

# The BEACON

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

*Shedding Light on What's Happening in Your Community!*

## President's Corner

Board Meeting will be held at the clubhouse on May 5, 2026 at 7p.m.

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

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.**

**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.

The pool hours are 9:00 a.m. to 9:00 p.m.

If the pool area is not vacated by 9:00 p.m., your card will be deactivated:

- 1st Time - 30 Days**
- 2nd Time - 60 Days**
- 3rd Time - 90 Days**
- 4th Time - Permanently**

If you bring a guest to the pool, it is \$1.00 for anyone over 12 years of age and .50 for anyone under the age of 12 per day. There is a "Guest" box located by the bulletin board in the pool area for these funds.

Members, you need to make sure that the gate closes behind you when you enter or exit.

Members shouldn't be letting anyone in that doesn't have a keycard except their own guest!!!

**Please keep an eye out for the person stealing sprinkler heads on Clayton Blvd.**

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## Attention Berkley Woods Residents

[berkeleywoodsoa.com](http://berkeleywoodsoa.com)

**Next Homeowner's meeting is Wednesday, May 13th at 4pm, clubhouse. PLEASE, JOIN THE MEETING.**

### Summary of Meeting from April 8th

• Welcome packets will be distributed to those that have moved in since 2024 and will be mailed to owners

• WREC will repair the sprinkler system and sod on corner of Hudson Ave and Clayton Blvd

• Some board members will be walking the inside wall to check for any repairs needed, beginning Friday, May 8th 10 am. Rain date May 11th.

• Letters will go out to owners along wall for trimming of plantings back 4 feet from wall, prior to cleaning and painting.

• Electrical quotes to be obtained for capping off spot light on Hudson/Clayton corner. Alternative lighting to be quoted. Electrical schematic being requested to gain an understanding of what we have going on and what we are paying for. Our WREC bill is increasing steadily.

**Lunch Bunch** -Wednesday, May 20th at 12pm, Carrabba's Italian Grill, 10110 US Hwy 19 N, Port Richey. Celebrating Diane Trott's 90th Birthday!! **RSVP to Kelley 727-597-0535.**

**BWE Homeowners' Association, Inc. Meeting**  
**Tuesday, May 5, 2026 at 7:00 p.m. in the Clubhouse**

## Meet Our Board for 2026



*Left to Right:* Allison Pierce – Secretary, Douglas Walbert - Director, Margaret Murphy – Treasurer, Beverly Botte – President, Daniel Daws – Director, Dan Hess - Director, Robert Rossi – Vice President

**Fall Craft Fair**  
October 10, 2026 • 9 a.m - 2 p.m.

**Community Garage Sale**  
October 17, 2026

### Sales For Everyone!

This is reminder to all residents of Beacon Woods East. The **Fall Craft Fair will be held on October 10,2026 9 a.m – 2 p.m.** The **Community Garage Sale** will be held on the weekend of **October 17, 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.

## BWEHA Directory

### BOARD OF DIRECTORS

Beverly Botte, President  
 Robert Rossi, Vice President  
 Margaret Murphy, Treasurer  
 Allison Pierce, Secretary  
 Dan Hess, Director  
 Daniel Daws, Director  
 Douglas Walbert - 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 • April 7, 2026

President Botte called the meeting to order at 7:00 p.m. Present were Directors Beverly Botte, Rob Rossi, Margaret Murphy, Allison Pierce Dan Hess & Daniel Daws. Also let the records show that Jane Katzen was present. The pledge of allegiance was recited.

Ms. Pierce stated the minutes of the last meeting of March 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 \$113,240.86 in the operating account; \$69,686.70 is prepaid, leaving a balance of 43,554.16. There are 66 delinquents, 20 liens/pre-liens, 3 foreclosure/bankruptcies for a total of 89 in various stages of collection. We have 10 liens for \$15,662.62, 10 intents to liens \$5693.75, for a total of \$21,356.37. We have a total of 14 homeowners that owe two or more quarters \$3,522.95 homeowners that owe one quarter \$4,788.30.

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

**Architectural Control & Deed Restrictions:** Ms. Murphy reported that (4) second letters were sent in March 2026.

Lot 535 Vehicle parked on grass and sidewalk.

Lot 161N Grill in front of garage & on front porch.

Lot 839 Trailer in driveway.

Lot BW03 Yard unkept & bush overgrown into car. (2) third letters were sent.

Lot 030N Outside building (shed).

Lot 884 Debris stored in

front of garage. (2) sent to the attorney.

Lot 108N Debris stored in front of house – tarps, wood piles & trash piling up prior to scheduled pick up.

Lot 108N Branches in yard need to be removed.

**Old 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.

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.”

**New Business:** Guest James Young came in to find out if anyone would be interested in signing up for a class making wood shaving flowers. Class would be 1 – 2 hours depending on how large the group is. Cost is \$15.00 he would provide wood shavings & stems. Students would have to bring glue gun & glue sticks. We will put in the *Beacon* News and a sign-up sheet will be in the office.

When you speak at an Open Forum, please state your name and lot number so everyone will know who you are.

Reimbursement for mileage to do “Deed Violations” Article VI Section 5. **Motion** to approve the reimbursement of mileage. **Vote:** “6 in favor, 0 opposed. Motion passed.”

Deactivation of pool key if you are not out of pool area by 9:00 P.M., have food or violate

any of the pool rules.

Board members' phone numbers will be listed in pool area in case a problem arises. Vice President Rob Rossi asked if there would be pool attendants this year. Not, at this time.

### 2026 Event Calendar

Craft and Bake Sale October 10, 2026

Community Garage Sale for October 17, 2026

Volunteers for all activities would be appreciated.

### Suggestions:

**Organizational Reports.** None

**Announcements and Reminders:** The next meeting will be held on May 5, 2026, at 7:00 PM

**Open Forum:** Resident mentioned that water ban has changed the hours of when you can water.

One day per week Irrigation Window: For potable, well, or surface water, you may only water between 8 p.m. - 4 a.m. on your day. Water: Watering reclaimed is permitted only between midnight - 8 a.m.

Car Washing: Personal vehicles can be washed only once per week. No watering on Saturday or Sundays.

Ms. Murphy brought up deed violations. When you see violations, please take pictures and send them to [bwe@westpasco.us](mailto:bwe@westpasco.us) The office will take over from there. No one will know who sent the pictures in.

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

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*Memorial Day often is celebrated with the excitement of a long weekend and the prospect of firing up the grill for a backyard barbecue. But Memorial Day also is a time to reflect on the men and women who gave their lives to defend American freedom.*

**Honor Veterans This Memorial Day**

Memorial Day was established to honor individuals who died while serving the United States in the Armed Forces. Memorial Day is a time to reflect on the sacrifices of the fallen heroes who dedicated and lost their lives in the pursuit of service. The following are some ways to honor those sacrifices this Memorial Day.

• **Observe the National Moment of Remembrance.** The National Moment of Remembrance is an annual one-minute moment of silence that takes place at 3 p.m. local time on Memorial Day. Established by Congress in 2000, this unifying moment encourages Americans to pause their activities and reflect on the high cost of freedom. The time is significant, as it is a period when most people are enjoying Memorial Day festivities that were made possible by the sacrifices of Armed Forces personnel.

sible by the sacrifices of Armed Forces personnel.

• **Honor the American flag.** Memorial Day features a unique flag protocol. To properly honor the fallen, the flag should be flown at half-staff until noon. Afterwards, it should be raised to the top of the staff for the remainder of the day, according to the Veterans of Foreign Wars organization. The transition marks the nation's mourning in the morning hours and then the legacy of fallen veterans later in the afternoon.

• **Coordinate flag placement for cemeteries.** Organizations like Flags for Fallen Vets and scouting groups make an effort to place small American flags at the grave sites of deceased veterans. Many cemeteries feature sections exclusively for veterans. Similarly, families can visit cemeteries and leave a penny or



a stone on the headstone of a veteran, which shows others that someone visited to pay their respects.

