

August 2016

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CONTRIBUTORS AT LARGE The Residents of Venetian Bay
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



Welcome to the August issue of *La Bella Vita*. We are proud to feature The Relay at The Bay Golf Tournament, which raised over \$7,000 for the American Cancer Society. Learn about proper health vaccinations in our Medical Minute article from residents Dr. Vartan and Samira Karakossian. Read more about supporting the Dudley Doing Right Foundation and resident founder Lori Willick in our Non-Profit highlight. Be sure to check out the breathtaking new Venezia Model from premier builders Paytas Homes in the stunning Home of the Month.

What a great turn out at our last Neighborhood Car Show. There was genuine camaraderie among the neighbors and, of course, some of the best rides in New Smyrna Beach. Have a wonderful summer and join us at our next neighborhood event. As always, please remember that this is your neighborhood magazine. Please share your vision, photos or story ideas. We would love to share your vision with your neighbors. Just email me at Kimberly.Anderson@n2pub.com. Don't forget, this publication isn't possible without the support of our business sponsors who advertise with us, so a big thank you to each of our preferred vendors!

Warm Regards,

Kimberly
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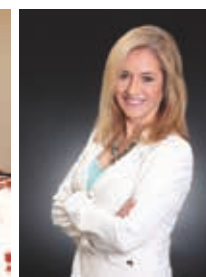
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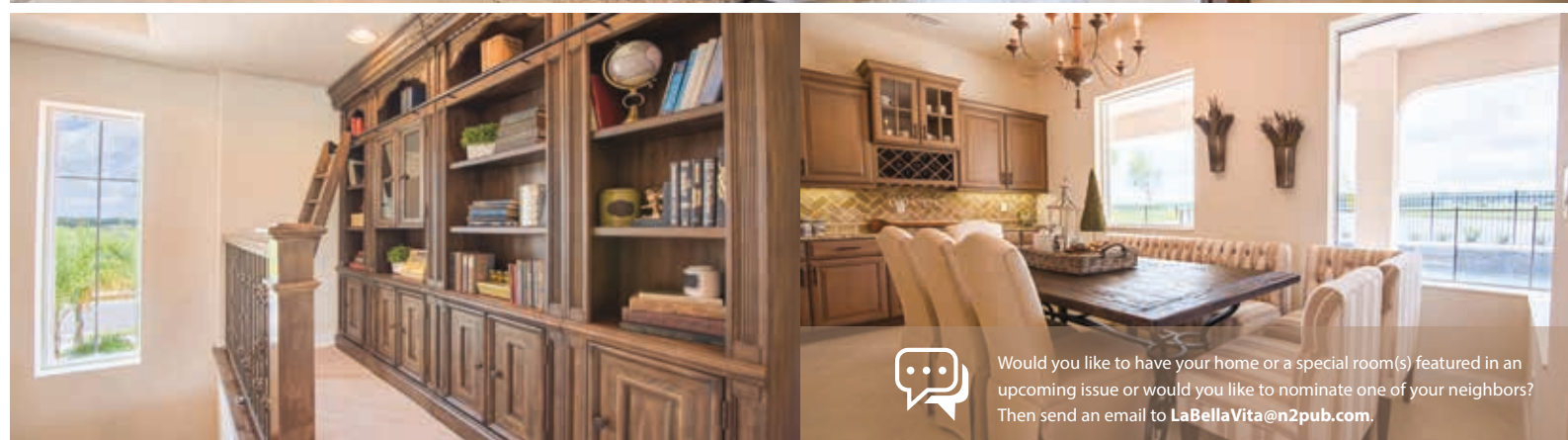
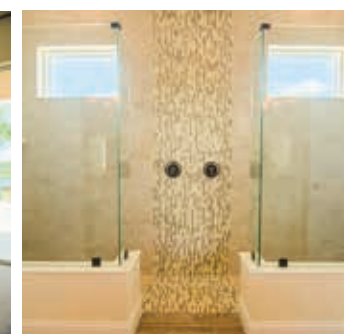
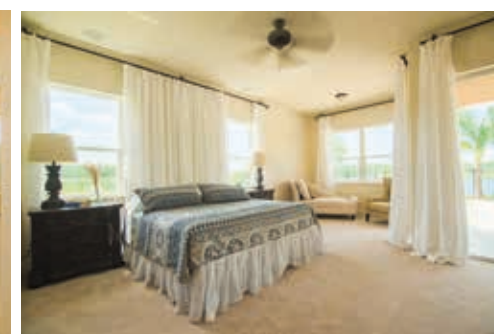
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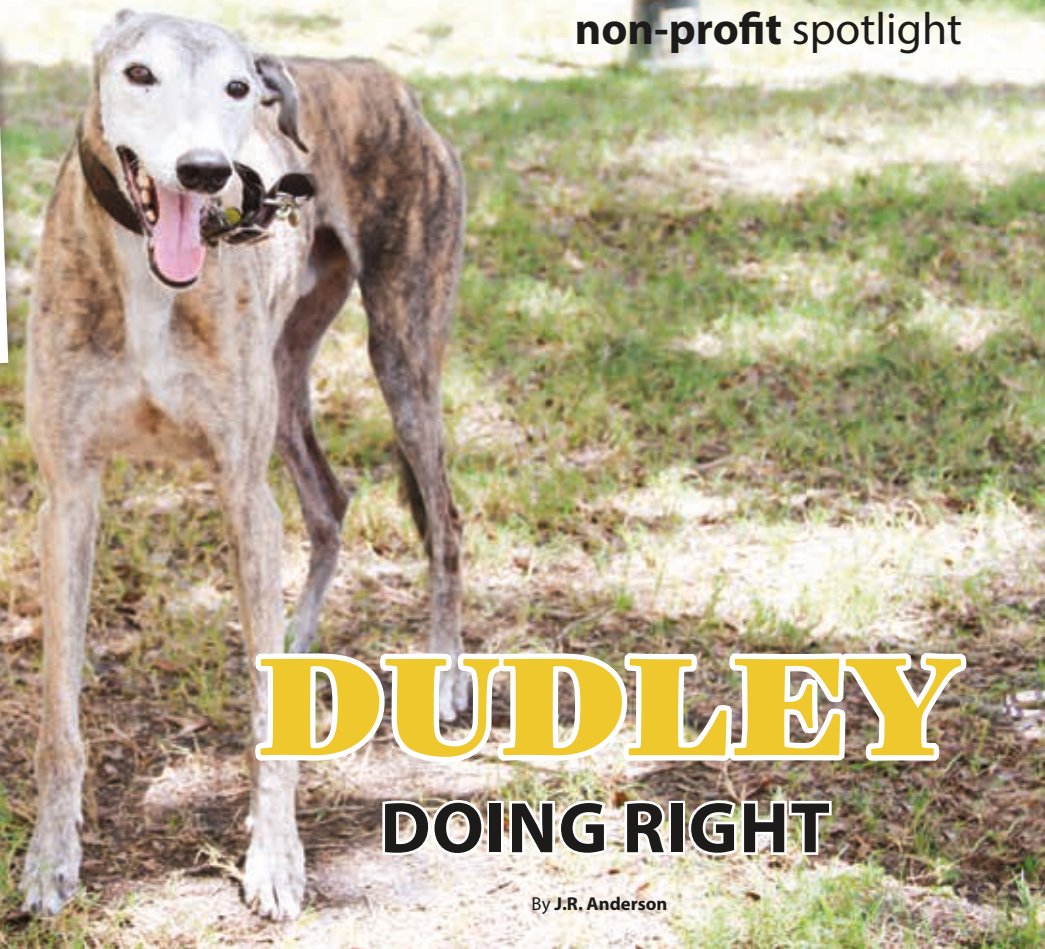
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DUDLEY DOING RIGHT

By J.R. Anderson



in the community that helps us direct funds where we can. The more awareness we can get out and the more we can get people to see us and to follow us on our Facebook and website, the more we can help animals in need."

