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SEPTEMBER 2024

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FLORIDA WomenTM MAGAZINE

FLORIDA WOMEN MAGAZINE (FWM), is published monthly reaching women from all walks of life, from entrepreneurs and established businesses to women who make a difference in our community throughout Hernando, Hillsborough, East and West Pasco, Polk and Pinellas Counties and surrounding areas in Central Florida.

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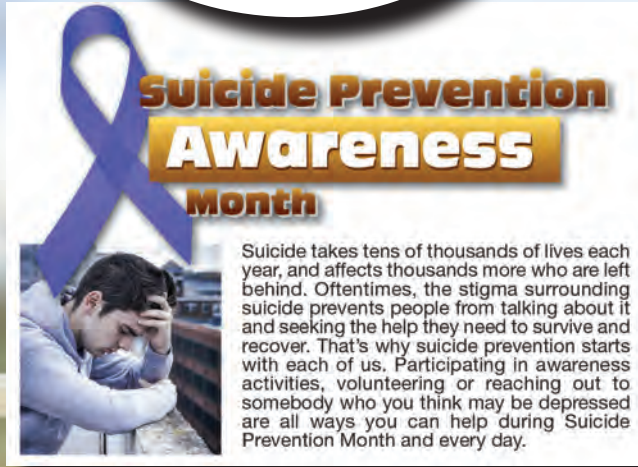
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Letter from the Publisher



Suicide Prevention Awareness Month

Suicide takes tens of thousands of lives each year, and affects thousands more who are left behind. Oftentimes, the stigma surrounding suicide prevents people from talking about it and seeking the help they need to survive and recover. That's why suicide prevention starts with each of us. Participating in awareness activities, volunteering or reaching out to somebody who you think may be depressed are all ways you can help during Suicide Prevention Month and every day.



FALL IS COMING..... FALL IS COMING..... September is here, but the summer heat hangs on along with all the rain. I don't know about you, but my weeds are very, very happy.

With the promise of cooler weather, maybe a month from now, businesses are already gearing up for the holiday season with specials being planned. When you begin to shop, please remember to shop local. That is what we are all about!

This month's issue is pretty full. September is Suicide Prevention Month. Inside we cover the subject with information and heart-warming stories from those who have lost loved ones. We cried as we edited the pages.

"When Life Gives You Lemons" is our Empowered Woman story this month, read about the struggles and strengths of Jesenia Orozco.

Are you a parent concerned about what your child is up to??? Then please read our article from AnyLab Tests® inside our health section. Now that children are back to school, this is a very important read for parents!

Get ready for Paulie Palooza coming in October! A fun day for everyone and a fundraiser for Gulfside Hospice! Dade City will have the Cruise-In on the 7th and their Merchants Sidewalk Sale on the 21st. Perfect time to begin to shop!

Let's not forget 9/11 - a day to remember. On Sept 7, the Zephyrhills Museum of Military History will have a REMEMBRANCE DAY 9/11 CEREMONY paying tribute to those that lost their lives that day. Details inside.

On a lighter note, if you are looking to get-a-way for a day, our writer Paul Catala enlightens you on Lake Wales!

As usual, there is so much more! Thank you for reading us!

From All Of Us at FWM,

Jet Hall

Publisher

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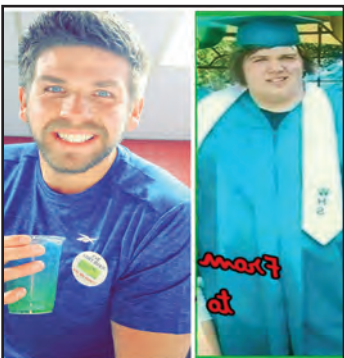
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Terri Hennessy

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In The Spirit

Keturah: The Second Wife

By Gary S. Hatrick

I have been working my way through the Bible starting with Genesis and talking about every named woman to be found.

So, this month, in going on to the next woman after Hagar, I was dismayed to find that it was Keturah.

If you don't recognize the name, don't be surprised, I imagine there are a lot of people who don't remember Keturah. She is not one of the great women of the Bible. In fact, her only claim to fame is that she was married to a big-name Bible personage — Abraham.



seem too picky. Abraham was well over 100 years old when she married him. Then again, Abraham was a very wealthy man, so maybe she does fit into the modern celebrity relationship.

Abraham may have been more than 100 years old, but he was certainly not out of commission because Keturah had six sons by Abraham. Then he died, and we never hear of Keturah again. We'll hear of Sarah, and we'll even hear of Hagar, but Keturah fades into obscurity, except for the fact that she is mentioned by name in the Bible.

So then what can we learn from Keturah? I believe what we learn from her stems from her sons and their relationship to their father.

Genesis 25 records Abraham's taking Keturah as a wife, her sons names, and Abraham's death. Concerning the sons, the Scriptures tell us "Now Abraham gave all that he had to Isaac; but to the sons of his concubines, Abraham gave gifts while he was still living and sent them away from his son Isaac eastward to the land of the east.

I want you to note that all the children were sons of Abraham. He was father to them all, but his relationship with Isaac was completely different than the others. He gave all that he had to Isaac when he died. The others he gave gifts while he was alive and sent them away from Isaac. He made a separation between them and Isaac.

You see Isaac was the son of promise. He was the son God miraculously gave to Abraham and Sarah. From him would come Abraham's Greatest Son - Jesus, the Christ. It was through Isaac that all the earth would be blessed. It was through Isaac the Messiah would come to die on the cross and save the world. There is no such benefit from Ishmael or the sons of Keturah. Yet, they too are sons of Abraham.

Sometimes when you tell people that through believing in Jesus we can become children of God, they will say well, we're all children of God and in a sense, they are correct. We are all indeed created by God. He alone can give life and so in that sense we all have a relationship with God as the originator of our life.

As Creator, God gives gifts to all of us. Life, of course being the first gift, then the air we breathe, the food we eat, our health, our children, our intellect, our

skills. Whether or not we know Christ as our Savior, we have these gifts. The Scripture says He causes His sun to rise on the evil and the good and sends rain on the righteous and the unrighteous." (Matt. 5:45)

God has another gift that He gives, the gift of eternal life. Being related to God by creation is not enough to receive that one. Our sin keeps us from receiving it. To receive that gift, we must trust in the death, shed blood and resurrection of Jesus Christ, the promised Son, the descendant of Abraham through Isaac.

In John 3:35, Jesus said, "The Father loves the Son and has given all things into his hand." He also said in John 10:27-29: "My sheep listen to My voice, and I know them, and they follow Me; and I give them eternal life, and they will never perish; and no one will snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father's hand."

You see, God has given all things, including those who believe, to His only begotten Son, Jesus. He is the promised Messiah, the Greater Son of Isaac and only through Him can you receive eternal life. Through Him God also gives us all things pertaining to life and godliness. (II Peter 1:3)

So, Keturah may not be one of the great women of the Bible, but her sons stand as an example of what we cannot count on for salvation. We cannot count on being from a Christian family, or the child of a godly Christian man or woman, or that a miracle took place in our family, or because we go to a good church. We can only count on the words of Christ and trust in the wounds of Christ. He bore those wounds to pay for our sin.

You must submit to God's plan. Being born by God's hand is not enough, you must be born again. (John 3:6-8)

(Your questions and comments are welcome. Send them to highroadzhill@aol.com, or private message them to me on the Facebook page under my name. If you want to know more about Jesus - please, please contact me or another Bible-believing Christian that you know. Your eternity depends on it.)

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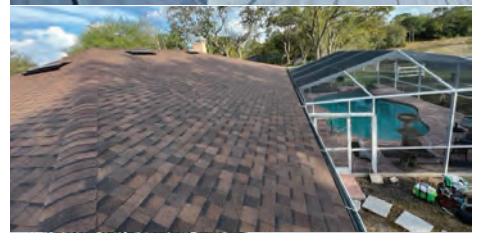
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Lake Wales: Crown Jewel Of The Ridge

By Paul Catala

If you're looking to visit the crown jewels of central Florida, head to Lake Wales.

Nicknamed "The Crown Jewel of the Ridge," Lake Wales is a day trip roughly 60 to 100 miles from anywhere in the center of the state, from the Atlantic Ocean coastline to the Gulf of Mexico – a perfect day trip into quaintness.

Founded in 1911, the city of about 17,000 residents has a host of interesting, unique, fun and beautiful attractions and places to see and events to attend.

It's only an hour south of the omnipresence of Orlando's Disney World but a world away from the crowds, the traffic and the endless queues of people Mickey Mouse hosts.

So, if you're in the mood to find somewhere to visit on a tank of gas that's close by, laid-back, fun, offers plenty of scenic views – from pastures to orange groves, to a quaint downtown, to the highest point in peninsular Florida – visit Lake Wales.

Here are a few of the highlights for those visiting The Crown Jewel of the Ridge – named after a narrow ridge of ancient sand dunes that runs north to south through the central Florida peninsula:



Above: Rhodesbilt Arcade in historic downtown Lake Wales.

- Lake Wales historic downtown: One of Florida's first Main Street programs among the national network of more than 1,200 communities is a U.S. historic district, downtown is bounded by the US 27A Scenic Highway, Central Avenue, Market Street and Orange Avenue and contains 16 historic buildings. One of those, the Rhodesbilt Arcade was built between 1924 and 1926 and restored in the mid-1970s. For information, see www.lwmainstreet.com or call (863) 978-7744.

- Bok Tower Gardens, 1151 Tower Blvd.: Built atop the crest of Iron Mountain – the highest point in peninsular Florida at 298 feet above sea level – this 60-bell carillon tower is the centerpiece of a natural and landscaped 250-acre sanctuary for a variety of birds, animals and plants. The 205-foot tower made of pink and gray marble from Georgia and coquina stone from St. Augustine was built in 1927 and dedicated by outgoing President Calvin Coolidge in 1929.

