



THE LP INDEPENDENT TIMES

NEWS. STORIES. PICTURES. AND MORE



February 2025

Frank Russo, Editor

Here Comes the Sun BUT there a few mornings where there was no sun



Photos by Marsha Call

Down with the Olds Up with the New



“Legacy Pointe at UCF’s U.S. flag was first raised on May 24, 2024, during the dedication of the 40-foot flagpole located near the community’s front entrance. This dedication took place during the series of events held here during the 2024 Memorial Day weekend. This first U.S flag was retired on January 29, 2025 — the day following the 30-day mourning period for the late President Jimmy Carter. This flag will be encased and held here at Legacy Pointe at UCF in honor of all the community’s residents — past, present and future”.

Feature Article

Valentine's Day Is It for Lovers?

By Frank Russo

For just over two months ago we were bombarded with the thousands of Santa symbols getting us to buy this or that. And as soon as January arrived the bombardment started again. This time it was Cupids turn. Does Santa and Cupid have anything in common. Well not much other than they are two commercial symbols and business success stories that have hijacked two special days that had a much different meaning many decades ago. Cupid with his cutesy boyish grin armed with bow and arrow is seeking out our hearts. But in reality, Cupid is a really an old Greek and Roman deity. Cupid was the son of Venus – goddess of love, and Mars god of war. What a combination to represent love and marriage and also we can't forget chocolates, flowers, and dining out.

Hopefully spouses and partners will rise above the once-a-year commercial celebration and celebrate a loving relationship which is a daily affair. All of us are trying to grow as individuals and help each other to grow as well. We can leave Venus and Mars to their own struggles.

Follow up to our New Years Resolution Article

Did you join "National Quitters Day on January 18th? On this day approximately 80% of people who made New Year's resolutions have tapped out by this date. So if you have quit you have given your vote to National Quitters.

But do not be discouraged. Remember in the feature article in the January edition of the L.P. Independent Times the plan was to not do a 'resolution' for the whole year but rather do a 'resolution.' on a month by month basis.

So it is now February. Get on with Resolution #2. And remember it is ok to repeat a resolution.

Artists and Crafts People



On Thursday January 23rd in the Auditorium from 10 to 2 Legacy Pointe came alive with spectacular art and craft creations by our residents. A steady flow of residents and guests stopped to enjoy and admire creative works which in some cases were months in the creative process. Throughout this newsletter we will group some of the pictures from the show. The pictures were submitted by Mitch Mitchell

**EARTH DAY IS REALLY 365 DAYS – Our Monthly Reminder
Get Ready we will celebrate a New Earth Day here at L.P on
Saturday April 19th**



Photo by Maureen Reed

We Have Visitors

Over the last three weeks we have had a few of our feathered friends arrive. Some are new and some have returned. There are several Sand Hill Crane couples. This is baby time for the Sandhills. Please check – there has been no sign of Nimo. Usually at mating time Papa chases last year's chick out of the family and sends it packing to 'fend' for itself. It is time to start a new family.

Our pond has seen the most visitors



Hooded Mergansers

Photo by Sharon Lovell

The Theme for Earth Day 2024 is “Planet vs. Plastics”

By Frank Russo

Starting with Earth Day 2024 the LP Independent Times has been focusing on the theme for this year “Planet vs. Plastics”. We have all seen pictures of piles of plastic in every form littering our landfills, our waterway, and in every trash pickup worldwide. We are being buried in plastic

Who is responsible for cleaning up chemical waste leftovers?

Soon we will be celebrating another Earth Day with another theme for a whole year (2025 – 2026). So, the LP Independent Times will continue to tackle a question relevant to our current year's articles: **“Who is responsible for cleaning up waste leftovers?”**.

For years everybody has been urged to recycle. It was our duty. Recycle your plastic, recycle your bottles, recycle your foam packaging. In every media we viewed the same message “You have the responsibility to **RECYCLE!**” So, Cities, Towns, HOA Communities, and others all heeded the call and added a huge cost to their already high budgets to include recycling costs into these budgets.

The State of Maine has raised an interesting question to the whole recycling dilemma. **“Why is it our responsibility to clean up waste leftovers? And Maine asks the second question: Why shouldn't manufactures be responsible for cleaning up their waste leftovers?”**. It is not our waste! They knew that the waste was composed of forever chemicals and could not be recycled and its particles would be in our environment forever.