Meet Lori: "Doing Right" By Animals Everyday

Two weeks ago, my 13-year-old Long-haired Dachshund, Taz, mysteriously injured himself. He began dragging his left hind leg and had trouble supporting himself. I took him to the vet immediately and they performed x-rays and hyperbaric chamber therapy on him. The treatments and medications racked up a \$530 bill. Although the fact that he is doing much better is a great relief, the worry coupled with the financial hit was stressful.

Fortunately for Taz, he has a loving home and family to take care of him. Other animals are not so lucky. My situation with Taz pales in comparison to the many abused, abandoned and feral animals in need of treatment and a good home — not to mention the financial burden the issue places on the many charitable organizations that took up the mantle to address this problem. One such organization, Dudley Doing Right, is a 501(c)(3) non-profit which prides itself on raising funds to support local animal shelters and rescues, in addition to national and select international groups.

Lori Willick, co-founder of Dudley Doing Right, has spent much of her life as a volunteer rescue worker. Inspired by her past work and love of greyhounds, she decided to start her own organization a year and a half ago. She has most recently represented Dudley Doing Right with a fundraising tent at the Venetian Bay Car Show in June and will do so again in September with a Painting with a Purpose fundraising event.

"A lot of greyhounds have broken legs," said Lori. "A lot of shelters have hurt animals or sick animals, so we do a lot of medical,

transportation, food and just whatever shelters or rescues need. And it's always different."

Locally, Dudley Doing Right has advocated and raised funds for several organizations: Sophie's Circle, the only pet food pantry in Volusia County; Halifax Humane Society, an animal shelter and spay/neuter clinic for the Greater Daytona Beach area; Pawsibilities Animal Rescue; and Concerned Citizens for Animal Welfare, a non-profit dedicated to minimizing the amount of pets euthanized in animal shelters.

Dudley Doing Right hopes to expand in the future so that it can maximize its ability to help animals. Lori has the organization on track with a healthy online presence, in addition to a varied means of generating funds and donations.

"We have things like Amazon Sales," said Lori. "If people signed under us, anything they buy on Amazon will have a low percentage come to us. Then there's Walk for a Dog, an app that you can put on your phone, select us as the charity, then every time you're out walking, it tracks your mileage and we get a little bit of that."

Donors do not get to see which charity their funds go to because it all goes to one account, however, if while donating, a request is made for funds to go to a particular cause or issue, Dudley Doing Right will certainly funnel them that way.

"It is pretty much just going into the main pot and when a need comes in, we help however we can. We also hear and see things



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Venetian Bay Car Show

Thank You **Faith Stouffer** And **Donna Ehlers** For Submitting Photos!



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Baked Spinach Ricotta



Ingredients:

- 16 ounces frozen chopped spinach, thawed and well drained
- 1 1/2 cups (12 ounces) part-skim ricotta cheese (2-3 fat grams per ounce)
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup grated regular Parmesan cheese (or reduced-fat if desired)
- 6 large eggs, beaten until frothy (Egg Beaters substitution not tested, but possible)
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper



Directions:

Preheat the oven to 350 degrees F. Spray a 1 1/2 quart casserole dish with vegetable spray and layer the bottom evenly with the drained spinach. In a bowl, mix the remaining ingredients until combined. Pour mixture into the spinach lined dish. Bake for 35 to 40 minutes, until slightly browned around the edges and center is firm to touch. Serve warm, garnished with fresh basil and diced tomatoes, if desired.

