



November 2024

Frank Russo, Editor

Our Day Begins – Here Comes the Sun



Photo by Marsha Call

Veteran's Day – We Will Never Forget



Arrangements designed and displayed by Peggy Shutt

Feature Article

Combining Veteran's Day and Thanksgiving

I remember this article about 20 years ago years ago. It is a true story, and it goes beyond the children in Little Rock AR. We should be so thankful that our freedom was won over several centuries by men and women who died to keep us free.

The article below was submitted by Mary Carlisle to the LP Independent Times. It involves Veterans and a lesson in thanksgiving.

SUBJECT: EARN YOUR EDUCATION



In September of 2005, on the first day of school, Martha Cothren, a history teacher at Robinson High School in Little Rock, did something not to be forgotten. On the first day of school, with the permission of the school superintendent, the principal and the building supervisor, she removed all of the desks in her classroom. When the first period kids entered the room, they discovered that there were no desks.

'Ms. Cothren, where are our desks?'

She replied, 'You can't have a desk until you tell me how you earn the right to sit at a desk.'

They thought, 'Well, maybe it's our grades.' 'No,' she said.

'Maybe it's our behavior.' She told them, 'No, it's not even your behavior.'

And so, they came and went, the first period, second period, third period. There are still no desks in the classroom. Kids called their parents to tell them what was happening and by early afternoon television news crews had started gathering at the school to report about this crazy teacher who had taken all the desks out of her room.

The final period of the day came and as the puzzled, students found seats on the floor of the desk-less classroom. Martha Cothren said, 'Throughout the day no one has been able to tell me just what he or she has done to earn the right to sit at the desks that are ordinarily found in this classroom. Now I am going to tell you.'

At this point, Martha Cothren went over to the door of her classroom and opened it. Twenty-seven (27) U.S. Veterans, all in uniform, walked into that classroom, each one carrying a school desk. The Vets began placing the school desks in rows, and then they would walk over and stand alongside the wall. By the time the last soldier had set the final desk in place those kids started to understand, perhaps for the first time in their lives, just how the right to sit at those desks had been earned.

Martha said, 'You didn't earn the right to sit at these desks. These heroes did it for you. They placed the desks here for you. They went halfway around the world, giving up their education and interrupting their careers and families so you could have the freedom you have. Now, it's up to you to sit in them. It is your responsibility to learn, to be good students, to be good citizens. They paid the price so that you could have the freedom to get an education. Don't ever forget it.'

This is a true story. And this teacher was awarded the Veterans of Foreign Wars Teacher of the Year for the State of Arkansas in 2006. She is the daughter of a WWII POW.

Do you think this email is worth passing along so others won't forget either, that the freedoms we have in this great country were earned by our U.S. Veterans?... I did.

Let us always remember the men and women of our military and the rights they have won for us.

More On Veteran's Day

By Larry Mitchell



As many of you may have already noted, there have been no announcements of a Veterans Day ceremony to be held here at Legacy Pointe on November 11th. To explain, the Veterans Special Interest Group (SIG) arrived at a decision to hold only one major ceremonial event each year...on Memorial Day. Memorial Day was chosen on the basis of its deep meaning not just to military veterans but to the nation as a whole as we honor all those who made the ultimate sacrifice in defense of this nation.

While no formal ceremony is being held, Legacy Pointe will still honor Veterans Day in other ways. Please take the time to check out the veterans display in the alcove just outside the Fitness Center. You will see additional decorations crop up in the Club House before the day. You will see U.S. flags placed outdoors to line Hestia Loop, the Club House and the entrance to Assisted Living. A holiday brunch will be held on November 11th. That afternoon two theme movies will be presented in the auditorium starring two of the movie greats: John Wayne and Steve McQueen. A large sheet cake honoring the military services will be placed

outside the auditorium for the enjoyment of ALL!

In addition, we are encouraging everyone to get out and about in the local area to participate in Veterans Day events being held elsewhere. For instance, the ceremony being held at the Veterans Memorial Park in Sanford at 11:00am. Or, visit the Cpl Larry E. Smedley National Vietnam War Museum just 2 mile's away (!) at 3400 N. Tanner Road either Saturday or Sunday. For other events, please see the list of other Veterans Day celebration events being held in the local area posted below.

