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PUBLISHED BY:
iCare Publications, Inc.

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iCare Community™ Magazine
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FROM THE EDITOR

By ANGEL CHAVEZ

Inward Man or Outward Man? That is the Question

*"Therefore, we do not lose heart.
Even though our outward man is
perishing, yet the inward man is being
renewed day by day."*

2 Corinthians 4:16

Is your full attention to the one that
is vanishing away?

I DON'T KNOW THE
DIFFERENCE BETWEEN MY INNER
MAN AND MY OUTER MAN. How
can I expend time in one or the other?

*"Therefore, if anyone is in Christ,
he is a new creation; old things have
passed away; behold, all things have
become new. Now all things are of
God, who has reconciled us to Himself
through Jesus Christ. 2 Cor 5:17-18"*

EITHER YOU ARE IN CHRIST
OR YOU DON'T. IF YOU ARE NOT,
WHY DON'T YOU START BY
PRAYING THE PRAYER AT THE
END OF THIS LETTER AND GET
INTO CHRIST?

YOU WILL BE FORGIVEN,
YOUR SOUL CLEANSED BY THE
BLOOD OF JESUS AND YOU WILL
GET A NEW HEART. OR A NEW
YOU. YOUR INWARD MAN. YOUR
REBORN SPIRIT WILL BE CHRIST
LIKE. YOU ARE SPIRIT, YOU HAVE
A SOUL AND YOU LIVE IN A
BODY OF FLESH, TEMPORARILY.

*"Now may the God of peace
Himself sanctify you completely; and
may your whole spirit, soul, and body
be preserved blameless at the coming
of our Lord Jesus Christ.*

1 Thessalonians 5:23"

NOW IF YOU ARE IN CHRIST,
YOU KNOW YOU LOVE JESUS,
THAT IS THE NEW YOU. YOUR
INWARD MAN.

But just like in the natural you
were a baby, so is in the spiritual.
BUT YOUR DAILY JOB IS TO
FEED YOUR INNER MAN WITH
SPIRITUAL MILK, WHICH IS THE
WORD OF GOD. DIRECTLY FROM

THE BIBLE TO YOU.

The result will be that The New you,
who love Jesus, will start crawling,
then standing and eventually walking
with God. Because YOUR INWARD
MAN IS BEGOTTEN BY GOD
HIMSELF!

*"Blessed be the God and Father of
our Lord Jesus Christ, who according
to His abundant mercy has begotten
us again to a living hope through the
resurrection of Jesus Christ from the
dead. 1 Peter 1:3*

RECEIVING BY FAITH THE
RESURECTED JESUS IS WHAT
GIVES YOU THE RIGHT.

*"But as many as received Him,
to them He gave the right to become
children of God, to those who believe
in His name: who were born, not of
blood, nor of the will of the flesh, nor
of the will of man, but of God.*

John 1: 12-13.

YOUR INWARD MAN,
ENGENDERED BY GOD
HIMSELF, HAS THE NATURE OF
THE RESURECTED CHRIST, AND
IS MATURING IN HIS LIKENESS.
OUR INWARD MAN'S NATURE
IS INCORRUPTIBLE, GLORIOUS,
ETERNAL.

*"Blessed be the God and Father of
our Lord Jesus Christ, who according
to His abundant mercy has begotten
us again to a living hope through the
resurrection of Jesus Christ from the
dead to an inheritance incorruptible
and undefiled and that does not fade
away, reserved in heaven for you.*

1 Peter 1:3-4."

"having been born again, not of
corruptible seed but incorruptible,
through the word of God which lives
and abides forever,... 1 Peter 1:23

RESERVED IN HEAVEN MEANS:
RESERVED IN THE INWARD MAN,

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LEGACY REAL ESTATE OF FLORIDA



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KNOW YOUR LOCAL PROFESSIONALS
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How to Prepare Your Child for College

Some years ago, there was a TV commercial for an auto garage, the slug line: “you can pay me now or pay me later.” The idea is to spend a little now on maintenance or much more for future repairs.

The same philosophy applies to college planning for your child. You can start early and invest a small amount of time and money on a regular basis over time or face a substantial financial and personal burden should you procrastinate.

As a parent, what should you be doing and when? The attached chart provides the answer through the timeline at the bottom of the chart which tracks the age of the child.

Your first concern should be setting up a savings program. Do not be distracted by traditional college savings calculators. Determine what you can reasonably fit in your family’s budget. You do not have to save the total cost of college; but do something. 529 Plans may not be the right answer. Talk to your financial advisor about other options for investing for college such as a Roth IRA or a super-funded whole life insurance policy.

As your child grows, incorporate engaging activities in their play that will promote academic growth. Young children learn through play. Make it fun. Preschool should be considered for a 3- year old. The socialization and learning experiences are invaluable in preparation for kindergarten and beyond.

Elementary school is a great time to encourage participating in activities that will allow them to explore and discover, as well as, learn to be a good steward of their community. The more they experience, the better prepared they will be to make decisions about high school and college. Volunteering to help local charities through school or church-sponsored events plants the seed for stewardship and community service. Lead by example. Participating with your child will have a positive impact on mom and dad as well. Make it a family initiative.

Upon graduation from middle school, many students who attend public schools are being asked to make decisions about high school that could affect the rest of their academic life. Do they apply for a specialty center, or pursue Career and Technical Education? How does a family assist their 8th grader in making such an important decision? Assumptions, presumptions, suggestions from the middle school counselor based on their limited knowledge of your child, is the norm. This less than scientific approach is where an interest and aptitude assessment would come in handy to help determine what academic direction is most appropriate. You may not hit the bulls eye, but you can keep from making the big mistakes.

If all your efforts to help your child grow academically and personally prove fruitful, then it’s time upon entering high school to start building their resume to bolster their future college applications. What extracurricular activities are they involved in? Are they taking the right courses to support their college plans?

Then there is the question of SAT and ACT testing. Do they need tutoring assistance? It’s hard to measure until they take that first PSAT. Have they scored high enough to support their college

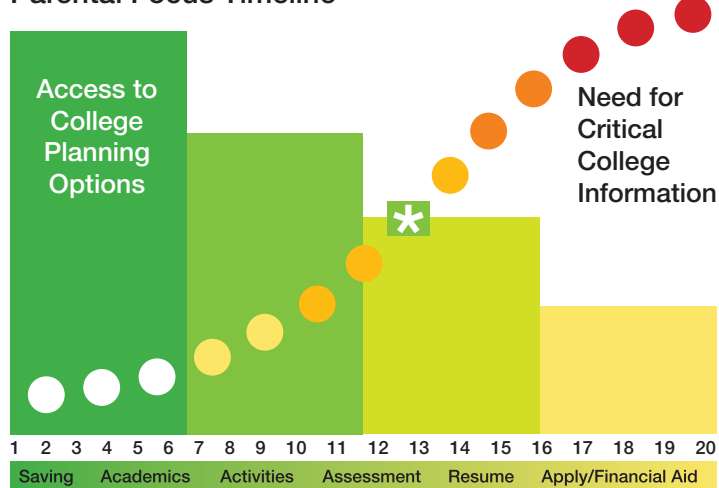
goals? Their college plans – how do you figure that out? The right academic path, the right school; is the cost of that education going to deliver the return you and your child anticipate? What did the assessment taken in middle school tell you? What career is appropriate, and will it deliver the lifestyle desired? What colleges and universities provide the education and training to earn a degree that will facilitate securing a job in that desired field? Which of those schools provide the environment that is right for your student? Will they thrive there and do well academically because the campus delivers the support and activities the student wants and needs to be happy? Then last is the cost.