Lean & Green Breakdown as a side dish (per serving, recipe serves 12 as a side dish):

- 1.25 ounces spinach (2 ounces = 1/4 green)
- 1 ounce - 1/8 cup part-skim ricotta (1/8 lean protein)
- .4 ounce - 1/20 cup parmesan, regular (1 Tablespoon = 1 condiment, or 2 Tablespoons of reduced fat Parmesan)
- .5 egg (1/4 lean protein)
- Mustard (1/8 condiment), Italian seasoning (1/16 condiment), garlic powder (1/16 condiment), salt (1/8 condiment), pepper (1/8 of 1/4 condiment) - total is less than 1/2 of a condiment

resident recipe

Submitted By Resident Faith Stouffer

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BACK TO SCHOOL

kids health talk

ARE YOUR CHILDREN READY?



The beginning of the school year is a great time to make sure your children's vaccinations are up-to-date.

Informed parents know that immunizations save lives. But even those who vaccinated their babies and toddlers dutifully may not be aware that the recommended vaccination schedule continues through the later teen years.

Research published by the American Medical Association found that teenagers age 14 and older are much less likely to see a pediatrician than their younger adolescent counterparts. But threats to health don't go away just because children are older.

Your children's health plays an important role in their academic success. Make sure you take steps to keep them safe from life-threatening dangers and prepare for a healthy school year.

"We live in a busy world and it's easy to forget to make appointments for an annual check-up," says Dr. Robert W. Block, MD, of the American Academy of Pediatrics (AAP). "Let the new school season be your annual reminder to protect the health of your kids."

Check your calendar. When was the last time your child saw a pediatrician?

If it's been over a year, make an appointment as soon as possible. In advance of the appointment, talk with your child and draw up a list of any concerns or questions to discuss with the doctor.

All children aged 11 to 18 should be protected against meningitis, a deadly bacterial infection that is easily spread in close living quarters. If teens are going to boarding school, college or the military, do not delay giving them the vaccine.

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Shingles is also known as varicella zoster and herpes zoster. Shingles is caused by the same virus as Chickenpox. When someone gets Chickenpox as a child, the skin lesions heal, but that person carries the virus in a dormant or inactive state. If/when the virus is reactivated later in life, it causes shingles.

Shingles infects the nerves, including the skin that the nerves go to. The first presenting symptom is commonly pain. Then a few days later, a blistering rash is noticeable. This can cause significant skin sensitivity, including discomfort to light touch and/or discomfort from clothing.

Medications are available to decrease the virus from shedding. It is recommended to seek medical attention to establish a diagnosis and to initiate treatment as early as possible, preferably within 48 to 72 hours of symptom onset. These antivirals not only shorten the duration of viral shedding, but they are also intended to stop the formation of new skin lesions and reduce the severity of pain associated with Shingles.

While the Shingles rash usually resolves within four to six weeks, the pain could persist. This is known as post-herpetic neuralgia, which can be quite debilitating and persist for months or even years.

Vaccination is available against Shingles. It is called Zostavax. The US Centers for Disease Control and Prevention (CDC) notes that Zostavax "reduced the risk of shingles by 51 percent and the risk of post-herpetic neuralgia by 67 percent, based on a large study of more than 38,000 adults age 60 years or older."

The CDC recommends vaccination for adults age 60 or older. Vaccination is also recommended for those

who have already had a shingles outbreak in the past, as it is possible to have repeat outbreaks. Vaccinations are not recommended during active infection. Despite the age recommendation, Zostavax is also not recommended for certain individuals, such as pregnant women, those with a weakened immune system such as those undergoing cancer treatments and those with autoimmune conditions like Rheumatoid Arthritis and Lupus. It is also not recommended for those with an allergy to gelatin. Prior to receiving the vaccination, it is important to determine with your primary care physician or other healthcare provider whether this vaccination is appropriate for you.

