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We are always looking for residents to follow up on leads, find great stories and send us ideas. Let's celebrate the great things happening in our community! No contribution is too small. Please email LaBellaVita@n2pub.com with your pictures, suggestions, or requests.



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a note from your publisher

Hi Venetian Bay Neighbors,



Ah, the smell of chlorine, the BBQ and sun-block mixed together brings back memories of childhood summers spent at Highland Beach in Annapolis, Maryland. Whether your family makes memories at the beach, abroad or simply at home this summer, send in your photos to be included in the next issue of La Bella Vita and share those memories with your friends and neighbors.

La Bella Vita **Contributors**







Kelly Desuza

Stephen Laub





Wendy Tranter

David Carson

Faith Stoufffer

J.R. Anderson



Dr. Karakossian Family Practice Molly Maid Top Drawer Custom Closets Volusia Pediatrics

Whatever you and your family do, have a great summer and try to keep the newsletter in mind when you are out and about enjoying the sunshine. If you bring *La Bella Vita* with you, snap a picture! We would love to see where our publication has been!

Your story ideas are always welcome for the publication, so if you have an epiphany, feel free to shoot me an email. You are our eyes and ears in the neighborhood, so let me know what you would like to see in the publication.

Kimberly | Kimbery.Anderson@n2pub.com



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Sponsor of the month

A Classic Touch Painting

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This energetic couple has a fun backstory.

Gina and Maurice Ragot own A Classic Touch Painting. Together they have built a reputable painting and home improvement company that was voted Readers' Choice Awards "Best Around" in 2011, 2012, 2013, 2014 & 2015.

The professionalism of A Classic Touch Painting is the key to But the story on how they met was all about painting. Mautheir success. Serving Volusia & Flagler county, their focus rice was referred to Gina by a mutual friend (a contractor) is to give every customer thorough estimates, color consultation, superior site preparation, a neat and clean work enviwhen she was looking for a painter for her first home. "As soon as I met Maurice, I was impressed. He was so profesronment from start to finish, honest prices, and product & sional and handsome and obviously knew what he was workmanship guarantees. doing," said Gina. After Maurice prepared the estimate, he contacted Gina and asked her out on a casual date. He They have interior and exterior knowledge and expertise in seemed too good to be true, but about a month went by residential and commercial applications. The products and before Gina decided to accept his invitation. The rest is materials they use will be of the highest quality and will bring history. "We had the best time together. I think we both a dream to a reality, and protect and restore the surfaces they cover. Their reputation, experience, and dedication keep their knew we were meant for one another. And we have been inseparable ever since." customers happy and their image strong.

Although born in Germany where his father was stationed, Maurice grew up on Long Island, NY. He came to Daytona to attend Embry-Riddle Aeronautical University and graduated in 1994. Maurice began his local painting and home improvements business in 2001. He has been providing skilled home improvements and painting services since 1987. He is the President of A Classic Touch Painting.

Gina (Severino) Ragot is a native to the Daytona Beach area. She worked as a property manager in the Jackson-



ville area before returning home to help with her parents with the family business. A passion for real estate, she was the Broker/owner of SEI Realty, Inc. Currently she is the Office Manager of A Classic Touch Painting and a Broker-Associate at Karlhaus Realty.

Their mission is to provide you with the best workmanship, materials, preparation and finish in a timely fashion. Neat, clean, courteous, and professional service from start to finish is their goal, with your budget in mind.

Maurice is an avid triathlete. They have two children, Thomas (6) and Carmela (4). As a family, they love to be outdoors, and enjoy the beach, theme parks, traveling, cooking, swimming, horseback riding and more.



