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City Commissioner - jreiker@cityofnsb.com
City Commissioner - jsachs@cityofnsb.com
City Commissioner - jmcguirk@cityofnsb.com
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AREA DIRECTOR

Kimberly Anderson
(386) 453-1906
Kimberly.Anderson@n2pub.com

EDITOR

J.R. Anderson

CONTRIBUTING PHOTOGRAPHERS

Debbie Amatucci-Classic Photography
Dorian Anderson - DAndersonPhotography

DESIGN TEAM

N2 Publishing Design Team

CONTENT CONTRIBUTORS

David Carson
Kelly DeSuza
Dr. Samira & Vartan Karakossian
Stephen Laub
Faith Stouffer
Lori Willick

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editor's note

J.R. Anderson

"Winter is ending!" There's nothing like a good *Game of Thrones* reference to put things in perspective. March is the month of transition: the weather gets warmer and wetter; dark, heavy clothing is shed for lighter, pastel-colored garments; homes and yards get a well-deserved makeover; and, of course, men all over the country fill out their March Madness brackets for college basketball! Why not extend the transition to your spending philosophy? After all, every dollar spent is a vote; this month's cover story,

featuring The Menendez Family and their perfume company, Rilevare, will hopefully compel you to re-examine not only what high-quality perfume is, but also which consumables matter most to you and whether they are helping or hurting you and the local marketplace. It's time to "get real" with ourselves and the products we consume! Spring is about new beginnings. I have vowed to invest my consumer power into local, small businesses as much as I can this spring. How about you?

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meet the Menendez Family

By J.R. Anderson

It seems like the number of health threats we face are ever-increasing. Whenever we hear about cancer and its causes, we often think of the abundance of over-processed foods that flood our supermarkets, rife with ingredients that are just as hard to understand as they are to pronounce. The same can be said about the many beauty and hygiene products we rub, roll, scrub, brush, and spray on ourselves every day. Since our bodily functions are not much more than chemical reactions taking place, is it surprising that there is a positive correlation between the increasing amount of synthetic chemicals we place in and on our bodies and the rise of cancer cases?

It is no wonder why millions of Americans are opting for organic, all natural products that are simply and minimally processed. Rilevare, owned and operated by Mikhail and Saperna Menendez, is an all-natural perfume company that prides itself on a foundation of organic, essential oil bases and natural ingredients.

"I had gotten a bottle of Obsession from my sister's boyfriend when I was in eighth grade," said Saperna's husband, Mike. "My mom still has that bottle in the bathroom of her old house, and it still smells exactly the same. So you tell me that that's good for your skin!"

It can't be. Despite the wonderful fragrance given off by Obsession, it isn't worth the tradeoff of having so many synthetic chemicals absorbed into the skin.

Rilevare currently produces two perfumes and one lotion: Florida in a Bottle An alcohol-free perfume consisting of real citrus and bergamot essential oils available in both a 10mL roller bottle or a larger, 1.2oz bottle "It's real," Saperna said. "We're used to smelling synthetic for so many years, but when you smell this, you realize that these are real oranges, real bergamot." A Drop of Golden Sun Another alcohol-free perfume made from 11 natural oils from three different cedar woods, real coconut, clary sage, rosemary, citrus,



spice, and a Non-GMO grape seed oil base. "It's very earthy, woody," said Saperna. "It can also be worn by him or her." After Beach Lotion A blend of Shea butter and coconut oil infused with the aroma of Florida in a Bottle.

After Beach Lotion, unlike most other lotions, is perishable and has a shelf life, due to its natural ingredients. "Our customers love that about our product," Saperna said. "I tell them that if you don't use this, you're going to lose it because it's going to go bad— it's just like food! It's not gonna sit on the shelf for years. You need to put it on your skin every day."

Saperna places a jar of After Beach Lotion before me. I pull it toward my nose and intake the subtle aroma of the sweet coconut and Shea butter, balanced by a hint of citrus. If the perfume is Florida in a Bottle, then this is a Floridian in the Caribbean. I immediately thought of how great it would be if this were a scented candle.

"Everybody asks me, 'When are you going to come out with a natural, soybased candle?' said Saperna. "I always tell them maybe in the future, but our main focus is impacting the youth about what they're putting on their skin."

It seems that focus is equally matched by a passion for supporting small businesses. Saperna worked for one of the world's largest perfume companies. She loved perfume, but she had to stop wearing it because she had become ultra-sensitive to fragrance. Once a friend of hers introduced her to essential oils, she had decided to start her own company. "I love to support small businesses," said Saperna. "I've chosen to stay off of Amazon. We sell online and actually do very well, but we prefer the route of going into stores. The majority of the company is in the stores that are run by small business owners in the health food, spa, and boutique industries."

In January, Rilevare closed deals with another 28 stores. Although that may not seem like a big deal, it is because it was done in a span of two weeks! By selling in small businesses, Rilevare exhibits its commitment to them. A lack of competition in the perfume market helps make this possible.

"When we're successful in stores, the stores are successful because they make more money," said Saperna. "My competitors are not going after perfume in the naturals market. They're going after lotions and stuff like that. Now that I've joined that crowd, it's interesting to see what's gonna happen."

Additionally, Rilevare supports women in business. The large bottles of Florida in a Bottle have glass dippers, each crafted by a local artist in NSB at The Hub on Canal St. The boxes come from Atlanta,





...

while the bottles come from California. Ordering bottles from China would significantly cut costs, but then they wouldn't be supporting small businesses here in the U.S., as the bottles are hand-sewn; each one is different, which is why the prices are kept up.