Legacy Pointe at UCF Veterans SIG

List of Veterans Day Celebrations for 2024, Near Legacy Pointe at UCF

1. 11/6/2024 (9 AM - 10.30 AM) Wednesday Veterans Salute

UCF Veterans Memorial Site on Memory Mall

sponsored by UCF Community Veterans History Project

2. City of Winter Park Veterans Day Celebration Friday 11/8/2024 10 AM

At Winter Park Community Center, Ruby Ball Amphitheater at Sandy Lake Park at Hannibal Square - 721 New **England Avenue**

3. Oviedo On The Park (And Craft Fair) Saturday 11/9/2024 9-4 PM

Oviedo American Legion Post will have a booth here to photograph veterans

At Crosslife Church grounds at rear, 45 W. Broadway.

4. City of Oviedo and American Legion Post. Saturday 11/11/2024 5-6 PM

They will add this years names of Veterans to Memorial Wall.

5. City of Chuluota FL 11/11/2024 3-9 PM Saturday VFW Post, 300 Lake

Mills Blvd., Chuluota Music, food, bounce house, Fireworks at 7PM.

6. City of Winter Springs 11/11/2024 6-7 PM Saturday, Veterans Day Tribute

Winter Springs Town Center, Veterans Memorial Site Tuskawilla Rd.

EARTH DAY IS REALLY 365 DAYS – Our Monthly Reminder



Photo By Maureen Reed

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

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

Plastic Why All the Fuss? By Frank Russo

Plastic Particles, both micro and nano are everywhere since their recent introduction to our world in the 1950s to present. Micro particles are tiny but in good light can be seen with the naked eye. Not so with nano particles. They are invisible except with hi tech microscopes.

We need to ask some serious questions to inform ourselves so we can decide what we should be doing about plastics in our life. So, let's start with a simple

example that should get our attention. Are there plastic particles in our water bottles from which most of us drink every day?

For the answer let's turn to some recent scientific discoveries published by Columbia University in the January 2024 edition of the journal Proceedings of the National Academy of Sciences. Researchers looked at several popular water brands and selected the three top selling brands. They found 240,000 nanoplastics particles per liter bottle on average between the three brands studied.

You cannot see them or taste them but in drinking they are ingested into our systems and have found a home at the cellular level. They have technical names: they found seven different major types of plastic: **polyamide, polypropylene, polyethylene, polymethyl methacrylate, polyvinyl chloride, polystyrene, and polyethylene terephthalate.**

They are all part of the forever chemical family. They never break down. They just stay where they end up: landfills, lakes, oceans, and our bodies.

Remember they are microscopic – smaller than cells. And they can penetrate into cells. They are found in heart arteries, lung tissue, placentas, male sperm, even penetrating the blood-brain barrier.

Science is rushing to find out exactly where they are in our environment. We are just at the beginning of finding out more. Science needs to produce studies quickly about what these 'nanos' are doing to our bodies. We cannot be lulled into complacency. We have some past chemical experiences to guide us. Remember DDT and how great science thought it was until Rachael Carson in *Silent Spring*. And then there is nicotine and how even doctors recommended smoking, and asbestos, and how many more.

In the next twenty years we will be hearing about the danger of plastic "forever" chemicals in our bodies.

Here is a link to the full article:

<https://www.upworthy.com/scientists-tested-3-bottled-water-brands-for-nanoplastics-using-new-testing-tech-and-yikes-rp3>

Black coated kitchen utensils

An excerpt from an article by Korin Miller in AOL.

From plastic cutting boards to nonstick pans, these 5 kitchen staples have been linked to potential health hazards

“A study published in the journal Chemosphere found high levels of flame retardants in black utensils and other black-colored plastic products. Those flame retardants included decabromodiphenyl ether (decaBDE), which was banned by the Environmental Protection Agency (EPA) in 2021. DecaBDE was detected in 70% of the samples, with some levels up to 1,200 times higher than the acceptable limit set by the European Union's standard of 10 parts per million.

Research into the potential impact of this is ongoing, making it difficult to know how much of an influence it may have on health.... “

Here is the Link to the full article:

<https://www.aol.com/lifestyle/nonstick-pans-plastic-cutting-boards-183957474.html>

PICKLEBALL ~ THE OFFICIAL OPENING and PLAY BEGINS

On Friday, October 4th at 9:45 am the Pickleball Courts had their official opening ceremony. David Kremer, along with staff Kristina Ferry and Bella Barrios were present.

