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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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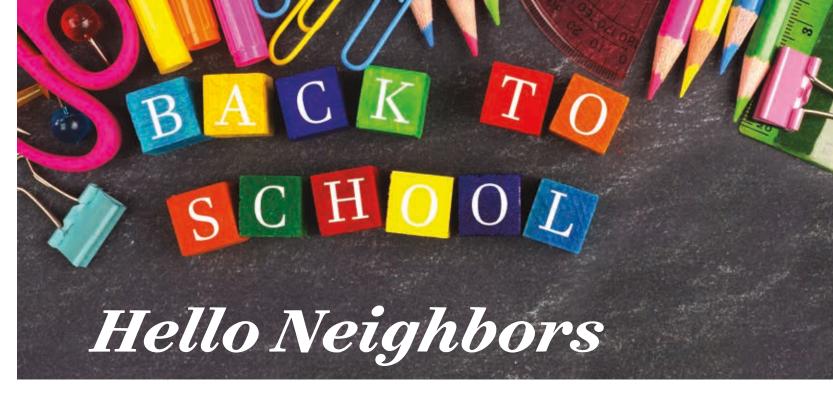
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a note from your publisher

Isn't it amazing just how fast a summer can fly by? I'm sure no one feels it more than back-to-schoolers. One

moment they are at the beach with friends, soaking up the sun and splashing around in the water. The next thing they know, they are shopping for school supplies with mom or dad. Soon their days are filled with new schedules, new teachers and everything else that a new school year brings. There is an excitement at this time of year that is unlike holidays or vacations. It is the anticipation of the adventures to come.

We are now past our seventh issue and I've had nothing but praise from residents on how much you love and read the publication. I want to thank all of the residents who have already participated in the publication. Everyone loves reading your stories and getting to know each one of you better. We are still looking for Junior Writers and Resident Photographers to help with the publication. Any of you kids or adults that would like to be a part of your community pub, please email me with your information. Also we are always looking for Feature Families, Pets, Young Achievers, Kids or Athletes to highlight, so don't be shy -- let the community get to know you better. Please look for all the different events we have upcoming in the next few months. We have a restaurant review lined up, a ladies' spa evening, a dog-lovers event, an art show and many more.

Again, please don't forget about the business owners in the publication because without them this awesome publication would not be possible. So when you need something done, go to the La Bella Index, not Angie's List, and call our sponsors -- they won't let you down.

Kimberly & Dorian Publishers, La Bella Vita 386-453-1906 Kimberly.Anderson@n2pub.com

La Bella Vita Contributors



Debbie Amatucci

J.R. Anderson



David Carson

Kelly Desuza









Wendy Tranter Faith Stoufffer

raith Stoumer

venetian bay golfer of the month

Joseph Nolette

Submitted By Kelly Desuza

Name: Joseph Nolette

Where did you grow up? Rhode Island

How long have you been playing golf? I've been playing golf for 25 years and counting!





What is your favorite golf pro/teacher/mentor's name? Lenny Varacelli was such a great head pro when he was at Venetian Bay. He has taught me a lot about the game of golf -- great teacher!

Who do you idolize in the sport? Phil Mickelson. He's such a great person and player as well

How often do you normally practice? I'm guilty of not practicing

Are you on a team? I play with the Men's Member group every Friday morning at Venetian Bay!

Have you met a famous Golf Pro before? Yes, Phil Mickelson and John Daly

Have you traveled anywhere outside the state to play golf? I've been to so many places throughout the country and have played at some great courses!

What awards or honors have you won? I've had two holes-in-one!

What have you learned from participating in this sport? To have a lot of patience and to enjoy the game!

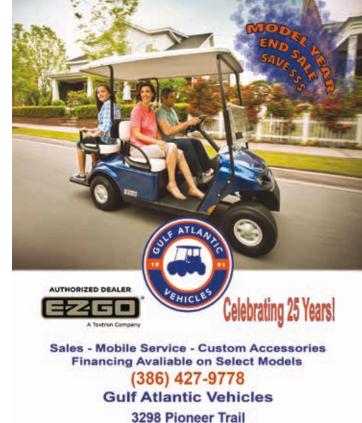
What is your favorite golf moment? Getting the two holes-in-one!





"Operations Manager, Matt Will, and Membership Director, Kelly DeSuza, presenting Molly Ray with her employee of the month certificate!

