



# *Lake Views*

May, Volume 11, Number 05



[www.LakeviewTerrace.com](http://www.LakeviewTerrace.com)

The Monthly eMagazine of Lakeview Terrace, Altoona FL.

---

# Contents

3 In The Spotlight LVT  
Captain Liz Koch

5 Opportunity or Scam?

6 Happening at LVT...

7 Eat To Stress Less

8 LVT Events & Activities

---



## In The Spotlight

# LVT Captain Liz Koch

LVT resident Elizabeth Koch was recently recognized for her contributions to the advancement of gender equality in aviation. Liz was one of six women selected to attend U.S. Air Force Undergraduate Navigator Training (UNT) in March 1977. This past March, she was inducted into the Pioneer Hall of Fame by Women in Aviation International (WAI) - the world's largest organization dedicated to increasing the number of women in all aspects of aviation and aerospace.



Liz Koch broke barriers for women in aviation.

This wasn't the first time Liz was acknowledged for her pioneer aviation accomplishments. Two years ago, at an Air Force sponsored Sapphire event (45-year anniversary), she was celebrated for her part in the test program that began the barrier dismantlement and the cultivation of our current aviation community.

Like most women in the 1970s, Liz studied to become an elementary school teacher. "I hated it," she said, and this was only her internship. She didn't want to teach and she wasn't ready to get married. Her older brother (a Captain in the Air Force and B-52 Radar Navigator) suggested she join the military.

Why not? "I applied twice and was denied twice and that was when my mother sat down and wrote a letter to the General, who had signed my notification. It said something like 'just because my daughter isn't a senator's daughter, you're missing out on a great opportunity.'"

Liz was accepted and she signed up for four years. She loved it. The rest is history. Although women were admitted to the Air Force in 1948, their roles were restricted to weather observers and forecasters, flight nurses, cryptographers, and radio operators.

In 1975, a Major questioned the exclusion of women from UNT. He called it "unconstitutional". It took 30 years for those limited roles to be challenged and today, women are even flying combat missions.

In 1976, 20 women were selected for a test pilot program, and six women were selected for test navigator training, where they studied alongside their male counterparts.

In 1977, just two days after pinning on her Captain bars, Liz and five other women began navigator training at Mathers AFB, California.

They were excited, dedicated and ready to make history. They not only attended aviation training, but completed it and moved on to break barriers for women who would follow in their footsteps.

As navigators, they planned the course that would take an aircraft to a precise location, at a preplanned time to accomplish the mission objective. Training included basic navigation procedures, map reading, weather, aircraft systems and radar, celestial, polar and overwater navigation as well as related training in parasailing, ejection seat training, and aerospace physiology.

Today, women makeup 21.4 % of all Air Force members with 452 navigators. Of the 325,605 active duty members, 69,728 are women with 1,035 serving as pilots.

She and her Air Force husband Al successfully raised two children while on active duty.

When asked how it feels to be a trailblazer for women, she admitted, "I'm pleased. I'm grateful to have had the opportunities that God provided in my life.



Flight Planning with Liz.



Liz and Al Koch .



Liz with her classmates in Undergraduate Navigator Training .



Liz - Ejection Seat Training.

By Mary Pat (LVT Resident)

## OPPORTUNITY or SCAM?

Scammers are always on the ready to take advantage. Here are some tips to help you avoid scams.

