

The BEACON

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727-863-5447 • www.BWEHA.org
Email us at BWE@westpasco.us

Shedding Light on What's Happening in Your Community!

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President's Corner

Board Meeting will be held at the clubhouse on June 2, 2026 at 7:00 p.m.

Keep an eye out for someone stealing sprinkler heads.

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

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. - 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**

"Help us keep our furniture in great shape! Please do not stand, jump, or climb on the pool chairs, as this can damage the straps."

Attention Berkley Woods Residents

berkeleywoodsoa.com

Next Homeowner's meeting is Wednesday, June 10th at 4 p.m., Clubhouse.

4TH OF JULY PICNIC!

Dunwoody Circle - 4p.m.

BURGERS ON THE GRID-DLE!! Bring a dish to share, your chair and BYOB.

LUNCH BUNCH - Wednesday, June 10th at 12 p.m.

Hudson Grill, 9821 Denton Ave.
RSVP to Kelley 727-597-0535

Don't forget if you bring a guest to the pool, the price 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!!!

Overnight Parking in the street

Just a reminder, there is no street parking allowed overnight. Emergency Vehicles cannot get through to assist when streets are lined with cars. Per the state statutes, only first responders are allowed to park in the streets.

Dog Owners - Please Be Considerate

We've had several residents

Beacon Woods East Homeowners' Association, Inc. Meeting
Tuesday June 2, 2026
at 7:00 P.m.
in the Clubhouse

SEE YOU THERE!

Sales For Everyone!

This is reminder to all residents of Beacon Woods East. **The Fall Craft Fair** will be held on **October 10, 2026 9:00 a.m. - 2:00 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 and 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 and put your request in writing.

Congratulations!
GRADUATES
Class of 2026

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.

NO TRESPASSING OR DUMPING IN RETENTION AREAS!

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

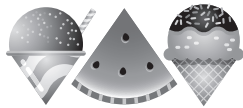
727-863-5447

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
 Linda Thompson,
 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 • May 5, 2026

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

Ms. Murphy stated the minutes of the last meeting of April 7, 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 \$117,927.12 in the operating account; \$74,632.66 is prepaid, leaving a balance of \$43,294.46. There are 54 delinquents, 17 liens/pre-liens, 3 foreclosure/bankruptcies for a total of 75 in various stages of collection. We have 8 liens for \$14,648.52, 9 intents to liens \$5747.49, for a total of \$20,396.01. We have a total of 12 homeowners that owe two or more quarters \$3999.95 homeowners that owe one quarter \$7,372.80.

Community Association Manager's Report: None

Architectural Control & Deed Restrictions: Ms. Murphy reported that (10) second letters were sent in April 2026.

Lot BW49 Weeds overgrown.
 Lot BW09 Weeds overtaking landscaping.

Lot 046 Parking on the street overnight.

Lot 184 Grass/weeds exceeds 8" in hgt.

Lot 264N White SUV in driveway with no license plate.

Lot 108N Dryer & other debris in front of garage. Garbage can in front of house.

Lot BW30 Backyard is overgrown.

Lot BW75 Debris on side of house.

Lot 155 Dump trailer parked in yard.

Lot 129 Van parked in grass

Lot BW03 Bush overgrown into car (2) Third Letter sent out in April 2026.

Lot 259 Inoperable vehicle in driveway.

Old Business: Activity class learning to make flowers out of wood shavings.

Open Forum- introducing yourself with name and lot #.

Reimbursement for mileage for deed violations Article VI Section 5.

Pool Issues

New Business: Raising fee on clubhouse rental or damage deposit. Sprinkler heads being stolen. We would like to have a police officer to come in and speak with our residents about street parking regulations (both daytime and overnight) and the legal require-

ments for operating alternative vehicles like golf carts and dirt bikes within our community.

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 Report:

None

Announcements and

Reminders:The next meeting will be held on June 2, 2026, at 7:00 p.m.

Open Forum Resident had a concern regarding security light shining on their house during the night hours. Advised that we would call attorney.

Homeowner was questioning maintenance regarding common area at Woodward and Seeley. Not being maintained. Maintenance has been notified and is working on it.

Resident asked how many times a month does the clubhouse get rented. 2 or more times.

Resident asked how much the deposit and rental on clubhouse is.

Deposit at this time is \$200.00 and rental is \$300.00.

Adjournment: President Botte adjourned the meeting at 7:25 p.m.

Jane Katzen,

Recording Secretary

Allison Pierce, Secretary



Thanks to Our Readers:

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

Thanks again — Your friends at Sieber Graphics

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Low-Cost Summer Entertaining

Summer is a season for entertaining. But as the cost of consumer goods and even necessities like food has risen in recent years, some people may be hosting a lot less often than they used to.

It's important to keep in mind that memorable entertaining options are not only defined by cost. Sure that professional decorator or expensive catering service may be lavish, but it's possible to host a gathering without putting a strain on your finances. Here are some strategies for budget-friendly summer entertaining.

• **Buffets and Bars:** A complex, multi-course meal will be expensive, and some guests may even find it pretentious. Instead, reduce time spent in the kitchen and simplify meal service with buffet stations and food bars. Allow guests to customize their food with different toppings and ingredients, which can elevate even simple fare like tacos or burgers.

• **Signature Drinks:** A full open bar is expensive. Keeping a few staples on hand, such as beer and red and white wine, should be sufficient. But hosts also can create a signature cocktail, make it in bulk and serve it in a pitcher. Spritzers also can stretch wine or liquor further because they are mixed with sparkling water. Remember to also make non-alcoholic offerings available. A pitcher of mineral water with fruit or cucumber slices is affordable and refreshing.

• **Affordable Atmosphere:** There's no need to hire a party planner to transform an entertaining space. Inexpensive tricks can go a long way. Lighting is important, and repurposed holiday lights or bistro lights will make the space intimate as the sun goes down. Even tea candles in scattered mason jars will create a relaxing ambiance. Utilize found items for decor, like seasonal fruits in a bowl for a vibrant centerpiece or clippings from the garden instead of costly bouquets picked up from the store.

• **Music:** Music is an useful means to set the mood and help guests feel comfortable, while silent space can be austere and



awkward. Hosts can curate a party playlist via a free or paid music app rather than spending money on live entertainment.

• **Encourage contributions:** As a party host or hostess, it's tempting to want to do it all and take on all of the burden. But it's alright and cost-effective to accept help when guests want to contribute. If friends express a desire to help, ask them to bring a side dish, a favorite beverage or a dessert to defray costs.

