

THE LP INDEPENDENT TIMES

NEWS. STORIES. PICTURES. AND MORE



The blue and yellow represent Legacy Pointe's colors, and the green (growing higher) represents the continuing growth provided by our residents.

By Jonathan Wahl

August 2024

Our Day Begins - Here Comes the Sun



Photo by Marsha Call



A balcony sunrise by Phyllis Millmore

OUR FEATURE EVENTS

IT IS TIME TO VOTE



It is the Primary Season. So, this month the LP Independent Times will present a summary of the Seminole County voting process. Hopefully for the general election our IL residents Dan and Kathy Hale can draw on their many years of voting experience and will be able to write an in-depth story of the Seminole County voting process

But for now, let's take a quick look. The Florida Primary Election is Tuesday, August 20th. The Primary is a closed primary. To participate in voting in a political party's primary you must be registered as a member of that party for at least 29 days before the primary. (If you have missed the primary deadline then register for the general election).

You will receive your Seminole County Voter Information Card by mail. It will have your Registration Number, your political party (if you have selected one) and your Polling Place which for L.P. residents is:

Oviedo Presbyterian Church 2405 Lockwood Boulevard Oviedo, FL 32765.

We are in Precinct 80, County Commission 1, School Board 1, State House District 37, State Senate District 10, U.S. Congress District 7.



You have three possible ways to vote (select only one):

- 1. In Person on August 20th at Oviedo Presbyterian Church (Bring ID)
- 2. Early vote at an early voting center.
- 3. Vote by Mail (request a ballot deadline August 8th)

EXCUSES, **EXCUSES** – May people do not vote in primaries!! WRONG the primaries are where many of our local reps get nominated and eventually elected. They have a greater impact on our daily lives than some of the big names at higher offices. So, on August 20th



EARTH DAY IS REALLY 365 DAYS – Our Monthly Reminder



Photos By Maureen Reed





White Peacock Butterfly

Spice Bush Swallowtail (it is black color in the left flower)

So, to keep Earth Day alive throughout 2024, the Legacy Pointe Independent Times will bring you monthly reminders about what you can do to make our planet bright blue and our air free from pollutants.

Bring your own cups. We have been doing so well but over the last two weeks the trash can in the Bistro has been filling up daily. Let's keep it empty



The Theme for Earth Day 2024 is "Planet vs. Plastics".

For August in keeping with Earth Day the **LP Independent Times** will write about technology trying to clean up the proliferation of the plastics that we see and introduce the topics of plastics that are very real but cannot be seen.

Our Editorial for the Month of August

Yes, we know plastics are everywhere. We can see them in every store we enter. We see them thrown around the beach or ponds. If we go for a nature walk, we again see plastic all over every place. MIT researchers have estimated that only 9% of plastic is recycled.

Many high-tech recycling centers have failed because even with technology they cannot economically recycle plastic or because there is no market for recycled plastic. Much of the plastic picked up by waste collectors is burned by utilities to produce electricity. So, the only way to stop plastic proliferation is by stopping the production of plastic. Do you think that the oil and chemical companies are going to willingly cooperate in that endeavor?



Beachgoer shares 'horrific' reality of plastic pollution in beach sand.

This is such a horrible problem

Solution Maybe?

Scientists in Denmark have achieved a breakthrough with plastic that completely decomposes in 2 months: 'A new type of bioplastic'.

(Here is a link to the article https://www.thecooldown.com/green-tech/biodegradable-plastic-university-copenhagen-disposables/).

- Americans use on average 50 billion water bottles per year
 - recycle only 23%
- Wasted water bottles lined up would wrap around the Earth 190 times
- nearly 38 billion bottles thrown away
- takes up to 1000 years to biodegrade
- \$1 Billion in wasted plastic = 912 million gallons of oil

This Bioplastic is a composition of barley starch and sugar beet waste.

The plastic that we currently see takes from 20 to 500 years to decompose. The new Bioplastic decomposes in two weeks. Scientists have solved a big problem with any new scientific solution. How do you scale such a solution from the lab where it could have been a very costly solution to commercial production where cost of production needs to be very low? In Denmark, the scientists are ready to ramp up to production at a reasonable cost.

It remains to be seen what type of pushback big oil and big chemical companies will employ.

