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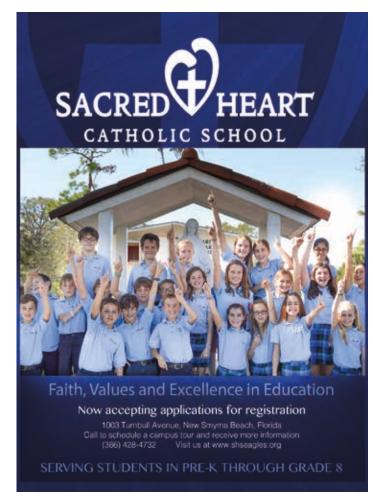
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4 Venetian Bay Living • June 2018 June 2018 • Venetian Bay Living 5



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**6** Venetian Bay Living • June 2018



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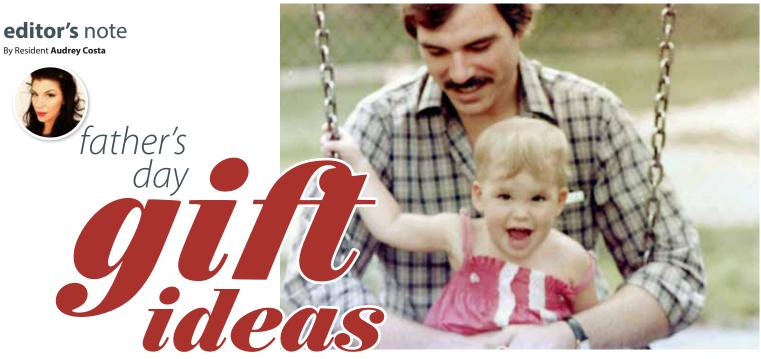
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Dr Richard (Rick) Martorano is the owner of R. Martorano Productions LLC and Music, Etc. Inc. He is a prominent musician, producer, composer, music director and adjunct university professor residing in New Smyrna Beach. He has produced and directed over forty Broadway musicals for community or Dinner theater and worked with some of the biggest names in show business. He has produced over 30 radio jingles and TV commercials advertising Addy winners. He has an undergraduate and Master's degrees from Florida State University and Rollins College and Doctorate in Music and Broadcast Communications from California State University and the Los Angeles Conservatory of Music. He is a feature contributor to several periodicals and can be reached at rjaem222@gmail.com



I don't know about you, but buying the perfect Father's Day present is challenging. When buying or making gifts for men, it never feels like it hits the mark - that is unless you have the dough for electronics or tickets of some sort. Many of us want to give our fathers and/or father-figures something they actually want and can truly get excited about. But this isn't Christmas, so a hint of sentiment along with a cool factor is what I'm aiming for. I love

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shopping and/or creating the perfect gift for just about anyone, but when it comes to the men in my life, boy, do I struggle!

One Father's Day, after searching high and low in stores and online, I was incredibly lost as to what I wanted to gift. Nothing stuck out. And heaven knows how much I loathe fart-centric things. It's degrading and who in the world proudly sports a "Fart Loading" shirt anyway?! I wanted my dad, who I lovingly call "Pop," to know how much I loved him and what he meant to me. Naturally, I honed in on something we shared a love for - space! So, after I landed on page 20 of my Google search for best Father's Day gifts ever, I found some rando company website offering moon real estate ... you read that correctly. I was exhausted and broken inside from the hunt that I allowed this bootleg company to convince me that for the low-low price of \$100, I, too, could bestow property on the moon to my intergalactic dad. Do not laugh, I was desperate. So, that's what I got him. It came as a plaque notating his plot of land and a corny certification of authenticity. Seriously, what was I thinking?! At that point, I thought I struck gold - or in this case, moon. I could tell when he opened my awe-inspiring Father's Day present that he thought I got bamboozled, which I did, but he played up his excitement. He was likely in awe at how dense I was to spend money on a B.S. deed to the moon. "This is so great, honey! I love it." Bless his heart, he even hung the plaque behind the front door of his house to appease me. I hated looking at it every time.