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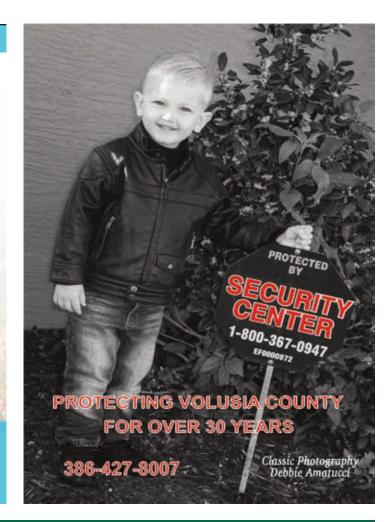
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La Bella Vita Proudly Welcomes Debbie Amatucci, **Our Venetian Bay Professional Photographer!**



Debbie is a resident of Venetian Bay and has been a wedding and portrait photographer for over 30 years. She photographs weddings, studio and location portraits which includes pre-bridals, engagements, maternity, babies, families, couples, high school seniors and pets. Events include weddings, guinceañeras, proms, balls and parties.

Visit www.debsclassicphotography.com Call Debbie To Book Your Next Photo Shoot! (386) 675-0564

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It's Grillin' Season! We would like to post pictures of your summer picnics. If you and your neighbors are getting together, please take pictures and send them in!

Have You Gone On A Great Summer Vacation? Send in your pictures and info to share the destination with your neighbors!



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venetian bay home of the month

3548 Mirano Terrace

Luxury Living And Amazing Location In Venetian Bay

This home is a gem in the community of Marisol. Located on a prime waterfront lot, the home has not only an amazing view, but also a fabulous, inviting open pool with an oversized deck that welcomes both friends and family to enjoy the Florida lifestyle. This custom built Paytas home will leave you amazed by its breathtaking vista of the lake from the open living room and the 1500-plus sq. ft. pool deck, perfect for entertaining guests yearround. This pristine home is exquisite in both design and flow. Words and pictures hardly illustrate the beauty of this home.



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Would you like to have your home or a special room(s) featured in an upcoming issue or would you like to nominate one of your neighbors? Then send an email to LaBellaVita@n2pub.com.









"The installer helped me to move the furniture out of the room. When the work was completed, the installer did a great job cleaning the floor and molding." -Lawrence Bishop

"I was extremely surprised that you visited the site to check on progress and quality. That is not often the case. I could not have selected a better firm. I will definitely recommend your firm whenever the opportunity arises. Thank you very much." -Daniel Herbert

"The installer helped me to move the furniture out of the room. When the work was completed the installer did a great job cleaning the floor and molding" -Lawrence Bishop

"Skills, Communication, Courtesy. Mark did an excellent job. He was friendly, timely, communicative and dedicated to giving the job his very best! I would highly recommend Fashion Tile to everybody." -July Holbrook

venetian bay precious pets

MEET

Four-year-old Roxy is a native of Hawaii. Her humans, Warren and Priscilla Selig, moved her to the Villages at Venetian Bay less than a year ago. Warren, a military human, had

been stationed in Hawaii. Priscilla, a nurse who works for Halifax, explained how Roxy calmly laid on the plane floor throughout the long trip. Roxy is cool like that.

So cool, that Priscilla (or even Warren) do not need to be attached by leash when she goes for a walk. This posh pooch prefers sidewalks and lush green grass.

She adores Priscilla and happily posed for pictures.



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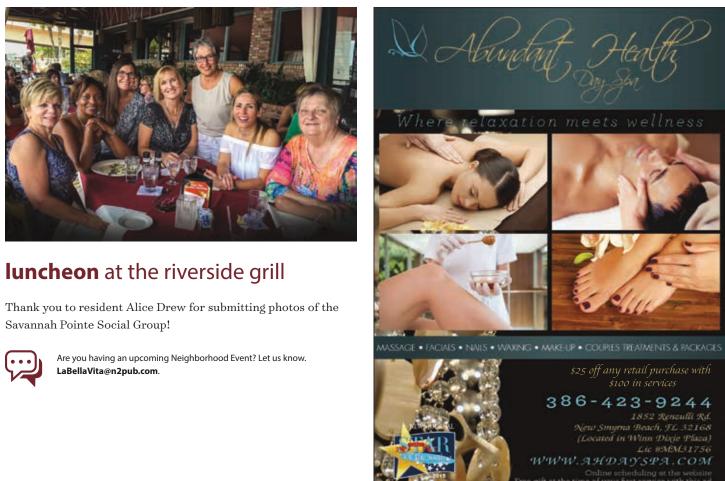