Micro and Nano What about the plastics that we cannot see? The small particles called micro plastics and the microscopic 'nano' plastics. Here we are talking about almost invisible bits of plastic that have polluted our environment in the worst possible way. Since they are invisible, they do not get the attention of the miles of plastic islands that are polluting our waters and landfills. But these nano plastics have infiltrated our bodies, our organs, our cells, and are accumulating at an alarming rate. Science is just starting to investigate if and how they are contributing to our declining health situations.

Remember asbestos fibers which we can see and the huge health problems resulting in people exposed to asbestos. Image particles that we cannot see with the naked eye and what they can be doing at the human cellular level.

More on micro and nano plastics in the September issue LP Independent Times

Boiling your tap water can remove up to 80% of micro and nanoparticles. Use the link below to gather more information.

https://thehill.com/policy/equilibrium-sustainability/4494416-boiling-tap-water-may-be-solution-to-microplastics/

And The Winners Are



Marsha Call proudly holds up a bottle of the new Legacy Pointe Wine. Marsha took the Picture and composed the label. The wine should soon be on the shelves in the Bistro Bar for purchase.



Nancy Meyers wine the Top Gun movie award night donning a pair of Aviator Glasses. There is always something exciting going on at the movies which take place on Sunday nights at 6 PM in the Auditorium.

Photo Vicki Tindall



Anne Davis another Sunday Night Movie winner



Josh Gorniak who was recently presented with the honor of a "challenge coin" from the Seminole County Fire Department

Remember the Baby Sandhill Crane

photo by Polly Del Vero



Something Happened to the Baby Sandhill Crane It looks like an injured wing



Photo by Dona Hams



Photo by Frank Russo

Technology

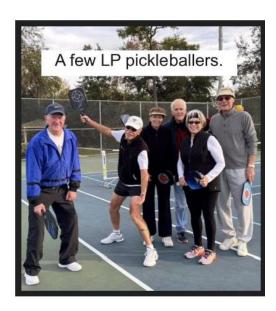
It's a new world. Probably most of us right now are thinking, now what? Everything is new; iPhones, crypto currency, AI (artificial intelligence), the block-chain, Internet3. Just to think about it makes my head hurt.

This one is an old frustration which today, due to the recent advancements in artificial intelligence, will take on a whole new dimension. As late as yesterday I opened a new account, requiring a sophisticated level of security, and was told to provide a password containing at least a total of 8 characters including at least one number, one lower case letter, and one upper case letter. The people wanting to take my identity, assets, or "life" now have access to tools that will break this code quicker than shown in the following chart.

HOW LONG WILL IT TAKE TO CRACK YOUR PASSWORD						
number of Characters	Numbers only	Upper or lower case letters	upper or lower case letters mixed	numbers, upper and lower case letters	numbers, upper and lower case letters, symbols	
	Instantly	Instantly	Instantly	Instantly	Instantly	
	Instantly	Instantly	Instantly	Instantly	Instantly	
	Instantly	Instantly	Instantly	3 secs	10 secs	
	Instantly	Instantly	8 secs	3 mins	13 mins	
7	Instantly	Instantly	5 mins	3 hours	17 hours	
	Instantly	13 mins	3 hours	10 days	57 days	
	4 secs	6 hours	4 days	1 year	12 years	
10	40 secs	6 days	169 days	106 years	928 years	
11	6 mins	169 days	16 years	6k years	71k years	
12	1 hour	12 years	600 years	108k years	5m years	
13	11 hours	314 years	21k years	25m years	423m years	
14	4 days	8k years	778k years	1bn years	5bn years	
15	46 days	212k years	28m years	97bn years	2tn years	
16	1 year	512m years	1bn years	6tn years	193tn years	
17	12 years	143m years	36bn years	374tn years	14qd years	
18	126 years	3bn years	1tn years	23qd years	1qt years	

The technology class scheduled for the third Tuesday of the month, August 20th, will be held August 27th due to the 20th being Primary Election Day (get out and vote). The topic will be Passwords- Make and Keep Them Safe.

The Legacy Pointe Pickleball Courts Are Almost Ready! by Graham Ricks



Legacy Pointe is finally getting its very own pickleball courts! This exciting project has been a community effort, spearheaded by the dedicated members of the Legacy Pointe Pickleball Club. Here's a look at the journey so far:

January 25, 2023: The Legacy Pointe Pickleball Club kickstarted the initiative by offering to help fund the construction of a single court. The initial plan was to build the court across from the dog park on property owned by the UCF Foundation.

Early June 2023: The club members pledged over \$50,000, enough to build two courts. However, the plan hit a snag when permission to lease the Foundation property was not granted.

