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Volume 7 • Issue 7

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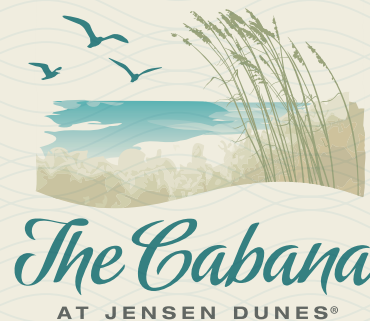
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FROM THE EDITOR

By ANGEL CHAVEZ

## LIMITLESS LIVING

HOW FIT DO YOU THINK YOU ARE? I MEAN HOW FIT ARE WE FOR THE TIMES AHEAD? OR HOW MUCH OF OUR LIFE IS WORTH POURING INTO OUR KIDS AND FUTURE GENERATIONS?

Times like these are calling for us to get fit. I mean really FIT. I mean spirit, soul, and body.

### 1st Level Living: THE PHYSICAL

Traditionally we are consciously educated about our physical being. At the very least everyone must have a routine of balanced eating, including vegetables and fruits, getting enough exercise, drinking enough water, and getting sufficient rest. With this basic formula, we can go from the natural realm to the emotional realm and then the spiritual realm.

For it is from the spiritual realm that life flows. From where the laws that govern our whole being flow.

“Lord, you have examined my heart and know everything about me. You know when I sit or stand. When far away you know my every thought. You chart the path ahead of me and tell me where to stop and rest. Every moment you know where I am. You know what I am going to say before I even say it. You both precede and follow me and place your hand of blessing on my head...

You made all the delicate, inner parts of my body and knit them together in my mother's womb. Thank you for making me so wonderfully complex! It is amazing to think about. Your workmanship is marvelous—and how well I know it. You were there while I was being formed in utter seclusion! You saw me before I was born and scheduled each day of my life before I began to breathe. Every day was recorded in your book! *Psalms 139*

### 2nd Level Living: EMOTIONALLY FIT

- TIMES WILL KEEP TURNING FROM GRAY TO DARK AS WE APPROACH THE CHANGE OF KINGDOMS. And that will require that we have a healthy mind and be emotionally fit. That will require that we transform our thinking, which for centuries has been bombarded with twisted knowledge from the kingdom of darkness, negative and self-destructive lies, to the point that many are blinded to the truth.

“In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them”. *2 Corinthians 4:4*

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” *Romans 12:2*

TRAIN YOUR MIND TO BELIEVE GOD'S WORD. HIS THOUGHTS WILL BECOME YOURS. HIGHER AND DEEPER TILL GOD'S WORD BECOMES THE REAL SELF.

“Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God.” *Luke 4:4*

“He will keep in perfect peace all those who trust in him, whose thoughts turn often to the Lord! Trust in the Lord God always, for in the Lord Jehovah is your everlasting strength. *Isaiah 26:3-4*

“But the wisdom that comes from heaven is first of all pure and full of quiet gentleness. Then it is peace-loving and courteous. It allows discussion and is willing to yield to others; it is full of mercy and good deeds. It is wholehearted and straightforward and sincere. And those who are peacemakers will plant seeds of peace and reap a harvest of goodness”. *James 3:17-18*

### 3rd Level Living: THE SPIRITUAL LIFE

“Fight the good fight of faith, lay hold on eternal life...” *1 Timothy 6:12*  
“And from the days of John the Baptist until now the kingdom of heaven suffereth violence, and the violent take it by force.” *Matthew 11:12*

FIGHTING THE GOOD FIGHT OF FAITH REQUIRES TO FIGHT FROM THE THIRD LEVEL. THE SPIRITUAL LEVEL. NOT THE PHYSICAL LEVEL, NOT THE EMOTIONAL LEVEL, BUT

continued page 36

**JENNY FIELDS, CFE  
FOR MARTIN COUNTY  
PROPERTY APPRAISER**



18



**12 The Truth About Burning  
and Storing Fat**



**28 Hurricane  
Preparedness**

# CONTENTS

MARTIN COUNTY • JULY 2020 • VOLUME 7 • ISSUE 7

## ON OUR PAGES



**5 KIDS**

>>> All things kids! Advice for parents of kids from 0 to 17. Activities. Nutritional information and more.



**8 SCIENCE & TECHNOLOGY**

>>> Devices and ideas that help to improve our lives. Scientific & technical information. Product reviews.



**10 NUTRITION**

>>> Foods that give us what we need to be healthy and energetic. Diet tips. Recipes.



**12 FITNESS**

>>> Ways to improve your health. Advice and information for an active lifestyle.



**14 HEALTH & WELLNESS**

>>> We show you ways to improve your health mentally and physically. Healthy lifestyles.



**24 SENIOR LIVING**

>>> Tips, information and reviews for those who are over 55 years of age.



**28 HOME IMPROVEMENT/REAL ESTATE**

>>> Advice and information, home construction. Real Estate. Tips for decorating your home and more.



**32 WEALTH/LEGAL**

>>> Ways to manage your hard earned dollars as well as legal advice on a variety of topics.



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## How To Build A Summer Schedule To Entertain Kids

by CRYSTAL LYNN

**Summer has arrived and while school has just ended our kids have been home for weeks. I can already tell based on the memes that are being shared there are a lot of moms who are just turning on Netflix for their kids right now.**

I'm not judging, I've had my days where playing 4 seasons of Sarah and Duck in a day was the way to go.

As with pretty much anything related to motherhood goes though, Netflix and screen time does bring on feelings of guilt. No worries, I'm here to help you out with a schedule that can help keep your kids off the screens, but also keep them busy so you can have mommy time.

### What To Add To A Summer Schedule For Kids

When you are building your summer schedule it takes a balance between the vacation fun time and still handling responsibilities. As parents we have to help our children grow into responsible adults.

So it's a delicate balance of letting them enjoy their childhood as much as possible while still giving them structure and responsibilities. The way I set up our summer schedule is to give our son responsibility while also allowing plenty of play time.

### Reading Goals

Every summer schedule for kids should have reading goals. For young children keep it to 3-4 books at their reading level, for older children have it be 2-3 books.

Let your kids pick the books they want to read for the summer. Encourage them to read at night before bed or if they like reading let them read as much as they want.

Setting a reading goal helps your kid to accomplish while also getting them into spending time expanding their imagination or learning.

### Household Responsibilities

Add household responsibilities to your daily schedule. These can be cleaning their room, chores, or other responsibilities around the house.

These should be done before anything fun. It's a great way to teach your kids how to get the hard stuff and the boring stuff done and out of the way so the rest of the day is theirs.

I have a young son so instead of giving him chores he's not familiar with or doesn't want to do, I let him decide what household chores he wants to help with. He likes to help fold laundry, he fills the cat food bowl, and he likes to put the soap in the dishwasher and turn it on.

### Crafting Time

Crafting time helps to increase dexterity, fine motor skills, and improve hand-eye coordination. Setting time aside for craft activities is a great way to make sure you are expanding those skills.

It's also fun for your kids. Kids of all ages love to draw and paint, young kids should practice using scissors and gluing paper – obviously with supervision.

Depending on the type of craft you have your kid do, it may provide you with a bit of quiet time. That quiet time can be used for your own work, your own self care, or so you can complete other tasks.

*continued page 22*



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## A Call for Help!

Good nutrition is one of the key factors of good health. As a society we recognize the importance of good prenatal care with proper diet for healthy infants. We fund healthy lunch programs for school age children because we know how important good nutrition is for learning to take place and it may be the one meal some kids get. There is another age group that is just as vulnerable, seniors, especially low-income seniors.

### The National Council for Aging Care lists eight challenges to quality nutrition for seniors:

- Decreased sensitivity – smell, taste, appetite
- Medication side effects
- Poor dental health
- Lack of finances
- Lack of transportation
- Physical difficulty
- Memory Loss
- Depression

Because of the recent challenges of COVID-19 an extremely important program addressing Senior Nutrition and Hunger in our own community has been hit with a major volunteer shortage. Meals on Wheels (MOW), a service of The Council on Aging of Martin County needs our help and many of us have wondered how we can give back during this time!

