

MARCH 2026

TROPICAL PALMS BREEZE



T.P.H.O.A. Newsletter



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PRESIDENT'S REPORT



Thank you

Looking back over the past two years and recalling all the challenges and accomplishments that have happened, I can't help but remember the first few months after being elected president. Three days after being elected, I received a certified letter from ELS unilaterally trying to change our Prospectuses. Several weeks later the park manager and the office assistant quit. The gate was broken; the fences were down; the pool atrium was blown away; the lift stations were malfunctioning; the back up generator was broken; the club house and office were still damaged; the swales were cluttered with debris; many houses were still damaged from the hurricane and in need of major repairs; and unvetted people were abound. I thought "what have I gotten myself into"? With the good Lord's help, two awesome HOA boards and you residents, we were able to weather the storm and get this community back on its way to a thriving, active, vibrant Tropical Palms. It wasn't easy, and more still needs to be done, but we do have a park manager and staff who care and are willing to listen to our problems and who are taking huge strides to make up for many years of neglect. Most of the fences are fixed; the gate is working; the pool has been resurfaced and has a new atrium; the lift stations have all been upgraded; the water pumps have been replaced; lights and plants have been placed at the entrance; the swales are being cleared of debris; the dog yard has been upgraded and has seating; the shuffle board and bocce courts have been rebuilt; new equipment has been purchased for cornhole and bocce; bingo got a second TV; and many other upgrades have been made. Two unoccupied houses are scheduled for demolition next quarter. Tropical Palms Management and the HOA executive committee have been working together on a plan for ELS to replace the plumbing for the entire park.

Not all of our projects have been completed. The mail boxes and bridges still need repair. Fencing on the streets by the swales isn't completed. A gutter over the entrance of the clubhouse is needed. Flag poles at the front gate are still not done. Upgrading of the laundry room and covered seating area for the dog park have been requested; and last, but certainly not least, we're still in a lawsuit regarding the prospectus changes. I can tell you that we are getting closer to a settlement, and not wanting to jinx

anything, but we are meeting with ELS and progress is being made. Thank you to the negotiating team and the HOA board for your diligence and hard work. Finally, I want to say that it has sincerely been my honor and privilege to serve you, the residents of Tropical Palms. Tropical Palms is my home and you are my friends.

*Respectfully,
Michael F Washington
TPHOA President*

NEWSLETTER

The monthly Tropical Breeze newsletter endeavors to provide timely information on upcoming events and news or articles shared by several residents. Photos, tips, recipes, stories, are just examples of what can be included as space allows. If you have something you would like published in an upcoming edition, please forward it by email to newslettertphoa@gmail.com (or text 774-722-3395) by the 11th of each month. Thanks!

*Pat Stowell
Editor*

TPHOA LEGAL FUND

Thank you to the residents who have generously donated to the Legal Fund in anticipation of legal expenses.



The Board and the Homeowners' Committee continue our efforts to ensure homeowner's rights regarding our prospectus and our quality of life at Tropical Palms. We anticipate that such actions will result in legal fees and ask that you consider a contribution to the Legal Fund. Any amount is appreciated.

To ensure confidentiality, please give any donations directly to Treasurer Patsy Lund (40 Pine) or Co-Treasurer Roberta McEwen (48 Pine). (checks should be made to TPHOA with Legal Fund noted on the memo line).



2026-27 BOARD OF DIRECTORS

President	Pam Timmins	Lot 267
Vice-President	Mike Washington	Lot 223
Secretary	Dee Harrison	Lot 99
Treasurer	Patsy Lund	Lot 40
Co-Treasurer	Roberta McEwen	Lot 48
Directors:	Jim Lee	Lot 185
	Kerrie Kelley	Lot 250
	Lorraine Dufour	Lot 284
	Susan Duchesneau	Lot 193
Parliamentarian (without vote)	Pat Stowell	Lot 24

2026 HOA MEMBERSHIPS NOW AVAILABLE!

It's time to renew or join for another great year at Tropical Palms! 2026 TPHOA memberships are now available for purchase. Your membership helps fund the many activities, events, and improvements that keep our community vibrant and welcoming.