It also features a reflection pool and paths throughout the grounds. For information, see www.boktowergardens.org or call (863) 676-1408.

- Spook Hill: Located at 321 Dr JA Wiltshire Ave., Spook Hill is a magnetic hill or "gravity hill," where cars or any rolling object appears to roll up hill when placed in neutral or set on the ground. It's the only known magnetic hill in the state of Florida. In April of 2019, Spook Hill was added to the National Register of Historic Places.

- Florida's Natural Grove Store, 20160 U.S. 27, open seasonally



Above: The majestic 205 ft. Bok Tower stands as the highest point in peninsular Florida.

Middle, left: Since 2012 Carillonneur Geert D'hollander has played the carillon (the keyboard for the bells) in the Bok Tower.

Lower, right: Writer Paul Catala stands by the golden door that leads into the tower.

from October to May: For generations, Lake Wales has been known for its citrus industry. The Grove Store lets guests see exhibits and learn about the area's history, horticulture, citrus packaging, and the weather that impacts the Florida area. A theatre presentation offers a virtual tour from orange groves to glasses and guests can take a self-guided tour through the orange groves, typically spending one to two hours on their first tour of the Grove House.

For information, call 863-679-4110 or see www.floridasnaturalgrovehouse.com/pages/visit

"Feminism isn't about making women strong. Women are already strong. It's about changing the way the world perceives that strength." – G.D. Anderson

JESENIA OROZCO

When Life Gives You Lemons, Don't Get Sour

By Gary S. Hatrick

Jesenia Orozco was featured in the last issue as she prepared for the Miss Florida USA Pageant held last month in Coral Springs. Sadly, we cannot report that she won the title, but as she would tell us, the title was only a hopeful opportunity to open doors for the issues that tug at her heart. A message of hope for young girls and women everywhere. A message that says that beauty or fame is not the measure of a woman and that success is available for anyone who will pursue it.

Jesenia's life growing up was tragic and has led her to desire to help others who live through life-altering circumstances. She has done so with a paralegal business she has founded, and desires to do still more someday with a non-profit organization that encourages people to speak out about injustices. The drive to help others started when she was not yet 10 years old.

"When I was eight years old in the State of New Jersey, I was sexually abused by my aunt's husband," Jesenia recounted. "When this whole thing happened, this man was in the country illegally. My mother and my aunt asked that I change that man's name to a fictitious name in the records of New Jersey, so when the investigations started on that case, they couldn't find this man. They never found the person that did all this to me and he never went to jail. Years later the case was closed for lack of prosecution. It was something very difficult for me to get over and affected my whole life. I don't think I ever got over that 100 percent. I tried to reopen the case. That was the whole reason I studied law. My desire was at some point in my life to reopen that case and fight for my rights because nobody did it when I was a kid.

To this day, that conflict is not resolved. "My aunt stayed with this man, she's still with this same person. It's really weird because there's always something there," she said. "but I think you just need to heal and overcome and craft a new story for yourself."

Jesenia has done that now, but when she was a child, it did not come so easy. She was a troubled child she said, even at one time trying to commit suicide.

"When I was 16, I became pregnant. I was a teen mom," Jesenia said. "I'm 36 and my daughter will be 20 in November. When you are a teen mom, there's a lot that goes on in your mind. You're young, you kind of give up on yourself a lot of times because you don't know what's going to happen. You don't know what awaits. I remember being there. I'm in high school and I'm like, 'Wow! What am I supposed to do now? I don't want to have an abortion, I want to have this baby, but how am I going to do it? Am I making the right choice, am I strong and capable enough to take care of a baby and take care of myself?'"

For Jesenia, her daughter became an anchor and a motivation to not give up. "God sent her to me in perfect timing because she saved me, she saved me from my depression and not wanting to be in this world. This kid gave me a desire to keep living for her," she said

After 20 years she is not sorry. "I have a really good girl. I raised a good addition to the world, she's a really good kid," she added, "and the best thing is I never stopped dreaming for myself."

Jesenia has a strong wish to pass that resolve to others, especially kids who are working through rough circumstances in life. "I really have a passion to encourage and motivate people to know that you can do it even if you are in a difficult place. You can craft a new story," she said "I work with different organizations like mentorships and Big Brothers, Big Sisters and others. I'm working with these organizations because I understand the importance of having good mentors, I understand the importance of taking care of mental health. I understand the importance of having all these different organizations help the kids - every kid - but especially I have a love for kids that overcome sexual abuse. My purpose is to encourage people to



speaking up about things that are incorrect. I have that passion to talk to young kids and work with organizations about the importance of breaking your silence."

To that end, she would like to begin a non-profit organization dedicated to that goal. That dream waits in the wings while she pursues other opportunities to get her message out. The pageant world is one way she has done that by representing places in this country and in national pageants representing the country of her parents origin, Columbia.

The pageant circuit has given her the chance to tell people that they don't have to settle for what life may have given them so far. "I was able to overcome everything and really crafted a new story for myself," she said. "It's not about winning a crown. It's about showing that you can be accomplished in many ways. Not only that. It gives me the opportunity to express to the world that beauty is essence, character, personality - everything that is not seen. It's not just about being pretty." She is also very proud that her daughter, who knows her difficult background, can see her as a role model for someone who did not give in to her circumstances as this one time New Jersey sexual assault victim and teen mom walks the runway in international pageants."

Before she entered the pageant world, however, Jesenia trained as a paralegal. Currently she works a full-time job managing a paralegal office, but not surprisingly her experience and expertise has led her to seek for ways to help others in challenging circumstances. She has founded a side business: Less4Legal LLC.

"Less4Legal LLC is focused on helping individuals that cannot afford attorney services in family litigation cases," Jesenia explained. "I have been working as a litigation paralegal for maybe 15 years now and what I have seen in my experience is a lot of firms turn down cases - the reason being that a lot of times the people don't have the funds to hire an attorney to handle their case."

Jesenia operates her services on a flat fee. "It's a flat fee to assist with family litigation cases," she said. "so people are not on a retainer that you have to replenish. You don't have to pay an initial retainer of \$5,000 or \$7,000 to even get an attorney to consider taking your case. I feel that with this I can help my community. It really does help a lot of people. I'm able to help with family cases all over the state."

Her clients are legally self represented litigants. She helps with paternity cases, child support cases, and divorces - contested or uncontested and other needs.

"These are basically people who cannot afford an attorney," Jesenia continued. "As a litigation paralegal I'm empowering individuals to take control of their legal aspects. I'm holding their hand the whole way. They are representing themselves, but they are being guided throughout the whole procedure because, the thing is, there is a procedure. It's not just completing the documents and then you're done. There is a procedure and you need a knowledgeable paralegal to accomplish what you want."

Jesenia has accomplished so much in her life, but has no plan to slow down. She may do more pageants, she is pursuing clothing design, but mostly she is driven to use her life story to help others and that dream of creating a non-profit to do that is alive.

"Everybody has their journey, their direction," she said. Everything is going to go according to God's plan. I'm very proud of the work I did, I'm very proud that I am able to speak up and tell my story and encourage others to break their silence. I'm proud that my story is out there for others to listen to and maybe it will motivate other young women who are moms and have given up on their dreams to know: 'Listen you are able to accomplish what you want in your life. You don't give up on your life, you don't settle. It may be difficult to keep up with everything, but I am a firm believer that you can't give up on what you want to accomplish, and if you don't give up, it's going to happen for you."

Jesenia would be happy to talk to any women who could use the encouragement to set goals and go for them. She can be reached at (561) 908-4426 or by Instagram at @jessyvorozco. Her paralegal service can be found at less4legal.com.

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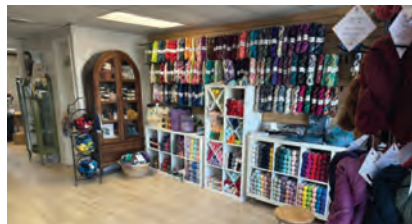
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LAB-GROWN DIAMONDS ARE REAL AND THEY'RE FANTASTIC.

They're also ethically-sourced, eco-friendly, and far more affordable than their mined counterparts. Odds are you've heard the word "synthetic" get tossed around and that's prompted a little hesitation on your part. However, the only difference between a lab-grown diamond and a natural diamond is their respective point of origin. Otherwise, lab-grown diamonds are chemically, physically, and optically the same as diamonds that are mined from the Earth.

Speaking on lab-created diamonds, Stephen Morisseau, spokesman

for the Gemological Institute of America (which oversees the international diamond grading system), said they're "not fakes. They're not cubic zirconias. They have all the same physical and chemical properties of a mined diamond."

WHAT IS A LAB-GROWN DIAMOND AND HOW IS IT CREATED?

According to most experts, traditional (i.e. mined) diamonds originally formed between 1 and 3 billion years ago. The process took place 100 miles beneath the Earth's surface, where carbon dioxide underwent extreme pressure after being exposed to extreme heat. Pure carbon squeezed into diamond form and then migrated upward by way of deep volcanic explosions.

Nowadays, scientists are able to replicate the process using two different methods. One is called High Pressure-High Temperature (HPHT) and it uses "carbon seeds" (from pre-existing diamonds) and sophisticated machinery to re-create an environment of high pressure and extreme heat. Pure carbon melts around the starter seed and is then carefully cooled to form a pure carbon diamond.