The Portland Maine Press Herald on January 16, 2025 published an article by **Megan Mansfield-Pryor and Travis Wagner** in a Special to the **Press Herald**. The link is below. The article gives us a little summary of the start of the manufactures' industry's ads placing responsibility for recycling on citizens. The ads ran on TV and print media across the nation introducing the industry strategy to get citizens to feel responsible for cleaning up their mess.

“One of the most powerful and ingenious industry created ads first aired in Maine on April 22, 1971, on the first anniversary of Earth Day. The ad was the landmark “People Start Pollution, People Can Stop It,” known as the “crying Indian” ad.

In this enduring minute-long PSA (propaganda), an actor in stereotypical Native American clothing silently paddles his canoe with strong, sure strokes slowly up a polluted river. Coming ashore at a litter-strewn riverbank, the proud and stoic figure walks to the edge of a highway just as a car passenger thoughtlessly tosses out trash that bursts open onto the disheartened visitor's feet. The camera slowly moves upward for a close-up on a single tear rolling down his face as the narrator dramatically intones: “People start pollution; people can stop it”.

The article and others the authors go on to explain who created the ‘crying Indian’ ad and others in the following words:

The producer of this award-winning ad was Keep America Beautiful (KAB) Inc., founded in 1953 by beverage and packaging companies and the tobacco industry. Cleverly, while the ad was extolling the virtues of keeping America beautiful by convincing people to stop littering, KAB funders touted the convenience of their new disposable, single-use beverage containers. The packaging industry strategy was simple: convince individuals that it was their responsibility for litter, not the manufacturers. Meanwhile, KAB was lobbying against the most effective litter prevention program — the state “bottle bill” laws.

So, this has been the strategy from day one of the Oil, Chemical, and Manufacturing companies: **“Make the citizens feel responsible for cleaning up our mess”.**

Maine is countering this industry propaganda by saying: **“You the manufacturers have the responsibility to clean up this mess!”**

Here is the article

<https://www.pressherald.com/2025/01/16/opinion-maine-is-smart-to-make-producers-responsible-for-packaging-waste/>



Arts and Craft Show

Pictures submitted by Mitch Mitchell



BOCCE BALL 2025 at LEGACY POINTE AT UCF

Bocce has some set times for Games each week they are:

Sunday 3 -4

Monday 11 – 12

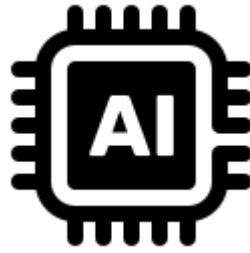
Wednesday 11 -12

Saturday 10 -11

You can practice at any other times. The equipment is in the storage container next to the back door coming out of the Bistro and Dining room.

OUR INTELLIGENCE (OI also called HI -Human Intelligence) versus ARTIFICIAL INTELLIGENCE (AI)

by Frank Russo



This story is a wrapup article on **OI** and **AI**. In this article I would like to propose something different that science and technology should consider. So my humble **OI** thinks that science and technology - as advanced as they are - can be totally out of control. They need some internal and external standards to adopt. I mean something totally different than seeing if some research project works or if some intricate AI software program works.

I want to use as an example the current testing cycle that Big Pharma must use before a drug goes to market. The FDA requires it. It is not enough to see if a drug works. But every side effect must be listed. When you get your prescription you also get a list of side effects and other warnings and what to do if you start to experience any of these side effects.

Science and AI need to investigate side effects of their discoveries before a product is released to the public. There are many examples of where this investigation of side effects could have prohibited many problems. For example: DDT did a great job but the side effect, never investigated, caused unbelievable environmental damage to the whole eagle and condor populations. Asbestos was a great product but if you have Mesothelioma you may not think so. Roundup killed weeds effectively but now Bayer-Monsanto is paying out Billions to cancer patients – did they think of testing for side effects?

And what about AI? It is so new! It is very sophisticated software which thousands of companies world wide are developing. For what end? Most hopefully for good purposes. But unfortunately there are those' who have other things in mind. Currently there are no standards, just does the code work. And

like many projects in the scientific world the **bottom line** is driving the development of **AI**. It is not too late to put some standards but it is at the eleventh hour.