MOW is a ‘lifeline’ to the isolated, homebound, and frail, low-income seniors needing this essential meal and daily wellness check to stay safe, healthy, and connected. I have seen firsthand how important this service to these precious vulnerable people. How can you help?

*continued next page*

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## 3 Phase Re-Open Plan

### RE-Opening to the “New Normal” without knowing what that will BE!

Because of our creativity, innovative ideas, and the use of new technology, we preserved operations as best we could by making bold strategic plans with backup plans to prevent services from falling apart. We pivoted to a virtual environment until we exhausted all efforts possible to keep everyone safe and take all measures possible to help stop the spread of the virus. With the uncertainty of the “new normal” changing rapidly every day, decisions were hard to make and how and when to transition back was a challenge. We have left our virtual environment in place if we suddenly or unexpectedly have to pivot back.

Once we had the installation of our glass shields and barriers finished, we felt much more confident that we could open safely to the public. We designed barriers with protective shields to provide no physical contact between the clerks and the customers to keep both constituents and our staff safe and make them feel comfortable that they were protected, because we care about the people we serve and our staff. We followed the Governor’s safe, step-by-step guidelines, DOH, CDC, and OSHA recommendations and had written a three phase plan with the Governor’s taking baby steps plan following his mitigation strategies along with the framework sent down by the white house.

### PHASE 1:

- We opened the two largest offices first to issue just driver’s licenses ONLY to catch up the three month backlog of driver’s licenses and ID cards. The reason being that the Governor’s order had extended the expiration dates, and the state would not allow them to renew online.
- Clients were limited to driver’s license and ID transactions for the first two weeks.
- Two separate stations were set-up for students needing learner’s permits and first time drivers.
- Walk-ins were limited to Martin County residents to limit the crowd.
- Everyone was required to wear a mask.
- Only the person conducting business was allowed in the office.
- Once inside, social distancing was practiced and clients were limited to only 10 at a time in the office and a mask had to be worn while inside.
- Palm City and Indiantown branches remained closed to the public, so they could continue to process same day/next day tag, titles, towing & storage, dealer work and answering phones

*continued page 35*



**VICKI DAVIS**  
MARTIN COUNTY SUPERVISOR OF ELECTIONS  
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## Vote By Mail!

Signed. Sealed. Delivered. It’s your safest path to the polls! Not sure about voting in-person due to COVID-19? Martin County voters are no longer waiting until Election Day to cast their vote. On an average, 40% of our voters are choosing to Vote by Mail. As voters continue to embrace voting by mail, Election Day turnout at the polling precincts will continue to decline.

### Here are some important facts, about voting by mail:

- All vote by mail ballots are counted, regardless if an election has a close race or not
- Vote by mail requests are valid for four years
- Vote by mail ballots cannot be forwarded. To mail a vote by mail ballot to a different address, a note which contains the voters signature and date of birth is required
- You can verify your ballot was received at MartinVotes.com, click on ‘Track Your Ballot’ or call the Elections Center at 772-288-5637
- Florida is a no excuse state. Voters do not need a reason to request a vote by mail ballot
- All vote by mail ballots must be in the Elections Center by 7 p.m. on Election Day

As your Supervisor of Elections, it is my desire to provide the best possible customer service to the voters of Martin County. If there is anything my staff or I can do to assist you, please let us know.

To request a vote by mail ballot for the August 18, 2020 Primary election, call 772-288-5637 or visit MartinVotes.com. ♦

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## Proposed Constitutional Amendments on the November 3, 2020 ballot

The following two proposed constitutional amendments will be on the November 3, 2020 ballot.

### Limitations on Homestead Assessments

If you move, your homestead exemption does not automatically follow you to your new residence. You must file a new application for your new residence. However, while your homestead exemption is not transferable, you can transfer the accumulated Save Our Homes (SOH) benefit (as defined by law) from one homestead to another homestead, anywhere in Florida. You have from January 1st of the year you move, until January 1st TWO years later, to re-establish homestead and retain the SOH benefit. This is known as “portability” of your SOH tax savings benefit.

The proposed amendment increases the portability period from TWO years to THREE years.

### Ad valorem tax discount for Spouses of Certain Deceased Veterans Who Had Permanent, Combat-Related Disabilities

This proposed amendment allows the combat-related veterans disability exemption of a deceased veteran to carry over to the surviving spouse, provided the veteran had received the discount. ♦

## A Call for Help cont.

There are several volunteer opportunities associated with the program to choose from: Kitchen, crate packing, route sheets, bread pick up and meal delivery. How can you get started?

Contact Curletha Campbell, Volunteer Coordinator at 772-223-7829 or email her at [ccampbell@kanecenter.org](mailto:ccampbell@kanecenter.org). You can go online, <https://www.kanecenter.org/volunteer> and download a volunteer application or scroll down under ‘Volunteer Opportunities’ and select ‘Meals on Wheels’ to find out more about the program and how to get started. The staff and volunteers with the MOW program are warm and dedicated group of individuals. They will give you all you need to get started. Your reward will be the connection with the many seniors who benefit from this important community program. ♦

# FUTURISTIC BRAIN IMPLANTS YOU WON'T BELIEVE ARE POSSIBLE!

Small in-brain computer chips that give us superhuman capabilities seem like the stuff of summer blockbusters now, but scientists say that the possibility of a future where these implants not only exist but actually work is very real.

Stimulating the brain externally with electronic signals is already being experimented with by the medical industry, the U.S. military, and a growing number of DIYers. While we have successfully implanted artificial devices in others parts of the human body without rejection by the immune system, doing so with the brain is a largely unexplored frontier.

As researchers continue to develop smaller, more bio-compatible technology, and understand the processes of the human brain, we could be looking at a host of medical solutions and extraordinary abilities. Here are some of the likely enhancements that future brain implants could bring:

## 1. Seeing in the dark

Currently, retinal implants that restore a low level of vision to people blinded by genetic conditions already exist, meaning that we're already on our way to enhanced vision. Once we

further improve the ability of these implants to restore vision, augmenting "normal" vision isn't just science fiction. We already know that certain sensory abilities humans lack exist in the natural world — like the ability to see in the dark. Night vision is likely to be a military investment at first, but perhaps it would become commercially available after that.

## 2. Restoring lost memories

Zapping the brain with controlled electric stimulation has a lot of potential, and some already tested, neurological benefits. This is being tested as an external stimuli, but what if we could implant a piece of technology in the brain that could directly deliver these pulses of electricity, and even be recharged without having to be removed? That's the goal of researchers interested in using this method for memory-related problems. The primary interest in this research is, unsurprisingly, from the medical field, which is seeking new and more effective ways to treat patients with memory issues, whether it's short term memory problems or severe memory loss. The U.S. military is also highly interested in memory, both as an additional treatment for PTSD and, possibly, an enhancement for soldiers.

## 3. "Download" new skills

It's not yet clear if we'll ever mirror The Matrix, but scientists believe the ability to wire our brains to rapidly learn a new skill is not impossible. Already research is being conducted to look into how the brain learns and stores skills, with the hope that the neurological process can someday be artificially replicated to allow people to effectively learn a new skill with a fraction of time and effort. This technology is still a long way off, but at least it's not total science fiction.

## 4. Curing depression and other mental health issues

Brain implant technology could help treat and even cure mental illnesses such as depression and anxiety, without the aid of pharmaceuticals that run the risk of dependency and various unwanted side effects. This is a lucrative investment for the U.S. military as well since, as mentioned above, the government has ramped up its efforts to find more effective treatments for service-related PTSD. PTSD is an anxiety disorder, which opens the door for the treatment of other anxiety disorders such as panic disorders, agoraphobia, and general anxiety disorders. Depression and its relatives, too, could be effectively treated by direct brain stimulation via implants. The potential to help millions of people dealing with mental health problems without risking the side effects of prescription drug treatments is compelling.

