



THE LP INDEPENDENT TIMES

NEWS. STORIES. PICTURES. AND MORE

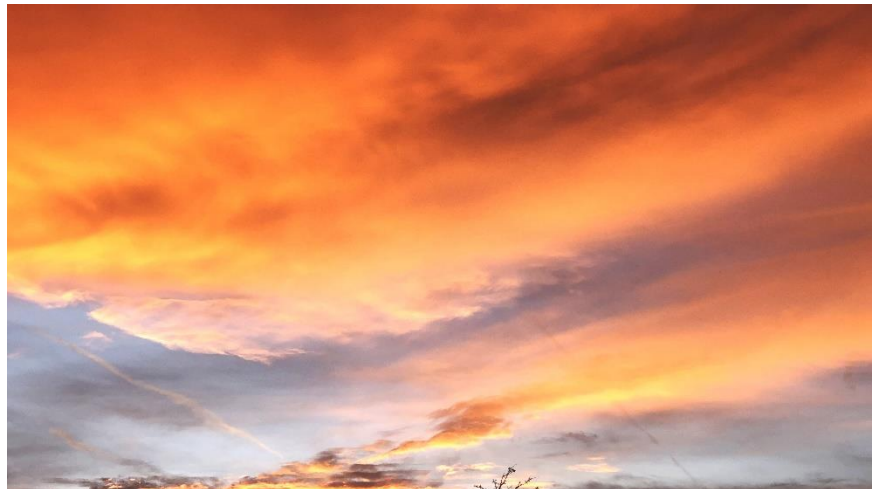


The blue and yellow represent Legacy Pointe's colors, and the green (growing higher) represents the continuing growth provided by our residents.

By Jonathan Wahl

MARCH 2024

Our Day Begins – Here Comes the Sun



By Marsha Call

OUR FEATURE ARTICLE

Recycling continued by Sal Mitchell.....1100-1200 cans per month ?

Did YOU know that Legacy Pointe has a fledgling aluminum can recycling program underway???

Introduction, In mid-October last year, working with our intrepid Dining Room manager, Renata, a small (very!) group of us began harvesting aluminum cans from the Dining Room and Bistro. Basically, our wonderful serving and kitchen staff started dropping all the cans into a large barrel just inside the kitchen and we have been recovering a LARGE bag of them every week or 10 days.

What have we been doing with them? Well, so far, we have collected many cans and have processed not so many--we're way behind in that area. What is "processing?" Simply taking the cans out to the parking area, draining any remaining liquid (into a container), removing the pop tops, crushing the cans and then bagging them. We keep a count of the cans processed because we want the world to know what is actually being done! In rough count we are recovering about 1100-1200 cans per month through the in-house dining.

Why recover the pop tops? Why crush the cans? The pop tops go to Mary Lynn Williams and through her to a retired educator's group that sends them to the Ronald McDonald House charity. We crush the cans to reduce the volume of the cans collected--each can get reduced to less than one-quarter of its original size. Mary Lynn is seeking further information about the "value" of the pop tops as a money raising effort for the Ronald McDonald House. We will "report" on this when further details are available.

What is the effect? Here we go with some advanced calculus (well, maybe not calculus...). It takes about 35 cans to make up a pound of aluminum, for which -- at a metal's recycler -- we get about 38 cents...just a little over a penny a can! As a result, there is no real significant monetary benefit to the program effort. The prime objective is to see that the aluminum is actually being recycled rather than just going into a land fill. There is considerable time and effort being put forth in this effort, so this is a trial program to see if there are enough people and interest to sustain it. This is an effort which is, with a significant number of volunteers, easy to do and not particularly time-consuming. With just two or three working it (as at present) it takes too much time.

By the time you read this we have "officially" expanded collection of aluminum cans to the residents in the IL building. There is an aluminum can collection basket in each of the IL building trash rooms, floors 2 through 5. For the 1st floor, two locations in the trash wings at the end of each wing. We are seeking volunteers from each floor to be that Floor's "Can Picker-Upper" representative, and further volunteers for processing duties.