• **Low - cost activities:** Keeping guests occupied doesn't have to be expensive. Pass around lyrics to songs so everyone can join in on a group karaoke session featuring familiar favorites like "Sweet Caroline" or Shaboozey's "A Bar Song (Topsy)," among others. Board games, lawn games like cornhole, or even card games are some additional low-cost options. Pool owners have an ultimate source of entertainment without any new expenses.

Entertaining during the summer doesn't have to be expensive. By focusing on company, fun and casual food, hosts and their guests are likely to have a good time.

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Common Migraine Triggers



More than a billion people across the globe experience and live with migraine headaches. The National Institutes of Health says 14 percent of the population experiences migraines, and that number includes 40 million people in America alone.

People who regularly experience migraines know that an attack is rarely just a headache. A migraine is a complicated neurological event that often features a host of symptoms that may vary depending on the person. Recent data from the Global Burden of Disease study confirms that migraines remain the leading cause of disability among neurological disorders.

The Migraine Science Collaborative says research has moved from viewing migraine triggers as isolated events and instead focuses on the several small factors that may stack up until a migraine sets in. Recognizing what can lead to an attack may help people get faster relief.

• **Gender:** SingleCare says women are three times more likely to suffer migraines than men. While gender isn't a trigger, it is a risk factor for women.

• **Stress:** Pfizer says more than 70 percent of migraine sufferers cite stress as a major trigger for migraine. Often the cooling off period after a stressful event is when the attack strikes.

• **Hormones:** Wild shifts in the female hormones estrogen and progesterone, particularly during menstruation and perimenopause, account for a significant percentage of migraine attacks, says Alloy Health. Many women may find significant relief once they reach post-menopause and their hormones stabilize.

• **Weather:** An upward trend in migraine severity is linked to extreme heat and rapid barometric pressure changes, suggests National Geographic.

• **Surprisal Score:** A surprisal score is a measure of how much daily experiences deviate from a person's typical routine, according to the JAMA Network. Those with a higher surprisal score may find an increased, short-term migraine risk. For example, drinking a glass of wine per day may not impact migraine, but having several drinks in a day may cause a rise in migraine odds within a certain period afterward.

• **Sleep Disturbances:** Pfizer says too little sleep and too much can disrupt the brain's homeostatic balance and contribute to a migraine.

• **Foods and Beverages:** Food- and beverage-related triggers are subjective. But foods and beverages like aged cheeses, processed meats, red wine, artificial sweeteners, MSG, and caffeine may trigger a migraine, indicates Geisinger Health.

Migraines are unpleasant, but people may be able to reduce their frequency by recognizing potential triggers, tracking them, and making certain lifestyle changes.



Tips to Strengthen Your Short Game

Every golfer loves to hit a booming shot off the tee. Such a strike can be impressive and inspire confidence. But estimates indicate that as many as 65 percent of the shots the average golfer takes in a typical round are chip shots or putts. So while it can be fun to let it rip from the tee box, data suggests golfers would be wise to direct more focus on their short game.

Strengthening a short game can benefit golfers immensely. The following strategies can help novices and experienced golfers shore up their short game.

- Let loose a little. Letting loose and letting it rip might seem like advice for a long drive, but in this context letting loose refers to grip. Many golfers, perhaps due

to nerves, grip their clubs too tightly when chipping or putting. Soft hands and an easier grip can ease tension and thus lead to better results.

- Document your shots when practicing. The PGA of America recommends working on a short game by setting up 10 balls around the green from five different lies. Use two balls from each lie, which include shots from the fairway cut, rough, a tight lie, a slight downhill chop, and a bunker-edge pitch.

Document your results after playing each shot. Documenting will help you identify your miss pattern which may be you're hitting too short, too far, or missing to one side or another.

- Create a triangle with upper


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body when chipping. The PGA of America recommends creating a triangle with arms hanging down and shoulders across while chipping. Rock that triangle back and

through evenly and consistently. Emphasize rotation when pitching around the green. Rotation is often alluded to when working on *Short Game continued on 22*

Home Buying Key

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

Across

- 1. "Welcome" site
- 4. ___ Today
- 7. "___ la la!"
- 8. Heirloom location
- 10. Bruin legend Bobby
- 11. Bridget Fonda, to Jane
- 12. Colossus
- 14. Highest points
- 17. A pen for livestock in southern Africa
- 18. Norse goddess of love
- 21. Kind of feeling
- 23. Billiards bounce
- 24. "Fantasy Island" prop
- 25. Number cruncher, for short
- 26. Feminine suffix

Down

- 1. Jersey call
- 2. Blood carrier
- 3. Thunderflies
- 4. Colorado Indian
- 5. As written
- 6. Trick taker, often
- 8. Type of word play
- 9. Skin problem
- 13. ___ Rose
- 15. American symbol
- 16. Veers
- 18. TV monitor?
- 19. Bad-mouth
- 20. Baseball stat
- 22. "___ the season ..."

Puzzle Answers on page 11

The title is a clue to the shaded diagonal word.





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How Seniors Can Remain Physically & Mentally Active

Growing older is often equated with slowing down. Aging may be characterized as a period of decline marked by an inability to do the things you once did, but recent data indicates otherwise.

According to a report in the journal *Geriatrics*, a far more optimistic reality awaits seniors. Nearly 45 percent of people age 65 and older show measurable improvements in brain health, physical function or both over time when they take certain steps to promote physical and mental wellness.

Physical Activity

The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic activity per week, supplemented by at least two days of muscle-strengthening exercises. Brisk walking or swimming can improve cardiovascular health and reduce the risk of stroke and hypertension, says the Massachusetts Council on Aging. Incorporating yoga or Tai Chi is vital for fall prevention, as it targets balance and flexibility. The CDC says improving joint mobility and balance can significantly extend the amount of time seniors can live independently. In addition, lifting light weights or using resistance bands helps combat age-related muscle loss, which is essential for maintaining metabolic health.

Cognitive Advantages

Mental fitness is just as vital to seniors as physical fitness. According to the World Health Organization, routine cognitive stimulation enhances "brain capital," delaying the onset of dementia and Alzheimer's. Strategies for effective mental engagement include:

- **Learning:** Lifelong learning techniques include picking up a new language or learning an instrument. This helps strengthen neural pathways that allows the brain to reorganize itself even in later decades.
- **Play games:** Play isn't just for kids; games like chess or complex puzzles improve problem-solving and memory retention, according to Nixon Adult Daycare in Houston.
- **Socialize:** Isolation is a leading risk factor for cognitive decline, says the National Institutes of Health. Group activities like book clubs or community volunteering can offer emotional fulfillment and mental stimulation.

