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A Social Magazine for Venetian Bay Residents



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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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publisher's note

Venetian Bay RESIDENTS

Welcome to the October issue of *La Bella Vita*! Fall is under way, Halloween is in just a few weeks, and before we know it, we will be into the holiday season!

We've got lots of fun and interesting stories for you about your neighbors and ask that if you have an interest in being featured in the magazine or you want to recommend a neighbor, please contact me directly at Kimberly.Anderson@n2pub.com or 386-453-1906.

Participating is not only fun and easy – it's what keeps our magazine and community strong! We are open to a variety of different stories and ideas!

As always, this magazine would not be possible without the support of our quality advertisers who are anxious to work with our Venetian Bay residents. Please consider our sponsors

when you are looking for local businesses to work with and help keep our local business community strong!

We hope to see you at the Venetian Bay Fall Art Festival October 22 & 23. Also, if you own a business and are looking to network with other resident business owners please join us October 27th from 5:30 p.m. - 7:30 p.m. at the Field Mini Cooper Dealership located inside the Auto Mall Daytona Beach. Please express interest via email to LaBellaVita@n2pub.com.



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Submitted By Kelly Desuza



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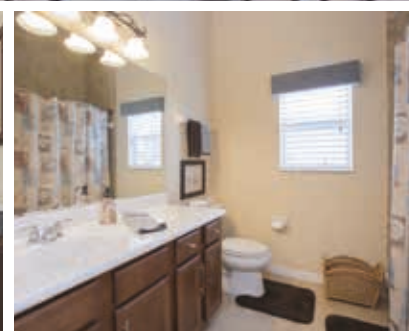
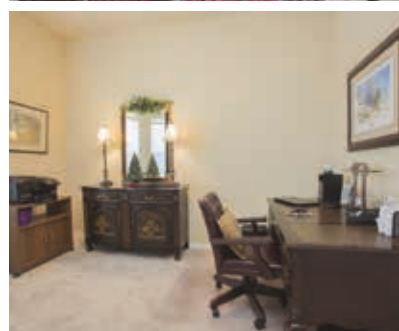
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3348

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The Palladino at Promenade Parke at Venetian Bay! Nestled on Promenade's fabulous lakefront homesites with lush landscape, you will fall in love at first glance. As you walk up the driveway you are greeted with a beautiful front door etched glass by a local NSB artist.

This 3/2.5 has all you could ever want in a home and more! Step inside and you will admire the beautiful tile floors and a large great room leading right out to the lake. The kitchen is spacious and loaded with upgrades; granite countertops, Arlington style wood cabinets, a double sink, GE black appliances, and a smooth top stove make for the perfect spot for entertaining guests. Each bedroom closet has upgraded closet shelving. Kick back and enjoy your morning coffee on your covered lanai, or step out onto the Paver Patio and light up the fire-pit! The three car garage offers plenty of space for your toys!



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FINANCIAL FITNESS

By Resident **David Carson**

Do you dream about retiring in another country? It is an intriguing option for some who feel like they are ready for a new experience to go with the freedom of retirement? Whether you're looking for a favorable climate, less expensive living costs or specific cultural or recreational opportunities, retiring abroad could be for you.

No matter what the inspiration may be, it is not a matter to be taken lightly. Do your homework and become as familiar as you can with your dream environment before making a final decision. Read on for a few things you'll want to consider.

Get a true feel of what it will be like to live in a new country

It is easy to become infatuated with a particular location as your future home when you visit on vacation. But there is a big difference between being a tourist and a resident. Think about how



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your day-to-day routine would change and what elements you'd like to stay the same, such as going to the gym or volunteering. If you know others who have retired abroad, ask them about their experience making the transition overseas.

Determine what's required to gain residency

If you are seeking to become a full-time resident overseas, you will have to determine the requirements. Alternately, understand the laws of the country (and they vary) to be an American resident living in that country on a full-time basis.

Consider your living options

Will you want to buy a home or will renting be a better option? Renting may be wiser if you want to take some time to better acquaint yourself with your new surroundings before locking yourself into a purchase. Consider what happens as well if you purchase a home and then plans don't work out and you decide to move back to the U.S.

