



January 2025

Frank Russo, Editor

Our Day Begins – Here Comes the Sun



Picture by Marsha Call

The Villas at Legacy Pointe celebrate the Christmas Spirit

Starting right after Thanksgiving, the usual quiet and dimly lit Villa streets changed almost overnight to a brightly lit feast for the eyes. Every imaginable holiday scene was displayed on every street.

Marsha Call was one of the first to take the tour and luckily brought along her camera to capture some of the scenes. We will feature them in groups through this newsletter.



All Villas' Pictures by Marsha Call

Feature Article New Years Resolutions

How to be successful by Frank Russo



Rodin the Thinker (Is he dealing with New Years Resolutions)

Well, we finally made it. The Month is January, the Year 2025. Part of it being the New Year is something that we have almost inbred into our psyche is making resolutions. Why? Who knows?

Maybe making new year's resolutions is to give us a fresh start in correcting all the 'stuff' we thought we should have done in the previous year. So, most of us make this 'mental' list of our resolutions. Some of us are very brave and we write them down and then post them in a place where we will see them often.

Oh, we have the best of intentions, but the list is long and our time to do all these things grows shorter each day when other things which 'must be done' start to shorten our energy to do all the resolution things that we wrote down to do.

So, after a couple of weeks/months the resolution list comes down and we will wait until next year to redo the list. **Defeated AGAIN!** Is there any hope?

Yes, you have come to the right place, namely the **L.P. Independent Times**. In a few sentences we can make a few suggestions that will help you be successful in your resolutions.

First of all, you have too many things on your list to do in a years' time frame. So be realistic. Take your list and break it down to do one resolution a month over the year. So

now your long list is down one task each month. Much more manageable. And less stressful.

And the **L.P. Independent Times** will have a little section each month helping you to see how you did in the previous month and what you can reasonably hope to accomplish with your next resolution for the coming month. Good luck and get started.

BEWARE

Saturday January 18th is National Quitters Day (What is it – look it up)

A Christmas by the Young Musicians sponsored by the Oviedo News.



Dona Hams all decked out greets the children

Just in time for the holidays the residents of Legacy Pointe were treated to a holiday concert featuring young and very young children from the Oviedo community.

They sang and played their instruments much to the delight of the residents present. It is always amazing to see children as young as six years old stand before an audience and perform either singing their heart out or making music from instruments almost as large as they are.

We definitely hope that they will return next year.



Several Performers and their Conductor



More Villas at Holiday Time

EARTH DAY IS REALLY 365 DAYS – Our Monthly Reminder



Photo By Maureen Reed

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.

Do You wonder “why”

The LP Independent Times has been writing so many articles on plastics. Well, in addition to plastic bags and bottles being dumped everywhere on this planet we

are now finding out that the residue of plastic namely micro and nano plastic – particles so small that special electronic microscopes are needed to detect them - are everywhere in our bodies and scientists are just beginning to understand how they are affecting our health.

Here is one study published in the Journal **Health** December 2024 By Jess Cockerill



(10'000 Hours/Getty Images)

An international team of researchers pooled findings from over 1,700 existing studies from 38 different countries investigating links between people's exposure to chemicals and certain health impacts.

The suspects in question – BPA (bisphenol A), DEHP (di(2-ethylhexyl) phthalate) and PBDEs (polybrominated diphenyl ethers) – have been previously associated with serious health issues.

Animal studies have shown its potential as an endocrine disruptor, affecting pregnancy in mice and puberty in rats.

<https://www.sciencealert.com/common-plastic-additives-may-have-affected-the-health-of-millions>



Flame retardants have been found in black plastic takeaway containers, and the foods they contain.
(FreshSplash/Getty Images)

As Seniors all of us want our children and grandchildren to have a long and healthy life. By being informed and helping them to be informed about the dangers of these particles we can be on the leading edge of scientific findings before it is too late.

Look at the history of dangerous chemicals that we have already experienced in our lifetime – DDT, Nicotine, Asbestos, and now Forever Chemicals. Remember for a long time we were assured that these were safe. Doctors smoked! These ‘forever plastic chemicals’ are not safe!

We may have escaped any exposure to DDT, Nicotine, and Asbestos but the abundance of plastics containing the ‘forever chemicals’ are everywhere and that includes every one of our bodies.