Congratulations and great job Molly!"



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Family Member Names: Brett Crain & Molly Ray

Where did you get your pet: Cocoa, FL

Why did you get your pet: Because we are dog lovers and we enjoy the company of our cutie pie!

How spoiled is she: So, on a scale of one to 10, I'd say an 11 -- she

one stranger she's met that she doesn't like -- I guess you can say, she gets along with everybody! Sage likes to spend her days swimming in the pool, fishing with her dad and hunting lizards when they come around. If she could, she would spend her whole day playing in the pool and fetching her toys! Sometimes, when she's lucky, she gets to go on the boat with her dad or to the beach with her mom ... because she's so spoiled, this happens quite often! Some of you may have seen her strolling in the golf cart around Venetian Bay or running alongside through the nature trail! Sage is a wonderful pet and she loves living in the Venetian Bay Community!



Pet's Name: Sage Carter Crain

Male or Female: Female

Pet's Age: Four years old

Breed: Black Lab



tends to get what she wants! Sage is full of energy and extremely playful! There hasn't been

Southwestern Stuffed Spaghetti Squash

resident recipe

Submitted By Resident Faith Stouffer

Yield: Makes 2 (large) servings & 4 (side dish) servings

Ingredients:

- 1 medium spaghetti squash
- 1 Tablespoon olive oil
- 1/2 red onion, chopped
- 2 garlic cloves, minced
- 1 jalapeno pepper, minced
- (leave seeds in for more heat)
- 1 red bell pepper, chopped
- 1/2 Tablespoon ground cumin
- 1/2 Tablespoon oregano
- 1/2 Tablespoon chili powder

Kosher salt and freshly cracked black pepper

- 1 (15 ounce) can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1/2 cup freshly torn cilantro, plus more for garnish Juice of 1 lime
- 1 cup grated cheddar cheese

Directions:

Preheat oven to 375 degrees F.

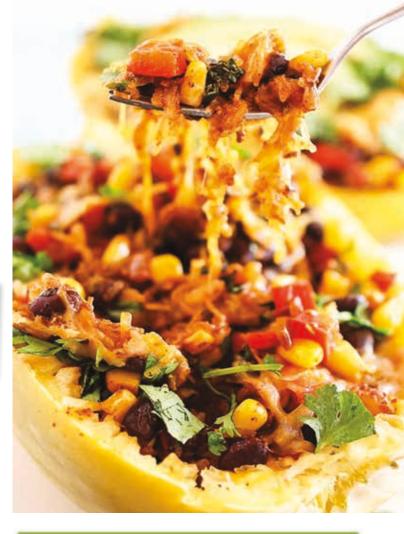
Place whole squash on a baking sheet and roast for 50 minutes. Let cool another 30 minutes, then cut in half (a serrated knife is best for this). Spoon out the seeds and discard, then scrape up the spaghetti squash flesh with a fork, creating the "spaghetti." In a large skillet, heat oil over medium-high. Add onion, garlic, jalapeno and red bell pepper. Sauté 2 minutes. Stir in cumin, oregano, chili powder, and a good pinch of salt and pepper. Sauté 1 more minute. Stir in beans, corn, half of cilantro and lime juice until well combined. Add the "spaghetti" from each squash to the vegetable mixture and stir to combine. Taste and season as desired.

Set oven to broil. Stuff each squash half with the squash-vegetable mixture and top with grated cheddar. Broil until cheese melts and gets brown and bubbly, 1-2 minutes.

Sprinkle with remaining cilantro and serve warm. Enjoy!



Do you have a famous recipe that you would like to share with your neighbors? If not yours, do you have a famous recipe from someone else that now happens to be your household favorite? We would love to feature it for you. Let us know at LaBellaVita@n2pub.com





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Sunrises & Sunsets At The Bay





Photography By Resident Faith Stouffer

Please submit your photos of beautiful Venetian Bay Sunrises and Sunsets to LaBellaVita@n2pub.com











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By Wendy Tranter

Neighbors Chat At

HERSHEY'S

Ice Cream Shop

After an early morning walk, two friends sat chatting outside the Hershey's Ice Cream shop in the Town's Center. Flo Riggie and Lorraine Setaro have been neighbors since 2011. They both closed on their Venetian Bay homes in December of that year and quickly became friends.

