail lounge. Swapping the dining room table and chairs for low swivel chairs around a coffee table or high-backed bar stools around bar tables easily converts the seating space. A built-in wet bar or a bar cart helps complete this social hub for intimate conversation. Paint the room in darker colors or use textured wallpaper to simulate an after-hours feel that separates the space from the rest of the house.

2. Library: Homeowners can create a digital detox zone by way of a cozy library. A timeless choice, a library can feature floor-to-ceiling bookshelves or built-ins and comfortable reading chairs stationed by a window.

3. Music space: Homeowners who play an instrument may appreciate a desig-

nated space for jam sessions. Dining rooms with high ceilings and bare floors often provide excellent acoustics for music. Complement the space with a high-tech audio system and sound baffling panels for those who plan to record.

4. Home office: Hybrid work is a permanent fixture in today's career landscape. A dining room located near the front of the home presents a prime location for a professional workspace. Replace a table with a sleek executive desk. An existing buffet or sideboard can be repurposed as printer storage or for filing. Consider adding French doors or partitions to provide privacy without compromising on light flow.

5. Homework zone: Active families may need to transform the dining room into a homework lab that offers a quiet space for educational pursuits. Organized cabinetry can house school materials, craft supplies, and much more, confining it all to one room. Locating the computer in the space creates a centralized "safe" spot



for internet browsing and monitoring young children in the process.

Dining spaces may be going the way of the dinosaur, reflecting modern homeowners' preferences for more flexible and useful spaces.

Tackle Your Credit Card Debt

Credit card debt among Americans is higher than ever at \$1.3 trillion, which averages out to more than \$10,000 in high-interest debt for every single family in the country.

If you're staring at your own pile of credit card debt, try not to panic. It's time to make a plan, and act.

- If you're facing a financial emergency and can't make a minimum monthly payment, contact your credit card company immediately to explain the situation. Tell them what you can afford to pay and when can start making normal payments again. Keep a written copy of any agreement between you and your card issuer.

- Contact a credit counseling organization to help you with money management. They may recommend a debt manage-

Debt continued on 22

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The Effects of Chronic Stress on Overall Health

Stress has long been a part of modern life, but recent research suggests concerns about stress are growing. A 2024 study published in the journal BMC Public Health noted that 85 percent of the 149 countries examined reported worse psychological stress in 2020 compared with 2008. A Gallup World Poll taken the same year the study was released found that 39 percent of adults worldwide reported experiencing a lot of worry the previous day.

Stress has long been a complex phenomenon. Studies have found that moderate, acute stress can offer various benefits, including enhanced cognitive function and increased motivation. But chronic stress can pose a notable threat to overall health. When chronic stress is not treated, people may experience a range of physical and psychological symptoms that greatly jeopardize their overall health.

Symptoms

The Yale School of Medicine

notes a wide range of symptoms can emerge when a person experiences chronic stress. Those symptoms include physical, emotional, cognitive, and behavioral changes.

- Aches and pains
- Insomnia or feelings of sleepiness
- Changes in social behavior, such as increasing instances of staying in
- Low energy
- Lack of focus or cloudy thinking
- Change in appetite
- Increased alcohol consumption or drug use
- Change in emotional responses to others
- Emotional withdrawal

Chronic stress and disease risk

The American Psychological Association reports that chronic stress can contribute to long-term problems that affect the heart and blood vessels. Chronic stress leads to a consistent



and ongoing increase in heart rate, and the elevated levels of stress hormones when a person is dealing with chronic stress can contribute to high blood pressure. The APA notes these side effects of chronic stress ultimately increase the risk for hypertension, heart attack or stroke, each of which can prove deadly. Chronic stress also can increase inflammation in the circulatory system, including in the coronary arteries, which also can increase risk for heart attack.