## 5. Enhanced focus and alertness

In the same vein as treating mental health problems like depression and PTSD, brain implants could help people who suffer from neurological problems related to focus and alertness. This includes ADD/ADHD, narcolepsy, and dementia. While this would do wonders for people with legitimate problems in these areas, the technology would likely still be sought after by neurologically healthy people just as drugs like Adderall and Ritalin are today.

## 6. Making you better at math

There are actually already studies that show promising results for controlled brain stimulation to improve a person's ability to understand and do math. With further testing to test the effectiveness of this technique, and to assure its safety, brain implants could directly deliver stimulation to improve our math skills, and possibly other cognitive abilities.

## 7. Control any device with your mind

Researchers are currently able to use a neuroprosthetic sensor to help paralyzed patients control a robotic arm with their minds, to varying degrees of success. The technology is still very new and research is currently focused on providing aid for physical limitations, so don't expect to be turning your lights on and changing the TV channel with your mind any time soon. Once this technology is widely tested and available for medical patients, however, its uses as a consumer service are easy to imagine.

## 8. Search the Internet with your brain

Forget Siri and Google Glass, why not get the information you're searching for delivered directly from the Internet to your brain? Pending the development of smaller, nontoxic implants that your body won't reject, we could be using brain implants throughout our whole day to do a number of tasks, including surf the web. Researchers are working to better and more completely understand how the human brain works, the present scope of which is still rudimentary. The better we understand the networks of our brains and how it forms and processes information, the easier it will be to hook ourselves up to artificial networks. ♦

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*I got to tell you...Mom is really struggling... but thanks to Maya, she will be just fine! She is taking care of Sally like a total professional. ~ David R.*

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# IN DEFENSE OF PIZZA!

**I**n light of childhood obesity awareness, more and more foods get blamed for the problem and recommendations to remove these “bad” foods from our diets are presented as the solution. Pizza is often presented as a food to eliminate for health reasons. I don’t know how you feel about this, but I will fight to the end to defend my family’s right to enjoy pizza because I know that it’s not breaking our commitment to healthy eating.

## Here’s my defense...

I credit pizza, and my parent’s willingness to expose me to a variety of foods, for promoting the versatile palate I have today. As a child, my father and I would enjoy a mushroom, olive and anchovy (yes, I said anchovy) pizza together. I never even knew anchovies were unusual until I went to my first childhood party and asked, “Can I have a side of anchovies and red pepper flakes, please?” It wasn’t until I studied nutrition in college that I realized the many nutrients that this pizza provided, such as calcium, protein, carbohydrates, B-vitamins and omega-3s, just to name a few.

Pizza, if prepared correctly, can include all of the food groups. How many foods out there can do that? The crust is made of grain, which provides the carbohydrates and B-vitamins we need for fuel and energy. The tomato sauce, which would count as a vegetable serving, is a great source of the antioxidant lycopene, which is important for heart health. Cheese is packed with calcium and protein for strong bones and muscles. Top with mushrooms, onions, bell peppers and even pineapple and you have added servings of vegetables and fruit that provide other important vitamins and minerals. Want to include some extra lean protein for a boost of iron? Add some Canadian bacon, which is lower in fat and calories than pepperoni, or grilled chicken breast. Put all of these ingredients together and you have one delicious and nutritious meal that kids and adults love!

Here’s how to make a classic Italian homemade pizza with a tangy pizza sauce, gooey mozzarella, and a perfect chewy pizza crust.

## INGREDIENTS

- 1 ball **Pizza Dough Master Recipe**
- 1/4 to 1/3 cup **Easy Pizza Sauce**
- 3/4 cup shredded mozzarella cheese or 2 to 3 ounces fresh mozzarella cheese
- Parmesan cheese for garnish
- 1 handful fresh basil leaves
- Semolina flour or cornmeal, for dusting the pizza peel

## INSTRUCTIONS

1. Make the pizza dough: Follow the **Pizza Dough Master Recipe** to prepare the dough.
2. Place a pizza stone in the oven and preheat to 500°F. OR preheat your pizza oven (here’s the pizza oven we use).
3. Make the pizza sauce: Make the **Easy Pizza Sauce**.
4. Prepare the cheese: If using fresh mozzarella cheese, slice it into 1/4 inch thick pieces. If it’s incredibly watery fresh mozzarella (all brands vary), you may want to let it sit on a paper towel to remove moisture for about 15 minutes then dab the mozzarella with the paper towel to remove any additional moisture.
5. Bake the pizza: When the oven is ready, dust a pizza peel with cornmeal or semolina flour. (If you don’t have a pizza peel, you can use a rimless baking sheet or the back of a rimmed baking sheet. Stretch the dough into a circle then gently place the dough onto the pizza peel.
6. Spread a thin layer of the pizza sauce over the dough, using about 1/4 to 1/3 cup. Add the mozzarella cheese. Top with a thin layer of fresh grated Parmesan cheese and a few pinches of kosher salt.
7. Use the pizza peel to carefully transfer the pizza onto the preheated pizza stone. Bake the pizza until the cheese and crust are nicely browned, about 5 to 7 minutes in the oven (or 1 minute in a pizza oven).
8. Allow the pizza to cool for a minute or two before adding the basil on top (whole leaves, lightly torn, or thinly sliced). Slice into pieces and serve immediately.

**Recipe courtesy of [acouplecooks.com](http://acouplecooks.com). Visit their website for pizza dough and pizza sauce recipes!**

Pizza is the perfect communal food because it’s meant to be shared. Pizza has a long, rich history in our country. It started out as a diet staple for many poor Italian immigrant families. However, it wasn’t long until this delicious, inexpensive, handmade food increased in popularity among all Americans. To this day pizza is enjoyed by groups of people gathered together. What a perfect way to enjoy a wholesome meal with the family!

There are many things in life that I am passionate about, with the highest on my list being family, friends and food. Most of my significant memories involve at least one of these things and many involve all three. It was my love of food and its ability to bring families together in a positive way that led me to this career. My most important role as an RDN and as a mom, is to help others continue to experience the joy of consuming all foods, just doing it in a way that is conducive to health and well being. So I encourage you to continue to serve your family pizza and to feel confident that you are making a good choice. And if you really want to be adventurous, try adding a few anchovies. ♦

# Feel Your Best All Summer With These Nutrition Tips



## 1. Eat a healthy meal before attending an event.

If you go to these events hungry, you’ll be more easily tempted by the deep-fried festival foods and the assortment of appetizers and party treats.

## 2. Bring a healthier option to share at the party.

“Fruit salad is always great,” Nosek said. “Hummus and veggies is another great option. I also love a good Caprese salad: fresh basil, fresh tomatoes, fresh mozzarella, drizzle of a balsamic vinaigrette, a little salt and pepper, and you are good to go!”

## 3. Make your summer salad a little healthier.

Fresh summer salads sound really great, but we all know the calorie count in salads can be deceiving.

Skip the cheese and the bacon! Stick with a simple olive oil and vinaigrette salad dressing – so simple you can you make yourself! Combine olive oil, balsamic vinegar, Dijon mustard, or use any dry or fresh seasoning you prefer.

## 4. Choose lean, fresh cuts of meat and fire up the grill.

You can grill anything – grilled chicken, fish, pork, lean beef and vegetables allow you to create a variety of healthy options throughout the summer. Use fat-free or low-fat marinades

## 5. Take advantage of fresh produce

Visit your local farmer’s market and enjoy a wide variety of fresh fruits and vegetables. Slicing one cup of raw tomatoes for your lunch salad gives you as much as 40 percent of your recommended daily intake of vitamin C and 20 percent of your daily vitamin A.