What about the consumer who would like to shop local and support small businesses, but cannot afford to? After all, Rilevare's quality and price point isn't much different than buying fresh, organic groceries from a whole foods store, conceptually. The answer is that while cost, in regard

to price, may be significantly lower by shopping at large chain stores, the socioeconomic and health cost of consuming heavily processed and synthetic goods from these stores rises significantly. Perhaps if consumers viewed the products they put in and on their bodies as an investment in themselves and society at large rather than an expenditure, it would make more sense.

"We have an epidemic of cancer," Saperna said. "We have a crisis, and doctors will tell you it's environmental."

"We've been sold name brand products that are poisoning us and feel a grassroots, positive company is what people need," Mike added. "Our story has driven our sales more so than anything else."

Ultimately, it all comes down to economics. Many people associate the term economics with money, but the term's Greek roots more accurately deals with choices and management, whether they be moral, financial, or health related. Rilevare has made the choice to spend more money to create a high-quality product, and consumers have to spend more money for clean, high-quality consumable goods. But one of the laws of economics is when demand increases, price decreases. Saperna's dream is for Rilevare to create an impact that transcends borders and permeates cultures in the Middle East and Asia, where cultures of women need more role models. "Isn't this the kind of vision we want for our country at the end of the day?" asks Saperna. "What kind of America do we really want?"

I can't speak for others, but I want an America where small businesses take over the marketplace and high-quality consumables become not only affordable but also accessible to every class of citizens. With so many women foregoing traditional perfume because of its toxicity, Rilevare is here to remind us how good it feels — and smells — to invest in ourselves and beyond.

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The Wyborny's **Nicaragua** Mission Trip

residents giving back

Submitted by **Amber Wyborny**

Name: Amber Wyborny

Where did you travel for your mission trip? We left from the Orlando airport on July 20, 2016, and flew to Managua, the capital of Nicaragua. Our destination was Padre Ramos, 116 miles from the airport. Our host and founder of Together Works Nicaragua, Toney and his wife, Debbie, picked our team up from the airport. Trip duration: 07/20/16 – 07/28/16

Who are the members of your family that traveled? I traveled with my dad, Mitch Wyborny, and my youngest sister, Madison Wyborny.

How long did you stay? We stayed for nine days and eight nights. The first and last days were travel days.

What types of tasks did you perform?

Day 1: We traveled to Nicaragua, arrived at Ranchos, and took some time to unwind, explore, and relax. All of the food was prepared by the wonderful staff: for breakfast, fresh coffee, pico (sweet bread), and eggs; for lunch, sandwiches, chips, and more pico; and for dinner, we were spoiled with fresh fish, guacamole, rice and beans, baked chicken, and of course, pico! At dinner, we were served by a handful of teens who Toney and Debbie employ while visitors are in town, which allows them to work on their English and learn how to serve. At the end of the week, the team left them tips and thanked them for their service. They were so happy to be there to serve us; the smiles on their faces were something I will never forget. One night, as a gesture of gratitude, we decided to serve them dinner and clean up after them. It was the least we could do to show how thankful we were.

Day 2: There was a devotion and an introduction of the staff. We cut up veggies to cook soup for the local church kids. We prepared a huge pot of soup and all the children came and stood in



line with their buckets to take home to their families. We then had a children’s church service for the night.

Day 3: We traveled to a neighboring community by boat. We had to walk through a long stretch of marsh from the boat to get to the mainland and to the community. Halfway across the marsh, Pastor Scott stopped our group and warned us that some of the locals at this community can be violent and to avoid eye contact until we arrived at the community. As we were walking, we saw four men hop out of the woods, covered in mud and leaves, running and screaming with bows and arrows and sharp sticks. They chased our boat guide into the woods, then started running towards us. Terrified, everyone freaked out and bolted for the boats as fast as possible. My dad was even running. Everyone jumped into one boat and crouched into the bottom of the boat as the locals surrounded the boat with their weapons, yelling; a few of the adults stayed out of the boat and tried to talk them into leaving us alone. We got punked. We didn’t even realize that the “locals” attacking us were the same kids that served us dinner every night. Apparently, it is a customary joke they like to play on visitors.

Day 4: We traveled to another neighboring community by boat. We played soccer with the neighborhood kids; they are incredible



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soccer players. It amazed me that they play barefoot. Again, we brought all of the ingredients for our soup. We also brought multiple suitcases to donate clothes, shoes, baby items, and personal hygiene products. The language barrier was difficult, but we learned very quickly, as many of the kids tried to teach us Spanish. Pastor Scott had an interactive Bible app on his iPad that was in Spanish, and the kids loved it.

Day 5: We had a soccer tournament. Down the street from the ranchos is a baseball field that doubles as a soccer field. We divided into teams based on age/gender and did round-robin play. We had a huge turnout from the community because the kids knew they were playing for prizes, which included money. This

was also an opportunity for us to get more kids to join us at our church service that night when the prizes would be handed out.

Day 6: We spent the day at the beach and went deep sea fishing with the locals. The majority of our group went fishing with a few of the locals very early in the morning, while the others slept in and enjoyed the beach. Some days, we were able to wake up early and drive down to a surf camp with the boards we had brought and surf the great waves before breakfast. This was another highlight of my trip. The natural beauty of this country was astounding.

Day 7: We traveled to Chinandega

Day 8: We traveled back to Managua, went zip-lining, had dinner and decompressed. We reflected on our week and the impact it had had on our lives. We discussed where our mission fields were. Although we did great things and were able to connect with many people in Nicaragua, our mission field is in the United States, where we live with our families in our homes, at our jobs, in our classes, and wherever we may be.