August 2023: A new location was agreed upon in the field south of the apartment tower. On August 24, Tony Mennella began the permitting process and contacted several court builders for quotes.

October 11, 2023: Tony and Domenica Wehmann attended the Seminole County Pre-planning Committee hearing and received approval to proceed with the application and site plan submission. Catalyst was hired to provide the necessary engineering design documents.

January 2024: Engineering design drawings for both the pickleball and bocce ball courts were received, shifting the focus to obtaining the required permits from Seminole County.

Mid-April 2024: After three months, the permits were approved, and construction began on May 24, 2024.

End of July 2024: The asphalt surface was being painted and the fence was being erected. By the time you read this, the courts should be nearing completion.

The final step will be to enhance the surrounding area with beautiful landscaping, creating an appealing and functional space for everyone to enjoy.

Once the courts are ready, we will offer classes for beginner players. Stay tuned for more information from Lifestyles on these upcoming classes.

We are excited to see the community come together to make this project a reality and can't wait to see you on the courts soon!

Remember this when we went to Winter Park to sign up for L.P.



Photo by Vicki Tindall

Recycling

David Kremer's Announcement on Recycling

Waste Management will be our recycling vendor. Articles to be eligible for recycling are as follows:

- 1. Cans steel, tin, and aluminum.
- 2. Plastic Bottles and Containers which have numbers imprinted on them. Those eligible are numbers 1, 2, 3, 4, 5, and 7.
- 3. Paper all sorts of newsprint, computer paper, paper bags, etc.
- 4. Paper Cardboard Dairy & Juice containers (please rinse out).
- 5. Flattened Cardboard & Paperboard (no boxes unless they are broken down flat!)
- 6. Glass bottles & Jars (rinsed out, of course)

Villa Residents please put recycling items in a plastic bag and have them out at the curb by 11am on Wednesdays. Our team will empty those bags into the recycling dumpster. If we find that the system is not working, we'll revise!

I.L. Residents please use the recycle bins in the trash rooms but leave cardboard on the floor.

Not recyclable

- 1. Food waste,
- 2. Plastic bags of any kind (Take these to Publix)
- 3. No Polystyrene Foam products (Take these to Publix)

NOTES on Recycling from Mitch Mitchell

On August 1st Legacy Pointe will put a new "official" recycling effort into place. We will update how this program may affect the recycling programs currently underway as we get more information. For the most part, it is likely to increase the number of products being recycled above and beyond the current efforts. At present it currently appears from information received that the cost of this additional service may be relatively minimal on a monthly basis; however, if there should be substantial additional costs incurred for these services, we as a community will need to examine the cost vs. benefit of these additional services.

Mitch reminds us that the Kan Kan Dancers still want your aluminum cans kept out separately from the material that you give to Waste Management. Place your aluminum cans (rinsed out) in the paper bags in the trash rooms.

Aluminum cans. Recycling of aluminum cans continues at a vigorous pace! Thus far the IL 3rd Floor aluminum canning factory continues to produce cans at a near-alarming rate and is the undeniable IL championship floor! Production there remains highly focused on Coke products and an unknown variety of root beer (no... NOT Budweiser!).

(NOTICE: Only aluminum cans can be recycled — no pet food cans, pie plates

(NOTICE: Only aluminum cans can be recycled — no pet food cans, pie plates, aluminum foil, etc.)

POC: The Can Dancers & Katherine M. (our stealth Kan Kollector)



A Family Outing by Dona Hams

Movies August 2024

August "Sundays at the Movies" in the Auditorium at 6 pm:

- 1. Sunday, August 4th at 6 pm a Comedy "Date Night"; Host Bill Weise
- 2. Sunday, August 11th at 6 pm a Drama Rainman" Host Linda Parsons-Rude
- 3. Sunday, August 18th at 6 pm –Western "High Noon" Host Linda Parsons-Rude
- 4. Monday August 19th at 2 pm Concert" with Ray Orbison by Bill Malfitano
- 5. Sunday, August 25th at 6 pm -Romance "Casablanca" Host Bill and Linda
- 6. Sunday September 1st 6 pm Musical" South Pacfic" Host Bill and Linda

NOTE The cartoons were a success and will continue to show them starting at 5:30 pm just before the 6 pm movie

ALSO on September 29th at 6 pm Frank Millmore will show a "Railroad Movie" (TBD).