The other method is Chemical Vapor Deposition (CVD) and it usually starts with an HPHT-produced diamond seed. That seed is placed inside a sealed chamber and heated to about 800 degrees Celsius. The chamber is filled with carbon-rich gases, which are ionised into plasma. Molecular bonds break down and pure carbon sticks to the diamond seed, slowly crystallising into a pure carbon diamond.

After each lab-grown diamond is created, it undergoes the same grading and certification process as mined diamonds. While the specifics might vary from one lab to the next, most labs will grade the diamond according to the 4 c's: cut, clarity, color, and carat. Why is it graded in the same manner as a mined diamond? Because it's the same thing.

THREE REASONS TO BUY LAB-GROWN DIAMONDS

The world is changing every day and you want to change along with it. You can start by making more responsible choices about the products you buy. With lab-grown diamonds, that choice doesn't come at the expense of clarity, quality, or design. Here are three more reasons to buy:

1. LAB-GROWN DIAMONDS ARE ECO-FRIENDLY

Mined diamonds might look pretty, but they wreak havoc on the environment. For starters, they require huge machinery and explosives, which dig deep into the earth, disturb habitats, pollute the water, render the land unusable, and create literal tons of mineral waste. That's not to mention energy and water usage, carbon emissions, occasional disasters, or the release of harmful gases like Sulphur oxide.

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LAB CREATED DIAMONDS



Traditionally mined diamonds produce over 125 pounds of carbon per carat, while lab-grown diamonds generate just 6 pounds of carbon per carat. Mined diamonds also produce over 30 pounds of Sulphur oxide while lab-grown diamonds produce none. In total, air emissions on a single carat of a mined diamond are 1.5 billion times higher than those of a lab-grown one.

Moving into water and energy usage, a mined diamond consumes more than 126 gallons of water and 538.5 million joules per carat. By comparison, lab-grown diamonds consume just 18 gallons of water and 250 million joules per carat. Furthermore, much of the energy used in creating lab-grown diamonds is renewable.

In addition, mined diamonds take up 100 square feet of land per carat and produce over 5798 pounds of mineral waste. Lab-grown diamonds, meanwhile, disrupt just 0.07 square feet of land per carat and produce only 1 pound of mineral waste.

2. LAB-GROWN DIAMONDS ARE ETHICALLY SOURCED

Diamond mining exploits the poor, enables wars, and results in 1 injury per every 1000 workers on an annual basis. The mines themselves are vulnerable to collapse and workers are at risk for everything from lung disease to cancer to hearing loss.

By comparison, lab-grown diamonds create zero injuries, spark zero wars, and exploit zero workers.

3. LAB-GROWN DIAMONDS ARE COMPETITIVELY PRICED

When it comes to price, they're usually anywhere from 20-40% less than mined stones. Meanwhile, you get the same exact tier of clarity, variety, consistency, and quality. Lab-grown diamonds are the future and it's time to hop on board.

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SATURDAY SEPTEMBER 7, 2024

REMEMBRANCE DAY 9/11 CEREMONY

Join the Zephyrhills Museum of Military History, dignitaries and fellow patriots as we pay tribute to those that lost their lives on September 11, 2001, and observe the 23rd anniversary of National Day of Service and Remembrance.

Guest speakers

Melonie Monson—Mayor of Zephyrhills
Ron Oakley—Pasco County Commissioner District 1
Seth Weightman—Pasco County Commissioner District 2
Jay Collins—State Senator
Stephen Spelman—Retired FDNY EMT
LTC (Ret) Perry Blackburn—CEO of AFGFree

Event Information	Location	Event Information
Have Questions? Call Cliff at 352-206-1819	Zephyrhills Airport 39444 South Ave Zephyrhills, FL Free Parking and Entry	7:30 AM Meet and Greet 8:30 AM Opening Ceremony

The museum will remain open throughout the day, offering for exploration, indoor/outdoor displays and exhibits.



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Individual Needs & Emergency Plans

Storms, natural disasters and other emergency situations are unpredictable. Planning for the unpredictable is no small task, but emergency response professionals and public health agencies emphasize the importance of having a plan in place should disaster strike.

The National Centers for Environmental Information report there were a record 22 separate billion-dollar weather and climate disasters across the United States in 2020. That shattered the previous annual record and led to \$95 billion in damages, marking a bookend to a five-year period between 2016 and 2020 that saw the total cost of a billion-dollar disasters exceed \$600 billion. Such figures illustrate that while the disasters themselves may be unpredictable, it's not hard to conclude that they're going to come and they're going to be costly.

When planning for disasters, families are urged to consider the specific needs of each person in their household. Ready.gov, a disaster preparedness public service campaign sponsored by the U.S. government, urges families to keep the following factors in mind as they prepare disaster response plans for their households.



- **Ages of members within your household:** The ages of individuals within the household merit consideration. Young children or seniors may not be able to navigate the household in emergency situations, and it may take longer for heads of household to get everyone out if some people need assistance. Emergency plans can be altered as children grow older and can take on more responsibility.
- **Responsibilities for assisting others:** Assign older children and adults spe-

cific responsibilities if anyone in the household will require assistance. For example, adolescents can help a live-in grandparent get out of the house.

- **Locations frequented:** Defining the locations household members frequent can make it easier to find everyone in the case of emergency.
- **Dietary needs:** Document the unique dietary needs, including food allergies, of each person in the household so no one has an adverse reaction to food during or after evacuating.
- **Medical needs:** Document each individual's medical needs, including their prescriptions and any equipment they need.
- **Disabilities:** Include individual's disabilities-related needs or access and functional needs, including devices and equipment.
- **Languages spoken:** This information can help emergency response personnel communicate with anyone who does not speak the native tongue.
- **Cultural and religious considerations:** Document individuals' cultural and religious considerations so anyone trying to help them can do so while respecting their beliefs.

- **Pets or service animals:** Emergency assistance shelters admit only service animals, so anyone traveling with animals will need to provide proof that the animal is recognized as a service animal. Families should plan ahead and arrange for housing for pets in the case they have to evacuate their homes.

No two families are the same, so it's a must that disaster preparedness plans take each individual's needs into consideration.

TROPICAL STORMS & WARNINGS

PREPAREDNESS IS OF PARAMOUNT IMPORTANCE when storm seasons kick into high gear. Supplies are the first thing many people think of when preparing for storms, and rightfully so. But it's equally important that people living in areas vulnerable to certain types of storms learn to distinguish the differences between storm watches and storm warnings. The National Weather Service (NWS) offers the following breakdown to help people learn what makes a storm watch different from a storm warning.

- **Hurricane watch:** The National Hurricane Center (NHC) is the division of the National Oceanic and Atmospheric Association/NWS that is responsible for tracking and predicting tropical weather systems. When the NHC issues a hurricane watch, that means hurricane conditions, which are defined as sustained winds of 74 miles per hour or greater, are possible within the area where the watch is issued. The NWS notes it may not be safe to prepare for a hurricane once winds reach tropical storm force, so the NHC issues hurricane watches 48 hours before it anticipates the arrival of such winds.
- **Hurricane warning:** A hurricane warning is issued 36 hours in advance of the arrival of tropical-storm-force winds (sustained winds of 74 miles per hour or greater).
- **Tropical storm watch:** A tropical storm watch is declared

when sustained winds between 39 and 73 miles per hour are possible within a specified area. A tropical storm watch indicates such winds are possible within 48 hours.

- **Tropical storm warning:** A tropical storm warning is issued when sustained winds between 39 and 73 miles per hour are expected within a specified area within 36 hours.
- **Storm surge watch:** A storm surge watch is issued when there is a possibility of life-threatening inundation from rising water moving inland from the shoreline within a specified area. The storm surge watch is generally issued within 48 hours of the expected arrival of such conditions.
- **Storm surge warning:** A storm surge warning indicates the danger of life-threatening inundation from rising water moving inland from the shoreline within a specified area within 36 hours.

Storm watches and warnings are issued to help people prepare for the potential arrival of serious storms that could prove dangerous and deadly.

More information is available at [weather.gov/safety/hurricane](https://www.weather.gov/safety/hurricane).



The MANY

CAUSES, PREVENTION AND SOLUTIONS

(Some of the names have been changed to protect the privacy of the parties.)

By Sarah J. Nachin

September is Suicide Prevention Month — a time to understand this tragedy and reflect on its causes, prevention, and solutions.

Carl was twenty-three years old when he ended his life. His mother, Rachel, commented that he had displayed paranoid behavior for a few years but had not been diagnosed with a specific mental illness or received treatment.

Some of Carl's delusions included believing that a microchip had been implanted in him and thinking that someone at work was going to throw him off the roof of a building.

Yet with all these issues, Rachel described Carl as a nice boy.

"He wouldn't hurt a fly," she remarked.

Carl made friends easily, played sports, had girlfriends — a typical teenager. He enjoyed drawing and had artistic talent.

During the years prior to his suicide, there was some turmoil at home. Rachel said she and her husband were on the verge of splitting up.

"I realize now that we weren't always there for Carl."

As with many suicides, Carl didn't leave a suicide note — just a scribbled message saying, "I've killed myself."

In many ways, Carl fits the profile of someone who takes their own life. In 2022, men died by suicide 3.85 times more than women and White males accounted for 68.46% of suicides. The fact that there were no specific triggering events, such as a history of depression or talk of suicide makes Carl's death that much more of a mystery and harder to prevent.

Daryl Lynn Cox with a Master's Degree in Social Work works as a therapist and grief counselor. According to Ms. Cox, there are a number of signs that a person is contemplating suicide. Some of these are expressing feelings of hopelessness or extreme guilt, giving away belongings and saying goodbye to people. One of the conditions that might lead to suicide is a family history of suicide or attempted suicide.