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Sleep is your body's way of restoring organ function, stabilizing chemical imbalances, refreshing areas of the brain that control mood and behavior and improving your overall physical performance. During the day, your brain is too occupied to process everything, so it uses sleep as a chance to replenish spent nutrients, repair its circuitry and process the experiences that you had during the day. Failing to get a good night's sleep can leave you feeling mentally blurry and irritable — serious problems in and of themselves — but it can also disturb your appetite regulation, contributing to weight gain and, ultimately, the problems associated with obesity. Sleeplessness has also been linked to heart disease, increased inflammation (which can lead to cancer) and a 50 percent increase in your risk of viral infection.

Here are some Habits of Healthy Sleep to give you a model to incorporate into your own life:

1. Abandon the snooze button. Wake up right away and get into bright sunlight. If the sun isn't up yet, turn on your lights.

2. Coffee can be a part of a healthy morning routine as long as you don't have it with sugar, which can over stimulate your body too early. Avoid having coffee or any other kind of caffeine, after noon.

3. Set aside some time to exercise. Exercising later in the day is fine as long as you do it before 6 pm to avoid feeling restless when you close your eyes to sleep.

4. Do your best to avoid long naps. If you need a boost, take a five-minute power nap instead.

5. When you leave work, wind down in preparation for your bedtime. Avoid checking email or checking your messages from work. Relax. Enjoy a hobby or spend time with your family.

6. Set your bedtime and stick to it -counting back seven hours from when you need to wake up to determine the

ideal start to your sleep latency period or fallingasleep time.

7. With a bedtime set, establish a routine and don't deviate from it, even on weekends. Changing your behaviors, even for a few days, can sabotage your sleep. Have a nice cup of relaxing tea.

8. Minimize other liquid intake two hours before you sleep to keep yourself from having to use the restroom during the night.

9. Decrease stimulation 30 minutes before you plan to sleep by shutting off cell phones, televisions and other devices.

10. Take a melatonin supplement, as directed, to help regulate your sleep hormones if a long day at work or travel has interrupted your normal sleep routine.

11. Use ear plugs or a white noise machine and a sleep mask to block out distractions when you lie down for sleep.

12. Commit to starting your day when your alarm goes off so that you can tackle a new day full of potential and rich with opportunities.

All information was taken from Dr. Wayne Andersen's new E-book "Stop Challenge Choose – 3 steps towards creating Optimal Health." For more great tips on how to create better health in your life, feel free to download your free copy by following this link: http://bit.ly/StopChallengeChooseFreeEbook

faith's health tips



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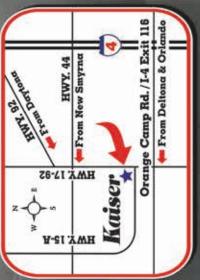


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Are You Prepared for **2016 Hurricane Season?**

By Chase Herbig, CLU, ChFC, CFM- HIG Insurance President

Hurricane Season officially begins June 1 and ends Nov. 30. According to an insurance survey, about 42 percent of Florida residents do not make advanced preparations for tropical storms. As Florida natives with over 50 years of combined insurance experience and thousands of customers, including condo and



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homeowner associations, we have personally experienced the devastation caused by hurricanes, tornados, floods and fires.

Although you may have your property insured, you can mitigate your property damage, escape bodily injury and, possibly, the loss of life just by having a preparedness plan established for all of the environmental perils inherent to Florida. Storms have different characteristics, and whereas most preparedness plans address these differences, it is important to ensure yours is one of them.