Chronic stress also can contribute to diseases of the reproductive system in both men and women. Stress affects the immune system's ability to function optimally, so men dealing

Stress continued on 26

Popular Types of Lighting that Can Complete Home Decor



Many components come together to create a home interior that is welcoming and comfortable. Lighting is an important part of any design and plays a key role in home decor. Lighting can change the atmosphere of a room with the flip of a switch. Through lighting, one can make a space seem more cozy, or even make small spaces seem more expansive.

Homeowners should not underestimate the power of lighting in their homes. In addition to making spaces functional and more attractive, lighting can affect personal well-being, as a well-lit room can benefit mental health. The following are various types of lighting and how they can work best in a home.

Ambient

Ambient lighting is blanket lighting that is used to evenly illuminate a room. Lowes Home Improvement says this is the general lighting that every home needs. Fixtures like overhead lights, floor lamps and more provide enough light for people to function safely indoors. Ambient lighting is the foundation for every interior lighting scenario, and ambient lighting fixtures should be featured toward the center of the room and closer to the ceiling to disperse light

Lighting continued on 26

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Health Benefits of Pickleball

While pickleball can be fun and is generally considered to be less intense than tennis, the sport's staying power also can be attributed to the significant health benefits it offers. The combination of social interaction, cognitive impact and aerobic exercise make pickleball a particularly beneficial activity. Here is a deep look at the many health benefits of pickleball.

• **Helps heart health:** The Journal of Functional Morphology and Kinesiology has found

that middle-aged and older adults who played pickleball one hour per day, three days a week for six weeks saw significant improvements in blood pressure, cholesterol levels and cardiorespiratory fitness.

• **Burns calories:** Players can burn between 400 and 600 calories per hour playing pickleball, says the National Institutes of Health. Research shows that playing doubles pickleball results in 36 percent more calories burned than taking a leisurely

Pickleball has exploded in popularity in recent years. Devoted players may not realize it, but pickleball was created in 1965 as a backyard pastime by three dads: Joel Pritchard, Barney McCallum and Bill Bell. The Sports & Fitness Industry Association says around 19.8 million people played pickleball in 2024. It's also the fastest-growing sport in the United States for the fourth consecutive year.

walk. Also, pickleball doubles often match or exceed the calorie burn of tennis doubles because rallies tend to be longer with less down time.

• **Lowers stress levels:** The more people play, the better they feel from a mental perspective. The NIH reports a 2025 study of more than 1,700 players found that playing three or more times a week was linked to significantly higher mental well-being scores. This exercise can trigger endorphin release and lower cortisol levels.

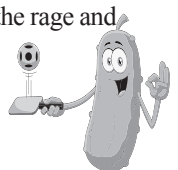
• **Boosts the brain:** Pickleball stimulates cognitive function because the game features fast-paced strategy and requires thinking on your feet. Plus, the fast pace often induces a "flow state," which is a mental zone where players are so focused

they lose track of time, which helps to reduce anxiety.

• **Combats loneliness:** Pickleball is a social sport, with new centers and leagues popping up each year. That makes it easy for players to make new friends through the sport.

• **Promotes physical agility:** Pickleball can be a tool for maintaining independence through physical agility. Baptist Health says pickleball can help improve balance and stability in seniors. Because pickleball is a weight-bearing sport, it also helps strengthen bones and muscles.

Pickleball is all the rage and a great way for players to have fun and boost health in the process.



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Master the Calm with Daily Stress Relief

The speed of the modern world seems to be perpetually set to turbo, and that can be stressful. Stress can quickly transition from something that provides a temporary boost in motivation to a chronic problem. While it's not always possible to tame the fast-forward nature of life, building a daily routine that serves to buffer the mind and the body from an onslaught of stress can benefit a person's overall health.

The American Institute of Stress reports that Gallup's Global Emotions Report (2023) found about 49 percent of Americans experience significant daily stress, a particularly high rate among high-income nations. Statistics Canada says more than one in four people in Canada report high to severe daily stress levels, with rates rising to 30 to 36 percent among those age 35 to 54. The Mayo Clinic advises that chronic stress puts health at risk. Stress hormones can disrupt almost all of the body's processes.