Lorraine moved from New Jersey to South Florida in 1976, where she lived for 30 years. She then moved to New Smyrna Beach and lived Oceanside. Flo, a native of New York City, moved to Florida with her parents in 1968. She went on to work for Pinellas Country for 30 years.

Neither of them planned on moving to Venetian Bay. Flo and her husband came for Thanksgiving dinner at their cousin's home in Savannah South and loved the area. Lorraine, her husband, and some friends, who lived near them Oceanside in New Smyrna, wanted to just check out the area. They all – friends included – decided they wanted to move here.

Flo, an avid runner, loves the miles of trails and said she found the town center clock charming! Lorraine loved the country setting feel, along with the parks and trails. She has more cousins that are purchasing in Venetian Bay who will eventually be retiring here from Canada.

Lorraine noted that the concept of the town center is similar to Mizner Park in Boca Raton. Gilmore, the rescued Shih Tzu, sat quietly listening. There was an enthusiastic agreement that the Hershey's Ice Cream Shop is a great place to go. If they run out of coffee ice cream, it could have something to do with Lorraine.



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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.















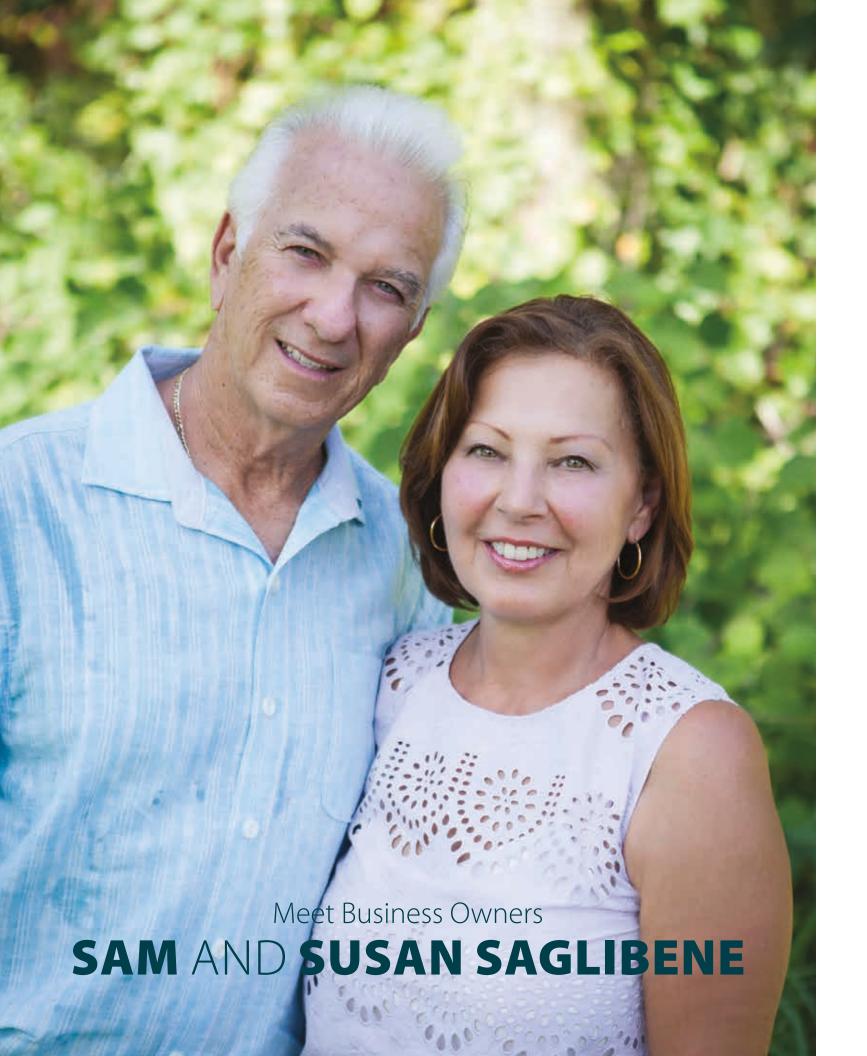


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resident business spotlight

Photography By Classic Photography And Sam's Painting

Sam and Susan Saglibene epitomize the blue-collar American family. Given that they come from the quintessential blue-collar state, Ohio, why wouldn't they? With over 40 years of experience in home renovation and hospitality, the Saglibenes have expertise in everything from furniture restoration to construction to operating a bed and breakfast.