Membership benefits include:

- Enjoy HOA-sponsored events and activities
- Support for clubhouse supplies, decorations, and community projects
- A stronger voice in keeping Tropical Palms beautiful and fun for everyone
- Right to participate at Membership meetings and the Annual Meeting

You can purchase your 2026 membership from:

- Pauline Gagne at Lot 84 Evergreen
- Or pick one up at any upcoming community event!

Join or renew today and help make 2026 another fantastic year at Tropical Palms.



USEFUL PHONE NUMBERS

Water and Sewer problems - always contact manager first! During workday - 239-731-7200 (when office is closed - 239-887-5955)

Drinking Water Machine maintenance - 941-697-2551

Emergency - Fire, Police or EMS - 911

IMPORTANT NUMBERS

Park Manager's Office (business hours)
239-731-7200

Tropical Palms Off Hours Emergency
239-887-5955

Clubhouse
239-731-5533

Charlotte County Fire (Non-Emergency)
941-833-5600

Charlotte County Sheriff
(Non-Emergency) 941-639-2101

ShorePoint Health ER & Urgent Care
239-242-1357

Lee Health Convenient Care
239-424-1655

LCEC (light dept)
239-995-2121

To report non working street light
239-656-2300

Waste Management - Bulk pickup
941-629-1106

Animal Control
941-833-5690

Mosquito Control
941-764-4370

US Water (first contact Park Manager)
866-753-8292

Century Link (send text to)
888-320-3452

Comcast/Xfinity
877-229-5999

Notification of Road Closures/Public Safety sign up at alertcharlotte.com or call
941-833-4000

Aging Services: For rides, meals on wheels, etc.

800-677-1116

Red Cross:
866-438-4636

United Way:
211

Hope Coalition - They can direct people to places with resources for different things.

866-388-4673

WELCOME NEW RESIDENTS

A Warm Welcome to Our New  Residents at Tropical Palms!

We're delighted to welcome all the new residents who have recently joined our Tropical Palms community! Whether you've moved here for the sunshine, the lifestyle, or the wonderful neighbors, we're so glad you're here.

Get Involved and Meet Your Community

Tropical Palms is a vibrant place to live, with activities and events happening throughout the week. We encourage all newcomers to join in - whether you enjoy cards, crafts, exercise classes, dinners, or simply connecting with others, there's something for everyone.

Participating in activities is a great way to meet your neighbors, make new friends, and feel right at home. Join Us for Coffee Chat and Stay Informed at HOA Board Meetings

We also invite all new residents to attend the Coffee Chat and HOA Board Meetings. These meetings are a helpful way to stay informed about community updates, upcoming projects, and ways to get involved. Your voice and participation are always appreciated.

Welcome Package is Waiting for You

Contact Pauline Gagne to make arrangements to receive your Welcome Package. Stop by Lot 84 East Cypress or call Pauline at 774-365-2605 so she can visit you at a convenient time.

The package is filled with helpful information about the community, amenities, services, and activities - everything you need to settle in comfortably.

We're Glad You're Here

Welcome once again to all our new neighbors! We hope you find Tropical Palms to be a friendly, supportive, and enjoyable place to call home. We can't wait to see you around the community!

*Pauline Gagne
Welcome Committee Chair*

SUNSHINE REPORT



A Sympathy Card was sent to the DeYoungs on the death of David, 278 Balsam. A Get Well Card was sent to Mike Hamilton, 221 Spruce.

Please contact me if you know of anyone who could use a note of encouragement or condolence from our community. Cards are typically sent for illnesses,

hospitalizations, or deaths of community members or immediate family but only if the information is given to me.

Remember, if you **DO NOT WANT** your family's information posted in the newsletter, please contact me before the 10th of each month. If I do not hear anything from you, I will assume I have your consent to publish the information and continue to wish our best-wishes for recovery.

*Lorraine Dufour, Sunshine Chair
284 Evergreen Circle
Phone: 978-580-1127
Email: lorrainebo59@gmail.com*

TPHOA EVENTS FOR MARCH



The events listed below are planned. We will post any event announcements or changes on signage near the entrance to the park, on Facebook and on the Bulletin Board in Club House.

