

THE WIND



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From the Meadow Oaks Board of Directors

Greetings from the MOMA Board.

February finds us preparing for our Annual Meeting, which will be held on Thursday,

March 19, at 7:00 p.m. There are five members on the MOMA Board, and three board positions are up for election this year. If you are interested in serving on the MOMA Board, please contact your Village President or a MOMA Board member.

During the first week of February, letters will be sent to Village Presidents that include a "Letter of Intent to Run" form for anyone interested in seeking a board position. If you intend to run, please contact your Village President to obtain the form. Return the letter to your Village President by the deadline stated in the letter.

In the third week of February, Village Presidents will receive a letter listing the names of individuals who have submitted a Letter of Intent to Run.

Per MOMA governing documents, Village Presidents cast the vote on behalf of their entire village at the Annual Meeting. Only one person from each village may serve on the MOMA Board at a time. However, if no one volunteers to run, the MOMA Board may appoint a representative from any village. If you have an opinion regarding the vote, please share it with your Village President. Because the submission deadline for the March edition of The Wind is February 15th, there is insufficient time to publish the candidates' names prior to the March meeting.

In other news, please be re-

mindful that Meadow Oaks does not allow short-term rentals, including AirBnB, VRBO, or private short-term rental operations. Each village has its own minimum rental length, and none permit short-term rentals. Additionally, rentals are only permitted after two years of ownership. If you are aware of any short-term rental activity, please notify a MOMA Board member or your Village President.

If you see a problem around the community, there are several things you can do. If a situation seems dangerous, don't take chances, call 911 immediately. For non-emergency situations call 727-847-8102, option 7. This will get you to dispatch. This number is operated 24/7. You might need to let it ring for a while.

To report a pothole, call 727-847-2411. This is the Pasco County main number. The operator will direct you to the correct person or take your report. You can also use the MyPasco app.

To report a street light outage, call Withlacoochee River Electric at 727-868-9465. You will need to report the address and the number located on the light pole.

MOMA board members' and village presidents' phone numbers can be found in *The Wind*. Please do not use social media to contact board members. The Meadow Oaks landline number is 727-856-6426. You can find general Meadow Oaks Master Association governing information on the website at <https://meadowoaksmasterassociation.com>.

Thank you for being great neighbors in a great community.



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A Message for Reserve Residents

The Board hopes you had great holidays which made special memories and that your new year is off to a good start. We thought it would be a good idea to update our residents of what we have accomplished over the last year and what is to come in the future.

In 2025, we renegotiated our contract with Spectrum to bring the best savings possible to our residents. The new contract implemented a faster internet speed along with the widest range of options for your television viewing pleasure.

Early in the year it had come to our attention that our cameras and license plate reading equipment was outdated and not properly monitoring the vehicles coming into and going out of our community. So, after looking for the appropriate vendor, we replaced our cameras and license plate readers at the front gates. The new cameras and license plate readers have improved our ability to see who is coming into our community should the need arise, along with providing the Board with the ability to easily track movement through the gates. We kept the security of our residents in mind when making the decision to make these upgrades.

Reserve Residents continued on page 4

MOMA Board of Directors

John Crouse - President
612-961-8479

Joe James - Vice President
727-480-4172

Chris Brenner - Treasurer
813-416-7144

Julie Toske - Secretary
715-579-3116

Dena Peterson - Director
515-451-5077

Village Presidents

Castle Oaks

Tatiana Pagan 813-393-5791

Cypress Run

John Crouse 612-961-8479

Fairway Homes

Rick Hess 727-243-6677

Fairway Village

Edward Kuss 716-387-2989

Fairway Villas

Jonathan Kessell 727-389-6747

Greenside Village

Terri Best 815-762-1406

Lakeside Village

Jerry Boyce 727-235-1190

The Reserve

Larry Schrieffer 773-392-5493

Woodview Village

Kevin Smith 727-859-5590

A note from the publisher:

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Just a note to thank our readers for patronizing the businesses in this publication and letting them know you saw their ad in *The Wind*.

The advertisers make this free magazine possible to all the residents in Meadow Oaks.