It's possible to lower cortisol levels and reclaim a life that is less battered by stress. Here is an easy guide anyone can follow.

• **Ease into the day.** Many people start the morning with an alarm clock, checking emails or social media, or turning on the news. A barrage of information and stimuli can trigger an immediate spike in stress hor-

mones. Instead of waking up and getting riled up, avoid screens or stressful information come the first half hour of the day. Replace screen-related activities with more mindful ones like stretching, sitting out in the sun enjoying nature or even journaling.

• **Learn breathing techniques.** Stress fires up the nervous system and slowing down breaths can combat stress. Various breathing techniques are designed to usher in calm and clarity. One of them is the 4-7-8 technique, offers the Cleveland Clinic. With this method, you inhale for four seconds, hold for seven, and then exhale slowly for eight.

• **Eat the right foods.** High-sugar snacks are a go-to when people are eating to combat stress. But these snacks cause insulin to spike followed by crashes that can mimic the feelings of anxiety. Instead, choose foods that won't cause insulin spikes, but rather help regulate the stress response. Magnesium is known to help promote calm, according to the National Institutes of Health, and foods like spinach, almonds and dark chocolate are rich in magnesium.



• **Get moving more.** Exercise is a great way to metabolize excessive stress hormones that build up during a long day. The general guidelines of 30 minutes of moderate-intensity movement a day will increase the heart rate enough to trigger the release of endorphins, which are the body's mood elevators and feel-good chemicals.

• **Write things down.** Stress can materialize when you feel you are going to forget something or have too much on your list. Writing tasks down gets them out of your brain so they aren't on a constant loop. According to Michael Scullin, director of the Sleep Neuroscience and Cognition Laboratory at Baylor University, a group of people who wrote down a to-do list of tasks they had to complete fell asleep nine minutes faster than a group that did not make such a list. This "cognitive offloading" is a physical action to relieve a mental load,

Debt *continued*

ment plan to consolidate all your payments at a lower interest rate.

– Avoid for-profit debt relief or debt settlement companies. These companies might make unrealistic promises about clearing your debt or advise you to stop paying your bills or communicating with your card issuer -- two very bad ideas.

– Consider a debt consolidation loan. These fixed-rate lump sum loans have repayment terms of up to seven years. You can apply for loans through your bank or credit union, or through an online lender that can give you a preview of your loan terms without affecting your credit score.

– If your credit card debt exceeds 40 percent of your income and cannot be paid off within five years, bankruptcy might be the best option. Contact a bankruptcy attorney to discuss your specific situation and the pros and cons.

Sources: Consumer Financial Protection Bureau, NerdWallet

and it can reduce stress.

These stress-busting tips are coping mechanisms for daily life. They don't have to be done all at once; pick one morning habit and one evening habit to start with the first week and progress from there as you adapt.

How to Find the Right Fit for Summer Camp

Millions of adults have lots of great memories of summer camp. The right summer camp keeps kids engaged during a time of year when parents may be all too familiar with the phrase, "I'm bored."

Finding the right summer camp can be challenging. A range of variables, including budget, availability and accessibility, must be considered before making a decision that's right for each family. As summer camp season approaches, families can consider these tips to narrow down their options for prospective campers.

• **Involve children when narrowing down your options.** Kids will be the ones spending time at camp, so it's best to include them in the selection process. Camps cater to various interests, so kids who play musical instruments might get more out of a band camp than they might out of a sports camp. Some kids also might thrive on a more structured camp, while others may benefit from one that offers a range of activities each day and lets kids choose which ones they want to participate in.

• **Seek recommendations.** Family members, friends and neighbors can be great resources when looking for a summer camp. That's especially true for families who have never sent a child to camp before. Ask around about each camp you're considering. Fellow parents may offer insight into the structure of the camp, its atmosphere, the attitude of staff members, and additional information that might be hard to glean from an open house.