- 1 Karaoke - 6:30 pm
- 3 Soup Fest - 5:30 pm
- 7 Cremation Informational Talk and lunch - 11:30 am
- 10 Taco Tuesday 4 pm - until we run out
- 14 St Patrick's Dance - 7 pm
- 15 Karaoke - 6:30 pm
- 18 Sloppy Joes - 4-6 pm
- 28 Coffee Chat & Board Meeting - 10 am
- 28 International night
- 29 Karaoke - 6:30 pm

BREEZING THROUGH THE PARK

News And Notes From Your Neighbors

A new section coming soon - *but* - your input is needed!

Lets use this section to welcome new neighbors - share exciting milestones - travels - the comings and goings in the park - and highlights from activities and events.

Looking for our very own Jimmy Olsens (cub reporters and photographers) from each street/section/activity to scout out all the news that's fit to print!!

Each month we will publish neighborhood news items and introduce new residents but your input is needed - let me know how you can help.

Pat Stowell, Editor

*24 Pine
774-722-3395 (text or call)
newslettertphoa@gmail.com*

THANK YOU!!



To everyone in Tropical Palms who generously donated to help us through the tragic death of our daughter, sister and mom. We cannot thank you enough for your giving

in a time of intense sadness. Nothing takes the pain away but you all made things a lot more bearable. God Bless You All. You don't know me but now God and I know you. My mother-in-law Jan Doss lives in a beautiful neighborhood.
PS: The baby is thriving.

*Love and Gratitude,
David Monroe*



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WEATHER - MARCH 2026

Punta Gorda in March is the "sweet spot" of the Florida spring—typically characterized by low humidity, clear skies, and comfortably warm days. However, the last 25 years have shown that it can still be a month of extremes, ranging from late-season freezes to mid-summer heat.

Typical March Temperatures (2001-2025)

Average High: 81°F

Average Low: 60°F

Specific Date Normals (March)

Date	Typical Max Temp	Typical Min Temp
March 1	77°F	56°F
March 14	81°F	62°F
March 31	82°F	60°F

Fascinating Weather History (2001–2025)

March in Punta Gorda is generally stable, but "fascinating" is an understatement for some of the anomalies recorded over the last quarter-century:

The Heat Wave of 2023: March 2023 was record-breaking across Southwest Florida. Some daily highs during this period pushed well into the **upper 80s and low 90s**.

The 2018 "Cold Snap": On **March 15, 2018**, Punta Gorda plummeted to a record low of **37°F**.

Windiest Month: March is statistically the windiest month of the year for Punta Gorda, with average speeds around **13 mph**.

The "March Miracle"

March is also fairly dry in Punta Gorda, averaging only about **2.28 inches** of rain. It is often referred to by locals as the peak of the "Dry Season".

All-Time March Weather Records (1914–2025)

Category	Record Value	Year(s)
Record High Temp	95°F	1949 (Mar 25)
Record Low Temp	29°F	1980 (Mar 3)
Max Monthly Rainfall	15.98 inches	2018
Min Monthly Rainfall	0.00 inches	2023 (and earlier years)
Max Wind Gust	145 mph	2004 (Hurricane Charley)

Charlotte County Gulf Coast: Historical Water Temps (March)

In March, the water temperature in Charlotte County is in its most volatile phase of the year. It can swing from "winter-cold" to "summer-warm" in a matter of days depending on whether a late-season cold front or a tropical ridge is dominant.

The following data reflects the historical ranges for the Gulf-facing beaches (like Boca Grande) and the shallower waters of Charlotte Harbor over the last 25 years.

WATER TEMPS by DATE

(past 25 years)

Date	Typical Average	Record High	Record Low
March 1	68°F	76°F (2020)	58°F (2010)
March 15	70°F	78°F (2015)	61°F (2001)
March 31	73°F	81°F (2025)	64°F (2014)

Key Historical Insights

The Warming Trend: March typically sees a 5°F increase from start to finish. However, as noted in the table, the end of March 2025 saw a massive spike, with water temperatures hitting 81°F — a temperature usually not seen until mid-May.