"Reasons for suicide sometimes vary between men and women and between age groups. Men are usually focused on loss of employment and inability to provide for

FACES OF SUICIDE



their families. Women are often focused on loss of a loved one, especially a child, and past trauma, such as sexual assault or childhood molestation.”

There are variations among age groups. Younger people might contemplate suicide because of bullying, failure in school or a romantic breakup. For adults, it might be divorce or money issues. Seniors may contemplate suicide due to a terminal illness, loss of independence or death of a spouse. Ms. Cox had a relative named Susan who committed suicide.

“She struggled all her life with mental health issues, substance use, and domestic violence. She had thoughts of suicide and several attempts.”

Not long before her death, Susan was working in her dream job as a nurse, had sought psychiatric help and was medicated, so the loss took her family by surprise. Ironically, health care providers are sometimes the last ones to seek counseling because it's considered taboo to ask for help. The following source: <https://nurse.org/articles/suicide-rates-high-for-female-nurses/> states that nurses are 23% more likely to die by suicide than women in general.

Firefighters and law enforcement personnel face a similar situation. They don't want to be put on medical leave or fired because of the shame and loss of income. Yet, these individuals are some of the most at risk for mental health issues.

Empowering, Assisting and Training. The program assists veterans and First Responders dealing with Post-Traumatic Stress (PTSD). All their services are free.

Ms. Scotland-Coogan states that these men and women often isolate themselves and feel they have no purpose or that they are a burden. Another cause of suicide and suicidal thoughts is moral injury caused by the inevitable killing of innocent people that goes against their moral code. As in the case of the elderly chronic pain or debilitating injuries suffered in combat can also lead to suicide.

“PTSD is a struggle, and the first step is to create a sense of comradery. Those who have been in our program longer mentor the newer participants. We work on calming the overactive stress response, helping to improve many of the symptoms, such as hypervigilance, sleep disturbance and anger. We help the family, which then provides more support for the one struggling. We've had many success stories.”

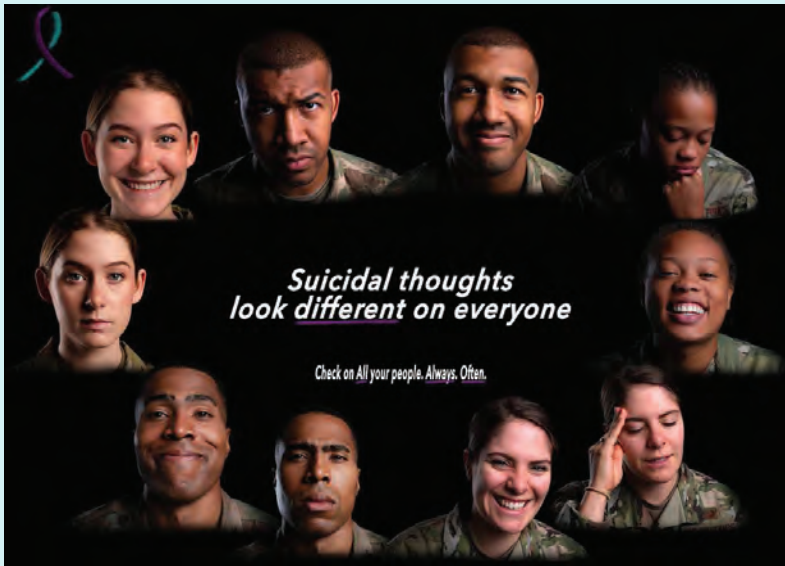
Suicide impacts the family and friends of the victim, so it's important they get counseling to overcome feelings of grief, guilt, and even anger.

What are some ways we can help prevent the tragedy of suicide? First, if you notice signs of suicidal thoughts, don't dismiss them or, even worse, tell the person to “just get over it.” Urge them to get counseling. Accompany them to the counseling sessions.

Help that person in practical ways. Allow them to talk about their feelings. If they're unemployed help them find a job; if they're homeless help them find a place to stay. If they're grieving the loss of a loved one refer them to a grief counselor or a support group.

People need to be more loving and supportive to each other. Society needs to have more safety nets for those in trouble. We can't turn a blind eye to this problem.

The Suicide Lifeline is open 24/7. The phone number is 988.



SUICIDE IMPACTS FAMILY AND FRIENDS

Suicide impacts family and friends. Therefore, it's important that they get counseling to overcome feelings of grief, guilt, and even anger.

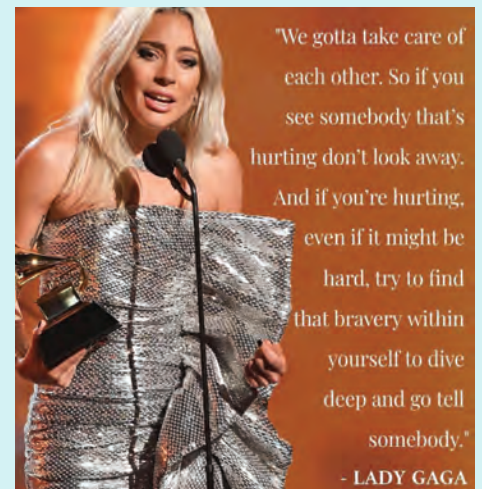
The Reverend Doctor Emery Ailes is an African-American Christian minister who counsels people on personal and mental health issues. His approach to the problem of self-harm and suicide ideation is to eliminate the stigma.

“The first thing I do is to meet the person where they are with no judgement. Next, we change the language. Instead of saying ‘committed’ suicide, we say ‘died by suicide.’ Changing the language humanizes the issue.”

According to Dr. Ailes, besides the tell-tale signs of suicidal thoughts mentioned in Part 1 of this series, another indication is a person expressing a desire to be with someone who has “transitioned,” i.e. passed away.

As a pastor and counselor among people of color, Reverend Ailes has found that African Americans may face unique issues that can contribute to higher risks of suicidal thoughts, such as socioeconomic disparities; racism and discrimination; and lack of access to mental health treatment.

Diane Scotland-Coogan, a Licensed Clinical Social Worker with a PhD in Psychology, co-founded Veterans HEAT Factory with Hernando County businessman Gus Guadagnino in 2017. The acronym stands for Honoring,



From Tyler With Love

A Message From Beyond

By Debbie Young

Hey Mom,

I know you miss me. I know your heart is broken and aching. I know there's a gaping hole in it. I know how hard it is for you to get through every day, every moment without me. And with the awful memory of how I left this earthly plane. I know that can never be erased from your memory and it makes it hard for you to sleep at night and it makes you so terrified of losing my brother and sister. I can see and feel your anxiety and your hyper vigilance. You are always worried that someone is going to die.

I NEVER meant to hurt you so badly, or anyone. I know you were always rooting for me and cheering me on, your first born. Nothing I can share now from beyond can lessen or take away your pain.

And in a world gone mad, I lost myself and I could find nothing that could take away mine.

You did nothing wrong, Mommy. You loved me as much as a mother ever could, and probably even more. You sacrificed yourself for me, you stood up for me and supported all of my adventures and ideas.

Please release yourself from any guilt or shame that it was your fault or that you could have prevented this. My soul was hurting so bad.



But no more justifications or explanations from me, mom. I KNOW you re-live all of our fun and funny times and our deep talks about life, and THAT is the point.

You saw how much I experienced in my short 25 years here. I made music and I made people

laugh. Road trips, trucks, motorcycles, jet skis, fancy cars, motor homes, being a boat and car detailer, all the different jobs and businesses. I mean, I was a pilot and I got to fly planes! I lived on a boat for goodness sake! I tried everything! It was a ride! I lived more in my 25 years than most do in 70 or 80.

Mommy, I was never a steady star in the night sky. Just like in that song that Uncle Bobby left us before he died, I was a "champagne super nova in the sky". I burned bright and fast and boy, did I leave a lasting impression!

I'm using Aunt Debbie to write this right now because I want you to LIVE! I want you to take care of yourself and live and have fun and experience joy in all the ways you have ever dreamed of doing and held yourself back from experiencing – let go of the guilt and shame.

Don't feel bad about doing it because I chose to leave, do it in my honor because I paved the way and **showed** you how to live and take chances.

This message is for you, Mommy, and for you too, Aunt Debbie, AND for every parent out there who has lost a child, every family member who has lost a loved one to suicide. I lived a FULL life in my 25 years. I burned bright and I spoke my truth and most of all, I gave and I **RECEIVED LOVE**.

Please, pick up the pieces and **LIVE**. Not for ME, but for YOURSELF.

I am right here with you. Every. Step. Of. The. Way.

From Tyler, With Love

P.S. Nana & Poppa and your mom and dad, Uncle Bobby and Jeremy say hi.

Author's note: Debbie's nephew took his life on November 21st, 2021. The tragic loss of Tyler and the deaths of her older brother, Bobby and Bobby's son, Jeremy are her **WHY**. They are **WHY** she does the work she does today, **WHY** she wants every human being on the planet, every single one of you to know: that you are loved, that you are not alone, and that you are NOT crazy. Her program is a powerful antidote to the lies that we've been taught about not being worthy, about not being or doing enough. It is a true homecoming to your most authentic self – the self that **KNOWS** you are a child of God who is **BORN** worthy and can do no wrong in his eyes. Her program makes it **POSSIBLE** and **SAFE** for you to begin to love yourself. **ALL** of you.

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Powerstories Bravely Tackles The Difficult Subject Of Suicide With "Right Before I Go"



WENDY

By Deborah Bostock-Kelley

It's a complex and often uncomfortable subject that many prefer to avoid or pretend doesn't exist. Discussing it can be painful, especially when it hits close to home.