Learn about medical services

As we grow older, the need for health care services tends to rise. While many countries have nationalized health care systems that cover residents, you may or may not be eligible to participate. Medicare won't cover treatment overseas, so a separate insurance plan may be required. If you think you may return to live in the U.S. one day, you may want to keep paying Medicare premiums to maintain future eligibility for the program. Also check on the quality of health care services in your intended new home to determine if medical capabilities meet your expectations.

Review financial matters

Determine how the currency exchange rate will affect your expenses. Keep in mind that your expenses may vary, particularly if you want to travel within your new region or rely on public transportation. You may want to transfer some money to a bank account in your new country, although electronic banking services today make it easy to access funds when you are outside the U.S. At the very least, you will need to continue filing a tax return in the U.S. and potentially paying U.S. taxes as well, though this can vary depending on your country of choice.

Choosing where to retire is a big decision. While thinking through the items above is a good place to start, consult the U.S. State Department's website for more considerations. Visit www.travel.state.gov and search for the topic "retirement abroad."

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3525 Tuscany Reserve Blvd	Tuscany Reserve	\$540,000	4	3	3,491	3 car
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Meet the Feldman FAMILY

Photography By **Classic Photography**

Family member names: Ron and Helen Feldman

Street: 3433 Tesoro Circle

Pets: None

Profession(s): Both retired—Ron: 32 years at Pennsylvania Electric (Supervisor); Helen: 20 years as realtor

FAVORITES

Activities/Hobbies: Bike riding, going to the beach, and family get-togethers

Park/Play area/Hang out: “We love all the great places in NSB and Port Orange.”

Vacation destination: We visit our Hilton Head beach house for one week per year (such fun!). Also, our son Craig has a vacation home in Draper, UT and we all try to get together for a holiday annually.



Music: Dancing at one of the local clubs on weekends.

Do you have any family traditions?

We are a very close family and get together often.

What college/university did you attend?

We both attended Penn State.



Where are you originally from?

We're both from Erie, PA.

How long have you lived in this neighborhood?

Almost two years.

What do you like to do to relax?

We love the beach, reading, playing cards, mahjong, and biking.

How are you involved in the community?

We attend and support local clubs that donate to many local charities.

If you have kids, what activities are they involved with?

Two sons/daughters in-law: Dean and Mary, and Craig and Sherry, both married with three kids. We have six grandchildren!

What is your favorite part about living in your neighborhood?

We have such wonderful neighbors; we love walking and biking the many trails and paths here in Venetian Bay.



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Submitted by Resident Faith Stouffer

Family Member Names:

Skip & Helen Bednarczyk ~ Promenade Parke

Pet's Name:

Coco

Type of Animal/Breed:

Papillon (aka Continental Toy Spaniel). Papillon is French for Butterfly, and this breed is so named because of the characteristic butterfly-like look of the long and fringed hair on its ears.

Male or Female:

Female

Pet's Age:

8 ½ Years – She weighs just 3 ½ pounds

Where/Why did you get your pet?

We bought her in Texas. The family dog had passed away, and a friend knew of these puppies and



insisted they should get one. Coco is a pure bred, and both of her parents were show dogs.

Is there a story behind her name?

Because she is French, and so sophisticated/fluffy, she was named after Coco Chanel.

Anything special or unusual about your pet (talents/quirks, etc.)?

Although she is tiny, she is a real alpha (well, except when it comes to the cat). Until about a year and a half ago when he passed away, there was also a Rottie in the mix – Mr. T. He was the “muscle” and her protector, but she was definitely the boss. At that point in time, the cat ruled her, but she ruled the Rottie. She was devastat-

ed and lost when he passed away. Nowadays, Coco and Ya Ya tolerate each other, and when it comes to a show-down, the cat is usually in charge.

What do you like best about Coco?

She is very affectionate and loves to cuddle and play. She has several favorite toys, especially a tiny stuffed monkey and a green plastic ball. She will drop them at your feet, and will keep retrieving them as many times as your arm is willing to throw them.

Any funny stories about Coco?

She learns quickly and absolutely loved obedience class. So much that they let her do the class twice.

How spoiled is your pet?

Very spoiled. She sleeps on the bed with her parents (as does the family cat, Ya Ya). She loves to ride in the car and go for walks in the neighborhood.

What else should we know about your pet and/or how your pet has enriched your home/family?