The moral of the story is, some of us stink at giving gifts to certain people. And if I see another fart-related Dad gift, I'm going to boycott the interwebs. But, for this Father's Day, here are some ideas we can think about getting good ol' Pops, Dad, Grandpa, Pop Pop, Gramps, Daddy, Papi, Baba or whatever you call the special man in your life:

Personalized Whiskey Barrel (Uncommon Goods, \$85-

[For Pics- https://www.uncommongoods.com/product/ personalized-whiskey-barrel ]

Pricey, I know. But if you have the cash and the desire to personalize a unique gift you can enjoy together, this would be it. Guarantee he'd show it off to anyone he makes drinks for at the house. Just imagine the warmth in his voice as he tells his guest his kid had it made for him. It's the ideal mix of sentiment and something he'd want but would never get for himself.

#### Hand Designed T-shirt from the Kiddo(s) (Prices vary based on supplies)

A couple of years ago, my then three-year-old made a one-of-akind shirt for her daddy she scribbled on which he wears proudly to this day. Thanks to Pinterest and its Pantheon of incredible ideas, my kid won the Pulitzer for the most precious gift ever! It's easy, inexpensive and quick to make: Simply take a plain colored t-shirt you can find at Walmart, Target or Michael's. Position masking tape onto the fabric in a design so it creates a pattern. Then, have daddy's mini-artist doodle on to the shirt with a contrasting colored fabric marker or paint pen around the tape. Once the tape is removed, revealed is a one-of-a-kind masterpiece made by none other than the fruits of thine loin or the fruits of his loins' loins.

#### Cologne (Prices vary)

Say what you will, but I know deep down inside most men fancy a spritz of a masculine fragrance. They'd appreciate a handsome bottle of cologne, for sure. If not when they open it, every time they spray it, they'd think of you. If you don't know their signature musk, consider what family of scent might be appealing. You don't have to spend a lot. If cologne is too expensive, opt for a body spray.

#### The Precious Gift of Time Together (Free)

That's all anyone really wants, isn't it? Take the kids out and let your husband chill, schedule a date with your grandfather, share a cocktail with dad or handwrite a letter to your uncle just to say hi and tell him you're thinking about him. At the end of the day, it's a gift for him, but it's a gift for you, too! Time and health are life's greatest gifts. Offer your time to express the love and appreciation you have for the dads in your life.

Obviously, Father's Day is more than just giving a perfect present. It's celebrating a good man. Whatever the condition of your relationships, Father's Day is a time to acknowledge a parent who can sometimes be overlooked as an emotional, devoted and hardworking individual who is worth reminding that he is so loved. Happy Father's Day, dads. We see you and appreciate all you do.



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on Facebook \$200)

**12** Venetian Bay Living • June 2018 June 2018 • Venetian Bay Living 13 Pandi turned 18 on March 1.

Pandi is not like other cats, she is super friendly and loves to be the center of attention. She will jump up to sit with you or rub up against your legs until you acknowledge her.

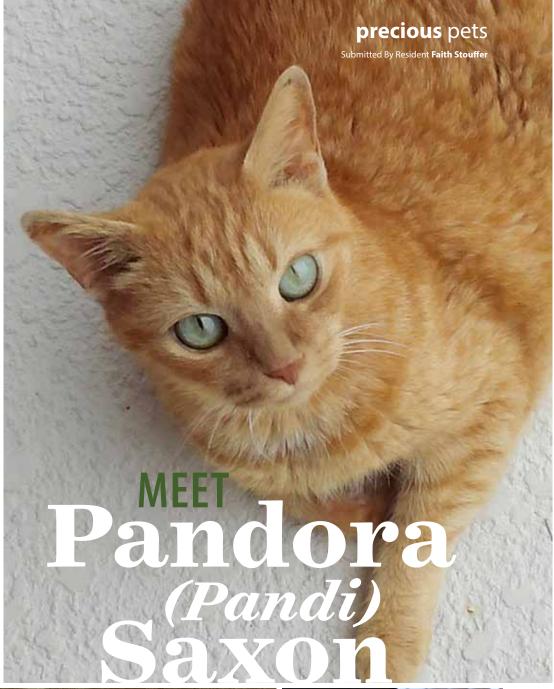
She loves boxes and will do whatever it takes to get inside.