For a full discussion of HI and AI see the following link:

[Difference Between Artificial Intelligence and Human Intelligence - GeeksforGeeks/](#)



Arts and Craft Show

Pictures submitted by Mitch Mitchell

Legacy Pointe University

by Joe Solymossy

We all enjoyed the inaugural meeting and presentation of Legacy Pointe University on Tuesday, January 14 at 7 pm in the auditorium. The topic Artificial Intelligence (AI) Today: The Good, Bad and the Ugly, by Joe Solymossy is a topic on everyone's mind today. We learned new words, new definitions and a hint of how even a non-techie could benefit from AI today.

Legacy Pointe University is part of the Lifestyles Committee and administered and presented by the residents. On Thursday February 13th at 7 pm Dr Diane Jacobs will present her observations of the animals up close in Africa. Two experiences, 32 years apart, one in tents and one in more luxury.

The next presentation will be Thursday, March 13th. Larry Mitchell will take to Taiwan's Offshore Islands: A Faded Line of Defense". A photo tour of the principal offshore island groups, views of Taiwan's traditional island defenses and thoughts on the current status of the islands.

PS; If you haven't checked you apple iPhone or iPad recently; if it is running IOS 15 or earlier there are no more updates for your machine. It is a good phone, it is good for socializing, but do not do anything that requires strict security like banking, on-line shopping, or bill pay. If you are using IOS 16, then 16.7.10 is the latest update. If you have IOS18, the most recent update is 18.3. Stay vigilant and safe.

More Pond Visitors



Photo by Frank Russo



Arts and Craft Show

Pictures submitted by Mitch Mitchell

More Pond Visitors



Photo by Frank Russo

Your Resident Council Subcommittees at work

By Frank Russo

It is time to ask a question! How many residents have ever attended a meeting of a Resident Council subcommittee meeting? There are a few who attend almost all meetings, and these residents are regulars. Probably the Culinary committee receives the most resident attendance. Why so? Because we 'see and evaluate' our food every day. We have food questions because it is a daily activity. And management is very interested in our opinions.

There are 6 committees who meet regularly. They are looking at how to improve our life here. They have regular meetings but with less resident attendance. I am on two of these committees and see the scope of their activities. Each month the Legacy Pointe Independent Times will feature one of these committees. This month it is the Grounds Committee.

What does the Grounds Committee do? The committee 'sees and evaluates' our landscape every day. Different members walk around the property daily as part of their exercise routine. They 'see and evaluate'!

We have thousands of shrubs, hundreds of trees, many, many beds planted with all sorts of ground covers. We have landscape zones filled with pleasant views and interesting plants. But all of this is also at the mercy of nature's devastating effects. And such effects are happening here at Legacy Pointe.

Recently the Grounds committee has put together an analysis of the health of our plants. There are some problems. Some problems are visible. For example, some leaves show fungus, tree bark with black sooty mold, bark canker, etc. Other problems are not so visible. For example, beds filled with ground cover not thriving because they have been heavily mulched inhibiting root runners from spreading. These are but a few. David Kremer answered several questions about our landscaping at the Town Hall on February 6th. Our present landscape company, Grasshopper as left a lot to be desired.

Our landscape is a very expensive maintenance issue. We have **hundreds of thousands** of dollars invested in our property. It is slowly being invaded by diseases that if not checked could soon be fatal and very costly. Our residents need to attend their subcommittee meetings and participate in identifying a problem and explore ways to solve it. If you have a bad meal in the dining room, we should never serve it again. It is once done and over with. Not so in landscaping. We need you to take a walk. We need you to 'see and evaluate'. We need you to come meet with the Grounds Subcommittee. We need you to get involved.

More Pond Visitors



Photo by Frank Russo



Photo by Alan Lesnick



Arts and Craft Show

Pictures submitted by Mitch Mitchell

LET'S GO TO A MOVIE!

Here are the Legacy Point Movies for December 2024 and January 2025

UniGuest Activities provides a plot summary of each film. Movies are shown in the Auditorium at 6 PM unless otherwise noted.