• **Talk to the next generation.** To ensure that the memories of fallen soldiers do not fade into obscurity, living veterans can speak with youth about their service experiences and those of their fallen friends. Schools or local municipalities can organize speaking engagements.

Memorial Day is much more than sales at the furniture store or a day spent manning the grill. It is a day to remember

and honor service members who never made it home to see their great country again. Ensuring that their efforts are remembered, and giving thanks to all veterans, is a great way to commemorate Memorial Day.



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## A Guide to Buying your First Home

Buying a home is one of the most significant financial commitments a person can make. Individuals may wonder when is the right time to jump in to the real estate market. The answer may boil down to affordability.

*The housing market is continually evolving.* Buying a home now is a little bit different than it was even a few years ago, as inventory is starting to recover from a lengthy period with limited offerings, according to Realtor.com. But even though inventory may have increased, home prices have not come down. The median home price now sits at around \$410,000 in the United States and approximately \$676,335 in Canada, and interests rates hover around 6 percent for a 30-year fixed rate.

Before it's time to sign a contract and get the keys, potential buyers can follow this guide as they navigate buying a home for the first time.

· **Know your buying power.**

Before browsing home listings, buyers should conduct a financial audit to see how they stack up. It's worthwhile to sit down with a mortgage broker who can run your numbers. Credit score is a significant variable that will be checked during such consultations. If necessary, identify ways to boost that score in the months before applying for a mortgage.

· **Follow the 30 percent rule.**

Rocket Mortgage says the 30 percent rule dictates that total monthly housing costs, including principal, interest, taxes, and insurance (PITI) should not exceed 30 percent of a borrower's gross monthly income to maintain financial stability.

· **Budget for the extra costs.**

Buyers should concern themselves with all of the costs that go into buying a home. In addition to the down payment, closing costs can come in at around 2 to 5 percent of the home's price. An inspection and appraisal can run around \$1,000.



Additional costs may include termite inspection, and other out-of-pocket costs to get the home up to code.

· **Lower your costs.** A rising trend in home buying is a surge in down payment assistance (DPA). Bankrate says DPAs provide eligible individuals, typically first - time or low - to - moderate - income buyers, with assistance that covers costs like down payments and closing fees. These programs may be offered by the government, non - profits or private lenders.

· **Utilize a reputable inspector.**

A home may seem like a dream until a person pulls back the curtain on some hidden red flags. It's always worth the expense to have a housing inspector or a trusted contractor walk through the property prior to making an offer to ensure that the home is in good condition.

· **Choose a value market.** First-time home buyers may want to select metro areas that offer the best balance of earnings versus home prices. According to a 2026 report from Realtor.com, areas that provide the best value

*First Home continued on 22*

# Safe Ways Seniors Can Lose Weight

According to the Centers for Disease Control and Prevention, 39 percent of adults 60 and over met the criteria for obesity over a two-year period between August 2021 and August 2023.

The National Council on Aging notes the importance of maintaining a healthy weight as you age. Seniors who qualify as obese, which occurs when a person's body accumulates and stores excessive amounts of body fat, carry a higher risk of chronic diseases like type 2 diabetes, heart disease, and certain types of cancer. The NCOA also notes that excess body weight puts a strain on the joints, increasing the risk for osteoarthritis and making daily movements more difficult. People with obesity also are more likely to develop asthma and sleep apnea.

Seniors diagnosed with obesity are urged to seek safe and healthy ways to lose weight. Fad diets and other means to quick weight loss can be dangerous, but the NCOA notes simple lifestyle changes and healthy habits can help seniors safely lose weight.

• **Consume nutrient-dense foods.** Lean proteins, whole grains, fruits, and vegetables offer plenty of vitamins, minerals and fiber but tend to be low in calories. That makes them ideal options for people looking to lose weight, as they contribute to feelings of fullness without consuming a lot of calories.

• **Incorporate physical activity into your daily routine.** Exercise can pose problems for older adults who qualify as obese. The joint issues that can affect older adults with obesity can make traditional exercise regimens that incorporate strength training and moderate to vigorous aerobic activity very difficult, and maybe even dangerous. But the NCOA notes that exercise need not be intense to be effective. Walking is a great physical activity for older adults. Swimming also is



*The prevalence of obesity among adults 60 and older is significant.*

excellent, as it provides a full-body workout that's easy on the joints. Seniors are urged to speak with their physicians about physical activities they can handle.

• **Don't sleep on sleep.** Sleep can be an effective ally for seniors looking to lose weight. The NCOA notes that seven to nine hours of sleep per night helps support a healthy metabolism and regulate hunger. Seniors who have trouble falling asleep at night can try various strategies, from avoiding caffeine from the afternoon on to avoiding screens after dinner, to prepare their bodies to get better rest at night.

• **Work to combat stress.** The NCOA reports that stress is

a contributor to weight gain. And stress and disorders linked to it are perhaps more common among adults 60 and over than people realize. In fact, according to the Anxiety and Depression Association of America, anxiety disorders, which are a notable source of ongoing stress, are the most widespread mental health condition among older adults. Sufficient sleep, meditation and deep breathing exercises can help seniors combat stress, and that in turn may help older adults avoid excess weight gain.

Obesity is a problem among older adults. Finding safe ways to lose weight can have a profound effect on seniors' short- and long-term health.

*"Today is another chance to get stronger, to eat better, to live healthier, and to be the best version of you."*

— Anonymous —

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*Cycling is a great form of exercise and a wonderful means to enjoying the great outdoors.*

## A Refresher Course in Cycling Safety

The organization People for Bikes says a record 112 million Americans rode a bike at least once in 2024. Youth ridership experienced a notable surge, with participation among those between the ages of three and 17 increasing to 56 percent.

While cycling can be an enjoyable activity for all ages, it is not without risk. Thousands of cyclists are injured or killed in the United States every year, says the Centers for Disease Control and Prevention. Bicycle safety tips cannot remove all of the risk, but they can help a person make smarter choices to avoid injury.

**Helmet.** Every bike ride should begin by putting on a helmet. The NHTSA says sizing can vary between manufacturers, so it can take time to fit a helmet properly. But a well-fit-

ting helmet is a necessary step to avoid serious head injuries.

**Bike inspection.** It's important to inspect a bike prior to riding. The seat should be adjusted to the proper height and locked into place. All parts should be secure and working properly before riding. The National Safety Council also advises cyclists to ensure that tires are inflated properly and that the bike is equipped with reflectors on the rear and front pedals and spokes.

**Be visible.** It can be difficult to see bike riders, particularly at night. That is why people should wear bright clothing or reflective items. Whenever possible, riders should ride during the day. If riding at night, flashing lights and reflective clothing are a must.

**Choose the right bike.** Se-



lecting a bike that fits the rider is key. If it's too big, it can be harder to control. A bicycle shop will have professionals on hand who can guide buyers on bike sizing and help them choose a bike that is appropriate and comfortable.

**Choose bike lanes.** Whenever possible, riders should opt for bike lanes, which improve safety for cyclists.

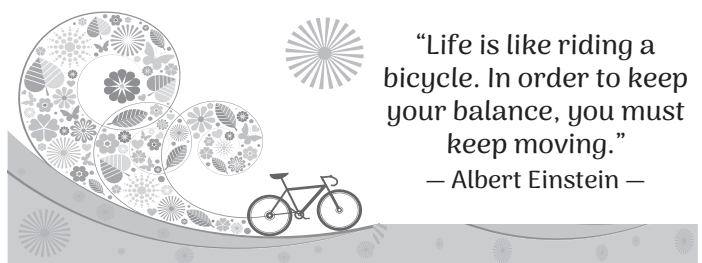
**Follow road rules.** Cyclists must follow the same rules of the road as other vehicles. The NSC reminds riders that they should ride in single file in the direction of traffic. Cyclists should use hand signals when turning and exercise considerable caution at intersections.