After a decades-long venture owning and operating S&S Roofing in Cleveland, Ohio, Sam and Susan decided to move to New Smyrna Beach, having frequently vacationed here with their daughters Gina, Jennifer and Shari over the years. In 1992, they purchased a 70-year-old historic home, completed an extensive renovation and operated the Somerset Bed and Breakfast on the intracoastal.

"Sam was operating our roofing business in Cleveland," Susan said. "Once we closed these businesses, we continued working on building projects and wanted to get back into a full-time business."

Shortly after completing his first exterior painting project, Sam recognized many parallels between the roofing and painting industries. The result was the endeavor to start their own painting business, Sam's Painting, which became a full-time painting operation in 2011. Sam's Painting consists of a sixperson crew, specializing in interior and exterior painting services.

"We are professional exterior and interior painting contractors," said Susan. "Sam loves working outside and works with the exterior projects while Patrick, who has worked with Sam since he was a teenager in Cleveland, is best at the interior custom work. I work with the customers to ensure a high level of service is provided to our customers and business operations."

Sam's Painting services all types of homes and businesses. However, they are well-suited for specialized work, exhibited by projects like painting the outside of the historic Deland train station and both the amphitheater and gazebo at Washington Oaks Garden State Park in Flagler.

A solid foundation of contracting, the excitement of taking on unusual and interesting projects and a family steeped in skilled craftsmen and artisanship



makes for a successful formula when it comes to business acumen in the service industry.

"All of our daughters and sons-in-law have worked alongside of us in roofing and renovating over the years," Susan stated. "Sam and I believe strongly in family businesses because they work — it's very satisfying to build a business that progresses from waiting for calls to flourishing with day-to-day work and planning to keep it growing."



The Saglibenes may have a winning formula, but it's important to note that it comes from years of experience. When asked what advice they could offer to consumers interested in renovations, they provided the following tips:

Choosing a good painting company takes time in order to ensure the job will be done well. This is done by (1) checking the company's experience, licensing, insurance and dependability and (2) determining the quality of materials used, such as paint and brushes — spraying is quick, but less paint is actually applied to surfaces for coating thickness and overspray is always a factor.

Consider trustworthiness and crew size. ${\rm Ask}\ {\rm how}$ many painters will be on the job, how long they have been employed and investigate the company's reputation in the community. If a problem arises with materials or labor, the company should come back to resolve it. At Sam's Painting, we have opted for smaller crews — our painters -- Jim, Tom and Mike -- have been with us for years. And whenever there's a problem, we work closely with our local suppliers, Sherwin Williams and Southern Paints, who are always there to remedy any situation. We live and work here and are proud of our reputation in the community.

The Saglibenes aren't only active with their business, but they are also active in their leisure time. They enjoy outdoor activities -- like going to the beach, bicycling and walking. Family is paramount: "We love being here with our children and grandchildren and supporting their activities like baseball, basketball, surfing, cheerleading, golf, horseback riding and play performances at the New Smyrna Little Theatre and Deland's Athens Theatre."

It has become all too easy to default to large corporations for goods and services. But there is something to be said for the small businesses that choose quality over quantity, and the success of the business is shared equally by employees and owners alike. Sam's Painting is more than a company that values and showcases high quality service -- it is a reminder of America's blue-collar backbone, forged by hard work and a customer focus.

Contact Information: Sam's Painting, LLC **502 Riverside Drive** New Smyrna Beach, FL 32168 Phone: (386) 315-1193 Email: samspainting@att.net Web: www.samspainting.co







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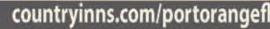






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medical minute

LUNG CANCER SCREENING



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

Screening for lung cancer has evolved over the years. In the past, chest x-ray was the gold standard, however, it was concluded that they produced too many false positive results, as well as too many false negative results. False positive results would be identifying spots in the lung that were harmless. False-negative results would be when the chest x-ray failed to find small, potentially curable cancers. When screening chest x-rays found lung cancer, it was usually at the point where it was already incurable.