Date	Time	Movie	Year	Run Time	Host
Sunday 02/16/25	6	Simon and Garfunkel - NYC Central Park	1981	1h27m	Bill Weise
Sunday 02/23/25	6	Fried Green Tomatoes	1991	2h10m	Bill Malfitano
Sunday 03/02/25	6	12 Angry Men	1957	1h36m	Bill Malfitano
Sunday 03/09/25	6	Born Free	1966	1h35m	Vicki Tindall
Sunday 03/16/25	6	Once	2006	1h26m	Linda R/Minerva
Sunday 03/23/25	6	The Legend of Bagger Vance	2000	2h6m	Bill Weise
Sunday 03/30/25	6	Cat Ballou	1965	1h37m	Clare Pollard



Arts and Craft Show

Pictures submitted by Mitch Mitchell

More Pond Visitors



Kingfisher by Vicki Tindall



Northern Shrike by Vicki Tindall

The L.P. Gang is off again on a bus tour with Kris



GARDENER'S CORNER

"We Come From The Earth

We Return To The Earth

And In Between We Garden"

By Alfred Austin

Gardening on your balcony

Many Legacy Pointe residents would like to grow something but do not want to garden outside. So, the Gardener's Corner will try to offer suggestions for things you can grow on your balcony.

If you are new to gardening let's start off easily. How about a tomato plant, a pepper plant, 2 green bean plants, and some lettuce plants.

The start time is mid-February when it warms up a bit.

Here is what you will need.

1. Several small dixie cups with a couple of drainage holes in the bottom.
2. A small container of potting soil.
3. A tray or baking pan to set the dixie cups into.
4. Seeds for the following: 2 for peppers and 2 for grape tomatoes.
5. Four seeds for the following - green beans.
6. Four to Six seeds for the lettuce (depending on the kind of lettuce you like).
7. Some type of spray bottle.

That is all you need to get started.

Fill each dixie cup $\frac{3}{4}$ to the top with potting soil.

Put 2 seeds in each cup ex: 2 pepper seeds in one cup, 2 tomato seeds in one cup, 2 green bean seeds in each of 2 cups, all seeds for lettuce in one cup.

Water from your spray bottle. Keep soil moist but not wet.

Find the sunniest spot on your balcony or windowsill and set your tray down.

Cover at night if it gets cold. Check the soil daily to see if it needs to be sprayed with water.

You do not need a 'grow light'.

Potting soil and garden can be purchased at ACE hardware with soil in smaller containers and more reasonably priced X.

NOTE do not go out and buy seeds. Garden club members will lend you seeds.

Contact Frank Russo at 407-341-7622 to ask for help and seeds.

Here is what you will need near the end of January. (**DO NOT SPEND MUCH MONEY**)

You will need a large pot to transfer seedlings. (Buy buckets at Dollar Tree based on the number of seeds you are transplanting. These cost \$1.25 each versus what you would spend at a nursery which could cost \$10 each. Punch 3 holes in the bottom of each bucket for drainage and you have your pot for growing each of your plants.

More instructions in March L.P. Independent Times for transplanting to larger pot.

Did You Know?



Oviedo is 100 Years Old!

The City of Oviedo is 100 years old this year, and my daughter helped design this sticker to celebrate. It features a train carrying celery and driven by a chicken. Citrus and celery are the two crops that put Oviedo on the map, and they are the reason the train tracks were run to our city. But for that, our community wouldn't be celebrating its centennial for many more decades.

Pick up a sticker in person is at the **Oviedo Farmer's Market on Saturday, Feb. 1** at the Old Coots' tent (they give out advice for free, and it's good advice, too - for real, look for a tent labeled "Old Coots" :). They'll be there from 9 a.m. to 1 p.m. I'll also leave some in the lobby of City Hall. These stickers were produced at no cost to taxpayers.

EXPLANATION: Why a chicken driving a train full of celery against a citrus sunset? Citrus and Celery put Oviedo on the map. It's citrus that inspired entrepreneurs to run train tracks to Oviedo in the first place, and the rich soil in the Black Hammock and low-lying areas that lead to it turned out to be perfect for celery. Oviedo was once the Celery Capital of the World! We became famous for chickens in the 1980s, and the rest is history.

Fun Recipe for

French Toast Muffins

These easy French toast muffins combine the classic flavor of French toast into a convenient, portable form. Perfect for breakfast on the go or a sweet treat anytime!

