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Volume 3 Issue 7

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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

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REVIEWS | ADVICE | INFORMATIONHow 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.

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FROM THE MAYOR

by GREGORY J. ORAVEC
City of Port St. Lucie
cityofpsl.com

Our Changing Times

What happened to Mr. Floyd in Minnesota was a terrible injustice perpetrated by people who we expect to do the right thing, every time, in carrying out one of government's most important missions—to protect and serve. I believe that the photographic and video evidence are so explicit and antithetical to that mission and our ideals that they have provoked a strong and visceral reaction; and I am not sure how any principled person could look at the video or photographs and not be deeply bothered. To anyone not already moved, I would say, imagine if that was you, or your son, or your dad and then remember that this is just the latest example of a black person being treated differently by someone in law enforcement and society in general, that it is not an isolated incident. Under these circumstances, I think we must understand why so many Americans have been moved to assemble, protest and demand change. In fact, I would encourage each of us to answer this call in our own way because we should all want justice and not just in this case. We should all want a more just society for all people.

To this end, it is important for us to apply the proper means. We should invoke the great American tradition of, and our Constitutional rights to, peaceable assembly, free speech and the redress of grievances, or at least support the rights of our fellow Americans who do. We should vote; and, more than that, we should be actively involved in implementing the changes that bring our communities closer to living up to our ideals. One of the great things about local governments, like PSL, is that you can be involved. You can make a difference. You can be the difference.

What we cannot do is engage in, justify or even tolerate violence, rioting and looting. They are destructive and hateful manifestations of hurt, a desire for change or something worse. They take us further from our ideals and our goals for our communities and our United States of America. No. We cannot succeed in fighting for what's right by committing new wrongs, which is why I am happy to report—so far, so good on the Treasure Coast and in Port St. Lucie.

To date, there have been several peaceful demonstrations on the Treasure Coast outside the boundaries of the City but within our metropolitan area, with more likely to follow. I trust that our Police Department, City Manager and administrative team will continue to monitor the situation and social media as part of carrying out the Police Department's mission, which includes both protecting and preserving the rights of individuals as guaranteed by the Constitution and working with the

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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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IN DEFENSE OF PIZZA!

In 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. 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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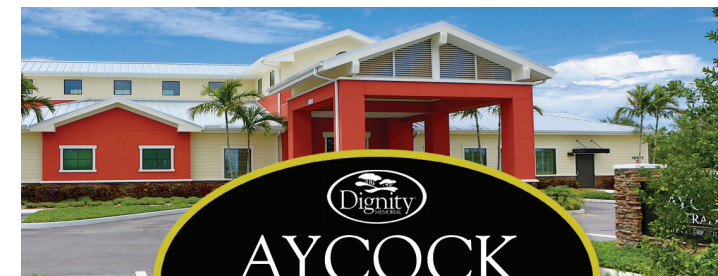
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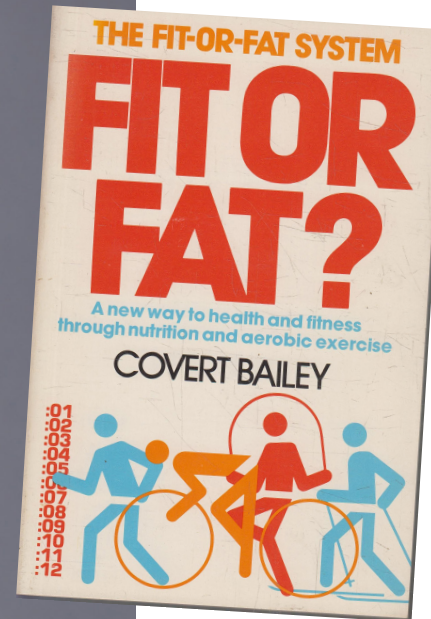
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THE TRUTH ABOUT BURNING AND STORING FAT

by DICK NUNEZ

Have 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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Dr. D, I love my doctor, but I wait weeks for an appointment, then I don't see the doctor, but instead a nurse. I understand your office is concierge. What is it, and can I afford it?

Long gone are the days where a call to the doctor resulted in direct contact, a timely office visit, or ability to see the doctor personally.

Physicians experience high overhead from payroll, malpractice, student loans, staff, etc. Low insurance reimbursement and expenses like these have resulted in patients waiting weeks to months for an appointment, packed lobbies with long waits, and doctors who are forced to see more patients in less time. Office visits are abbreviated and patients may not even get to see the doctor, but instead a nurse or PA.