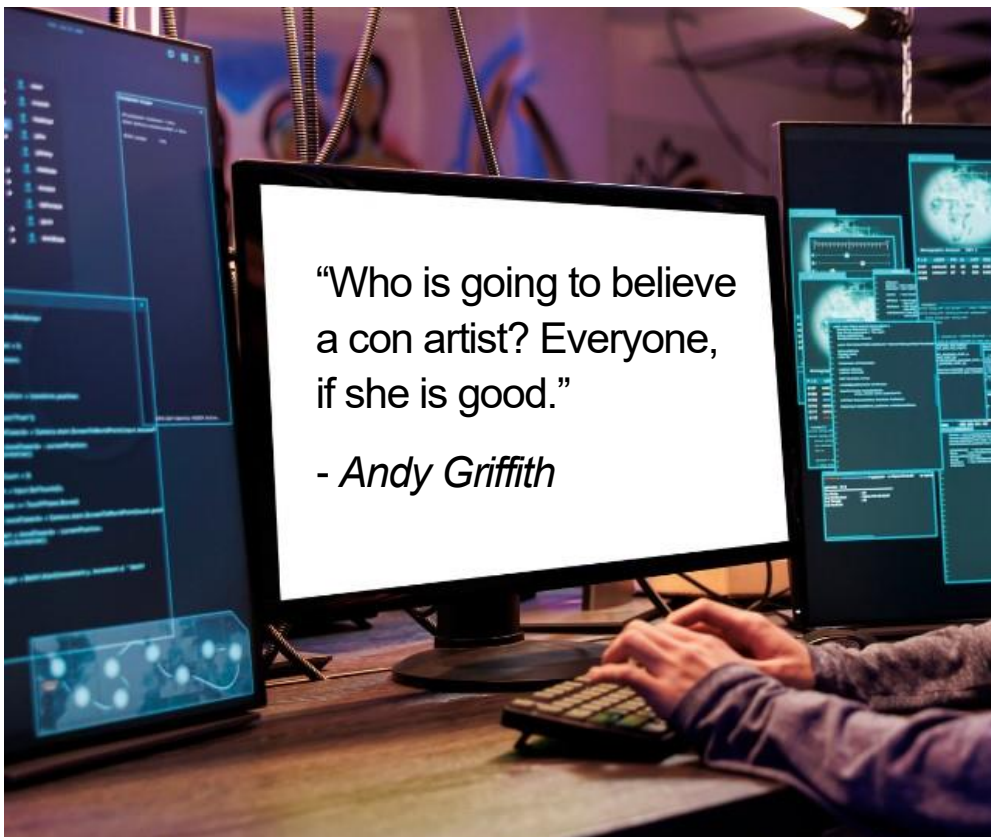
**Hang up on robocalls.** The IRS usually, will not call you. They almost always contact you by US mail. Scammers like to pretend to be the government to get your money or information.

**Watch out for phishing emails and text messages.** Don't click on links or texts you didn't expect.

**Contact trusted sources for information.** Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story.

**Research before you donate to charities.** Never donate in cash, by gift card, or by wiring money.

Scammers are creative and often convincing. Knowing about possible scams is a good first step towards preventing them.



By Bouchard Total Wellness

**Happening at Lakeview...**



**Kentucky Derby**



**Saturday, May 4th at 5:00 PM**

**in the Pub**

**Post Time 6:50 PM**

---

## **Memorial Day Gathering**

**McTureous Memorial Park at 10:00 AM**

We are excited to have the opportunity to join the local community at the annual Memorial Day ceremony at McTureous Memorial Park (directly across from the LVT gates) on SR 19 in Altoona. This ceremony has been hosted for more than 25 years by our local American Legion Austin Giles Post #21. Robert McTureous, Jr. is the only native born Lake County resident to receive the U.S. Military's highest decoration, the Medal of Honor. McTureous, born in Altoona, received the Medal posthumously for his service in the battle of Okinawa in WWII. His home in Altoona serves as a museum and is open biannually during the Memorial and Veteran's Day ceremonies. The program features our local Umatilla High School ROTC cadets, guest speakers and our own Ladies' Chorus and Men's Glee Club.

We will enjoy a program that truly honors those who have made the ultimate sacrifice.

## Eat To STRESS LESS

Food can be soothing but fighting emotional or stress eating can be difficult. The good news is that you can relieve stress by eating certain foods and avoiding others.

Stress can create cravings for sweet foods and carbs that may give a temporary sense of calm, but wear out way too fast. You may crave sugary snacks during moments of stress, but the more you eat of them, the worse your mood will get.

### CALMING FOODS THAT WILL TRULY SOOTHE YOU ARE:

**Cottage Cheese and Fruit.** Cottage cheese is high in protein content but won't cause a spike in blood sugar. Pair it with fruit that is high in vitamin C such as oranges or blueberries. Vitamin C is an antioxidant that fights free radicals that get released when you are stressed.

**Asparagus.** High in folic acid, which can help to stabilize your mood.

**Tuna.** A great option for lunch that is high in stress-fighting vitamins B6 and B12.

**Whole grain carbohydrates** such as oatmeal, which can stimulate the release of serotonin, your feel-good brain chemical.

**Dark chocolate** can help reduce levels of cortisol and other stress hormones. Nibble only a little, as too much calorie dense chocolate can pack on the pounds.

**Chamomile tea** at bedtime can create a wonderfully warm, and calming feeling.

If you use food to battle stress, keep "stress foods" like almonds on-hand and eat a handful slowly, one at a time.