She loves to be outside on the lanai napping in her chair.

Occasionally she drinks from the pool even though she has a water bowl nearby.

Pandi loves to walk around her house in Marisol on her own mossy path with her owner, Sue.





































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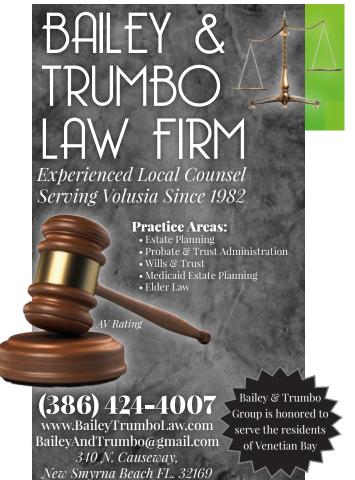


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#### **neighbors** night out

Submitted By Resident Faith Stouffer

The residents of Promenade Parke are grateful to Paytas Homes Sales Reps, Lee Ann Mialki and Jeff Dalley, who graciously hosted the monthly

Promenade Parke Happy Hour on April 10. Promenade Parke is now 100 percent sold out and Jeff and Lee Ann really wanted to express their appreciation to the community for all of their support during the entire project.

Due to the rainy weather, the event was moved from the community pavilion on Luna Bella Lane to the Paytas Homes sales office in Verano, so it was "standing room only!" Jeff and Lee Ann supplied the beverages along with some great food catered by our very own Happy Deli. The residents turned out in a big way to share in the celebration and a great time was had by all.

















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and the encouragement of a core group of close friends who marched with Ernie the last few miles, he achieved his goal with 10 seconds to spare!

What Ernie didn't know at the time was his Ruck up Cancer March also raised much needed resources to fight cancer. Not wanting anyone to make a big fuss over his birthday, Debbie decided to surprise Ernie by asking family and friends to consider making a donation to the American Cancer Society (ACS) in lieu of gifts. The support was overwhelming. They raised \$1,050 to help the ACS win the battle against cancer!

#### Why are you marching?

I wanted to do something physically demanding on my 60th Birthday to prove to myself that age is just a number. The ruck march met my criteria. It's something most Infantrymen, even those in their 20s and 30s, consider to be one of the toughest aspects of Army training. And it helped me get in shape to fight my personal battle with cancer.

I also wanted to create a greater awareness of my fellow veterans who developed cancer. While training for the march and during my chemo treatments, I've heard from many vets whose lives were forever changed due their exposure to carcinogens. I am one of those vets. As a result of my exposure to chemicals while serving in Iraq, I developed Non-Hodgkin's Lymphoma.

I named the march "Vets Ruck Up Cancer" to honor my fellow vets and to inspire my wife, Debbie, who has ovarian cancer, and other survivors to fight on and to live life to the fullest. If I can inspire even one Veteran during his or her fight with cancer to push on, then my mission was accomplished.

#### What is the significance of the Ruck?

Cancer forever changes your life and makes you accept a "new normal." From the moment you hear the dreaded phrase 'you have cancer,' you go through a personal journey that takes you through the different phases of your treatment plan. The Ruck, which is loaded with 35 pounds, represents the heavy burdens cancer patients and their families face along this stressful and often painful journey. It also represents a way to stash the suffering. The streamers attached to the ruck bear the names of people who are battling cancer or lost their courageous fight. The American Flag honors all the veterans who have served and the sacrifices they endured.

#### How did you prepare for the march?

I started training nine months ago. Because I'm receiving immunotherapy treatments, I needed to be especially careful to avoid any type of infection that could severally compromise my immune system.

My training plan had three components: physical, mental and spiritual. I knew I needed to increase my muscle mass and reduce fat content. In addition to eating well, I worked out in a serious manner at the Port Orange LA Fitness under the supervision of Chaz Roberson, lifting weights at least three times a week.