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Distance	Course Description
1.03 Miles	Town Center Lake Loop: From Snap Fitness, make a right on Luna Bella Lane to Airport Road. Turn right and take the sidewalk along the lake to Casello Road. Make a right on Casello back to Luna Bella and Snap.
1.90 Miles	Savannah Pointe Loop: From fitness center, make a left on Luna Bella to the clock tower and turn right. Walk along the fountains to Gallia Road, then go left and take the sidewalk following the tree line to the entrance to the Savannah Pointe subdivision. Take Torre Road around Savannah Pointe and return to Snap the same way.
2.4 Miles	Arbor Lakes/Savona South Loop: From Snap, go right on Luna Bella, cross Airport and make a right on the trail sidewalk toward the wooden bridge across the creek. Walk around the cul-de-sac loop and continue to walk the perimeter road around Arbor Lakes. Include the second cul-de-sac. Leave Arbor Lakes and continue to walk the perimeter road around Savona North back to Airport. Take Airport back to Luna Bella and Snap.
2.4 Miles	Savannah Pointe/ Villas Loop: From Snap, take Luna Bella to Airport and go right. Follow Airport to the sidewalk that runs along the back side of the Villas subdivision. Make a right onto the sidewalk. After crossing Luna Bella at the back of the Villas, continue walking on the sidewalk toward Savannah Pointe. The sidewalk follows the perimeter of Savannah Pointe to the entrance at Meleto Blvd. From the entrance of Savannah Pointe, return to Snap by following the sidewalk along the tree line.

2.92 Miles **Nature Trail/Airport Road Loop:** From Snap, go right on Luna Bella and cross Airport. Follow the signs to JR's Park, taking the sidewalk along the creek to the wooden bridge. Do not cross the bridge; continue straight on the hard dirt path. Take a slight jog around the small portion of the lake and follow the path that is now straw covered. The path is wide, flat, and easy to follow. Follow the straw trail to the intersection with a wide dirt roadway. Turn right. This is the old Samsula irrigation canal access road. This part of the trail is straight for .75 miles. At the end of the .75 miles, the road continues straight and becomes unkept and overgrown. The nature trail goes off to the right over a culvert. Once over the culvert, you will see the rooftops of Tuscan Reserve through the trees. Stay to the right and you will see the paved sidewalk ahead. Take the sidewalk to Airport and return to Snap. The unpaved portion of the nature trail is 1.3 miles. Alternate Route: At the intersection of the paved sidewalk and Airport, you can cross Airport and continue on the sidewalk that goes behind the Villas subdivision. This sidewalk intersects with Luna Bella. Returning to Snap this way makes the journey slightly shorter at 2.77 miles.

3 Miles **Savannah Pointe/Promenade Parke Loop:** From Snap, take Luna Bella to the clock tower and go right along the fountains to Gallia. Take the sidewalk along the tree line to the entrance of Savannah Pointe and then to Tesoro Circle. Take a left and leave Savannah Pointe and enter Promenade Parke. Take Tesoro to the large roundabout. Go around the circular park at the roundabout and return to Snap by the same route.

4 Miles **Route 44 Loop:** From Snap, make a right on Luna Bella to Airport. Make a left on Airport to Route 44 and return to Snap.

7.3 Miles **Airport Road Loop:** From Snap, go right on Luna Bella to Airport. Take Airport to Route 44, turn around and take Airport to Pioneer Trail, turn around and take Airport back to Snap.

All distances were obtained using a Garmin 405 handheld GPS unit. Distances are accurate within 15 feet.



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The Tournament Second Place Winners -- John Barnes, Mike Ball, Ron Barnard, Bill Cimmerer



The Tournament First Place Winners -- Ken Rhodes, Andrew Norman, Paul Bowman, Mark Thomas

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Walgreens

Relay At The Bay Golf Tournament

On June 17, the Venetian Bay Golf Club hosted the Relay at The Bay Golf Tournament, which was sponsored by Walgreens and benefitted the American Cancer Society and its Relay for Life initiative by raising over \$7,000. The American Cancer Society has been battling cancer for over 100 years. Relay for Life is a grassroots, community-oriented campaign designed to be a fun, passionate and illuminating experience which compels communities to celebrate, remember and fight back.