Before entering traffic, stop and look all around for traffic. Stop signs and other signage are not optional; cyclists should heed the rules of the road to stay safe.

**Ride solo.** Cyclists should stick to one rider per seat, with both hands on the handlebar. No one should ride on the handlebars or on the frame of the bike.

**Travel light.** If a rider must carry items, they should carry them in a backpack or strap items to the back of the bike.

The season for cycling is starting to heat up. Riders should review the rules of the road and riding safety tips before pedaling away.



# Bring Your Burger Making Skills to the Next Level This Summer



Hamburgers are a staple of summer menus in millions of homes. Whether you're hosting friends on Memorial Day weekend or simply looking for a hearty midweek meal, burgers and summertime cooking go hand in hand.

Hamburgers are a straightforward dish that are often prepared on a grill. But burgers also can be prepared on a stovetop, which can add a new flavor profile to this beloved summertime staple. Those looking to do just that can try this recipe for "Beef Burgers With Onions, Spinach, Ketchup, and Blue Cheese" from Lines+Angles.

### Beef Burgers with Onions, Spinach, Ketchup, and Blue Cheese Makes 4 Servings

#### For the sauce:

- 1 tablespoon olive oil
- 1 small red onion, peeled and finely diced
- 1 to 2 cloves garlic, peeled and finely diced
- 1 tablespoon honey
- 1 tablespoon brown sugar
- 8 ounces tomato puree
- 3 1/2 tablespoons tomato passata
- 1 tablespoon Worcestershire sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon whiskey
- 1/2 teaspoon salt or to taste
- 1/8 teaspoon freshly ground

- black pepper or taste
  - 1/2 teaspoon paprika, or to taste
  - 1/4 teaspoon chili powder
- For the burgers:**
- 1 1/4 pound ground beef
  - 1 onion, peeled and finely diced
  - 1 tablespoon mustard
  - 1 tablespoon Worcestershire sauce
  - 1 tablespoon chilli sauce
  - 1 tablespoon vegetable oil
  - 4 ounces Stilton cheese, sliced
  - 4 sesame seed burger buns
  - 2 to 3 handfuls baby spinach
  - 6 tablespoons crispy onions
- For the sauce:** Heat the oil in a pan and lightly sauté the diced onion and garlic. Stir in the honey and sugar and simmer briefly. Mix in the tomato puree, passata, Worcestershire sauce, vinegar, and whiskey. Simmer until thickened. Season the sauce with salt, pepper, paprika, and chilli powder to taste.
- For the burgers:** Place the beef in a bowl, add the onions, salt, pepper, mustard, Worcestershire sauce, and chili sauce, and mix well. Shape into 4 burgers. Preheat a griddle pan. Lightly oil the pan and grill the burgers for 8 to 10 minutes, turning once. During the last minute of cooking, top the burgers with cheese and allow to melt. Remove the burgers from the pan and set aside. Halve the burger buns horizontally and toast in

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the pan, cut-side down, for 1 minute, then remove.

Layer the bottom half of each bun with spinach and sprinkle with crispy onions. Place the burgers on top, drizzle with tomato sauce and cover with the top bun halves. Fix with a skewer if desired and serve with the remaining sauce separately.



### Leave a can, feed a neighbor: The Letter Carriers' Food Drive

On May 9th, your letter carrier will be making an extra stop.

Leave a bag of non-perishable food by your mailbox — canned goods, pasta, peanut butter, cereal — and they will carry it with them on their route, delivering it directly to a

*Food Drive continued on 9*

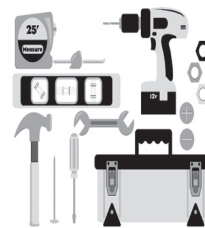
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# Local HAPPENINGS

**Baker House Tours** (a cracker house built in 1882- free admission) is hosted by the **Elfers Centennial Garden Club** on **Saturday, May 16** from 10:00 a.m. to 1:00 p.m. at the Centennial Library Branch 5740 Moog Rd. Holiday. Make sure you **visit our plant sale.** Weather

permitting.



**St. Michael The Archangel Catholic Church** invites you to our new roof fundraising event. **Saturday, May 16th**, 12:00 p.m to 4 p.m.. We are having a 1/2 chicken BBQ dinner with potato salad, baked beans and a roll. \$15 donation. Featuring Robert's Smokin'

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**Weeki Wachee Senior Citizens Club:** Our Clubs provide an outlet for senior citizens from 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.



**Women's Connection of New Port Richey** will meet on **Wednesday, May 13th**. Join us for a delicious lunch and a special feature, "Let's Go! Travel tips, Destinations and Fun." Our inspirational speaker's topic is "When the Perfect Life Becomes a Nightmare, Then What?" We meet at Spartan Manor, 6121 Massachusetts Avenue, NPR, from 11:30 a.m. - 1:30 p.m. The cost is \$20 inclusive and reservations are

necessary. Call Karen at 727-842-9090 or Ruth at 727-233-2247.



**Hudson Beach Yacht Club** will hold their **May General Meeting** at the Sea Ranch Clubhouse, 13711 Veronica Dr. in the Sea Ranch subdivision off US 19 on **Tuesday, May 5th**. Doors open at 7:00 p.m., meeting starts at 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.



Our rescue is **looking for temporary foster homes for dogs**. Fostering is free—we provide veterinary care, supplies, and support. You provide the love and a safe place while we find the perfect forever home. Even fostering for a few weeks can make a life-saving difference. Apply to foster: [www.sunshinehumane.org/foster](http://www.sunshinehumane.org/foster). P.S. Come meet us at Heritage Lake Craft Fair on April 25!



**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](mailto:Naturecoastbridge@gmail.com). You can also follow us on Facebook.



Barbara Ryder, League of Women Voters, will be our guest speaker at the **Heritage Pines Democratic Club Meeting**, 11524 Scenic Hills Drive in Hudson on **Thursday, May 21st** at 6:30 p.m. The topic of her presentation will be voter **Happenings continued on 22**



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## Richey Orchestra & Chorus Present Two Concert Events in May!



Extra! Extra! The Richey Community Orchestra has added a new special event! The Richey Chorus will present "Rockin' the 60's" on Sunday, May 3rd, at the Community Congregational Church in downtown New Port Richey. This special show will feature our fabulous Richey Chorus performing a concert of some great tunes from the 60's, including music by Neil Diamond, the Jersey Boys, the Beatles, and the 5th Dimension. Plus favorite hits like California Dreamin', What a Wonderful World, Blue Suede Shoes and Old Time Rock and Roll. Songs you love will have you singing along! Showtime is 3:00 p.m. at the Community Congregational Church, 6533 Circle Blvd., New Port Richey. Tickets are \$15.00 and may be purchased on our website at: [www.richeycommunityorchestra.com](http://www.richeycommunityorchestra.com). Tickets may also be purchased at the door the day of the concert if available. Call Denise at 727-919-3866 for more information.

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Our last show of the season is our annual "Mother's Day Dinner Concert", on May 10th. Celebrate Mother's Day with the RCO at Spartan Manor Restaurant. It's the perfect gift! Fabulous soloist, Ashley Thunder, joins us for a tribute to the great Divas of music, including Ella Fitzgerald, Aretha Franklin, Tina Turner and more! Ashley is a remarkable talent, with a dynamic range and incredible power, very exciting to hear! The Orchestra will pay tribute to the great ladies of Broadway with music from Mame, Funny Girl, Hello Dolly and more. Cocktails at 1:00 p.m. (Cash Bar), followed by a full course dinner at 1:30 p.m. featuring your choice of Roast Beef or Roast Chicken, salad, potatoes, vegetables and dessert. Tea and

### Food Drive continued

local food bank or pantry by end of day. No drop-off location to find. No special trip. Just a bag by the mailbox.