Additionally, I marched with the full ruck twice a week, alternating between a short fast march (four to five miles) to build speed and a long march (seven to 10 miles) to build endurance, gain muscle mass and reduce fat.

The entire time I was under the care of Wakeman Chiropractic, which kept my bones sufficiently aligned and tissues repaired. I could not have conducted such a physically demanding training routine without the Wakeman staff.

Most importantly, I reached out to God and asked him for his help and guidance to build my mental toughness. My strong faith and the support of my fellow Knights of Columbus (Council 8086 at Our Lady of Hope Catholic Church in Port Orange), under the leadership of the Grand Knight Tim Mell, gave me the internal spiritual strength, solicitude and clear head to focus myself to accomplish my goal.

#### How did you stay motivated during the Ruck March?

I went as fast as I could without running, although to make the time on the actual event, I had to run some. I listened to upbeat music to stay motivated. When I am really hurting with pain in my shoulders, legs, back and feet and start feeling sorry for myself, I listen to "Highway to Hell" by AC/DC.

I also try to block out pain by thinking about the people whose names are on the streamers on my ruck sack and honoring the memory of many courageous veterans. During the marches I often confess to God. I pray for my wife, Debbie, friends and our

# Vet CANCER

A fter serving his country with distinction for 20 years, retired Infantry Lieutenant Colonel and former Army Ranger Ernie Jackson is now fighting one of the toughest battles of his life. In September 2015, Ernie was diagnosed with a rare form of ocular Non-Hodgkin Lymphoma.

Shortly after surgery to remove the cancer from behind his left eye, Ernie received immunotherapy infusion treatments to attack the residual tumor and prevent the cancer from spreading.

That's when Ernie and his wife Debbie, who is also a cancer survivor, decided to move to Florida. It was the best decision they could have made. They are both living life to its fullest, enjoying the warm weather and the busy social life that seems to come hand-in-hand with living in Promenade Parke.

Ernie wanted to do something special on his 60th birthday to thank God and honor others impacted by cancer. He set a goal for himself which many questioned he could accomplish – to complete an Army 12-mile forced road march in three hours, hauling a 35-pound ruck.

On March 31, the morning of his 60th birthday, he reached his goal! The Jacksons were overwhelmed by the outpouring of support he received during his Ruck Up Cancer March. Family, friends and even some Venetian Bay residents who didn't know Ernie personally but heard about his march or saw him training, came out to cheer him along the route. And when he turned onto Tesoro Circle, exhausted and feeling the pain of carrying the 35-pound ruck sack, his neighbors were out in full force, waving flags and banners. With their enthusiastic support

22 Venetian Bay Living • June 2018

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Dave Vaden, Wayne Bennett, Ernie Jackson. Three retired soldiers marching near mile nine.



Ernie works out at LA Fitness under the supervision of Chaz Roberson





Heading to the finish line with Dave Vaden, Sam Vaden and supporters/residents George and



L to R Back Row: Sam Vaden, John O'Brien, Dave Vaden, Pete DeLieto, Ernie Jackson, Debbie Jackson Front Row: Lee DeLieto, (Willow), Ashley Jackson, Carmel Vaden



Nurses who provide care in the Chemo Infusion Ward at the Florida Cancer Specialists Institute in Daytona

veterans struck with cancer. I think about how lucky I am to be able to carry a load on a Ruck March when others cannot.

I always make sure I finish strong.

#### How do you feel now that you completed the Ruck up **Cancer March?**

I am extremely grateful to God. And I was overwhelmed by the support from the Venetian Bay residents - some who I didn't know - our daughter, Ashley, and my wife, Debbie, and friends who lined up along parts of my route to show their support.

#### What is the hardest thing about the march?

The worst part was walking when I had blisters on my feet and ruck rubs on my shoulders and back. They sting and hurt. After my first six-mile Ruck March, my feet looked like they were put in a blender. I had to get our neighbor retired Navy Corpsmen Wes Strevel to patch me up.