The golf tournament was a different spin on a traditional Relay for Life event, which often consists of camping around a running track while participants take turns walking laps. Instead, the participants took to the links to compete in various contests, of which the winners were awarded prizes provided by local sponsors and contributors. A raffle was also conducted during a buffet luncheon following the tournament.

We would like to thank Venetian Bay resident Dave Dower and all of the local Walgreens employees who assisted in organizing such a successful event.

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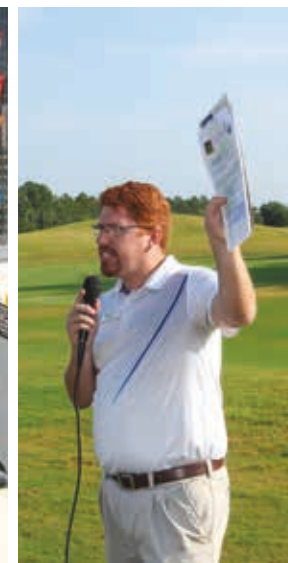
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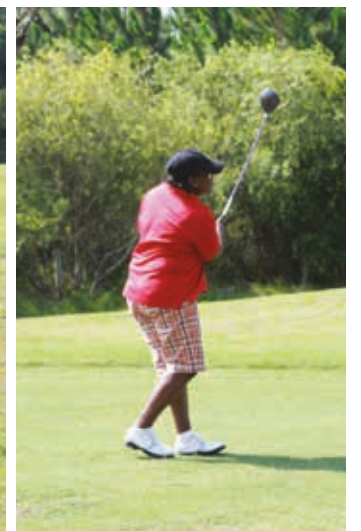
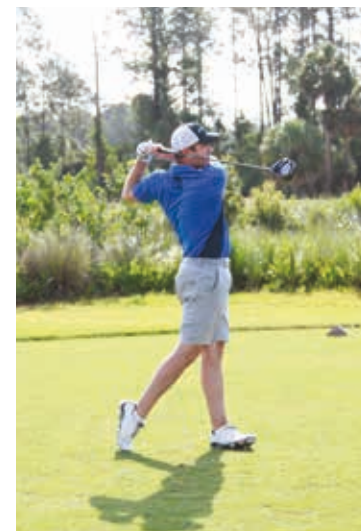
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When you say a lack of professionalism in the service industry, do you have any examples? This is a very transient area. I've grown up in this area, moved to Jacksonville for college and came back and it's just about doing what you say you're going to do. If I say I'm going to be at your house at 3 o'clock for an estimate, I'll be there at 3 o'clock — showing up at all! This is the NSB mentality and when you pay for a service, whether it's \$100 or \$150 per month, or anything, you need to get what you paid for. It starts with doing what you say you're going to do. That is the basis of how I've grown my company. There is no magic to cleaning a pool. I think too often people are focused on how to cut corners and save costs. If, instead, they just put that time and focus into the job that they said they were going to do in the first place, the money will come. And it's not just the pool industry ... it's the service industry in general. Locals have learned to accept substandard service and the status quo needs to be questioned. So, when I look at things, when I go out and spend my money, I expect to get what I paid for ... I work hard for it. That's the same thing I want to give to my customers. What you've come to expect from NSB's service is not what you should be expecting from NSB service. There is better service out here, which people are

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When I think back to when I was a kid, I remember one day my father tasked me with pulling weeds in the backyard. I picked the big, easy weeds and asked him if I could go play. He inspected my work, then denied me because I cut corners. I then pulled more weeds, reported back, got rejected — rinsed and repeated. When the task was finally complete, my father said, "If you would have just done the job correctly the first time, you could have been playing hours ago."

I remember those words to this day because they transcend menial childhood chores -- those words speak to a ubiquitous mindset in our culture: cheaper and/or faster equals better — quantity over quality. How often do we purchase goods and services on the cheap, only to reinvest more funds shortly after because of poor quality? The Florida climate makes ownership of a swimming pool a worthwhile investment, however, "cutting corners and costs" on pool maintenance, products and safety can affect more than your "playtime" — it may impact the monetary, health and safety concerns for friends and family.