More Villas at Holiday Time

More on Plastics and Tea Bags

There have been a number of articles on the web about plastic in tea bags and how much is released into our one cup of tea. Check out the link below for an article in Country Living by Emma-Louise Pritchard.

A study from McGill University in Canada had shocking findings. Some teabags are made from plastic including top brands. McGill found that one plastic tea bag releases around 11.6 billion microplastics and 3.1 billion smaller nanoplastic particles into the cup. Those, in turn, end up in the drinker's digestive system.

The only store brand mentioned that does not contain plastic in their tea bags is Aldi's black and green tea sold under the brand name **Benner**. Below is a link to the article published in the **Journal of Environmental Science & Technology**.

<https://www.countryliving.com/uk/food-drink/a3291/plastic-tea-bags-environment/>

Next month we will explore what has taken science to sound the alarm. The companies who developed many of these plastics knew that they contained forever chemicals as far back in the 1950

Plastic Bags Recycling Is Anybody Taking Them

YES Publix and they actually recycle them - Story Below

Plastic bag recycling and reduction.

The recycling bins in front of our stores aren't the end for plastic bags—they're just the beginning. Follow the recycling journey of plastic bags from our recycling bins to the recycler's manufacturing facility.

What happens to my plastic bags?

When you put your recyclable plastic bags in the green bins outside your local Publix, you can count on us to make sure that bag finds its way to responsible recycling.



Plastic bags are not accepted through most local curbside recycling programs due to their flexible material. Soft plastics like single-use shopping bags and films can become “tanglers” and clog recycling

machinery used to recycle plastic bottles, containers, and other heavier gauge plastics. Making sure plastic bags stay out of the usual plastic recycling stream ensures that other plastics get recycled properly and without any problems.



That's where we come in—when the bins in front of our stores are full, the contents are sent back on a Publix truck to the nearest Publix Return Center. Our return centers compact the materials into bales and load them onto a trailer. When full, the recycler picks up the trailer and transports it back to their manufacturing facility for processing. Our plastic recyclers turn these bags into plastic pellets and sell them to manufacturers who use them to make things like new plastic bags, composite decking, fencing, benches, and more.



Doing more for the environment is as easy as bringing your plastic bags with you on your next grocery trip and letting Publix do the rest. Responsible plastic bag recycling is just another great way for us to do good together.

Plastic bag reduction.

At Publix, we believe we can do good together by reducing the use of paper and plastic bags. Our initiatives include:

- Instructing our front-service clerks on proper bagging techniques.
- Encouraging annual single-use bag reduction targets for every store.
- Encouraging customers to help make a difference for our environment by bringing reusable bags on shopping trips and opting for digital receipts.

Paper and plastic bags saved over 9.8 billions as of January 5, 2025, this is an estimated total of paper and plastic grocery bags saved since

2007 based on our improvements in proper bagging techniques and reusable bag usage.

We all play a part in helping take care of the earth. You might not realize it, but every time you purchase and choose to have your groceries bagged with a reusable bag, you're joining us in showing this beautiful world a little love. [Learn more](#) about how we're doing good together with our reusable bags.



More Villas at Holiday Time

It May be Winter, but Our Resident Gardens are in Bloom



Pictures by Vicki Tindall

All the Dates Came Together

In 2024 th dates for Christmas, Hanukkah, Boxing, and Kwanzaa all touched each other. And the residents had a lot to celebrate. So celebrate they did as documented in the following pictures.

Christmas



Picture by Sandy North



Picture by Vicki Tindall



Picture by Frank Russo



Pictures by Vicki Tindall

The Christmas Concert





Pictures by Marsha Call



The Second Floor Party



Pictures by Sandy North

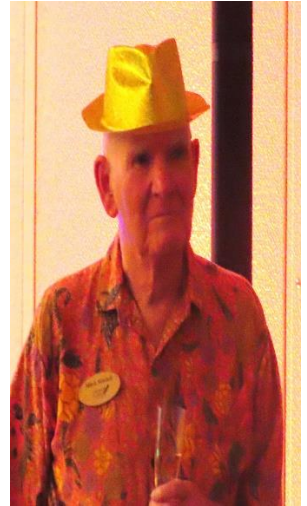
The Hanukkah Party



Pictures by Vicki Tindall

New Years Eve Party





Pictures by Vicki Tindall

A Seasonal doing good project involving one of our Legacy Pointe Residents



By Mary Catherine Ricks

Meadowlark Lemon of the famous Harlem Globetrotters is considered the “Clown Prince of Basketball”. Meadowlark joined the team in 1954 and played in more than 16,000 games in 100 countries. He was an awesome entertainer and brought joy to many people all over the world. You might think that basketball was his life focus, but his true passion was caring for underserved children.