Helen and Coco are joined at the hip. Helen is definitely “Coco’s Human.”



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resident recipe

SCALLOP AND APPLE NOODLE SPINACH SALAD

with Spiced Walnuts

Submitted By Resident Faith Stouffer

Prep time: 15 mins
Cook time: 10 mins
Total time: 25 mins
Serves: 3

Ingredients

- For the walnuts:
- ½ tablespoon maple syrup
- ¼ teaspoon cinnamon
- ¼ teaspoon cayenne
- salt, to taste
- ¼ cup whole walnuts
- For the dressing:
- 2 tablespoons extra virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- salt and pepper, to taste
- ½ teaspoon dijon mustard
- For the salad:
- 1 green apple
- 3oz baby spinach
- 1 tablespoon extra virgin olive oil
- 6 large scallops
- salt and pepper, to taste
- 2 tablespoons freshly squeezed lemon juice

Instructions

1. Preheat the oven to 425 degrees. In a medium bowl, whisk together the maple syrup with the cinnamon, cayenne and season lightly with salt. It should create a paste. Add the walnuts into the mixture. Stir to combine thoroughly.
2. Line a baking tray with parchment paper. Lay the dressed walnuts out on the parchment paper and bake for 5 minutes. Remove from the oven and set aside. Let the walnuts cool for at least 5 minutes before you use them in the rest of the recipe (they will become less sticky the longer they sit.)
3. While the walnuts cook, whisk together all of the ingredients for the dressing. Taste and adjust to your preferences. Set aside. Spiralize the apple with Blade C and place in a large mixing bowl along with the spinach. Set aside.
4. Once the walnuts are cooling out of the oven, place a large skillet over medium heat and add in the oil. While oil heats, season the scallops with salt and pepper. Once oil heats, add the scallops to the pan, cook for 1-2 minutes (or until golden brown on the bottom) and flip over, cooking another 1-2 minutes or until both sides are golden brown. Then, add the lemon juice to the pan, coating the scallops with the juice.
5. While scallops cook, pour the dressing over the greens and apple noodles. Toss together to combine and divide into two plates.
6. When scallops are done, divide onto plates and then garnish with walnuts. Serve immediately.

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kids corner

KIDS SPEAK UP!

In an online poll, *TIME FOR KIDS* and KidsHealth.org asked kids how they are getting along with their parents. Here's what they told us.

If there was one thing you could make parents understand about kids, what would it be? That is one of the questions TFK and KidsHealth.org recently asked in an anonymous poll conducted online. More than 8,000 kids answered. "We just want to spend time with you," said a 12-year-old. "At 13, you can't treat me like I'm 6," another kid said. An 11-year-old wrote, "Being a kid is a lot harder than it looks."

The kids who took our poll made it clear that they want to feel close to the important people in their life—their mom, dad, and other caring adults. But their answers also show that it is not always easy to navigate these close relationships.

Getting Along and Having Fun

Many kids—two out of three—said they get along pretty well or very well with their parents. About four out of five kids told us that they have fun with their parents. But that doesn't mean they never disagree. In fact, most kids reported arguing with their parents, at least sometimes.

"It's absolutely normal to disagree and argue," says D'Arcy Lyness, a child psychologist. "But it's also important to learn how to do so respectfully." About half of the kids said they are doing that. When they disagree with their parents, they say they discuss issues calmly.

But two out of five kids said arguments tend to involve yelling at each other. Lyness points out that shouting never helps. "Speak up, and let your parents know your ideas and your opinions," she advises. "But be patient. Don't use a raised, angry voice."

Kids made it clear that they would rather avoid conflict altogether. Not surprisingly, three out of four kids admitted to lying at times. Many said they lie to avoid getting in trouble or disappointing their parents. According to Lyness, lying isn't just wrong. It can actually get negative results. Telling the truth builds trust. "When parents can trust you, they are more likely to give you more freedom and more privileges," she says.

A Changing Relationship

Telling the truth, says Lyness, is a sign of maturity. But older kids were more likely to say they lie than younger ones. Kids ages 12 to 14 not only said they lie more, but they also reported having less fun, feeling less close, and not getting along as well with their parents (see charts).