CT scanning with the use of low-dose radiation is currently available. Any kind of x-ray or CT scan involves radiation. Most experts agree that the benefit from yearly low-dose CT scan



screening in high-risk patients outweigh the risk of the very small exposure to radiation. Research shows that people who are high risk for developing lung cancer, who undergo these low-dose CT scans, have the opportunity for small and potentially curable lung cancers to be detected early and treated, thereby decreasing overall morbidity and mortality. Early detection is key.

The United States preventative services task force (USPSTF) has developed screening criteria for ordering these low-dose CT scans of the lungs. There are two separate categories currently followed.

Category A:

Current or former heavy smokers, between the ages of 55 and 80 who have 30 pack years of smoking.

Pack years are calculated by:

Number of packs of cigarettes smoked per day, multiplied by the number of years.

Example:

Smoking two packs per day, for 10 years, equals 20 pack years

Smoking half pack per day for 30 years, equals 15 pack years

Other criteria that needs to be met in this category: Current smoker or have quit within the last 15 years. Having no major health problems or conditions that would prevent them from receiving cancer treatments.

Category B:

Current guidelines also recommended CT lung cancer screening for people who are aged 50 or older and have been smoking for 20 pack years; and have one additional lung cancer risk factor,

History of exposure to radon, asbestos, silica Personal history of lymphoma or smoking related cancer, including head and neck cancer or bladder cancer

Family history of lung cancer

If you are a smoker or have a history of smoking, it is recommended to discuss this with your primary care physician. Further guidance can also be obtained from Florida Department of Health at www.TobaccoFreeFlorida.com. At that site, free guit kits -- including nicotine gum/patch/lozenges -- are available for smokers. Quit coaches are also unavailable at 1-877-U-Can-Now.





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Most of us look forward to nice, warm and sunny weather in the summer. Longer days filled with sunshine means more time to spend outdoors enjoying nature and other outside activities.

While you may be protecting your skin from too much sun exposure by applying sunscreen and wearing hats, did you know about the many protective benefits certain foods have for your skin? Foods that are rich in antioxidants such as vitamins A, E and C can help protect your skin from UV sun damage. Incorporate more of the following foods into your diet this summer to help combat signs of aging, skin cancer risk and other damage caused by too much sun exposure.

Strawberries -- this popular summer fruit helps protect against skin-aging UV rays, increasing cell survival and decreasing DNA damage to the skin. Tomatoes -- as a rich source of lycopene, tomatoes help scavenge free radicals in skin after sun exposure and deliver skin-healthy nutrients. Try cooked or processed tomatoes for better absorption of lycopene.

Carrots -- also rich in lycopene, carrots can help protect against sunburn.

Fish -- varieties such as salmon, trout, tuna and mackerel contain high levels of Omega-3 fatty acids. These power anti-inflammatories can help prevent sunburn as well.

Green Tea -- this well-known antioxidant protects against UV skin damage by helping prevent tumor growth and by enhancing the body's ability to repair DNA.

The following foods also contain high levels of beneficial antioxidants: kale, red cabbage, berries, sweet potatoes, Brussels sprouts, eggplant, sweet peppers, broccoli, Swiss chard, almonds and dark chocolate.



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Where your child's health is our #1 priority



When preparing for the birth of your baby, the list of to-do's is long. Choosing the right pediatrician to care for your child through adolescence should be a top priority! The most important step is to make a list and check it twice! Write down the things regarding your baby's healthcare that matter most to you. About a month before your due date, call a few local pediatrician offices and set up an appointment to meet the physician, take a tour of the office and have your questions answered.

Here are some things to consider:

What insurances are accepted?

What are the office hours?

How are calls addressed outside of regular business hours? How quickly can you be seen if your child is sick?

What are the pediatrician's views on vaccinations?

How do the pediatrician and office staff support breastfeeding? Is the Pediatrician affiliated with the American Academy of Pediat-

How friendly, knowledgeable and helpful is the staff? How are phone calls/messages for the doctor addressed? What are the standards of cleanliness of the office and exam rooms?

Take notes of your overall impression of the pediatrician. Do they communicate in a way that is easy to understand? Do they give you a sense of sincerity and true interest in your wishes and the health of your child or children? Volusia Pediatrics provides nurturing and comprehensive care to all patients. We have four Board Certified Pediatricians, two Registered Nurse Practitioners and a Certified Lactation Counselor. The office manager oversees all operations to ensure the needs and questions of each patient are addressed. After office hours, a physician you know and trust is available to answer your urgent questions and concerns. Same day sick appointments are available, as well as walk-ins. Volusia Pediatrics is one of the only pediatric offices in Volusia County to provide in-office lactation support, pre-natal breastfeeding education, one-on-one lactation counseling and support for all your breastfeeding related questions. Volusia Pediatrics encourages all parents to call and make an appointment to visit the practice, meet our physicians and staff to have all of your questions answered!