This screening and planning process should start in the sophomore year of high school. As parents, you need to understand how the admissions and the financial aid process works and how to manage it. There is a lot of learning to do and research to have your student ready to hit the ground running come Fall of their senior year of high school.

The moral to the story is demonstrated visually in the graph. When your child is young, the options for planning financially and helping your child to develop personally and academically are vast. Your need for specific and critical college information is slight. As your child nears college years, they have developed the characteristics and academic acumen they will have the rest of their lives. Your options to invest further or help your child fades quickly. Your need to understand college admissions and financial aid spikes.

It’s Interesting to note the two lines intersect in middle school. That’s where the conversation needs to begin. ♦

Parental Focus Timeline





From the Sheriff

by NOEL E. STEPHEN
Okeechobee County
okeesherriff.org



Whether your child is going to school for the first time or taking the next step in their education, the start of a new school year can be exciting, but can also cause anxiety.

For a lot of families, there are many things to juggle as you get ready to transition from the summer months to the upcoming school year.

Below are some general safety tips:

- Know address, phone # & how to contact a parent or guardian
- Be aware of their surroundings and limit the use of devices that may distract them.
- Avoid engaging with or answering questions from strangers.
- Report immediately to a trusted adult if something occurs that makes them feel unsafe.
- Make sure your child understands who to call in case of an emergency

The Okeechobee County School Resource Officer Unit is preparing for a safe, but socially distant start to the academic year for all students. While they won't see students each day in the classrooms and hallways, SROs are still working with school administrators to ensure the safety of students and staff while building relationships vital to public safety.



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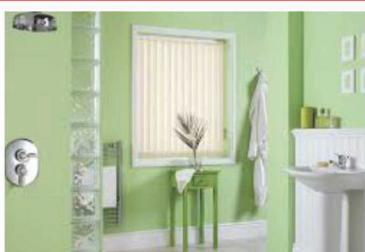
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CORONAVIRUS DELTA VARIANT

Reason for Concern?

The fast-spreading delta variant of the coronavirus has been gaining traction worldwide since it was first detected in India.

It's a version of the coronavirus that has been found in more than 80 countries. In the U.S., it makes up at least 20% of reported COVID-19 cases and is expected to become the dominant strain in the country, according to health officials.

The delta variant got its name from the World Health Organization, which names notable variants after letters of the Greek alphabet.

Viruses constantly mutate, and most changes aren't concerning. But there is a worry that some variants might evolve enough to be more contagious, cause more severe illness or evade the protection that vaccines provide.

Here's what is currently known about the delta variant:

Does the delta variant spread more easily?

The U.S. Centers for Disease Control and Prevention recently classified the delta variant, formerly known as B.1.617.2, as a "variant of concern." This designation is given when there is mounting evidence that the variant may spread more easily or cause more severe disease resulting in increased hospitalizations or deaths.

Experts believe the delta variant spreads more easily because of mutations that make it better at latching onto cells in our bodies. On its website, the CDC notes "increased

transmissibility" with the delta variant and the potential for it to make certain monoclonal antibody treatments less effective.

In the United Kingdom, the variant is now responsible for 90% of all new infections. In the U.S., the mutant version now accounts for more than 20% of new COVID-19 infections in the U.S., doubling in just two weeks, the CDC said on June 22.

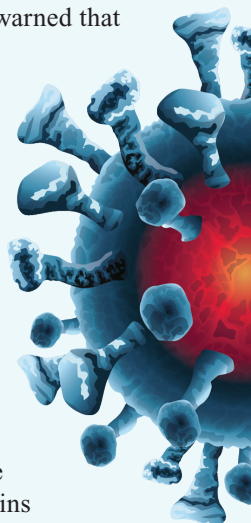
It is responsible for half of the new cases across a swath that includes Missouri, Iowa, Kansas, Nebraska, Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming, according to data shared June 23.

CDC Director Rochelle Walensky previously warned that it will likely become the dominant coronavirus strain in the U.S. and encouraged Americans to get vaccinated to be protected.

Is the delta variant more deadly?

It's not clear yet whether the variant makes people sicker since more data needs to be collected, Dr. Jacob John, who studies viruses at Christian Medical College at Vellore in southern India, told the Associated Press.

Regardless, many health experts have warned of the variant's potential to set back progress made in the pandemic. The World Health Organization said the delta variant is "the fastest and fittest" of the known coronavirus strains



and warned it will “pick off” those most vulnerable “more efficiently” than previous strains.

“All of these viruses have been lethal in their own regard,” Dr. Michael Ryan, executive director of the WHO’s health emergencies program, said during a June 21 news conference. “This virus has the potential to be more lethal because it’s more efficient in the way it transmits between humans and it will eventually find those vulnerable individuals who will become severely ill, have to be hospitalized and potentially die.”

Dr. Anthony Fauci, the nation’s top infectious disease expert, also called the delta variant “currently the greatest threat in the U.S. to our attempt to eliminate COVID-19.”

Do the current COVID-19 vaccines work against the delta variant?

Studies have shown that the available vaccines work against variants, including the delta variant.

Researchers in England studied how effective the two-dose AstraZeneca and Pfizer-BioNTech vaccines were against it, compared with the alpha variant that was first detected in the U.K. The vaccines were protective for those who got both doses but were less so among those who got one dose.

The findings are why experts say it’s important to be fully vaccinated. And it’s why they say making vaccines accessible globally is so critical.

Fauci, speaking during a COVID-19 briefing on June 22, noted the effectiveness of the vaccines against the delta strain.

“Good news: Our vaccines are effective against the delta variant,” he said. “We have the tools. So let’s use them, and crush the outbreak.”

What’s going on with the delta variant in Missouri?

As the U.S. emerges from the COVID-19 crisis, Missouri is seeing an alarming rise in cases because of a combination of the fast-spreading delta variant and stubborn resistance among many people to getting vaccinated.

The state now leads the nation with the highest rate of new COVID-19 infections, and the surge is happening largely in a politically conservative farming region in the northern part of the state and in the southwestern corner, which includes Springfield and Branson, the country music mecca in the Ozark Mountains where big crowds are gathering again at the city’s theaters and other attractions.



While over 53% of all Americans have received at least one shot, according to the CDC, most southern and northern Missouri counties are well short of 40%. One county is at just 13%.