Power of Positivity

Findings from a recent Yale University study indicated seniors with a positive outlook on aging were significantly more likely to show physical and mental improvements compared to those with negative perspectives. Psychological resilience is an important tool for seniors to stay healthy.

Movement, social interaction, stimulating activities, and a positive attitude can help seniors maintain overall health.

Connect with Dad this Father's Day Even if You're Far Away

Father's Day celebrations are unique to each family. For some, an entire family gathers for a big celebration. Geography may affect other families' ability to get together. Children who do not live near their fathers can find ways to make the holiday special even if they aren't able to be close to Dad this June.

The National Retail Federation found retail spending for Father's Day reached a record-breaking \$24 billion in the United States in 2025. If you are miles away from a father, grandfathers or stepfather this Father's Day, explore these means to celebrating the meaningful men in your life in spite of the physical distance between you and them.

· Connect via digital technology. Those who cannot grab a meal with Dad in person can rely on digital connections to celebrate the day. Video chat services typically are available at no cost through phone and

tablet apps Children can connect with Dad through Zoom or Face-time and share a meal over the internet, all the while chatting and laughing.

· Give gifts that keep on giving. The popularity of subscription boxes has surged. The multimedia news organization Talk Business & Politics reports that 43 percent of shoppers now give recurring gifts, compared to 34 percent in 2019. Furthermore, the NRF says 41 percent of Father's Day purchases now happen online. Ideas for subscription boxes include international snacks, grilling spices, high-end coffees or teas, or even wine- or cheese-of-the-month clubs. If you can't see Dad too much due to geographical distance, a subscription box can offer a monthly reminder of how much you love and appreciate him. Consider virtual experiences. Data from Prosper Insights & Analytics from 2025 points to 46.2 percent of celebrants prioritiz-



ing finding a gift that is unique and different, and most are moving away from traditional physical gifts. A virtual whiskey tasting (he's there in person and you're enjoying the same beverages where you are) or an online master class attended together via a video call can be great gifts.

· Personalize gifts for Dad. A personalized gift shows Dad that he is a special guy. If Dad is an avid golfer, a monogrammed golf bag can be perfect. A custom photo book with key moments in your shared history also can be special. A piece of coveted travel gear or something that complements one of his

hobbies shows Dad that the gift is tailored specifically to him.

· Plan a trip together. While it may not be possible to spend Father's Day together, setting a date for an exceptional meet-up opportunity may help smooth over any feelings of loneliness. Book tickets to a show or a game for a date that works for all. Identify a passion of Dad's and then find a way to enjoy it alongside him in person.

Distance may affect Father's Day celebrations for some families. However, with some planning and reliance on modern gifting trends, any dad will feel he is celebrated and loved.

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Local HAPPENINGS

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

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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. Proceeds benefit building funds.

West Pasco Model Train Club. Open house on **Saturday, June 20th**, from 10:00 a.m. -3:00 p.m. Our location is at 11441 Osceola Dr. New Port Richey. Check us out on our website; Wpmra.Org and check

us on Youtube and Facebook

Hudson Beach Yacht Club will hold their **June General Meeting** at the Sea Ranch Clubhouse, 13711 Veronica Dr. in the Sea Ranch subdivision off US 19 on **Tuesday, June 2nd.** 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.myh-byc.com> or call 727-808-0909, leave your name and phone number to ask for information.

Are you looking to honor local Veterans? You might want to consider volunteering for **Gulf-side Hospice.** If so, call Gulf-side 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!

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Celebrate the Start of Summer



The summer solstice offers the most hours of daylight all year. According to Space.com, the summer solstice occurs when one of the Earth's poles has its maximum tilt toward the sun. The summer solstice falls on June 20, 21 or 22 in the Northern Hemisphere.

The longest day of the year and the beginning of astrological summer is a source of celebration for many people. Come the summer solstice, the warm weather stabilizes and there are more days of sunshine and mild temperatures. Summer also is a season for school breaks and family vacations, representing additional reasons to look forward to the summer solstice. People can commemorate the start of summer in many different ways, including these fun ideas.

• **Plan a hike.** With a greater number of daylight hours, the solstice is the perfect time to head outdoors and enjoy the sights. There's no need to rush, as the sun sets late in the evening, giving those who have to work or attend school earlier in the day an opportunity to enjoy a hike after signing off.

• **Take a photo.** Make it a tradition to take a "first day of summer" photo each year to catalog the years going by. Everyone can pose in their favorite summer garb or get coordinating t-shirts.

• **Change the decor.** The first day of summer is a perfect time to change a home's decor to reflect bright, summery details. Pull out bright throw pillows, switch to citrus or coconut-scented candles to establish a beachy mood and fill a bowl with limes, lemons and oranges

for an easy summer centerpiece.

• **Make a summer treat.** Spend the day trying a new summer recipe, such as homemade ice cream, s'mores, fresh lemonade, or a frozen cocktail (mocktail) like piña coladas. Enjoy in honor of the start of summer.

• **Take a plunge:** Make an inaugural summer trip to the seaside, a pool or a lake and do your best cannonball into the water. Summer is a peak time for swimming, water sports and boating, so it pays to dive right into these activities.

These are some of the entertaining ways that people can celebrate the arrival of the first day of summer.

Festivities can continue over the ensuing months.



How to Buy a Home You Can Afford

Riding the ups and downs of the financial market is challenging, particularly as it pertains to figuring out the right time to buy a home. After years of volatility, recent data indicates that the housing market might have hit an affordability ceiling, creating a much-needed period of rebalancing.

Although prices remain high, the bidding wars and back-office tactics that may have dominated past years have cooled considerably. This means buyers may have a wider window in which to purchase a home that is more affordable, states Cotality, a data analytic service. Those looking to buy now can explore options to ensure their next home does not bust their budget.

Know the numbers

The first step to buying a home is understanding the median home price. According to data from Realtor.com and Redfin, the national median home price has stabilized at \$429,156 in the United States. At the same time, mortgage rates have eased. CREA Statistics says the national average

Buy a Home continued on 22

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Fruits and Vegetables for School Aged Kids



Growing bodies require lots of TLC so kids grow up to become healthy adults. According to the Healthy Eating Research (HER), a national research program dedicated to improving children's nutrition and preventing childhood obesity, school-aged children between the ages of five and eight are ready to learn about healthy eating.

Parents also might benefit from a rundown of what constitutes healthy eating for school-aged kids.