David Kremer did the honors of a short tribute and recognition. The attainment of these courts was a long process which started about a year ago. It demanded dedication as Seminole County required more and more changes and documentation.

Other key players were Tony Mennella, Graham Ricks, Margaret Ziegler and a host of other generous donors as documented on this sign, mounted alongside the new Pickleball Courts.

Legacy Pointe at UCF

Pickleball Courts

We are grateful to the generous donors listed here who made the addition of these pickleball courts possible for our residents. Their kindness will bring people joy for years to come.

Jean Chong
Don & Anita Ford
Cheryl Nessen
Bill & Carol Malfitano
Yvonne Paul
Dennis Wood & Nancy Cosgrove

Cindy DeWitt
Jim Kragh
Ed & Sandy North
Tony & Kathryn Mennella
Graham & Mary Catherine Ricks
Marg Ziegler

It was a long time coming with many battles fought and won.
On the next page, see some of the others who contributed and helped.

Halloween Can Be Fun!



Picture submitted by Jim Lau and Vicki Tindall

Our staff enjoyed Halloween and dressed for the occasion. Some of the pictures were of our housekeepers, security, and transportation





Photos by Dona Hams

The Legacy Pointe Halloween Party

The Patio came alive with music, dancing, food, and costumes on Thursday October 31st at 7 pm for the Legacy Pointe Halloween Party. Can you recognize anybody in the pictures?





Photos by Vicki Tindall

GOLF TOURNAMENT

It was almost the end of October with all eyes on Halloween but at Legacy Pointe many eyes were focused on GOLF. Yes, the resident FUN Golf tournament was fast approaching. You could tell because in every piece of vacant land some strange objects started to appear. Everything from swimming pool safety rings to buckets and other formidable obstacles on lawns and sidewalks all along the ca



And the L. P. Golf Tournament Winner is Jim Lau

Photos by Vicki Tindall and Jane Kennedy

And what is a Golf Tournament without an after-golf Party



Photos by Kristina Ferry

BOCCE

böch'ē

Bocce is a game of Italian origin similar to lawn bowling, played with wooden balls on a long narrow court covered with artificial turf or fine gravel.



The Bocce Ball Court, located outside behind the Bistro, is now open! You do not have to be a professional. All levels are welcome.

BOCCE Tournament

The first Legacy Pointe Bocce Ball Tournament will begin on Monday November 4th. There will be 8 teams with two players on each team. On Monday there will be two matches in the morning and two in the afternoon. Every team will have at least two matches.

On Monday the teams who win will proceed to the Winners bracket. The losing teams will proceed to the Challengers bracket.

Winning teams will compete on Wednesday November 6th with the final being played on Friday November. The Challengers bracket will play on the same days but at different times.



Left Sandy Clifton & Vinnie Corso Runners up Right Vicki Tindell & Jim Lau Winners

OUR INTELLIGENCE (OI) versus ARTIFICIAL INTELLIGENCE (AI)

The Third AI Level by Frank Russo

For the last two months we talked briefly about **Artificial Intelligence (AI)** and to help us Senior citizens to get some basic understanding we 'unscientifically' set up four levels to help us understand AI.

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

First at Level One there is the '**text in and text out**' or '**word in and word out**' levels. An example of the 'word to word' level is something we probably have used. We have asked 'Alexa' or 'Siri' a thousand questions. Or we have used the search engine on our computers (Edge, Google, Firefox, etc.). We type in a text question, and we receive back a text answer. We can copy the answer into a document or into any other text.

At this level human **OI (Our Intelligence)** tells **AI** "Here is what you need to do and here is how you do it".

Level Two - Often called General AI which is still directed by OI but AI can begin to analyze data and is at the beginning of a learning curve

Even at this level human **OI (Our Intelligence)** is the developer of computer software **to perform the 'task'**. So, we have left the 'word to word' level and have entered the 'action level'. This action level has a degree of complexity calling on science to design the 'tools' that will be used by the computer to perform a task.

Wow what a challenging task for **(OI)**. Every variable must be considered, and each algorithm must be tested. **(OI)** is still in charge but AI is starting to come on strong especially in the storage of data that it may recall to solve a problem or in the development of algorithms (which are a set of rules initially developed by **OI** to reach a conclusion following a set path with preprogrammed rules). AI is collecting and organizing it.