*Thanks again —
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Clubhouse & Related Info

SCHEDULING MEETINGS

To schedule a meeting at the clubhouse, please **send** an email to meadowoaksbod@gmail.com. A MOMA representative will get back with you to set the date.

RENTING THE CLUBHOUSE

If you are interested in renting the clubhouse, send an email to: meadowclubhouse@gmail.com as soon as you know your date so that it can be reserved for you and added to the community calendar. The rental fee is \$150, payable by check or money order to MOMA. There is also a \$500 refundable cleanup deposit required. The clubhouse can only be used for personal use of Meadow Oaks residents.

A NOTE FROM THE WIND EDITORS

The Wind editors would like to thank everyone for their monthly submissions. While they help to advertise events happening within Meadow Oaks, they also provide valuable information and cohesiveness in the community.

As a reminder, **all submissions are due by the 15th** of the month and should be sent to thewindmo@gmail.com to ensure that proofing and printing deadlines can be met.

KEY FOB INFORMATION

Key fobs are needed to access the entrance to the clubhouse, pool, and tennis courts. If you are new to the Meadow Oaks Community, at the time of your appointment you will receive general information about the community and a tour of the recreation areas. If you would like a fob to use the community amenities, please send an email to: meadowoaksfob@gmail.com

Please do not give your fob to the people you sold your home to. If you are a new homeowner and received your fob this way, please report it so that we can get the correct information attached to the fob.

If you lose your fob, or find a fob, please report it to the above email address. If your fob is lost or damaged, you may get a new one for \$25.



Superbowl Watch Party Feb 8th - 6:30 PM Bring Snack to Share and BYOB

Join us at the Clubhouse to watch the Superbowl with your neighbors! It's a fantastic opportunity to meet new people and have a great time. Everyone is encouraged to bring a snack to share and their own beverage.

Let's gather at the clubhouse to enjoy the big game together. While we're not sure about the interest this year, it has always been a lot of fun.

So, let's give it a try!

Hope to see you on Superbowl Sunday.



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Colossians 3:23

Mardi Party

February 17th * 6PM * \$10 * BYOB

Get ready to let the good times roll because our much-anticipated Fat Tuesday celebration is finally here! Join us on February 17, 2026, at 6 PM for an unforgettable Mardi Gras party filled with food, drinks, and dancing. The price of admission is just \$10, and remember, it's BYOB!

We're serving up delicious Cajun finger foods, mouth-watering desserts, and non-alcoholic Hurricanes. If you'd like to add a little extra kick to your Hurricane, feel free to bring your rum. We'll also have beads, masks, and plenty of Mardi Gras spirit to go around.

The night will kick off with lively Dixieland music and a spirited "Marching with the Saints," followed by dance music courtesy of our amazing DJ George. This event is exclusively for Meadow Oaks residents and their invited guests, and attendees must be 21 or older.

Your fantastic sponsors, Janet McCann (727-389-8181) and George Gore (570-249-1552), are your go-to contacts for tickets. Or you can purchase them at Bingo or during the MOET Meeting.



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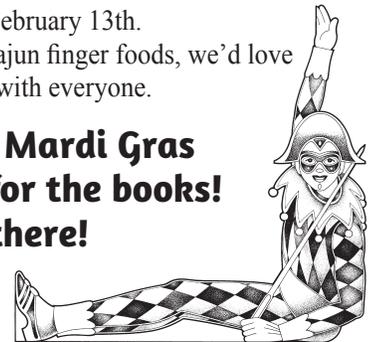
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Be sure to get your tickets by February 13th. If you're a whiz at making Cajun finger foods, we'd love for you to bring some to share with everyone.

Let's make this Mardi Gras celebration one for the books!
See you there!



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Reserve Residents *continued*

We also began the process of leveling sidewalk joints that could cause a tripping and falling hazard to our residents. We had several sidewalks "shaved" down to level various sidewalk joints within the community and also replaced a few squares of sidewalk. All of this was done for the safety of our residents. Should you notice any areas which could be considered a hazard, please feel free to email reservepresident2023@gmail.com with the address closest to the area to be considered and we will add it to our ongoing list. Note that in order for our cement contractor to come out, we must have at least 12-14 areas of concern. Therefore, it may take some time to fix the issue but please note that we will attend to it as soon as possible.