Suicide is a serious public health issue, with over 49,000 people dying by suicide in the United States in 2022 alone, according to CDC statistics. This number equates to one death every 11 minutes. Additionally, an estimated 13.2 million adults seriously thought about suicide, 3.8 million planned a suicide attempt, and 1.6 million attempted suicide in the same year. The suicide rate among males in 2022 was approximately four times higher than that among females. In most cases, those left behind had no clue that their loved one would even contemplate taking their own life.

As they close their 24th season focused on critical social issues, Powerstories Theatre shines a light on suicide. While it can be challenging to hear, Powerstories hopes to encourage patrons to discuss mental health openly, without shame, embarrassment, or judgment.

Explains Fran Powers, theatre founder, "At Powerstories, we believe in the transformative power of true storytelling. We don't shy away from complex or controversial topics because these conversations are crucial. Mental health is a significant part of our well-being, yet it often remains shrouded in stigma and silence. By openly discussing mental health, we can break down barriers, encourage support, and foster a community where everyone feels seen and heard."

In honor of Suicide Awareness Month, acclaimed Hollywood writer, producer, and director Stan Zimmerman will present his thought-provoking play, "Right Before I Go," featuring local celebrities and talented actors from the Tampa Bay community. This powerful production will take place at the New Tampa Performing Arts Center on September 20 and 21, aiming to raise awareness and foster conversations about mental health and suicide prevention.

"Right Before I Go" brings to life the last words written in letters by individuals lost to suicide, including celebrities, veterans, bullied children, LGBTQ individuals, and those who have survived suicide attempts, choosing to continue their story. The play, first performed at the Hollywood Fringe Festival in 2015, has since traveled across the country, offering hope and working to eliminate mental health stigma.

Stan Zimmerman, known for his work on iconic TV shows such as "The Golden Girls," "Roseanne," and "Gilmore Girls," created this profoundly moving piece after losing a close friend to suicide.

The upcoming performance will feature a stellar cast of local celebrities and community actors, including chief meteorologist Dennis Philips, television anchor Wendy Ryan, Tampa Bay Lighting assistant coach Rob Zettler, Former Miss Florida USA and Miss World USA, journalist Chloe Cabera, publisher 83 Degrees Diane Egner, President and CEO The Crisis Center,



"If this play and discussion after can make someone feel less alone – if we can save lives through theatre, through sharing true stories - this is the reason we do what we do."

— Fran Powers

Clara Reynolds, Donald Dowridge, Jr. Military Veteran and Motivational Guru. Their participation underscores the importance of community involvement in addressing mental health issues and supporting those affected by suicide.

"We are honored to have such a dedicated and talented group of individuals come together for this important cause," said Powers. "Their involvement not only highlights the significance of Suicide Awareness Month but also demonstrates the power of community in fostering hope and healing."

In addition to the performance, the evening will be "A Celebration of the Power of the Arts," featuring Powerstories and Project Return artists, appetizers and dessert, a raffle, the launch of the 25th anniversary season, and live music. Following the 45-minute staged reading, a panel discussion with mental health experts and advocates will provide valuable resources and support for attendees. The event aims to create a safe space for open dialogue and to encourage those struggling with mental health issues to seek help.

Tickets for "Right Before I Go" are available at www.powerstories.com/arts-celebration-2024. A portion of all ticket sales will benefit Crisis Center, supporting their ongoing efforts in suicide prevention and mental health advocacy.

Powers said, "If watching this play ignites a meaningful conversation, we can feel we've accomplished our mission statement to open minds and hearts. If this play and discussion after can make someone feel less alone – if we can save lives through theatre, through sharing true stories - this is the reason we do what we do."

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Unique Ways To Celebrate

National Hispanic Heritage Month is celebrated annually from September 15 to October 15 in the United States.

Started by Congress in 1968, when the event was a week-long recognition of Hispanic culture, the celebration became Hispanic Heritage Month in 1988.

The mid-month beginning of Hispanic Heritage Month has sparked many people's curiosity since 1968. The Pew Research Center notes the timing of Hispanic Heritage Month was chosen to coincide with celebrations of independence in various Latin American countries, many of which occur in mid-September. So beginning Hispanic Heritage Month celebrations in mid-September, when millions of people of Hispanic descent are celebrating their own or their ancestors' home nations' independence, makes a lot of sense.

A Pew Research Center analysis of population estimates from the U.S. Census Bureau indicate the Hispanic population has risen dramatically in the United States over the last half century, rising from 9.6 million in 1970 to 63.6 million in 2022. Such data indicates that Hispanic heritage is something to celebrate in the United States, and the following are some unique ways to do just that.

- Host a parade. A Hispanic Heritage Month parade down Main Street can be a great way for local communities to formally recognize the contributions of their neighbors of Hispanic descent. Invite local business leaders, organizers, educators, and others of Hispanic heritage to march

HISPANIC HERITAGE Month

Hispanic heritage is something to celebrate in the United States, and the following are some unique ways to do just that.

in the parade and urge residents to attend and partake in this celebration of Hispanic culture.

- Highlight notable Hispanic individuals in your community. Community leaders and elected officials can utilize their platforms, including social media pages, to highlight notable Hispanic individuals in their communities. Showcase past and present individuals, sharing their personal histories and calling attention to how they have helped make their communities great places to live.

- Organize a Hispanic Heritage Restaurant Week. Hispanic individuals have brought many valuable things from their home nations to the United States, and that includes cuisine. Community leaders can work with Hispanic restaurant owners in their communities to organize and promote a Hispanic Heritage Restaurant Week in their towns and cities. This is a great and delicious way to introduce individuals to accessible components of Hispanic culture in their communities.

- Promote Hispanic authors via the local library. Local libraries are great places to educate individuals about notable events, and Hispanic Heritage Month is no exception. Local librarians can organize displays of works by Hispanic authors and promote a different work via social media each day between September 15 and October 15.

The Hispanic population in the U.S. has risen dramatically since 1970. That makes it even more important that communities embrace opportunities to celebrate Hispanic Heritage Month this September and October.

Did you know?

More than 62 million people in the United States identify as Hispanic or Latino, according to U.S. Census Bureau data from 2020. The states with the largest Hispanic populations are California, Texas and Florida. Forty percent of California residents, 40 percent of Texas residents and 30 percent of Florida residents identify as Hispanic/Latino. That means that more than half of the entire Hispanic population resides in these three states, and numbers are growing every year.



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Navigating Today's Modern Dating



Many boomers have years ahead of them to devote to new relationships. Here's what they may want to know before navigating twenty-first century dating waters.

People are living longer, a reality that can be traced to a number of factors, including advancements in medicine and greater dissemination of information regarding preventive health care. According to data from the United Nations Population Division, the average life expectancy in the United States is 81.65 for women and 76.61 for men. Canada has even higher life expectancies, at 84.74 for women and 81.15 for men.

As people live longer, some may outlive their significant others and ultimately find themselves once again interested in sharing experiences with a special someone. Seniors ready to re-enter the dating pool may find that things are quite different from what they experienced as naive teenagers or young adults. Dating used to be about hanging out with friends and meeting people at shared events, such as school dances or work parties or even while enjoying a night out with friends. Nowadays, dating often begins in cyberspace. This can

be confusing and anxiety-inducing for adults who didn't grow up with technology guiding their every move.

According to a report in *The Atlantic*, more than one-third of baby boomers are not currently married, and this generation has had higher rates of separation and divorce and lower rates of marriage than the generations that preceded them. Many boomers have years ahead of them to devote to new relationships. Here's what they may want to know before navigating twenty-first century dating waters.

- **YOU'RE NOT IN THIS ALONE.** While online dating may be portrayed as a young person's game, plenty of older adults are now finding connections online. In fact, many different dating apps are geared toward the senior set, including SeniorMatch, eHarmony, Singles50, OKCupid, and Silver Singles, among others.

- **YOU HAVE MORE TIME FOR FUN.** As a senior, you may have more time to devote to recreation and leisure. This can be a great opportunity to get out and meet someone who shares your passions and interests.

- **ONLINE DATING HAS ITS ADVANTAGES.** While online dating apps and websites may have certain things working against them, particularly if their algorithms for pairing people are not fine-tuned, they also can be helpful.

Online dating can expand social circles beyond local neighborhoods or even states, provinces or countries. You're casting your net over a much larger body of water. Furthermore, dating app profiles typically spell out exactly what another person is seeking, which can save seniors from having to revisit awkward dating moments from years past.

Seniors may have to navigate new waters in modern dating. But with a good mindset and a little persistence, it is possible for seniors to find a special someone in cyberspace.

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Cutting Out The Middle Man

QUENCH
HYDRATION & WELLNESS
STUDIO



By Gary S. Hatrick

Health magazines and social media are replete with theories on how to add vitamins and minerals to one's diet or to stay hydrated, especially in the hot weather we have been experiencing lately. These "new" or "natural" miracle-working claims often amount to nothing more than click-bait and flim-flam schemes preying on those who desperately want to feel better.



Amber Meyers, however, a 45-year-old health teacher at Pasco High School and registered nurse has opened a new business in Zephyrhills, Fl. which can help with hydration and health scientifically, efficiently and quickly.

Amber opened Quench Hydration and Wellness studio just weeks ago, but it is based on her 25-years experience as a registered nurse. The studio offers specialized treatment in intravenous hydration and vitamin therapy that delivers fluids directly to the bloodstream

to rehydrate and revive the body more effectively than taking vitamin supplements, drinking sports drinks or any other fad concoctions.

The concept is simple. It's like cutting out the middle man.