“If people elsewhere in the country are looking to us and saying, ‘No thanks’ and they are getting vaccinated, that is good,” said Erik Frederick, chief administrative officer at Mercy Hospital Springfield, which has been inundated with COVID-19 patients as the variant first identified in India rips through the largely non-immunized community. “We will be the canary.”

Cases remain below their winter highs in southwestern Missouri, but the trajectory is steeper than in previous surges, Frederick said. As of June 22, 153 COVID-19 patients were hospitalized at Mercy and another Springfield hospital, Cox Health, up from 31 just over a month ago, county figures show.

These patients are also younger than earlier in the pandemic - 60% to 65% of those in the ICU over the weekend at Mercy were under 40, according to Frederick, who noted that younger adults are much less likely to be vaccinated - and some are pregnant. ♦



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This Is the Exact Amount of Alcohol That Derails Weight Loss, New Study Says

Researchers reviewed 13 years of studies to pinpoint how much you can drink and still lose weight.

You've cut fat and sugar, you're exercising regularly, and you can't help but notice that still, that bit of extra weight is not exactly melting off... so, if you're being honest with yourself, is there maybe one more lifestyle choice that could zap away those unwanted pounds, if you'd be willing to try it? There is, according to a team of food science researchers who have determined how much alcohol affects your ability to lose weight. It's not just the calories, people - there's deeper science behind why drinking is a weight-loss foe.

Keep reading to learn how much alcohol these nutrition pros say you can have and still lose weight.

Their approach was thorough.

Recently, a team of nutrition and food science researchers representing universities, clinics, and hospitals throughout Spain collaborated to review what they say were "all prospective clinical studies and systematic reviews" that analyzed the health effects of beer

published between January 2007 and April 2020. Their exhaustive analysis of these 13 years of past studies, recently published in the peer-reviewed journal *Nutrients*, also included some alcoholic drinks other than beer (such as wine), as well as non-alcoholic beer.

They were looking at risk factors.

The research team was invested in understanding the health effects of beer and other alcoholic drinks because, they say, "In recent years, there has been an increasing interest in the potential health-related effects of moderate alcohol consumption." So, their work examined "beer-associated effects on cardiovascular and metabolic risk factors to identify a consumption level that can be considered 'moderate.'"

Their findings could be considered remarkable.

The team uncovered some groundbreaking findings about the effects of alcohol on overall health. (Yes, they say: In some ways, drinking can have positive effects on one's health.)

There's a factor that's largely within your control that dictates your health and wellbeing, too.

You might already recognize that the relationship between what we eat and our overall health is inseparable. Not only does healthy food deliver nutrients that nourish the body, but being overweight can lead to discomfort, pain, and actual health problems associated with the heart, metabolic disorders (such as diabetes), and more.

So, the amount of alcohol that you can drink and still lose weight is...

The researchers found that if you want to lose weight and still enjoy the occasional sip, there's a particular amount of alcohol that will allow you to do that. From their analysis, they state that beer "seems to have a direct effect on weight gain, and on waist circumference in men." That much, you probably already had a hunch about. However, they say that daily amounts of beer greater than or equal to 500 milliliters - that is, about 16.9 ounces - increase the risk of not losing weight.



The reason points to an increasing understanding.

Certainly, the calories and other macros in beer and alcoholic drinks all add up within your daily intake. But also, science is increasingly showing that what we eat affects the gut microbiome in a way that can often impact weight loss. It's not just about "weight": It's that some foods inhibit our body's ability to use food and drinks as fuel, while other foods help to facilitate that process.

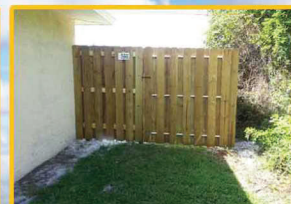
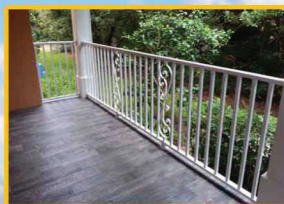
The researchers in this study found that when alcohol did yield a beneficial health effect, such as when the antioxidants in beer seemed to promote cardiovascular health, the amount of alcohol the study participants had consumed was really small - in some cases, less than one ounce.

So while from person to person such a small serving may or may not be enough to satisfy that sipping feeling, these findings definitely suggest that if losing weight has been a struggle but you're still drinking regularly, then it might be time to get real about the role alcohol is playing in what you see when you step on the scale. ♦



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Get 30 Minutes a Day of Exercise

"I don't have time." This is a major reason Americans say they don't exercise. Even though people claim to be busier and busier all the time, statistics show that people spend significantly more time sitting on a couch. A Nielsen report released in early 2012 states that the average American over age two spends more than 34 hours a week watching TV. Our televisions, videogames, and smartphones have captivated us.

The good news is that it's not too late, choosing to exercise for only 2 percent of your day can have benefits that are truly lifesaving. 2 percent equates to only 30 minutes a day. It doesn't take much time at all, and we've come up with 10 practical ways to help you find the time.

Be an active TV watcher. If you can, purchase a piece of exercise equipment, like a treadmill or stationary bike, that you can use while watching TV. If you want to spend less money, purchase a small BOSU ball that you can utilize as a stepper or simply walk or stretch in your living room.



Rise and shine. Plan to get up just 30 minutes earlier, put on your walking shoes and go for a brisk walk or run. Your dog will most certainly appreciate it, too!

Cut down on media usage. Time yourself to see how much you utilize media (computer, TV, phone, etc.) and then choose to replace just 30 minutes of that time with a physical activity you enjoy.

Post dinner activity. Make it a habit to go on a walk after your evening meal with your family or a friend before you clean the kitchen.

"Cleanersize". All of us have to complete household chores. So why not turn these must-do activities into physical activity? Turn on some good music and try to exercise your way through the chores, increasing the speed and movement of everything you do.

Utilize your lunch break. Most work places allow lunch breaks between 30 – 60 minutes. Pack your running shoes to work and before eating, go for a walk outside. Start a walking club and get your co-workers involved so you don't feel lonely.

Get a pedometer. It can be surprising to realize how inactive we really are when we measure our daily activities with steps. Pedometers (or free pedometer apps) can really help increase your daily activity by simply making you are aware of it!

Turn family and friend time into physical activity. For some reason we think that socializing has to be done sitting down around a dinner table, but there are so many other ways that we could learn to be active together. Play an active game in the park, go for a bike ride, play tennis, go bowling or simply walk together.

Change your priorities. See what you can do to combine your "must do's" with physical activity (you will be amazed what can be done with a bit of creativity). Time for exercise should be high on everyone's priority list as it impacts every other aspect of life, health and wellbeing.

Find your passion. Everyone will be able to discover physical activities that they love. That's why it's important to try many different things and find out what is most enjoyable for you. Research shows that people who find a passion in a particular physical activity are more likely to stick to it long-term.