Ingredients

- **For the French Toast Muffins:**

- 6 cups cubed bread
- 6 large eggs (big expense at present)
- 1 1/2 cups whole milk
- 1/2 cup heavy cream
- 1/4 cup brown sugar
- 1 tablespoon vanilla extract
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- pinch salt
- **For the Streusel Topping:**
- 1/4 cup cold unsalted butter, cubed
- 1/4 cup all-purpose flour
- 1/4 cup brown sugar
- 1/2 teaspoon ground cinnamon
- pinch salt

Instructions

- Preheat the oven to 350 degrees Fahrenheit. Generously grease a 12-cup muffin pan with butter or nonstick cooking spray.
- In a large bowl, whisk together the eggs, milk, cream, brown sugar, vanilla, cinnamon, nutmeg, and salt until well combined. Add the cubed bread and gently stir to coat all the bread in the egg mixture. Let soak for 10 minutes, stirring occasionally.
- Meanwhile, make the streusel topping. In a small bowl, combine the cubed butter, flour, brown sugar, cinnamon, and salt. Mix it with your fingers until it resembles coarse crumbs. Place it in the fridge until ready to use.

- Evenly divide the soaked bread mixture between the prepared muffin cups. Fill each one to the top. Sprinkle the streusel topping over each muffin.
- Bake for 25 to 30 minutes, until puffed, golden brown on top. Or until a toothpick inserted into the center of a muffin comes out clean. Let cool in the pan for 5 minutes before removing.
- Serve the French toast muffins warm with a dusting of powdered sugar and a drizzle of maple syrup, if desired. Enjoy!

Update on the Goopy Grilled Cheese Sandwich

Did you know that there is a *National Grilled Cheese Competition in Madison, Wis every year*. And that MacKenzie Smith who is a local chef from New Smyrna Beach became famous starting with her grilled cheese sandwich. She won the competition in 2018. Here is her story.

<https://www.delcotimes.com/2025/01/29/goopy-grilled-cheese-a-toasty-option-when-its-cold-outside/amp/>

SOCIAL, PHYSICAL, & NUTRITIONAL ASPECTS OF “SENIOR LIVING”

Shared for your interest ... we do not make any claims or recommendations.

We welcome articles and videos that you see on the web concerning health issues we all face in our environment and especially in our food. Processed foods are the real health dangers since they contain many different chemicals and dyes. Currently one of our residents has done a lot of investigating on the web and has contributed different articles and links to web documents. She is Mary Catherine Ricks. Her article this month is below. This is followed by two web links that you may find interesting if you have grandchildren who may consume too much processed food.

If you find interesting articles forward them to me at frankrusso2012@gmail.com

Is Gluten Causing Health Problems For You?

By Mary Catherine Ricks

In the last decade, the gluten-free food industry has experienced substantial growth, not only in the number of products available but also in consumer awareness. As demand has risen, so too has the need for clear and accurate labeling. For individuals with celiac disease and gluten sensitivity, strict adherence to a gluten-free diet is essential for maintaining health. The ever-evolving landscape of food labeling regulations continues to be a vital topic for those navigating this space. Here's a breakdown of the most important updates and considerations regarding gluten-free labeling.

Understanding Gluten-Free: What Does It Really Mean?

To understand gluten-free labeling, it's important to first clarify what gluten is and why it poses a problem. Gluten is a protein found in wheat, barley, rye, and their derivatives. For people with celiac disease, consuming even trace amounts of gluten can trigger an autoimmune response that damages the small intestine, leading to serious health issues.

Gluten-free labeling is designed to ensure that foods labeled as such are safe for individuals with gluten-related disorders. According to U.S. Food and Drug Administration (FDA) guidelines, any product labeled as gluten-free must contain less than 20 parts per million (ppm) of gluten. This standard is widely accepted as safe for people with celiac disease. However, not all countries have the same threshold or regulations, making it essential for consumers to understand the rules in the regions where they shop.

Why Accurate Gluten-Free Labeling Matters

For people with celiac disease, the stakes are high. Ingesting even small amounts of gluten can lead to symptoms ranging from digestive issues to long-term complications like malnutrition, osteoporosis, and an increased risk of certain cancers. Beyond Celiac disease, **many people suffer from non-celiac gluten sensitivity and don't realize it. Gluten can cause discomfort and other health problems without the autoimmune response seen in celiac disease.**

Clear, accurate, and reliable gluten-free labeling is critical to the well-being of millions of people worldwide. The growing popularity of gluten-free diets, sometimes for lifestyle reasons rather than medical necessity, has also led to more products being marketed as gluten-free. However, without proper labeling and adherence to strict standards, there's a risk that some products might not be safe for those who genuinely need to avoid gluten.