Beets, spinach and lettuce are in season throughout the summer months and contain protein and iron. Watermelon and fresh berries all have their own unique nutritional values as well! ♦



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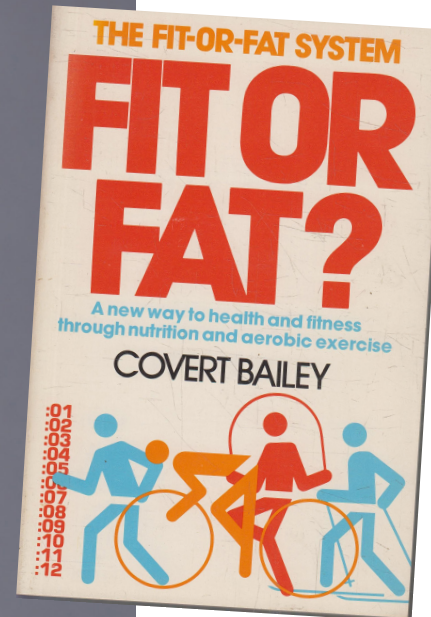
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# THE TRUTH ABOUT BURNING AND STORING FAT

by DICK NUNEZ

**H**ave you ever met a person who seems to be able to eat anything and everything and stay slim? You probably wondered what it takes to be so blessed. On the other side, we have the person who walks past a bakery, takes a deep breath, and gains five pounds. Unfortunately, in our society, the latter is becoming more the norm.



We will try to shed some light on this “weighty” subject. Covert Bailey made himself a very wealthy and famous man by writing the book; Fit or Fat back in the ’70s. The premise of the book is: how you store food depends on whether you are “fit” or “fat”. I prefer using the terms “fit” or “unfit”. I have seen people who would be looked at as fit by the amount of exercise they can do, but they still appear to be “too fat”.

However, the general concept Bailey detailed is very valid. If you eat a candy bar, where will the calories go? If you’re fit, they tend to head more to the muscles to be stored as muscle glycogen, which is simply glucose in muscle storage to be used at a time of need. The more you exercise, and the more muscle you have, the more muscle glycogen you can store. On the other hand, the unfit counterpart will tend to store excess calories in the fat cells.

Certainly, genetics play a role. If your parents are both very lean, you probably won the genetic lottery for staying thin. Those who have obese parents will have a greater potential for being obese themselves, although neither case is absolute. When you overeat, even the genetically thin person can start to add fat, just as the child of obese parents can remain thin through proper lifestyle.

When an overweight, out of shape person goes on a walk with a very trim, fit person, the one who is fit will burn up to five times as much fat as the overweight person. You might be thinking “that’s just not fair”. What we have to keep in mind is this: That’s why the person is thin and fit, because their body burns fat, instead of storing it.

The more fit you become, the quicker your body will tell the fat cells to release fatty acids, or in Bailey’s vernacular; “release the grease”. A fit person will start burning fat by just thinking about exercise. I know someone reading this will think: “that’s what I’ll do, I’ll “think” about exercising”. The problem with that is; you have to be fit and have actually exercised for that to work.

To quote Bailey one more time, if you want to be a “better butter burner”, start exercising! ♦

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# LACK OF EXERCISE TWICE AS DEADLY AS OBESITY

Just 20 minutes of brisk walking a day may be all it takes to lessen a sedentary person's risk of early death, says a new study. The researchers also found the risk of early death due to lack of exercise is double that posed by obesity and does not necessarily depend on being obese or overweight.

These were the conclusions of the team that analyzed the data on over 334,000 men and women taking part in a large European study looking at the links between cancer and diet that also measured many other variables such as exercise and BMI.

When they analyzed the data, the researchers found that compared with the number of deaths linked to obesity, twice as many were linked to lack of physical activity - and, moreover - just a modest increase in physical activity could make a difference, especially among inactive people.

First author Ulf Ekelund a sport medicine professor who works in the Medical Research Council (MRC) Epidemiology Unit at the University of Cambridge in the UK, and colleagues report their findings in the American Journal of Clinical Nutrition.

Prof. Ekelund says the study delivers a simple message: "just a small amount of physical activity each day could have substantial health benefits for people who are physically inactive."

Biggest effect was between inactive and moderately inactive groups

To assess the link between lack of exercise and early death - and how it might relate to this via obesity - the team analyzed data on 334,161 men and women across Europe taken between 1992 and 2000 as part of the European Prospective Investigation into Cancer and Nutrition (EPIC) Study.

The dataset included measures of height, weight, waist size and self-reported physical activity levels. The participants were followed for over 12 years, during which time 21,438 of them died.

The team found the greatest reductions in risk of early death when they compared inactive and moderately active participants. They used a measure of physical activity derived from combining leisure and at work activity.

The links between early death and physical inactivity were observed across all levels of overweight and obesity measures - both in terms of overall BMI and central or abdominal obesity.

The study classed 22.7% of participants as inactive because they reported having no recreational activity and were occupied in sedentary jobs.

*continued page 17*



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# SUNBURN

Sunlight can help our mental outlook and help us feel healthier. For people who have arthritis, the sun's warmth can help relieve some of their physical pain. Many people also think that a suntan makes a person look young and healthy. But sunlight can be harmful to the skin, causing immediate problems as well as problems that may develop years later.

A sunburn is skin damage from the sun's ultraviolet (UV) rays. Most sunburns cause mild pain and redness but affect only the outer layer of skin (first-degree burn). The red skin might hurt when you touch it. These sunburns are mild and can usually be treated at home.

Skin that is red and painful and that swells up and blisters may mean that deep skin layers and nerve endings have been damaged (second-degree burn). This type of sunburn is usually more painful and takes longer to heal.

## Other problems that can be present along with sunburn include:

- Heatstroke or other heat-related illnesses from too much sun exposure.
- Allergic reactions to sun exposure, sunscreen products, or medicines.
- Vision problems, such as burning pain, decreased vision, or partial or complete vision loss.

## Long-term problems include:

- An increased chance of having skin cancer.
- An increase in the number of cold sores.
- An increase in problems related to a health condition, such as lupus.
- Cataracts, from not protecting your eyes from direct or indirect sunlight over many years. Cataracts are one of the leading causes of blindness.
- Skin changes, such as premature wrinkling or brown spots.

Your skin type affects how easily you become sunburned. People with fair or freckled skin, blond or red hair, and blue eyes usually sunburn easily.

*continued next page*

## Choosing the Right Sunscreen for your Skin Type

Seventeen sunscreen ingredients have been approved for use in the US by the Food and Drug Administration (FDA); they include both chemical and physical substances.<sup>8</sup> [See Table 1.] Chemical sunscreen ingredients, such as PABA (para-aminobenzoic acid) and cinnamates, absorb UV rays and convert the sun's radiation into heat energy, while physical sunscreens (such as zinc oxide and titanium dioxide) deflect and scatter the rays before they penetrate your skin. Both types can be effective and safe if used properly. The question is, which sunscreen ingredients are right for you? For example, babies and toddlers have different sun protection needs than adults, while sunscreens made for dry skin may not suit people with acne or rosacea. The following guide should help you find the right sunscreen for your skin's needs.

### Incidental vs. intense exposure:

For starters, the kind of sunscreen you use may vary depending on the type of outdoor exposure you are expecting. For incidental sun exposure - when

you are outside only for minutes at a time - a sun protection factor (SPF) of 15, which filters out about 93 percent of UV radiation, is usually sufficient. Your sunscreen should have broad spectrum protection, meaning it effectively protects against significant portions of both the ultraviolet A (UVA) and ultraviolet B (UVB) ranges of the light spectrum. Most broad-spectrum formulas contain multiple sunscreen ingredients. For extended, intense exposure, you should use a broadspectrum, water-resistant sunscreen with an SPF of 30 or higher. SPF 30 filters out up to 97 percent of the sun's UV radiation; SPF 50 filters out up to 98 percent.