So make the choice to find 30 minutes of exercise and physical activity in your 24-hour day. It's only two percent, and it will add years to your life and life to your years. ♦


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According to a TD Bank Fiscal Fit survey, seven out of 10 Americans feel that sound financial health can have a positive impact on overall health and well-being. For those who have a financial plan in place, the number increases to eight out of 10.

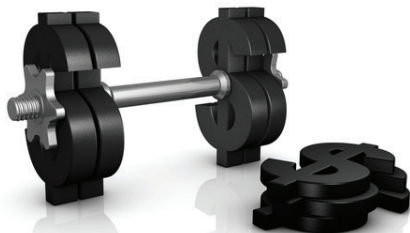
However, as many continue to focus on their health and fitness efforts (and probably increasing momentum for the summer!), I've noticed a number of people delay pursuing their financial goals. Some aren't sure where to begin, while others feel overwhelmed about the perceived time and effort.

The sooner you start investing in your financial future, however, the more time you have to build a healthy life and enjoy the fruits of your labor.

Here are some simple tips for building a healthy financial life:

- **Identify Goals & Create a Plan.** Similar to outlining your fitness goals, such as improving flexibility, strength training or lowering body fat, it's important to write down your financial goals. The specifics may change over the years, as you raise a family or embark on a new career, but the overarching goal and your commitment should remain fairly consistent. So, consider the end-game. Are you looking to accumulate wealth? Plan for retirement or a child's college education? Or do you want to set a good example for your children and make sure your dependents are taken care of? Then, create a plan to get there.
- **Start Out Slow.** Most fitness trainers advise against an all-out body-straining routine on Day 1. Instead, a slow ramp-up process is recommended to avoid injuries that can further hinder your fitness goals. The same applies to financial planning. For instance, start your savings out slowly—you don't need to immediately put half of your paycheck into savings. While that's an ambitious goal, you can start with allocating \$10-\$20 per paycheck and raise the amount as you get more comfortable.

Starting out slow can prevent you from jeopardizing your financial future. For instance, just because you're determined to build wealth doesn't mean you need to immediately purchase a home. In fact, that may seriously damage your financial health and hurt you in the long run.



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U.S. CONSTITUTION

by DR. BRENDA MACMENAMIN, DCE
High School American History
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All Men are Created Equal

Did the Founders mean it when they said in the Declaration of Independence?

"We hold these truths to be self-evident, that all men are created equal..."

Did you know that Thomas Jefferson put a "slavery grievance" in the original draft of the Declaration of Independence?

"He [King George III] has waged cruel war against human nature itself, violating it's most sacred rights of life & liberty in the persons of a distant people who never offended him, captivating & carrying them into slavery in another hemisphere, or to incur miserable death in their transportation thither."

George Mason warned prophetically at the Constitutional Convention, concerning slavery, "This infernal traffic originated in the avarice of British merchants. The British government constantly checked the attempts of Virginia to put a stop to it... As nations cannot be rewarded or punished in the next world, they must be in this."

Unfortunately, Thomas Jefferson's first attempt as a 25 year old Virginia legislator, to begin the elimination of slavery, was vetoed by King George III.

Yet the Founders went on to prohibit the expansion of Slavery into the new states by passing the Northwest Ordinance and prohibited importation of new slaves by 1808 in the Constitution. The 3/5 clause, in the words of Frederick Douglass, "... instead of encouraging slavery, the Constitution encourages freedom by giving an increase of "two-fifths" of political power to free over slave States. So much for the three-fifths clause; taking it at its worst, it still leans to freedom, not to slavery; for, be it remembered that the Constitution nowhere forbids a colored man to vote..."

In fact, during the American Revolution, blacks and whites fought together for our liberty from the tyranny of King George III. Peter Salem was a hero at Bunker Hill and fought as a minuteman. Prince Whipple and Oliver Cromwell were two of America's heroes in the famous picture of crossing the Delaware with George Washington. James Armistead was the spy who helped make possible the decisive victory at Yorktown. If you are not familiar with these epic black patriots, buy the book *The Colored Patriots of the American Revolution* by William C. Nell (published 1855.)

And what about the Indians? Let's talk about them next month. Maybe skin color has nothing to do with bravery and courage. Surely we are made from one blood (Acts 17:26). Surely we are one in Christ (Galatians 3:28). Let's all be patriots and acknowledge this equality once again.

We serve a Supernatural God. He is calling us to repent and revive the Way He gave us to govern ourselves, in the Bible as it was illustrated in the Declaration of Independence and fulfilled in the Constitution, philosophically. Let's answer Him and bless Him. Let's be a Supernatural nation, depending on Him, once again. ♦



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Legacy Real Estate of Florida

Lasha Boree - Founder/Owner



Lasha Boree is the founder and owner of Legacy Real Estate of Florida. Lasha has built a successful business, proudly incorporating the names of people and stories important in her life.

Lasha lived in Turkey while her father, who served with the US Army was stationed there. When her parents separated, her mom moved back

to the states with Lasha and her three siblings. Since her grandparents, John and Anne Bond, lived in Okeechobee and owned Lakeshore Restaurant and Truck Stop, that is where the family settled.

A few years later her mother married Edward Boree, who worked in citrus and cattle. Lasha said, "It was my honor to call him Daddy, he walked daily with God and instilled that in all of us. He raised me, never let me down, and became a strong foundation in my life." Edward died in January 2021.

In 2000 Lasha began doing title work with a local title company and then a law firm. In 2014 after becoming a Realtor and, ultimately, a Broker, she went into business for herself, establishing Legacy Real Estate. She said, "My training in fields with a strong legal base gave me the benefit of viewing real estate predominately from a legal aspect."

She wanted the name of the business to reflect the things taught to her by her Daddy and to honor her grandfather, Lacy Hancock, whom she calls the two most Godly men in her life and said, "even though I never met my Grandfather I have the utmost respect for him."

She developed a strong love for her grandfather, Lacy, when she read the letters he wrote to her grandmother when he was in Europe during WWII. She noted that when someone is gone away for months, letters always speak from the heart. From those letters, she learned what a loving man he was and what God and his family meant to him. Lacy was killed in Germany on March 15, 1945. Her mother created the name, Lasha, as a derivative of her grandfather's name. Legacy also includes his name.

The Legacy Real Estate logo is visually designed as an anchor lying across a key. She created it because she was given 3 keys on a keychain that belonged to Lacy. One of these keys was used in the design. The anchor is also a cross and represents an old hymn her Daddy would often sing: 'In times like these you need an anchor.'

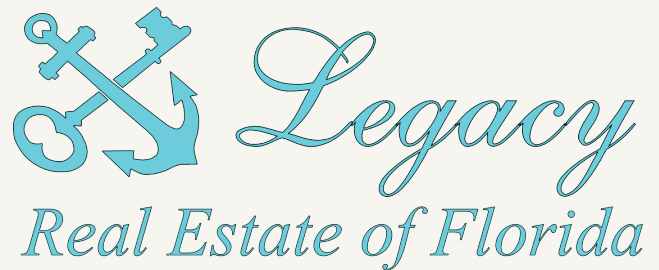
Realtors with Legacy are Garry Smith, a friend of more than 20 years, David Perdomo; Gary Joiner, who has experience with Agricultural properties; Tonya Tyson, who has extensive knowledge in new construction and Jared Mobley, whose

knowledge of business operations are instrumental in commercial transactions.