Serving sizes: Parents accustomed to reading food labels undoubtedly recognize that serving sizes are a key component on packaged goods. But what about fruits and vegetables that come without labels? HER notes the following are the standard serving sizes for kids between the ages of five and eight.

- **Fruits and vegetables:** 3/4 cup. A 3/4 cup serving of bananas equates to one medium-sized banana. Seven to eight broccoli florets is roughly 3/4 cup, and one-half of a large potato is roughly 3/4 cup as well.

- **Grains:** 1 ounce. A single slice makes up a 1-ounce serving of whole grain bread. Half of a whole grain bagel and 1/2 cup of brown rice also equals a single serving of grains for kids between the ages of five and eight.

- **Protein:** 2 ounces. A two-ounce serving of protein equates to two eggs or 1/2 cup of chicken breast.

- **Dairy:** 1 cup. A single serving of dairy can be between six and eight ounces of unflavored

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milk (or a fortified soy beverage). Roughly three one-inch cubes of natural cheese or six to eight ounces of yogurt also comprise one cup of dairy.

How many servings do kids need?

HER notes that children between the ages of five and eight require multiple servings of fruits, vegetables, grains, dairy, and protein each day.

- **Fruits:** Two to three servings

- **Vegetables:** Two to four servings

- **Grains:** Two to three servings. HER advises that half of these servings should be whole grains, such as whole wheat bread or brown rice.

- **Dairy:** Three servings

- **Protein:** Two to three servings

What about snacks?

Snacking is perhaps a

bigger part of modern kids' lives than it was when their parents were youngsters. HER urges limiting kids' consumption of foods and beverages with added sugars and foods high in saturated fat and sodium. That's something to keep in mind at snack time, when it's easy to reach for something unhealthy but pre-made,

like salty chips paired with a juice box loaded with added sugars, rather than something more nutritious that requires preparation. But HER urges parents to pick snacks that include items from two of the food groups noted above.

School-aged kids are old enough to start learning about nutrition and how to use food as healthy fuel throughout the day.



"When the recording says, 'Your call is important to us,' are you supposed to hear giggling in the background?"

Puzzle Answers

| | | | | | | | |
|---|---|---|--|---|---|---|---|
| S | S | E | | | V | A | C |
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| | S | E | | E | G | O | A |
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- BWE Social Scene -



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 p.m. – 6:00 p.m.** The cost is **\$5.00 for members and \$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.

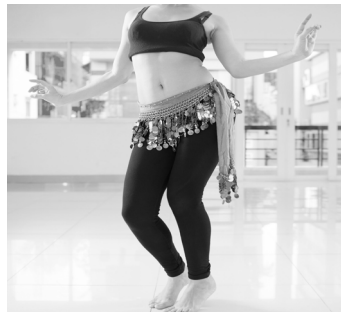
Now let me tell you a little about myself. My name is Lori-Ann Lynde and I am a 500 hour Yoga Instructor with a specialty certification in Chair Yoga. I modify poses for those that may need it. I have

Joanie's Beginners Line Dance Class



Every Monday beginning September 8th. Time: 10:30 a.m. to 11:30 a.m.

Cost \$3.00 for BWE members, \$4.00 for nonmembers.



Silver Shimmies Belly Dance Classes for Fun

Learn to Belly Dance! **Wednesdays, 6:30 p.m. - 7:30 p.m.** in the BWE clubhouse. **\$5.00 for members, \$6.00 for drop - ins.**

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

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

Cheryl aka Sheralulu

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.

Wednesday Yarn Group

by Rosemarie Binder

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 yarn! 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 the group... all of whom enjoy using their time to create beautiful, useful, interesting, gifting items.

This group has met for over

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 10:30 a.m. – 12:30 p.m. at Beacon Woods East Clubhouse.**



In the office there is a donation barrel for yarn and fabrics.

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 p.m. to about 3 p.m.

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/ Chi Kung



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- ☯ Coordination
- ☯ Improve balance
- ☯ Breathing
- ☯ Posture
- ☯ Lower blood pressure



Class is 10:30 a.m. on TUESDAYS

A donation for members is

\$5.00



A donation for guests is

\$6.00

Call **Pat**, Grand Master has taught for over **20 yrs.**

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The Ultimate Guide to Dads' Day Dining

Father's Day marks a time to honor fathers and father figures. It's not often that fathers get to feel like the ultimate heroes; often they are doing much to support and love their families without receiving too much fanfare. So Father's Day is the perfect chance to give dads, grandfathers and father figures what they truly deserve - and that often includes a delicious meal.

According to the National Retail Federation, total spending on Father's Day in 2023 reached an estimated \$22.9 billion, marking a substantial jump from previous years. A significant chunk of that spending was geared toward experiences. As families prepare to honor their dads this year, they can consider a range of places to take Dad out for a special meal.

• **Classic steakhouse:** One can never go wrong with a reservation at a steakhouse. These restaurants are sophisticated, intimate, and feature foods with widespread appeal. Steakhouses lean toward the higher end of the spending spectrum, so it's important to plan accordingly. A meal at a steakhouse is a high-end experience.

• **Casual barbecue:** If Dad is more of a laid-back sort of guy, he might appreciate a more relaxed environment to enjoy his special day. A BBQ spot with a patio or garden can be the ideal place to enjoy some time together while enjoying pulled pork or slow-smoked ribs. A brisket sandwich paired with a cold beer can be a great Father's Day meal.

• **Seafood lover:** Dads who are all about foods reeled in from the deep blue yonder will appreciate a restaurant that boasts a significant seafood menu. Finding a place that not only serves food from the sea, but is on the water itself, can elevate the dining experience even further. Seafood restaurants run the gamut from refined establishments to more casual fish fry stands. Figuring out what Dad would like best and booking a table is a thoughtful gift.

• **Gastropub:** Many pubs blend delicious food with a rotating tap of craft brews. People can find local favorites where an artisanal burger can be paired with a pretzel and an IPA or a stout.

Before booking a reservation, it's important to consider exactly what the man of honor would appreciate most, rather than trying to find a restaurant to "impress." Tailoring the experience to his personality and preferences is a personal touch that can make this Father's Day even more special.



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 Woods:

Donald & Joann Woroner
13642 Dunwoody Ct.

Ravenswood Village:

Richard Muller
8405 Reynolds Dr.

Clayton Village:

Yana & Serhii Vyshar
8611 Sagewood Dr.

Elton Street Jr.
8623 Stonehedge Way

Selena Jackson & Ryan McCauley
13001 Sandburst Ln

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.