Level Three - AI is learning

This month we will follow with the third level, **Robotic Action 'Analysis and Decision'**.

This is best understood by something we probably have seen on TV where IBMs computer WATSON plays in a TV show called Jeopardy. And later it played several chess matches. **OI** programmed WATSON to go beyond Level One by developing sophisticated algorithms. To cover all possibilities of chess moves. Now at Level three **OI** is no longer programming **AI** to play chess but rather is creating **an AI that can learn to play chess**.

This chess example will show that all these tasks which create an AI that can actually learn are incredibly complex. It is like creating cognitive abilities similar to human cognitive abilities.

This is still a beginning step. Level Three is not yet realized. It is still in the dreams of **AI** researchers.

Next month we will look at Level Four and go far beyond. Sometimes called **'robotic action to robotic action'**.

AI isn't likely to replace humans at work, a report says —but 5 occupations may soon feel its impact more

See AI Link below for this article

<https://www.cnbc.com/2024/10/14/ai-isnt-ready-to-replace-human-jobs-5-professions-may-feel-its-impact-more.html>

Holy Mass at Legacy Pointe.

by Vicki Carpenter



On Friday, October 18, 2024, the Reverend Josh Swallows, Pastor of Most Precious Blood Catholic Church, celebrated the 1st Catholic Mass at Legacy Pointe at UCF. Approximately 50 people from all areas of Legacy Pointe attended. Many family members were in attendance with their loved ones. In addition, Father Josh anointed those in attendance with the sacred oil of the Sacrament of the Sick. For Catholics, the anointing of the sick gives comfort, peace, courage and even forgiveness of sins.



A priest will now be saying mass at Legacy Pointe on the 3rd Friday of every month. Anointing of the sick will be offered following each mass. Deacon Nelson will continue with the Eucharistic Services on the other Fridays.

TECH CORNER ARE YOU PROTECTED

by Joe Solymossy

Editors Note: In todays hi-tech world data security is critical to safeguard your information and accounts. Joe's article – though 'technical' is an absolute necessity to make sure no 'bad actors' grab our data.

Joe's live presentation will not be given in November below is one of his articles on Technology

Authenticator Apps Protect Your Accounts

Data Breaches

Data breaches expose millions of account credentials (usernames, passwords and other personal info) on a frighteningly regular basis. There are ways, however, to protect your online accounts from criminals who buy and sell this information on the dark web. One of the easiest ways is to use a secure authentication app such as Google Authenticator. Doing so will make you immune to account hijacking, even if your password is exposed.

Data Protection

An authentication app provides the second factor in a two-factor authentication (2FA) log-in system. The most widely used authenticator is a standard SMS text message delivered to a device (cell phone) presumed to be in your possession. If you correctly enter the six-digit code included in such a text message, the server believes you are who your username and password claim you are.

But there are vulnerabilities in SMS-based authentication. The SMS protocol was never designed for sensitive communications, so it utterly lacks encryption and other ways of defending against eavesdroppers; and today the bad actors are getting better at hi-jacking your SIM card, thus gaining access to your 2FA log-in.

Google Authenticator (hereafter, simply “Authenticator”) is a far more secure implementation of two Internet Engineering Task Force standards: RFC 6238 and RFC 4226. As such, an Authenticator works with any server software that also conforms to the standards. Authenticator is available for android, iPhone and iPad devices.

Authenticator is not limited to Google accounts such as Gmail, Drive and YouTube. It can be used to secure your accounts with Facebook, Microsoft, Dropbox, Amazon, WordPress, and many other online services such as your bank, insurance company, and other financial services.

Two Factor Authentication

By using a two-factor authentication app, **even if a malicious person has your username and password, they cannot login to your account!** Using the Google Authenticator does not give Google access to any of the accounts you use it with. If you prefer to use a non-Google authentication app, check our [Authy](#) or the [Lastpass Authenticator](#).

An Easy Option

Online businesses increasingly urge customers to use two-factor authentication. Some even insist upon it. If it sounds like a nuisance to enter both a password and a verification code every time you log in, well, you're right. Most services, however, that offer two-factor authentication give you the option to enter the code once and check a box that says something like "trust this computer." If you do that, you won't need to enter a verification code each time you sign in with that device.