"Back many many years ago it was discovered that to go through what they call the 'first pass effect'," Amber explained. "that is, if you were to take a vitamin orally, by the time it gets through your stomach and all the stomach acid, it doesn't have the same effect as it does if you were to infuse it directly into your veins, so it's better to infuse them straight into the bloodstream. The Quench system of hydration will allow your body to better absorb the vitamins that you are giving it via IV. Then your body is able to metabolize it more efficiently and the get better results. The difference is like if you were at the hospital and you were to take a Tylenol by mouth or if they decide to put the Tylenol in your IV."

Quench can give you a basic hydration IV of Normal Saline or Lactated Ringers (which is a saline solution fortified with additional electrolytes and fluids) or a special IV cocktail mix containing vitamins, minerals, and antioxidants. They can also give you a mixture that targets specific goals such as relieving migraines and nausea that results from migraines, energy boosts, immunity boosts, skin care and aging, metabolism issues and weight loss, illness recovery, and hangover recovery.

Intravenous solution mixes are not determined by your best guess, but each

client meets virtually with a physician who will review their medical history and list of prescriptions to suggest the best treatment to reach the desired goal and determine a safe hydration mix.

"We have three treatment chairs which allows us to infuse three clients at a time." Amber explained. "It usually takes about an hour to an hour-and-15-minutes for each client." During that time you can watch TV, read, relax or chat with your attending nurse.

"If you are not able to drink as much as you would like or you don't like water or if you get depleted in your vitamins and in your hydration or if you feel run-down or if you have been sick for awhile, I can infuse you on the

spot and you'll feel much better," Amber said. "I have people that leave here and within an hour they are texting me saying 'I feel like a million bucks.'"

Although Quench is owned and operated by Amber, she is affiliated with a company called Hydreight, a mobile health and wellness service provider. They give her access to the methods, the equipment, the consulting physicians, appointment portal and pharmacy access.

Quench also offers a weight loss program featuring the popular Semaglutide injection. She also offers memberships which save some money.

Treatments are by appointment only, although if you were to drop in while there was a chair available, you could get in, but you must have a list of your medications and be ready to speak to a doctor about your medical history and you must be at least 18-years old.

Pricing is an average of \$149 per treatment and that includes consultation with a doctor and a registered nurse to perform the treatment. A "Back to Basics" hydration with no extra ingredients cost \$99. Currently Amber is running a back-to-school special for schoolteachers and college students.

Quench is located at 38113 5th Ave. in the Lykins Plaza across from Zephyr Park in Zephyrhills. Amber can be reached by phone or text at (813) 331-5309.

What is IV Hydration & Vitamin Infusion Therapy?
IV hydration & vitamin infusion therapy is a specialized treatment that delivers fluids directly into the bloodstream to rehydrate and revive the body.

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Healthy Vibes Spreading Over Zephyrhills

By Gary S. Hatrick

If you are ever out at Zephyr Park in the early a.m. and you see a sandy-haired young man handing out information to the morning walkers and joggers don't get a bad vibe, get a healthy vibe because that's why he's there.

Aaron Ringer, 34, is the owner and operator of Healthy Vibes a place, according to its slogan, "where friends of good nutrition meet."

Healthy Vibes is not a health-food store per se, it's also not a restaurant and doesn't serve meals. Aaron describes it as a "smoothie bar." "There are over 45 protein-rich options, Aaron said, "like smoothies that are under 240 calories, with 24 gram of protein, and 21 vitamins and minerals; protein ice coffees; protein juices; protein baked goods; and boosted teas. All items on the menu are all-natural and some vegan options."

Aaron also does coaching for weight loss and a healthy lifestyle. He speaks from experience. "I lost 165 pounds," he explained. "I was big all my life, I hit 400 lbs. Thirteen years ago I had a health scare where I could have had a stroke which kind of woke me up. The biggest thing for me was education. My [health] coach sat down with me for the first two or three months and really took the time to teach me, to educate me. I'm very glad I got to see an extra day because a lot of people don't get that."

The smoothie bar is an outgrowth of Aaron's experience. "I just took what I did and I brought it to a brick and mortar form and teach people healthy habits," he said. "That's my big goal. I want to educate the community on healthier habits whether it's casual or as a very intense accountability buddy."

Healthy Vibes opened April 20 this year. Business is doing well and one reason why is he goes out to find people. That's why he can be seen talking to people trying to get healthy at the park.

His passion is not only for business however, he wants people to learn to be healthy without learning it the hard way as he did.

"We have a mission outside of just a smoothie bar," Aaron said. "We're serving 40 or 50 people a day. By next year we want to help Zephyrhills lose 5,000 pounds. That's our big vision for the area."

To that end, Aaron offers community opportunities. Healthy Happy Hour is on Thursday. "We do raffles, we try new products, make new recipes, meet people and we also do a community three-day challenge afterwards," he said.



His location is not a very big shop, but on a recent Thursday Healthy Happy Hour it was filled with 13 people and people often come to hang out. "It's like Cheers," he said. "Everybody knows your name. People hang out and are making new friends so people return. They really do. It's not like a regular restaurant or a smoothie shop where the kid at the register has no care what you are doing. You get good customer service here."



You also get a great smoothie, which is not only delicious, but shockingly made with no dairy.

"This is one of the healthiest options in Zephyrhills," Aaron said. "I've done my research. What brings people in, are our healthy smoothie options and our boosted teas with all different flavors. They will give you all-day energy without the 'crash and burn', people come back for the healthy vibes."

"Healthy Vibes is for every Body," Aaron quips. With that in mind, he hopes in the future to obtain a bigger setting so there is more room for the people who want to hang out. He would also like to do more community education, present more challenges, and get a community walking group together. After all, the community has 5,000 pounds to lose.

You can visit Healthy Vibes at 38119 5th Ave. across from Zephyr Park in Lykins Plaza. Aaron Ringer can be reached at (301) 752-9865 or you can visit the Healthy Vibes Facebook page at Healthy Vibes Cafe or on Instagram at Healthyvibescafezhills.



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Childhood Obesity Risk Factors

Childhood Obesity Is Preventable, Especially When Parents Learn To Recognize Its Risk Factors.

Parents want their children to be as healthy as possible, but many youngsters are at serious risk for poor health. According to the Centers for Disease Control and Prevention, roughly 13.7 million children and adolescents in the United States are obese, which poses a considerable threat to their long-term health.

Childhood obesity may be seen as something children will grow out of as they age and lose their baby fat. However, the CDC warns that children who are obese are more likely to develop a host of serious issues, including high blood pressure, high cholesterol, asthma, sleep apnea, and fatty liver disease. In addition, studies have shown that childhood obesity also has been linked to low self-esteem and psychological problems such as anxiety and depression.

Thankfully, childhood obesity is preventable, especially when parents learn to recognize its risk factors.

DIET

Poor diet is perhaps the most notable contributor to childhood obesity. High-calorie foods can cause children to gain weight, and the CDC notes that fast food and baked goods tend to be high in calories. In addition, the CDC advises against giving children sugary drinks, including fruit juices, which studies have increasingly indicated may be linked to obesity in some people.

PHYSICAL ACTIVITY

A lack of physical activity is a significant risk factor for childhood obesity. Children who do not exercise are at risk of weight gain because they do not burn as many calories as children who exercise. Parents should encourage their children to exercise each day and dis-



courage their children from engaging in sedentary activities, like watching television or playing video games, for too long.

FAMILY

The CDC notes that children who come from families of overweight people may be more likely to gain weight. That's especially true in households where high-calorie foods are always available and physical activity is not prioritized.

PSYCHOLOGICAL FACTORS

Children who must confront personal, parental and family stress may be at an elevated risk of obesity than children who are shielded from such stress. That's because some children cope with stress by overeating. Parents also should avoid coping in that way, as such tendencies may be passed on to their children.

Childhood obesity poses a significant threat to youngsters. That threat can be overcome when parents recognize the risk factors for childhood obesity and encourage their children to eat right and exercise every day.

The Link Between Screen Time And Childhood Obesity

A 2021 study published in the International Journal of Eating Disorders found that, for each additional hour children spend on social media, they have a 62 percent greater risk of developing a binge-eating disorder one year later. The study echoes earlier efforts from researchers to determine the potential link between screen time and childhood obesity, the rate of which the Centers for Disease Control and Prevention reports has more than tripled in the United States since the 1970s. One group of researchers at the Royal College of Surgeons in Ireland analyzed more than 3,700 children who were not overweight or obese at the start of the study. Despite that, the researchers found that, for every extra hour of screen viewing children engaged in, kids were 16 percent more likely to become overweight or obese. The researchers behind that study urged parents to prevent excessive screen time and ensure children get sufficient sleep, a lack of which was linked to a 23 percent higher risk of becoming overweight or obese.



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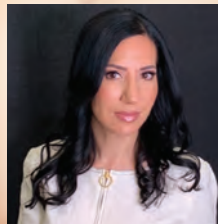
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Trust, But Verify

By Jada Manigault

It's difficult to fathom that your teenager or young adult child might be drinking alcohol underage, or doing illegal drugs, but the numbers reveal the shocking truth.

The National Institute on Drug Abuse collects data about substance use behaviors among young people each year. In 2022, reports indicate that 11% of 8th graders, 21.5% of 10th graders, and 32.6% of 12th graders self-reported illicit drug use. The survey found that adolescents most commonly reported the use of alcohol, nicotine vaping, and cannabis.