According to Lyness, those feelings are not uncommon. As kids become more independent, they have more areas of conflict with their parents. But it doesn't have to be that way. "Kids and parents get along differently at each phase of the journey," she says. As kids grow and change, it is important for everybody to adapt. "There's a dance of ways that you interact and get along," she points out. "Then there's a shift, and it's a different dance." Change is normal, she stresses.

Share this story with your family. You may find that you have a lot to talk about.

How to Stay Close

The experts at KidsHealth.org suggest taking these steps in order to feel closer to your parents and have fewer arguments.

1. Find ways to let parents in on your life. Tell them how things are going for you, even if it's just a small detail.
2. Have fun together. Find things you enjoy doing together. Be willing to make time for your parents.
3. Talk with kindness and respect. Even when you disagree, avoid yelling, angry or mean words, and disrespect.
4. Say more "yes" more than "no." You probably want your parent to do that, too! Parents are more likely to say yes when kids are cooperative.
5. Express your love and appreciation. Try a hug, a note, a kind act, or a simple thank-you.



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Fall is here (kind of)! Where's our pumpkin spice coffee?

As usual we've got a ton of events for you to choose from this month so don't miss a one! And if you feel so inclined, pop over to our Google Plus page and leave us a dynamite review! We'd be ever so appreciative. :)

Registration is in full swing! We're ready to begin our fall season with YOU. And our classes are off to a good start. Drop by to enroll you or your child in our myriad of classes available, **SIGN UP TODAY!** Some of the highlights of the new schedule are:

- **Childcare** will be provided for **Saturday's 9 a.m. Yoga.**
- A **new combo class** on Tuesday that's **Ballet/Jazz** (but we still have the classic Ballet/Tap on Saturdays).
- A new **Dance Improv** class will be offered on Tuesdays.
- Film, acting, lyrical, **and all your favorites** are back!



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kids health talk
HELPING KIDS MAKE HEALTHY CHOICES

Young children need nutrients from a variety of foods to stay healthy. But what if your child only eats macaroni and cheese or will not eat any vegetables?

When children learn positive eating habits at a young age, they will make healthy food choices as an adult. Parents can set a good example. The best predictor of a child with a healthy weight and lifestyle is parents with a healthy weight who make wise food choices and exercise regularly.

Limit snacks between meals and replace processed snacks with whole grains, fresh fruits or vegetables. Help your child learn to love a variety of foods. Sometimes new foods take time. Kids don't always take to new foods right away. Offer new fruits and vegetables many times, served a variety of ways. Give your kids just a taste at first and be patient with them.

Kids learn to like new foods by:

- Having them offered over and over
- Having them served with familiar foods
- Seeing friends, older kids, and grown ups eating these foods
- Tasting them prepared in different ways
- Choosing foods to try themselves
- Starting with small amounts

Try offering new foods prepared in different ways.

- Serve fruits and vegetables raw with a dip.
- Steam, roast, and bake vegetables—even some fruits.
- Try warming fruits like apples, pears, and peaches for about a minute or so for a softer texture.

2-year-olds

- Make "faces" out of pieces of fruits and vegetables.
- Scrub vegetables or other fruits.
- Tear lettuce or greens.
- Snap green beans.

3-year-olds

- Add ingredients

- Stir.
- Spread peanut butter or other spreads.
- Shake a drink in a sealed container.
- Knead bread dough.
- 4-to-5-year-olds**
- Peel and mix some fruits and vegetables.
- Peel hard boiled eggs.
- Wipe off counters.
- Mash soft fruits, vegetables and beans.
- Measure dry ingredients.
- Measure liquids.

Don't forget to work up an appetite! Active play, along with eating right promotes good health...and a healthy appetite! And it is the best exercise for toddlers and young children.

If you do have any specific concerns about your child's nutrition, please contact our office. We offer nutrition counseling to all of our patients and we will strive to work with you and your child to give them the healthy lifestyle they need.