That simple, efficient idea has added up to something remarkable. Since the National Association of Letter Carriers launched its Stamp Out Hunger Food Drive in 1993, the campaign has collected more than 1.7 billion pounds of food nationally. In a strong year it gathers roughly 80 million pounds in a single day, making it one of the largest single-day food drives in the country.

The food stays local. Donations collected in your community go directly to Feeding America partner food banks and pantries serving your neighbors — distributed through food pantries, soup kitchens, and community assistance programs in the same ZIP codes where they were collected.

**Letter carriers know their routes and they know their communities. On May 9th, they are putting both to good use.**

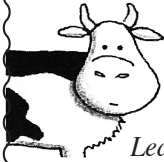


coffee are included. The show starts at 3:00 p.m. The Spartan Manor Restaurant is located at 6121 Massachusetts Avenue, New Port Richey. Tickets are \$50.00. Seating is at tables of ten and advance reservations only.

Tickets may be purchased on our website at [www.richeycommunityorchestra.com](http://www.richeycommunityorchestra.com). For more information about the Orchestra or Chorus, call Denise Isaacson at 727-919-3866. Be sure to "Like" us on Facebook.

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**Virginia Lit the Fuse  
for Independence -  
250 Years Ago  
this Month**

July 4th gets the fireworks. But the fuse of independence was sparked on May 15, 1776 — 250 years ago this month — in Williamsburg, Virginia.

That was the day Virginia's colonial delegates voted unanimously to instruct their representatives in Philadelphia to propose independence from Britain. It was the first official government action by any colony calling for a break with the Crown, and it set everything else in motion. Three weeks later, on June 7, Virginia's Richard Henry Lee formally introduced the motion for independence in the Continental Congress. A committee was appointed. Thomas Jefferson was handed a quill.

Without Virginia's May 15th vote, the timeline of American independence might look quite different. The Declaration of Independence might carry a different date entirely.

July 4th still gets the party. But Virginia got there first, according to the Library of Virginia.

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## How Sleep Benefits Mind and Body, and How You Can Get More Of It!



Waking up after a good night's sleep can prepare people to take on a new day and all the challenges it has to offer. On the opposite end of the spectrum, a poor night's sleep can contribute to physical and mental fatigue, and even have an adverse effect on the immune system, making people more vulnerable to illness. Perhaps that's one reason why the National Institute of Neurological Disorders and Stroke contends sleep is as important to a person's survival as food and water.

Anyone who has had a good night's rest and a bad night's sleep need not be reminded how differently their minds and bodies felt after each night. But they might not realize why their minds and bodies felt much better after a good night's rest than the night when they battled insomnia. According to the NINDS, sleep plays a vital role

in brain function, including affecting how nerve cells communicate with one another. The NINDS also notes that recent research suggests a particularly important task is performed while a person is asleep, as it's during rest when toxins that build up in the brain while you're awake are removed. That could be one reason why the health-related effects of chronic lack of sleep are so profound. Such ef-

fects include an increased risk for a number of health problems, including high blood pressure, cardiovascular disease, diabetes, depression, and obesity. If left untreated, each of those conditions can adversely affect quality of life and may even contribute to a reduction in life expectancy.

So now that some of the more notable effects of consistent and sufficient sleep have been noted, how can anyone go about ensuring a better night's rest? The NINDS recommends people looking to get better sleep take the following advice to heart.

• **Establish a consistent sleep schedule** by going to bed and waking up at the same time each day.

• **Avoid a sedentary lifestyle.** Make a concerted effort to exercise for at least 30 minutes most days of the week, but avoid doing so within a few hours of bedtime. Advice regarding when to exercise to ensure a good night's

rest is mixed. The National Sleep Foundation notes that research indicates some people considered "night owls" sleep well after exercising at night, while "early birds" may struggle to fall asleep if they work out too close to bedtime. In addition, the NSF notes that research has found moderate-intensity exercise does not have a detrimental effect on sleep so long as a workout concludes at least 90 minutes before bedtime.

• **Relax before bed.** This tip is connected to the rule of thumb regarding exercising too closely to bedtime. Just like ramping up right before bed may adversely affect sleep, winding down with a warm bath, cuddling up with a good book, or engaging in another relaxing routine may set the body up to fall asleep when a head hits the pillow.

• **Avoid caffeine and nicotine late in the day and alcoholic drinks before bed.** Even if a  
*Sleep continued on page 20*

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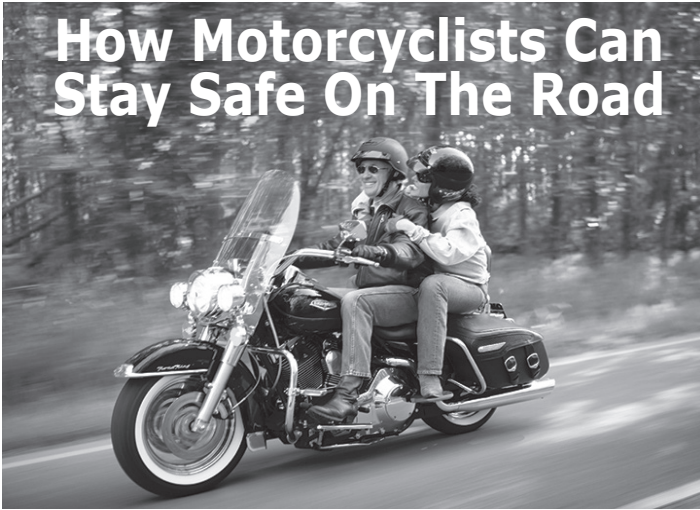
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# How Motorcyclists Can Stay Safe On The Road



The sounds of spring include birds chirping and lawnmowers trimming away. But on the roadways, the arrival of warmer temperatures frequently brings motorcycle enthusiasts and their sometimes noisy bikes out in full force.

The National Highway Traffic Safety Administration says motorcycle riding is dangerous due to a lack of structural protection, low visibility and reduced stability. Riders are 28 times more likely to die in a crash than car

occupants.

Unlike cars, motorcycle engines are not enclosed by a sound-dampening cage. Motorcycle engines operate at higher speeds, creating faster and more frequent exhaust pulses. Some riders replace stock mufflers with louder, less restrictive systems to increase exhaust flow. These factors can make motorcycles quite loud on the road, and that noise helps contribute to a safer environment. "Loud pipes saves lives" is a motto that

has perpetuated among riding enthusiasts for generations. Apart from alerting others of a rider's presence through noise, motorcycles can rev up safety.

· **Wear a helmet.** Always wear a U.S. Department of Transportation-certified helmet to prevent fatal head injuries. In Canada, motorcycle riders and passengers are required to wear Snell-, ECE- or DOT-compliant helmets.

· **Use protective gear.** Wear leather or reinforced jackets and pants. Over-the-ankle boots and gloves also are advised.

· **Make yourself visible.** Wear bright, reflective clothing, especially at night. When riding in a lane, position yourself to where you are most visible to drivers. Avoid blind spots.

· **Prioritize maintenance.** The Motorcycle Safety Foundation advises routine pre-ride inspections on tires, brakes and lights to ensure safe operation.

· **Be especially cautious at intersections.** Many accidents occur at intersections. Always exercise extreme caution at intersections, double-checking

that all other traffic has stopped before proceeding.

· **Watch weaving.** Just because your bike can fit between cars stuck in traffic does not mean you should weave in and around vehicles to get ahead. Doing so is dangerous and may inspire road rage among fellow motorists.

· **Anticipate road dangers.** Scan the road frequently for dangers, including holes, gravel, oil, or water on the pavement. Keep an eye out for debris that wouldn't be a concern for cars but can sideline a motorcycle.