The 2010 Cold Anomaly: The record low of 58°F on March 1, 2010, followed a historic "Arctic Outbreak" that devastated local snook populations. Water this cold is rare for Florida and can lead to significant marine life "stuns."

Inshore vs. Offshore: In Punta Gorda specifically, the shallow waters of the Harbor can be 3–5°F warmer than the Gulf on a sunny afternoon, but they also lose heat much faster during a cold night.

Recreational Impact

Swimming: Most people find 68°F (March 1 average) too cold for comfort without a wetsuit. By March 31 (73°F), the water enters the "refreshing" range for most swimmers.

Fishing: A water temp of 72°F is widely considered the "magic number" in Charlotte County. Once the water hits this mark, the spring snook and tarpon migration into the harbor begins in earnest.

Punta Gorda, FL: Sunlight Schedule (March 2026)



Date	First Light	Sun Rise	Sun Set	Last Light	Total Light
March 1	6:28 AM	6:52 AM	6:29 PM	6:52 PM	12 hrs 24 min
March 15	7:14 AM	7:37 AM	7:37 PM	8:00 PM	12 hrs 46 min
March 31	6:57 AM	7:21 AM	7:44 PM	8:07 PM	13 hrs 10 min

The transition to **Daylight Saving Time (DST)** occurs on Sunday, March 8.

Spring Equinox: The Vernal Equinox occurs on **March 20, 2026**. This is the point in the month where day and night are roughly equal in length.

Punta Gorda: Full & New Moon Tide Schedule (March 2026)

In March 2026, Punta Gorda will experience a **Total Lunar Eclipse** coinciding with the Full Moon on March 3.

Date	Phase	High Tides	Low Tides
March 3	Full Worm Moon	3:11 AM, 4:57 PM	10:50 AM, 10:11 PM
March 18	New Moon	2:58 AM, 4:06 PM	10:18 AM, 9:56 PM

Tidal Range: During both the Full and New Moon, the high tides will be higher and the low tides will be lower than average due to the alignment of the sun and moon's gravitational pull.

Daylight Saving Time: The times for the New Moon on March 18 already account for the "Spring Forward" clock change.

Boating & Fishing Tip

With the New Moon on March 18, the nights will be exceptionally dark. This often triggers a "feeding frenzy" for local snook and tarpon near dock lights in Punta Gorda Isles and Burnt Store Isles, as the fish use the darkness to ambush bait.

Lunar Eclipse Timeline: March 3, 2026 (Punta Gorda, FL)

Event Phase	Time (EST)	Moon Position	Visibility
Penumbral Begins	3:44 AM	High in Sky	Subtle dimming; hard to see.
Partial Eclipse Begins	4:50 AM	Lowering West	A visible "bite" taken out of the moon.
Total Eclipse Begins	6:04 AM	Low on Horizon	The moon begins turning deep red.
Maximum Eclipse	6:33 AM	Touching Horizon	Deepest red; very close to setting.
Moonset	6:54 AM	Below Horizon	Eclipse continues, but is no longer visible.

The Best Spot: Since the moon will be setting in the West/Southwest, the **Punta Gorda Harborwalk** or the **Ponce de Leon Park** pier will be the best public spots.

The "Blood Moon": Totality (the red phase) begins at **6:04 AM**. Because the sky will already be starting to lighten with "First Light" (6:28 AM), the contrast might make the red color appear more like a ghostly copper or orange.

Disappearing Act: Because the moon is so low (only about 4° above the horizon at maximum eclipse), it may "disappear" into the morning haze before it officially sets at 6:54 AM.



CREMATION INFORMATION

Discussed by
National Cremation Society
Open to All Residents
March 7
11:30 am includes lunch
No charge
BUT
Reservations required
Contact Dee Harrison by March 4

ST. PATRICK'S DANCE

Music provided by
The Johnny and Patti Revue
Sub Sandwich Bar provided



March 14
7 pm
At the Club House
No Charge



SOUP FEST



March 3
5:30
No tickets needed!

We simply ask that everyone contribute to the meal.