What about the Villas, you ask? At this point I would suggest that you bring your cans over to the IL building. If you have just a few cans (like several) you can drop them in the daily can bag at the Bistro. If more than that I would suggest dropping them off at one of the floor collection sites. We will seek to find a more organized way of collecting from the villas if this simple approach is too cumbersome.

Sometime soon we will hold a brief meeting of those individuals who will undoubtedly be over-the-top enthused about joining this exciting effort! We need some fresh ideas of how to streamline the effort and for the best plan to dispose of the cans for recycling.

What can you do to help (in addition to volunteering)? (1) Take off the can's pop top if it is comfortable for you to do so, and deposit them in the small bag that will be hanging at the bottom of the instruction sign above the collection basket in the trash rooms; if not just leave it attached. (2) Please rinse out any cans that have sticky drinks (Coke, fruit juices, beer and the like). Don't bother with La Croix cans—it's just water inside. (3) Please drain the cans so we don't have liquid draining in the bags. (4) It is easier for use to crush the cans if they aren't bent or partially crushed. That's it!!

Finally, Very soon we will also be kicking off an effort to collect **LITHIUM batteries** in all forms--with the exception of the main power batteries for electric automobiles! Lithium is **HIGHLY Dangerous** and should be carefully disposed of. We will have more information about this effort soon. **In the meantime, save your lithium batteries!**

To volunteer for participation in this exciting program, please contact Ross Williams by email at rwno2@gmail.com or myself (Mitch Mitchell) at skykingsky@aol.com.

Thanks -- and more soon!! Mitch.

RESIDENT EDITORIALS

Recycling continued: by Frank Russo

Last month we discussed the different consumer items that are worth recycling – cardboard, aluminum cans, paper. Note plastic was not on the list. The most prolific item found in almost every item purchased from bottled water to plastic wrap has no recyclable value, as a result it ends up in landfills or worse in waterways and oceans.

Science, Government, Businesses, and Consumers have not made “plastic” a priority. True some plastic bags break down a little quicker in landfills. But the tons and tons of plastic used in bottling and wrapping has increased by the millions of tons in the U.S, annually, not to mention the amount around the world.

At present creativity is the only solution for reducing plastic in the landfills. This creativity comes from small community groups around the world. Here is a link to one such group in Kenya founded by, Nzambi Matee, a young woman engineer. Her company recycles some of Nairobi Kenya's 500 metric tons of plastic discarded daily into 1,500 bricks per day for building bricks.



Here is a link to her article. When you read it you will hope that there are hundreds more women like Nzambi

['Trash has value': Kenyan inventor turns plastic into bricks \(phys.org\)](https://www.phys.org/news/2018-05/kenyan-inventor-turns-plastic-into-bricks)

Recycling Opportunity for Legacy Point residents

We now have free coffee, tea, etc. in the Bistro. Are you bringing your own cup down or 'heaven forbid' are you using one of the disposal cups and plastic lids.

Check out the 'pic' below – even Sonny knows enough to bring a cup. Check out his cup!



Spring is Here!

Have you noticed? We have moved the clocks ahead. The days are a little longer and warmer. Things are looking a little greener. You will notice signs of springs with comments, stories, and pictures 'galore' will be springled throughout the L.P. Independent Times



By Marcia Call

Remember last Spring the Sand Hill Crane family of the two parents plus baby chick. Well, the baby is among the missing. No not a fatality! It is breeding time and 'daddy' has chased the confused adult chick out of the family circle. It is time for junior to find a mate. Will we see two sets of parents around our pond with new chicks?

Our Feature Travel Article

Machu Picchu

By

Frankie Bratton-Jeffery

Her Road Scholar Trip

“You’re going to do WHAT!” My daughter’s favorite phrase when I share with her my upcoming travel adventures. From walking portions of the Camino de Santiago in Spain to my most recent climb of Machu Picchu in Peru, she has yet to realize that retirement is not synonymous with rocking chairs and days in the shade.

Late one night I was surfing the internet and a Road Scholar ad popped up. It teased me with “A Taste of Peru: Discover Lima, Sacred Valley & Machu Picchu.” I checked my calendar. The timing was right. I checked my bank account. The price was right. I checked the activity level. I could handle it. I clicked the Start button and the rest is history. OOOOPS! I forgot to check with my daughter. My bad.