We are also working on a refresh of the gate entry area. The wall has been painted on both sides, the fountains cleaned, and the dead bushes and old mulch removed. Upon removal of the mulch, it was noted that the irrigation piping was cracked throughout and the decision was made to replace it with irrigation piping that will now water from underneath the surface in order to avoid staining of the wall and further staining of the sidewalks. We also removed the 3 large trees outside of the wall as they had been protruding over the sidewalk causing difficulty for our many residents who like to take walks in the area. We will also be adding new landscaping to include bushes, mulch and a few plants to add some color to the entrance area.

We are happy to advise you that because of funds received from Spectrum in signing our new contract, the majority of the above improvements were made without touching our reserve funds so we found no reason to increase your monthly HOA fees for 2026.

Looking to the future, the time is approaching that we will need to resurface our streets. Since we are a gated community, the responsibility of maintaining the streets is ours. We understand this will be a costly project with complicated logistics and want you to know that we always keep our residents in mind when making our decisions and will keep you informed. The projected start date for this project will be some time in 2027.

Should you ever have any concerns, feel free to email reservepresident2023@gmail.com and someone will get back to you as soon as they can.



Cherries Offer Some Sweet Perks



Eating healthy, diverse food offerings is a step in the right direction for overall wellness. Foods rich in essential vitamins and minerals should be front and center in most people's diets, and one particular fruit is quite literally the cherry on top when it comes to nutritional value.

Cherries, which are small stone fruits (fruits that have a pit or seed inside), boast some impressive benefits. Michigan grows most of the sour cherries in the United States, while Washington, California and Oregon grow 90 percent of the sweet cherries. Whether they're tart or sweet, the nutritional benefits of cherries abound. Here's a look at some of the health benefits.

• **High in antioxidants:** Cherries are high in plant chemicals (polyphenols and anthocyanins) that have antioxidant properties. The Cleveland Clinic says antioxidants fight free radicals, which can cause cell damage and contribute to chronic diseases. Cherries contain vitamins A, C and E.

• **Reduce inflammation:** These same plant chemicals also are vital in reducing inflammation. *Cherries continued on next page*

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The MOET Team has the following events in the planning phase for 2026. In order to have these events we need additional volunteers willing to be part of the planning and execution of these events. If you are interested, please contact the MOET

chair for the event.

February 17th - Mardi Gras: Chairs is Janet McCann 727-389-8181 and George Gore 570-249-1552.

March 21st - Italian Dinner: Chairs Brenda 813-909-3756 and Alice 843-870-5571.

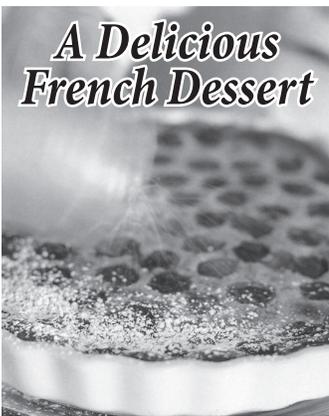
April 4th - Easter Egg Hunt: Chairs Looking for Chair and co chair.

April 11th - Sports Day: Chairs Brenda 813-909-3756 and who wants to co-chair and help plan?

May 5th - Cinco de Mayo Event: We are considering hosting a Cinco de Mayo event on May 5th. Although we have organized this event in the past, we have noticed a decline in attendance, possibly due to many snowbirds leaving in April. However, with numerous year-round residents, we want to gauge your interest. Please provide your feedback to help us decide whether to proceed with this event.

Full Time MOET Members

- | | |
|-----------------------------|---------------------------|
| Alice Doeschot 843-870-5571 | Lu Brown 727-514-1099 |
| Brenda Martens 813-909-3756 | Raquel Crist 419-656-1701 |
| Janet McCann 727-389-8181 | Tonia Myers |



A Delicious French Dessert

- 3/4 cup sugar
- 1/2 vanilla bean
- Pinch of salt
- 3 large whole eggs
- 1/3 cup plus 1 tablespoon all-purpose flour
- 2 cups cherries, pitted
- 1/4 cup sugar for topping

Preheat the oven to 425 F. Butter a 10-inch ceramic quiche mold or pie dish.

