

# **LIFE** notes

*LIFE prides itself on helping those in need and for being the champion  
for those who cannot speak but who enrich our lives  
and every day make us a little more ... human.*

## **A Roaring Success**

*"A lion lives in the heart of every true warrior."  
Alex Gough, Emperor's Lion*



March 1, 2023

**Ruben is free at last.**



**Lois Pope on her way to the  
Women of Distinction Awards.**

Dear Friends:

You all know the old adage about the weather: "March comes in like a lion and goes out like a lamb."

When it comes to LIFE this March, we're coming in like a lion and going out like one, too. That's because at the end of the month – Sunday, March 26 at 6 pm to be exact – we have the 29th Annual Lady in Red Gala. And with headliners Paul Anka – the legendary singer and songwriter with so many hits he could be in the Baseball Hall of Fame, in addition to the Rock and Roll Hall of Fame – and the record-setting comedian Rita Rudner offering her always hilarious insights into love and life, plus music from the Palm Beach Symphony and the Danny Beck Band, I wouldn't be "lion" in saying we will all be "roaring" with delight on the dance floor and in our seats!!!

Speaking of a "roaring" good time, a few weeks ago, I had the honor of presenting a "Woman of Distinction" Award to one of our Palm Beach neighbors, Mary Freitas, at a luncheon for Palm Beach Atlantic University. Mary is someone I've watched grow from a young local searching for her place in this world, searching to make her mark, into one who has now cemented her place, who has made an indelible mark in so many ways: as a mother, a wife, a friend, a civic leader, a philanthropist, and above all, a "Woman of Distinction."

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It is for this reason that, in my remarks, I noted that Mary personifies what the iconic singer Helen Reddy once proclaimed, "I Am Woman. Hear Me Roar!" But as I prepared what I was going to say that day, I began to think of the many women who have been integral to my success personally and to that of LIFE as an organization. Starting with my mom -- a schoolteacher who, through her own actions, taught me about the importance of doing good, giving a voice to the voiceless, and making a difference in improving the lives of the disabled and disadvantaged and continuing with LIFE Board members and supporters like Tova Leidesdorf, Dr. Robin Ganzert, Nancy Pontius, Christine Lynn, Marti LaTour, Sunny Sessa, Gail Worth, and so many others, as well as such illustrious females as Kathryn Vecellio, Michele Kessler, Nancy Brinker, and Laurie Silvers. These women are mighty lions in the world of philanthropy and humanitarianism.

Of course, you don't have to be such a "big cat" to make your "roar" heard. In February's newsletter message, I introduced Joy Joy, our new canine "mascot," who is all of five pounds. But, despite being so tiny, Joy Joy's "roar" speaks volumes in that she inspired me to share a story each month that would bring us "Joy Joy" in our lives. So in keeping with our "March comes in like a lion" theme, here is a truly wonderful story about the "King of the Jungle."

Ruben is a lion who spent the last 15 years living in the most squalid conditions in a private zoo owned by a Russian oligarch on the border of Armenia and Azerbaijan. Confined alone to a tiny cage, Ruben was found in terribly poor health -- horribly matted fur, decaying teeth, and, worst of all, a neurological problem most likely caused by a brain or spinal injury. Exacerbating matters, the zoo was shut down, so there was nobody caring for him.

He was found by an organization called Animal Defenders International, which shared his plight with the media. But due to the risk of inflaming tensions in the politically volatile region, the organization's rescue operation had to be done in secret and had to be highly strategic. Negotiations were tense, and ADI had to transport Ruben through multiple armed checkpoints to bring him to safety.

Here's the "Joy Joy" of the story -- Ruben is now resting, recovering, and healing in a temporary indoor-outdoor habitat, heated and spacious, with a bed of hay and daily veterinary care. Once he regains his health and strength, the ADI will transport him to a beautiful wildlife sanctuary in South Africa. There, he will see and hear other lions, as well as tigers and other animals. He will quickly be able to join the sanctuary's animal "conversations" and live out his life having a "roaring" good time!!! And, my LIFE friends, I'm not "lion" about how wonderful this will be.