Bring a Soup, Salad, Bread or Dessert to share
Water, Ice and Soda provided

TACO TUESDAY



Join the fun!
March 10
4 pm until sold out
Tacos \$3
2 Tacos \$5
Nachos \$5
Soft Drinks \$2



INTERNATIONAL EVENT



March 28
A fun time is promised
No Charge



Sponsored by ELS

Watch Facebook for more details as they become available

IT'S SLOPPY JOE'S TIME!

March 18
4 - 6 pm
(or until we run out)



Menu
Sloppy Joe Plates - \$6
(includes sloppy joe, chips, pickle, soda)
Single Sloppy Joe \$3
Dessert \$2

POETRY BY PENNY

MARCH

*March is marching in
with its myriad*



*of
lors, shapes and textures*

*of
plants, bushes and trees,
pink azaleas, red roses,*

*and
yellow trumpet trees!*

Be on the lookout

*for
March*

As it comes

MARCHING IN!



TRIVIA

In the earliest Roman calendars, March was actually the *first* month of the year because it marked the resumption of military campaigns after the winter thaw. Hence the reason it was named after the Roman God of War: Mars. Nature & Symbols

Birthstones:The serene **Aquamarine** (symbolizing youth and health) and the **Bloodstone** (symbolizing courage).

The Flower: The **Daffodil** is the official birth flower, representing unequalled love and the return of the sun.

"March comes in like a lion and out like a lamb"

Folklore says March "comes in like a lion and goes out like a lamb." This refers to the harsh, wintry weather at the start and the mild, spring-like weather at the end.

Astronomers suggest it was named after the Constellation Leo (Lion) that rises at the beginning of March and the Constellation Aries (Lamb) that rises at the end of March.

Meteorologists suggest that March is a transition month and winter-type storms are expected early in the month rather than later.

Thomas Fuller first recorded this proverb in the 1700s; it had two parts: "*If March comes in like a Lion, it will go out like a Lamb, **BUT if March comes in like a Lamb, it will go out like a Lion***". In other words, just because it was a lamb at the beginning, don't be fooled, this transitional month will eventually experience the Lion.

AI (ALMOST INTELLIGENT)

Everything you need to know about AI but were afraid to ask. The future is closer than you think!!

Ordering pizza in 2026

CALLER: Is this Gordon's Pizza?

GOOGLE: No sir, it's Google Pizza.

CALLER: I must have dialed the wrong number. Sorry.

GOOGLE: No sir, Google bought Gordon's Pizza last month.

CALLER: OK. I would like to order a pizza.

GOOGLE: Do you want your usual, sir?

CALLER: My usual? You know me?

GOOGLE: According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three kinds of cheese, sausage, pepperoni, mushrooms, and meatballs on a thick crust.

CALLER: OK! That's what I want ...

GOOGLE: May I suggest that this time you order a pizza with ricotta, arugula, sun-dried tomatoes and olives on a whole wheat gluten-free thin crust?

CALLER: What? I detest vegetables!

GOOGLE: Your cholesterol is not good, sir.

CALLER: How the hell do you know!

GOOGLE: Well, we cross-referenced your home phone number with your medical records.

We have the result of your blood tests for the last 7 years.

CALLER: Okay, but I do not want your rotten vegetable pizza! I already take medication for my cholesterol.

GOOGLE: Excuse me sir, but you have not taken your medication regularly. According to our database, you purchased only a box of 30 cholesterol tablets once, at Drug RX Network, 4 months ago.

CALLER: I bought more from another drugstore.

GOOGLE: That doesn't show on your credit card statement.

CALLER: I paid in cash.

GOOGLE: But you did not withdraw enough cash according to your bank statement.

CALLER: I have other sources of cash.

GOOGLE: That doesn't show on your last tax return unless you bought them using an undeclared income source, which is against the law.

CALLER: WHAT THE HELL!

GOOGLE: I'm sorry, sir, but we only use such information with the sole intention of helping you.

CALLER: Enough already! I'm sick to death of Google, Facebook, Twitter, WhatsApp and all the others. I'm going to an island without Internet, or cable TV, where there is no cell phone service and no one to watch me or spy on me.