How Do Authenticator Apps Protect You?

Each time you log-in to a 2FA protected application or device you will be requested to get a verification code from the source of your choice. When you set up the account with 2FA, your choices usually include some combination of your cell phone text or voice, home phone voice, email or an authenticator to receive this verification code.

Double Password

Text, email, Authenticator, Authy and similar apps provide a six- to eight-character one-time password each time a user logs-in, which a user must enter in addition to their username and password in order to access the specified. Alternatively, Authenticator can pass its codes to third-party password managers such as Dashlane, or Roboform making the act of logging in nearly effortless as far as the user is concerned.

Getting Down to the ‘bit’ level within a Byte Impossible to crack the Code.

The connection between Authenticator and the challenging server is protected end-to-end with 128- or 160-bit encryption. The code changes every 30 seconds and is not confined to one million combinations of ten primary digits, so it is not practical to crack the code by brute force. Combined with a password manager’s very long and very random passwords, Authenticator provides the most formidable software-based security available.

Of all the choices it is the only one that is not hackable. Only a dedicated hardware key, such as a YubiKey, is better. Please learn how to use an authenticator app on every service that supports it. It will save everyone much grief as bad actors continue to exploit data breaches and SMS-based authentication’s vulnerabilities in ever-increasing attacks.

Opera Orlando and a Feature on One of Our Residents

Last month at Legacy Pointe we had a brief article on Opera Orlando. It featured a brief look at the Opera **Macbeth** that took place in the Legacy Pointe Auditorium on September 24, 2024 at 7:00 pm.

Sue Brown sent the L.P. Independent Times a more detailed story of the Opera Orlando event and a reflection of her years as an opera singer.



We were very fortunate to have some wonderful singers perform for Legacy Pointe! Dressed in black and white were some performers for Opera Orlando, not main stage performances. They are from many [arts pf the country, working for Opera Orlando, promoting the Arts. It was thrilling to have these 4 vocalists perform for us.

We heard a bit about the 3 operas for the main season. The singers performed individually and together. The speaker for Opera Orlando was Mrs. Sarah

Purser. I've known Sarah for many years. She walked into my chorus classroom one day as an intern teacher from UCF. What a joy to have Sarah in my chorus classroom! She has grown through many through many experiences in the arts. I am so proud of her.

The Opera visit inspired me to share some of my feelings about being an Opera Singer and Educator.

In the 1980s I sang with Orlando Opera. I was right out of college and looking for a [performance venue. I started performing with them when the Orlando Opera was just beginning. It was great meeting new singing friends. In about a year or two we were singing with many wonderful performers who loved Opera, like Beverly Sills and Luciano Pavarotti. Those years were wonderful and such a growing for me! It has remained a huge part of my heart.

As a teacher I made sure my students had opportunities to listen to all kinds of music, including Opera. I met opera performers, shared workshops with them, and got to perform with them,

Last Opera Orlando season truly blessed my heart. One of my former students, Carolos Santelli, played Tonio, the lead tenor who falls in love with the 'Daughter of the Regiment' that was performed in Orlando and in many other cities across the US.

Such a wonderful experience watching and listening to him on stage. It is truly important to share what you love with those around you. Your life will then travel through others and instill joy with so many people. Share your LOVE.

The Future is in their Hands



Sirish Subash - Pesticide scanner developer.

Would you buy a \$20 scanner to detect pesticides on your fruits and vegetables? That may be about 5 years into the future because the brain behind this device is a ninth grader, Sirish Subash from Snellville, Georgia.

Recently he won the title of “America’s Top Young Scientist” and a \$25,000 cash award. Sirish had learned that approximately 70% of produce in the USA contains pesticide residues that are possibly being linked to cancer and Alzheimer’s. Tests show that washing alone will often not make produce clean and safe.

This health protection device is called a PestiSCAND and uses AI to analyze light waves to determine safety. During tests that were conducted on over 12,000 tomatoes, spinach, apples and strawberries an accuracy of over 85% was detected.

Click here, <https://youtu.be/zdyb0ldNDCw> to watch an interview with this impressive young man.

LET'S GO TO A MOVIE!