Day 9: Flight back to the United States

Which local church was supporting this mission trip? This trip was with Christ the King, located in Port Orange, FL. The church meets at Cypress Creek Elementary School.

How many Venetian Bay residents helped and what did they provide? The outpouring of love shown from Venetian Bay resi-

dents was incredible. My mom, myself, and many others from our team had posted Facebook posts, and before we knew it, people were calling, texting, and showing up at our door, asking what we needed and how they could help. We filled an entire bedroom at my parents' house with brand new clothes, shoes, sheets, books, and baby items.

How long have you been volunteering for mission trips and how many have you attended? This was my second mission trip. When I was in high school, my volleyball team went to El Salvador to work with an all-girls orphanage. My father has also been to Guatemala and Costa Rica on a mission trip. This was my sister's first mission trip, and the majority of our team had never been on one before.



Why did you choose this particular project, or what drew you to volunteer for this mission trip? I have always been drawn to missions and I love giving back in any way that I can. My dad and sister were already signed up to attend the trip when I started attending CTK a year ago, so I decided that I wanted to join them.

How can others get involved with this organization? Toney and Debbie host around 8-12 groups annually at the Ranchos in Nicaragua. Our church, Christ the King, will be returning with another group this coming July 2017. If you would like to learn more about this opportunity, please join us on Sunday at Christ the King at 10 a.m. (Cypress Creek Elementary School) for our church service. If you are unable to travel but would still like to be a part of this great mission, we will be taking donations again. We will post on Facebook to let everyone know what is needed for Padre Ramos.

What benefits do you get from volunteering? It is a very humbling experience to depart the country for a poor country like Nicaragua. There are so many things that we take for granted in the United States. We are so spoiled. In my house, there are probably

more than twenty places where I can get clean drinking water, but in Padre Ramos, the locals have to travel an hour just to purchase clean water to take back home to their families. It is great to see the smiles on everyone's faces when they were able to pick out a new outfit or a new pair of shoes, but one of the most beneficial things for me was the fact that we were able to share the gospel with these people. Not only that, but these were god-fearing people, and we were able to hear their stories of how they came to the Lord and how the Ranchos has helped change their lives. Now they continue to work in the lives of the other children in the community by holding church services, Sunday school, and worship services. Toney and Debbie have started such a wonderful thing, and I know it will continue to change the lives of many in Nicaragua. The people of Nicaragua are happy; they do not complain. They have nothing, yet they are some of the happiest people I have met in my entire life. They don't strive for more; all they need are their friends and families. Honestly, we could learn a lot from them. We learned that our mission field is not just in Nicaragua, but also here in our homes, at our jobs, and in our classes. We live in our mission field; our work didn't stop the day we flew home. It had only just begun.

resident recipe



1/4 cup unsweetened cocoa powder
1/2 cup granulated sugar
1 teaspoon salt
For the Whipped Cream:
1 cup heavy cream chilled
1/4 cup powdered sugar
1 tablespoons spiced rum

Directions:

Add the challah bread cubes and chocolate chips to a greased 8x8 pan in an even layer.
In a large bowl, whisk together the cream, beer, vanilla, eggs, cocoa powder, sugar and salt until well combined. Pour evenly over the bread. Preheat the oven to 350F. Allow the bread pudding to sit at room temperature for 20 minutes while the oven heats to allow the liquid to soak into the bread. Bake for 35 minutes or until the top looks dry. Allow to cool. Add the whipped cream ingredients to a small bowl. Beat with a hand mixer until soft peaks form. Serve the bread pudding topped with whipped cream

Chocolate Stout Bread Pudding with Rum Whipped Cream

Submitted By **Resident Faith Stouffer**

Serves 8

Ingredients For the Bread Pudding:

1 challah loaf cut into cubes
3/4 cup chocolate chips
1 1/2 cups heavy cream
12 ounces stout beer coffee or chocolate stout works well
1 teaspoon vanilla extract
3 large eggs

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Should You Buy A FLOOD POLICY?

By Chase Herbig, CLU, ChFC, CFM, BSBM

In general, flood insurance is only available through the National Flood Insurance Program (NFIP) run by the Federal Emergency Management Agency (FEMA). A few private insurers offer excess flood insurance.

According to FEMA, floods, including inland flooding, flash floods and seasonal storms, occur in every region of the United States, and 90 percent of all natural disasters in the U.S. involve some type of flooding. Even if you do not live in a high-risk area, it is worth looking into flood insurance as more than 20 percent of all flood insurance claims are filed in low-to-moderate flood-risk areas.

Some Facts about Flood Insurance

- Standard homeowners and renters insurance does not cover flood damage: Flood damage is excluded under standard homeowner's policies, although it is covered under the comprehensive section of a standard auto insurance policy. Only a flood insurance policy, available to homeowners and renters through the federal government, will cover flood-related losses.