For More information: American Academy of Pediatrics (www.healthychildren.org); Academy of Nutrition and Dietics (www.eatright.org and www.kidseatright.org) ; Us Department of Agriculture and other federal government agencies (www.nutrition.gov (includes information about the new food group symbol , MyPlate, with replaces MyPyramid))



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the spa at venetian bay

Meet Owner KATIE LILLER KELSEY

By J.R. Anderson
Photography By Classic Photography

When I hear terms like neighborhood, community and housing development, I tend to think of a network of cookie-cutter homes occupied by the typical American middle-class family with 2.5 children and a dog. This is fine in and of itself, but what I don't think of is a Town Center that provides various goods and services to its residents and beyond. My years spent stationed in Germany introduced me to a multitude of villages, each consisting of its own marketplace, bakery, restaurant, bar, bank, and post office. Each village seemed to be a microcosm of its larger town, city, and regional counterparts. Venetian Bay is the first community I've witnessed in America to remind me what terms like neighborhood, community, and housing development should bring to mind when heard.

The addition of a spa to Venetian Bay's Town Center raised the bar exponentially. The Spa at Venetian Bay, owned and operated by Katie Kelsey, is a gem that represents what I can only describe as what should be the standard for every housing community. Happiness, well-being and prosperity begin at the most local level, so a community with a foundation of high-quality homes, local businesses, and exceptional golf should be able to frequent a spa devoted to inducing and evoking happiness and well-being.

What most small businesses bring to a community that most major corporations don't is a sense of ownership and dedication, which typically involves a personal relationship that resonates with patrons and consumers. The prelude to the Spa at Venetian Bay is no exception.

Katie Kelsey's parents had a resort in the Florida Keys, in Marathon, called Faro Blanco. It consisted of a big marina, a lighthouse, condos, cottages, and a couple of restaurants.

"They moved there when I was six months old and we lived in the lighthouse," said Katie, "so it was a really neat upbringing. I basically grew up in the



hospitality business with my parents; they were always running hotels and resorts and things like that. We lived in Faro Blanco until I was ten and then we moved up here because my dad bought my mom the Riverview Hotel, in New Smyrna Beach, for her 40th birthday, as a surprise."

They had been trying to buy the Riverview Hotel for some time, and Katie's father had told her mother that the deal had fallen through. She was devastated. Then, on her mother's 40th birthday, her father had arranged a romantic flight overlooking the city. Upon passing the Riverview Hotel, a large banner displaying "Happy 40th Birthday!" draped across its face and served as the ultimate surprise for her mother.

Katie spent her adolescent years living across the street from the Riverview Hotel. She did turn-downs for \$0.25 per room, and she even persuaded her parents to open an ice cream shop and let her run it.

"I hired all of my friends and we ran the ice cream shop during the summers." Katie said. "My parents were very adamant, growing up, about teaching me the



way of running businesses, good work ethic, and being good to employees and friends. They've just always had that kind of mentality as hotel and business owners, so I hope I've gotten a lot of that from them."

Katie had gone to boarding school in Connecticut for her high school years. Upon graduating, she attended Stetson University for a year. But she didn't want to finish college; she aspired to be a hairdresser. From the ages of 19-21, she attended cosmetology, nail, and massage schools.

"My parents were very supportive," Katie stated. "Their whole mentality in life was to do what you want and money will come after. I told them I'd like to open a salon or something one day, then I quickly realized that I liked the pampering side of the beauty business more, so that's when I went to massage school. They said I needed to go work in the industry for a while and learn everything I could."

And that she did. Katie moved to North Carolina and worked at the Grove Park Inn, a huge resort with a \$45 million spa. She worked from the bottom up,

starting as a spa attendant and then on to performing nail services, facials, and massages.

"I got to see how the spas were run," Katie said, "especially in the beginning, which was a really good experience for me. I worked there for a year, and in 2003, I came home and my parents helped me open and build The Spa at Riverview, which was right next door to the hotel."

But in 2010, things took an unexpected turn. Katie's mother, Christa Kelsey, died of a heart attack. The woman who ran the family and was the linchpin of their business was now gone. Less than a year later, an offer was made on the hotel; Jim and Katie decided it was time to sell.

"We had a really good offer for the sale of the hotel and spa, and my dad and I, obviously, were still having a really hard time with the loss of my mom. I was pregnant with my second child, so there was just a lot on our plates at the time. It was like someone was dangling a carrot, like, 'You can take some time off,' so we did."

During her time off, Katie had her second son and was able to spend some quality time with her two boys, 9-year-old Gavin and 5-year-old Cole, and her husband Jamie. She also opened a baby boutique in the Port Orange Pavilion.