· **Ride solo.** Don't carry passengers until you have significant solo riding experience.

· **Enroll in a safety course.** A Motorcycle Safety Foundation course can help you improve skills and it also may qualify you for insurance discounts.

· **Stay sober.** Alcohol and riding do not mix. Never ride after consuming alcohol.

Motorcycle safety should be on the minds of all riders each time they twist the throttle and speed away.

## Our Whole Body Approach

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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.**

### Chair Yoga

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

*What is chair yoga?*

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

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

### Tai Chi/Chi Kung

is a fun, slow, simple exercise that's EASY so, everyone will benefit.

Increase focus, flexibility, energy, coordination. Improve balance, breathing, posture and lower blood pressure.

A donation for members are **\$5.00 and \$6.00 for guests.** Class is **10:30am on Tuesdays.** Call Pat, Grand Master has taught for over 20 yrs. Join the fun! 992-7896.

### Wednesday Yarn Group

The title simply means a group who gets together each week to work on one kind of handwork or another. Most are knitters or crocheters, but Embroidery, Cross-titch Needlepoint, various other interests show up regularly. One even spins her own yam

Occasionally, we'll pick something completely out of those categories, just because it interests us. There is no leader, no followers, though nearly everyone will assist if you had to run into something that you need a helping hand. Could be simply help reading instructions; especially if you happen to be dyslexic and written instructions are totally confusing.

The ladies - so far no guys have opted to join in the fun - are so welcoming. Even your first time join us, you will find you are welcome as part of a the group ..... all of whom enjoy using their time to create beautiful, useful, interesting, gifting items.

This group has met for over 15 yrs. As one of the originators, it thrills me to know such kind, caring, interesting people. Many of these "old-time" made by hand methods have found new recent interest & are back in vogue. Come join in Weds. 1 to about 3 p.m.

### Wood Shaving Class

We have a gentleman that is interested in teaching a flower making class out of wood shavings.

If you are interested, please come into the office and sign up. Currently, we do not have a date or time. We are just trying to find out if there is any interest. We must at least have a minimum of 3 people.



### Knitters For Charity

*Knitting, Crocheting, Loom Knitting and Sewing.*

Using your knitting skills for charity is a powerful way to provide warmth and comfort to those in need. Items go to homeless, care centers and abuse shelters **Each Friday 10:30am – 12:30pm** at Beacon Woods East Clubhouse. **\*\*In the office there is a donation barrel for yarn and fabrics.\*\***

### Silver Shimmies Belly Dance Classes for Fun

Learn to Belly Dance! **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*

### Virginia Lit the Fuse for Independence 250 Years Ago this Month

July 4th gets the fireworks. But the fuse of independence was sparked on May 15, 1776 — 250 years ago this month — in Williamsburg, Virginia.

That was the day Virginia's colonial delegates voted unanimously to instruct their representatives in Philadelphia to propose independence from Britain. It was the first official government action by any colony calling for a break with the Crown, and it set everything else in motion. Three weeks later, on June 7, Virginia's Richard Henry Lee formally introduced the motion for independence in the Continental Congress. A committee was appointed. Thomas Jefferson was handed a quill.

Without Virginia's May 15th vote, the timeline of American independence might look quite different. The Declaration of Independence might carry a different date entirely.

July 4th still gets the party. But Virginia got there first, according to the Library of Virginia.

## Deed Restrictions at Work:

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

- 1 Vehicle parked on grass and sidewalk
- 1 Grills in front of garage and on front porch
- 1 Trailer in driveway
- 1 Outside building (shed)
- 1 Trailer in driveway
- 1 Yard unkept & bush overgrown into car

### 2nd Notices

- Lot 535 Vehicle parked on grass and sidewalk
- Lot 161N Grills in front of garage and on front porch
- Lot 839 Trailer in driveway
- Lot BW03 Yard unkept & bush overgrown into car

### 3rd Notices

- Lot 030N Outside building (shed)
- Lot 884 Debris stored in front of garage

### ATTY

- Lot 108N Debris stored in front of house – Tarps, wood piles & trash piling up prior to scheduled pick up
- Lot 108N Branches in yard need to be removed

## The Fundamentals of a Strong Swing

Consistency is vital for golfers. When golfers can be consistent with their swing and approach, the end results are more likely to be successful.

Seasoned golfers and even those relatively new to the sport likely know there's no shortage of advice regarding how to swing. Whether it's the golf pro at a local club, a neighbor with a passion for the game, or the myriad weekend warriors at golf-based entertainment centers like Topgolf®, plenty of people are ready and willing to offer their own unique views on how to master the fun and often frustrating game of golf. While advice is often well-meaning, constant tips can cloud golfers' heads, particularly in regard to their swing. The PGA of America notes the fundamentals of a golf swing include grip, stance, posture, and alignment. Remembering those fundamentals and what each entails can help golfers develop a consistent swing in the hopes of producing a better round the next time they take to the links.



### Grip

Grip refers to how golfers hold their clubs in preparation for a shot. Though that sounds simple, golfers can grip their clubs in a number of ways. Some hold their clubs tightly, weakly or relatively neutral. Grip also refers to how golfers position their hands. Some prefer to interlock their fingers, while others adopt an overlap grip in which the pinkie finger of their top hand overlaps the index finger on their bottom hand. The baseball grip is another style that mirrors how baseball players hold a bat when they get into the batter's box.

### Stance

Stance refers to how golfers posi-

## BWEHA Operating Statement - March 2026

### INCOME

|                          |            |
|--------------------------|------------|
| HOA FEES                 | \$4,688.81 |
| GUEST FEES               | \$152.00   |
| INTEREST INCOME RESERVES | \$397.24   |
| CLUBHOUSE RENTAL         | \$1,400.00 |
| OTHER INCOME             | \$270.00   |
| ESTOPPEL CERTIFICATES    | \$1,000.00 |
| LATE FEE                 | \$1,227.97 |
| SPECIAL ACTIVITIES       | \$125.00   |
| ATTORNEY FEES            | \$650.01   |

### TOTAL

**\$9,911.03**

### EXPENSE

#### UTILITIES

\$1,586.49

#### SERVICES

|  |          |
|--|----------|
| POOL SUPPLIES                          | \$210.13 |
| OFFICE SUPPLIES                        | \$316.66 |
| LEGAL FEES                             | \$210.00 |
| COMPUTER & INTERNET                    | \$32.10  |
| COPIER MAINTENANCE AGREEMENT           | \$80.19  |
| SPECIAL ACTIVITIES BEACON NEWS         | \$135.00 |
| INTERIOR PEST CONTROL                  | \$34.24  |
| MISC EXPENSE REFUNDS Sent to wrong HOA | \$445.00 |

### TOTAL

**\$1,463.32**

#### MAINTENANCE/SUPPLIES

|                         |          |
|-------------------------|----------|
| COMMON AREA MAINTENANCE | \$477.88 |
| BUILDING MAINTENANCE    | \$171.63 |

### TOTAL

**\$649.51**

### PAYROLL

|          |             |
|----------|-------------|
| SALARIES | \$11,575.80 |
|----------|-------------|

### TOTAL

**\$15,275.12**

|                   |                         |                          |
|-------------------|-------------------------|--------------------------|
| <b>NET INCOME</b> | <b>POOLING RESERVES</b> | <b>STANDARD RESERVES</b> |
| \$9,911.03        | \$192,378.07            | \$149,376.61             |

RESERVES - DEPOSITED \$5000.00 TO EACH RESERVE ACCOUNT IN MARCH

tion their feet to the ball and to one another. A square stance is marked by a golfer's toe line being parallel to the ball line. An open stance is marked by one foot being slightly closer to the ball than the other foot. A closed stance refers to instances when a golfer's front foot is slightly closer to the ball than his or her back foot.