• **Determine your budget.** Budget is a notable variable, as some camps may cost thousands of dollars for a single session. If that's beyond your budget, then you can narrow your focus to less expensive offerings or consider sending children for fewer weeks or even half days (when camps allow it). While it can seem as though all camps are budget busters, that's not the case. Many local government recreation offices offer affordable summer camps. Local churches

also may offer camp options that won't stretch parents thin. The earlier parents begin exploring their options, the more likely they may be to find a camp that won't break the bank.

• **Avoid making it all about cost.** Safety should be parents' foremost priority when choosing a summer camp. When exploring options, ask about staff and staff training. Are adults on staff, or is the camp predominantly staffed with local high school students on summer vacation? Even if a camp is staffed exclusively by adults, ask about the safety require-

ments necessary to be hired. That's especially important at camps where kids will be swimming and engaging in other physical activities that can lead to accident or injury. Even free play outside in summer can be dangerous if temperatures rise and staff members are not trained to spot the signs of dehydration or heat exhaustion.

Millions create lasting memories at summer camp every year. Finding the right place for kids to spend the summer requires careful consideration of a host of variables.



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How to Find Time to be More Physically Active Each Day

Physical fitness is one of the keys to a long and healthy life. The Centers for Disease Control and Prevention note that routine physical activity helps people maintain a healthy weight, reduces a person's risk for chronic health problems like cardiovascular disease and type 2 diabetes, and strengthens bones and muscles, which can help aging adults overcome age-related reductions in muscle mass and strength and reduce their risk for falls.

People have much to gain from incorporating exercise into their daily routines. But many adults are not reaping those rewards, and studies indicate sedentary lifestyles are on the rise. A 2024 study published in the journal *The Lancet Global Health* noted that 31 percent of the world's adult population was physically inactive in 2022, which marked a 5 percent increase since 2010. And a recent report from the U.S. De-

partment of Health and Human Services and the United Health Foundation found that roughly one in five adults get no physical activity beyond their regular job.

The Heart Foundation notes lack of time is often cited as an excuse for not exercising, and that's a legitimate hurdle for many professionals. Indeed, a 2026 report from Monster indicated that 73 percent of workers report regularly working more than 40 hours per week and 47 percent cite employer expectations or company culture as their top reasons for overworking. While professionals in such situations may find it challenging to overcome a lack of time to exercise, the following strategies may be just what people need to incorporate physical activity into their daily routines.

• **Drive less.** Driving is undoubtedly convenient, particularly for people who feel they're

continuously pressed for time. But leaving the car behind and walking or cycling to run local errands is a simple and enjoyable way to incorporate physical activity into your daily routine. Parents can walk children to the bus stop or their school in lieu of driving. Adults also can try walking to a local coffee shop near their home or office in lieu of driving to get their morning cup of Joe.

• **Break up workouts.** WHO guidelines recommend adults between the ages of 18 and 64 get at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous physical activity each week. The WHO also recommends muscle-strengthening activities two or more days per week. That can seem daunting to adults pressed for time, but workouts can be broken up throughout the day. A pre-breakfast strength training session at home may only require 20 minutes, and that night adults can go for a jog or a brisk walk around their neighborhood.

• **Workout while watching television.** Adults who like to unwind at the end of the day by watching their favorite television shows can use that time to exercise without giving up their entertainment. Invest in a treadmill or elliptical and turn television time into a time to break a sweat as well. Watching a

The Fat Facts: Busting Common Food Myths

Fat has had a rough few decades. Blamed for everything from belly bulge to blocked arteries, it became the dietary villain of the 1980s and '90s — and the myths that took root back then are still floating around today. Let's clear a few up.