During the actual march, my lifelong Army buddy, LTC Dave Vaden, and his son, Sam, joined me after the halfway point. Because the heavy early morning winds tired me out and I was in a lot of pain, my pace started to slow down around mile nine. Dave pushed me to keep on pace, knowing my goal was to complete the march in Expert Infantryman standard of less than three hours.

#### What is a message to cancer survivors?

I hope the march will inspire vets and others diagnosed with cancer to "Ruck Up the Cancer." You may not be able to eliminate all of the stress cancer causes, but you can take steps to ruck up stress by taking good care of your physical, mental and spiritual well-being. Live your life to the fullest and don't let cancer control you!

#### Will you continue Ruck Marching?

Yes, because this a good way to help me stay fit, physically and spiritually. But I am only going to do five and six-mile marches. The 12-mile forced march is too taxing on my body to do on a regular basis.

#### What is next to help veterans?

I was overwhelmed that my wife's efforts resulted in generating funds to fight cancer. So, we are now committed to make this an annual fundraiser to generate money for veterans in our area who are battling cancer. We are partnering with AMVETS Post 2, the Knights of Columbus and the Promenade Park HOA to make this a public event so other veterans, families and community members can participate. Next year, there will be two affiliated events: a food/social event and motorcycle ride on Saturday, March 30, and a Ruck March on March 31 with three ability groups to accommodate all fitness levels. Our goal is to raise \$25,000 for military cancer victims who need help. If you are

interested and want more information about next year's March, contact LTC Ernest Jackson at 50chevypickup@gmail.com.

Background Info On Ruck Marches

#### What is a 12-mile Forced March?

By definition, the military "Ruck March" requires a soldier to move equipment a long distance in a prescribed time. Dating back to the Roman Empire, the forced March has been used by armies to move troops into battle positions in a prescribed time to win battles and ultimately wars. The best example is the Civil War. On a hot summer's day in 1863, Union Army Col. Joshua Chamberlain marched his regiment of soldiers 15 miles across Pennsylvania to reach Gettysburg and position them in a battle position just in time at Little Round Top. This swift maneuver enabled the Union troops to win the decisive battle and, ultimately, determined the outcome of the war.

Today, the 12-mile Forced March (while carrying a 35-pound load) is used to test individual and unit endurance, physical con-

ditioning, intestinal fortitude and unit cohesion. The Army's elite 18th Airborne Corps' standard for the 12-mile march is 18-minute miles. To qualify for the Army's prestigious Expert Infantrymen Badge, soldiers must complete the march at 15-minute miles. Elite military units refer to this grueling endurance test as a "Ruck March." Gulf Atlantic Vehicles "Where Quality Matches Value and Customer Service" Sales | Mobile Service | Custom Accessories New | Used | Reconditioned Cars Now drive time can be quality time FINANCING AVAILABLE (386) 427-9778 **Gulf Atlantic Vehicles** 3298 Pioneer Trail New Smyrna Beach FL., 32168 www.GulfAtlanticVehicles.com

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On March 31, Ernie completed his 12-mile Ruck March in 2 hours, 59 min and 50 seconds.

#### Veterans with cancer

Over 46,000 new cases of cancer are reported annually by the Veteran's Administration's Central Cancer Registry. It is estimated ed the VA cares for 175,000 veterans, who have cancer caused by their military service. A 2014 Gallup Poll revealed that over half of these veterans have experienced difficulty in obtaining proper medical services with excessive wait times. Additionally, it is extremely difficult for many vets to get the VA to provide advanced treatments or access to clinical trials. Jackson experienced this first hand. He had to contact his congressman on several occasions to intervene on his behalf to get the VA to approve the immunotherapy treatment needed for his rare type of cancer.

#### Why carry weight?

First, it is the U.S. Army standard. And, weight-bearing exercise is actually good for you because it increases bone density and prevents bone loss. This is important for cancer survivors because cancer and chemo drugs can attack the bone structure.