Objects Ruined by Flood

- Flood insurance is easy to purchase: Federal flood insurance policies can be purchased directly from an insurance agent or a company representative, and are available to communities that participate in the National Flood Insurance Program. Nearly 100 insurance companies write and service NFIP policies. Flood insurance is available on a replacement cost basis for the structure of the home and on an actual cash value basis for personal property.
- Flood insurance is affordable: The annual premium for a residential NFIP policy starts at \$112 per year, according to FEMA, and increases according to the level of flood risk and amount of coverage needed. The maximum coverage amount is \$250,000 for the structure of the home and \$100,000 for the contents of the home.
- There is a 30-day waiting period before a flood insurance policy takes effect, so don't wait until the last minute to purchase it.
- It is easy to assess your flood risk: More than 20,000 communities in all 50 U.S. states and territories voluntarily participate in the NFIP, encompassing nearly all properties in the nation's high-risk flood zones. Enter your address in the FloodSmart Tool to determine your level of flood risk.
- Excess flood insurance policies add an extra layer of coverage: A growing number of private insurers have begun offering excess flood policies, intended to provide water damage protection to homeowners over and above the coverage provided by the NFIP policies.
- Without insurance, relief from floods primarily comes in the form of loans: If your community is declared a disaster area, no-interest or low-interest loans are usually made available by the federal government as part of the recovery effort. These loans are just that—loans—and must be paid back. Obtaining a flood insurance policy is the only way to protect yourself fully from the cost of flooding.

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SECURITY & SAFETY news

By Peter Stanton

The Luck of the Irish be to you all! For everybody who has been lucky so far with no break-ins, I have some information about the pros and cons of home security systems. Alarm systems serve as a deterrent to break-ins. A crook or vandal is more likely to go to a house that does not have an alarm system. They don't want to get caught. Most reputable alarm companies will provide warning decals and yard signs. These provide notice that you have an alarm system. The best signs are the multi-colored signs rather than just blue and white.

Watching TV and the internet, you may have seen some advertisements saying alarms can do all kinds of cool things like control your lights, temperature, door locks, etc. I always caution people to think about this a lot. The more items you connect to your security system, the more ways it can be compromised by a crook. You want to limit internet access to your alarm. The next thing to consider is that the more things you control with your alarm, the more money the national alarm companies charge per



month. For example, The National alarm companies typically want to connect your front door lock, thermostat and a couple of light controls so that they can charge \$65-75.00/month. You can buy an internet-accessible lock from Home Depot or Amazon for a couple hundred bucks and have a free app on your phone. The internet accessible thermostat is about \$150.00. The same for the lights. Again, no monthly internet charge. Don't get taken in by all the glitz and glamor as it will usually be devices you will never use. Today's thermostats are all programmable. Once set, you don't have to change them. Ask yourself this: Why would I ever unlock my front door if I am not home?

Security systems are for the protection of your home and your family. Alarm systems should have some standard components. They should have all the doors protected, as these are the primary entrance points. Window protection comes in different forms. A contact on the window will detect somebody opening a window. However, if the window is locked, as it should be, they will break the glass to try to get in. You would need a glass breakage detector to pick up anybody breaking into the home thru a window glass. For people who like to sleep with the windows open, you can install a security screen in place of your window screen. This allows the alarm to detect if anybody cuts or removes the screen. The next device is a motion detector. Most motion detectors installed today have built-in pet immunity. This means that the motion detector can tell the difference between a dog or cat and a person. This cuts down on false alarms. You can also add in fire detection and emergency response buttons.

24-hour monitoring service is vital to a fast police response to an incident at your home. This will also provide a nice discount on your homeowner's insurance policy. Monitoring can be done with a standard phone line or VOIP. The ongoing problem with a wired phone is that the line can be cut or the modem can lock up, preventing the call from getting through to the alarm company. The best and most secure way for the alarm to be monitored is with a 4G cell dialer. The cell dialer can't be cut or compromised before the call goes thru. The cell dialer also allows you to be able to control the alarm from your smart phone.

The most important thing in choosing a security company to protect your home and family is to get a great local company that can provide fast, reliable service.

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EIGHT TIPS

to improve your

Financial Communication

financial fitness

By Resident David Carson

What makes a couple successful in their financial relationship? Ameriprise Financial surveyed over 1,500 couples (those married or living together for at least six months) to learn about their money conversations and how they make decisions. The results revealed eight ways you can improve the financial health of your relationship:

1. Understand your partner's money mindset. It's normal to have differing views and habits about money, but that doesn't mean you can't agree on your financial goals. Couples who report being on the same page financially work to understand their partner's approach to money and keep the lines of communication open.

2. Make finances a priority and don't give up. Couples who are willing to have the hard conversations and work together to find financial harmony will reap the benefits over time. As you might expect, the study found that couples who had been together longer tend to have better communication and are on the same page when it comes to financial matters.

3. Agree on financial goals. It's tough to pool your money with someone who overspends or who isn't willing to save for the vacation you've always dreamed about. Sharing financial goals does bring you closer together—or at least it's one less thing to argue about. To make it easier to save, challenge yourselves to add a time frame to each goal so you know what you're working toward first.

4. Assign and accept financial roles and responsibilities. Most couples split up tasks such as paying bills or monitoring investments. Clear responsibilities allow you to hold one another accountable without worrying if the cable bill was paid. However, be sure to work together on tasks such as retirement planning that requires close collaboration.

5. Invest in your future together. Make it a priority to set aside a portion of your earnings for short-term and long-term goals, including retirement. Know how much you collectively have in retirement savings—a surprising 23 percent of couples are unsure of this number. If you have kids, talk about how much you'd like to contribute to their college expenses so you can save accordingly.

6. Set a spending limit. Spending habits were the leading cause of contention for couples. Consider setting a spending limit to ensure you're on the same page as your partner regarding large expenditures. On average, couples said a purchase over \$400 should trigger a discussion.

7. Understand that disagreeing is okay. According to the Ameriprise study, even couples who say they're in financial harmony disagree on financial matters. What's important isn't that the part-

ners don't always agree, but that 82 percent resolve their issues and move on.