Myth #1: Eating fat makes you fat. This one is everywhere, but it oversimplifies how the body works. Weight gain comes from consuming more calories than you burn — regardless of where those calories come from, according to the Harvard T.H. Chan School of Public Health. In fact, healthy fats from foods like avocados, nuts, and olive oil help you feel full longer, which can actually reduce overeating. The low-fat craze largely replaced *Fat Facts continued on next page*

30-minute episode of a favorite TV show while on a treadmill or elliptical can help adults meet WHO physical activity guidelines without requiring them to sacrifice their preferred way to unwind.

These strategies can help time-pressed adults incorporate more physical activity into their daily routines and lay a foundation for a long and healthy life.

Local HAPPENINGS

— CONTINUED —

New Port Richey Garden Club Annual Spring Plant Sale, March 20-21st, 9 AM to 3 PM. 9810 Gary St., Hudson. Great plants – great prices! Sales support local high school scholarships! 404-402-5065.



German American Club of Spring Hill will celebrate Heimitabend on Sunday, April 12th, at the Regency Oaks Civic Association, 4445 Breakwater Blvd., Spring Hill, FL 34607. Music by Manni Daum. Dress code is 'Trachten' or Club casual. Doors open at 2:30 p.m. with dancing from 3:00 p.m. to 7:00 p.m. Coffee, cake included in ticket price. Bring Your Own Food, Beverages to your table. Please call at least one week in advance. B.Y.O.B. Tickets in advance only: members \$14.00, guests \$17.00. For tickets call Lisa Yaskulski at 352-688-3744.



Junk in the Trunk – April 25th, 10 AM–2 PM. Clear out your closets, fill up your trunk, and come join the fun at **St. Stephen's Episcopal Church, 5326 Charles Street, New Port Richey**. Our community sale is back, and it's the perfect place to find treasures, sell your extras, and enjoy a lively Saturday with neighbors. Spaces are available to rent: \$10 for a trunk/parking-lot spot and \$25 for the full setup with table and chairs. Snacks and refreshments will be on hand to keep the treasure-hunting energy going. Reserve your spot by calling Melanie at 614-507-6575.



The **Polish American Social Club of Pasco County** located at: 7615 New Jersey Ave. Hudson. Join us **every Sunday** for an afternoon of great food and lively dancing! Whether you're a long-time member or a first-time guest, everyone is welcome. When: **Every Sunday**, 2:00 – 5:00 p.m. Cost: \$15 for Members and \$18 for Non-Mem-

bers Menu: A delicious variety that changes weekly! Location & Contact: Website: polamsozial.com. Phone/Text: 773-457-7872 or 727-207-8662. Interested in hosting your own event? Our hall is available for rentals!



Suncoast Bronze Ringers, Tampa Bay's only auditioned auditioned community handbell ensemble presents **"Ringing With Radiance"** **April 18th at Holiday United Church of Christ**, 4826 Bartelt Road 5:00 p.m. and **April 19th at Hudson First United Methodist Church**, 13123 US Highway 19 in Hudson 5:00 p.m. "Ringing with Radiance" features a diverse program of handbell music accompanied by drums, keyboard, guitar, bass guitar, flute, cello and Festival Singers of Florida. Music includes the premiere of "Living In The Past" for handbells, Adele's "Rolling in The Deep" and more. Tickets \$15 in advance on our website www.suncoastbronzeringers.com or \$20 at door.



The **Weeki Wachee Winds Community Concert Band** will perform their **Spring Concert Series: Saturday April 25th 2pm** at the Spring Hill United Church of Christ 4244 Mariner Blvd Spring Hill, FL 34609 and **Sunday April 26th 2pm** at the Nativity Lutheran Church 6363 Commercial Way Weeki Wachee, FL 34613



Caregivers who take care of Loved Ones with **dementia. Support meeting** at Hudson First United Methodist Church, 13123 US 19, Hudson. **Tuesday, April 21st**, at 10:30 AM. Contact Linda Sudano 727-277-6922, travelingduo2001@yahoo.com or Louise Vallee, 727-967-6376, gerweeze@yahoo.com



Women's Connection of New Port Richey will meet **Wednesday, April 8th** at Spartan Manor, 6121 Massachusetts Avenue, NPR from 11:30 a.m. to 1:30



Fat Facts continued

fat with sugar — a trade-off the New England Journal of Medicine has since identified as counterproductive.