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Over the past few years, I've become increasingly interested in the performing arts. From watching programs like So You Think You Can Dance and The Voice to attending the musical Wicked and local play The Actress, it is easy to understand how I've become obsessed with the Broadway musical Hamilton. So when I was told I would be interviewing Joanne Van Zyl, a lifelong actress from Buffalo, New York, who has directed over 50 student productions as a drama instructor, I was intrigued.

Joanne comes from a family of singers, though not professionally. Her father, 93, still sings in a group in Naples for charity. Her parents taught their children how to harmonize at an early age. Not long after, they were singing harmony in church. However, Joanne's knack for singing was apparent much sooner.

"My mother played records all the time," Joanne said. "She told me I sang before I talked, singing songs on the radio as a baby."

Growing up in Buffalo, there weren't many community or professional theaters where children performed, so she was limited to performing in places like church and school. One of her first plays was written specifically for her by her first-grade teacher.

"It was called Joanne, Wake Up!" she explained. "This was a fitting title for me because I don't sleep very well, so when I do, I don't want anyone to touch me!" Her mother was the school's Room Mother, and everybody had to do a play with their class.

As an adult, her husband had landed a job in Florida, so she moved south and worked for an Equity union theater on the Florida west coast, where she graduated from college with a degree in theater. Although most of Joanne's performances were stage acting, the roles she appreciated most were singing roles. She has performed in various plays: 9-to-5 (based on Dolly Parton's song/movie), Don't Drink the Water (Woody Allen), God's Favorite (Neil Simon), Beauty and the Beast, Zorba, and Oliver, to name a few.

As Joanne got older, life mandated that she find another source of income. She has spent years teaching special needs children and making a name for herself in the education field. Today, she continues to live her passion through performance. She recently performed at the Debary Theater in Beach Party, where she was cast as the alcoholic high school principal.

"One of the great things about aging in the performance industry is that your roles must change,"

Joanne stated. "I get to play much more interesting roles now."

Joanne plans to continue acting for as long as she can. She continues to audition and perform whenever possible. Her passion for the arts is potent and authentic, exhibited by her every breath and movement. Some pursue acting strictly for fame and fortune, others purely for the love of it. Sometimes it is both, but ultimately, it doesn't matter. The arts, particularly live theater, seem to lack in demand by millennials and Gen-Xers, which elicits a feeling of pride and excitement within me because I have only just begun my exploration of the performing arts.

Joanne has shared her gift with so many people in an industry that is so often thankless. Thank you, Joanne. Perhaps a new play will emerge, titled: America, Wake Up!



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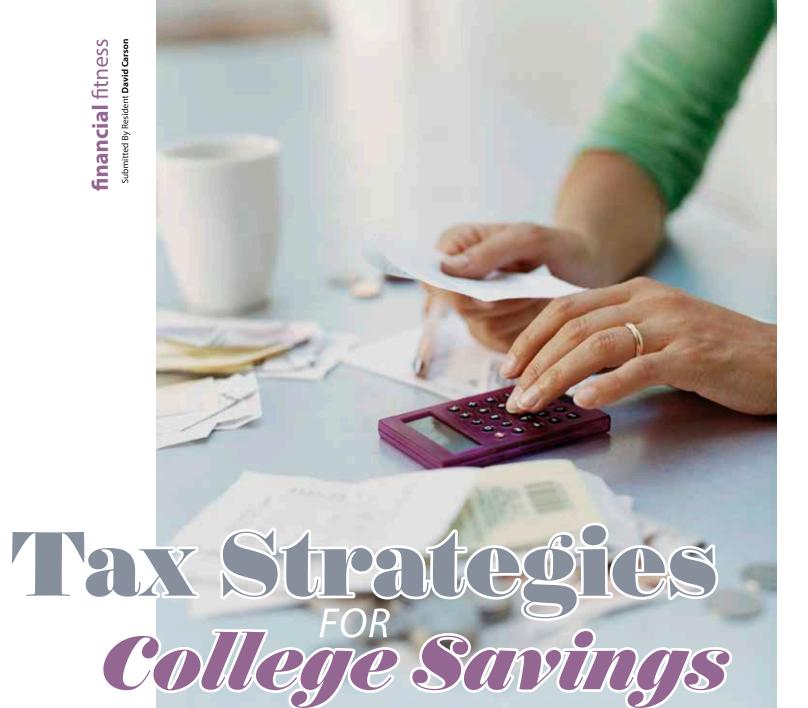








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How Your Tax Strategy Can Help Cover **Rising College Costs** 

In today's world, many families rely on more than one strategy to save for the costs of their children's education. Whether your children are getting ready for kindergarten or graduation, capitalizing on tax-saving opportunities can help make college a financial reality.