In a small saucepan, combine the milk, sugar, vanilla bean, and salt. Place over medium heat and heat, stirring to dissolve the sugar, to just under a boil. While the milk mixture is heating, break 1 egg into a heat-proof mixing bowl, add the flour and whisk until the mixture is free of any lumps. Add the remaining 2 eggs and whisk until smooth.

Remove the saucepan from the heat. Slowly ladle the hot milk mixture into the egg mix-

French cuisine is known for many things, including dessert. Those who want to emulate their favorite French chefs for a loved one this Valentine's Day should consider the following recipe for "Clafoutis," a French baked custard, from Elisabeth M. Prueitt and Chad Robertson's "Tartine" (Chronicle Books).

Clafoutis
Makes one 10-inch custard
 2 cups whole milk

Cherries *continued*
 flammation throughout the body. Healthline says cherries can reduce inflammation by blocking inflammatory enzymes and lowering inflammatory markers. This is good news for people with arthritis or gout, who may find that consuming cherries or drinking cherry juice can alleviate symptoms.

• **Promote restful sleep:** Tart cherries contain key compounds that support better sleep, says WebMD. These include melatonin, serotonin and tryptophan. These natural chemicals help promote relaxation and sleep-wake cycles.

• **Low glycemic index:** Cherries are low-glycemic index foods. The fiber from the skin facilitates a slow increase in blood sugar, which makes cherries a treat for those with diabetes when enjoyed in moderation. Research is underway to see if a healthy diet that includes cherries may reverse prediabetes, says the Cleveland Clinic.

It's always best to thoroughly wash cherries to remove any dirt and pesticide residue. WebMD says cherry pits naturally have small amounts of cyanide in them. One would have to eat a lot of crushed pits for them to be harmful, but it's best to spit out the pits. Pits should be removed before giving cherries to children. Select cherries that have bright green stems, plump fruit and a darker color, which have a

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better flavor profile.

Cherries are nutritionally sound foods that offer a number of health benefits.

ture while whisking constantly. Pour the mixture into the prepared mold and add the fruit, making sure that the fruit is evenly distributed.

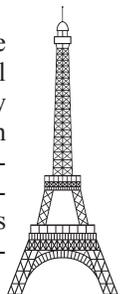
Bake until just set in the center and slightly puffed and browned around the outside, 30 to 35 minutes. Remove the custard from the oven and turn up the oven temperature to 500 F. Evenly sprinkle the sugar over the top of the clafoutis. Return the custard to the oven for 5 to 10 minutes to caramelize the sugar. Watch carefully, as it will darken quickly.

Let the custard cool on a wire rack for at least 15 minutes be-

fore slicing. Serve warm or at room temperature.

Far Breton Variation: Omit the cherries. Soak 2 cups pitted prunes in equal parts water and brandy for about 1 hour; the timing will depend on how dry the prunes are. Drain off any remaining liquid before adding the prunes to the custard.

Note: You may use any fruit that is well balanced with acidity and sweetness, such as raspberries, apricots, or peaches. Sautéed apples or pears are delicious variations in fall.



Coming in March!



Italian Dinner March 21st 6 PM

\$20 BYOB
Deadline March 14th
for tickets.

We are thrilled to announce an enchanting evening that will transport you straight to an Italian Bistro! On March 21st, from 6 to 8 PM, join us for an unforgettable Italian Dinner. For just \$20 per person, you can indulge in a delightful meal catered by Taso Italiano. Don't forget, it's BYOB – though we will have coffee and water available. **Dinner will be served at 6:30 PM.** If you cannot make it till later let us know when you sign up. Have food restrictions? Let us

know. Come hungry!

To secure your spot at this fabulous event, please sign up and pay by March 14th or call **Brenda or Alice**. This is one of our largest and most anticipated events of the year, and we would love to see everyone there.

We are also seeking enthusiastic volunteers to help make this evening a success. If you can lend a hand with desserts, serving, setting up, or cleaning up, we'd greatly appreciate it. Last year, the men did a fantastic

job serving, and we hope to recreate that wonderful experience.