Enter concierge and Direct Patient Care (DPC) practices. These practice models are not new, but have emerged as alternatives to insurance-based models of care. They work by charging the patient a small monthly fee, and sometimes bill a patient's insurance. Our office charges only a monthly fee and does not bill insurance.

This allows the physician to keep their practice small, allowing for services such as same day appointments, short lobby wait times, after hour doctor access, and extended visits with the doctor themselves. Access to the doctor via phone, email, text or other methods is typical, and may reduce office visits or allow care for an out-of-town patient. All this results in improved care for those with or without insurance, and affordable healthcare access for those without. Negotiated rates with imaging centers and labs are also typical, saving patients with insurance who have high deductibles money, and making these services attainable to those without insurance. A healthy person receives better care and access, while one with many medical problems gains extra attention.

The Florida Medical Association's Fall 2019 magazine showcased this emerging trend to care noting that between 2014 and 2019 DPC practices across 48 states and Washington, DC increased by 800%.¹ The change allows doctors to provide enhanced care to their patients, lessens the burdens of extensive paperwork and large caseloads, and improves their personal quality of life. Patients report improved care and feeling happier with the medical experience these models provide. DPC and concierge models have since received support by government legislation, as they have been shown to decrease the high costs associated with medical care, and lead to improved health outcomes for patients.²

Healthcare is about options, and it may be time to reassess whether a DPC or concierge model is a better fit for your healthcare needs. ♦

- 1 New Model, Old Fashioned Medicine, Peterman; FMA Magazine, Fall 2019
- 2 High-Touch Care Leads to Better Outcomes and Lower Costs in a Senior Population, Ghany, R; Tamariz, L; Chen, G; Dawkins, E; Ghany, A; Forbes, E; Tajiri, T; Palacio, A. Am J Manage Care. 2018 Sept 1; Published online 2018 Aug

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.⁸ [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 broad-spectrum, 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.

Check your symptoms to decide if and when you should see a doctor. ♦

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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St. Lucie County Sheriff's Office Always Committed to Protecting Life and Property

Sheriff Ken Mascara

The last several months have certainly been challenging and proven that innovation in the mother of necessity. The men and women of the St. Lucie County Sheriff's Office are committed to protecting life and property at all times.

During this pandemic event, deputies have continued to patrol neighborhoods, respond to calls for service, investigate crimes and ensure your safety. Our agency has implemented several protective measures to ensure the safety of our employees and those we come in contact with.

Many departments are working remotely from home or have implemented alternate work schedules.

All employees have been issued masks and are following proper hygiene procedures. Employees are screened for fever each day when reporting for work and doorknobs and other high traffic areas are disinfected several times each day.

Our main office lobby on Midway Road is closed to the public. However, working with our partners at the 9-1-1 dispatch center, we have created an internal call center where non-emergency calls are forwarded and handled over the phone by a deputy. Fingerprinting services are suspended as well many of our community engagement activities such as Citizen's Academy, Teen Driver Challenge and Summer Camps.

However, during this challenging time, we have innovated new ways to serve you and our community.

Residents looking to obtain a copy of a traffic crash report or incident report can request those online through our website.

Prospective employees can download an employment application from our website and we are working to automate that process so applications can be

both completed and submitted online. We are even conducting job interviews virtually over teleconferencing.

To enhance our patrol efforts, we have pulled deputies from throughout our agency and established a Public Safety Task Force to help implement the Governor's Executive Order and mandates from the Board of County Commissioners.

School Resource Deputies have found new ways to remain connected to their schools and students. Since the beginning of the pandemic, deputies have assisted our School District partners in distributing more than 130,000 meals to families. SRDs have also worked with school officials to monitor the online learning of students and make home visits to students are having difficulties connecting and ensure they get the assistance they need.

Our Community Engagement Unit has found safe ways to interact with you. Through drive-by birthday parties, food distribution events, prayer services and other socially distant measures, we remain committed to connecting with you as best as possible.

St. Lucie County is known for being resilient and neighborly. Throughout this pandemic event, our agency has innovated and adapted to maintain our commitment to serve you. In turn, you have shown your appreciation through multiple donations of food, masks, hand sanitizer and other items. You have shown how our community can join together and be neighborly.

I urge you to continue this. Safely check in on your neighbors, and be kind to one another.

We are getting through this and will continue to do so together. ♦

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.