For two weeks I was completely immersed in the country and culture of Peru. I had read a Blog that suggested traveling a few days earlier before joining the actual tour. What wonderful advice. I have traveled for years for my job with the Navy. Much of the time, I travel alone. Taking on Lima and the surrounding countryside as a lone tourist was not a challenge for me. I called Lainey, my travel agent. and asked that she schedule drivers, tours, and dinners for me that would give me my own personal taste of Peru.

I spent a day at the Larco Museum without a crowd around me. The visit gave me a broad scope of the country’s history. I remember from high school history the Incas. I had no idea of the true history and contributions of the ancient civilizations that preceded the Incas.

My second day was in the desert at the **archaeological site of Pachacamac** where for thousands of years, pre-Inca, pilgrims worshiped the god, Pachacamac, the creator of the universe. I walked a short distance on the Inca Trail. The artistic neighborhood of Barranco, on Lima’s coastline was my sunset walk across the Bridge of Sighs.

On Sunday I roamed the neighborhood around my hotel. I shopped at Larcomar Center atop the cliffs overlooking the Pacific Ocean, lunched with locals, and sipped Peruvian wine while waiting for the Road Scholar folks to check-in. Our group was 12 seasoned travelers who shared their trips and tips throughout the week.

The Road Scholar trip was truly the trip of a lifetime. Not a moment was wasted. We had two guides that accompanied us throughout the week. We had lectures from university professors about economics, agriculture (Did you know there are 4,000 varieties of potatoes grown in Peru?), and ancient musical instruments. We toured the Lima Cathedral, its catacombs, and private library; we had a private tour with the owner at Casa De Aliaga, the oldest, continuously inhabited colonial mansion in the Americas. We touched the

ancient stones of Ollantaytambo which are the gateways to the Sacred Valley; and my favorite site was Sacsayhuaman, the fortress and ceremonial center outside Cusco.



Remember “The Hills are Alive...”

Well, here is Frankie at the top of **Machu Picchu**

And the mountain is alive with ‘rain and clouds’

a regular experience for visitors

And what about Machu Picchu, you ask. As we started our climb, rain engulfed us. Not to be deterred, we donned our ponchos, pulled out the trekking poles, and proceeded onward and definitely upward. Periodic stops allowed us to catch our breath. As we made the final curve in the Andes Mountains, the clouds lifted and the citadel known as “the Lost City of the Incas,” came into view. Sunshine blessed us and the ponchos came off. The stonework and the attention to detail in the carvings, the placement of specific alters based on the location to the sun or moon, serve as concrete proof that the ancient Incan culture was quite advanced in its understanding of science, mathematics, and technology. All without the aid of Mr. Google or AI.

Over the years, we’ve given our family and friends “experiences” as gifts. I hope that you will have an opportunity to gift yourself a taste of this South American treasure.

More on Spring



This Guy looks hungry

Photo by Alan and Molly Lesnick



This Guy becomes →

Photo by Maureen Reed



This Guy

Photo by Maureen Reed

RECENT NEWS AND EVENTS

Medicare and More

Finally – David announced that we have a Medicare number. That was a huge announcement. We are not talking about 1 or 2 new patients coming to Skilled Nursing. It could result in dozens. Even if we take a worst-case scenario and we only have 12 Medicare patients in Skilled Nursing each month and Medicare pays a 'low ball' price of \$5,000 per month per person this is better than having empty beds which pay zero.

The IL resident numbers are up. It looks like we have or will have shortly seven new, paying residents all since the start of February. This compares with our average last year of eight tenths of a person per month.

Increases in AL and MC are also up. Good news for all.

L.P. and the BUS

The Legacy Pointe Transportation Vehicles and Policy. Regardless of the details in the transportation policy there is one very important concern about the UCF bus. It appears that it is very underutilized. The Men's Group first proposed a bus to take the 50+ members of LIFE to UCF on Tuesdays when school was in session and the lectures were scheduled. The request was for the bus to depart L.P. at 8 am and return from UCF at noon.

We now have the UCF bus 5 days a week. That is a potentially great benefit to the member of L.P. but it is underutilized. Please give some thought to and at least take the bus or suggest what changes we need to make to the bus routes and schedules,

Here is another account of a bus trip by a L.P. resident which Tom Nixon Life Styles Editor gathered from Susan Pantelias.