Meadowlark and CEO Bill Pollakov, of Pollakov Financial Group, started a 501(c)3 called Bikes for Kids in 2002. Their goal was teaching the kids how to “Think Big, Work Hard, Be Kind, No Excuses”. As a result, they could change the trajectory of their lives and they rewarded each of them with brand new bicycles. Each student would have learned how to responsibly look after their bike and be proud of their achievements.

The students selected to attend these classes are 3rd, 4th and 5th grade children in schools that had 80% Title 1 students. Most of these kids are victims of generational poverty.

Initially a book for 3rd graders was produced called “Dream Big, Make Good, I Promise!”. At the beginning of the school year, the 3rd graders attend six weeks of classes focused on learning desirable character traits. The purpose is to teach these kids how to set goals by encouraging them to work toward those goals and telling them that they will be writing essays in competition for 3 new bicycles that will be awarded to the top essay writers.



None of the students thought that a big surprise was going to happen for all of them.

In October 2019 Bikes for Kids contacted Graham Ricks' company, ABCO Automation Inc., and said they needed a place and people to build 500 bikes for kids in Greensboro, NC. Because ABCO is a company that builds equipment for companies, they have large areas that are used for constructing some very large, specialized machines. Volunteers were quickly found and the expected date of Fed Ex delivering 500 unassembled bikes in boxes arrived. Very quickly the task began and on November 5, 2019, all bikes were assembled and ready to be delivered to 500 unexpected students.

In the end all of the students are surprised when they learn that everyone is getting a new bike, showing them that having a big dream and working hard to achieve it PAYS OFF.



All 500 bikes assembled

Every year the event takes place at ABCO and the number of bikes grows each year with more volunteers appearing to help make the magic happen. This year 1800 bikes were assembled and then delivered to the gymnasium at the University of NC in Greensboro where the kids gathered to see who the lucky 3 recipients will be.

The following link was posted for all to see the excitement that zoomed through Greensboro at the presentation. This video was produced by one of the other sponsors of the event, Market America, <https://youtu.be/jy2fzjOGGe9s>.

The two companies you have learned about here are continuing to encourage students by expanding into junior high. From 2016 to 2022, hospitals for children saw a 116% increase in attempted suicides or self-injury. Hospitals now report that 25% of pediatric deaths come from suicide. The American Academy of Pediatrics has determined that “Increased exposure to social media has been associated with poor mental health in teenagers,” deciding that teens who spend

five or more hours a day online are nearly twice as likely to have suicidal tendencies as those who spent less than an hour.”

Common Sense Media reported in 2019: Children, ages 13 to 18, spend an average of 7 hours 22 minutes per day on social media. To address this crisis “The Dream Guide” was created. It is a self-administered tool designed to help junior and senior high students find, define and determine their dream. Its purpose is to help participants learn how to be a hero, make a difference in the world, and create a life filled with intention and meaning.

For more information go to <https://www.bikesforkidsfoundation.org/>

Submitted by Mary Catherine Ricks



More Villas at Holiday Time

Remember Nitro



This was the name given to the Baby Sandhill Crane. Early on Nitro damaged its wing and it was thought that it would not survive. But surprise! It did survive and flies with some difficulty. So here is Nitro today.

Picture by Ginny Osborne submitted by Maureen Reed

TRAVELLING

Recently Mitch and Sally Mitchell returned from their cruise. One stop took them through the Panama Canal. Their ship, on the left, is in the lead and they photographed the ship following them.



More Villas at Holiday Time





_BOCCE BALL 2025 at LEGACY POINTE AT UCF

We end year 2024 as the 'practice year' for Bocce Ball at Legacy Pointe at UCF.

We have our new Bocce Ball court with its rounded corners, 60-foot length, wooden ball racks and an undulating surface that has major movement in it. We also have completed one organized tournament and have learned a lot, including:

1. Residents at Legacy can be very competitive.
2. How to set up the brackets for a tournament and how to better communicate with residents who are participating.