For more information on the menu and additional details, keep an eye out for the March issue of *WIND*. Tickets are available through Brenda at 813-909-3756 or Alice at 843-870-5571, or you can grab yours at BINGO or the MOET Meeting.

Let's make this a night to remember with great food, good company, music, and ambiance. We can't wait to see you there!

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9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

The headlines is a clue to the word in the shaded diagonal.

ACROSS

1. Biblical beast
4. Inflexible
9. Babysitter's handful
10. "Home ____"
11. Rightful
12. Artery problems
13. Expresses
15. Sooner St.
16. Get fit after injury
18. "Stubborn ____ a mule"
20. Corolla and Prius maker
23. Bake, as eggs
25. Dine
26. They're nuts
27. Colorado Indian

More puzzle clues next page

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Upcoming Events & Meetings

Mark Your Calendars!

FEBRUARY

- Tuesday, Feb 3rd, **Blood Drive** 2-6 PM
- Sunday, Feb 8th, **Superbowl Watch Party** 6:30 PM
- Friday, Feb 13th, **Bingo** 7 PM
- Tuesday, Feb 17th, **Mardi Gras** 6 PM
- Thursday Feb 26th, **Bingo** 7 PM

Mark Your Calendars!

MARCH

- Friday, March 13th, **Bingo** 7PM
- Saturday, March 21st, **Italian Dinner** 5:30 PM
- Thursday, March 26th, **Bingo** 7 PM



Ongoing Weekly Activities

- **JUICE YOUR JOINTS, Monday, Wednesday and Fridays 9-10 AM.** Workout with Leslie Sansone video. This is a low to moderate intensity workout with no floor exercise.
- **YOGA with Cindy Monastar, Mondays 10-11 AM.** Sponsor: Gelsa Staley text to 727-597-0573.
- **YOGA with Lori Ann Lynde, Wednesdays 5-6 PM.** Sponsor: Gail Swiderski text to 727-204-5506.
- **SEW CRAFTY, Wednesdays 6:15 PM.** Sponsor: Mary Maloney text to 708 642-4405
- **ADULT WATER VOLLEYBALL, Wednesdays and Fridays 1-3 PM.** Group commu-

nication is through TEAM REACH app. Please download the app and sign up with code: movolleyball. Sponsor: Gina Muster.

- **“HAND AND FOOT” CARDS, Mondays 6:30 PM.** Sponsor: funnybunnie70@yahoo.com
- **LADIES GOLF LEAGUE, Tuesdays 8 AM.** Sponsors: Judy Collier 810-441-8685 or Annette Gee 727-808-8844.
- **DEALER’S CHOICE POKER, Tuesdays 6-8:30 PM** Quarter Ante. Sponsor: P.J. O’Connor 727-457-2772.
- **ADULT PICKLEBALL, Tuesdays and Thursdays, 6:30 PM and Saturday 8:00AM (All Levels)** Sponsor: Lu Brown 727-514-1099.
- **DOMINOS, Tuesdays 1 PM.** No Sponsor.
- **RUMMIKUB, Thursdays 1 PM.** No Sponsor.
- **TEXAS HOLDEM, Fridays 1-4 PM.** No Sponsor.

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Puzzle Clues *continued*

- 28. Some porcelain
- 29. Fraternity letters

DOWN

1. Boosts
2. Censor’s target
3. Asparagus unit
4. Thoroughbred
5. “You got that right!”
6. Moo ___ gai pan
7. “What’s gotten ___ you?”
8. Escritoire
14. Foursome
17. Petty-Officer on merchant ship
18. Questions
19. Boutique
21. 1984 Nobelist
22. “Planet of the ___”
24. 1969 Peace Prize grp.

Puzzle Answers on page 10

Do video doorbell devices enhance home security?

Video doorbell devices, such as Ring or similar models, allow homeowners to monitor their front doors remotely via cameras, motion sensors, and apps.

These systems alert users to activity and record footage, but their impact on security is mixed.

They primarily aid in investigations rather than preventing crimes outright. Research indicates limited evidence that video doorbells deter burglaries or thefts. A 2023 Scientific American analysis found little data supporting crime reduction, noting

that while some burglars avoid visible cameras, determined criminals often proceed.