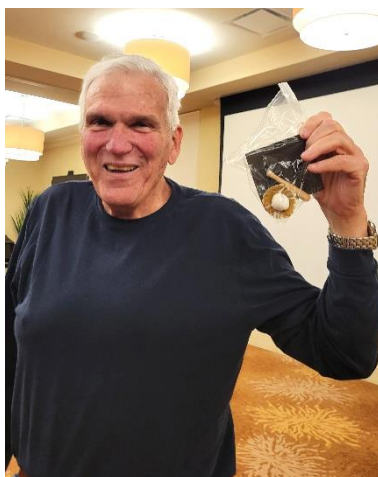
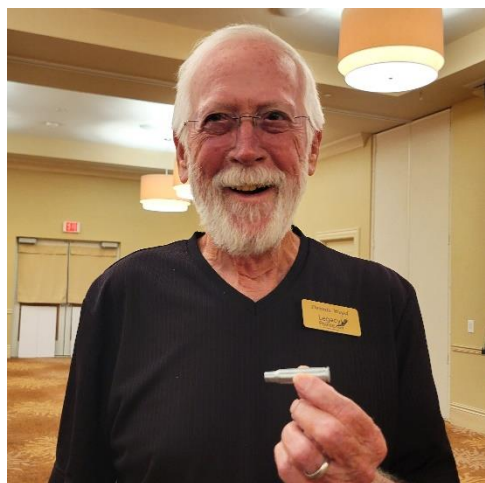
Here are the Legacy Point Movies for November, and December 2024.

- UniGuest Activities provides a plot summary of each film.
- Movies are shown in the Auditorium.

Date	Time	Movie	Year	Run Time	Host
11/11/2024 Veterans Day	2pm	" <u>In Harms Way</u> " "The Great Escape" 1963, _	1965 1963	2h 47m 2h 52m	Bill Weise
Sunday, 11/17/24	6pm	'Cocoon'	1985	1h57 m	Bill Weise

Wednesday, 11/20/24	7:30 pm	Concert?			
Sunday, 11/24/24	6pm	4 Weddings & A Funeral	1994	1h54 m	Bill Malfitano
Sunday, 12/1/24	6pm	White Christmas	1954	2h	Claire Pollard
Monday, 12/2/24	2pm	The Blob	1958	1h 23m	Bill Weise /Clare

And The Movie Winners Are ...



Dennis Wood - "The Natural" (silver bullet shell)

Steve Zimmerman- " The Natural" (baseball glove/ball tree ornament)

Anne Daves- " The War of the Worlds" (box of colorful "germs")

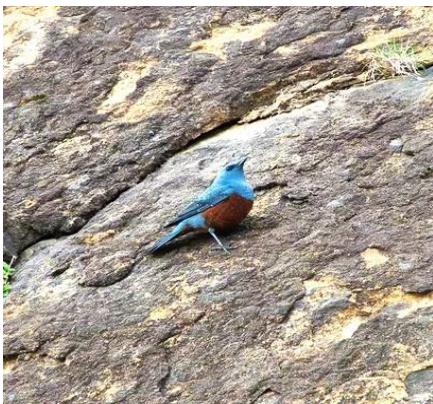


- Wes Pollard, toy frog," Oh Brother, Where Art Thou!"

- Les Tandler, stack \$100 bills ornament, "Walk the Line - Johnny Cash"

Teacher captures photo of 'rare' bird never before seen in US

Submitted by Sharon Lovell



An amateur photographer captured a subject in Oregon last week that has bird lovers chirping — as it's said to be the first U.S. sighting of this particular species.



Some experts are calling it the "bird of the century."

It was Michael Sanchez, a middle school band director from Washington, who was snapping photos of a waterfall at Hug Point State Recreation Site, just south of Cannon Beach, at sunrise on April 21.

The bird causing all the commotion: the blue rock thrush, a mostly solitary bird that is native to Europe and Asia.

How a blue rock thrush may have arrived on the shores of Oregon is unclear, according to Tim Janzen, secretary of the Oregon Birding Records committee, the state organization that certifies bird sightings.

Check out the full article from FOX below:

<https://www.foxnews.com/lifestyle/oregon-teacher-captures-images-very-rare-bird-never-before-seen-us>



RECYCLING

SUMMARY

By Mitch Mitchell

According to Waste Management - our recycling vendor, articles to be eligible for recycling are as follows:

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

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

I.L. Residents Please use the recycle bins in the trash rooms but leave cardboard on the floor. **Not recyclable:**

- a. Food waste
- b. Plastic bags of any kind (take these to Publix)
- c. No Polystyrene Foam products (take these to Publix)

UCF 2024 FOOTBALL SCHEDULE: Dates & Kickoff Times

The 2024 college football season has started and [UCF](#) is looking to improve significantly over its 6-7 season last year.