So, here we go with Bocce in 2025

Beginning Monday, January 6, 2025, we will have weekly Bocce Ball play as follows:

Mondays at 11am-----Men's Play
Wednesdays at 11am-----Women's Play
Saturdays at 11am-----Open Play
Sundays at 3pm-----Open Play

- There is no sign-up required, just come and play on your own or match up with partners and play.
- Bocce Balls are available at all times. They are located in the brown storage box in the corner, outside the doors from the Bistro Hallway into the patio area.
- We will be scheduling tournaments in 2025, so find a partner and get in practice time together.
- As organizers of Bocce Ball at Legacy, Gary Cobb, Bill Malfitano and Margaret Ziegler will be available, participating and helping with practice on many of these scheduled days.
- Our goal is to have fun and to have this become a time where residents can get to know each other better.
- As we roll the little white Pollino target ball to begin a game, let's remember that we have renamed it the 'Pepperoni' for our Legacy play.

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More Villas at Holiday Time



OUR INTELLIGENCE (OI) versus ARTIFICIAL INTELLIGENCE (AI)

by Frank Russo

For the last three months we talked briefly about the levels of **Artificial Intelligence (AI)**

Level One – referred to as ‘Narrow or weak AI i.e. limited to specific tasks

Level Two - Often called General AI is still directed by OI but AI can begin to analyze data.

Level Three - AI is learning to play chess at Level three.. But for now, this advanced **AI** is still a scientific dream at level three.

This month we are going to take off into the world of ‘sci-fi’ or maybe it won’t be Science Fiction but **AI** is starting to become **II (Intergalactic Investigation)**.

Before looking at **II (Intergalactic Investigation)**, which is way beyond anything that is currently available, let’s take a quick look at what is happening today as we are led into the future. What is currently dominating the world of AI.

The answer is that way too many experiments are being done involving AI and using different approaches as to how to get AI to work in millions of different scenarios. Here is just a sample of the huge range of AI projects from using AI to explore space to using AI to replace a cook in the kitchen, one that does not follow a script but one that can be creative looking in the refrigerator and cabinets and then decide on what to make for supper based on what is at hand.

A couple of years ago ChatGPT arrived on the scene. This is a user-friendly interface for a “large language model” (LLM). It was called GPT-3. That computer program has generated a growing number of other LLMs, It is packed with all kinds of information to help it weigh possibilities in performing a task. The newly released ChatGPT 4 has over 1 trillion possibilities.

So that’s the current situation. Robot computers are being packed with enough information to get them to weigh all possibilities and then perform a task or a solution to a scientific problem. Hopefully the robotic cook will be able to find the ingredients for supper.

Now on to the future, future of II (Intergalactic Investigation) which is only in my imagination. Here is my question: “Will II (Intergalactic Investigation) ever be able to pull together enough of the current AI experiments to send ‘forever’ spaceships like Voyager I and II with the DNA building blocks for human life contained in the space craft to be assemble at some point using an advanced printer protein filled building block?”

Enough of II for now. But I bet that someone in someplace is thinking about it.

The Gingerbread, Build, and Bake Off

For three weeks prior to the Christmas Party all the resident floor in IL were involved in a friendly competition of “Who could build the best Gingerbread house.

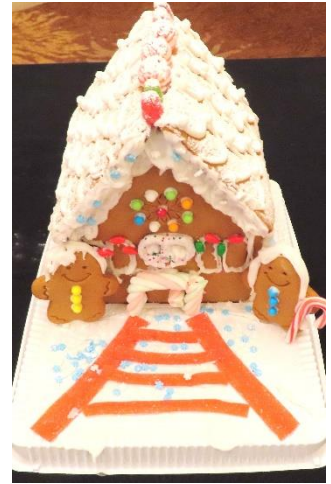
The votes were tallied at the Christmas party. The Fourth floor won the competition. The Fifth floor came in second. The finished products are on display and thus far each house is still untouched. Nobody has been snacking.



The Winner



Second Place



Legacy Pointe and Stetson Mansion



On December 28th a group of Legacy Pointe residents boarded the community and headed to the Stetson Mansion. The former 'hat people' have opened their home for a holiday celebration.

The Mansion has 10 of its many rooms embellished with elaborate designer decorations and over 50 nativities from around the world to celebrate the birth of Christ.

This enchanting event includes all the rooms on the ground floor and the 3 bedrooms on the second floor (including the owner's bedroom, bathroom, and closet.)