Although people with darker skin don't sunburn as easily, they can still get skin cancer. So it's important to use sun protection, no matter what your skin color is.

Your age also affects how your skin reacts to the sun. The skin of children younger than 6 and adults older than 60 is more sensitive to sunlight.

## You may get a more severe sunburn depending on:

- The time of day. You are more likely to get a sunburn between 10 in the morning and 4 in the afternoon, when the sun's rays are the strongest. You might think the chance of getting a sunburn on cloudy days is less, but the sun's damaging UV light can pass through clouds.
- Whether you are near reflective surfaces, such as water, white sand, concrete, snow, and ice. All of these reflect the sun's rays and can cause sunburns.
- The season of the year. The position of the sun on summer days can cause a more severe sunburn.
- Altitude. It is easy to get sunburned at higher altitudes, because there is less of the earth's atmosphere to block the sunlight. UV exposure increases about 4% for every 1000 ft (305 m) gain in elevation.
- How close you are to the equator (latitude). The closer you are to the equator, the more direct sunlight passes through the atmosphere. For example, the southern United States gets 1.5 times more sunlight than the northern United States.
- The UV index of the day, which shows the risk of getting a sunburn that day.

## Preventive measures and home treatment are usually all that is needed to prevent or treat a sunburn.

- Protect your skin from the sun.
- Do not stay in the sun too long.
- Use sunscreens, and wear clothing that covers your skin.

If you have any health risks that may increase the seriousness of sun exposure, you should avoid being in the sun from 10 in the morning to 4 in the afternoon. ♦

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## Lack of exercise cont.

The analysis found that doing exercise that burned just 90-110 calories a day - the equivalent of a daily 20-minute brisk walk - was enough to move an individual from the inactive to the moderately inactive group and reduce their risk of early death by 16-30%.

The team notes that while the effect of this was greatest among participants of normal weight, the analysis showed this also benefited overweight and obese participants.

We should do more than 20 minutes a day, says researcher

However, Prof. Ekelund notes that while 20 minutes of brisk walking a day can make a difference, we should really do more, as "physical activity has many proven health benefits and should be an important part of our daily life."

Co-author Professor Nick Wareham, Director of the MRC Unit at Cambridge, says while we need to continue with public health efforts that reduce levels of obesity, we should also be helping people increase physical activity. This might be easier to achieve and maintain, and can have significant health benefits, he adds.

The traditional view of exercise need not limit our intention to become more physically active. In December 2019, Medical News Today learned about research that found yoga is comparable to walking and biking in reducing risks of cardiovascular disease. ♦



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# JENNY FIELDS, CFE:

## The Clear, Qualified Choice For Martin County Property Appraiser

**When Martin County residents go to the polls for primary voting this August, they will choose a new candidate for the position of Martin County Property Appraiser for the first time in nearly three decades. Thankfully, there is one clearly qualified candidate who has literally been training for this role for her entire professional career: Jenny Fields.**

### Endorsed by Laurel Kelly, Retiring Property Appraiser

Fields, Martin County's Assistant Property Appraiser, is second in command to Laurel Kelly, who has led the Appraiser's office for 28 years and is set to retire at year's end. She has Kelly's endorsement and full support.

"You are an office veteran and proven leader who will be able to hit the ground running as Martin County Property Appraiser," says Kelly. "You will serve our community at the level we deserve and expect. I am proud that you will have an Open Door Policy and continue to protect property owners from overassessment."

### Uniquely Qualified for a Demanding Role

Fields has worked full-time in the Property Appraiser's office for 31 years, with experience in each department and a focus on quality control and lean processes, to ensure that the office is operating efficiently. She is a Certified Florida Evaluator (CFE) and a member of the International Association of Assessing Officers. Over her career, she has developed solid working relationships with property owners, the local real estate community, and local county and city departments.

The Property Appraiser's office oversees Martin County's \$32 billion in property value, which consists of residential, commercial, industrial, agricultural and tangible personal property. The values established by the Property Appraiser's office are the foundation of the property tax revenue system, so it is important that they operate in a bipartisan manner and are independent of the taxing authorities.

The office maintains the legal descriptions and boundaries for every property in the

county on its geographic mapping system. It also maintains the largest database in the county, including ownership and addresses for every property. This information is used county-wide, including by the Sheriff's Office and Fire Rescue.

The job of overseeing this multi-faceted and strategically vital office isn't for beginners. It takes a trained and experienced expert to get it right. "The Appraiser's role is complex, challenging and highly technical," says Fields. "It is a huge responsibility, and our community deserves the best."

### Professional, Not Political

Fields will be the first to tell you that she isn't a politician. She is, at her core, a dedicated civil servant with decades of historical knowledge of the workings of the Property Appraiser's office. She knows the responsibilities inside out and takes them very seriously.

"This is a constitutional officer position, governed by the Florida constitution," Fields explains. "We have laws we must follow, statutes we go by. Although it is an elected position, it demands specialized expertise."

Voters should evaluate candidates for the office as if they were interviewing them for a job, says Fields. "Every voter needs to look at this as if they own this company and they are hiring a CEO. Wouldn't they want to choose a candidate with years of experience and related education, one who knows the business from the ground up?"

### Building on a Strong Foundation

Under Laurel Kelly's leadership, the Property Appraiser's office has established a well-earned reputation for accuracy, transparency, responsiveness and accessibility. Along the way, the staff has successfully managed a myriad of challenges and their effects on property values, including hurricanes, algae blooms, airport noise and railroad development.

Fields has been a long-time member of Kelly's leadership team. As second in command in Laurel Kelly's organization, she continues to expand the office's Open Door Policy and build on the accomplishments they've made.

"Laurel set the foundation for the open door culture that lives and breathes in our office," says Fields. "We invite you to come in, we listen to your concerns, and you don't have to make an appointment. We'll open our books and sit with you until we've answered every question you have. We want to get you every exemption you deserve, and make sure you are protected from overassessment."

Fields is enhancing the office's online accessibility to make it easier for property owners. She is also proposing more outreach to the community through seminars and public awareness days. "It is important to educate everyone about who we are and what resources are available to them," she says.

### A Lifetime of Service

Fields was born and raised in Martin County, and lives in Palm City with her husband Brett. Her daughter Brittany is newly married and living in Indiana, and daughter Taylor is actively serving as a United States Navy Corpsman stationed in Japan.

The women in Fields' family have a rich history of public and military service, including Fields' mother, aunt, twin sister and daughter. Her father and twin sister are also Army veterans. Fields grew up with this example of dedication and has carried it through her decades of work at the Property Appraiser's office.

"This office is my life," says Fields. "I am personally invested, and so proud of our amazing team. I owe it to Martin County to continue to make the Property Appraiser's office the best that it can be."

### Get in Touch with Jenny

Jenny loves meeting Martin County residents and answering their questions! If you haven't met her at a community event or as she goes door to door, she invites you to call or e-mail her with any questions you may have. You can reach her at 772-285-6356 or [fields4pa@gmail.com](mailto:fields4pa@gmail.com).

To learn more about Jenny's property appraiser education, qualifications, certifications and community involvement, and to read Laurel Kelly's full endorsement letter, visit Jenny's web site at [jennyfields4pa.com](http://jennyfields4pa.com), or find her on Facebook at Jenny Fields Campaign for Martin County Property Appraiser. See you at the polls!

# NEVER LEAVE YOUR CHILD ALONE IN A VEHICLE. EVER!

**H** EATSTROKE, also known as hyperthermia, is the leading cause of non crash, vehicle related deaths for children.

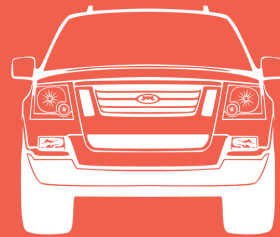
It occurs when the body isn't able to cool itself quickly enough, and the body temperature rises to dangerous levels.