Another Legacy Resident Testimonial

Today I left on my first bus trip on Legacy Pointe at UCF's very own new route. I rode along with the very famous and vivacious Sal Mitchell. If you know Sal, then you know that we got a lot of talking done!

I learned a few things regarding this new bus service that I would like to share with you. First of all, this is experimental for the next three months. "If we don't use it, then we will lose it!" So people, go out and use it!

Secondly, I learned that this particular bus is only for Legacy Pointe residents. How about that! Our very own bus! The 5 different routes for the five days are geared only toward us.

I would like to add that we have the same bus driver for all five days. His name is Kristopher and he is a very charming 25 year old and a very good driver I might add. You will enjoy getting to know him, I'm sure.

It would behoove you to just ride the bus to familiarize yourself with it. I found it relaxing to not have to drive and "Leave the driving to us" as they say. I think that you might enjoy the ride and seeing new things. The routes are different each day, so why not try them out and see how you like them. I hope that you will!

Susan Pantelias, Apt. 240

Good News about the UCF Bus

On Tuesday March 12 at 8 A.M. the UCF bus left Legacy Pointe for the LIFE session at the UCF student Union. The bus had 33 seats and all 33 were full. Maybe this is the start of something good.



Picture by Vicki Tindall

Springtime at the Gazebo and the Butterfly Garden.

Look there are over 200 plants all neatly arranged and all just waiting to be set into their new home turf.



Photo by Dona Hams

And below are the shovellers who spent the better part of a day digging into the hard packed clay and adding the correct amenities to soften up the soli a little before depositing the potted plants into their new home.



Photo by Vicki Tindall

Theater for the Visually Impaired

Vickie Carpenter, one of our L.P. residents, came across an article in the Orlando Sentinel recently. It dealt with hope for the visually impaired who still want to attend the local regional theater. Understanding what is happening on the stage is now being presented by a narrator via headsets at some theaters.

The story is by Matthew J. Palm. It is summarized below with a link to the full article under the following headline.

Audio initiative opens theater to those who can't see stage

Theatergoers who cannot see the stage clearly, or at all, have growing options for experiencing plays and musicals, thanks to the Central Florida Audio Description Initiative (CFADI) for the visually impaired.

The Initiative, part of a national movement, is the latest in the ever-expanding ways arts organizations are reaching those who differ from the traditional theatergoer. Audio description joins such programming as sensory-friendly performances for those on the autism spectrum and American Sign Language-interpreted shows for those with hearing issues.

Users of audio description hear the onstage action explained to them in real-time through headsets. Other extras can help the visually impaired get more out of a theatrical experience, as well.

http://digitaledition.orlandosentinel.com/infinity/article_share.aspx?guid=44a3afbe-40ce-4f0c-8a1e-89e98026c5f4

Spring is “Bustin’ Out All Over”



Photo by Vicki Tindall



Photo by Vicki Tindall



Photo by Marsha Call

Your New Year's – Resolution???

Remember in our February newsletter we did some checking with you about your New Year's resolutions to get into shape and to stay healthy. Here is our reminder ***“Start with some easy stuff: several days a week walk around the building, or stroll outside; talk to a new person each week – you will have 50 new friends come December; don't just walk by the gym – walk in for a few minutes – try a bike ride or lift a weight; and finally an easy one - check your daily nutrition!”***

Keep up your good work!

The Tech Corner by Joe Solymossy

Check your Apple Phones, iPad, and Apple watches. The latest update as of February 25 is OS 17.3.1 for iPhones and iPads, and OS 10.3.1 for the Apple Watch; and OS 16.7.5 for iPad Pro(1st) and iPad (5th gen) and iPhones 8 and X.