Just when you think you have seen it all you are then treated to a visit into the original School House which has since been converted into a Zen like guest cottage/gift shop featuring a soaring 15 ft Polynesian ceiling.



The main lobby at the Stetson Mansion

TECH CORNER

by Joe Solymossy

Legacy Pointe University

The inaugural meeting and presentation of Legacy Pointe University will be on Tuesday, January 14 at 7 pm in the auditorium. The Subcommittee members are Joe Solymossy, Mitch Mitchell, Bill Weise, Frankie Jeffrey, and Diana Jacobs.

This program is part of the Lifestyles Committee and administered and presented by the residents. On Wednesday we will introduce the presenters and topics for February 13th and March 13th.

The presentation for January 14 will be Artificial Intelligence (AI) Today: The Good, Bad and the Ugly, by Joe Solymossy. This will include some examples of how you can use AI today to increase the efficiency of your life.

As I mentioned in last month's newsletter, we are open to suggestions for topics and presenters. Do you have a passion that you want to share with the rest of us? Did you travel to, or live in a country that many of us know little about? Did you know, live with or work with someone we would like to know? Was your job so secret that you could not talk about it, but now you can? Talk to one of us. Let's see how we can help you get on the agenda.

The Legacy Pointe Fishing Trip

Article and Pictures by Bill Malfitano

At 5:30am on Monday December 16, 2024 six Outdoor Adventurers from Legacy Point boarded the Legacy Pointe bus. With a greeting from Robert, our driver, we departed for our destination, Lake Tohopekaliga----and the beginning of the first Legacy Pointe @UCF fishing event.

One hour later we arrived at the dock in St. Cloud, Florida where our guide Captain Steve Niemoeller was waiting for us next to his pontoon boat as the sun was just beginning to rise.

We had learned that Captain Steve has been a fishing guide for over 20 years. His pontoon boat was docked and stocked with all of the items that were to be provided in our all-inclusive fishing package: Gear, Tackle, Live Bait, Cooler with Iced Drinks.

Our final action that was required of each of us was to sign the Standard Waiver and Release Agreement.

We dropped anchor after about a 20 minute trip. Captain Steve then distributed the fishing gear, assigned each of us a position on the pontoon boat and baited our hooks with the live shiners. He gave us instruction as we watched him make the first cast into the lake.



So began a beautiful weather day with a discussion among the six of us on who is the best fisherman and who would make the first catch.

It did not take long before we found out the answer to this question. Not wanting him to get an inflated image of himself. We will not reveal his name but only show the photo of the first fish caught on this day.



To summarize the remainder of the four-hour fishing time

- We caught a total of 17 Largemouth Bass.
- One person caught a very largemouth green mass which put up a tough fight as he reeled it in. Each of us has a story to tell. And it is documented in the picture below. But alas all the fish we caught had to be released but we have the picture to prove it

: Toho?



(Please be mindful that there may be exaggerations, but feel free to talk with any of us about our fishing time together).

The vote was unanimous, we want to go again in 2025.

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

Date	Time	Movie	Year	Run Time	Host
Sunday, 1/5/25	6	Hatari	1962	2h 37m	Vicki Tindall
Monday, 1/6/25	2	The Time Machine	1960	1h 43m	Bill Weise Clare Pollard
Sunday, 1/12/25	6	To Kill a Mockingbird	1962	2h 09m	Linda Rude

Sunday, 1/19/25	6	Double Jeopardy	1999	1h 45m	Linda Rude
Tuesday, 1/21/25	2	Movie Committee Meeting			Bill Weise
Sunday, 1/26/25	6	True Lies	1994	2h 21m	Bill Weise
Sunday 02/02/25	6	Shakespeare in Love	1998	2h 03m	Linda R/ Minerva Glidden
Sunday 02/09/25		Superbowl Sunday	-	-	-
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 Glidden
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

The Gift of Christmas from the Trash – A Real Surprise

By Mary Catherine Ricks

On Christmas morning, I was astonished to find a beautifully wrapped gift waiting for me in the kitchen. Surprised, because years ago, not having had children or family close enough to visit, Graham and I decided we would not exchange gifts. Finding my husband of 53 years the conversation went as follows:

Me: I am very surprised to find a gift for me!

Graham: Don't get excited, it didn't cost me anything.

Me: Where did you get a gift that didn't cost anything?

Graham: I got it out of the trash.