Deed Restrictions at Work:

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

- 1 Weeds Overgrown.
- 1 Weeds overtaking landscaping.
- 1 Parking on the street overnight.
- 1 Grass/weeds exceeds 8" in height.
- 1 White SUV in driveway with no license plate.
- 1 Dryer & other debris in front of garage. Garbage can in front of house.
- 1 Back yard is overgrown.
- 1 Debris on side of house.
- 1 Bush is overgrown into the car.
- 1 Dump trailer parked in yard.
- 1 Van parked on grass.
- 1 Inoperable vehicle in drive way.

2nd Notices

- Lot BW49:** Weeds overgrown.
- Lot BW09:** Weeds overtaking landscaping.
- Lot 046:** Parking on the street overnight.
- Lot 184:** Grass/weeds exceeds 8" in height.
- Lot 264N:** White SUV in driveway with no license plate.
- Lot 108N:** Dryer & other debris in front of garage. Garbage can in front of house.
- Lot BW30:** Backyard is overgrown.
- Lot BW75:** Debris on side of house.
- Lot 155:** Dump trailer parked in yard.
- Lot 129:** Van parked in grass.

3rd Notices

- Lot BW03:** Bush overgrown into car.
- Lot 259:** Inoperable vehicle in driveway.

BWEHA OPERATING STATEMENT

April 2026

INCOME

| | |
|--------------------------|--------------------|
| HOA FEES | \$39,606.57 |
| GUEST FEES | \$155.00 |
| INTEREST INCOME RESERVES | \$393.32 |
| CLUBHOUSE RENTAL | \$800.00 |
| OTHER INCOME | \$165.00 |
| ESTOPPEL CERTIFICATES | \$2,050.00 |
| LATE FEE | \$1,137.05 |
| ATTORNEY FEES | \$972.10 |
| TOTAL | \$45,279.04 |

EXPENSE

| | |
|-----------|------------|
| UTILITIES | \$1,464.74 |
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SERVICES

| | |
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| POOL SUPPLIES | \$215.52 |
| PERMITS/LICENSES | \$280.00 |
| LAWN & SHRUB FERTILIZATION | \$545.00 |
| MISC EXPENSE | \$830.00 |
| COPIER MAINTENANCE AGREEMENT | \$80.01 |
| SPECIAL ACTIVITIES (BEACON NEWS) | \$135.00 |
| INTERIOR PEST CONTROL | \$34.24 |
| BAD DEBIT (Sent to wrong HOA) | \$721.00 |
| TOTAL | \$2,840.77 |

MAINTENANCE/SUPPLIES

| | |
|-------------------------|-----------------|
| COMMON AREA MAINTENANCE | \$147.74 |
| JANITOR SUPPLIES | \$52.37 |
| BUILDING MAINTENANCE | \$52.38 |
| TOTAL | \$252.49 |

PAYROLL

| | |
|--------------|--------------------|
| SALARIES | \$11,664.45 |
| TOTAL | \$16,222.45 |

| | | |
|-------------------|-------------------------|--------------------------|
| NET INCOME | POOLING RESERVES | STANDARD RESERVES |
| \$29,056.59 | \$197,599.31 | \$154,548.69 |

RESERVES - DEPOSITED \$5000.00 TO EACH RESERVE ACCOUNT IN APRIL 2026

Did you know?

Mini golf is understandably characterized as a family-friendly recreational activity. But a round of mini golf might be able to help novice golfers young and old fine-tune some important skills that can be applied on traditional courses. While a round of mini golf won't help golfers sharpen their long games and add distance to their drives, it might help them bolster their short games. Mini golf courses can help golfers learn to analyze the slope and speed of a green and can help them work on their grip and touch, both of which are very important for players' short games. Mini golf also might help golfers learn to work around obstacles. While golfers are unlikely to encounter any clowns or windmills on a traditional course, learning to strategize when confronting such obstacles on a mini golf course may teach novice golfers the importance of playing patiently and strategizing when confronting obstacles like trees and bunkers at their local courses.



Spice Up Dinnertime with a Cajun Classic

Experimenting in the kitchen is one of the joys of cooking. Trying new recipes or even going off-script and tinkering with an existing recipe based on your own hunch can open eyes and treat taste buds to new flavor profiles.

Home cooks who want to expand their culinary repertoires with some particularly notable flavor can look to Cajun food and its distinct dishes to accomplish that goal. If that sounds like an exciting night in the kitchen, try this recipe for "Jambalaya With Sausage and Shrimp" from Lines+Angles.



1 tablespoon vegetable oil
8 ounces chorizo or andouille sausage, sliced into 1/4-inch rounds

1 lb. large raw shell-on shrimp
1 onion, peeled and finely chopped

1 rib of celery, rinsed, trimmed and finely chopped

1 small red bell pepper, rinsed, trimmed, seeded, and diced

1 small green bell pepper, rinsed, trimmed, seeded, and diced

4 cloves of garlic, peeled and minced

1 1/2 cups long grain white rice, rinsed

2 tablespoons tomato paste

1 teaspoon salt

1 teaspoon fresh thyme leaves, minced

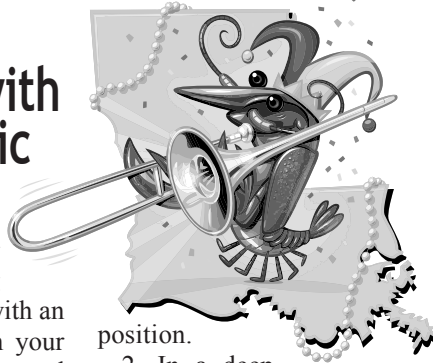
14 ounces canned diced tomatoes, drained, juice reserved

4 cups clam juice

1 bay leaf

Fresh parsley, rinsed and chopped (for garnish)

1. Preheat oven to 325 F. Adjust oven rack to middle



position.

2. In a deep cast iron skillet or Dutch oven, set over medium-high heat, heat oil until shimmering, but not smoking. Add sausage and cook for 3 to 5 minutes, or until browned. Remove sausage from pan using a slotted spoon and drain on paper towels. Add shrimp to the pan and cook until the shells are browned on both sides, about 1 minute per side. Transfer shrimp to a large bowl and refrigerate.

3. Add onion, celery, peppers, and garlic to the pan. Reduce heat to medium, and cook, stirring frequently, until vegetables have softened, about 7 to 10 minutes. Add rice, tomato paste, salt, and thyme; cook until rice is completely coated with oil, about 2 minutes.

4. Stir in the tomatoes, 1/4 cup reserved tomato juice, clam juice, bay leaf, and sausage. Place a piece of aluminum foil directly on rice. Bring to a boil, cover pan, transfer to oven and bake for about 18 to 20 minutes, or until the rice is almost tender and most of the liquid is absorbed.