Similarly, a BBC report from *Doorbell continued on 10*



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Symptoms of Common Heart Conditions

Cardiovascular diseases (CVDs) are the leading cause of death around the world, indicates the Centers for Disease Control and Prevention. Globally, CVDs were responsible for around 19 million deaths in 2022. In the United States, heart disease affects around 128 million adults. Learning to recognize symptoms of potential heart conditions can ensure people know when to take action that may prevent further problems down the road.



Heart conditions can present in many ways, and symptoms of various conditions can overlap. This general guide, based on data from the Mayo Clinic and the Cleveland Clinic, serves as a warning and not a diagnosis. Those with any sudden, severe or "not right" symptoms are urged to seek immediate medical attention.

• **Coronary artery disease:** CAD can result in chest pain (angina), often with exertion. Shortness of breath, fatigue,

and pain that may radiate to the arm, jaw, neck, or back are possible.

• **Myocardial infarction (heart attack):** A heart attack can produce different symptoms in men and women, so it's best to treat any out-of-the-ordinary signs with caution. Intense chest pressure or squeezing; pain spreading to arms, jaw, back, or stomach; shortness of breath; nausea; cold sweats, lightheadedness; fatigue; or back pain merit medi-

cal attention.

• **Heart failure:** Those experiencing heart failure may have persistent shortness of breath; swelling in legs, feet or abdomen; rapid weight gain from fluid retention; fatigue; and difficulty lying flat due to breathing trouble.

• **Arrhythmia (irregular heartbeat):** Irregular heartbeat can lead to palpitations or fluttering of the heart; dizziness or fainting; shortness of breath; chest discomfort; and

fatigue.

• **Atrial fibrillation (AFib):** AFib is an irregular and often rapid heart rhythm that starts in the heart's upper chambers. It can cause fast heartbeat; fatigue; shortness of breath; dizziness; and chest discomfort.

Heart conditions can lead to a variety of symptoms, many of which will overlap. For a thorough diagnosis, it is best to first see a primary care physician, who may then refer patients to a cardiologist.



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How to Determine Your Financial Needs In Retirement



· **Identify the lifestyle you hope to live.** If the romanticized ideal of a jetsetting retirement lifestyle appeals to you, then you're likely going to need to save more for retirement than someone whose vision of life after working is less glamorous. It's possible for many retirees to live their ideal lifestyle in retirement, but those whose ideal is marked by expensive pursuits like regular international travel will need to start earlier and save more than someone who envisions occasional trips but more time at home.

· **Don't overlook health care costs.** Health care costs for retirees are heavily dependent on individual health. But even the healthiest retiree might experience a sudden and potentially costly medical issue, so it's best for everyone to plan for sizable health care expenses in retirement. The Employee Benefit Research Institute estimates that couples will need to have saved at least \$188,000 to have a 90 percent chance of covering their health care expenditures in retirement. That figure is subject to variables unique to each individual, but it can serve as a useful measuring stick as adults try to determine how much they need to

No one knows what the future holds. Despite the mystery shrouding the future, it's still vital that people plan for the years ahead, particularly in regard to saving for retirement.

Advice abounds regarding how much money retirees will need to live comfortably in retirement. One common approach suggests retirees should aspire to replace 70 to 80 percent of their pre-retirement income, while another strategy urges retirees to save twelve times their final pre-retirement income, meaning someone making \$100,000 in the year they retire will need at least \$1.2 million in retirement savings to maintain their lifestyle. Each of these approaches are just strategies, and how much a person actually needs in retirement will depend on a host of variables unique to each individual, including the age a person retires, his or her health status at the time of retirement and personal goals for their golden years. For example, those who hope to retire at 65 and travel extensively in retirement will likely need more savings than someone who hopes to retire at 70 and travel less frequently.

Though variables unique to each person will help to determine how much to save for retirement, there are some additional ways to identify how much you might need to live

comfortably after calling it a career.

· **Identify your ideal retirement age.** Arguably the most significant variable related to saving for retirement is the age at which a person hopes to retire. Some may have the luxury of choosing their own retirement date, while others' personal health or employers may make that choice for them. But it's good to remember that the longer a person continues to work, the less retirement savings that person will need. When trying to determine how much to save for retirement, first identify your ideal retirement age and then go from there, recognizing that this important variable can change over time.