Lasha said, "The Legacy Real Estate philosophy is, "If you work ethically and honestly that is the reputation you will have in your town. In a small community, your reputation is most important. Our office works well together and gets along like a family."

Lasha said, "The real estate business is not just a matter of getting a license and selling homes and property." Each person working at Legacy takes multiple courses, in addition to required continuing education, to be current and up to date on new rules, regulations, and various topics to assist their buyers and sellers. In 2016 Lasha received her certification as an International Property Specialist which is a designation awarded by the National Association of Realtors.

Lasha's other interests include serving as the State Republican Committeewoman for Okeechobee County. She was also our county's chairperson for the Trump campaign in 2016. She is a member of Treasure Island Baptist Church, and revels in the joy of spoiling her eight grandchildren.



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KAVA

A Kava Culture Is Brewing, but Does This Trendy Root Live up to the Hype?



Stress reliever, anxiety reducer, sleep supporter and mood enhancer. These are all claims touted by kava, a root from the Pacific Islands that's suddenly the next big thing.

Kava – also known as kava kava – is showing up in everything from capsules and candy to stress relief tea, canned relaxation drinks and bottled wellness tonics. Kava cafes and bars – dimly lit coffee houses and nightclubs that serve cups of brewed kava instead of cappuccinos or alcohol – are popping up around the country.

The supplement is derived from a root in the pepper plant family that grows in Fiji, Hawaii, Polynesia and other islands in the Pacific Ocean. For centuries, islanders used kava as a medicinal plant due to its sedative and euphoric properties. The Latin name of the plant is *Piper methysticum*, which means “intoxicating pepper.”

Natural Approach for Anxiety

With its long history as a relaxing remedy and ceremonial drink in the Pacific Islands, kava is enjoying new-found fame in the U.S. among people seeking a natural alternative to anti-anxiety medication. Some people are even calling kava the new CBD.

No wonder kava is suddenly in demand. For the first time, anxiety (63%) has replaced being overweight (61%) as America's top health concern, according to the market research firm the Hartman Group. In our “age of anxiety,” the idea of a natural approach to ease anxiety and stress is a big draw.

Could it be that kava is the perfect antidote for this next decade? Beyond its appeal to anxiety sufferers, some people are using kava to promote sleep – which is now viewed as the third pillar of wellness, along with diet and exercise. Sleep deprivation is considered a public health crisis, the “new smoking.” Kava is being added to natural sleep aid supplements and drinks, similar to how melatonin has become a hot ingredient in sleep foods and beverages. Expect to see even more kava-fortified sleep products as sleep health is predicted to be the next big functional food category.

Another factor driving demand for kava is the growing sober curious movement. It's no longer just about Dry January. Forgoing alcohol has become a big trend, especially among millennials. That's why there's been an explosion of creative zero proof cocktails for those not wanting to imbibe. Tapping into this trend, kava bars are touted as a way to socially connect without the booze, yet still feel the “natural high” from the kava.

Should You Go Gaga Over Kava?

So is there any truth behind all these claims?

For starters, the anti-anxiety evidence is a bit skimpy. Yes, some studies have shown a small benefit, but the overall results are mixed. A 2018 review and meta-analysis of 12 different kava studies concluded that the current evidence, although promising, is insufficient to confirm the beneficial effect of kava for treating generalized anxiety disorder.

The sleep claims do not seem to hold up either. Some people may find drinking a cup of kava tea calms them before bedtime, but a 2015 review and meta-analysis of herbal treatments for insomnia found that kava offered no statistical advantage over a placebo.

What about the intoxicating reputation of kava? Well, there's something to that. Kava roots contain psychoactive compounds called kavalactones. These compounds provide what's referred to as an anxiolytic effect on the nervous system, similar to alcohol (although without the hangover).

Kavalactones are the active ingredient in kava. You'll find the amount of kavalactones listed on the label of capsules and liquid drops, so you'll know the potency of what you're buying – which will help you from consuming too much. Experts advise not exceeding 250 milligrams of kavalactones a day.

When reading kava supplement labels, you'll see that milligrams of kava root extract and kavalactones are frequently listed. If you don't see milligrams of kavalactones, it may be listed as a percentage – often 30-70% kavalactones. So if a kava capsule contains 100 mg of kava root extract, and you see 30% kavalactones on the label, it will contain 30 mg of kavalactones.

Kava Safety Concerns

One thing is for sure. Kava has had a murky safety record. In 2002, the U.S. Food and Drug Administration issued an advisory warning that kava could cause liver damage. At least 25 cases of liver toxicity and four deaths have been linked to kava use. That led to several countries, including Germany, Switzerland, France, Australia and Canada, to ban or restrict the sale of kava – although Germany has since reversed its ban due to conflicting evidence.

It's unclear if kava is truly damaging to the liver or if the problem is due to interactions with other drugs or alcohol, overdosing or adulteration. To save money, some kava producers mix in other parts of the plant such as the stem and leaves. Only the roots have been traditionally consumed by Pacific Islanders, so the inclusion of other plant parts or “poor kava raw material” has been suspected as a culprit.

This lack of standardization seems to be behind the recent creation of the American Kava Association, which is attempting



to reel in some of the claims and provide greater assurance of a safe and pure supply of kava coming into the country. The trade association is certifying kava bars and offers lab testing to be sure kava meets quality standards before it's sold as foods, beverages or dietary supplements.

So what should you do if you want to try kava? First, follow FDA's guidance to not use kava if you have liver disease or are taking drugs that can affect the liver. Consult with a physician if you're taking any medication. Also, it's important to not combine kava with alcohol or go above the 250 mg of kavalactones per day.

Even beyond concerns about liver damage, long-term use of high doses of kava has been associated with dry, scaly and yellowed skin – a condition known as kava dermatopathy (or what Australians call crocodile skin). Some heavy users of kava have suffered from shortness of breath, disorientation and hallucinations.

Kava Cafes

Rather than kava supplements, you may want to try it in the traditional form as a beverage. You can find a kava bar near you, or you can buy kava root powder for making drinks at home. The kava root powder is mixed with water and steeped like tea – although the tea is served cold or at room temperature since heat destroys the active kavalactones.

I visited a kava cafe in Chicago to learn firsthand about the kava experience. The kava arrived in a traditional shell-like bowl, and my waitress did not disappoint with her toast of “bula,” the Fijian word for “life” that's the equivalent to saying cheers – an integral part of the kava culture. The cold drink was muddy gray and thinner than I thought it might be. The taste was earthy and a bit chalky.

Almost immediately, I felt a tingly numbness on my lips and tongue – that was the kavalactones at work. By the time I left and was on my way home, I must admit that I felt a mild sense of calmness. It was truly relaxing – which maybe wasn't a good idea because I had scheduled a cycling class right afterwards.