Submitted by Bill Fernandez

UCF football schedule 2024: Dates, kickoff times

The 2024 college football season starts soon, and <u>UCF</u> is looking to improve significantly over its 6-7 season last year.

The Knights joined the Big 12 in 2023. The 2024 Big 12 will add Colorado, Arizona, Arizona State and Utah enter.

UCF also wants to improve its Bowl invitation by moving up a few notches from the Gasparilla Bowl. Their wide receiver from last year Javon Baker looks like a lock to make the New England Patriots.

UCF 2024 football schedule

Date	Time (ET)	Opponent	
Thursday, Aug. 29	7 p.m.	home New Hampshire	
Saturday, Sept. 7	6:30 p.m.	home Sam Houston	
Saturday, Sept. 14	7:30 p.m.	at TCU*	
Saturday, Sept. 21		OPEN	
Saturday, Sept. 28	TBA	home Colorado*	
Saturday, Oct. 5	6-8 p.m.	at Florida	
Saturday, Oct. 12	TBA	home Cincinnati*	
Saturday, Oct. 19	TBA	at Iowa State*	
Saturday, Oct. 26	TBA	home BYU*	
Saturday, Nov. 2	TBA	home Arizona*	
Saturday, Nov. 9	TBA	at Arizona State*	
Saturday, Nov. 16		OPEN	
Saturday, Nov. 23	TBA	at West Virginia*	
Friday, Nov. 29	8 p.m.	home Utah*	
Saturday, Dec. 6	TBA	Big 12 Championship Game#	

^{*} Big 12 game; # in Arlington, Texas

Somebody else is interested in what is going on at Legacy Pointe. A sentinel keeps a daily watch.



A Picture of Sandy North's Cat

A Pet Story - Part 3 Mary Catherine Ricks writes about her new cat Chancey

In parts 1 and 2 you may have read about Hope the cat that traveled over 15.000 miles with us in our motorhome through 49 states, Mexico and all over Canada. When she was ready to depart this earth, Hope communicated with me, saying that it was time to leave, that she would return someday but not to "look for her" and that her name Hope was an acronym for Heart Opening Peaceful Energy.

So, for about 4 years we were "catless." Late one night I was meditating, I felt Hope's energy come into the room. Many pet owners know what that feels like. You just get this sense that they are in the room with you. This particular time, it seemed to me like she came and "jumped" on my lap. Then she "spoke" again!

She told me she had returned to live with us again and that we could start looking for her. I asked for clues and was told to look for a female and a cross between the gray and black tabby that we knew and a Siamese, and then she left. I could not recall ever seeing a cat that met that description and was glad for the narrowing of our search field!

We were in Florida at the time and began looking at the shelters and online, finding lots of cat but none that fit that description. Returning to North Carolina, we started looking again. I quickly found 2 cats that fit her description. One was in a foster home and the other at a shelter. The fostered cat was still available but could not be seen for several days, so we headed for the shelter. Arriving there we learned that particular cat had already been adopted and that it was a male. Before we left, we agreed to "foster" 5 six-week-old kittens for 10 days.

Meet "the crew"!









Faith Free Spirit Happy Moonbeam Zen

And yes, personality.when we got alternative pet

they talked to me and told me their names and about their We ended up keeping them for several months. Unknown to us them, they had fleas, sore eyes and other "issues". I got treatment books and read online to learn how to help them.

In the meantime, we had gone to look at the other cat. She was old and had been in foster care for a good while. Her name was she came right to Graham, which we were told was very unusual. to take her after we found places for the crew. "Cat Rescue" called once I got the kittens healthy that they would let us adopt Chancey

about 1.5 years Chancey and So, we agreed me to say that and would find

homes for the five. After 3 months, the kittens were in good health and in June of 2019 we made the swap.

On our trip home, Chancey was yowling until we turned onto the road that we lived on. She got quiet and as we drove down our long driveway and into the garage she was at ease. Graham took her into the house and set her free in our solarium where Hope had spent much of her time. Chancey walked out of the carrier slowly and darted under Hope's favorite couch.

Meet Chancey. She is now 5, definitely has many Hope characteristics, but does not like to travel, and is not much of a people cat, but she loves Qigong and expects to get "her energy moved" every single day! We love her like Hope, and it is fun to still find similarities.

PS: My personal motto the last 20 years of my life has been "Nothing by Chance!"