How to Stay Informed and Make Safe Choices

As consumers, staying informed about gluten-free labeling regulations is crucial. Here are a few steps you can take to ensure that the products you choose are truly safe:

- **Look for Certification Seals:** While any product labeled gluten-free must meet regulatory standards, third-party certifications offer additional assurance that the product has been thoroughly tested.
- **Check Ingredient Lists and Allergen Statements:** Always review the full list of ingredients and allergen statements. Be on the lookout for terms like “may contain gluten” or “processed in a facility that also processes wheat,” as these could indicate potential cross-contamination risks.
- **Use Digital Tools:** Take advantage of apps and online resources to verify gluten-free claims. Many platforms offer databases of certified gluten-free products and allow you to scan barcodes for instant information.
- **Be Cautious with Imported Goods:** If you’re purchasing products from international sources, familiarize yourself with the gluten-free labeling laws in that country. Different regions may have different definitions or thresholds for gluten content.

Conclusion: The Future of Gluten-Free Labeling

Gluten-free labeling is becoming more transparent, standardized, and consumer-friendly. New regulations improved cross-contamination prevention, and technological advances are making it easier than ever to make safe, informed choices. For those living with celiac disease or gluten sensitivity, these developments are not only a convenience but a necessity for maintaining health and well-being. By staying informed and vigilant, consumers can navigate the evolving gluten-free landscape with confidence.

Free food list in the villa mail room for those that are interested.

Here are two links that may interest you:

This woman summarizes what's could be going on with children and grandchildren.

<https://truthsocial.com/@RevolverNews/113974552916320881>

<https://truthsocial.com/@RevolverNews/113976156661042483>

Seniors' Nutrition Information, Your Guide to Eating Well

Some Ways Healthy Eating Affects Physical, Mental and Social Health

Today as part of our 'healthy eating' section we are going to look at the benefits of drinking tea. This article deals with black tea. Tea has many different colors and tastes. And as much research shows that teas are very beneficial to your overall health. The only thing that we have to be concerned about is the packaging of the tea bag. Some companies are using plastic in their tea bags. The tea itself is good. The plastic bags are very dangerous leeching out billions of nano-plastic particles into our teacups and as a result into our bodies. So drink tea but be careful of which companies use plastic.

The link to the article below will give you the latest information It was published on January 31, 2025

Diet and Nutrition

10 Health Benefits of Black Tea, Supported by Research

By Amy Brownstein, MS, RDN Published on January 31, 2025 Medically reviewed by Allison Herries, RDN

<https://www.verywellhealth.com/benefits-of-black-tea-8746881>

DO YOU NEED TO GET OUT AND DO SOMETHING?

Do you want to take a little trip for a change of scenery? Check out these 25 suggestions for 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>

IF YOU DON'T WANT TO LEAVE LEGACY POINTE ...

Check out Kristina Ferry's weekly Activity email postings to LP residents! See also the daily/weekly Activities section in the UniGuest app.

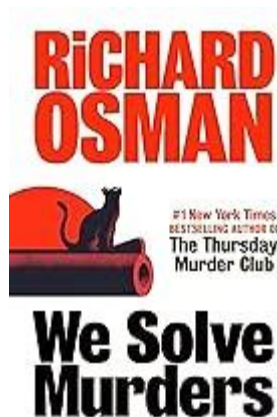
Here are some of the many available clubs and activities to participate in:

- **Arts & Crafts:** Artist's Club; Blanketeers Workshop
- **Dance:** Dance Club; Line Dancing
- **Exercise:** Aqua Aerobics; Low Impact Cardio Dance; Sunrise Tai Chi; Chair Fit; Silver Sneakers; Yoga (Seated, Chair and Mat versions)
- **Fun & Games:** Bridge (Casual; Practice Group; Evening Group); Canasta; Chess; Game Night; Mahjong; Mexican Train Dominoes; Spade
- **Gardening:** Garden Club
- **Literary:** Book Club; Writer's Group
- **Music:** Recorder (wind instrument) Class; Voices of Legacy Choir
- **Veterans:** Veterans Special Interest Group(s)

THE LEGACY POINT BOOK CLUB

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

Our Book for February 18 is called *We Solve Murders* by Richard Osman



INSTANT *NEW YORK TIMES* BESTSELLER!