5. Meanwhile, remove the shrimp from the refrigerator; peel and clean, discarding the shells. Remove pan from oven, uncover and remove aluminum foil. Gently stir in the peeled shrimp. Lay the foil back down over the surface of the rice and cover with lid, return to oven, and cook until the rice is tender, all the liquid is absorbed and the shrimp is cooked through, about 5 minutes.

6. Remove pan from oven, uncover, remove foil and bay leaf. Sprinkle with chopped parsley. Divide between bowls. Serve.

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Escape to These Coastal Locales



There's something special about a coastal locale featuring sandy shores hugging the water, sea breezes and brilliant sunshine. The National Oceanic and Atmospheric Administration's National Ocean Service says the United States features roughly 12,380 miles of coastline and Canada boasts the longest coastline in the world at approximately 125,567 miles (202,080 kilometers). That means North American shore-seekers have plenty of options as they plan their summer vacation excursions or quick day trips.

From rugged Atlantic harbors to sun-soaked Pacific retreats, these destinations can offer memory-making escapes for travelers who just can't get enough small-town appeal and ocean views.

• **Carmel-by-the-Sea, California:** As the name implies, this town is right by the ocean. Known for its storybook cottages and white sand beaches, Carmel-by-the-Sea feels like a European village nestled on the Pacific Ocean. Visitors can check out art galleries, dine at local hotspots or take in dramatic views during scenic drives.

• **Bar Harbor, Maine:** Bar Harbor is a popular coastal resort town situated on Frenchman Bay, serving as the primary gateway to Acadia National Park. According to VisitBarHarbor.com, the area boasts boutique hotels, personal and cozy B&Bs and woodland camping. This offers the best of both worlds: dramatic coastline and impressive mountain ranges.

• **Florida Keys:** The Florida Keys comprise a stunning arch of more than 800 coral cay islands that span 120 miles-plus. The Keys extend southwest from the southern tip of Florida between the Atlantic Ocean and the Gulf of Mexico. Renowned as a premier tropical destination, visitors can stop at any of the keys along the way, from Key Largo as the northernmost spot to Key West as the southernmost city in the continental U.S. From sport fishing to quiet retreats to vibrant restaurants and party spots, the Keys have it all.

• **Gulf Shores, Alabama:** This area is known for its 32 miles of sugar-white sand beaches and a family-friendly atmosphere. Visitors can enjoy exploring the 6,500 acres of Gulf State Park, with miles of hiking and biking. The Wharf at Orange Beach is a nearby entertainment district with a 112-foot Ferris wheel, marina, shopping, and amphitheater for live concerts.

• **Astoria, Oregon:** Astoria sits on the Columbia River at the Washington border and is very close to the Pacific Ocean. It is the oldest permanent American settlement west of the Rocky Mountains. Fans of the 1985 film "The Goonies" may remember the movie was filmed in Astoria, so in addition to enjoying the coastal sights and parks, visitors can check out spots featured in the movie, such as Flavel House Museum.

• **Tofino, Canada:** Located on Vancouver Island, Tofino is a paradise for outdoor enthusiasts. It is surrounded by rainforest and ocean, and is particularly famous for wildlife viewing, surfing and unspoiled natural areas. TourismTofino.com says Tofino offers the best of Vancouver Island's rugged west coast where people also can enjoy Indigenous culture and experiences.

• **Myrtle Beach, South Carolina:** Myrtle Beach is known as the "Grand Strand" because it offers 60 miles of continuous coastline with a wide range of vacation options. There's something for families or couples, and individuals can stroll the Myrtle Beach Boardwalk one day and hit nearby links the next.

Coastal cities and towns are all over North America, beckoning visitors throughout the year, but most especially during spring and summer.

Travel More! "Travel makes one modest. You see what a tiny place you occupy in the world." - Gustave Flaubert

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Can cataracts be prevented?

Vision should be cherished at every stage in life. However, as one ages and vision changes become more profound, it is even more important to stay abreast of what can be done to care for the eyes in the hopes of preventing certain conditions, including cataracts.

Cataracts are the clouding of the eye's natural lenses. The World Health Organization estimates that cataracts affect more than 94 million people globally. Cataracts also account for nearly 45 percent of all blindness cases.

Even though cataracts are considered an unavoidable part of the aging process, some people wonder if they can be prevented. Reedsburg Area Medical Center says that, while one cannot entirely stop the biological aging of the lens, delayed onset and reduced severity of cataracts is possible through targeted lifestyle choices.

According to EyeHealth Northwest, by age 80, more than 90 percent of adults will either

have a cataract or have already undergone surgery for them. Technically cataracts cannot be prevented, but these steps can help push cataract development further into later life.

• **Wear sunglasses with UV protection.** The consensus among experts is that prolonged exposure to ultraviolet B rays accelerates the breakdown of lens proteins. Consistent use of sunglasses that offer 100 percent UV protection can greatly

slow this protein degradation. Wraparound frames will block light from the periphery as well as the front.

• **Lower oxidative stress.** Preventing oxidative stress, a primary driver of lens opacification, can be achieved through diets rich in antioxidants, says Premier Eye Care of Eastern Idaho. Lutein, zeaxanthin and vitamin C act as shields for the eye. Eye Physicians of Long Beach says the risk of age-related cataracts reduces by around 26 percent for every additional 10 mg of carotenoids added to a person's diet.

• **Manage diabetes.** The National Institutes of Health says individuals with diabetes face a 63 percent higher likelihood of requiring cataract surgery compared to those without the condition. Managing high blood sugar will prevent sorbitol from depositing in the lenses and causing cloudiness earlier in life.

• **Quit smoking:** Smoking is a key factor in cataract development, says Optometrists.org. Smokers have a 1.66 times greater risk of developing cataracts than non-smokers because

Cataracts continued on 22



A TASTY WAY TO ADD TURKEY TO YOUR MEALTIME ROTATION

Turkey does not find its way onto people's dinner tables all that often. Americans and Canadians may consider turkey a Thanksgiving staple, but that could be the only day all year when turkey is the focal point come mealtime.

Turkey perhaps deserves more credit and consideration. It can be prepared in an assortment of ways, each of which is flavorful. If turkey is now on your mind, consider this recipe for "Turkey Roulade With Vegetables and Fried Potatoes" courtesy of *Lines+Angles*.