Gardener's Corner

More than a few people have been walking the pond and have stopped at our raised bed gardens. Here L,P, residents are growing a variety of flower, vegetable, and herb plants. Of course, the flowers are colorful and get everybody's attention. But the vegetables are always tasty and are used by the gardeners to enhance their diets.

Depending on the season the kinds of vegetables growing will change. Currently we are halfway through the 'hot' season. Very few plants can endure the heat. And if they bear fruit like tomatoes, peppers, beans, etc., they have difficulty moving from the flower stage of fertilization to the 'setting' of fruit. For example, the tomato plants may grow tall, and have bright leaves and blossoms, but no tomatoes. Why? It is too hot.

But some plants love the heat, and a few vegetables produce abundant crops. What is the crop pictured below?



The gardener has just picked some fresh Okra. And tomorrow and the next day the gardener will have the same amount to enjoy. Okra loves the heat.



Ina Hunt holds a native Seminole Squash that is on the brink of extinction. She and several other gardeners are trying to grow a few plants of the squash and hopefully capture some of the seeds.

Social, Physical, and Nutritional aspects of 'senior living'.

Each month, here are articles about social fitness, physical fitness, and nutritional fitness. They are for your interest. We do not make any claims or recommendations.

This month we ae going to 'condense' our usual three separate articles of Social, Physical, and Nutritional fitness into one article which treats each one as part of the whole

Before reading the article, you should see how well you have stayed in touch with today's vocabulary. Do you know one or all of the following:

"Plant Slant", "Love Hormone", "the 80% rule", "Know your 'why', "Happy Hour Yes'.

Here is the Link:

https://www.gq.com/story/blue-zones-power-9

(hold the control key and click on the link or copy it and paste it into your browser).

DO YOU NEED TO GET OUT AND DO SOMETHING?

Do you want to take a little trip for a change of scenery then check out the link below where you will find 25 suggestions on short trips from Oviedo.

https://www.orlandoweekly.com/orlando/25-easy-weekend-road-trips-from-orlando-everyone-should-do-at-least-once/Slideshow/35988297/35989533

(hold the control key and click on the link or copy it and paste it into your browser).

IF YOU DO NOT WANT TO GO OUT, CHECK OUT KRISTINA FERRY IN HER WEEKLY POSTINGS BELOW ARE OPPORTUNITIES IF YOU STAY IN - JOIN a CLUB

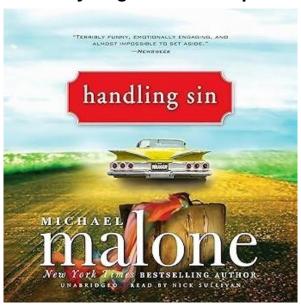
Check out your 'Community Info (formerly Touch Town) on your phone. There are over a dozen clubs here at Legacy Pointe that would love to have you join. Also, in the Card Room there are many activities each day some starting at 7 AM

Here are just a few available The Legacy Pointe Book Club, Garden Club, Chess Club, and many others. Check Touch Town for dates and times of many others

The Legacy Pointe Book Club

The Legacy Pointe Book Club meets the third Tuesday of the month at 3 PM in the Card Room

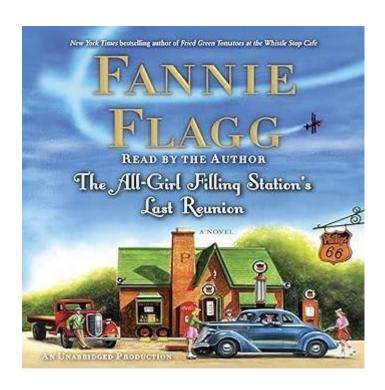
Our Book for August is called Handling Sin by Michael Malone
The Book Club will meet on Tuesday August 20th at 3 pm in the Card Room.



On the Ides of March, our hero, Raleigh Whittier Hayes (forgetful husband, baffled father, prosperous insurance agent, and leading citizen of Thermopylae, North Carolina), learns that his father has discharged himself from the hospital, taken all his money out of the bank and, with a young Black female mental patient, vanished in a new yellow Cadillac convertible paid for with Raleigh's inheritance... Left behind is a mysterious list of seven outrageous tasks that Raleigh must perform in order to rescue his father and his inheritance.

And so, Raleigh and fat Mingo Sheffield (his irrepressibly loyal friend) set off on an uproarious contemporary treasure hunt through a landscape of unforgettable characters, falling into adventures worthy of Tom Jones and Huck Finn. A moving parable of human love and redemption, Handling Sin is Michael Malone's comic masterpiece.