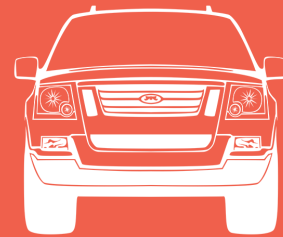
It occurs when the body isn't able to cool itself quickly enough, and the body temperature rises to dangerous levels.

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.



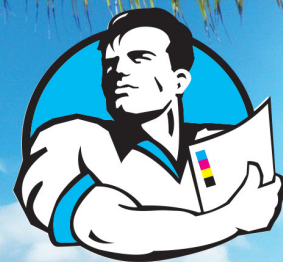
Cars heat up quickly. A vehicle can heat up 20 degrees in 10 minutes

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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THE 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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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

By AGENCY FOR HEALTH CARE ADMINISTRATION

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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GET READY BEFORE THE STORM



What can I do now to minimize damage?

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



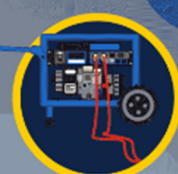
Where is my safety gear?

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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From the Mayor cont.

community to prevent and eliminate conditions that threaten our community’s right to be secure. In this situation, I believe this means allowing and even facilitating a protest and also doing everything we can to ensure that it stays peaceable and being ready to protect and serve everyone the right way if emotion and/or bad actors bend the protest towards violence.

As to how these protests and the ensuing movement apply directly to our City of Port St. Lucie government and the PSLPD, I would be happy to hear from you and would especially appreciate informed constructive input (the more specific, the better). In my experience, like any city, we have our problems, biases, and opportunities for improvement. At the same time, I think it is important to recognize that the people of PSL are served by an award-winning, nationally renowned, accredited police department, whose hardworking men and women have demonstrated a longstanding dedication to customer service, community policing and the highest professional standards. As you may know, our officers are trained in de-escalation, implicit bias and many other best practices in the hopes of delivering the best possible outcomes to all concerned. Their hard work, sustained excellence and collaboration with our residents, business owners, community institutions and volunteers form a cornerstone of our community’s identity and are responsible for special points of pride - we are the safest large city in Florida and one of the safest cities in America.

Even in these troubling times, I hope the great majority of our residents are proud of our PSLPD and what the Department and officers mean to our community. I think we should be proud while simultaneously understanding that our Police Department’s work is never done; the work can be difficult and dangerous; we can always be better; and, sadly, there will always be a very small percentage of officers who will not live up to our Department’s values or their oath and have to be dealt with accordingly. However, in my experience, our Police Chief, command staff and organization stand for justice for all people in a place that celebrates being a city for all people; and, time and time again, our Police Chief has used bad cops as a reminder that no one is above the law in PSL and “with great power comes great responsibility.” I look forward to learning of your experiences.

In this moment of soul-searching, as we reflect on what the killing of Mr. Floyd means for us as a nation, as a city and as a people, at a time in which we are still confronting hardships, fears and frustrations borne by the pandemic, turning to our nation’s history reminds us that our country has faced these types of challenges before and that when Americans work hard, smart and together, when we live by our values, when we live up to our ideals, we can meet any challenge. We can rise to any occasion. We can change our country for the better and lift up our communities and people. The question before us now is will we do it again.

Here in PSL, we can’t answer this for the nation or even our state; but we can answer it for ourselves and our City. We can stand up for our ideals, lead by example and keep working at being that shining city on a hill. We just need to keep moving forward through honest dialogue, good faith, considerate plans, definite actions, continuous accountability and your involvement (www.cityofpsl.com/strategicplan.)

As you may know, in 2016, Port St. Lucie began an ongoing community conversation at our first Forum on Race Relations and Inclusion. City leaders have made it a priority to keep this constructive dialogue open and ongoing. During the past four years, the City has organized and hosted open conversations and workshops on issues including: race, LGBTQ+, acceptance not discrimination among teens and youth, disabilities, immigration, religious tolerance, bridging the gap between the community and the police and fair and impartial policing. We expect this year’s Forum, which is tentatively scheduled for September, to be an energized and impactful discussion of race and public safety, and we hope that you will be a part of it. Please stay tuned to the City’s social media and website for a date and more details. ♦

Thank you for being involved in this issue and for everything you do to make PSL an even safer, more beautiful and more prosperous city for all people. If you would like to discuss these matters further or I can be of any assistance, please do not hesitate to contact me at mayor@cityofpsl.com or call today 772-871-5159.

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From the Editor cont.

LEVEL. NOT THE PHYSICAL LEVEL,
NOT THE EMOTIONAL LEVEL, BUT 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* ♦

**If you made this prayer, email me at:
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