Bottom line: If you're curious about kava, just know what you're buying. Read labels carefully, seek out quality brands and don't overdo it. Like anything, the dose makes the poison. So don't exceed 250 mg of kavalactones a day. Better yet: Avoid supplements and enjoy it the way Pacific Islanders have for 3,000 years. Maybe drinking kava will help you drink less alcohol, if that's a goal in the new year. ♦

What Your Job Can Do to Your Heart



The funny thing about your heart not being in your job is that your job finds a way to affect your heart anyway. When researchers looked at men who felt unfairly treated at work, those who kept their feelings inside had more than twice the risk of a heart attack as those who coped in other ways.

We're not recommending that you yell at your boss or kick any dogs. Instead, find strategies that dissipate the anger. Don't wait. Anger and hostility can also cause high blood pressure and constrict your blood vessels, which can lead to problems, including impotence. (More than one-quarter of U.S. adults have prehypertension.

If you're unable to tackle the problems with your manager, your HR department, or your colleagues, at least try these anger-management tools:

- Do the opposite. Instead of swearing at someone who cuts you off, consider that there might be a reason—maybe he just got a call that his wife is in labor. Don't use that finger; empathize with the poor guy about the 24,619 diapers he is going to have to change.
- Choose smart words. Steer clear of words like “never” or “always.” Statements like “This machine never works!” or “You're always forgetting things!” not only are inaccurate but also make you feel that your anger is justified because there's no way to solve the problem.
- Get real with your expectations. Don't blame yourself for things that are out of your control, and don't blame your boss for things that are out of her control. ♦

Breast Cancer Warning Signs Every Woman Should Know



Breast cancer is the most common form of cancer among women, excluding skin cancers, affecting one in eight women at some point in their lives. In 2020, the American Cancer Society (ACS) estimated more than 276,000 women in the US were diagnosed with breast cancer, and more than 42,000 died from the disease.

So, what is it? Breast cancer is a disease in which atypical cells grow out of control, most often in the glands that produce milk or the ducts that carry it to the nipple. To best protect yourself, learn the signs, symptoms and risk factors, and get prompt care if anything looks or feels unusual.

Know the risk factors

Breast cancer appears to be caused by a combination of genetic and lifestyle factors, including:

- Age - older than 50
- Genetic mutations - BRCA1 and BRCA2 genes
- Family history - mother, sister, daughter or multiple relatives on mother's or father's side with the disease
- Onset of menstrual periods before the age of 12
- Dense breast tissue

Having these risks does not mean breast cancer is inevitable. Many women with known risk factors may never

develop breast cancer, while some women with no risk factors get the diagnosis, according to the ACS.

Still, women can control some risk factors, like alcohol intake, weight, physical activity and cigarette smoking. "There's actually pretty good data that shows a link between smoking and increased breast cancer risk," says Alene Wright, MD, a general surgeon with the Medical Center of Trinity in Trinity, Florida.

There's also reasonable data, according to Wright, that postmenopausal obesity - a body mass index above 29.9 after menopause - can increase your breast cancer risk. Why? Estrogen levels in overweight or obese women are higher.

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Post-Retirement Jobs: Stress-Free, Flexible, and Lucrative

The math is simple: retirement funds aren't cutting it for modern lifestyle needs anymore. The full retirement age in the U.S. stands at 66, with an average life expectancy of around 95 years. Now consider the fact that the average balance of retirement savings accounts in the U.S. is nearly \$255,200. This comes to around \$700 a month for 30 years of post-retirement life. This is why so many American seniors are choosing post-retirement jobs!

Many seniors extend their work life into what is called a "rolling retirement" – a time of low-stress jobs after retirement to earn some extra income and keep themselves occupied. We've got five easy job ideas that will utilize your years of experience and pad up your savings fund.

Personal Coach/Mentor

Utilize all your years of knowledge, learnings, and work experience! The personal development sector is booming, and



people are willing to pay big bucks to be mentored through their difficulties. Building a roster of clients and getting certified could go a long way in increasing your rates, so definitely consider that if you get into this profession.

Consultant

According to Kiplinger, consulting is one of the best post-retirement jobs to bridge between working full-time and complete retirement. The benefits? You get to work in the field of your previous job, make your own hours, and utilize networks you've built up through the years. If you're not yet ready to leave your old job, you can even tie up with your former organization to consult for them.

Business Owner

Starting your own home-based business has never been so easy; this could even be one of the best retirement jobs from home! There are countless e-commerce and online shop options to set you up. You could sell anything from creative candles to web courses, but, whatever your business, you'll need to set up payroll. As a business owner, you will want paid accurately and on time, as will any employees you bring on board. First, get acquainted with payroll-related terms and concepts, then look into simplifying and streamlining the process with automated payroll software like QuickBooks.

House Sitter

This is a great gig for those who want to earn money while doing their own thing. By minding houses while the owners are away, you'll be performing small chores like lawn mowing or feeding pets. This leaves you with more than enough time to read, cook, or get started on setting up your business or consulting work. Bonus: it's one of the most fun post-retirement jobs because you get to enjoy a change of scenery and switch up your everyday routine.

Tutor/Professor

Utilize your skillset! Whether you're good at math, crocheting, art, or physics, there is always someone out there wanting to learn your skill. Good Housekeeping notes that many online platforms will allow for free signups and let you set up your own rate with students. If you have a more specialized skill, universities and colleges have salaried instructor positions specifically for knowledgeable seniors. Substitute teachers and aides are also

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continued page 25

Breast Cancer cont.

"Fat cells increase estrogen in low levels even when your ovaries aren't working anymore," says Dr. Wright. "Many breast cancers are stimulated by estrogen."

Because of the wide variability in who does - and doesn't - develop breast cancer, it's important to know the signs and report any changes to your doctor.

Recognize signs and symptoms you shouldn't ignore

"I think the most important thing for women to know is sometimes there are no signs of breast cancer," Wright says. Instead, lumps or changes are picked up on routine screening.

Some women do experience symptoms, like a breast lump that lasts longer than one menstrual cycle, a change in color or thickness of the skin on the breast or pain in any area of the breast.

See your doctor if you notice changes like:

- **Nipple discharge when not nursing; discharge could include blood**
- **Flaky skin or redness, especially around the nipple**
- **Change in the size or shape of one breast**
- **Dimpling of breast skin**
- **Pulling in of the nipple**

If you notice any changes between screenings, don't hesitate to discuss them with your doctor, even if you were screened recently. Changes could be totally normal - or a sign of a cyst, infection or eczema - and your doctor can evaluate and determine whether your breast changes are cause for concern.

In addition to reporting new bumps and lumps, women should also get routine screenings. Regular mammograms can help detect cancer before symptoms appear. Early detection allows for easier treatment and a better prognosis.

Find the right screening schedule for you

Different institutions have varying recommendations on when to start getting mammograms.