### Posture

Posture is another fundamental component of a gold swing. A consistent posture has a well-defined start position and end position. Posture will involve how the knees flex, how golfers bend at the hips, how straight their back is, and where their hands and arms are positioned.

### Alignment

Alignment refers to the position of a golfer's body relative to the target. A strong alignment facilitates an effective swing path. Feet, hips and shoulder positioning are all part of alignment. When alignment is off, golfers may be more likely to slice and hook.

Novice golfers and more seasoned players can benefit from a routine refresher course on the fundamentals of a strong swing. Golfers new to the game are urged to work with a golf pro to develop a swing that incorporates these four fundamentals.

## SUMMARY OF MEETING MINUTES OF BEACON WOODS EAST HOMEOWNERS' ASSN., INC. ANNUAL MEETING • April 20, 2026

President Botte called the meeting to order at 7:00 p.m. Present were Directors Rossi, Murphy, Pierce, Hess and Daws. Community Association Manager Katzen was also present. The pledge of allegiance was recited.

Secretary, Ms. Murphy verified that the number of proxies and voters in attendance necessary for a quorum was 51. She certified that the number of proxies received was 96 and the number of voting members in attendance was 3. Therefore, a quorum was present. It was stated that the minutes of the April 21, 2025, Annual Meeting had been published in the *Beacon* and posted on the bulletin board then President Botte moved for

acceptance of the minutes. Ms. Murphy seconded, and the minutes were accepted unanimously.

The notice of this meeting was given in accordance with the by-laws of the Association and has been presented to the President. It will be filed with the permanent records of the Association and will be available for inspection by the membership. Mrs. Botte was given proof of Notice of the Meeting.

There were no proposed 2025 changes to the BWE by-Laws.

President Botte presented a review of the past year. Replaced the small air conditioner. Replaced the clubhouse roof and painted the interior of the clubhouse. Replaced exterior cameras. Replaced pool ladder.

Did away with the lawn service. Bought lawn mower and Richard Sweet has taken over the mowing and bush hogging.

Election Committee Chairperson Allison Pierce Beverly Botte reported that there are three (3) candidates for three (3) open positions, which means no election was necessary. Beverly Botte announced Robert Rossi, Allison Pierce and Doug Walbert were duly elected. Ms. Murphy swore in the newly elected candidates. Ms. Murphy returned to her seat. Robert Rossi, Allison Pierce and Doug Walbert took their places at the table.

As there was no further business, the meeting was adjourned at 7:10 p.m.



### 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.

**Berkley Village**  
*Christina Sconza*  
8523 Braxton Dr.

**Clayton Village**  
*Kenneth & Barbara Cain II*  
12805 Sandhurst Ln

**Tanner Lambert**  
12903 Sunhill 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.

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.

## SUMMARY OF MEETING MINUTES OF BEACON WOODS EAST HOMEOWNERS' ASSN., INC ORGANIZATION MEETING • April 20, 2026

Ms. Botte called the BWE Organization meeting to order at 7:10 pm.

Allison Pierce called role. Present were Directors Botte, Rossi, Murphy, Hess, Daws and Walbert.

The ballot to elect the president was handed out and Robert Shoemate & Donna Romine

collected them. Ms. Botte was elected as President. The ballots were placed in a sealed envelope and certified by both Bob Shoemate and Donna Romine.

Ms. Botte then announced the officers would remain the same, Mr. Rossi as Vice President, Ms. Murphy as Treasurer,

Allison Pierce as Secretary. All nominations were seconded and approved unanimously.

As there was no further business, the meeting was adjourned at 7:15 p.m.

*Jane Katzen,*  
*Recording Secretary*  
*Allison Pierce, Secretary*



### Dad's Secret Treat for Mother's Day: The Frittata

Here is the thing about a frittata: it looks like something you would order at a nice brunch place, but it is actually one of the most forgiving things you can make. No flipping. No complicated technique. Just eggs, whatever is in the refrigerator, and about twenty minutes.

No flipping distinguishes it from the omlette, which is folded over to serve. The frittata,

with its ancient origins in Persia, displays all your fancy ingredients right on the top. You'll see them with long asparagus spears and even pasta and tomatoes -- anything you like.

The basic formula is simple. Beat six to eight eggs with a splash of cream or milk, salt, and pepper. Add whatever fillings mom likes — sautéed mushrooms and spinach, roast-

ed red peppers, crumbled bacon, goat cheese, sun-dried tomatoes, diced ham. The possibilities are genuinely hard to exhaust.

Pour the mixture into an oven-safe skillet over medium heat and let it set around the edges — about five minutes. Then slide the whole pan into a 375-degree oven for another 10 to 12 minutes until the top is just set and lightly golden. Rest for a few minutes, then slice like a pie.

Serve with toast, fresh fruit, and coffee. Maybe flowers. Definitely flowers.

The frittata rewards improvisation and forgives mistakes, which makes it the ideal vehicle for a well-meaning dad who wants to do something impressive without a culinary degree. And because every frittata is different, it feels genuinely personal — because it is.



# Florida Home Market Is Stabilizing.....But What About Mortgages?

The mortgage rate environment in early 2026 remains a key factor shaping the housing market, with rates stabilizing after a period of volatility but still elevated compared to pre-pandemic levels. As of April 2026, the average 30-year fixed mortgage rate is generally hovering in the low to mid-6% range, with recent data showing rates between roughly 6.2% and 6.5%. While this represents an improvement from peaks above 7-8% in prior years, borrowing costs remain high enough to impact affordability and keep many buyers on the sidelines.

Recent movements suggest slight downward pressure on rates, though not a dramatic decline. In early April, mortgage rates dipped modestly after several weeks of increases, reflecting fluctuations in the bond market and broader economic uncertainty. Mortgage rates are closely tied to the 10-year U.S.

Treasury yield, meaning ongoing concerns such as inflation, global conflicts, and economic growth continue to influence short-term direction.

Looking ahead over the next three months, most projections call for relative stability with only minor improvements. Industry forecasts suggest mortgage rates will likely remain in the low-to-mid 6% range through late spring and early summer. Some forecasts indicate the potential for rates to gradually trend toward the mid to high-5% range later in 2026, but meaningful declines in the immediate 60-90 day window are expected to be limited, unless global conditions improve in the next 30 days.

A key variable in this outlook is Federal Reserve policy. While earlier expectations pointed to rate cuts beginning soon-

er, stronger economic data and persistent inflation have those projections further out. Some analysts now anticipate that any meaningful rate cuts may not occur until later in the year, which could delay a more noticeable drop in mortgage rates. As a result, mortgage rates over the next three months are likely to fluctuate within a narrow band rather than trend sharply downward.

In summary, the current mortgage rate environment can best be described as stable but elevated. Buyers entering the market in the near term should expect rates to remain around

current levels, with only modest improvement possible by mid-year. While longer-term forecasts remain optimistic for gradual declines, the next three months will likely be defined by small movements rather than significant change, keeping affordability a central challenge in today's housing market.



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## Add Some Additional Flavor to Your Memorial Day BBQ

Add some additional flavor to your Memorial Day BBQ (526 words, US, UK, CAN)

Memorial Day weekend is a time for both reflection and relaxation across the United States. Memorial Day mourns and honors military personnel who lost their lives while serving in the American Armed Forces. Memorial Day parades honor such individuals, and the parades also instill pride in Americans during a much-beloved weekend across the United States.

Though Memorial Day is observed annually on the last Monday in May, the three-day holiday weekend marks the unofficial start of summer for millions of people each year. That kickoff typically includes lots of backyard barbecues. As millions gather to celebrate Memorial Day this year, those tasked with manning the grill can consider these ways to add some extra flavor to foods cooked over an open flame.