## RECIPE



### Garlic Roasted Asparagus

1 1/2 lbs  
fresh asparagus spears

2 cloves of garlic

2 tablespoons of olive oil

1/4 teaspoon sea salt

1/4 teaspoon ground black pepper

Preheat oven to 450 degrees. Bend and break off the woody end bases of the asparagus. Place the asparagus and garlic in a baking pan, drizzle with olive oil, then sprinkle with salt and pepper.

Toss to coat. Roast for 10 minutes, stirring once halfway through roasting.

## LVT Events & Activities Highlights

Wednesday, May 1st at 10:00 AM  
Derby Hat Decorating

Thursday, May 2nd at 10:30 AM  
Residents' Academy

Thursday, May 2nd at 5:00 PM  
Birthday Bash



Friday, May 3rd  
ONEBLOOD Bus

Friday, May 3rd  
Lunch at Ski Beach

Friday, May 3rd at 2:00 PM  
Trivia



Saturday, May 4th at 5:00 PM  
Kentucky Derby Party

Sunday, May 5th  
LC Swing Big Band

Monday, May 6th at 1:00 PM  
Boggy Bear Stuffing

Wednesday, May 8th at 9:00 AM  
VIP Breakfast in the Dark

Wednesday, May 8th at 2:00 PM  
TLC Presentation

Thursday, May 9th at 9:00 AM  
Ladies Social

Friday, May 10th ~ 9:00 – 11:00 AM  
Marketing Office Open House

Friday, May 10th at 10:00 AM  
Card Making w/ Jackie

Friday, May 10th at 2:00 pm  
Awe & Awe Concert

Saturday, May 11th at 1:00 PM  
Mother's Day Movie

Sunday, May 12th ~ Happy Mother's Day

Monday, May 13th at 1:00 PM  
iPhone Class in the Media Room



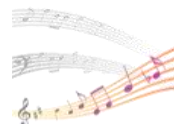
Monday, May 13th at 2:00 PM  
Intro to A.I. w/ Dr. Peter Mouton

Tuesday, May 14th at 10:00 AM  
NEW Bible Study

Tuesday, May 14th at 1:30 PM  
Resident's Association Meeting

Tuesday, May 14th  
Dinner at Pasta Faire

Wednesday, May 15th at 3:00 PM  
UHS Jazz Band Spring Concert



Thursday, May 16th at 10:30 AM  
Residents' Academy

Friday, May 17th  
Lunch at Hollerbach Café

Friday, May 17th at 2:00 PM  
"A British Tribute"

Monday, May 20th at 9:00 AM  
Painting w/ Mark



Monday, May 20th at 1:00 PM  
Android Class



Wednesday, May 22nd at 2:00 PM  
The Chandlers

Wednesday, May 22nd at 5:00 PM  
LVT Art Guild's Spring Art Show

Thursday, May 23rd at 1:00 PM  
"Thanks for being our Friend Day"

Thursday, May 23rd at 3:00 PM  
Men's Social

Friday, May 24th  
Trip to Orlando Wetlands Park

Saturday, May 25th at 10:30 AM  
Bingo Fun



Saturday, May 25th  
IceHouse Theatre

Monday, May 27th at 10:00 AM  
Memorial Day Program at McTureous Park

Tuesday, May 28th  
Shopping at Heathbrook

Wednesday, May 29th  
Trip to Hard Rock Casino





**Keep Active (Physical)**

**Mon, Wed & Fri.**

Total Body Exercise 9:00 AM

**Thursday**

Aqua Class 9:00 AM

Chair Yoga 10:00 AM

**Saturday**

Aqua Class 9:30 AM

Tai Chi 10:30 AM

**Keep Playing (Games)**

**Monday**

Golf 8:00 AM

Bridge 12:30 PM

Mahjongg 1:00 PM

Scrabble 2:00 PM

Bingo 6:00 PM

Euchre 6:00 PM

**Tuesday**

Euchre 1:30 PM

Bridge 5:30 PM

Pennies from Heaven 5:30 PM

Pickleball 6:30 PM (1st/3rd)