8. Enlist a professional to solidify your financial plan. When you need an objective opinion – or a deciding vote – meet with a financial advisor. Together the three of you can create a financial plan that meets your specific needs as a couple.

Ultimately, it feels good when you are in sync with your partner regarding financial decisions and can work together toward managing your finances. Couples who actively work on improving their financial relationship will likely be less frustrated over money matters and may even feel better about their relationship overall.

The Ameriprise study on couples and money was created by Ameriprise Financial, Inc. and conducted online June 14-July 14, 2016 by Artemis Strategy Group among 1,514 U.S. opposite and same sex couples (married or living together for at least six months with shared financial responsibility) between the ages of 25-70 with at least \$25,000 in investable assets.



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263 Portofino Boulevard	Portofino Estates	\$ 875,000	4	3	3,872	4+
2913 Linari Court	Portofino Estates	\$ 727,200	4	3	4,422	3
104 Portofino Boulevard	Portofino Estates	\$ 658,931	3	3	4,267	3
260 Portofino Boulevard	Portofino Estates	\$ 549,000	4	3	2,617	3
254 Portofino Boulevard	Portofino Estates	\$ 479,900	4	3	2,599	3
344 Leoni Street	Arbor Lakes	\$ 395,313	4	3	2,405	2
3602 Maribella Drive	Maribella	\$ 319,900	3	2	2,250	2
424 Luna Bella Lane	Tuscany Square	\$ 249,900	3	3	2,345	1
424 Luna Bella Lane	Tuscany Square	\$ 230,000	3	3	2,208	1
3370 Gallia Street	Savona	\$ 224,900	4	2	2,042	1
424 Luna Bella Lane	Tuscany Square	\$ 220,000	3	2	1,862	1
3523 Casalta Circle	Parkside	\$ 219,900	3	2	2,060	1
424 Luna Bella Lane	Tuscany Square	\$ 212,900	2	2	1,684	1
424 Luna Bella Lane	Tuscany Square	\$ 199,500	2	2	2,208	1
424 Luna Bella Lane	Tuscany Square	\$ 199,000	3	3	2,208	1
424 Luna Bella Lane	Tuscany Square	\$ 179,900	3	2	1,862	1

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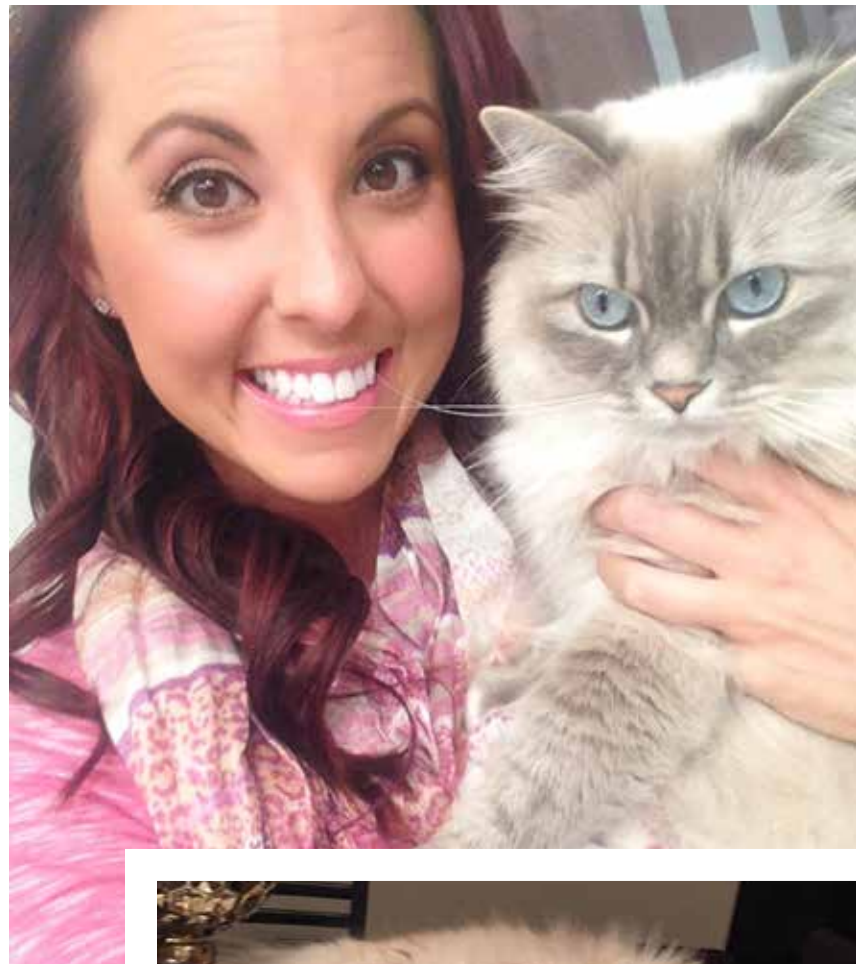


Family Member Names: Momma, Kelly DeSuza
Pet's Name: Suki DeSuza

Male or Female: Female

Pet's Age: 7 years old

Breed: Birman, also called the "Sacred Cat of Burma", is a domestic cat breed. The Birman is a long-haired, colorpointed cat distinguished by a silky coat, deep blue eyes and contrasting white "gloves" or "socks" on each paw.