Enter Justin Traub, owner of South East Pool and Spa in New Smyrna Beach. Having grown up in the area, Justin moved back to NSB shortly after graduating from the University of North Florida in Jacksonville with a fervor for redefining professionalism in New Smyrna's service industry.

SE Pool and Spa has been in business for 10 years and employs nine professionally trained personnel. The company's mission is to provide residential communities with professional weekly pool service, precision water testing and an array of high-quality products and supplies for purchase. For more details about Justin and his company, I asked him a few questions:

For novice pool owners, what are some basics about pool maintenance? Go with a professional and have your water digitally tested. Testing water is important -- we have testing strips here but our digital testing tests for things that no kit is going test for. You should know if you have phosphates or nitrates. Our city water is not the best, so you have to get that stuff taken care of right away.

What are the most common issues your employees experience? There are two seasons: we're very chemically intensive during summer and very labor intensive during winter. It's harder to clean a pool during winter. We always have people who ask if we have every-other-week service or if we can cut back and the answer is, no, because I want to guarantee your pool is clean and clear every single week, 52 weeks a year. My guys work an extra 10-15 hours per week during the winter because leaves are falling, wind is blowing and pollen drops in early spring. It just depends, seasonally, on what we've got going on. We're out of that season right now, which is fantastic but now my guys are lugging salt, chlorine and tablets -- it's a chemically intensive time of year.

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learning as they come to us from other companies. Then they wonder, "How did I ever stay with that company for so long?" I can tell you I'm not the cheapest but they get what they pay for. If you talk to anybody, especially if they're from out of town — we have a lot of northerners, gone for some extended amount of time — they trust us at their homes. We're the only people at their house sometimes for four, six, eight months and they're discouraged because being from Canada or Massachusetts, they feel like finding adequate customer service out here is like pulling teeth. It doesn't have to be that way.

What does shopping at a specialized shop like yours offer that big-box retailers don't? I get my tail kicked online. Anybody that's in retail gets their butt kicked online. You can buy some general pool supplies at Publix, Walmart, Home Depot, Lowe's, Ace

Hardware, True Value and so on. I only sell what my guys use in service. I have professional poles, nets and brushes. You can get a \$5.00 pole for your pool at Walmart. Mine are professional, so if you're sick of buying that same pole, brush or net every year, I have some that'll last you three years — and it's going to get pollen and everything else that the good service techs in the industry are getting. So I have a more professional, commercial line of products that you are not going to find in the big-box stores that do carry pool supplies.

I asked Justin why he limited himself to residential communities instead of providing service to hotels, apartments, etc. He replied, "I wouldn't say limiting. Instead, I choose to focus on single family households." And that said it all. Let the corporate institutions find their own pool specialists — the residents of New Smyrna have their own, SE Pool and Spa, dedicated to a higher standard of service.

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WHAT DOES BREXIT MEAN FOR YOUR INVESTMENT STRATEGY?

By Resident **David Carson**

The United Kingdom's decision to leave the European Union (EU) following a referendum known as "Brexit," was the latest test for investment markets worldwide. The immediate market reaction was decidedly negative, but soon after markets started to rebound, more so in the U.S. than overseas. Investors should be prepared for continued uncertainty related to the Brexit vote, which could contribute to volatility in the days, weeks and even months to come.

Volatility is nothing new

Significant price swings in the market, both up-and-down, are nothing new. A number of notable events, many arising without much warning, have occurred in recent years causing markets to react. Among them are the 2011 Japan earthquake and tsunami, a temporary shutdown of the U.S. federal government in 2013 and the dramatic drop in oil prices that began in 2014. These events had an impact on stock markets in the short run, but over time, stocks recovered.