TURKEY ROULADE WITH VEGETABLES AND FRIED POTATOES
Makes 4 Servings

For the roulades:

- 4 tablespoons rapeseed oil
- 4 dried apricots, finely chopped
- 1 carrot, peeled and finely diced
- 1 shallot, peeled and finely diced
- 1 clove garlic, peeled and finely diced

Turkey Recipe continued on 22

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The Purrfect Guide to Helping Cats Adjust to a New Home

Welcoming a new cat into the family is a milestone that can be exciting for adults and children alike. But relocating to a new abode can trigger a sensory overload for a new feline friend. Companion animals thrive on routine and can be territorial creatures. Therefore, moving them can be akin to a person navigating a jungle without a map.

The American Society for the Prevention of Cruelty to Animals says approximately 3.2 million cats enter U.S. shelters annually. That means millions of cats are in need of a new home each year. The American Veterinary Medical Association notes cats are now in roughly 25 percent of American households. Understanding the scope of cat ownership and how to help cats adjust to a new home is the key to a new home transition.

Limit access

A mistake some new cat owners make is giving a cat the full run of a home immediately. Instead, it is better to set aside a small, quiet space the cat can treat as a sanctuary. This room, like a spare bedroom or out-of-the-way laundry room, should be equipped with food, water, a litter box, and a scratching post. Including options for hiding, like a cardboard box or a covered bed, will help the cat feel safe. Cat owners also may want to place pieces of their clothing or a toy from another pet in the home so the cat can get used to everyone's scent profile.

Follow the "rule of three"

Spruce Pets says behaviorists often refer to the 3-3-3 rule or the "rule of three" to help pet parents set realistic expectations.

The first three days will be the time when the cat decompresses. They may hide and refuse to eat as the move to a new home is processed.

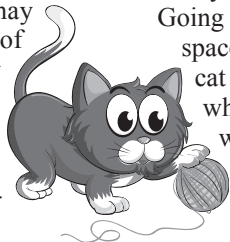
The next milestone is at three weeks, when the cat begins to realize that this home is safe. This is when their true personality may appear, and they may be more inclined to explore their safe space.

By three months, the cat should feel a sense of ownership over the home and likely has built a solid bond with their humans.

Expanded exploration

Once the cat seems more confident, is eating regularly and greeting homeowners, it could be time to offer more freedom to roam. Opening the door from the safe space into the rest of the house will enable the pet to explore at their own pace. Pet parents should never force the cat to exit; let them do everything when they are ready. The ASPCA says that using synthetic pheromone diffusers in main living areas can mimic happy markers cats leave when they rub their cheeks on things. This helps send a chemical signal that the environment is safe, and may help the process along.

Going slow, creating safe spaces and understanding a cat may initially be overwhelmed in a new home will help guide the transition when a cat is welcomed home.



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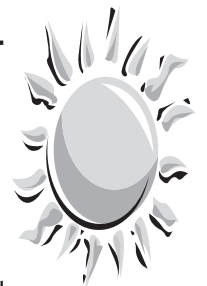
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What Men Should Learn About Heart Disease



Heart disease has remained the leading cause of death for men in the United States for the last century. It's also the second leading cause of death among men in Canada. Despite significant medical breakthroughs in recent years, the American Heart Association 2026 Statistical Update reveals approximately 54 percent of adult males currently live with some form of cardiovascular disease (CVD).

High burden for men

The overall burden for CVD remains high. CVD claims the lives of more than 350,000 men annually, says Kirby Medical Center. Men need to know about heart health so they can take proactive steps to protect themselves against CVD. One thing to realize is that a man's risk begins to climb sharply around age 35, according to Northwestern University. On average, men develop coronary heart disease a full decade earlier than women. Many men miss the window to catch rising blood pressure or cholesterol that can lead to future damage.

Recognizing symptoms

Men are more likely to experience the textbook symptoms of a heart attack than women. Still, these symptoms may be ignored. Here are some key signs, courtesy of Brown University Health.

- **Intense chest pain:** A crushing pain, often described as an elephant sitting on the chest.
- **Radiating pain:** Discomfort may move to the left arm, jaw or neck.
- **Shortness of breath:** Difficulty breathing, even while resting.

Prevention strategies

The AHA says up to 80 percent of heart disease cases are preventable with some simple lifestyle adjustments. Clinical focus has shifted toward the following advice.

- **Reduce noise exposure.** Reducing exposure to high levels of transportation and industrial noise can help, as noise is linked to chronic hypertension, according to Labcorp.
- **Avoid sleep extremes.** It's important to get between seven and eight hours of sleep each night. Less than five hours or more than 10 hours is directly linked to higher coronary event risks, says UChicago Medicine.
- **Manage CKM syndrome.** The AMA says CKM syndrome is a systemic disorder defined by an interconnection between obesity, diabetes, kidney disease, and heart disease. Left untreated, it can progress to organ failure, heart attack or stroke.

Early screening for CVD is advised for men so they can head off potential heart problems.



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These Wedding Photo Poses Can Make for Lasting Memories

A wedding is an intricate celebration that requires careful planning. Though that planning takes a long time, couples often say their wedding days flew by, which is why it is so important that photography captures the many memorable moments that unfold during these meaningful occasions.

The average cost for a wedding photographer generally ranges between \$2,500 and \$6,000, according to Zola, a wedding planning resource. Costs will vary based on location, experience and desired packages. However, considering a photographer will be spending around eight hours or more with the couple, and then many hours more enhancing images and creating albums, hiring a skilled and experienced photographer is one of the smartest decisions couples can make.

Capturing the essence of a wedding requires experience. Great photographers know how to balance precision with emotion. The following are some essential photos to include in a list of must-haves.

• **Stylish bridal party:** It used to be photographers would line the wedding party up in a straight, height-ordered row for posed photos. Modern photographers with an eye for art and movement understand that it's best to stagger or group members of the bridal party in stylish ways. Some people may lean up against walls, while others sit in vintage chairs. This helps the photos look like a magazine photo spread rather than something from a high school yearbook.

• **Candid moments.** Some photos feature the couple looking directly at the camera, but candid touches that incorporate movement help avoid the department store portrait vibe posed photos can create. Having the couple walk away from the camera holding hands, potentially glancing at one another, creates a sense of journey. This pose also can showcase any back detail on a wedding gown or a trailing veil. It's cinematic and evokes feelings of love and progression on the marriage journey.

• **Forehead rest:** There are



many different ways to show the love and intimacy between a couple that go beyond the stereotypical first kiss. Having the couple face each other and touch their foreheads together with their eyes closed establishes a quiet one-on-one moment. It is all the more magical if the rising or setting sun can perfectly fall between the couple's faces.