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save for retirement.

Financial needs in retirement depend on the individual. However, some key planning strategies can help individuals determine how much they might need to save to live comfortably in retirement.

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Working Out After Age 50

Exercise is an important component of healthy living at any age. Physical activity helps to maintain a healthy body weight and offers mental benefits like reduced stress and the potential to reduce risk for cognitive decline. But it's important to point out that appropriate exercise for a person at age 20 may look quite different from the right exercise regimen for someone who is 50 or older.

WebMD says exercise is important for quality of life as one ages and is a key to independence. It is important to think of exercise as a tool, and as with all tools, the right ones should be used with a goal to avoid injury. Fitness after 50 should prioritize some practices and avoid others.

• **Focus on resistance training.** Cardiovascular exercise is

important for heart health and general health, but strength training also is essential to counter some of the normal effects of aging. Continuum Care, a private duty home care service, says aging results in a decline in bone density and muscle mass. Resistance exercise performed several times each week can help combat muscle loss and bone density decline.

• **Opt for low-impact activities.** Low-impact exercises that involve less jumping and pounding will be easier on the joints. A doctor, physical therapist or athletic trainer can help to customize or adapt activities based on a person's limitations or medical conditions.

• **Warm up before working out.** Older adults are advised to warm up muscles before exer-

cising to avoid injury, particularly if it has been some time since you last exercised. Harvard Medical School recommends five minutes of brisk walking or time on an elliptical machine to get blood flowing to muscles and make them pliable. After working out, it's advisable to stretch afterwards.

• **Switch to interval training.** Interval training, which alternates between intense exercises and less demanding "rest" periods, offers greater benefits compared to a consistent exercise pace. Interval training helps burn extra calories and maximizes oxygen consumption. Interval training may allow for shorter workouts as well.

• **Increase the number of rest days.** Focusing on recovery after age 50 is important. Tissue takes more time to recover as the body ages, and that may require longer rest periods between workouts.

• **Pay attention to what your body is saying.** Scripps Health says that even with a doctor or professional trainer guiding workouts, an individual is the best judge if physical activity is too much or too little. Everyone should pay attention to signs of overexertion, such as dizziness, excessive fatigue or chest pain. Other signs of discomfort, such as joint pain, may mean the in-

tensity needs to be dialed down or other exercises chosen.

An exercise regimen may need a reboot after a person turns 50. Modified activities and a slowing of pace can promote a healthy, injury-free lifestyle.

Doorbell *continued*

2023 concluded they may not reduce break-ins, as thieves can mask themselves or target less-secured areas. For homeowners, this means these devices offer a potential deterrent but should not replace locks, alarms, or lighting.

The devices do excel in providing evidence for police. Footage has solved numerous cases by identifying suspects. In the December 13, 2025, Brown University shooting, where two students were killed and nine wounded, Providence police used neighborhood and doorbell camera recordings to create a detailed timeline of suspect Claudio Neves Valente's movements before and after the attack.

Videos from doorbell cameras captured him walking streets near campus, aiding the investigation that linked him to MIT murders; he was found dead days later. In Savannah, Georgia, the FBI sought doorbell footage near Forsyth Park for an investigation into an acid attack, emphasizing how such videos fill gaps in public surveillance.

Amazon's Ring partnerships with police have deepened, enabling faster evidence sharing.