- Do you remember when our mobile and data network was 3G. Did you know that 3G, 4G and 5G occupy the same space? In 2022 we started to shut down the 3G and LTE/4G systems to make room for the rapidly expanding 5G system. In the January newsletter I said “Apple considers all watches, iPhones, iPads, and iPod Touches with OS 1 to 15.8 to be obsolete. However, any iPhone with OS 12 to 15.8 will continue to receive Apple Rapid Security Response updates iOS 16.5.1(c). These security updates make it safe to continue to use your phone as a phone.” Although there is no master list, the Apple iPhone 5 and earlier (and Samsung Galaxy S4 and earlier) will stop working. If your carrier hasn't shifted you to a new phone yet, it will happen this year.

- Now something for the Microsoft users. The key lesson from last month's Technical Training class is, do not download the “new [outlook.com](https://www.outlook.com)” app/program. It will come to you automatically when you transition to WIN 11, or as you continue to use your MS

emails like Hotmail.com, msn.com, live.mail.com, or outlook.com. Your current outlook.com is not the same as the “new outlook.com” package. The intention is for the first to transition into the second, not to merge with the second. Impatient and want to learn more, text me and I’ll send you more info.

Joe’s Tech Session will be on Tuesday March 19th at 2 – 3:30 in the Auditorium.

More Springtime in Nature by Tony Mennella



Woodstock by Tony Mennella



Woodstock by Tony Mennella

Good morning fellow gardeners,

I encountered this little guy/gal (Wood Stork) catching the rising sun’s early morning rays at the north bank of Edward’s Pond. He proved to be quite cooperative as I pulled my truck to a quick stop in the middle of the road, slowly hopped out of the cab and proceeded to stealthily pursue him with my cell phone in hand snapping away. Took about a dozen shots at which point I sensed that he had had enough of my intrusion into his leisurely morning routine.

As you may know, the Wood Stork is one of Florida’s most iconic wading birds. It is long legged reaching a length of 3 feet to 4 feet with a wingspan of 5 feet. The primary and tail feathers are black, the body feathers are white. The head and upper neck of the adult have gray rough scaly skin without feathers. The large thick bill and legs are black. The toes are pink. The adult birds are voiceless and only make hissing sounds.

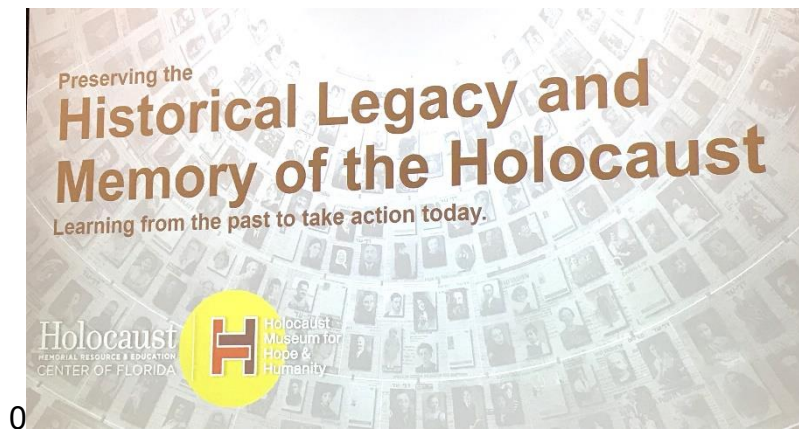
Wood storks feed by touch (tactile feeders) on small to medium-sized fish, crayfish, amphibians, and reptiles in shallow waters. They are the only species of stork that breeds in the U.S. They nest in large social colonies in early spring. Their nests are built in trees over water such as mixed hardwood swamps, mangroves, and cypress domes. Females lay a single clutch of 2 to 5 eggs. The average incubation period is 30 days. Young wood storks can fly 10-12 weeks after hatching.

Corkscrew Sanctuary near Naples has been the historical site of the largest nesting colony in the nation. However, this site has been negatively impacted by destruction and degradation of surrounding wetlands because of agricultural expansion, altered water cycles, and invasive woody shrubs such as Carolina willow. Recently, the Wood Stork has shifted its breeding activity out of south Florida to northern Florida, Georgia, and South Carolina. Today, the Wood Stork is recognized by the state of Florida and the federal government as "Threatened".

It is unusual to have a solitary Wood Stork frequent our pond. Wood storks are social birds that forage in groups and nest in large colonies. I assume and hope that this bird has a "home" colony nearby that he/she flies to at night. The restored North shore of Lake Apopka might very well be a suitable nesting site. I will have to take exploratory excursions and see what it brings.