UNDERSTAND YOUR FINANCIAL SITUATION



COSIGNING YOUR CHILD'S LOAN

financial fitness By Resident David Carson

BEFORE

As your child heads off to college or starts life as an independent young adult, he or she will likely face new financial responsibilities. To manage these new responsibilities -- such as a car purchase, rent or college payments -- your child may decide to take out a loan or another form of credit. Given their lack of credit history, it can be difficult for young adults to obtain a loan without a parent or another adult cosigning the loan.

Deciding to cosign a loan with your child is a noble gesture, but it's not a position to be taken lightly. Before you sign on the dotted line, consider your own financial situation.

COSIGN WITH YOUR EYES WIDE OPEN

Even though you may not consider it "your loan" if you cosign, lenders will identify you as one of the borrowers. That means you may be at risk if different circumstances arise, such as the following: Any of the balance remains unpaid by the borrower, the cosigner is required to repay it.

The borrower defaults or even misses one or two payments, it can detract from the cosigner's credit record.

Even without a default, other lenders may look on this loan as an additional liability the cosigner will need to pay, which could also affect a cosigner's credit record.

In some states, the creditor has the right to collect payment from the cosigner without first trying to collect from the borrower. The cosigner should die, it may trigger "auto default" provisions in the loan contract. This requires the borrower to immediately pay the debt in full in the event of the cosigner's death. Regulators discourage this practice, but it still exists in some loan agreements.

STEPS TO PROTECT YOUR POSITION

Alternatives to a loan that requires a co-signature should be explored. For example, students should consider taking full advantage of federal student loans or aid. Parents may want to lend children money directly, if their financial situation allows them to do so. Whether or not you've determined that you are willing to cosign a loan, take steps to help protect yourself. These include but are not limited to:

Reading the fine print and fully understanding the terms of the loan and the expectations of the lender.

Avoiding pledging property, such as a car, to secure the loans as this creates additional risk.

Arranging to receive duplicate copies of all paperwork such as statements so you can stay on top of the borrower's record of repayment.

Having complete online access to the account just as the borrower does.

When you are considering co-signing for a loan, treat the situation with the same diligence that you would if you were borrowing money yourself. Do what you can to help make sure your potential act of generosity doesn't impair your ability to obtain credit in the future.



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|---------------------------|-------------------|-------------|------|-------|-------|---------|
| 2917 Linari Ct | Portofino Estates | \$1,400,000 | 4 | 4 | 4,051 | 3 car |
| 263 Portofino Blvd | Portofino Estates | \$875,000 | 4 | 3 | 3,872 | 4 car |
| 2811 Casanova Ct | Portofino Estates | \$625,000 | 4 | 3 | 2,617 | 3 car |
| 3525 Tuscany Reserve Blvd | Tuscany Reserve | \$540,000 | 4 | 3 | 3,491 | 3 car |
| 2909 N Asciano Court | Portofino Reserve | \$473,983 | 3 | 3 | 2,866 | 3 car |
| 3307 E Locanda Circle | Promenade Parke | \$441,500 | 4 | 2 | 2,250 | 2 car |
| 2907 N Asciano Ct | Portofino Reserve | \$428,154 | 3 | 2 | 2,225 | 3 car |
| 3325 E Locanda Circle | Promenade Parke | \$415,000 | 3 | 2 | 2,352 | 3 car |
| 569 Caro St | Marisol | \$399,000 | 3 | 2 | 2,250 | 2 car |
| 3348 W Locanda Circle | Promenade Parke | \$369,900 | 3 | 2 | 2,206 | 3 car |
| 3593 Maribella Dr | Maribella | \$369,000 | 3 | 3 | 2,228 | 3 car |
| 511 Prato Street | Maribella | \$339,500 | 3 | 2 | 2,124 | 3 car |
| 3602 Maribella Drive | Maribella | \$337,500 | 3 | 2 | 2,079 | 2 car |
| 3540 Disera Way | Marisol | \$325,000 | 3 | 2 | 2,431 | 2 car |
| 3648 Poneta Ave | Arbor Lakes | \$319,500 | 3 | 2 | 2,173 | 2 car |
| 494 Venetian Villa Drive | Venetian Villas | \$274,900 | 3 | 2 | 1,855 | 2 car |
| 3653 Pegaso Ave | Arbor Lakes | \$262,000 | 3 | 2 | 1,831 | 2 car |
| 3327 Pintello Ave | Arbor Lakes | \$199,900 | 3 | 2 | 1,448 | 2 car |