• **Monitor temperatures with a meat thermometer.** Overcooking foods cooked over an open flame is a common mistake. Overcooked foods tend to taste dried out and fail to offer that signature juiciness associated with well-cooked barbecue staples like steak and other types of red meat. People manning the grill this Memorial Day are urged to utilize a meat thermometer, which can ensure foods maintain their juicy flavor profile and do not dry out. The ideal

## HAPPY MEMORIAL DAY



internal cooking temperature varies depending on which foods are being cooked, so be sure to stick to a recipe or look up the appropriate internal cooking temperature for foods that will be cooked over an open flame.

• **Utilize wood chips or chunks.** Another way to add flavor is to grill foods over wood chips or chunks. Chips or chunks might be flavored (mesquite is a popular flavor) or unflavored.

Cooks should know that adding flavored or unflavored chips or chunks will impart a smoky flavor to anything cooked on the grill. When using a gas grill, cooks can put the chips or chunks in a smoker box or wrap them in a foil pouch to impart extra flavor without adversely affecting the grill.

• **Dry rub meats.** Some people marinate grilled foods prior to cooking, but marinade can drip off when cooking food and lose much of its value in regard to adding flavor. Dry rubs are made from spices, herbs and other seasonings that won't fall or burn off when foods are cooking. Dry rubs can add extra flavor when applied hours before cooking or even shortly before placing foods on the grill.

• **Slow down.** "Low and slow" is a motto embraced by people who love to smoke foods, and that same

approach can be applied to more traditional grilling as well. Even if you don't have all day to cook like you would if you choose to smoke foods, cooking low and slow can ensure foods are juicy and full of that unique taste that's only possible when cooking over an open flame. Keep vents open only on a crack and cook foods at lower temperatures than you otherwise might. While the foods won't be cooked as fast, they will boast more of that signature smoky flavor grilling enthusiasts love.

There's no shortage of ways to impart some extra flavor to grilled foods this Memorial Day.



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The World Cancer Research Fund notes that skin cancer is the seventeenth most common cancer across the globe. Skin cancer is a global menace, but it might be a greater concern for some than others. The United States had the highest skin cancer incidence rate in 2022, while Canada had the eighth highest incidence rate of the disease of any country across the globe. Though no one is immune to cancer, Americans and Canadians may need to be especially vigilant if they hope to reduce their risk for the disease.

## Warning Signs of Skin Cancer

One of the steps anyone can take to improve their stance in the fight against skin cancer is to learn to spot signs and symptoms of the disease. The earlier cancer is diagnosed, the more treatable it is and the better the prognosis. The MD Anderson Cancer Center notes that skin

cancer may not show clear physical signs at first, which can delay detection. But certain sensations affecting the skin, including itching, tenderness, pain, or a burning feeling, may indicate the presence of skin cancer. When early symptoms are visible, they may include:

- A new spot on the skin
- Changes in an existing mole or spot that alter its size, shape or color
- A shiny bump on the skin, which may be red or skin-colored
- A rough, red patch that feels dry or scaly
- A spot that itches or hurts



The presence of any of these symptoms is not necessarily indicative of skin cancer, but they should be brought to the attention of a health care professional immediately.

As skin cancer worsens, symptoms might change. In such instances, the MDACC notes a person can be on the lookout for various signs, including:

- A sore that does not heal

- A raised bump with a center that bleeds or forms a scab
- A bump that looks like a wart
- A scar-like area with no clear edge
- A mole that changes quickly or one that features uneven edges or colors

Anyone concerned about their skin cancer risk is urged to speak with a health care professional regarding what they can do to protect their skin. Additional information about skin cancer and its symptoms is available at [mdanderson.org](http://mdanderson.org).

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### How to Solve Sudoku Puzzles

No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy. *Answers on page 22.*

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 |   |   | 4 |   |   |   |   | 6 |
| 9 | 2 |   |   |   |   |   |   | 7 |
|   | 4 | 6 |   |   |   |   |   |   |
|   |   |   | 8 | 6 |   |   |   |   |
|   |   |   |   |   | 3 |   |   | 2 |
|   |   |   | 1 |   |   | 3 | 7 | 9 |
| 4 |   |   | 5 |   |   |   |   |   |
| 7 |   |   | 9 | 2 |   |   | 1 |   |
|   |   |   |   | 8 |   |   |   | 3 |

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*Exercise promotes mental and physical well-being in myriad ways. However, injuries remain a cause for concern for both seasoned and novice exercise enthusiasts.*

## Avoid Exercise-Related Injuries

According to WifiTalents, which provides comprehensive market data and statistics, more than 3.4 million emergency department visits occur for sports and recreation injuries annually in the United States. Roughly 2.5 million injuries occur in gym and workout environments, highlighting the importance of an approach to exercise rooted in injury prevention. Understanding the risk factors and how to manage them can help individuals stay active and safe.

### Types of injuries

Exercise injuries tend to be acute injuries or overuse injuries. Acute injuries are sprains or fractures, while overuse injuries include tendinitis or stress fractures. Overuse injuries develop gradually when tissues are repeatedly stressed without affording time for adequate recovery, says Boston Children's Hospital.

### Injury prevention

A proper warm-up gradually increases heart rate and improves blood flow to muscles. Experts recommend five to 10 minutes of light aerobic activity before engaging in a more lengthy workout. A similar cool-down period afterwards returns the body to resting levels, says WebMD.

Beginners often do too much

too soon. Orthopedic specialists recommend beginning with moderate exercise and gradually building up intensity and duration to allow tissues to adapt. Sudden spikes in training tend to lead to overuse injuries.

It's also important to follow proper form while exercising. WebMD says working with a qualified trainer or coach, even if it's just in the beginning to learn techniques, can help establish safe movement to avoid injury.

Repeating activities day in and day out will stress the same tissues. That is why the American Academy of Orthopaedic Surgeons suggests cross-training. Cross-training alternates between cardio, strength and flexibility workouts to help distribute exercise load in an effort to reduce injuries.

### Afford yourself time for recovery

Recovery is when the body repairs and strengthens tissues. Overtraining without proper rest of at least one to two days per week can lead to fatigue and higher injury risk.

### If injury occurs

Should an injury occur, it is essential to follow a doctor's orders for rest without returning to activity too soon. Early management follows the RICE protocol: Rest, Ice, Compression, and



Elevation. Exercising through sharp or persistent pain can worsen minor injuries, so it pays to be mindful of what the body is saying, says Just Move Athletic Clubs. Most minor injuries improve within a few weeks, but persistent symptoms should be addressed with a medical pro-

fessional.

Exercise is highly beneficial, and the risk of injury should not deter people from physical activity. Instead, following key prevention strategies can dramatically reduce injury risk, even for beginners.

### Sleep continued

nightcap helps you fall asleep more quickly, alcohol may lead to interruptions in sleep shortly after it begins. And once awake, falling back asleep can be difficult.

- **Create a sound sleep environment.** A good sleeping environment has no bright lights and loud sounds, is kept at a comfortable temperature, and is device-free (which includes televisions, tablets and smartphones).

- **Don't lie in bed awake.** If sleep proves elusive after your head hits the pillow, try engaging in a relaxing routine, like reading a book or listening to calming music, until you feel tired.

A good night's rest is perhaps more beneficial than many people realize, which is why it can be so vital for people to establish and maintain a sound bedtime routine.

# How Adults Can Navigate Going Back to School



An ever-changing employment landscape is compelling many adults to go back to school. According to a February 2026 report from the American College of Education®, roughly one in three adults who chose to return to school within the previous two years did so out of concerns related to automation and artificial intelligence (AI).

Education is an undeniable asset when confronting an uncertain job market. Data from the U.S. Census Bureau indicates that workers with a bachelor's degree have an employment rate that is roughly 7 percentage points higher than the rate for workers who have some college education but did not earn a bachelor's degree. In an era when so many adults fear automation and AI, that 7 percentage point disparity seems even more significant.