- The U.S. Preventive Services Task Force recommends women at average risk get screened every two years from ages 50 to 74, leaving it to a woman's discretion, along with the advice of her doctor, to start in her 40s. Women at higher risk may benefit from screenings in their 40s, the task force suggests.
- The ACS recommends women at average risk get annual screenings starting at age 45, or 40 if they prefer, and continue annual or switch to biennial mammograms at age 55. Women with

certain risk factors - like a first-degree relative with a BRCA 1 or BRCA2 gene

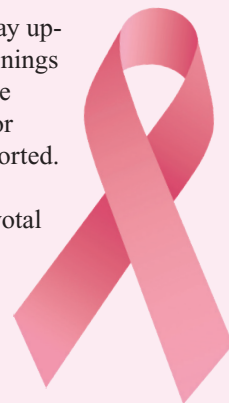
mutations - should have an MRI and mammogram annually starting at age 30.

Women should get screened as long as they're in good health and expected to live at least 10 years, the ACS recommends.

Since recommendations vary, it's crucial to speak with your doctor about the best screening schedule for you. Wright believes that earlier screenings are beneficial to her patients. "I would recommend that a woman with average risk - meaning no strong family history, no prior history of breast concerns or breast biopsies - start at age forty and have a mammogram once a year," she says.

Given the various recommendations, why forty? That's typically the age women start nearing menopause, says Wright. "And we know that breast cancers tend to be more common in women who are menopausal."

The bottom line: Stay up-to-date on your screenings and don't let a change in breast size, color or appearance go unreported. A prompt in-office evaluation can be pivotal to getting speedy treatment or allaying your concerns. ♦



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TRAVEL POST-PANDEMIC:

How to Stay Safe This Summer

After a difficult pandemic year, the world is breathing a cautious sigh of relief. Last summer, as folks begrudgingly traded in their summer vacation plans for time at home, the tourism industry took a painful hit. This year, as COVID-19 cases continue to drop, many folks are making up for lost time with post-pandemic travel.

Travelers remain wisely cautious about trip plans, since in this unprecedented time of pandemic, it is hard to know what is safe. If you have decided to take the plunge and book a trip, do your research first.

How can you keep yourself safe through post-pandemic travel?

- Consider driving to your destination if possible, since flying could expose you to hundreds, if not thousands more people in the course of a day in airports and on planes.
- Observe social distancing. This may mean skipping crowd-based activities or eating meals in, rather than in a restaurant. Or, request an outside table if possible when dining out.
- Wear a facemask when in crowded places. Even if not

required, it could protect you from a variety of illnesses. Also, remember that even vaccinated individuals do not have 100% protection from the virus – they may still catch or transmit the disease.

- Practice good hygiene – wash your hands regularly when in public areas, or use hand sanitizer if handwashing is not possible.
- Although experts say that wiping down everything is not necessary, due to the unlikelihood of COVID-19 being spread from surfaces, it may be helpful to wipe down high-touch areas (such as TV-remotes) to prevent the spread of other contagious illnesses.
- If you plan to be vaccinated before traveling, be sure to do so with enough time to receive both doses of your shot (if necessary), and allow for extra time to ensure that any possible reaction to the vaccine will not affect or delay your travel.

Choose your destination wisely

Location could make a difference for your post-pandemic travel plans, since there are areas that still have higher

continued next page

COVID-19 case rates. Do your research before making plans – not only to see which areas have higher infection rates, but also to see which countries are open or restricted to tourists, as well as current quarantine, testing, and masking rules for that locale. For this reason, it may be wise to use a travel agency if you are planning a complex or international trip, as these agents will be well versed in discovering your destination's policies.

Consider a travel insurance policy

More than before, we cannot predict what may happen to deter our travel plans, especially as post-pandemic travel trends continue. Consider purchasing an airtight travel insurance policy for your travel expenditures, in case someone in your group gets sick, or if there are cancellations or changes in availability at your destination due to local and federal government mandates. Be sure that policy is purchased through a well-known company that has 24/7 access to customer service.

Monitor your health before and after traveling

Monitor yourself and your family in the weeks leading up to your vacation, and upon returning home. Be sure to isolate or quarantine if you have any symptoms of illness. Before leaving and upon return, consider being tested to be sure that you have not been exposed to COVID-19. Keep in mind that you may be asymptomatic, so do not rely on a show of symptoms to determine whether you have been infected.

Be patient!

Keep in mind that while much of the world has jumped back into travel, there are still widespread staffing issues as venues reopen, resume full capacity operation, and employees return to work from unemployment. These shortages may be likely to cause delays, especially in restaurants.

Save yourself the frustration and potential crowd exposure by ordering food for pick-up, or preparing meals yourself when possible. It's very likely that no matter the level of frustration, our gratefulness for being able to travel this year – after a year of staying in – will make any headache worth it! ♦



Post Retirement cont.

coveted and salaried positions. Be sure to look up job listings regularly, as teaching jobs are in high demand.

We hope these jobs inspire you to get out there and help add to your retirement fund, while still enjoying the peace of retirement. If you're at all nervous about rejoining the workforce, remember that this is the new normal for most seniors, and is extremely beneficial in the long run. If you're looking for more ideas, consider freelancing, driving for Uber, becoming a caregiver or a coach – the options are truly in your favor and it is only as difficult as starting! ♦

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Carve Out a Home Office in a Small Space

By DANIELLE BLUNDELL



Sure, it'd be great to have a dedicated home office with ample storage, space for supplies and a proper desk setup—especially if you're all about that work from home life. Oh, and room for one of those funny engraved desk plates too. But few of us have the square footage for that. And yet, we still need to put in that work. So in order to make it happen, you just have to get creative and try carving out a home office area in one of these clever ways.

The easiest way to steal space for an office is by taking over a spare closet. Think about it: A reach-in closet is roughly the same size and depth as a small desk. So you can just push yours in there. Or even better, mount a slab-style shelf that'll function like a desktop, add a chair or stool and call it a day. You can include more wall-mount shelves for supplies and remove the doors if you want easy access. Or use the door(s) to keep the space hidden—and as another surface for hanging maybe a file folder holder or something to that effect.

Have an empty corner? Turn it into an office. Seriously. To take up as little space as possible, you can use an L-shaped desk or even something triangular if you can find it. I usually tell people to put a floor lamp or plant in an empty corner, but if you need the workspace, by all means, take it.

Quirky architecture is actually a win for squeezing in a work area. If you have a little window seat area, a bump-out, or a nook, put a chair and a little desk or a table right



there, and use this space to work. Spots near windows are especially good because you don't have to worry about extra sources of lighting, at least not during the day.

If you're smart about your coffee table selection, you can actually turn your sofa into an office zone. What I'm referring to are those lift-top coffee tables, like the one above. So when you're sitting on your couch and typing on your laptop, it's almost like you're at a desk.

If you're lucky enough to have an open staircase, you can tuck a little office area under there too. You can also grab space from a closed staircase, but that would involve construction if you don't already have a little room or closet under the stairs already.