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Calling all

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We want to honor our veterans in our November issue of La Bella Vita. Please send us some photos of yourselves in uniform along with your name, rank, service (Marines, Army, Navy, Air Force, Coast Guard) and inclusive period of service. Send an email to kimberly.anderson@n2pub. com or give me a call at 386-453-1906 if you have any questions. We greatly appreciate your service to our country and would like to recognize you for your service! Our deadline for the November issue is September 15, 2015

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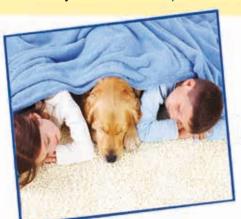
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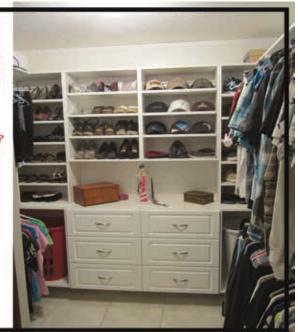
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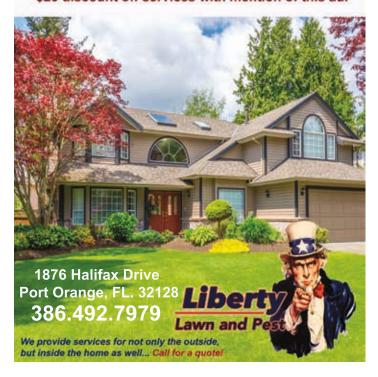
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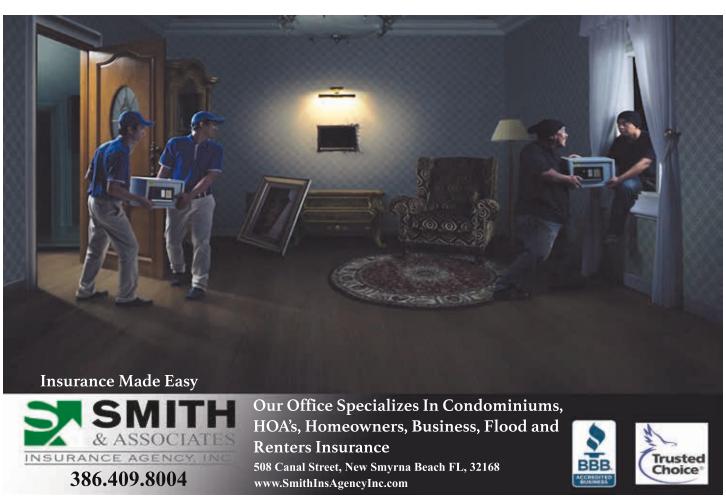
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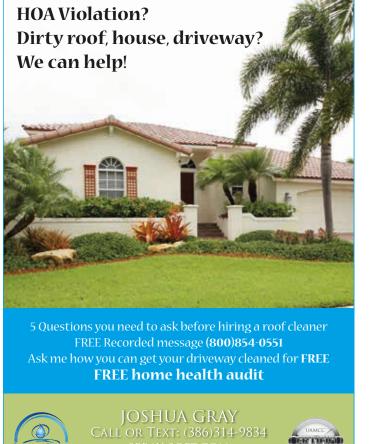
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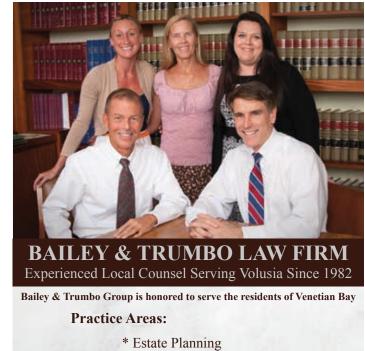
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