For homeowners, these devices enhance security by offering peace of mind and investigative support, potentially speeding resolutions. Yet, privacy concerns exist, as footage can be shared with law enforcement. Combine them with comprehensive home security for best results.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	<p>2</p> <p>Juice Your Joints 9:00 AM</p> <p>YOGA 10:00 AM</p> <p>"Hand & Foot" Cards 6:30 PM</p> 	<p>3</p> <p>Ladies Golf League 8 AM</p> <p>Dominoes 1:00 PM</p> <p>Dealer's Choice Poker 6-8:30 PM</p> <p>Adult Pickleball 6:30 PM</p> <p>Blood Drive 2 - 6 PM</p>	<p>4</p> <p>Juice Your Joints 9:00 AM</p> <p>Adult Water Volleyball 1-3 PM</p> <p>YOGA 5:00 PM</p> <p>Sew Crafty 6:15 PM</p> <p>MOET Meeting 6:15 PM</p>	<p>5</p> <p>Rummikub 1:00 PM</p> <p>Adult Pickleball 6:30 PM</p>	<p>6</p> <p>Juice Your Joints 9:00 AM</p> <p>Texas Holdem 1-4 PM</p> <p>Adult Water Volleyball 1-3 PM</p>	<p>7</p> <p>Adult Pickleball 8:00 AM</p> <p>Hattery Event</p>
<p>8</p> <p>Super Bowl Watch Party 6:30 PM</p>	<p>9</p> <p>Juice Your Joints 9:00 AM</p> <p>YOGA 10:00 AM</p> <p>"Hand & Foot" Cards 6:30 PM</p>	<p>10</p> <p>Ladies Golf League 8 AM</p> <p>Dominoes 1:00 PM</p> <p>Dealer's Choice Poker 6-8:30 PM</p> <p>Adult Pickleball 6:30 PM</p>	<p>11</p> <p>Juice Your Joints 9:00 AM</p> <p>Adult Water Volleyball 1-3 PM</p> <p>YOGA 5:00 PM</p> <p>Sew Crafty 6:15 PM</p> <p>Fairway Village Annual Meeting 10:00 AM</p>	<p>12</p> <p>Rummikub 1:00 PM</p> <p>Adult Pickleball 6:30 PM</p> <p>Woodview Village BOD Meeting 7:00 PM</p>	<p>13</p> <p>Juice Your Joints 9:00 AM</p> <p>Texas Holdem 1-4 PM</p> <p>Adult Water Volleyball 1-3 PM</p>  <p>7:00 PM</p>	<p>14</p> <p>Adult Pickleball 8:00 AM</p> 
<p>15</p>	<p>16</p> <p>Juice Your Joints 9:00 AM</p> <p>YOGA 10:00 AM</p> <p>"Hand & Foot" Cards 6:30 PM</p>  <p>PRESIDENTS' DAY</p>	<p>17</p> <p>Ladies Golf League 8 AM</p> <p>Dominoes 1:00 PM</p> <p>Dealer's Choice Poker 6-8:30 PM</p> <p>Adult Pickleball 6:30 PM</p> <p>Mardi Gras 6:00 PM</p>	<p>18</p> <p>Juice Your Joints 9:00 AM</p> <p>Adult Water Volleyball 1-3 PM</p> <p>YOGA 5:00 PM</p> <p>Sew Crafty 6:15 PM</p>	<p>19</p> <p>Rummikub 1:00 PM</p> <p>Adult Pickleball 6:30 PM</p>	<p>20</p> <p>Juice Your Joints 9:00 AM</p> <p>Texas Holdem 1-4 PM</p> <p>Adult Water Volleyball 1-3 PM</p>	<p>21</p> <p>Adult Pickleball 8:00 AM</p>
<p>22</p>	<p>23</p> <p>Juice Your Joints 9:00 AM</p> <p>YOGA 10:00 AM</p> <p>"Hand & Foot" Cards 6:30 PM</p> 	<p>24</p> <p>Ladies Golf League 8 AM</p> <p>Dominoes 1:00 PM</p> <p>Dealer's Choice Poker 6-8:30 PM</p> <p>Adult Pickleball 6:30 PM</p>	<p>25</p> <p>Juice Your Joints 9:00 AM</p> <p>Adult Water Volleyball 1-3 PM</p> <p>YOGA 5:00 PM</p> <p>Sew Crafty 6:15 PM</p>	<p>26</p> <p>Rummikub 1:00 PM</p> <p>Adult Pickleball 6:30 PM</p> <p>Sugar Creek Entrance Association Meeting 7:00 PM</p>  <p>7:00 PM</p>	<p>27</p> <p>Juice Your Joints 9:00 AM</p> <p>Texas Holdem 1-4 PM</p> <p>Adult Water Volleyball 1-3 PM</p>	<p>28</p> <p>Adult Pickleball 8:00 AM</p> <p>Jaquith Event</p> 

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