Oh, and if you really have no space and need a little place for yourself, try a wall mount desk. Hidden drop-down styles literally look like cabinets when not in use. ♦

Brilliant!



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Financial Freedom cont.

• Commit to Financial Health.

In fitness, mental preparation is key. In addition to creating a plan and getting started, athletes practice mental skills to get to the next level and beyond. In building your financial health, it's also important to be confident, driven and focused. Consider the big picture. In addition to putting the gym time in, athletes make better choices with their diets, for example. The same goes for financial health. Having an investment strategy or retirement plan in place is great - now maximize your financial health by reducing fees and taxes, saving more of your paycheck and optimizing your charitable contributions.

• **Streamline the Journey & Have Fun.** It's easy to skip the same boring workout, especially when it's in an inconvenient location, or you are feeling tired or not sure if your efforts are paying off. In some places, many have turned to boot camps, CrossFit or stand-up-paddleboarding to break the routine. Others work out with friends or have invested in a personal trainer to keep themselves accountable and have the best experience. In building your financial strength, I recommend streamlining the process to ensure your goals are on track. For instance, automate your savings plan. I bet you won't even miss the



funds automatically transferred to your account but you'll feel the difference. Also, find a financial planner you trust and enjoy working with. Not only will he or she help with accountability, but you may appreciate the journey and really feel the progress.

• **Run a Progress Report.** Speaking of progress, it's a common fitness practice to check in on your development. Some people record times, repetitions or weights; others do a monthly workout fitness text. When it comes to checking on your finances, the important thing is to check in and make sure you plan is on track, and you're making strides in the right direction. You can do this weekly, monthly or even bi-annually. Having a financial roundtable is especially important when you share financial responsibility with others, such as a spouse. The report is a great time to see your overall financial picture and ensure you are both on the same page.

Most people focus on fitness to live a longer and healthier life. And the longer we live, the more important finances become - particularly when it comes to saving and retirement planning. So, as you continue to ramp up our fitness efforts this year, consider making strides on your financial plan. Starting is half the battle so create a plan, start slow and before you know it, you'll build a financially healthy life, which can have a positive effect on your overall health and well-being. ♦



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from the Editor cont.

WHO IS IN CHRIST JESUS. THIS MAN BELONGS TO THE KINGDOM OF GOD, LIVES ALSO IN YOUR HEART, HERE AN IN HEAVEN AT SAME TIME. THAT IS WHY THE WORD SAYS, THAT EVEN DO WE ARE IN THIS WORLD, BUT WE DON'T BELONG TO THIS WORLD. WE WILL BE FULLY MANIFESTED WHEN JESUS HIMSELF IS MANIFESTED. IN THE MEANTIME, WE ARE GLORIOUSLY TRANSFORMED FROM GLORY TO GLORY INTO HIS IMAGE.

“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image [Jesu's image] from glory to glory, just as by the Spirit of the Lord. 2 Corinthians 3:18”

THIS TRANSFORMATION TAKES PLACE HERE IN YOUR HEART, IN THE INNERMAN, AS YOU DRINK SPIRITUAL MILK DAILY.

“Therefore, laying aside all malice, all deceit, hypocrisy, envy, and all evil speaking, as newborn babes, desire the pure milk of the word, that you may grow thereby, if indeed you have tasted that the Lord is gracious. 1 Peter 2:1-3”

BORN OF THE ETERNAL, EVERLASTING, INCORRUPTIBLE WORD. STAY IN THE MILK TILL YOU KNOW THE DIFFERENCE.

BORN OF THE WORD, GROW BY THE WORD, BECOME THE WORD. JESUS IN YOU. THE HOPE OF GLORY!

If you don't stay in the Word, you are taking the risk that some Preachers, Teachers and some Pastors, may take you back to the outward man, the one that is always feeling guilty. In that place you are always conscious that:

“All flesh is as grass, And all the glory of man as the flower of the grass. The grass withers, and its flower falls away, But the word of the Lord endures forever.” 1 Peter 2:24-25

BUT LIVING IN THE INWARD MAN IS THE ONLY POSSIBILITY TO BE MORE THAN CONQUERORS THROUGH CHRIST JESUS WHO GIVE US HIS STRENGTH, BECAUSE: *“There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. Romans 8:2”*

BECOME CHRIST LIKE, PRAY WITH ALL YOUR HEART, SOUL AND MIND: Lord, I do believe that Jesus of Nazareth took my place in the Cross. Lord, I am sorry for all my sins against you and against my own life, 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 that Jesus is Lord 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

If you made this prayer, email icarepublications@gmail.com. I would love to share your joy and send you material for balanced growth in the grace of the Lord. Also, send this letter to anyone you know as a testimony of your faith. iCareTown.com >Free Subscription.

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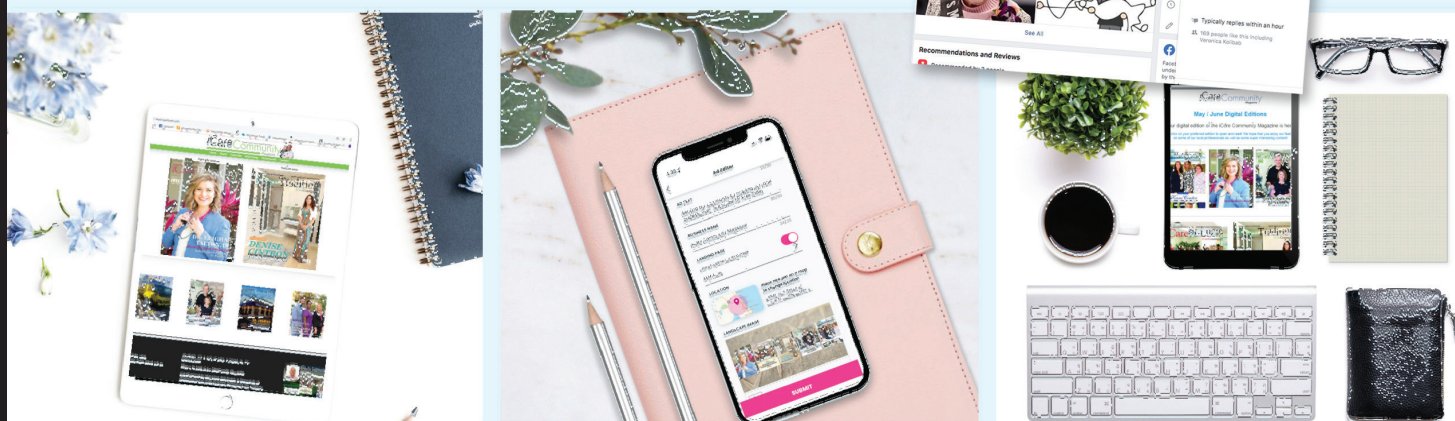
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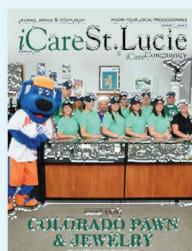
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