Our Book for September is called The All-Girl Filling Station's Last Reunion: A Novel by Fannie Flag.



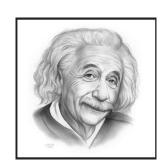
The one and only Fannie Flagg, beloved author of Fried Green Tomatoes at the Whistle Stop Café, Can't Wait to Get to Heaven, and I Still Dream About You, is at her hilarious and superb best in this new comic mystery novel about two women who are forced to reimagine who they are.

Mrs. Sookie Poole of Point Clear, Alabama, has just married off the last of her daughters and is looking forward to relaxing and perhaps traveling with her husband, Earle. The only thing left to contend with is her mother, the formidable Lenore Simmons Krackenberry. Lenore may be a lot of fun for other people, but is, for the most part, an overbearing presence for her daughter. Then one day, quite by accident, Sookie discovers a secret about her mother's past that knocks her for a loop and suddenly calls into question everything she ever thought she knew about herself, her family, and her future.

Qigong Tidbits by Mary Catherine Ricks

Many of you know that "Qi" or "Chi" is the Chinese word for energy.

"Everything is energy and that is all there is to it. Match the frequency of the reality that you want, and you cannot help but get that reality. It can be no other way. This is **not** philosophy. This is **physics.**" Those statements were made by Albert Einstein, who was born in Germany in 1879 and died in America in1955.



Einstein also stated, "Matter is Energy. . . Energy is Light . . . We are all Light Beings." This energy travels through pathways, known in Chinese medicine as meridians, all over the body. You might think of meridians similar to fiber optic cables which as you know carry light, which is energy. These pathways have been scientifically documented as far back as 1960 by a Korean scientist, Kim Bonghan. It has also been discovered that these channels carry not only energy but also a fluid that lubricates the joints, eyes, skin, and heart valves.

So, what happens when the meridians get blocked? The simple answer is poor health. And where do these blockages come from? The simple answer to that is, what we breathe, eat, think, and feel can cause these blockages and they will differ from one person to another. The good news is that Qigong is a method to clear the blockages. Isn't that amazing?

Here at Legacy Pointe, some of us are now practicing Qigong. In other words, we are moving energy and light, to improve our health, as understood by the Chinese master of years ago.

SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR AUGUST 2024



Photo by Joyce Swing

For list of all launches, check this website suggested by John Boldt https://nextspaceflight.com/launches/

Thanks to those L.P. residents who are very early risers we have two great photos of the Saturn V launch on July 30, 2024



Photo by Dona Hams



Photo by Marsha Call

SURFING THE INTERNET

You could spend your whole day just sitting and surfing. If you do this your entire body will fall apart from lack of exercise. So, our newsletter is asking its readers who spend just a few minutes a day surfing to send along some links to articles that may be interesting or funny or extremely important. Send links to Frank Russo at frankrusso2012@gmail.com

How old are 'human like' footprints found in the Greek Island of Crete? The new analysis says it is 6.05 million years old. What do you think? Check out the link below.

https://greekreporter.com/2023/09/09/crete-footprints-6-million-years-old/

Feedback? Stories? Photos? Send to Frank Russo at frankrusso2012@gmail.com

REMEMBER sign up for the **LP Residents Forum**: https://lpresidentsonline.org/smf **You can easily set up your login and password.** The Forum is a place for you and your neighbors to come together . . . To create a knowledge base . . . To go beyond a community to becoming a family. We hope to see you online soon. If you need help, contact by email Jonathan or Ina.

"And in case you missed any issues, click the following link to access the complete Newsletter Archive:" ...

LP Residents Forum - Residents Newsletters (Ipresidentsonline.org)

Email Jonathan at 47ipsd@gmail.com or Ina at utgrad@attglobal.net.

New Forum Feature

Please check out In Memoriam, the latest Category on your Legacy Pointe Forum.

It is a place where we can express our love and memories of cherished members of our Legacy Pointe Family who are no longer with us. A place to celebrate their lives and ensure they will not be forgotten. And a place to draw comfort from our shared memories. Please feel free to share pictures, stories, memories, tributes, and obituaries.

To Create a memorial, click **New Topic** and type the person's name. To add your sentiments to an existing memorial, click **Reply**.

If you have any questions or need help using the Forum please contact Jonathan or Ina, your forum Administrators.

Jonathan and Ina

Our Day Ends



Photo by Marsha Call