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

UCF 2024 football schedule

Date	Time (ET)	Opponent	Score
Thur., Aug. 29	7 p.m.	home New Hamps	W 57 - 3
Sat., Sept. 7	6:30 p.m.	home S. Houston	W 45 - 14
Sat., Sept. 14	7:30 p.m.	at TCU*	W 35 - 34
Sat., Sept. 21	--	OPEN	
Sat., Sept. 28	TBA	home Colorado*	L 21 - 48
Sat., Oct. 5	6-8 p.m.	at FL Gainesville	L 13 - 24
Sat., Oct. 12	TBA	home Cincinnati*	L 19 - 13
Sat., Oct. 19	TBA	at Iowa State*	L 38 - 35
Sat., Oct. 26	TBA	home BYU*	L 37 - 24
Sat., Nov. 2	TBA	home Arizona*	W 56 - 12
Sat., Nov. 9	TBA	at Arizona State*	L 31 - 35

Sat., Nov. 16	--	OPEN
Sat., Nov. 23	TBA	at West Virginia*
Friday, Nov. 29	8 p.m.	home Utah*
Sat., Dec. 6	TBA	Big 12 Championship Game#

*** Big 12 game; # in Arlington, Texas**

US Air Force Academy Band, “The Falconaires”



Photos by Ann Kirkendall

On Thursday October 21st 14 Legacy Pointe residents boarded our bus and headed north to Sanford. They attended a free concert at the Ritz Theater given by the US Air Force Academy Band, “The Falconaires”.



USAF Col. Bob Swing (ret.) and wife Joyce, LP Residents at the concert

GARDENER'S CORNER

We come from the earth

We return to the earth

And in between we Garden

By Alfred Austin

It is a great time of year for gardens. Sunny days are followed by cooler nights.
Perfect growing conditions!



Flowers by Vicki Tindall

Fun Recipes



What could be easier than a Grilled Cheese Sandwich?

In Cooking Tips by Jordan Stone

Well, most of us are making it all wrong. So, pay attention as you read about the **correct ways** to make a grilled cheese sandwich. Notice the interesting word in the prior sentence is '**ways**'.

So here goes. Let's start with the simplest recipes – that's correct "recipes – multiple **ways** to do grilled cheese.

One Step:

Use SALT in your pan before starting to cook. And oh, you can also sprinkle some herbs or spices in the pan.

<https://www.foodrepublic.com/1682648/better-grilled-cheese-salt-pan/>

Do not use butter or oil in your pan. Butter and some oils have a low smoking point which could cause bread to burn. Skip butter or oil. Regardless of the pan, before cooking, liberally coat the outside of your bread with mayonnaise – the full-strength kind if you have it. It keeps the bread moist as it cooks slowly, toasting the bread not letting it burn.

The Bread – For now let's use good old fashion sandwich bread.

The Cheese – Good old American Slices work fine but also mozzarella, cheddar, and Gouda are great for flavor.



The Heat – how hot is the pan. Use slow heat around 350 and do not keep pressing on the bread as it cooks. With the skillet **uncovered**, toast each side for three or four minutes. During this stage, it's important to avoid pushing your sandwich around on the pan, which will only delay browning. After both sides appear golden brown, cover your pan. Then, **cover** with your lid securely intact, reduce your heat — you won't need much to melt the cheese. From there, allow the sandwich to continue cooking for another minute or two on each side. The result? The crunchy, melty, cheesy sandwich of your dreams.

By Angela Gervasi in the Tasting Table Read More:

<https://www.tastingtable.com/1683463/best-grilled-cheese-cover-with-pan-lid/>

Next month more on 'grilled cheese! And it will not be simple sandwich bread.

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)
-

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.