"It was a good experience for me to open a business on my own—without my mom," Katie emphasized. "It made me realize even more just how much she did and how much I needed to learn. The Baby Shoppe is fun and helps moms in their first year, which is the hardest. I am so proud of it! I now have an amazing team there who runs the shop."

One year ago, Katie decided she really missed the industry. Charlotte Smith, who handles all of the real estate in Venetian Bay Town Center, contacted her about a really great space for a spa, if she was interested in getting back in business.

"So I pulled the trigger," Katie said. "My dad has been helping me a lot with this; he's my business partner. We came out, looked at the space, and, seven months later, here we are!"

According to Katie, it takes about five years for a business like this to get grounded. A lot of kinks will have to get worked out, despite her experience in the field, because this is a different location and a completely different type of clientele. One such dif-



•••

ference was the necessity of additional space for indoor spa amenities. An additional 600 more square-feet was needed for the indoor spa amenities in the original plans, but the available space adjacent to the spa was 1,800 square-feet. Katie then acquired the space, and subleased the additional space to Kelly and Paige Boren of Boren Beauty Group. Kelly was a guru in the beauty business while Katie was in school, so her admiration for Kelly made for a perfect addition to the business.

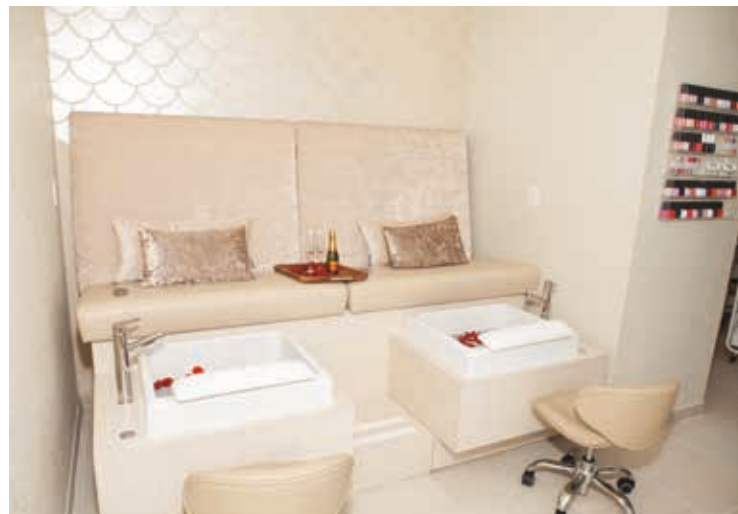
“I called her for advise, just because she was someone that I looked up to. After showing her the space to consult on everything I needed, she said she wanted to take it. She has been in the business for so long and is someone I can go to for advice if I need to.”

The Spa will open with about 25 personnel, but is expected to increase to 40-45.

“We will have licensed massage therapists, estheticians, nail technicians, receptionists, and spa attendants,” Katie stated. “We will be able to accommodate about 90 appointments per day once fully staffed.”

Most people tend to think of spas as a mostly feminine experience. This is a misnomer. It is not news that men have skin, hair, and deserve to be pampered as much as women—especially after a round of golf in the Florida heat.

“My brother is hilarious.” Says Katie. “He is a financial advisor in Connecticut and he loves spas. I went to New York for a spa show a couple of months ago and he met me there. I kept losing him and I’d go to a booth and find him with these face masks on and he’d be like, ‘Katie! You gotta try this. This is awesome!’ He just loves it. He was a pro hockey player,



a manly man. He goes for his massages every week and gets pedicures, loves facials and everything else.”

The Spa at Venetian Bay provides a full spectrum of massages, body treatments, nail treatments, and facials, to include their Venetian Lounge: a circuit consisting of a heated nautilus pool, heated stone loungers, Himalayan salt sauna, and copper foot baths.

The residents of Venetian Bay work and play hard, so it is only fitting that the community’s Town Center provide a space that elicits the very qualities of life that the community values—happiness, well-being, and prosperity.



MEDICAL MINUTE

By Residents

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

October is Breast Cancer Awareness Month. Women are often reminded through their medical team and the media regarding the importance of breast cancer screening for earlier detection. In the U.S., breast cancer is the most common cancer in women (excluding skin cancer).