The fact that "LP" (yes, I have decided to give the crane a name) visits the pond tells me that there is a source of food worth the effort of coming here. It is heartwarming to know that our little pond has attracted many of our wildlife neighbors.

Enjoy the outdoors, Tony



On Sunday February 18th the residents of L.P. came together to listen to a presentation by Stephen Poynor, Director of Education for the Holocaust MEMORIAL Resource and Education Center of Florida.

Stephen's presentation highlighted the horrible story of the Holocaust. He then discussed the need to continue education around people who are being persecuted.

around the world. He then concluded the Center's plan to build a new Memorial and Education Center.

Seminole County Farm Tour

From Vicki Tindall

Something right around our corner that may be of great interest to some of our legacy residents.

Last year when we visited "big daddy's" farm, our bus was full, and several even caravanned. The trip was well worth the time, and currently, several residents visit their farm regularly. This event comes greatly recommended from a couple of my friends who live in Seminole County

Please click on the sites for the Seminole county farm tour 2024. check out all three links!!

<https://www.wftv.com/news/local/we-have-it-all-here-floridas-agriculture-business-is-booming-seminole-county/VMNEXJKAMJGERFQBJT6UDBLVNY/4>.

[Local Farms and Farm Tour | Seminole County](#)

Local Farms and Farm Tour | Seminole County

Small farms represent over 90% of all farms in Florida, based on the USDA definition of a small farm as one with...

<https://www.eventbrite.com/e/seminole-county-farm-tour-2024-in-person-tickets-793330481827?aff=ebsoporgprofile>

More Signs of Spring



New Fans Spring Cool
Photo by David Kremer



Spring Art or Food
Photo by Maureen Reed



Spring Rest Break
Photo by Marcia Call

L.P. RESIDENT TOPICS AND OPINIONS L.P.

Rating CCRCs

Joe Solymossy found a recent article from Newsweek which rates CCRCs nationally. This is the first time Newsweek has attempted this evaluation. Legacy Point is a new CCRC and did not make the list. This was expected. It takes years to build up your reputation. One Florida CCRC which did make the list was Freedom Pointe up in the Villages.

Newsweek published news of its plans for the rankings in August when it [posted](#) links to two surveys — one for residents and prospective residents and their friends and family members, and the other for CCRC workers and those whose jobs associated them with CCRCs — on its website.

Read the link below provided by Joe and see if you agree with their rankings:

<https://www.mcknightsseniorliving.com/home/news/newsweek-statista-recognize-250-ccrcs-with-release-of-first-ever-rankings/>

Resident Feedback Form

One of our residents submitted a suggestion which should appear in every edition of the L.P. Independent Times. Here is the suggestion from Jonathan Wahl

"I think you should encourage readers to fill out the short Feedback form. the completed forms are sent directly to the L.P. Independent Times email address. Here's what I think you might request:

"Are you enjoying the monthly newsletters? Do you have suggestions for how we can improve them?"

Please feel free to let us know your thoughts by filling out our short Feedback form." Click the link below to begin ... and thank you!"

<https://lpresidentsonline.org/Form/Feedbackform.html>

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.

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

Legacy Pointe Residents are going to so many places we cannot keep up with them. Here are some of their outings:



L.P. Residents at an Omelet Bar - Photo by Vicki Tindall



To UCF Peter & Starcatcher
Photo by Ann Kirkendall



Winter Park Playhouse
Photo by Ann Kirkendall



At the Ranch
Photo by Vicki Tindall

NEW

HEALTH AND MORE

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.

Social Fitness:

Have you nurtured your 'social fitness'. This is one of the topics in a new article in Forbes Magazine entitled **'I Don't Want To Be Old When I'm Old'—Defining Healthy Longevity**

Here is a link to the article:

<https://www.forbes.com/sites/stevevernon/2023/11/07/i-dont-want-to-be-old-when-im-old-defining-healthy-longevity/>

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

Physical Fitness

What is the Goldilocks Standard for physical activity? Too little, too much, just right. So to figure it all out we have to turn to studies. One of these asks the question

How much should you exercise for a longer, healthier life? Study offers clues

Read it and judge for yourself

<https://www.medicalnewstoday.com/articles/how-much-exercise-for-longevity-healthier-life#Longevity:-Exercise-may-not-be-a-factor-on-its-own>

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

Nutritional Fitness :

Are Scientific Studies done in England valid in America? This one about changing your diet can add years to your life is one such study Take a look at the article below.