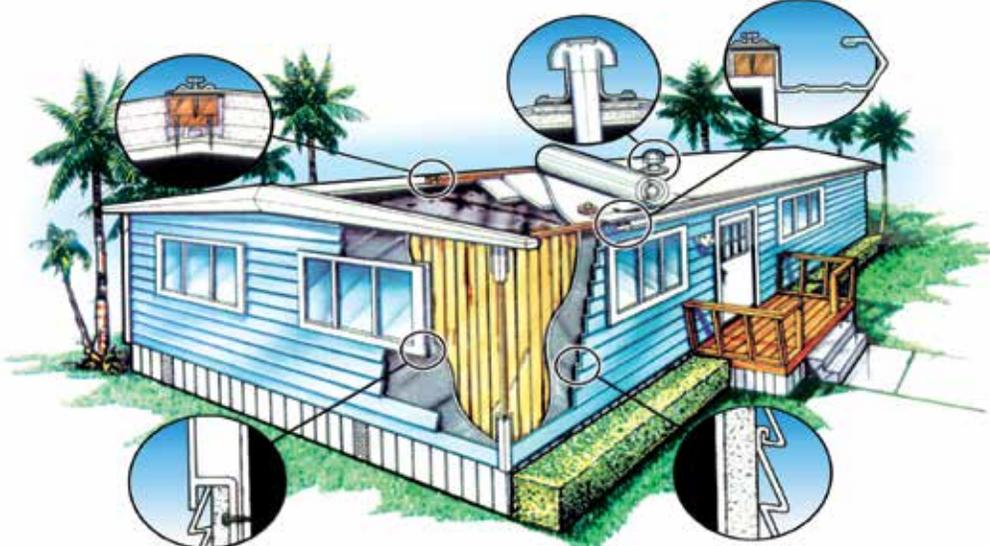
GOOGLE: I understand sir, but Alexa tells me you need to renew your passport first. It expired 6 weeks ago.



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GALENTINE'S LUNCH



VALENTINE DANCE



... continued on page 14

HISTORICAL EVENTS IN MARCH

World-Shaping Political Events

The Ides of March (March 15, 44 BC): Julius Caesar was assassinated by a group of Roman senators triggering a series of civil wars that ultimately transformed the Roman Republic into the Roman Empire.

The Boston Massacre (March 5, 1770): British soldiers fired into a crowd of colonists in Boston, killing five people. This event became a rallying cry for American independence.

The Iron Curtain Speech (March 5, 1946): Winston Churchill delivered his "Sinews of Peace" address in Missouri, stating that an "iron curtain" had descended across Europe, signaling the start of the Cold War.

Selma to Montgomery Marches (March 1965): A series of civil rights protests in Alabama, including the "Bloody Sunday" confrontation on **March 7**, which paved the way for the Voting Rights Act of 1965.

The War in Iraq Begins (March 20, 2003): A U.S.-led coalition launched the invasion of Iraq with a "shock and awe" bombing campaign in Baghdad.

Scientific and Cultural Milestones

The Telephone Patent (March 7, 1876): Alexander Graham Bell was granted a patent for his "improvement in telegraphy," and just three days later, on **March 10**, he made the first successful phone call to his assistant: "*Mr. Watson, come here, I want you.*"

Yellowstone National Park (March 1, 1872): President Ulysses S. Grant signed the act establishing Yellowstone as the world's first national park.

The Peace Corps Established (March 1, 1961): President John F. Kennedy issued an executive order creating the Peace Corps to promote world peace and friendship through volunteer service.

The Birth of Einstein (March 14, 1879): The legendary physicist Albert Einstein was born in Ulm, Germany. This date is also celebrated globally as **Pi Day** (\$3.14\$).

COVID-19 Pandemic Declaration (March 11, 2020): The World Health Organization officially declared the COVID-19 outbreak a global pandemic.