Your children are particularly at risk as their body heats up three to five times faster than an adult's.

When a child's internal temperature gets to 104 degrees, major organs begin to shut down, and when that child's temperature reaches 107 degrees, the child can die.

Because of this, and because cars heat up so quickly (19 degrees in 10 minutes) tragedies can happen faster than you may realize.

Don't let this happen to you. Be aware.



The best way to remember a child is to leave an item in the back seat of your vehicle that you will need at your next destination.

over  
800

Children in the US have died from heat related issues from being left unattended in a car in searing heat since 1998.



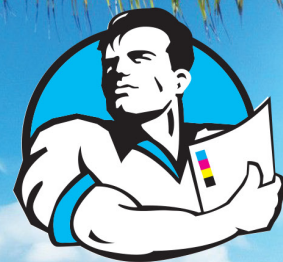
Cars heat up quickly. A vehicle can heat up 20 degrees in 10 minutes

## Take Action - Save Lives!

Avoid heatstroke related injury and death by never leaving a child alone in a car - NOT EVEN FOR A MINUTE! It doesn't take long for a vehicle to heat up.

Create reminders by putting something in the back seat of your car next to your child that you will need (purse, briefcase, cellphone, etc.) when you reach your destination.

**TAKE ACTION!** If you see a child alone in a car, call 911. Emergency personnel WANT you to call. They are trained to respond to these situations. One call could save a life.



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FACTS

1. An average of 38 children have died in hot cars each year in the USA since 1998.
2. Since 1998, 818 children have died in vehicles from heat stroke in the USA.
3. More than 70% of heat stroke deaths occur in children younger than age 2.
4. More than half of heat stroke deaths occur because a caregiver forgot the child in the car.
5. Roughly 30% of heat stroke deaths occur because the child got in the car without a caregiver knowing and couldn't get out.
6. Nearly 20% of deaths occur because a caregiver intentionally left the child in the car.
7. Cars heat up quickly. A vehicle can heat up 20 degrees in 10 minutes.
8. Cracking the windows or not parking in direct sunlight does not make a car significantly cooler. Heat stroke deaths have occurred even when the vehicle was parked in shade.
9. A car can reach 110 degrees when temperatures are only in the 60s. Heat stroke can take place when the outside temperature is as low as 57 degrees.
10. The body temperatures of children can increase three to five times faster than adults. Heat stroke begins when the body passes 104 degrees. Reaching an internal temperature of 107 degrees can be deadly.



Summer Schedule cont.

Allow Screen Time

I'm lucky enough that my son limits his own screen time pretty well. He rarely spends more than an hour on his tablet in a day and will often go days without even picking it up. I realize, however, that I'm lucky in that.

The Fire Tablet for Kids allows you to set time limits and educational limits. Meaning you can control when and for how long your child uses their tablet for fun. You can also require them to meet educational limits before using the tablet for fun time.

Screen time can also mean TV time, gaming time, or movie time. These are all great when it's raining outside or they can't go outside and play.



Outside Play

Outdoor time is a little hard these days with social distancing, this doesn't mean that they shouldn't go outside. It just means you have to be careful about how you go about it.

Outside toys for the backyard, chalk for the driveway, and maybe even a jungle gym can provide your kids with hours of entertainment right in their own backyard.

If your kids are missing social activities arrange a social distancing scavenger hunt with the parents of all the friends that can be done digitally. As a team the kids all have to figure out clues set for them in their own yards and homes.

Outside time is good to let your kids get vitamin D from the sun. This helps to improve their mood drastically. Additionally, getting outside for a couple of hours a day will help to physically tire them out.

Building A Summer Schedule

My method for building a good summer schedule is leaving room for flexibility. If the weather is nice and finances allow it, going to the zoo or a museum is a great way to spend the day. Likewise a hot and humid day might be a great day to spend running through sprinklers or going to the pool.

I like to have chores done early, then fun educational activities, then I allow for screen time after lunch, after screen time we can do crafting or outdoor play if it's not too hot.

Depending on where you live you may want to start the day with outdoor time before it gets too hot, then go for chores, and fun educational activities.

Schedule educational and not so fun activities in between fun time activities. It gives your kid something to motivate them to move through the more serious activities and it gives them a break where they can have fun.

Also, let your kid have days without structure. Sometimes when you do this you'll actually be surprised by the choices they make for entertainment.

Reading is a great way to wind down the day. So after bath time and before bed, schedule some reading time for your kid. They will reach their reading goals and it gives you about an hour of calm time before bed.

Example Schedule To Try

Below is an example of how a typical summer day would go in our house.

- 1. Wake up and eat breakfast.
- 2. Spend 30 minutes to an hour cleaning up the house and doing chores.
- 3. Outside time before it gets too hot.
- 4. Eat Lunch
- 5. Educational activities for about 2 hours
- 6. Screen time for about one hour, maybe two hours if I need it.
- 7. Crafting for one hour in the afternoon before dinner.
- 8. Dinner Time.
- 9. Bath Time and clean up toys time.
- 10. Reading Time for 1 hour.
- 11. Bed Time.

This keeps my kid active through the day, while still affording me time to get my work done. Schedules are beneficial to kids, it provides structure and stability in their lives. While some variety is still a good thing because it helps your kid adapt to change easier, the schedule helps to normalize their lives.

Final Thoughts

It doesn't matter if you are for or against doing summer schooling at home, having a schedule is a great way to build in structure through the day. Remember, keep your schedule flexible to allow for fun activities, trips, and vacations.

It's also helpful if you allow for days off from the schedule from time to time. For your sanity and for your kids, it's good to have a day every so often that's decided completely by what your kid wants to do. ♦

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# FUN ACTIVITIES FOR SENIOR CITIZENS

## ACTIVITY IDEAS THAT BUILD THE BODY

Any activity that encourages physical movement will help you build your body. However, before you embark on any new exercise regimen or physical activity, get your physician's approval.

### Silver Sneakers

Silver Sneakers is a program that offers Medicare-eligible adults memberships to participating fitness centers. The program encourages healthy living through fitness classes, social gatherings, and seminars on healthy living. Seniors can also have access to a program advisor and online support to help address seniors' unique health needs.

### Senior Olympics

The National Senior Games Association oversees the Senior Olympics. Seniors compete on a state level in a variety of sports with a goal of winning a national championship. Check the directory for your state's games to learn how to get involved.

### Walking

A walk in your neighborhood, at the mall, along the beach or around your favorite park is a great way to start the day.

For variety, combine walking with another activity such as bird watching, a scavenger hunt, or letterboxing (an outdoor activity that combines hiking and treasure hunting). If you have a handheld GPS or Smartphone, geocaching (similar to letterboxing but using GPS coordinates) might be your thing.

### Biking

Many communities are building bikeways along abandoned inter-urban railway lines. Your local or county parks department can provide you with bike path locations and even maps, or you can look on Trail Link, the trails to rails conservancy, to see if there are paths near you.

### Boating

Canoeing and kayaking are excellent ways to get outdoors, get some exercise, and see nature. Best of all, you don't have to buy a boat. Canoe liveries rent everything you need at reasonable rates.

### Fishing

Walking along the bank of your favorite stream or lake in search of that elusive trout or catfish, can provide a wonderful, low-impact workout. If you happen to hook a "keeper," you'll have all the exercise you can handle and then some.

### Swimming

Whether swimming vigorous laps or lazily dog paddling around the pool, water can provide rigorous and beneficial exercise for seniors. It is a great way to increase circulation, and it is the perfect exercise for those who struggle with arthritis, since it places no pressure on the joints.

*continued page 26*

*Active seniors know how to keep the good times rolling with activities for the body, mind, and spirit. No one type is more important than another. A full, vibrant, and independent life demands all three. Whether you are a healthy retiree or in need of a little physical, mental, or emotional "tune-up," there are plenty of fun activities to suit your needs.*

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## Fun Activities cont.