Although emphasis is placed on women to undergo screening mammography, breast cancer can actually occur in both men and women, albeit rare in men. According to the CDC and the U.S. Cancer Statistics Working Group “In 2013 (the most recent

year numbers are available) 230,815 women and 2,109 men in the United States were diagnosed with breast cancer; and 40,860 women and 464 men in the United States died from breast cancer.” Not including skin cancer:

It is the most common cancer in women, regardless of race or ethnicity.

The most common cause of death from cancer in Hispanic women. The second most common cause of death from cancer in white, black, and Asian/Pacific Islander women.

The third most common cause of death from cancer in American Indian/Alaska Native women.

What are some of the risk factors for developing breast cancer?

- Being a woman
- Advancing age
- Genetic mutations, for example BRCA1 and BRCA2.
- Starting menstrual cycles prior to the age of 12
- First pregnancy over the age of 30, or never having a full-term pregnancy
- Going through menopause after the age of 55
- Being overweight or obese after menopause
- Having dense breasts.
- Hormone Replacement Therapy
- Taking oral contraceptives (birth control pills).
- Personal history of breast cancer.
- Personal history of certain non-cancerous breast diseases.
- Family history of breast cancer.
- Previous treatment using radiation therapy to chest or breasts.
- Women who took the drug diethylstilbestrol (DES), which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage
- Drinking alcohol excessively

The age and frequency of breast cancer screening varies on an individual basis. It is generally recommended for all women to perform self-breast exams monthly. Johns Hopkins Medical center states, “Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.” Clinical breast exams by a physician are usually performed annually, and more frequently, if indicated.

Radiologic screening through ultrasound, mammography and MRI are determined on an individual basis based on many different factors. According to the American Cancer Society, generally speaking, routine screening mammography begins at age 40. However, this is sometimes indicated at a younger age based clinical findings, for example a palpable breast mass; or in high risk patients, for example family history and genetic mutations (BRCA1, BRCA2). It is important to discuss breast cancer screening recommendations with your medical team including your primary care provider and gynecologist. Further information can also be obtained at www.breastcancer.org.

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A note from Faith about Back to School

Fall is just around the corner and for many that means back-to-school time. The transition from summer vacation to the school year can be challenging as it means moving from relaxed mornings and family vacations to alarm clocks, homework and schedules.

But, this can be the perfect opportunity to create new healthy habits and routines that will move you toward your own health goals. For those packing healthy lunches for kids, they can prep healthy

snacks and meals for themselves. After dropping kids off for soccer or dance practice, why not get to the gym or enjoy going for a walk. While kids do homework in the evenings, take time to read about healthy eating and lifestyle habits and plan new healthy recipes and routines.

Even though this time of year can be a little hectic, having established health habits in place will enable you to continue working toward your best self.

*Above lunch ideas are not necessarily 5&1 compliant



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BE AMAZED

The most amazing things can happen when you least expect it. At a recent performance at The Hub on Canal, the Cook Trio introduced us to the Gypsy rhythms of Django Reinhardt, took us on a musical excursion through early European hot jazz, and ended with sound tracks from recent Woody Allen films. Heady stuff, this. But not entirely unexpected. Almost anything happening at The Hub has a way of entertaining you, and then taking you off on a journey of discovery and adventure. Take the Slo' Jam Session, for example. Whatever your level of talent, interest or training, you bring an instrument – harmonica, ukulele, whatever – and join in an impromptu concert with everyone else. Tons of fun, and better than air guitar. On the other hand, you may wish to join a Yoga class, and learn to build a healthy lifestyle based on flexibility and balance. Did we mention that you can also learn to speak French?

Ironically, the historic building that is now The Hub on Canal began as the Palace Theater, a showcase movie house dating to the 1930s. Its recent renovation under local architects allows the visual impact of art and architecture to inspire and delight the senses.

The guiding force behind The Hub's founding was Sally Mackay, former mayor of New Smyrna Beach, who saw the need for a new venue to bring the arts to the citizens. Her goal was to found a non-profit whose mission – Art Creating Community – could offer education, entertainment and discovery to the New Smyrna Beach audience. The Hub on Canal officially opened its doors on March 1, 2012. Since then it has broadened its range of offerings, developed a remarkable live-music program, extended its reach into the community, and welcomed over 145,000 visitors through its doors. It is now home to over seventy local artists occupying some two dozen studio spaces. There are painters, sculptors, ceramicists, photographers, videographers, jewelers, fiber artists – and perhaps a writer, architect, and musician or two. Programs in art, music, crafts, the humanities, yoga/movement, dance, are ongoing. In addition to providing gallery space, workshops and classes, new programs are continually being developed to meet the needs and interests of the community.