Myth #2: Fat in food becomes fat in your arteries. It's an intuitive idea, but the body doesn't work like a pipeline. Dietary fat is broken down during digestion, absorbed, and processed by the liver before it ever reaches your bloodstream. The American Heart Association notes that the relationship between fat and heart disease is far more nuanced than once believed. Unsaturated fats — found in fish, olive oil, and almonds — are genuinely heart-friendly.

Myth #3: All fat is the same. Not even close. The Mayo Clinic distinguishes clearly between harmful trans fats (found in heavily processed foods), saturated fats (worth moderating), and beneficial unsaturated fats. Emerging research published in The Lancet even suggests some saturated fat sources, like dairy, have a more neutral cardiovascular effect than previously thought.

The bottom line? Fat is not the enemy. Type, quantity, and overall lifestyle habits matter far more than any single ingredient. A little fat with your meal isn't something to fear — it's something your body actually needs.

p.m. Each meeting includes a fun feature, an inspirational speaker and a delicious lunch. The cost is \$20 inclusive and reservations are necessary. Call Karen at 727-842-9090 or Ruth at 727-233-2247. All women are welcome!



Heritage Springs Floridian Club is hosting a **Night at the Monte Carlo fundraising event, April 18th** at the Heritage Springs Country Club, in an ef-

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fort to raise money and awareness for Pasco Kids First. Your support at this wonderful event helps victims of children that are victims of physical abuse, sexual abuse, and neglect right her in Pasco County. To learn more about our nonprofit organization check out our website: pascockidsfirst.org.

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Stress *continued*

with chronic stress may be more vulnerable to infections of the testes, prostate gland and urethra. Women dealing with chronic stress may find symptoms of reproductive diseases like herpes simplex virus or polycystic ovarian syndrome are exacerbated.

Chronic stress should not be accepted as a normal byproduct of modern adult life. When dealing with chronic stress, individuals are urged to work with a health care professional to avoid negative outcomes that affect their short- and long-term health.

Students *continued*

the stress of finals week and actually make it easier to study. For example, Campus Health at The University of North Carolina at Chapel Hill notes that the vitamins and minerals found in fruits, leafy greens and other vegetables neutralize the harmful molecules produced when a body is under stress. In addition, foods high in fiber have been associated with greater alertness and decreased perceived stress. It might be a lot to ask high school and college students to eat healthy all the time, but doing so during finals week might make finishing the school year strong a lot easier.

Finals week is stressful for students. Thankfully, there are many ways students can overcome the stress they feel at the end of a school year.

Brownies *continued*

To decorate:

Icing sugar

1. Heat the oven to 325 F. Grease an 7" x 11" rectangular baking dish and line the base with non-stick baking paper.

2. Put the chocolate and butter in a pan and heat gently, stirring until melted. Allow to cool slightly.

3. Whisk the eggs in a mixing bowl until pale and frothy, then add the sugar, a spoonful at a time, whisking until thick and glossy.

4. Gently fold in the melted chocolate mixture. Sift in the flour, baking powder and salt and fold in the pecan nuts.

5. Spoon the mixture into the baking dish, level with the back of a spoon and bake for 40 minutes, until the top has a cracked appearance and the center is still a little soft to the touch. Do not overbake, or you will lose the famous sticky brownie texture. Cool in the pan.

6. Cut into slices and sift over a little icing sugar.

Lighting *continued*

more efficiently.