With love always,

*Lois*

# MARCH

"March" is named for the Roman god of war, Mars. However, we think of it as the beginning of spring, as March brings the vernal equinox, the Full Worm Moon, and the return of Daylight Saving Time! Here are important dates for the season.

**March 8 is International Women's Day**, which is a day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world.

**March 12 is the start of Daylight Saving Time**, which begins at 2:00 A.M. that day. If your area observes it, don't forget to "spring forward" and set the clocks one hour ahead, or you may find yourself an hour late to everything!

**March 15 is the Ides of March!** Legend surrounds this ill-fated day. Beware the Ides of March!

**March 17 is St. Patrick's Day.** According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.

**March 20 brings about the March equinox**—also called the vernal or spring equinox in the Northern Hemisphere—marking the beginning of spring. In the Southern Hemisphere, this date marks the autumnal equinox and the beginning of fall. On this day, the Sun stands directly over Earth's equator.

**March 22 marks the start of Ramadan**, which begins at sundown on that day. In Islam, Ramadan is considered a holy month when a month-long, sunrise-to-sunset fast is observed.

**March 26 is LIFE'S 29th Lady in Red Gala** World-famous singer-songwriter Paul Anka, and America's Queen of Comedy, Rita Rudner, will light up the stage at the Breakers Palm Beach in support of Lois' Food4Kids and Pups4Patriots.

**March 29-31 are known as the Borrowing Days.** According to lore, the last three days of March have a reputation for being stormy.

*This article first appeared on the Farmers Almanac Website.*



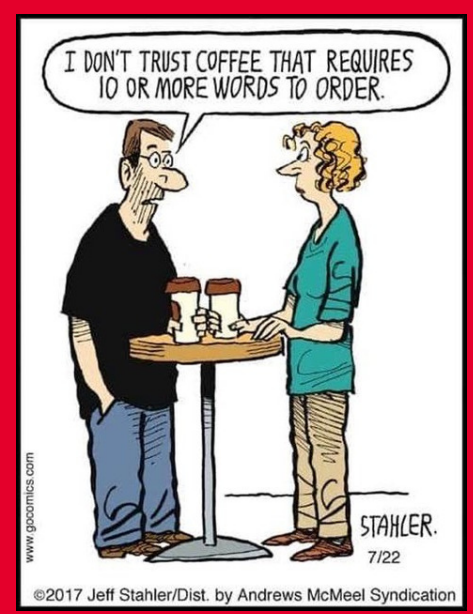
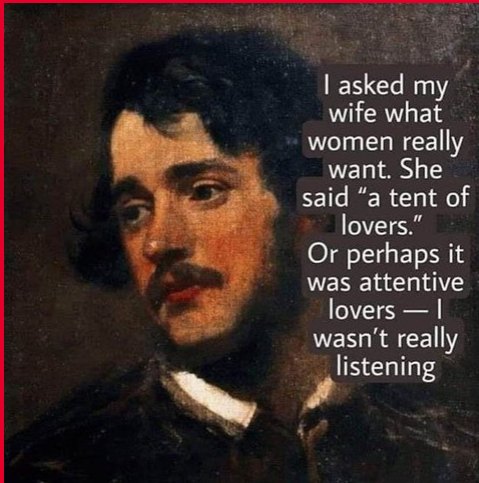
# SUPER BOWL SUNDAY FUNDAY!





# Spring Time Smiles

Many thanks to Barbara Marulli for submitting these funnies to brighten our day!



The Institute of Unfinished Research has concluded that 6 out of 10 people

**It's never too late to start exercising.**

**That's why I'm waiting until later.**



**From Our LIFE Friends**

*Dear Lois,*

*Your words and stories are always so inspiring. Thank you for all the work you do for American Humane and all the many charities that you support.*

*Fondly,*

*Herb and Rita Kraus*

*American Humane Board of Directors*



**Barry Manilow and Lois Pope at his concert on January 13, 2023.**

**For more information,  
visit [www.life-edu.org](http://www.life-edu.org) or call 561-582-8083.**