Tornado "Watch" and "Warning" announcements are typically made within hours of a touch-down, but a tornado can also be unpredictable and occur without notice, therefore, always be vigilant of your local weather. New Smyrna Beach experienced a devastating tornado that went through the middle of the towers and demolished condo unit property, resulting in displaced residents and major clean-up/repair efforts. Conversely, hurricanes typically provide several days to track, review, and implement your preparedness plan. But they are unpredictable, as well, so don't be fooled, as they can change course and move in your direction as we have seen many times.

Hurricane categories are determined by wind-speed, as defined by the Saffir-Simpson Hurricane Wind Scale: Category 1: Sustained Winds 74-95 mph Category 2: Sustained Winds 96-110 mph Category 3: Sustained Winds 111-129 mph Category 4: Sustained Winds 130-156 mph Category 5: Sustained Winds Greater than 156 mph

Please look for Part II in the next issue: Family Disaster **Preparedness Plan**

financial fitness

How Will You Pay Yourself In By Resident David Carson

With all the attention on saving for retirement, it's easy to overlook another important activity: creating a plan to pay yourself in retirement. More than ever, pre-retirees — particularly those who don't have a pension -will have to rely on a combination of income sources to pay for their essentials and lifestyle expenses in retirement. Here are some tips to consider as you design your plan:

Create a plan. A recent Ameriprise Financial study found that more than half of pre-retirees' report feeling overwhelmed and anxious about their impending retirement and worry that they will run out of money. The good news is that those with a retirement income plan are more likely to feel confident about their financial future. You can take action to help lessen fears about the unknown.

Project your expenses. To cut yourself a "reality check" one that covers your monthly bills — first tally your expected retirement expenses. Next, consider your retirement lifestyle. Do you plan to travel? Spend more time with your grandkids? Start a small business? Expenses in retirement are personalized and may vary over time, so make sure your budget aligns with your goals.

Make a list and check it twice. Most retirees will potentially have multiple sources of income available in retirement. Make note of all your assets and income streams such as Social Security, stocks, bonds, Certificates of Deposit (CDs) or annuity income. Round up your IRAs or 401(k)s and potentially consolidate accounts if it makes sense.

Understand the impact of taxes. Once you hit retirement, taxes may impact you differently. To avoid surprises, ensure taxes are a part of your retirement income plan. The plan should address Required Minimum Distributions (RMDs) or the minimum amount of money you must withdraw from your retirement accounts each year after age 70 ½. If RMDs are calculated incorrectly, you could face tax penalties. Talk to your tax advisor about RMDs and other strategies to help minimize your retirement tax bill.

Diversify. Markets move up and down, which means investment income may vary. Spread your risk with a diversified portfolio and ensure you understand the investments you hold. Revisit your allocation periodically to make sure you are well positioned to handle any volatility.

Give yourself flexibility. Ensure you have a balanced portfolio to allow yourself flexibility to weather the unexpected events that may occur in retirement. Consider your mix of the following investments: those geared toward generating income, stable investments that are less likely to change in value and investments that easily convert to cash for an emergency. As you plan out your income, also identify assets to draw down first for maximum flexibility.

Time is on your side. The sooner you start thinking about how you'll pay yourself in retirement, the better off you'll be. To make it easier, tackle the tasks one at a time and allow yourself the luxury of carefully thinking through your retirement goals and financial scenarios.

Work with a professional. Consult a financial professional with experience creating reliable, lasting income strategies in retirement.