### Sports

You could join a senior league or play with friends at the local park or rec center. Your choice of sports is limited only by your physical condition and interest.

*A few of the possibilities include:*

Golf, Tennis, Croquet, Badminton, Softball, and Dancing  
Dancing is a great aerobic exercise. Options include ballroom dancing, line dancing, tap, folk dancing and much more. If ballroom or tap isn't your thing, but you still love dancing, try Zumba Gold. Zumba's a high-energy Latin-inspired dance workout, and the Gold variety was designed with seniors in mind. You can find these classes at gyms, community centers, and dance schools.

## ACTIVITIES THAT CHALLENGE THE MIND

Keeping the mind sharp is important for people of all ages, but becomes even more important as you get older.

### Take a Class

Many colleges and universities have lifelong learning programs. Taught by professors, seniors can enjoy programs that cover topics, from architecture to cultural views of Iraq and women's studies. Many of the classes are rich with discussion, guest speakers, and field trips. Some programs are seniors-only, while others allow attendees to audit undergraduate classes.

### Hobbies

Why not consider adding a hobby that you never had the time to develop before?

*Some ideas include:*

Sewing/quilting, Arts and crafts, Jewelry making, Scrapbooking, Photography, Raised bed gardening, Gourmet cooking, and Music  
Music nourishes the brain. A study by Brenda Hanna-Pladdy, PhD, and Alicia MacKay, PhD, found that seniors who played musical instruments performed better on cognitive tests than those who did not play an instrument.



If you have always wanted to learn to play the trumpet, saxophone, or guitar, go to your local music store and ask about private lessons for senior beginners. Better yet, check out the New Horizons International Music Association (NHIMA), a non-profit organization that provides entry points to music making for adults, including those with no musical experience as well as those who were musically active but have not been for a long time.

### Reading and Writing

Work on your memoir or learn to write poetry. Books at your local library or bookstore will teach you the basics and get you started.

Try writing your thoughts and memories down in a journal. Journaling is great emotional therapy. Who knows? You might even discover a hidden talent for writing.

Join a book or writer's club in your community. It does not have to be just for seniors. Intergenerational discussion can be stimulating for everyone in the group.

## ACTIVITIES THAT ENRICH THE SPIRIT

Humans are social animals. While there are certainly spirit-enriching activities you can do alone, including meditation, group activities are, by far, more satisfying for most people. Involvement in church or civic organizations or time simply spent with family and friends are all spirit enriching activities you can and should do.

### Senior Centers

Most senior centers provide venues for bridge, checkers and other card games as well as craft classes and even exercise programs. Senior centers also organize group trips and provide lunches for participating members for a nominal fee.

### Red Hat Society

Red Hat Society founder Sue Ellen Cooper believes that women of a certain age can live life with élan, interest, and gusto. What started as a few friends over 50 going out for tea in their red hats in the 1990s has swelled to an international "dis-organization."

### SCORE

Put your long-acquired business acumen to good use as a mentor in SCORE. Originally an acronym for Service Corps of Retired Executives, today SCORE is a powerful tool for small businesspeople and entrepreneurs. If you are considering starting a new business of your own in retirement, you can benefit from this service as well.

### Traveling

Whether it's a tropical vacation or a trip to a local attraction, there are plenty of fun places to explore. Groups, such as Elderhostel, organize trips that are ideal for seniors. If you are part of a couple, turn travel into a romantic getaway at a bed and breakfast.

*continued next page*

### Volunteering

There are thousands of charities and civic organizations crying out for helping hands. People, like you, with valued experience and time to make changes happen are always in need.

*Volunteer opportunities include:*

Hospitals, Tax preparation help, Nursing home visits, Community events, Library helper, Museum or music hall docent, Tourist attractions, and Relaxing

It is not necessary or even desirable, to be active all the time. You can set your own schedule and do as you please. Set time out of your day to sit back and relax. After all, you have worked hard. Take time for yourself and enjoy the quiet of the day.

### Finally, Celebrate Life!

Now is the time to do the things you love. Figure out which activities make you the happiest, make a list, and dive in. Don't be afraid to explore new activities, especially if it's something you have always wanted to do. Enjoy your time as an independent senior and let the good times roll! ♦



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# HURRICANE PREPAREDNESS

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Hurricanes are among nature's most powerful natural disasters. With destructive flood waters and winds that could exceed 150 miles per hour, it only takes one storm to dramatically change the landscape of a community. The state of Florida has a long history of hurricanes and tropical storms making landfall. All Florida residents and visitors must ensure they have a plan in place to keep their families, loved ones, and property safe well before the next hurricane strikes. This page includes life-saving information and external resources that will prepare you, your family or your business for the threat of tropical storms.

## HURRICANE HAZARDS

Storm surge is flooding caused by the force of high winds pushing sea or inland waters onto shore, and for many, it is the primary threat faced during a hurricane. Storm surge is not limited to hurricanes, nor is it limited to water from the sea. Tropical storms with lower wind speeds can be devastating. As an example, tropical storm Allison produced more than 40 inches of rain in the Houston area in 2001, causing about \$5 billion in damage and taking the lives of 41 people. Winds from the 1928 Lake Okeechobee Hurricane generated storm

surge from Lake Okeechobee, which killed more than 1800 people.

In addition to storm surge, inland flooding caused by heavy rainfall also poses a significant threat. A mere six inches of fast-moving flood water can knock over an adult. It takes only two feet of rushing water to carry away most vehicles—including large pickup trucks and SUVs. For this reason, it is critically important that you follow the instructions of your local emergency management officials closely and if asked to evacuate, then do so. Even if you are in an area where storm surge may not be a concern, you could remain isolated for weeks before the help you need arrives.

While storm surge and flooding are the primary risks associated with hurricanes and tropical storms, strong winds and tornadoes also pose a very real threat, and will uproot trees and take down power lines. If you are unable to evacuate, you must have a plan in place to keep yourself alive until after the storm passes, and emergency responders can safely assist you.

*continued page 31*

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- Lake Okeechobee News

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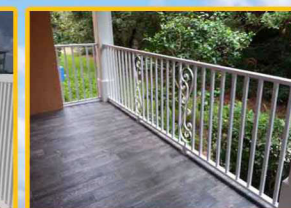
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# GET READY BEFORE THE STORM



## What can I do now to minimize damage?

Trim branches. Clear debris. Put away lawn furniture and toys.



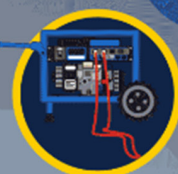
## Where is my safety gear?

Place eye protection, sturdy shoes, and work gloves where you can easily find them.



## Do I know how to use my equipment safely?

Review manuals and know how to safely operate equipment.



## Do I have the outdoor power equipment I will need after the storm?

Decide what you need. Run and service equipment before a storm. Have appropriate extension cords.



## Do I have the right fuel and are batteries charged?

Get fresh gas and charge batteries in advance. Remember E10 or less for gasoline-powered equipment.



## KEEP SAFETY IN MIND



### Chainsaws

Stand firmly with your weight on both feet. Hold the chainsaw with both hands. Never over-reach or cut anything over your head. Anticipate kickback.



### Generators

NEVER place a generator inside a home or garage. Place the generator outside and away from windows, doors, and vents. Before refueling, turn the generator off and let it cool down.



### Utility Task Vehicles (UTVs)

Keep the vehicle stable and drive safely. Do not turn the vehicle mid-slope or while on a hill.



### Water Pumps

Never operate a centrifugal pump without water in the pump casing.

Stay safe after the storm

## Preparedness cont.

The threat from hurricanes and tropical storms may be present well in advance of the storm making landfall. In the days leading up to a hurricane landfall, the strong winds and changing seas can combine to cause dangerous waves and rip currents that pose a significant hazard to areas along the coast. These strong waves and rip currents often occur well in advance of the approaching storm – even if the skies appear to be clear.