Me: Why was it in the trash?

Graham: I guess the person that put it there didn't want it any longer.

Me: Who put my gift in the trash?

Graham: You did.

Me: Did I accidentally drop something in there that needed to be retrieved?

Graham: No, as a matter of fact you put it there intentionally.

Now he really has my attention, and our cat, Chancey has appeared so as not to miss any of the excitement!



Me: Now you have me really curious. Was it something I no longer wanted?

Graham: Evidently, but I thought it worth saving.

Me: And the gift wrapping is not the typical newspaper and rubber band that you would use in the distant past. Can you give me some more hints?

I thought he had changed the subject when he starting talking,

Graham: Did you hear the cranes fly over?

Me: That's Chancey's interest not mine.

Graham: Have you seen both of the doves today? (I am actually giving you hints!)

For the life of me, I couldn't imagine what cranes and doves had to do with something I thought was trash. The hints were "flying over my head", so to speak!

Graham: Why don't you just open it?

He followed me into the kitchen and was patient as I slowly opened the package, salvaging the beautiful paper and bows. The first thing to appear was an Amazon box. Opening it, I removed the brown packaging paper and was stunned to see my birdhouse.

Many years ago, I purchased this little birdhouse and hung it outside my office window in Pleasant Garden, NC in a tall red Crepe Myrtle. Every year I would open the top, clean out the past nest and make it ready for a new batch of baby birds. I often wondered if the same mama bird returned hoping for a chance to start again.

When we had to choose what was coming to Florida with us the birdhouse was lovingly packed so it would make the trip. This year, when I was trying to unscrew the top it was too hard and so Graham came with pliers to lend a helping hand. Unfortunately, the rust had set in and it was too much for the ceramic house. It shattered into 4 or 5 large pieces and several small ones.

Of course, Graham apologized but, in my world, “Nothing is by Chance” and I was grateful for him trying. I simply gave him a hug, told him not to worry, got the kitchen trash holder and raked the broken pieces from the kitchen counter into it. As I started to fix breakfast, he said, “I think I can fix it.” My reply was, “No need to, besides it’s a mess from the last inhabitants.”

After I headed out the door to go grocery shopping, Graham salvaged the pieces, hiding them in the garage. When I was not home, he cleaned each piece, carefully glued them all back together, refinished the tin roof, rebuilding the top such that it would be much stronger in the future and assembled it with a new bolt. Then he hid it again for several months, waiting for Christmas.

On the Friday before Christmas, he took it to the card room where Kathryn Mennella, one of the wrapping queens, put the finishing touch on the surprise. Then all he had to do was to sneak it into the kitchen late on Christmas Eve.



. So now you know the story of the Christmas Trash!

PS: If you are walking in the villas, stop by the Crepe Myrtle tree with the pagoda that is at the back of the Ricks' villa, 2166 Hermes Cove and look at this Gift of Christmas Trash.
PSPS: And see if you can find any cracks!

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 sometime in late January 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 February L.P. Independent Times for transplanting to larger pot.

Fun Recipe for French Toast Hong Kong Style

With a secret ingredient



Why would you ever need a recipe for ‘French toast’. It is easy! A couple of eggs, some sliced bread, a little milk or cream, a fry pan and some maple syrup. And after 5 minutes you have French toast. Well yes, but how boring?

First, be adventuresome. Decide “**Do I want a ‘French toast sandwich’, or French toast muffins, or stuffed French toast, or overnight French Toast or Hong Kong French toast?**”

Try this Hong Kong ‘French toast recipe by Christie Lai

Ingredients for one French toast sandwich

- 3 pieces milk bread or any square shaped white bread
- 4 tablespoon smooth peanut butter or substitute with Nutella, or any nut butter of your choice
- 1 large egg beaten
- 1/2 – 1 cup vegetable oil or any neutral oil

Toppings: 2 tablespoon butter as needed

- sweetened condensed milk , or sub with honey or maple syrup

Instructions

Just before starting the instructions below do the following

In a large heavy bottomed pan, heat vegetable oil over low-medium heat (level 4 out of 10 on the dial or around 300 F).