DRUG USE RISKS

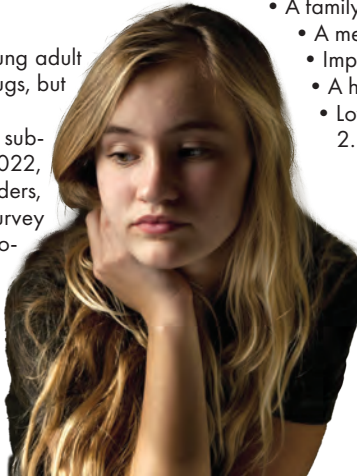
The growing concern is not only about your child using drugs and the dangers associated with usage and addiction. There are news headlines every day discussing the deadly effects of fentanyl. In fact, according to the U.S. Drug Enforcement Administration, drug traffickers are purposely targeting kids and young adults with brightly colored rainbow fentanyl.

Fentanyl is a synthetic opioid that is 50 times more potent than heroin and 100 times more potent than morphine. The DEA says just two milligrams of fentanyl, which is equal to 10 to 15 grains of table salt, is considered a lethal dose.

Fentanyl remains the deadliest drug threat facing this country. According to the CDC, 107,622 Americans died of drug overdoses in 2021, with 66% of those deaths related to synthetic opioids like fentanyl. Drug poisonings are the leading killer of Americans between the ages of 18 and 45.

3 THINGS YOU CAN DO TO HELP YOUR CHILD

It's a serious issue, and as a parent, you need answers. Understand that some kids will be more prone to substance abuse than others.



1. The Mayo Clinic suggests becoming aware of these common risk factors:
 - A family history of substance abuse
 - A mental or behavioral health condition (i.e., depression, anxiety)
 - Impulsive or risk-taking behavior
 - A history of traumatic events
 - Low self-esteem or feelings of social rejection
2. Your next step is prevention. The Mayo Clinic advises parents to take these measures:
 - Know your teen's activities
 - Pay attention to your teen's whereabouts
 - Establish rules and consequences
 - Know your teen's friends
 - Keep track of prescription drugs
 - Provide support
 - Set a good example.
3. Trust but verify with Any Lab Test Now®

TAKE ACTION

Have a conversation with your child about the dangers of drugs and your concerns if they are showing unusual behavior.

For your peace of mind, Any Lab Test Now® is a lab testing resource at your disposal, providing answers to your concerns. If you suspect your child may be using drugs, having your child drug tested may be a frightening reality, but it's important for their health and safety. At Any Lab Test Now®, we understand that you may not know how to ask your teen to get drug tested because it may push them farther away, but we have several lab drug screening tests in a variety of forms to help. Our "Trust But Verify" random teen drug-testing program gives you information about drug trends as well as signs and symptoms of drug use. Consider these tests:

- **10 PANEL DRUG TEST (HAIR)** – Using a sample of your child's hair, this test will identify the presence or absence of a number of different classes of commonly abused or misused drugs and/or their metabolites. Drugs and their metabolites are deposited in hair as it grows through exposure to blood, sweat, and skin oils. On average, most drugs are detectable in head hair beginning at seven days after use and extending as far back as 90 days if the hair sample collected is at least 1.5 inches in length. This test requires a head or body hair sample that can be collected at one of our lab testing centers.

- **10 PANEL DRUG TEST (NAILS)** – This test requires the clippings of all 10 fingernails or all 10 toenails, collected at one of our lab testing centers. It will identify the presence or absence of ten (10) different classes of commonly abused or misused drugs and/or their metabolites. Drugs and their metabolites are deposited in nails as they grow via the nail bed. On average, most drugs are detectable in fingernails beginning at approximately 7-14 days after use and extending as far back as 3-6 months, depending on the length of the nail clippings that are collected.

- **10 PANEL DRUG TEST (URINE)** – We collect a urine sample at one of our lab testing centers that's used to identify the presence or absence of ten (10) different classes of commonly abused or misused drugs or their metabolites. On average, most drugs are detectable in urine for approximately three days after the most recent use or exposure.

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Paul Correia, Founder of Paulie Palooza

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The 13th annual all-day music festival on Sat., Oct. 19 from 12:00pm - 9:00pm on Main Street Zephyrhills features live music, vendors, food trucks, kid-friendly activities, silent and live auctions, and more!

Paulie Palooza was created by Paul Correia in 2012 to honor the memory of his father, who



passed away while on Gulfside Hospice's services. Since then, the Paulie Palooza festival has raised nearly \$150,000 to benefit Gulfside Hospice, which provides patient care and bereavement services to nearly 600 patients and families every day in our local community. For more information, contact Marissa Hartley, Fundraising & Event Planning Manager, at 727-845-5707 or marissa.hartley@gulfside.org.

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Fun Ways Seniors Stay Active

Physical activity is an important component of overall health. Health experts advise that exercise can increase lean body mass, prevent conditions like diabetes and cardiovascular disease, improve balance, and positively affect mental health/cognition. Exercise also can foster socialization with others, helping people overcome boredom and isolation.

As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles. There are plenty of entertaining ways to remain physically active that can accommodate any limitations a person may have. Explore these methods for staying active.

EXPLORE SENIOR CENTER OFFERINGS

Community senior centers often fill calendars with a vast array of activities, some of which can include physical activities. Hikes, walking tours, dances, and other activities all serve as entertaining ways to get out and about while meeting some fitness goals.



GARDEN OR DO YARD WORK

The Office of Disease Prevention and Health Promotions says adults should get 150 minutes of moderate exercise per week. Raking leaves, mowing the lawn, digging in flower beds, trimming bushes, and other outdoor

tasks could help a person meet this quota in a way that doesn't seem like exercise at all.

PLAY GAMES WITH GRANDCHILDREN

Little kids may inspire older adults to be more active, as it can be difficult to keep up with those youngsters. Take infants or toddlers for walks or push them in strollers. Attach a child seat or towing carriage to a bicycle and ride around the neighborhood. Play games that require movement, such as hide-and-seek or Marco Polo in the pool. If it's snowing, have a snowball fight or make a snowman in the yard.

TAKE UP A NEW HOBBY

Find hobbies that incorporate physical activity. Perhaps learning to salsa dance or taking Zumba[®] will be fun? Pickleball has caught on across the nation. The sport is a mix of tennis, racquetball and badminton that caters to all ages. Joining a bowling team is another way to get active and meet new people.

Physical activity is important at any age. Seniors can explore fun ways to stay in shape and be active to reap all the benefits of exercise.

As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles.




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imperfections and more. Rose or Patchouli Essential Oil is great for taking your brain out of fight or flight. I have a local deer who comes to my rose garden for lunch each week so that she can keep her brain calm. Rose is also great for acne, libido, PMS and skin health.



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You can also use Wild Orange or Lemon Essential Oil to give you a boost of joy and happiness. I either inhale these or put a few drops in a veggie cap and take it with a full cup of filtered water. Not only is this the Happy Button, but the terpenes in these oils will neutralize micro-plastics. Why is that important? Because you are ingesting approximately a credit card of microplastics each week which is also not good for your emotions.



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GET TO KNOW YOUR LOCAL FARMER

My suggestion, get to know your local farmer and patronize that family instead of the fake food corporations. You will be happy you did. This is just a fraction of information as it related to how you can support your emotional health with nutrition. Check out my new Functional Food Program at a price everyone can afford.

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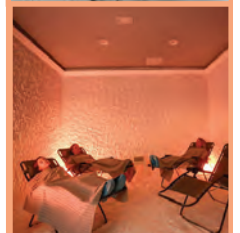
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Could A Will Be Right For You?

By Tina M. Spinks, MPA

The term last will dates back more than a millennium to English common law, in which a person expressed what they “willed” to have happen to their property. The use of what we now know as a will dates back even further, to ancient Romans, who, under the Code of Justinian, recognized documents that transferred possessions from deceased male citizens to their heirs.

While some of the specific uses and terminology related to wills have changed over the years, this estate planning tool retains its core purpose of transferring a person’s assets (money and property) to others after their death. Wills have stood the test of time—and for good reason: they are fundamental to controlling your assets and legacy.

WHAT A WILL DOES—AND DOES NOT DO

The simplicity, flexibility, and clear instructions that a will provides for the disposition of assets explains why this tool is as relevant today as it was thousands of years ago.

If anything, as our lives and social networks have become more complex and the things we own have grown more numerous, the need to plan for death has been magnified. Throughout all the changes, however, the humble will has remained a cornerstone of estate planning.

Here is what a will allows you, as the creator of the will (or testator), to do:

- Name the individuals (or entities, like charities) you want to receive your assets upon your death
- Name an individual (the executor or personal representative) to be in charge of accounting for all your assets and liabilities and filing all necessary paperwork with the probate court
- Appoint a guardian to care for your minor children when you die, and name somebody to care for your pets after you pass.

Wills do have some limitations, so you should also understand what a will does not do in an estate plan:

- A will only governs assets held individually in your name without a beneficiary designation at the time of your passing.
- A will cannot dispose of the entire interest of assets that are owned jointly, especially those including rights of survivorship (i.e., with a spouse or child) or governed by beneficiary designations or other contracts. Named beneficiaries on life insurance and retirement plans, for example,



take precedence over the terms of a will, as do payable-on-death (POD) and transfer-on-death (TOD) designations on bank accounts.

• A will does not control who makes financial and medical decisions for you if you are alive but unable to make

them yourself due to illness, injury, or age-related decline.

It is also important to note that wills only take effect at the time of your death. You cannot use them to transfer assets during your lifetime as you can with certain types of trusts. However, you can use will-based trusts, known as testamentary trusts, that the executor sets up according to the instructions in your will if you want your assets held for a beneficiary for a period of time or indefinitely.