There has been plenty of speculation on what the anticipated exit of the United Kingdom from the EU will mean for the global economy and the financial markets. Yet nobody can predict with certainty what the future holds. It's important to keep in mind that volatility is a reality for stock investors.

How should you respond to Brexit?

Geo-political events can act as a reminder to review your financial position. At the same time, remember that portfolio decisions should not be based on emotion or speculation about events that have occurred or may happen in the future. Here are steps you can take to stay calm during the next wave of volatility:

- **Assess your risk tolerance.** How did you feel during the most recent downturn? Feeling especially uncomfortable could be a sign that you're taking on too much risk. Make sure you are honest about the level of risk you are willing to accept and position your portfolio accordingly.
- **Diversify your portfolio.** Don't be overly dependent on a single investment or asset class. Owning a properly diversified mix of assets can help you withstand the rough periods in the market.

- **Align your portfolio with your goals.** If you have a longer time horizon to let your money work, it may make sense for you to have more aggressive investments in your portfolio. However, if you're retiring soon or need to tap some of the money

you have invested, you may want to shift some assets into less volatile investments.

- **Don't be overly influenced by the headlines.** It's easy to find reports in the media that can scare you away from your long-term investment strategy but put the pundits' opinions into perspective. One thing is for sure – they won't know your personal financial goals and situation.

The most important drivers of your investment success are your long-term goals, the time you have to invest and your commitment to save as much as you can. You can be certain that there will be more events like Brexit in the future. When they happen, avoid making irrational decisions and stay focused on your long-term strategy.



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If you like socializing and supporting a local charity and you are interested in being a Host Home for a future Venetian Bay Neighborhood Mixer, please contact Kimberly Anderson for more details and consideration.

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Address	Neighborhood	List Price	Beds	Baths	SqFt	Parking
3548 Tuscan Reserve Blvd	Tuscany Reserve	\$825,000	5	4	4,886	3 car
2811 Casanova Court	Portofino Estates	\$625,000	4	3	2,617	3 car
3525 Tuscan Reserve Blvd	Tuscany Reserve	\$575,000	4	3	3,491	3 car
254 Portofino Blvd	Portofino Estates	\$499,900	4	3	2,599	3 car
2909 N Asciano Court	Portofino Reserve	\$473,983	3	3	2,866	3 car
3538 Grande Tuscan Way	Tuscany Reserve	\$459,900	4	3	2,866	2 car
3325 E Locanda Circle	Promenade Parke	\$447,500	3	2	3,450	3 car
3307 E Locanda Circle	Promenade Parke	\$441,500	4	2	2,970	3 car
2907 N Asciano Court	Portofino Reserve	\$428,154	3	2	2,225	3 car
3539 Grande Tuscan Way	Tuscany Reserve	\$409,900	4	3	3,440	2 car
2811 S Asciano Court	Portofino Reserve	\$405,498	3	2	3,606	3 car
3348 W Locanda Circle	Promenade Parke	\$369,900	3	2	3,318	3 car
3593 Maribella Drive	Maribella	\$369,000	3	3	3,624	3 car
3602 Maribella Drive	Maribella	\$337,500	3	2	2,954	2 car
3540 Disera Way	Marisol	\$325,000	3	2	1,710	2 car



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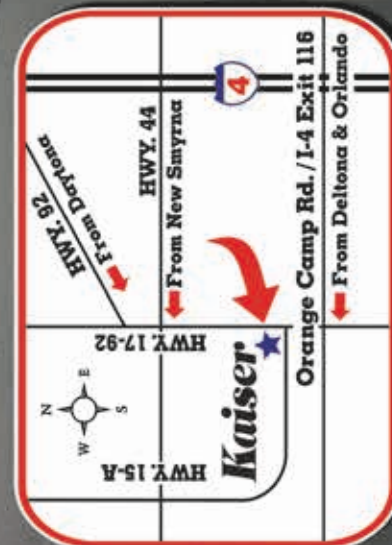
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