“Madcap fun, with an entertaining new cast of characters and Osman’s trademark wit. Delightful!” —Shari Lapena

From the #1 bestselling author of *The Thursday Murder Club* Series

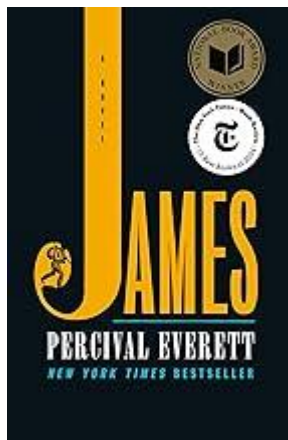
A brand new mystery. An iconic new detective duo. And a thrilling new murder to solve . . .

Steve Wheeler is enjoying retired life. He still does the odd bit of investigation work, but he prefers his familiar routines: the pub quiz, his favorite bench, his cat waiting for him at home. His days of adventure are over. Adrenaline is daughter-in-law Amy’s job now.

Amy Wheeler thinks adrenaline is good for the soul. Working in private security, every day is dangerous. She’s currently on a remote island protecting mega-bestselling author Rosie D’Antonio, until a dead body and a bag of money mean trouble in paradise. So, she sends an SOS to the only person she trusts . . .

As a thrilling race around the world begins, can Amy and Steve outrun and outsmart a killer?

Our Book for March 18th is called *James* by Percival Everett



#1 *NEW YORK TIMES* BESTSELLER • NATIONAL BOOK AWARD WINNER
• A brilliant, action-packed reimagining of *Adventures of Huckleberry Finn*, both harrowing and darkly humorous, told from the enslaved Jim's point of view

When the enslaved Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he decides to hide on nearby Jackson Island until he can formulate a plan. Meanwhile, Huck Finn has faked his own death to escape his violent father, recently returned to town. As all readers of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and too-often-unreliable promise of the Free States and beyond.

While many narrative set pieces of *Adventures of Huckleberry Finn* remain in place (floods and storms, stumbling across both unexpected death and unexpected treasure in the myriad stopping points along the river's banks, encountering the scam artists posing as the Duke and Dauphin...), Jim's agency, intelligence and compassion are shown in a radically new light.

Brimming with the electrifying humor and lacerating observations that have made Everett a "literary icon" (*Oprah Daily*), and one of the most decorated writers of our lifetime, *James* is destined to be a cornerstone of twenty-first century American literature.

FYI ~ THE LP NEWSLETTER LOGO

The blue and yellow leaves represent Legacy Pointe's colors.

The green leaves (growing higher) represent the continuing growth provided by our residents.

This beautiful design was created by LP resident Jonathan Wahl.

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

This month's surfing produced a number of articles about our prehuman ancestors. There is a huge discussion going in scientific circles: "Did they develop in Africa before their migration to Europe. Or was the opposite true they developed in Euro-Asia and migrated to Africa?". They existed not just a 100,000 years ago but 2.5 – 3.0 million years ago. They left little to be discovered – their bones and their stone tools. The whole group has the name 'hominins specifically named Paranthropus'. They predate Homo Sapiens by close to 3 million years.

Here are the links. Read the articles and make your own decision

These ancient artifacts, found in Kenya's Homa Peninsula – which is dubbed "the cradle of humankind" – date back three million years.

<https://www.earth.com/news/first-tools-ever-made-on-earth-hominins-3-million-years-ago-cradle-of-humankind/>

Newly published research, featuring the work of Colorado State University paleoanthropologist Michael Pante, has uncovered groundbreaking evidence suggesting that early human ancestors were present in Europe much earlier than previously believed.

<https://libarts.source.colostate.edu/new-evidence-suggests-early-human-ancestors-were-present-in-europe-200000-years-earlier-than-previously-thought/>

Feedback? Stories? Photos?

Send to Frank Russo at frankrusso2012@gmail.com

SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR FEBRUARY 2025

There are many launches scheduled this month and next click on the link below to get the days and times



Photo by Joyce Swing

For list of all Launches check this website suggested by John Boldt.

<https://nextspaceflight.com/launches/>

THE LEGACY POINTE RESIDENTS FORUM

Remember to **SIGN UP** for the LP Residents Forum!

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, email Forum Administrators Jonathan Wahl 47ipsd@gmail.com or Ina Hunt utgrad@attglobal.net

And in case you missed any issues, click the following link to access the complete Newsletter Archive: LP Residents Forum - Residents Newsletters
(lpresidentsonline.org)

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, please contact Forum Administrators Jonathan Wahl or Ina Hunt (email addresses above).

OUR DAY ENDS



Sunset by Marsha Call