<https://www.sciencealert.com/you-can-add-10-years-to-your-life-simply-by-changing-your-diet-massive-study-finds>

(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?

Check out these possibilities:

IF YOU DO NOT WANT TO GO OUT, BELOW ARE OPPORTUNITIES IF YOU STAY IN.

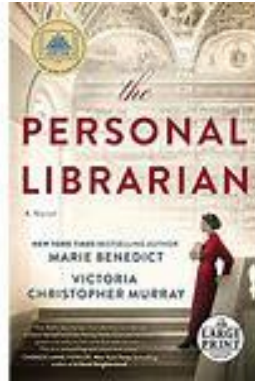
CHECK OUT TOUCH TOWN JOIN a CLUB

Check out 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

Our Book for March is called The Personal Librarian
by Marie Benedict (Author), Victoria Christopher Murray (Author)

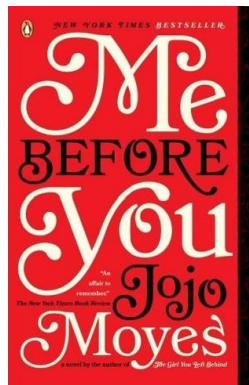


A remarkable novel about J. P. Morgan's personal librarian, Belle da Costa Greene, the Black American woman who was forced to hide her true identity and pass as white in order to leave a lasting legacy that enriched our nation, from New York Times bestselling authors Marie Benedict and Victoria Christopher Murray.

In her twenties, Belle da Costa Greene is hired by J. P. Morgan to curate a collection of rare manuscripts, books, and artwork for his newly built Pierpont Morgan Library. Belle becomes a fixture in New York City society and one of the most powerful people in the art and book world, known for her impeccable taste and shrewd negotiating for critical works as she helps create a world-class collection.

Mar 2024: We invite you to come to the meeting of the Legacy Pointe Book Club on Tuesday, March 19, 2024, at 3 PM in the Card Room.

Our Book for April is called "Me Before You" by Jojo Moyes



From the #1 *New York Times* bestselling author of *The Giver of Stars*, discover the love story that captured over 20 million hearts in *Me Before You, After You*, and *Still Me*.

They had nothing in common until love gave them everything to lose . . .

Louisa Clark is an ordinary girl living an exceedingly ordinary life—steady boyfriend, close family—who has barely been farther afield than their tiny village. She takes a badly needed job working for ex–Master of the Universe Will Traynor, who is wheelchair bound after an accident. Will has always lived a huge life—big deals, extreme sports, worldwide travel—and now he’s pretty sure he cannot live the way he is.

SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR MARCH 2024



Photo by Joyce Swing

For list of all launches, check this website suggested by John Boldt

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

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

Wow there were skilled sailors living 450,000 years ago!

That headline in a news story will certainly get your attention. And it may be true if the latest Ample archaeological and geological evidence has now been uncovered that suggests archaic humans were building boats and crossing the Aegean Sea as long as 450,000 years ago. What else are we going to find out in the next ten years. Check out the article below.

<https://greekcitytimes.com/2024/01/04/archaic-humans-sailed-aegean-islands/>

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

Travel and Leisure has come up with some new trips in Peru.

This Region of Peru Has Incredible Ancient Ruins — Without Machu Picchu's Crowds. Many of us have been to Machu Picchu and have seen the crowds of tourists. These newly discovered regions have very few tourists. You may have to be a little on the rugged side but it may be worth it.

<https://www.travelandleisure.com/northern-peru-amazonas-region-guide-8406133>

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

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 (lpresidentsonline.org)

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

Our Days End

There goes the Moon and here comes the Sun with a little bit of Venus to the left of the quarter Moon.



Moon and Venus over LP sunrise taken first week of February, 2024. Venus is located at 10 o'clock from the crescent Moon. by Jonathan Wahl