• **Grandparents:** Weddings bring together many members of the family, including previous generations who are eager to celebrate the bride and groom. The sad truth is that grandparents will not be around forever, so couples can pose individually with their grandparents or any other senior family members to have fond memories of time spent together.

Wedding Poses continued on 22



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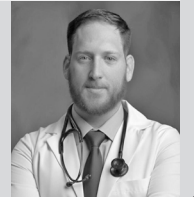
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Buy A Home *continued*

home price in Canada was \$663,828 in March 2026. The average 30-year fixed rate is now around 6.0 to 6.3 percent as of April 2026.

For the first time since 2022, the typical mortgage payment has fallen below the 30 percent affordability threshold. Rocket Mortgage says this is a standard guideline suggesting households spend no more than 30 percent of their gross monthly income on housing expenses.

Sit down with a lender

By working with a lender to run numbers, potential buyers can get a clear picture of what they can afford. Plus, a mortgage preapproval may be a necessity when putting in an offer on a property. Lenders often lean heavily on the 28/36 rule to determine risk. This means that total monthly housing costs (principal, interest, taxes, and insurance) should not exceed 28 percent of a person's gross monthly income, advises PNC Bank. Total debt payments, including that new mortgage, car loans, and student debt, should remain under 36 percent.

Account for hidden costs

Buyers may be inspired to widen their search criteria to find an affordable home. That could translate into choosing an older home or one that requires more repairs and upgrades. It's important that a budget include maintenance reserves for annual repairs, as well as construction costs for immediate needs.

Look for undervalued areas

Many areas of the country have featured recent corrections in the housing market,

making housing more affordable. Corrections have occurred in parts of Florida, San Francisco, and Los Angeles, among other locales. Buyers can target these areas and consider widening their search radius, especially if they work remotely and need not worry about commuting.

Target "old" listings

Buyers can have a real estate agent sort listings by how many days homes have been on the market. According to Mortgage Research, homes sitting on the market for more than 60 days are prime candidates for price cuts. Those homeowners also may be more inclined to negotiate.

Buying a home that is affordable requires diligence on the part of potential homeowners, who can consider the market and their finances and tweak search parameters to get the best deals.



Cataracts *continued*

the toxins in tobacco smoke can deplete the body's natural antioxidant stores.

Although it may not be possible to turn off aging and prevent cataracts entirely, cataracts can be delayed and made less impactful through lifestyle changes.

Turkey Recipe

continued

1/2 yellow pepper, seeded and finely diced

Salt

Freshly ground black pepper

1 teaspoon curry powder

1 teaspoon mustard

3 1/2 ounces cream cheese, softened

4 turkey escalopes, approximately 4 ounces each

8 slices bacon

2/3 cups chicken stock

For the vegetables:

Oil, for frying

14 ounces potatoes, peeled and cut into chunks

1 teaspoon chopped chives

9 ounces broccolini

7 ounces carrots, peeled and cut into matchsticks

7 ounces Savoy cabbage, finely sliced

1 handful Brussels sprouts, halved

Cranberry sauce and chestnuts, to serve

For the filling, heat half the rapeseed oil in a pan and fry the apricots, carrot, shallot, garlic, and pepper, stirring, until softened. Season with salt, pepper and curry powder. Remove from the heat, mix in the mustard and cream cheese, season to taste and leave to cool.

Flatten out the turkey escalopes to an even thickness. Season with salt and pepper. Spread the filling on top, fold in the sides and roll everything up into roulades. Wrap the roulades in bacon and secure with cocktail sticks or skewers.

For the vegetables, heat the oil and fry the potatoes for 20 minutes, turning occasionally, until golden brown and tender. Season with salt and pepper. Stir in the chives.

While the potatoes are cooking, fry the roulades in a pan in the remaining oil over a medium heat until golden brown all over. Pour in the stock, cover and cook the roulades over a low heat for 15 minutes until cooked through.

Steam the vegetables until al dente. Drain well and arrange

Wedding Poses

continued

• *A "hero" shot:* One classic photography technique is to place the couple as a small central element within a large landscape. This can be a rolling vineyard, tall mountains, under a cathedral's vaulted ceilings, or with a city skyline beyond. This symbolizes the momentous nature of the day and serves as a vivid piece of art for the home.

Couples should discuss their preferred photos with their photographer to curate albums that will offer a blend of different elements. The photographer likely will have a list of poses that he or she will recommend, but then couples can collaborate on what they'd like to see the most in capturing the magic of the wedding day.

Short Game

continued

driving, but it's just as important when pitching around the green. Rotating ensures solid connection with the ball. Rotate the body back and through to the finish.

• Take a deep breath. Taking a deep breath as you ease your grip can calm any nerves you might have as you prepare to chip, pitch and putt. A deep breath can help to create a less excited acceleration that's vital when playing closer to the pin.

• Practice more. Driving ranges are loaded with golfers practicing their long range shots. But practice also is vital for a strong short game. Take to a driving range to practice chipping and pitching as well. Practice putting on practice greens, too.

A strong short game requires attention to detail and practice. But the vast majority of shots golfers take are short, which underscores how beneficial it can be to strengthen your short game.

on plates with the potatoes and sliced roulades. Drizzle with a little of the cooking juices if desired. Serve with cranberry sauce and chestnuts.

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|  <p>14</p> | <p>8</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p> | <p>9</p> <p>10:30a Tai Chi</p> | <p>10</p> <p>1:00p Yarn Group 4:00p Berkeley Woods Board Meeting 6:30 Belly Dancing Class</p> | <p>11</p> <p>9:00a Tai Chi</p> | <p>12</p> <p>10:30a Knitters for Charity</p> | <p>13</p> <p>Clubhouse Rented</p> |
| <p>15</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p> | <p>16</p> <p>10:30a Tai Chi 6:30p Preserve Meeting</p> | <p>17</p> <p>1:00p Yarn Group 6:30 Belly Dancing Class</p> | <p>18</p> <p>9:00a Tai Chi</p> | <p>19</p> <p>10:30a Knitters for Charity</p> | <p>20</p> <p>Clubhouse Rented</p> | <p>21</p> |
|  <p>21</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p> | <p>22</p> <p>10:30a Tai Chi</p> | <p>24</p> <p>1:00p Yarn Group 6:30 Belly Dancing Class</p> | <p>25</p> <p>9:00a Tai Chi</p> | <p>26</p> <p>10:30a Knitters for Charity</p> | <p>27</p>  | <p>28</p> |
| <p>29</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p> | <p>30</p> <p>10:30a Tai Chi</p> |  |  | | | |

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