Other Notable Events in March

Date	Event
March 2, 1955	Claudette Colvin, age 15, refused to give up her seat on a Montgomery bus—nine months before Rosa Parks.
March 6, 1836	The Battle of the Alamo ended after a 13-day siege, with Mexican forces defeating the Texan defenders.
March 12, 1912	Juliette Gordon Low founded the Girl Scouts of the USA in Savannah, Georgia.
March 20, 1852	Harriet Beecher Stowe's anti-slavery novel Uncle Tom's Cabin was published.
March 30, 1867	The United States purchased Alaska from Russia for \$7.2 million (roughly 2 cents per acre).

ASK DEE

Dear Dee:

I have a co-worker who is starting to really get on my nerves. I feel he is a hypocrite. He is a very mean spirited person, he is rude and negative, makes unkind remarks about others, is judgmental of others, does underhanded things against other people, and never thinks for a moment how he is hurting someone. But on the other hand, he constantly boasts how he is such a good person because he doesn't drink or swear, goes to church weekly, exercises and eats salads. I am sorry, but I think it takes more than that to be considered a good person. What is your opinion?

Dear Neighbor:

Unfortunately I think we all know this kind of person. And I agree, it takes a LOT more than what you mentioned to be considered a "good person"! So what makes a person "good" in the grand scheme of things? There are some traits considered to be good by just about everyone. There are also cultural variables as to what symbolizes and expresses goodness in a person. But universally a good person embodies qualities such as kindness, empathy, honesty, and humility, which build strong relationships and inspire trust and respect in others. Let's break down those qualities further:

1. Kindness: Good people often engage in small, quiet acts of kindness that positively impact

others. They choose to be helpful and supportive, even in simple ways. They consider and care about how their words and actions could impact others.

2. Empathy: The ability to understand and share the feelings of others is crucial. Empathetic individuals listen actively and respond with compassion, helping to build strong connections. They listen to hear, not just to respond. They put themselves in the other person's shoes.
3. Honesty: Being truthful and transparent is a hallmark of a good person. Honesty fosters trust and allows for authentic relationships. There are many types of lying...whether it is overt lying, exaggerating, lying by omission, etc. A good person is careful not to be dishonest in any way.
4. Humility: Good people recognize their limitations and are open to learning from others. They do not seek recognition for their good deeds but act out of genuine concern for others. They are not looking for a reward or pat on the back. They do not need to feel that they are superior to others.
5. Responsibility: Owning one's choices and actions is essential. Good people take accountability for their behavior and its impact on others. Even the best people are not perfect. They recognize this and will hold themselves accountable when they err.
6. Generosity: This involves giving without expecting anything in return, whether it be time, resources, or support. Again, as mentioned with

humility, they are not looking for retribution for their good deeds.

7. Positivity: A good person often brings a positive attitude that uplifts those around them, creating an encouraging environment. They offer praise, not criticism.
8. Forgiveness: Choosing to forgive rather than hold grudges allows for personal growth and healthier relationships.
9. Respect for Others: Treating everyone with respect, regardless of their background or beliefs, is a fundamental trait of a good person. We do not all think alike or have the same belief system.
10. Open-Mindedness: Being receptive to new ideas and perspectives fosters growth and understanding. A good person, while having their own ideas, will not judge others for thinking differently. They will take the time to listen and at least try to understand, even if they do not agree.

There are many other factors that create a good person, too many to list here. But you are right, running a marathon or eating kale does not make someone a nice person. Having the traits listed above WILL put someone in that coveted category. I think that is something we all need to strive for!

Dee (Denise) Harrison resides in Tropical Palms and in Spruce Pine NC with her puppy Loki. Questions for this column are generated from within this community and from outside sources. Please send inquires to dharrisoncounseling@gmail.com The identity of all contributors is kept confidential.

******* WEEKLY ACTIVITIES *******

Activities take place at Clubhouse unless otherwise noted. Contact the Chairperson listed if you have any questions.