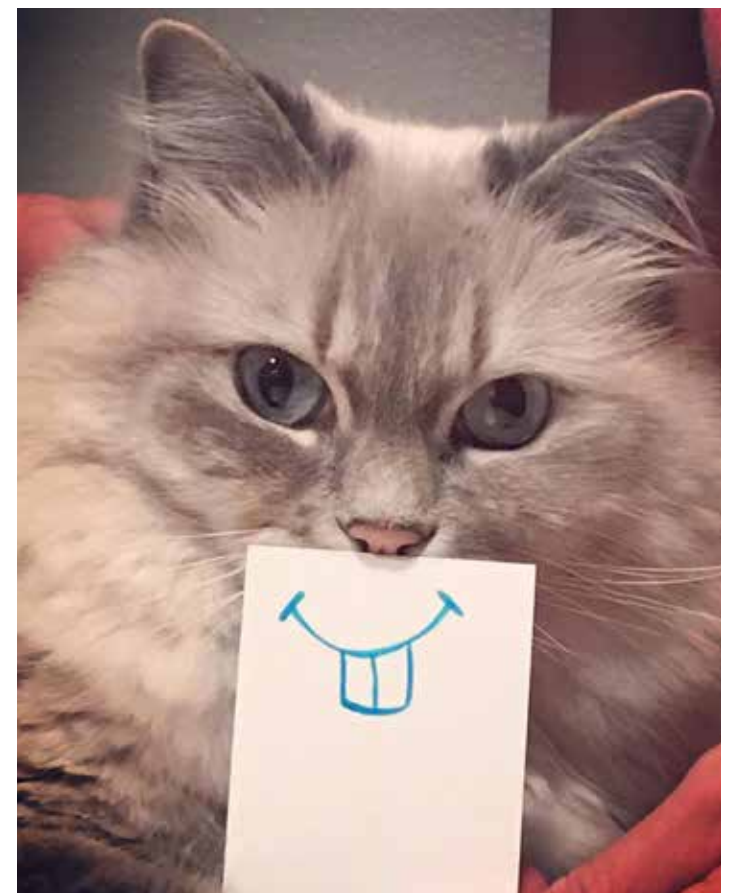
Where did you get your pet: From a breeder in Daytona Beach, FL

Why did you get your pet: She was too cute!

How spoiled is she: Suki is very spoiled!

What's an interesting fact about Suki? Her name means love in Japanese and she was featured in the Halifax Humane Society 2016 Calendar!

Suki is a very playful and energetic cat! She likes to spend her days indoors sunbathing and looking out the window at birds and lizards; she gets a kick out of it. She is also very mischievous and will try to get into anything she can find around the house, especially fresh flowers. Suki also enjoys taking multiple naps throughout the day, so she can run around the house at night when her mom is trying to sleep. She also loves to drag her favorite cat toy around the house with her until you play with her, she can be very persistent at this, but how could you say no? Suki is one cute little fluff ball and she definitely attracts lots of attention!



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About Your Internet Browser...

tech talk

By Ken Gelineau



For all its positives and negatives, Internet Explorer was the number one browser for nearly 10 years. But today, Microsoft has basically made it a thing of the past. This move by Microsoft has left many people at a loss for a good solid internet browser. The new number one, Google Chrome (launched in 2008), has given users an

option that can satisfy most needs and as people have made the change, they have experienced few issues.

Most of us know the basics that are consistent with any browser: Navigation Buttons – Back and Forward, Refresh Button, Stop Button, Home Button, Address Bar, Tabbed Browsing and Bookmark Buttons.

But there are also some lesser-known, sometimes useful or fun features. These can make your life a little easier and on occasion provide a useful distraction for you. Here are a few of our favorites:

Create a Profile for Your Child (That You Control and Supervise) No more than you would let your child run freely in the neighborhood, you shouldn't let them run free in the digital world either. Chrome allows you to setup a profile for your child that you can monitor and control.

First, create a new profile by going to Settings > People > Add person. Make sure to click the box next to "Control and view the websites this person visits from [your log-on account]" and click Add.

A few minutes later, you'll receive an email link leading you to the supervised user's page. There, you'll have the ability to block certain sites, keep SafeSearch on lock, and view that user's Web activities. You can then log your child into Chrome under their own identity by clicking the identity tag up in the top-right corner of the browser window. You also have the ability to set up multiple identities for multiple children.

Zoom In and Zoom Out

On a PC, you can zoom in or out on a page by pressing Control while rolling your scroll wheel up or down (or by pressing Control-Plus or Control-Minus). Once you zoom in or out from the default, a magnifying glass icon will appear in the right side of the address bar. You can click the magnifying glass to manually zoom in or out or hit "Reset to default" to return to the normal 100 percent view. Conversely, you can also click Control-0 to return to the default. On a Mac, you can zoom in and out by pressing Command-plus or Command-minus. Pressing the Command-0 function will still bring you back to default.

Is The Internet Out and You Need a Diversion?

Chrome has a hidden game featuring a monochromatic T-Rex. You can access it by manually disconnecting your device from the Internet or if the internet is already down, and then opening a new tab. This will open a page that says "Unable to connect to the Internet," and will feature a little 8-bit style T-Rex at the top (if you watch, you'll notice he/she blinks every few seconds). To play, just hit the space bar and you'll enter a forever-runner game in which the T-Rex runs along a desert landscape. Press the spacebar to make it hop over the various cacti and vultures it encounters. It's great fun for like 40 seconds.

There are plenty more tidbits that can be useful and/or entertaining if you would like to see more, email us...