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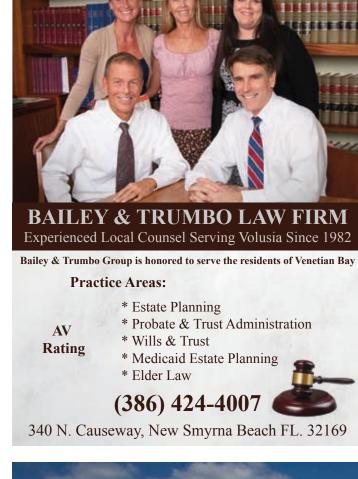
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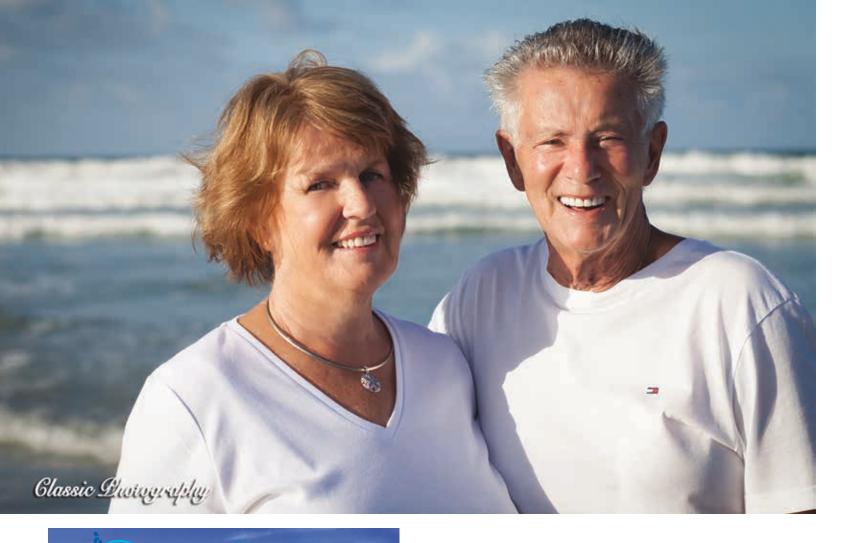
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venetian bay family spotlight Meet the O'Brien Family

Classic Photography

Family member names: John and Nancy O'Brien

Street: 3435 Tesoro Circle Pets: none Profession(s): Retired



Activities/Hobbies:

John likes gardening and the Yankees; Nancy likes bowling, pickleball, sewing, crafting

Restaurants: Alberto's, The Garlic, Deck Down Under, North Turn

Vacation destination: Massachusetts

Sports teams:

New York Yankees and New **England** Patriots

TV show/Movie:

HGTV, NetFlix, Fox News **Music:**

50-60's, Country, Rock and Roll Family dinner: Clam Bowl, Shepherd's Pie

Do you have any family traditions? Family visit to Massachusetts in Fall

Where are you originally from? Swansea, Mass. (Nancy), Fall River, Mass. (John)

How long have you lived in this neighborhood? Two years in June

What do you like to do to re**lax?** Swim, drink wine, play cards

How are you involved in the community? Card group and pickleball group

What is your favorite part about living in your neighborhood? Friendly and very social



Vartan Karakossian, MD | Samira Karakossian, MD | Board Certified, Family Medicine

Our bodies use fat for important functions, such as energy and the absorption of certain vitamins (A, D, E, K, etc.). Fat is converted to cholesterol by the liver. There are good and bad types of cholesterol. Cholesterol levels can be affected by a person's age, gender, family health history, lifestyle and diet.

LDL Cholesterol

LDL (low-density lipoprotein) cholesterol is also known as "bad cholesterol." It contributes to plaque, which can clog arteries and increase the risk of coronary artery disease. A diet high in saturated fat, trans fat and hydrogenated oil raises LDL cholesterol.

Saturated fat is found in dairy products, such as milk, cheese and cream. It is also found in animal products, such as eggs and red meat.



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Trans fat is usually found in processed foods and fried foods. This is the worst type of fat and intake is strongly discouraged. It not only increases your LDL, but it lowers your HDL (highdensity lipoprotein). Research from the Harvard School of Public Health and elsewhere indicates, "trans fats can harm health in even small amounts: for every 2% of calories from trans fat consumed daily, the risk of heart disease rises by 23%." All nutrition labels are now required to list the trans fat content. On food label ingredient lists, this manufactured substance is typically listed as "partially hydrogenated oil."