Adults planning to return to school may find such a return exciting but also a little bit intimidating. But adults need not be intimidated, and some might even find they enjoy school more as adults than they did when navigating academia years earlier. As adults prepare to return to the classroom, keeping a few things in mind can ease their concerns and lay a foundation for success.

• **You're not alone.** As the ACE report indicates, many adults are going back to school. Knowing there will be others your age and with similar life experiences should calm concerns and make the classroom less intimidating. In fact, data

from the National Center for Education Statistics indicates that 74 percent of students have at least one nontraditional characteristic, a notable statistic that should eliminate adult students' fears that they don't belong.

• **Recognize you're bringing a unique and insightful perspective.** When returning to school, many adults bring a unique perspective that their younger classmates cannot provide. Having navigated professional and personal challenges, which may include raising a family, adult students challenge the status quo, which can contribute to more engaging and more nuanced classroom discussions. When viewed through that lens, it's hard to dispute that adult students are assets.

• **Prepare for change.** It's vital that adult students recognize

academia has changed. But change should be embraced and not seen as a hurdle or deterrent. Many schools now use e-books instead of traditional print books, which may require some adjustment for adult students. And applications that might not have been around the last time adults were in a classroom may be the standard now. Using e-books and new applications may require a learning curve, but educators, many of whom also had to adapt to the growing emphasis on tech over the last couple of decades, recognize adult students will need time to adjust, and many are more than willing to afford that time and offer advice on how to adjust.

• **Prepare to enjoy education more this time around.** Many adults who return to school report enjoying academia more the second time around. Some who have tried college before might have lacked direction the first time around, and that undoubtedly affected their motivation and enthusiasm. When adults return to school, they do so knowing exactly what they want and why they're back in school, which makes the experience more enjoyable and engaging.

Adults have much to gain from going back to school. And as millions who have returned to school as adults can attest, those gains greatly outweigh

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the fears adults may have as they begin this exciting chapter in their lives.

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## Local HAPPENINGS

— CONTINUED —

document requirements associated with the new Florida elections Bill law. We welcome all like-minded people to come, engage and share camaraderie. Please visit us on our website at [www.heritagepinesdems.com](http://www.heritagepinesdems.com)



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### Sudoku Answers

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| 3 | 4 | 9 | 7 | 8 | 6 | 5 | 2 | 1 | 2 |
| 5 | 6 | 1 | 4 | 2 | 9 | 8 | 3 | 7 | 8 |
| 8 | 4 | 6 | 9 | 5 | 3 | 1 | 7 | 2 | 8 |
| 9 | 6 | 8 | 2 | 1 | 4 | 5 | 3 | 7 | 9 |
| 2 | 6 | 8 | 3 | 9 | 4 | 7 | 9 | 6 | 2 |
| 4 | 5 | 4 | 2 | 1 | 5 | 4 | 3 | 9 | 8 |
| 1 | 3 | 1 | 6 | 7 | 9 | 8 | 2 | 7 | 6 |
| 7 | 4 | 8 | 7 | 3 | 5 | 6 | 4 | 8 | 7 |
| 6 | 2 | 9 | 6 | 8 | 2 | 9 | 6 | 5 | 7 |

### First Home *continued*

ue in the U.S. are largely concentrated in the Northeast and Midwest. Hartford, CT; Rochester, NY; Worcester, MA; Toledo, OH; and Providence, RI, are some of the top housing markets for the year.

First-time home buyers must consider a range of variables as they inch closer to making their home ownership dreams a reality.

## How to Establish a Home Renovation Budget

Homeowners know that the next home renovation project is always right around the corner. And that means finding ways to finance such undertakings.

When planning for renovations, the average homeowner underestimates their project cost by approximately 22 percent, according to the 2026 Remodeling Impact Report. Establishing a pre-project budget can help avoid such surprises.

### Don't over-improve

A common mistake homeowners make is over-improving a home beyond the neighborhood value. A good rule of thumb is to employ the average percentage-of-home-value approach in an effort to stay within range of what's acceptable. Budget a kitchen renovation or finished basement at 10 to 15 percent of the home value. A master bedroom will come in at 5 to 10 percent of home value, while a small bedroom or office falls between 1 and 3 percent of home value. These benchmarks are supported by the National Association of the Remodeling Industry and the National Association of Realtors. Historically, a functional, modern kitchen is the top driver of home value, says Remodeling Magazine.

### Learn the breakdown

Homeowners should under-



stand that materials, fixtures, appliances, and flooring, otherwise known as "hard costs," will eat up 50 to 60 percent of their renovation budgets. Labor, permits and design fees will comprise the next largest chunk, typically coming in between 25 and 35 percent. Homeowners also should factor about 15 to 20 percent of a budget to a safety net to cover unforeseen expenses, like mold remediation or structural issues.

### Get three quotes

It's important for homeowners to get several estimates before establishing a budget. Experts advise working with contractors that offer fixed-price contracts rather than those that list time and materials; otherwise, there may be a mid-project price hike that comes out of the blue. A person also can ask contractors for a line-item bid so it's possible to see where money can be trimmed through different material choices. With a list of desired items in hand,

and acceptable substitutions if the cost comes in too high, homeowners can create a budget that works.

### Saving versus splurging

It's important for homeowners to be realistic about their renovations. They can splurge on

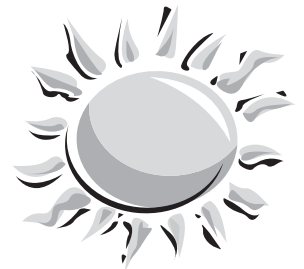
items that are seen or touched every day, like door handles, cabinet pulls and faucets. Other items, like lighting fixtures or backsplashes, can be replaced down the road. It may be better to direct funds to structural elements or those "invisible renovations" like upgrading insulation or smart systems that save on energy costs and improve efficiency.

### Keep a 20 percent cushion

Homeowners can determine the affordability if a proposed project ends up costing 20 percent more or takes a few months longer. If the answer is no, homeowners should scale back the project budget until they have that financial safety net. Alliant Credit Union says experts strongly recommend adding a 20 percent contingency cushion to a remodeling budget.

A home remodeling project is a big commitment of time and money. Budgeting correctly ensures that there are few, if any, surprises along the way.

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|--|--|-----------------------------|--|----------------------------|--|--|
|  <h1 style="font-size: 2em; margin: 0;">May 2026</h1> |  |                             |  |                            |  |  |
| <br><b>10</b>   | <b>11</b><br>9:30a Tai Chi<br>10:00a Architectural/Deed Committee Meeting<br>10:30a Line Dancing<br>5:00p Chair Yoga | <b>12</b><br>10:30a Tai Chi | <b>13</b><br>1:00p Yarn Group<br><b>4:00p Berkeley Woods Board Meeting</b><br>6:30 Belly Dancing Class | <b>14</b><br>9:00a Tai Chi | <b>15</b><br>10:30a Knitters for Charity   | <b>16</b><br>Clubhouse Rented<br> |
| <b>17</b>  | <b>18</b><br>9:30a Tai Chi<br>10:00a Architectural/Deed Committee Meeting<br>10:30a Line Dancing<br>5:00p Chair Yoga | <b>19</b><br>10:30a Tai Chi | <b>20</b><br>1:00p Yarn Group<br>6:30 Belly Dancing Class  | <b>21</b><br>9:00a Tai Chi | <b>22</b><br>10:30a Knitters for Charity   | <b>23</b><br>Clubhouse Rented  |
| <b>24</b>  | <b>25</b><br><b>OFFICE CLOSED</b>  | <b>26</b><br>10:30a Tai Chi | <b>27</b><br>1:00p Yarn Group<br>6:30 Belly Dancing Class  | <b>28</b><br>9:00a Tai Chi | <b>29</b><br>10:30a Knitters for Charity   | <b>30</b>  |
| <b>31</b><br>Clubhouse Rented  |                                     |                             |  |                            |  |  |

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