**Wednesday**

Golf 8:00 AM

Cornhole 1:30 PM

Mahjongg 5:00 PM

Poker 5:30 PM

Rummikub 6:00 PM

**Thursday**

Bridge 12:30 PM

Straight Dominoes 1:30 PM

Pickleball 2:00 PM

Pennies From Heaven 5:30 PM

Hand & Foot 6:00 PM

**Friday**

Mahjongg 1:00 PM

Spinner Dominoes 1:30 PM

Pennies from Heaven 5:30 PM

Horse Racing 6:00 PM

**Saturday**

Golf 8:00 AM

Pennies From Heaven 12:30 PM

Bunco 1:00 PM (1st Sat. only)

Dubs Cards 1:00 PM (2nd/4th)

**Sunday**

Pennies from Heaven 12:30 PM

Pickleball 2:00 PM

**Keep Exploring (Clubs/Groups)**

**2nd & 4th Monday**

Radio Club 2:00 PM

**2nd Monday**

Happy Bookers 10:00 AM

**3rd Monday**

Audio Book Club 10:00 AM

**4th Monday**

Novel Bunch Book Club 10:00 AM

**Tuesday**

LVT Art Guild 10:00 AM

Boggy Bear Workshop 1:00 PM

**1st Tuesday**

Choo Choo Club 4:00 PM

**3rd Tuesday**

Travel Club 2:00 PM

Poetry Group 3:00 PM

**Wednesday**

Ladies' Chorus 11:15 AM

Yak & Yarn 2:00 PM

**3rd Wednesday (Bi-monthly)**

Chicken Liver Club 11:30 AM

**4th Wednesday**

Veterans Group 2:00 PM

**Thursday**

Men's Glee Club 3:00 PM

**2nd Thursday**

Outdoor Club 2:00 PM

**2nd & 4th Thursday**

Piecemakers 10:00 AM

**Friday**

Wood Carving 1:00 PM

**1st Friday**

Genealogy Camp 11:00 AM

**2nd & 4th Saturday**

Line Dancing 2:00 PM

**Keep Being (Support)**

**3rd Wednesday**

Dementia Support Group

Third Wednesday 2:00 PM

**2nd Wednesday**

Jan, March, May, Sept, Nov  
V.I.P. (Visually Impaired People)  
1:00 PM

**Keep Going (Shopping)**

**Every Monday**

Publix, Eustis 9:00 AM

Winn-Dixie, Eustis 1:00 PM

**Every Thursday 9:00 AM**

Umatilla - Save A Lot & Dollar  
General

**2nd Thursday 1:00 PM**

Village Marketplace (Tavares)  
Joann's Fabric, Dollar General,  
& Winn-Dixie

**3rd Thursday 1:00 PM**

Tri-Cities Plaza (Mt. Dora)  
Hobby Lobby, TJ Maxx, Ross,  
& Dollar Tree

**4th Thursday 1:00 PM**

Shop Eustis Village  
Beall's, Publix, Cato & Hallmark

**3rd Wednesday 1:00 PM**

Walmart, Target & Aldi  
**Last Tuesday 9:30 AM**  
Mall Shopping w/ Lunch

**Keep Seeking (Spiritual)**

**Sunday**

Chapel Service 9:30 AM

Vespers 4:00 PM

**Wednesday**

Bible Study 9:45 AM

**Friday**

Men's Bible Study 10:00 AM

**2nd & 4th Friday**

Communion 1:30 PM

**3rd Friday**

Mass & Confession 2:00 PM

**3rd Thursday**

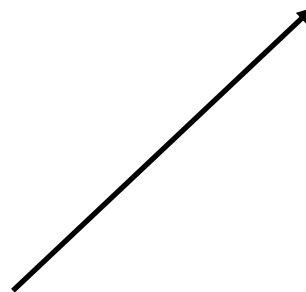
Presbyterian Service 2:00 PM

\* Activities and times subject to change.



Many of you have heard about our Facebook page, so why not jump in and “Like” and “Share” our page with a friend.

Find us at “**Lakeview Terrace Retirement Community.**”





**Lakeview Terrace Mission Statement**

To Provide a Community  
Where residents will feel **secure**,  
Be able to enjoy **meaningful relationships**  
And **activities** of interest;  
Where one can be **autonomous** and  
Can **live independently**,  
Yet have available  
Quality care and services  
And, above all,  
**Experience joy.**



200 Clubhouse Vista Road, Altoona, Florida 32702-9609  
352-669-3148 • 800-343-1588  
[www.LakeviewTerrace.com](http://www.LakeviewTerrace.com)  
Contact us at [lifecareinfo@LakeviewTerrace.com](mailto:lifecareinfo@LakeviewTerrace.com)