#### Long-term saving strategies

The best defense to rising costs is to save early and often. While there are a variety of accounts and ways to save for college, 529 plans, Coverdell and custodial accounts offer possible tax benefits.

#### 529 plans

These plans, named after a provision in the tax code, are one of the most popular ways to build savings over time. A parent or even a non-relative can establish a 529 plan for a student, with the ability to switch potential beneficiaries anytime. The person establishing a 529 account retains control over the assets and how they are used. Any earnings grow on a tax-deferred basis and any withdrawals used to meet qualified higher education expenses of the named beneficiary are income tax free. This is a significant incentive to save for college and offers a great deal of flexibility due to the high maximum contribution amounts, which vary by state.

While contributions to a 529 plan are not deductible for federal income tax purposes, many states allow for deductions/credits on state income taxes. Check your state's laws and consider making a contribution before the end of the year to claim a deduction/ credit on your 2017 state return.

#### **Custodial accounts**

The Uniform Transfer to Minors Act (UTMA) and Uniform Gifts to Minors Act (UGMA) custodial accounts offer a way to transfer assets to your minor. A named custodian manages the account until the designated minor is old enough to assume ownership (usually 18 or 21 depending on the laws of your state). However, because the student is the account owner, the assets may affect his or her eligibility for financial aid. The tax benefits to the donor include reducing the size of the donor's estate for estate tax purposes and the ability to exclude earnings on these assets from the donor's income taxes, though income tax rules still apply to the child (and kiddie tax could have an impact).

A Coverdell education savings account, a specific type of trust or custodial account, allows you to save for higher education as well as private elementary, middle or high school expenses. Contributions are limited at \$2,000 a year for a single beneficiary and are only allowed until the minor turns 18. Any earnings in the account grow tax free and there's no federal tax when the money is withdrawn for qualified expenses. The account funds must be distributed before the designated beneficiary turns 30, and any remaining money will be distributed to the beneficiary with the earnings subject to tax and penalty unless the account is transferred to another family member. If the Coverdell is established for a special needs beneficiary, the rules vary.

Tax-saving strategies when you are making tuition payments Once you transition to paying for college expenses, there are potential tax credits and deductions that may help you save money on your tax bill.

Tax credits provide a dollar-for-dollar reduction in taxes due. Credits can be earned in the year tuition is paid, in many cases, even if it is for the academic period beginning in January thru March of the following year. Payments made by the end of 2017 may qualify for a credit on this year's tax return. Two credits you may qualify for include the American Opportunity Tax Credit and the Lifetime Learning Credit. Income restrictions and other qualifications apply, so work with your tax professional who can help you determine the best tax strategy for your situation.

#### Tax deductions

Depending on your circumstances, you may qualify for deductions related to education expenses at the federal and/or state level. For example, a federal income tax deduction of up to \$2,500 is available for the interest paid on a qualified education loan, however, certain income restrictions apply.

Consult with your financial advisor about the best college saving

strategies for your situation and with your tax advisor on potential tax-saving provisions of the law.

David Carson, CFP® is a Private Wealth Advisor and Vice President with Ameriprise Financial Services, Inc. in Daytona Beach, FL. He specializes in fee-based financial planning and asset management strategies and has been in practice for 20 years. To contact David, visit his web site at www.CarsonWheeler.com.

Clients contributing to a 529 Plan offered by a state in which they are not a resident, should consider, before investing, whether their or their designated beneficiary(s) home state offers any state tax or other benefits only available for investments in such state's qualified tuition program.

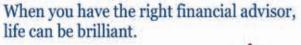
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