Activity	Day Played	Time	Chairperson
Aquasize	Monday, Wednesday, Friday At Pool	9:00 Am	Debbie Levesque
Billiards	Monday, Thursday	7:00 Pm	Haig Terkhanian
Bingo	Monday	10:00 Am	Lynn Cohan
Bingo - Hotball	Wednesday	7:00 Pm	Lynn Cohan
Cornhole	Monday, Thursday	7:00 Pm	Bob Raikes
Crafts	See Facebook For Dates	1:00 Pm	Pam Timmins
Karaoke	Every Other Week -See Calendar For Dates	6:30 Pm	Bob Bray & Lorraine Dufour
Line Dancing	Friday	11:00 Am	Ted Ingle & Debbie King
Line Dancing - Beginners	Wednesday	11:00 Am	Ted Ingle & Debbie King
Painting	Thursday	7:00 Pm	Will Teed
Shuffleboard	Thursday Near Laundry	9:30 Am	Susan Fowler
Trivial Pursuit	Tuesday	1:30 Pm	Pat Stowell
Cards			
Cribbage	Tuesday	7:00 Pm	Joann Sherman
Pinochle	Thursday	12:30 Pm	Joann Sherman
Hand & Foot	Friday	12:30 Pm	Joann Sherman

UNIVERSE 25:

THE MOUSE UTOPIA EXPERIMENT

Universe 25 was one of the most famous and unsettling studies in the history of animal behavior. It was conducted by an American **ethologist** named John B. Calhoun in 1968.

Calhoun wanted to see what would happen to a society if all its physical needs were met perfectly. He built a 101-inch square tank called "Mouse Paradise." It included:

- **Unlimited food and clean water.**
- **No predators** (nothing to hunt the mice).
- **Controlled temperatures** (always comfortable).
- **Clean living spaces** with no disease.

The Phases of the Experiment

The population doubled every 55 days. However, once the population hit 600, the "paradise" began to turn into a nightmare. Even though there was still plenty of food, the social structure broke down.

The Chaos Begins Dominant males became randomly aggressive and attacked others. Some mother mice abandoned or even attacked their own young. Many mice stopped interacting with others entirely.

The "Beautiful Ones" A specific group of males withdrew from society completely. They didn't fight or try to mate; they simply ate, slept, and groomed themselves. Because they had no scars from fighting, Calhoun called them "the Beautiful Ones." They looked healthy on the outside, but they had "died" socially on the inside.

The Final Collapse

As social behavior failed, the population stopped growing.

1. **Birth rates dropped to zero.**
2. **Infant mortality reached 100%** (no babies survived).
3. **Violence and cannibalism** broke out, despite there being plenty of food.

Eventually, the colony stopped reproducing entirely. Even though the environment stayed "perfect," every single mouse died. The colony collapsed from the inside out.

The Educational Takeaway

Calhoun **repeated this experiment 25 times**, and the result was always the same. He concluded that when a living thing no longer has to struggle for survival or have a "purpose" (like protecting a nest or finding food), its spirit breaks.

Scientists use Universe 25 to study **Urban**

Sociology—the study of how crowded cities affect human behavior—and how "too much of a good thing" can sometimes be dangerous for a society.

Vocabulary Key

- **Ethologist:** A scientist who studies how animals behave, especially in groups.
- **Pathological Violence:** Extreme, "unnatural" violence that happens because an animal's mind or environment is broken.

Replications by Other Scientists

Since Calhoun's death, very few have repeated the experiment exactly because:

- **Ethics:** Modern rules for animal care usually forbid experiments that lead to "total extinction" or extreme violence.
- **Social Density:** Scientists now believe that "Social Density" (how many times you are forced to talk to or bump into someone) is more important than "Spatial Density"

Death Squared: The Explosive Growth and Demise of a Mouse Population by John B Calhoun MD (Section on Behavioral Systems, Laboratory of Brain Evolution & Behavior, National Institute of Mental Health, 9000 Rockville Pike, Bethesda, Maryland 20014, USA)





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Karaoke - 6:30 pm	2	3 Soup Fest - 5:30 pm	4	5	6	7 Cremation informational Talk and lunch - 11:30 am
8	9	10 Taco Tuesday 4 pm - until we run out	11	12	13	14 St Patrick's Dance - 7 pm
15 Karaoke - 6:30 pm	16	17	18 Sloppy Joes - 4-6 pm	19	20	21
22	23	24	25	26	27	28 Coffee Chat & Board Meeting - 10 am International night
29 Karaoke - 6:30 pm	30	31				

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