This year Outreach Programs are currently being offered weekly and free to the participants. Among them are art classes for under-served children and at-risk teenagers, the Westside Ukulele Band for Kids (aged 8-11), and therapeutic art classes for Alzheimer patients. In the planning stages are a Reading, Writing and Art program for young children, therapeutic art classes for military veterans, and a Student Film Showcase, featuring videos filmed by local school children on the world as they see it. As The Hub moves forward it will do even more to fulfill the mission of Art Creating Community: to display the work of local artists and to provide inspiring classes, workshops, and events designed to intrigue and excite our audiences. The Hub on Canal is all about reaching out and paying back. Step into The Hub and join in the excitement. Perhaps you will even amaze yourself.



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Adam Pineault

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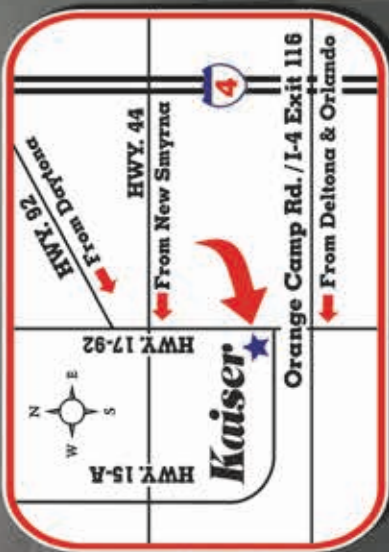
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The Country Inn & Suites also gives back to the community. They sponsor a variety of events, such as Family Days, the Remarkable River Run and the Salvation Army to name a few. They also donate to various organizations, such as the Junior League of Daytona Beach and numerous restaurants and establishments.

The right hotel can be much more than just a place to stay. It can be the setting for life-long memories, watershed moments and a hallmark for thriving communities. The Country Inn & Suites embodies this philosophy and aims to maintain and exceed its standing as the premier hotel in Port Orange.

The Country Inn & Suites in Port Orange is also popular among bikers. During Biketoberfest, multiple groups of bikers frequent the hotel and take advantage of an established bike wash on the side of the building. Accommodation for up to 20 trailers is also provided. All bikers

sponsor of the month

COUNTRY INN & SUITES PORT ORANGE

by J.R. Anderson

The end of summer may be approaching, but the same cannot be said for the tourist season. With Biketoberfest and the holidays just around the corner, accommodations must be considered for bikers, snow birds, friends, family and everyone in between. Whether visiting the area for our fantastic beaches, restaurants, and biker-friendly atmosphere or securing the perfect venue for boardroom meetings and group gatherings, the choice in hotel can determine success or failure.

Enter Country Inn & Suites. Located at the junction of Taylor Road and Dunlawton Avenue in Port Orange, and adjacent to I-95, the Country Inn & Suites is centrally located within minutes of any and everything worth seeing and doing in the greater New Smyrna Beach and Daytona Beach areas.

For nearly five years, the Country Inn & Suites in Port Orange has provided premium service to the public, evidenced by being awarded #1 in guest satisfaction for all Carlson Rezidor Hotels worldwide for every year in its existence. A customer-oriented mindset has led them to build on their success by expanding their pet-friendly status; the dog walking area is being extended from a beautifully maintained yard to a trail that surrounds the pond. Additionally, they are in the process of boosting the speed and quality of their free, high-speed internet service.

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So why should local residents be aware of hotels in the area? Because friends and family may need recommendations. Because the right venue can make or break a business proposition. Because home renovations can warrant an alternative to inconvenience. Because natural disasters can displace homeowners. And because a local getaway can be just as rejuvenating as a distant one.

Club Carlson, the global hotel rewards program from the Carlson Rezidor Hotel Group, offers extraordinary experiences, services, and rewards from points accumulated by hotel stays. Residents gain 20 points per dollar, which can be used for reservations at the Country Inn & Suites or any Carlson property. Points may also be used to redeem rewards such as various gift cards and merchandise, and they may also be used for friends and family.

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