WHY A WILL MIGHT BE THE RIGHT ANSWER FOR YOU

If most of what you own will be distributed according to a beneficiary designation, POD or TOD designation, or by operation of law due to joint ownership, you may look at a will as a safety net in case some assets have to go through probate. If you have modest accounts or property, you may be okay with your loved one receiving their inheritance outright. You may think that putting too many restrictions will eat into the inheritance being left behind. It is important to remember that you are relying on the designations to distribute your assets, so the designations need to be up-to-date. Take caution when planning to transfer assets at death by beneficiary designation, however, when your intended beneficiaries are minor children, financially irresponsible adult beneficiaries, or beneficiaries with special needs.

You may also be interested in a will because they are easy to understand and quick to implement. A will is a set of instructions for what will happen at your death. Because you retain ownership of your assets even after the will is signed, there is no additional paperwork needed to implement your plan (with the possible exception of updating beneficiary designations if changes need to be made).

Lastly, depending on your goals and circumstances, probate may not be so bad. If you believe that there will be fighting among family members, going through probate allows a third party (the judge) to oversee the proceedings and make sure that everyone is on their best behavior. If you are worried that your family will be too lazy to manage things on their own, probate can provide the required structure, timelines, and oversight to ensure that all the required tasks are completed on time.

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KONTOS COMMUNITY CENTER Fri, Nov 8, 2024 6:30 PM St. George's Greek Orthodox Church

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About the Author

Sarah J. Nachin's genres are eclectic — ranging from historical fiction and non-fiction to humorous and inspirational.

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LOCAL FUN EVENTS

SEPTEMBER 2024

- 7th - Dade City Cruise-In - 12-4pm
- 21st - Merchants Sidewalk Sale - 10am-2pm *

OCTOBER 2024

- 5th - The Market Place (Agnes Lamb Park) - 10am-3pm
- 5th - Dade City Cruise-In - 12-4pm
- 19th - Merchants Sidewalk Sale - 10am-2pm *
- 26th - Monarch Butterfly Festival - TBD
- 26th - Kids & Pets Trick or Treat - 10am-3pm*
- 26th - SPOOKTACULAR - 10am-1pm

NOVEMBER 2024

- 2th - Fancy Flea Holiday Market- 9am-4pm
- 2th - The Market Place (Agnes Lamb Park) - 10am-3pm
- 2th - Dade City Cruise-In - 12-4pm
- 9th - Dade City Unwraps for the Holidays - 9:30am-5pm *
- 30th - Dade City Celebrates Small Business Saturday 10am-7:30pm*
 - Christmas Ornament Giveaway (while supplies last)*
 - Visit & Photo with Santa & Mrs. Claus' 4-7:30pm
 - Light Up Dade City

* at Participating Merchants | Visit our Facebook for updates
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TUESDAY
OCT 15, 2024
5:30 PM
BOWLING
In the Dark

Lane Glo Bowl South • 8631 Old County Road 54
 New Port Richey, FL

Each team of 4 is assigned a Vision Loss Expert who is either an LVIB staff person with a vision impairment or a Lighthouse client. Having a VLE on your team can help during frames 3, 6, and 9 because sighted players will be wearing blindfolds!

- Purchase Gutter Ball Buy Backs to Instant Do-Overs During Blindfold Frames

TEAM REGISTRATIONS & SPONSORSHIPS ON SALE NOW!

- Bowling Shoes • 3 Games Are Included with Each Registration
- 1 Pizza (Cheese or Pepperoni) Extra Pizzas Can Be Ordered - But All Pizzas Must Be Preordered.

UNABLE TO ATTEND \ SPONSOR LEVELS ARE AVAILABLE:

The Perfect Game, Six Pack & Anchor

<https://www.lvib.org/events/bowling-in-the-dark/>

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OCTOBER 26

4PM - 9PM

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Haunted History Tour

October 2, 2021 7:30 pm -9:00 pm



\$20 per person Reservations required

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The tour will meet on the dock of our
historic 1912 train depot at 7:30 pm.

\$20.00 cash per person will be taken at that time.

Must be 18 years old
Refreshments and snacks available.

This is a Rain or Shine event



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of Lights

& Christmas Parade

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Common Conditions That Affect Dogs

Taking care of man's best friend is a priority for all dog owners. That's evident in the amount people invest in their dogs over the course of their furry friends' lifetimes. A 2023 study from MarketWatch Guides found that the lifetime cost to own a labrador retriever in the United States is \$28,801, which shows the lengths dog owners will go to in an effort to ensure their pets' health and happiness.

Preventive care is one way dog owners can protect their pets' long-term health. Ensuring dogs stay up with their vaccinations and scheduling routine well visits are part of preventive care. Recognition of common conditions that affect dogs is another component of preventive care. Such knowledge increases the chances dog owners can spot issues before they escalate into something that can pose a threat to dogs' long-term health. With that in mind, the ASPCA® notes the following are common illnesses that affect dogs.

• **DIABETES:** The American Veterinary Medical Association reports that diabetes occurs in female dogs twice as often as male dogs. In addition, the AVMA notes that certain breeds may be predisposed to the condition. Dog owners can speak to their veterinarian to see if their dog is predisposed. The ASPCA® notes signs of diabetes in dogs include changes in appetite, exces-

sive thirst/increase in water consumption, weight loss, lethargy, and cataract formation or blindness.

• **CANCER:** The AVMA estimates that nearly half of all dogs over the age of 10 will develop cancer. The ASPCA® notes that hereditary and environmental factors can contribute to the development of cancer in dogs, so it's important for dog owners to keep an eye out for symptoms of the disease. Such signs may include lumps, swelling, persistent sores, abnormal discharge from any part of the body, bad breath, and rapid, often unexplained weight loss. Sudden lameness, lethargy, stools that are black and tarry, loss of appetite, and difficulty breathing, urinating or defecating are some additional symptoms of cancer in dogs.

• **CANINE PAROVIRUS:** The College of Veterinary Medicine at Cornell University notes that canine parovirus (CPV) is a highly contagious viral disease. Unlike other conditions affecting dogs that tend to strike when dogs are older, CPV typically affects dogs between six and 20 weeks old, though it can affect mature dogs as well. Symptoms of CPV include lethargy, depression and loss or lack of appetite. The CVM notes that sudden onset of high fever, vomiting and diarrhea also are indicative of CPV infection. The ASPCA® notes that CPV can be transmitted to people, animals or objects that come in contact with an infected dog's feces.

• **RINGWORM:** Ringworm is caused by a fungus that can infect the skin, hair and nails of a dog. The ASPCA® indicates ringworm is highly contagious and can be passed from dogs to humans. Skin lesions on the head, ears, paws, and forelimbs are some signs of ringworm in dogs. Patchy, crusted, circular bald spots that appear red in the center is another sign of ringworm, which will not necessarily produce any symptoms in dogs.

Preventive care for dogs includes studying up on common medical issues that can affect man's best friend.

More info about these and other conditions is available at aspc.org.





Va-Va-Va Vroom

Look Cool And Hip In Quirky 2024 Mini-Cooper S

2024 MINI-COOPER SI
Tires: P195/55R16
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Length: 152.8 inches
Width: 68 inches
Height: 55.7 inches
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Highway: 38 mpg
Base price: \$29,100
Price as tested: \$38,545
Web site: www.miniusa.com



By Nitish S. Rele
motoringtampabay@gmail.com

IT MAY BE A MINI IN NAME BUT IN STATURE IT IS A GIANT! Yes, that's a tall statement to make but if you need proof of a car with an attitude, take the quick, quirky, nimble, fun-to-drive 2024 Mini Cooper S hardtop for a test drive. At just 152.8 inches long (compared to say, the Camry at 192), it's an attention-grabber that will pique curiosity.

Under the hood of the subcompact car resides a 2.0-liter, 4-cylinder twin-turbo engine that puts out 189 horsepower @ 5000 rpm and 207 pounds-feet of torque @ 1350 rpm. Best of all is the fuel-saving and seamless 6-speed manual or the optional 7-speed auto gearbox. Front suspension is left up to a MacPherson strut front and a multilink rear system. Keeping the car on course is an electric power steering. Drive modes include sport (aggressive), mid (default or normal) and green (eco). Fuel mileage mimicked EPA estimates at 28 city and 38 mpg highway.

Thumbs up to the exterior styling, face promptly recognizable as a Mini – large, round LED headlights that surround a hexagon radiator grille with a body-colored bar, black fender flares, power dome and striking helmet roof. The rear shows off jewel-like upright LED Union Jack tail lamps and a quasi-dual stainless-steel exhaust with a pol-

ished tip. The circular theme continues inside with air vents, instruments, door trim and of course the eye-catching retro-style, center-mounted speedometer. The changing colors of the LED light ring in the 8.8-inch infotainment/instrument cluster provide feedback to the driver. Go for the \$7,800 iconic trim option to get piano black exterior trim, dual auto a/c, wiregrass charging, Mini navigation, power-fold mirrors, and more. Other notable amenities include heated front seats, Nappa leather steering wheel, synthetic leather seats, body-color roof, front center armrest, 60/40 rear seat, six-way manual front sport seats with center armrest, 6-speaker radio, ambient lights and a hidden under-floor cargo bin.

Standard safety features include dual front and side airbags, side curtain airbag for both rows, front knee airbags, rearview camera, four-wheel antilock brakes with electronic brake distribution, stability, traction, dynamic cruise and park-distance control, active driving assistant with forward collision, pedestrian and lane departure warnings, auto emergency brakes, three-point seatbelts, tire pressure monitoring system and daytime running lights.

Always fancied a Mini Cooper but space restraints were a concern? Agreed, it can get really tight for rear seat passengers, but the head-turner shows off an inimitable European flair with unconventional looks. And this stylish, affordable, trendy and enjoyable car with the S (as in Sport) provides plenty of punch in any road condition.

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