Task lighting

The home improvement firm Hiller describes task lighting as lighting directed toward a specific area to give more detail to objects. Close-range work such as crafting, reading, cooking, and desk work requires task lighting so projects are effectively illuminated. Task lighting can be installed anywhere a person requires direct, intense light to see details. This means lights can be under cabinetry or on a desk for reading mail or homework.

Accent lighting

Lowes indicates that accent lighting balances lighting and spotlights certain points in a space. For example, accent lighting can be utilized to highlight collectibles or artwork. Accent lighting may call attention to entryways, plants, fireplaces, or other points. Accent lighting typically adds character to a room and is not necessarily bright enough to sufficiently illuminate a space.

Decorative lighting

Decorative lighting is used exclusively for aesthetic purposes, according to BLOCC House of Interiors. It adds style and drama to spaces. Decorative lighting fixtures include pendants, sconces, chandeliers, and more. Decorative lighting also may be whimsical, such as fairy lights strung in a child's bedroom or neon lights in a home bar or sports room.

Separately, these lighting op-

Car's Life *continued*

to 30 percent.

· **Fight corrosion.** Rust can kill a car before the engine actually fails. People who live in areas where roads are treated with salt in the winter should use a winter car wash that includes an undercarriage spray. Auto Recycling World says road salt can eat through brake lines and fuel lines. In addition, applying a coat of wax twice a year can prevent UV rays and other damage to the clear coat, which protects the metal body from the elements.

· **Address engine lights promptly.** CarMD says addressing a "check engine" light immediately is 20 percent cheaper than waiting until the vehicle has a driveability issue. For example, ignoring a \$150 oxygen sensor can eventually destroy a \$1,500 catalytic converter.

Small habits can help prolong the longevity of vehicles and help people save money.

 *Puzzle Answers*

S	P	U	D	F	A	R	A												
P	A	E	N		V	A	Y	A		M	A								
U	N	A	I		E	O	A	L	O	A									
		S			R	A	G	D	O										
								N	O	E									
L	V	A			E	M	N	O	N										
O	G	R	E				O	G	A										
S		R	U				T	B	A	I									
		M			G	Y													
					S	E	G	M											



tions may not be enough to suit your needs. But when combined, these types of lighting help to establish an interesting and functional home interior design that fits with a person's lifestyle and needs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1 style="text-align: center;">APRIL 2026</h1>		<p>2ND QUARTER ASSESSMENT DUE 1:00p Yarn Group 6:30 Belly Dancing Class</p>	<p>9:00a Tai Chi 4:00p Clubhouse Rented</p> 	<p>10:30a Knitters for Charity</p>	<p>4</p>
 <p>HAPPY EASTER</p>	<p>5 9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>6 10:30a Tai Chi 7:00p BWE Board Meeting</p>	<p>7 1:00p Yarn Group 4:00p Berkeley Woods Board Meeting 6:30 Belly Dancing Class</p>	<p>8 9:00a Tai Chi 5:00p Yoga</p>	<p>9 10:30a Knitters for Charity</p>	<p>10 11 </p>
<p>12 9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>13 9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>14 10:30a Tai Chi</p>	<p>15 1:00p Yarn Group 6:30 Belly Dancing Class</p>	<p>16 9:00a Tai Chi 5:00p Yoga</p>	<p>17 10:30a Knitters for Charity</p>	<p>18 Clubhouse Rented</p>
<p>19 9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga 7:00p BWE Annual Membership Mtg.</p>	<p>20 9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga 7:00p BWE Annual Membership Mtg.</p>	<p>21 10:30a Tai Chi 6:30p Preserve Meeting</p>	<p>22 1:00p Yarn Group 6:30 Belly Dancing Class</p>	<p>23 9:00a Tai Chi 5:00p Yoga</p>	<p>24 10:30a Knitters for Charity</p>	<p>25</p>
<p>26 9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>27 9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>28 10:30a Tai Chi</p>	<p>29 1:00p Yarn Group 6:30 Belly Dancing Class</p>	<p>30</p>		

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