THE LEGACY POINT BOOK CLUB

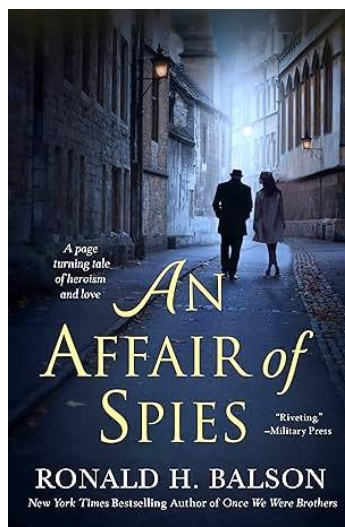
The Legacy Pointe Book Club meets third Tuesday of the month at 3 in the Card Room.

Our Book for November is called *Affair of Spies* by Ronald Balson.

From the winner of the National Jewish Book Award - Ronald H. Balson's **An Affair of Spies** tells of a spy mission to rescue a defector from Germany and prevent the Nazis from creating an atomic bomb.

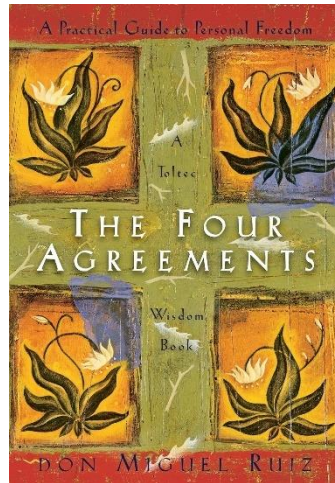
Nathan Silverman grew up in Berlin in the 1920s, the son of a homemaker and a theoretical physicist. His idyllic childhood was soon marred by increasing levels of bigotry against his family and the rest of the Jewish community, and after his uncle is arrested on Kristallnacht, he leaves Germany for New York City with only his mother's wedding ring to sell for survival.

While attending an evening course at Columbia in 1942, Nathan notices a recruitment poster on a university wall and decides to enlist in the military and help fight the Nazi regime. To his surprise, he is quickly selected for a special assignment; he is trained as a spy, and ordered to report to the Manhattan Project.



There he learns that the Allies are racing to develop a nuclear weapon before the Nazis, and a German theoretical physicist is hoping to defect. The physicist was a friend of his father's, and Nathan's mission is to return to Berlin via France and smuggle him out of Europe.

Our Book for December is called: The Four Agreements by Don Miguel Ruiz



In ***The Four Agreements***, don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

- A *New York Times* bestseller for over a decade
An international bestseller published in 52 languages worldwide

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

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

Health, Diets, and other Life Changing Events

By Mary Catherine Ricks

The Big Questions in Life

There are probably few people living on this planet that live here without asking themselves two main questions: Who am I and why am I here? These are

questions that I find myself asking more as I get older, however a third question popped on my horizon about 1998 and over the years it has gotten more and more persistent. **“What if I am wrong?”** Initially it was just a whisper, but then I met and took a class from Margaret, and she caused that question to change to BOLD letters.

I was having a health issue, so I had changed my diet and lifestyle and was becoming more aware of my options and opinions. Margaret lived about 3 miles from me and was in her early 60's. The first time I met her, it was her smile and blue-lavender eyes that made me know that she was different.

Ever since being a child and learning about “death”, I had always wanted to talk with someone who could explain that term and there she was standing in front of me. Somehow, she sensed my curiosity, invited me into her house and offered to answer my questions. No questions were off limit, and we talked for hours. Her answers were as clear as if she had just returned from the great beyond. What was so stunning to me was the clarity with which she answered every question, as though it had just happened.

All that I learned from her was important, but her biggest gift became **“What if I am wrong?”** What if all 5 of my senses had been “trained” instead of realizing the importance of asking questions and doing my own research.

Our families, cultures, and education have all molded each of our pieces of clay and what if that keeps us from becoming the “real” us that we were created to be? How many squabbles with your siblings or friends have occurred because no one wants to admit that they “could be wrong” or there was a “misunderstanding”? How many of us have researched both sides of a question and even possibly found out that the answer really resides in the middle? After all, the best debaters in the world can argue both sides so well you cannot detect their opinion on anything. It is never too late to take the time to learn and be open to change.

SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR November 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

AI can radically lengthen lifespans, says futurist Ray Kurzweil | Fortune

<https://fortune.com/well/article/a-i-radically-lengthen-lifespan-ray-kurzweil/>

Feedback? Stories? Photos?

Send to Frank Russo at frankrusso2012@gmail.com

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



Super Moon by Charlie Haum