1. For one sandwich, (using 3 slices of bread) evenly spread a layer of peanut butter on two slices of the bread from edge to edge. Leave 1 slice of bread without peanut butter.
2. Place the two slices with peanut butter on top of each other with the peanut butter facing upwards. Place the last slice on top and lightly push down so it sticks together as one sandwich. Repeat step 1 and 2 for another serving of toast.
3. Slice off the crusts (if you prefer) of the sandwich with a bread knife to create a square. This allows the bread to absorb as much egg mixture as possible
4. In a shallow bowl, beat the egg(s) until smooth.
5. Lightly coat sandwiches in the beaten egg by laying them down on each side and then standing them up on all four sides. Don't overcoat it or it'll get mushy and hard to handle.
6. Rest the sandwiches vertically on a plate and then (using tongs) carefully lower the sandwich into the hot oil.
7. Fry on all sides until golden brown (30 seconds on the sides and 1-2 minutes on the larger surface areas). Repeat the frying process for another sandwich. Enjoy hot with butter and condensed milk or honey, or maple syrup

Next Month French Toast Muffins

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

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

Seniors' Nutrition Information, Your Guide to Eating Well

Some Ways Healthy Eating Affects Physical, Mental and Social Health

There have been many articles lately on the web regarding ultra processed food. Check out what are the 'ultra processed foods'. You may be surprised!

“Ultra-processed foods have been linked with a variety of health concerns, including a heightened risk of heart disease and type 2 diabetes.” In an article written by **Sarah Garone** Nutrition and Dietetic Technician, Registered (NDTR)

Check out the full article in the link below.

<https://www.health.com/three-ultra-processed-foods-to-limit-8771908>

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

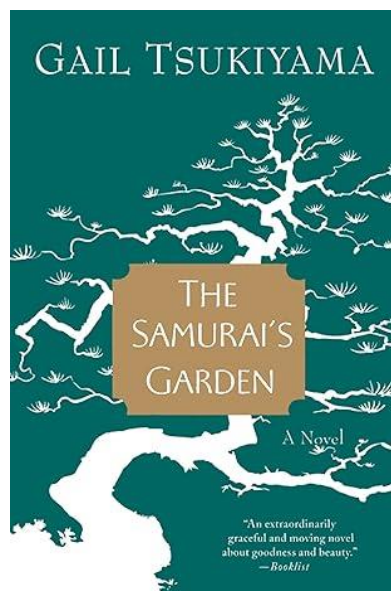
- **Exercise:** Aqua Aerobics; Low Impact Cardio Dance; Sunrise Tai Chi; Chair Fit; Silver Sneakers; Yoga (Seated, Chair and Mat versions)
- **Fun & Games:** Bridge (Casual; Practice Group; Evening Group); Canasta; Chess; Game Night; Mahjong; Mexican Train Dominoes; Spade
- **Gardening:** Garden Club
- **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 January 21st is called: The Samurai Garden – Gail Tsukiyama

From Amazon reviews



The daughter of a Chinese mother and a Japanese father, Gail Tsukiyama's *The Samurai's Garden* uses the Japanese invasion of China

during the late 1930s as a somber backdrop for this extraordinary story.

A 20-year-old Chinese painter named Stephen is sent to his family's summer home in a Japanese coastal village to recover from a bout with tuberculosis. Here he is cared for by Matsu, a reticent housekeeper and a master gardener. Over the course of a remarkable year, Stephen learns Matsu's secret and gains not only physical strength, but also profound spiritual insight.

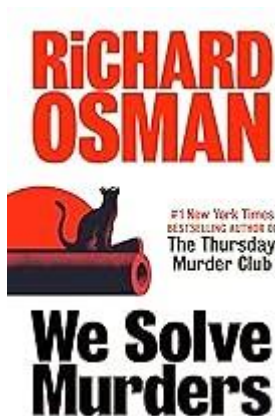
Matsu is a samurai of the soul, a man devoted to doing good and finding beauty in a cruel and arbitrary world, and Stephen is a noble student, learning to appreciate Matsu's generous and nurturing way of life and to love Matsu's soulmate, gentle Sachi, a woman afflicted with leprosy.

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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?

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 Nazca Lines: Rediscovered by AI

Discover how cutting-edge AI technology unveiled hundreds of hidden Nazca Lines in Peru, unraveling ancient mysteries faster than ever before.

See the full story in the link below:

Read more at:

<https://yourstory.com/2024/12/nazca-lines-rediscovered-ai>

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

Feedback? Stories? Photos?

Send to Frank Russo at frankrusso2012@gmail.com

SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR DECEMBER



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!

<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, 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



By Dona Hams