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Thanks for your time, Ken Gelineau

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Mike's Annual BEAN BAG TOURNAMENT

Residents Play In Community Bean Bag Tournament

Photos By Classic Photography &
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Meet Mike and Judy Bridges

Prior to living here in Florida, Mike and I used to live in Indiana and played a lot of bean bags with our friends. When we moved to Promenade, we decided to see if any of our new neighbors were interested in playing, so we had our first tournament in 2012. Everybody seemed to enjoy themselves and had a lot of fun, so we planned another in 2013 with the same results and a few more neighbors. Later on in 2014, Jim Paytas built a gazebo on our park so we could hold events there. That was really great; we contacted Chris Hall, who sent out the invitation on the Promenade website and had people sign up online. Everybody brought a dish to share and their choice of drink. We have had it there for three years and all the neighbors pitched in and brought boards, food, tables and tents. We could not have done this without everybody's contribution, especially Gary Tobiasz for set up and Carol Tobiasz for keeping the scoreboards. This is truly a great neighborhood to live in. We have now been requested to do a co-ed tournament in the near future.

The Gentlemen

Ronnie BeeBe, Randy Brands, Dave Bernier, Vinnie Harrick, John Johnson, Bob Lohman, Pete Delieto, Pete Goodlatte, Joe Simon, Steve Miller, Glen Rodway, Rob Bachman, Chuck Piercy, Skip Bednarczyk, Frank Lupi, Tom Biedingert, Bob Norrington, Bob Boswell, Frank Tobasco, Hanns



Hoebeek, Tom Annette, Phil Hall, Mike Bridges, John Sharman, Vince D'Angelo, Al Fabrizio, Bob Pyles, John Moss, Tom Gilmore, Biff Clegg, Ernie Dube, Bill Hernandez, Ernie Jackson, Jack Mayze, Gerry Amatucci,

Congratulation to winners **RANDY BRANDS AND JOHN SHARMON!**

The Ladies

Marie BeeBe, Barbara Brands, Marie Bernier, Judy Miller, Lee Delieto, Jeannie Piercy, Maria Goodlatte, Suzanne Cooley, Diane Abrams, Pat Rodway, Gunna Bachman, Sue Boswell, Pat Hoebeek, Chris Hall, Louise D'Angelo, Gale Dube, Kim Sharman, Rita Hernandez, Debbie Amatucci

Congratulations to winners **JUDY MILLER AND GUNNA BADCHMAN!**

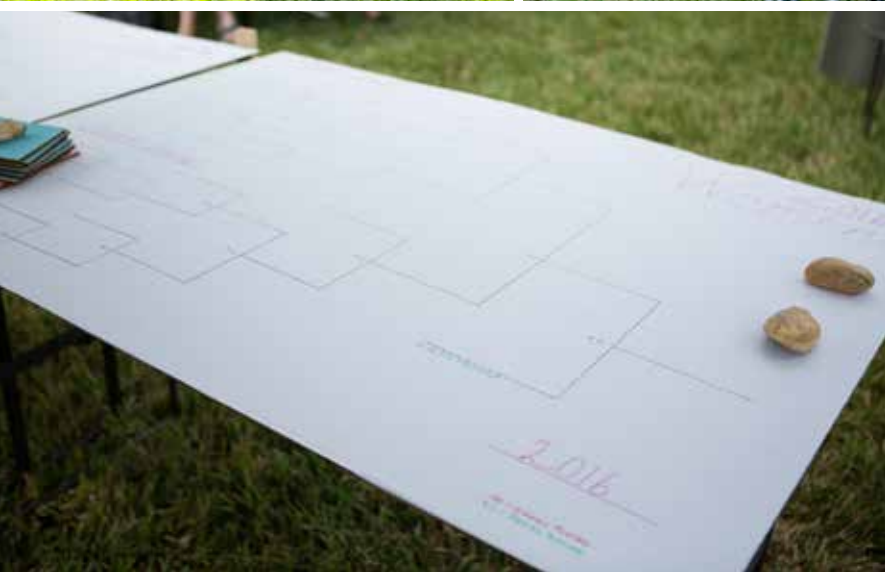


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Photos By DAnderson Photography & Don Howard Photography



CEO, **Chase Herbig** speaking about the valued partnership with HIG Insurance and Venetian Bay residents.



Owner, **Katie Kelsey Liller** welcomes business owners, neighbors, family and friends to The SPA at Venetian Bay.



Manager, **Skip Wooden** speaking about the valued partnership between Waynes Solar and the N2 Publishing communities.



ALLERGY Tips

kids' health talk ▶▶ By Volusia Pediatrics

Ahhh, spring. The flowers are blooming, the sun is shining and there are so many fun things to do outdoors! For a lot of children, springtime can also be a sneezy, snotty, itchy, watery-eyed nightmare! Read on for tips to treat allergies and help your child enjoy springtime!

The following tips are from the American Academy of Pediatrics (AAP) - Allergies and Asthma: What Every Parent Needs to Know, by the American Academy of Pediatrics.

COMMON CLUES THAT YOUR CHILD MAY HAVE AN ENVIRONMENTAL ALLERGY:

- Environmental allergies: Cold-like symptoms without fever, that last more than a week or two or develop around the same time every year. Symptoms may include an itchy, runny nose, nasal stuffiness, sneezing, throat clearing, and itchy, watery eyes.