HDL Cholesterol

HDL cholesterol is also known as "good cholesterol." Fats that raise HDL can be found in olive oil, avocados, flaxseed, walnuts, salmon, mackerel and sardines. Over-the-counter supplementation is also available and are most commonly labeled fish oil or flaxseed oil.

Triglycerides

Triglycerides are a type of fat and they're used to store excess energy from a person's diet. Our bodies convert excess carbohydrates that are consumed but not used as energy into triglycerides. The triglycerides are stored in your fat cells. If someone regularly consumes more calories than they burn, then this may lead to high triglyceride levels. A high carbohydrate diet and excessive alcohol consumption can lead to elevated triglycerides. Elevated triglycerides can be associated with liver disease, inflammation of the pancreas and other health problems.

Key Points:

- · Read food labels
- · Limit intake of red meat and dairy made with whole milk
- Limit intake of trans fat
- Increase fiber intake. A diet high in fiber can help lower cholesterol levels
- Increase fruit and vegetable intake
- Stay active. Increasing physical activity can help raise HDL (Good) and lower LDL (bad)
- · Loose extra weight if needed
- Check your family history



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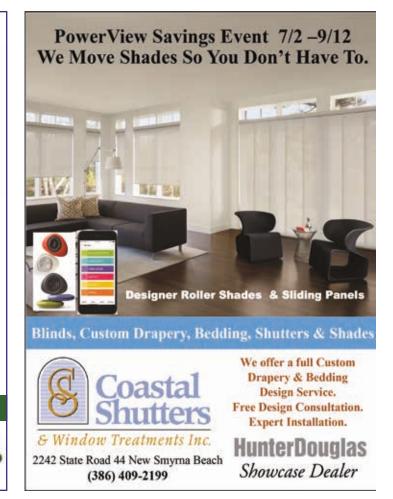


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Payton Philips

Are you on a team?: Team Encore Baton and Dance Studio Who are your favorite coaches?: Mackenzie Adams, Missy Fraine, Amanda Henderson and Kourtney Ortagus. Who do you idolize?: Mackenzie Adams and Sara Beck. Where do you normally practice?: We practice at a Studio in Ormond Beach and some at home in street. Have you met anyone famous in this sport/activity?: Kyndall Koenke reigning Majorette Queen of America. Have you traveled anywhere related to this sport/ activity?: We have traveled to competitions throughout the state of Florida and Nationals in Wingate, North Carolina. What events have you participated in?: State, Regional,

Springtime Queen and National competitions as an individual and in group competition.

What awards or honors have you won?: Newcomer Solo 9-10 1st Place at State contest 2015, Beginner Fancy Strut 9-10 1st Place Springtime Queen contest 2016.

What have you learned from participating in this **sport/activity?:** Team work.

What do you like the most about the sport/activity?: Meeting new people.

What is your favorite moment?: Winning 1st place in Beginner Fancy Strut.

One tip for someone looking to get into this sport/ activity?: Feels amazing to work hard at something and be awarded for the work.





Paige Philips

Are you on a team?: Team Encore Baton and Dance Studio.

Who are your favorite coaches?: Kourtney Ortagus, Missy Fraine, Michelle Harvey. Who do you idolize?: Summer Bell, Petite Majorette Princess of America 2016.

Where do you normally practice?: We practice at a studio in Ormond Beach and some at home in street.

Have you met anyone famous in this sport/ activity?: Kyndall Koenke, reigning Majorette Queen of America.

Have you traveled anywhere related to this sport/ activity?: We have traveled to

competitions throughout the state of Florida and Nationals in Wingate, North Carolina. What events have you participated in?: State, Regional, Springtime Queen and National competitions as an individual and in group competition. What awards or honors have you won?: 1st place Special Beginner Basic Strut 9-10 at National contest 2015 and 1st place Special Beginner Basic Strut 9-10 Regional Contest 2016.