## THE TIME TO PREPARE IS NOW

So, what should you do to prepare for a hurricane?

First and foremost, you need to get a plan. Know your zone. If you live in an evacuation zone, decide now where your family will evacuate, and which essential items you will need to safely do so. In many cases, you need only move a few miles inland to avoid the dangers of flooding and storm surge.

Once you understand hurricane risks and potential impacts, you should create a safety plan. This plan should be comprehensive and should identify all of the steps you need to take before, during, and after a disaster to ensure your family and property are safe. Visit Florida's "Get a Plan" website. This easy-to-use, interactive website will generate a personalized disaster plan for you, your family, and your business. The Florida Division of Emergency Management website also contains a vast amount of preparedness knowledge, including links to resources in your local community. ♦

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# Strengthening Your Business During The Pandemic

“I don’t know what to do... clients are cancelling their photo shoots with me left and right.”

That’s what my friend, a photography business owner, told me over the phone last week. And I imagine she’s not the only one.

With events, projects, and in-person income streams being dropped, and in some cases outlawed, it’s no wonder why business owners are questioning how solid their foundation is.

As a business owner myself, I know this will affect me, as is the nature of global events. However, the one thing to remember is that this pandemic does not have to break you or your business.

One of the best qualities that will serve you as an entrepreneur right now is adaptability. By adapting to the way things are currently, you’re more likely to survive and then thrive when it’s over. There may even be an opportunity for business growth.

Here’s guidance on how to approach this situation in the way that serves you and your business best.

## 1. Can you to provide your product/service online?

Most brick and mortar businesses can become great online businesses with a few tweaks. I’ve seen fitness studios take their class schedules online, theaters livestream shows, and so on. So if you have an in-person trade, this might actually be an opportunity to expand your reach or adapt your service.

And if you’re a product-based business, but mostly sell in person, you can start thriving online. One of my clients has a six-figure product-based business that’s mostly sold on Instagram so when she had a pop-up that got cancelled, she decided to do an online sale instead.

## 2. What other skills or expertise do you have that could be offered in an online setting?

There are businesses like restaurants, spas, and event venues that might need to be more creative, so I encourage you to really think about what your clientele loves you for.

If you’re a restaurant owner, instead of cooking people food, could you offer your clientele a video course on cooking great meals at home (without giving away your secret recipes of course)?

If you’re a photographer, might there be some people in your audience who want to understand the genius behind your work and learn the basics or the advanced strategies you use to capture unique content?



If you’re a masseuse, could you provide an online training for couples on how to effectively massage each other at home?

Don’t just modify your offering, think bigger about the information you can give to people. Try not to show up halfway with the thing you already do — there’s a difference between amending your service, and taking this as an opportunity to grow.

The golden question here is: What do people always ask you? What seems genius to them, and second-nature to you? Package that up into something new and exciting, and you might have yourself a brand new income stream.

## 3. How can you set your business up so that it’s not affected by outbreaks or other factors in the future?

When you look at your business offerings, notice which ones have the “oh my god I need that” factor. That’s what I use as the test to make sure my clients have a product or service that’s going to sell. How can you fill a strong need, want, or provide a much needed result?

There’s also a beautiful concept called brand loyalty, which essentially means that your clients or customers are ultra loyal to you even during rocky financial times. Is there a way to increase this rapport right now?

And last but not least, the ultimate antidote to recessions and viruses is diversifying your income streams. If one stream is in-person and dried up, you’ll want to have an online income stream to replace it, so think about how you can diversify the ways you make money, in the same manner that you would diversify your dinner plate or stock portfolio.

If you choose to revamp your business approach by offering something different and accessible to your customers and keep building brand loyalty, you can use this challenging time as an opportunity to expand, and your business will emerge stronger. ♦

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## Re-Open Plan cont.

so the two large offices could focus on reducing the backlog of driver's licenses. No other services were backlogged because we had been processing them online, by phone, by mail, and curbside pickup during the "Stay at Home Order."

- The tax department opened to the public on the second week, limiting clients to Martin County residents, wearing a mask, but limited to only 4 clients in the office at a time and to only the individual doing the transaction.

### PHASE 2

- After issuing only driver's licenses for two weeks at the two large offices, we opened all offices (except Indiantown) to full services
- We kept mitigation practices in place (masks, gloves, social distancing, following CDC guidelines)
- Indiantown remained closed to the public and processed virtual services and answered phones.
- Indiantown was planned to reopen with full services on June 8th.

### PHASE 3

- Planned to open TSA Pre ✓/TWIC, concealed weapons licenses, and HAZMAT.
- CDL tractor-trailer driver's licenses (ANY COUNTY) will not be restricted to Martin County residents.

We appreciate the CDL driver's dedication in transporting medical supplies and keeping our food chain moving. We want to help keep them on the road. We are grateful and thankful for their service.

In all three phases, we asked clients to NOT pay by cash if possible (viruses can live on paper bills). Payment could be made by check or E-check (we can do for them in our system), or use Apple, Samsung, or Google pay. Payment could be made by credit card/debit card (card processor charges a fee which we get no part of).

We strictly followed CDC guidelines instructing clients to stay home if they were sick, or had symptoms of COVID-19, such as cough, fever, shortness of breath, or had been in contact with a person known to have COVID-19.


Keeping the health and safety of our taxpayers and our staff as the top priority, we opened safely and miraculously kept the revenue coming in at the same level that we needed to fund our essential services. Hands down to the hard-working, quick thinking, and flexible staff at the tax collector's office! All expectations were exceeded. No one got sick and no one lost their job! God has blessed us all!

We provided a comfortable protected environment for our staff and constituents at all four Tax Collector's offices.

### We maintained social distancing within the office by:

- Providing barriers with protective shields to provide no physical contact between constituents and staff to ensure a comfortable protected environment
- Providing adequate markings to maintain social distancing while in line and within the office ♦

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From the Editor cont.

THE SPIRITUAL LEVEL!

For we naturally love to do evil things that are just the opposite from the things that the Holy Spirit tells us to do; and the good things we want to do when the Spirit has his way with us are just the opposite of our natural desires. These two forces within us are constantly fighting each other to win control over us, and our wishes are never free from their pressures.  
*Galatians 5:17*

FAITH BECOMES NATURAL WHEN LIVING IN THE THIRD LEVEL, THE KINGDOM OF LIGHT!

“Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light: Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:” *Colossians 1:12-13*

WE MUST MOVE INTO THE LIMITLESS DIMENSION. THE KINGDOM OF GOD IS HERE! IN YOUR HEART!

CHRISTIANS MUST LIVE UNDER A DIFFERENT LAW. THE LAW OF THE SPIRIT

OF LIFE IN CHRIST JESUS.

For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.  
*Romans 8:2*

“And I have given you authority over all the power of the Enemy, and to walk among serpents and scorpions and to crush them. Nothing shall injure you! *Luke 10:19*

This is a perfect time to become a shelter to our neighbors, friends, co-workers, and unbelieving relatives. Let’s invite them to feel the peace, the joy, the love and the power of our Mighty Savior, Jesus of Nazareth!

IS BY LIVING IN THE SPIRIT, WHERE THE LAW OF LIFE IN CHRIST JESUS OVERRIDES THE LAW OF SIN AND DEATH. THAT IS THE RALM WHERE WE EXPAND THE KINGDOM EFFORTLESS, LIMITLESS!

THERE IS NOT FEAR, THERE IS NOT RACISM IN GOD’S KINGDOM. MOVE INTO YOUR HEART!

LET’S PRAY:  
Lord, I do believe that Jesus of Nazareth took

my place in the Cross. Lord, I am sorry for all my sins, please forgive me. I believe Jesus was raised on the third day for my justification. Jesus, I receive you as my Lord and Savior. Your Holy blood cleanses me right now and God gives me a new heart and eternal life. Now my name is written in the book of life, guaranteed by the following written law:

“That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation” *Romans 10:9-10* ♦

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