COMMON ALLERGENS ON THE HOME FRONT

- Dust mites (found in bedding, upholstered furniture and carpet etc.)
- Animals (dogs, cats, guinea pigs, gerbils, rabbits, etc.)
- Pests (cockroaches, mice, rats)
- Pollen (trees, grasses, weeds)
- Molds and fungi (including molds too small to be seen with the naked eye)

HOW TO MANAGE ALLERGIC NASAL SYMPTOMS

- Nasal allergy symptoms can be caused by indoor allergens such as dust mites, pets, and pests, as well as outdoor allergens such as pollen. Molds, which can be found indoors and outdoors, can also trigger nasal allergy symptoms.
- Allergy testing can be performed to determine whether your child is allergic to any environmental allergens.
- An important step in managing allergy symptoms is avoidance of the allergens that trigger the symptoms.
- If your child is allergic to pets, the addition of pets to your family would not be recommended. If your child has allergy symptoms and is allergic to a pet that lives in your home, the only way to have a significant impact on your child's exposure to pet allergens is to find the pet a new home.
- If your child is allergic to pests in the home, professional extermination, sealing holes and cracks that serve as entry points for pests, storing foods in plastic containers with lids and meticulous clean-up of food remains can help to eliminate pests and reduce allergen levels.
- Dust mites congregate where moisture is retained, and food for them (human skin scales) is plentiful. They are especially numerous in bedding, upholstered furniture, and rugs. Padded furnishings such as mattresses, box springs, and pillows should be

encased in allergen-proof, zip-up covers. Wash linens weekly and other bedding, such as blankets, every 1 to 2 weeks in hot water.

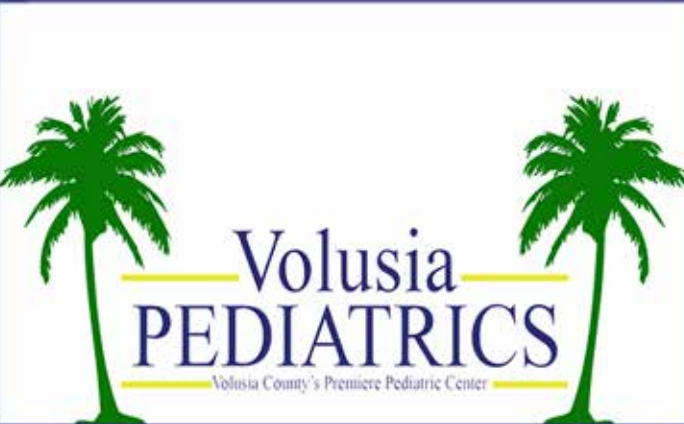
- If your child is allergic to outdoor allergens, use air conditioners when possible. Showering at the end of the day to remove allergens from body surfaces and hair can also be helpful. For patients with grass pollen allergy, remaining indoors when grass is mowed and avoiding playing in fields of tall grass may be helpful during grass pollen season. Children with allergies to molds should avoid playing in piles of dead leaves in the fall. Pets tracking in and out of the house can also bring pollen and mold indoors.

MEDICATIONS TO CONTROL SYMPTOMS

Your child's allergy treatment should start with your pediatrician, who may refer you to a pediatric allergy specialist if necessary.


- **Antihistamines** –Taken by mouth, they can help with itchy watery eyes, runny nose and sneezing, as well as itchy skin and hives. Some types cause drowsiness
- **Nasal Corticosteroids** - Highly effective for allergy symptom control and widely used to stop chronic symptoms. Safe to use in children over long periods of time. Must be used daily for maximal effectiveness.

*** Always contact your pediatrician to verify the correct medications and dosage for your child.*




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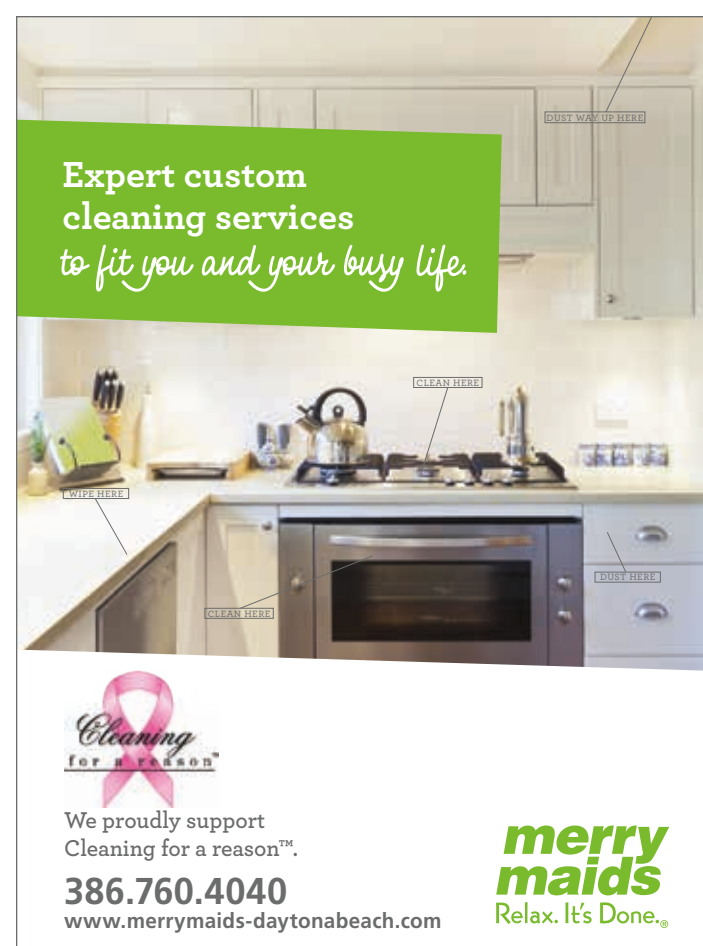
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