One tip for someone looking to get into this sport/activity?: It's not easy but it's lots of fun.

38 La Bella Vita • July 2016









What have you learned from participating in this sport/activity?: You have to work hard for what you want.

What do you like the most about the sport/activity?: Spending time with my friends and twirling with them.

What is your favorite moment?: When coach Missy Fraine told me I am an outstanding performer.



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kids health talk

Before engaging in outdoor physical activities, children should Have a safe summer! drink freely and should not feel thirsty. Water alone is fine for ac-From all of us at Volusia Pediatrics tivities that are less than an hour in duration. Kids should always have water or a sports drink available and take a break to hydrate every 20 minutes while active in the heat.

Clothing should be light-colored, lightweight, and limited to one layer of wicking material to facilitate the evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.

Practices and games played in the heat should be shortened and there should be more frequent water/hydration breaks. Children should promptly move to cooler environments if they feel dizzy, lightheaded or nauseated.

The AAP has two recommendations to prevent sunburn: (1) avoid sun exposure and (2) dress infants in long pants and long-sleeved shirts that are lightweight, in addition to brimmed hats that shade the neck. However, when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands.

If an infant gets sunburn, apply cool compresses to the affected area.

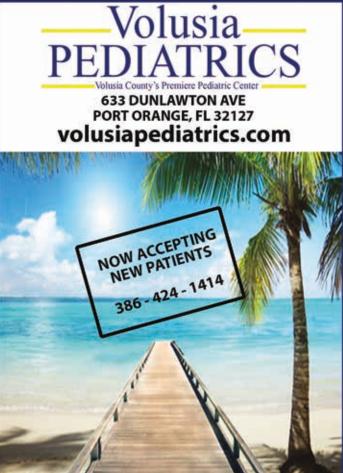
On both sunny and cloudy days, use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.

Be sure to apply enough sunscreen and reapply it every two hours or after swimming or sweating.

Use extra caution near water and sand, as you can sunburn more easily.



With summer fast approaching, along with our wonderful proximity to the most beautiful beach around, it's important to take a moment to take a few precautions against excessive sun exposure.



resident recipe

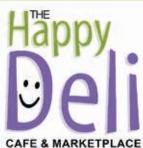
Submitted By Resident Faith Stouffer

Whole30 approved grilled salmon with avocado salsa Author: the cookie rookie **Recipe type:** main course





Grilled Salmon with Avocado Salsa



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Ingredients:

- 2 pounds salmon, cut into 4 pieces
- 1 tablespoon olive oil (I used light extra virgin olive oil)
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika powder
- 1 teaspoon onion powder
- ¹/₂ teaspoon ancho chili powder
- 1 teaspoon black pepper

For The Avocado Salsa:

1 avocado, sliced $\frac{1}{2}$ small red onion, sliced Juice from 2 limes 1-2 tablespoon finely chopped cilantro (depending on how big of a cilantro lover vou are) Salt to taste

Instructions:

- · Mix the salt, chili powder, cumin, paprika, onion and black pepper together, rub the salmon fillets with olive oil and this seasoning mix
- refrigerate for at least 30 minutes.
- Pre-heat the grill.
- Combine the avocado, onion, cilantro, lime juice, and salt in a bowl and mix well; chill until ready to use.
- Grill the salmon to desired doneness. (I grilled for about 5 minutes)
- Top with avocado salsa and enjoy!





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3538 Grande Tuscany Way	Tuscany Reserve	\$485,000	60	4	3	3,693	2 car
2909 Asciano Ct	Portofino Reserve	\$473,983	130	3	3	4,197	3 car
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609 Mura Ct	Venetian Bay	\$440,000	180	3	3	3,293	3 car
2907 Asciano Ct	Portofino Reserve	\$428,154	116	3	3	3,444	3 car
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