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Swimming in Nature
Kids in the Kitchen
Listening to Animals
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14 DELAND FALL FESTIVAL OF THE ARTS
by Heather L. Pastor

16 ENLIGHTENED PARENTING
Tips for Raising Confident and Loving Kids
by Meredith Montgomery

19 10 STEPS TO FAMILY HAPPINESS
by Christine Carter

20 KID COOKERY
They Love Healthy Food They Make Themselves
by Judith Fertig

21 STARTER RECIPES FOR KIDS

22 GREEN ARTS
Tips for Finding Safe Eco-Supplies
by Avery Mack

24 ANIMAL TALK
They Have Lots to Say If We’d Only Listen
by Sandra Murphy

26 SWIMMING IN NATURE
Splashing Safely in Lakes and Oceans
by Lane Vail

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When I was growing up, my mother’s favorite saying to me and my six brothers was “Go outside and play!” And we did. From sunrise to sunset we created cities in the mud, pretended we lived in the trees, and foraged in the garden. When I needed time away from the boys, I’d take a quilt out into the pine grove and spend time reading and daydreaming.

The theme of this issue is Conscious Parenting and some might wonder what going outside to play has to do with this theme. I don’t know if my mother would have embraced the meaning of conscious parenting—she could have been kicking us out of the house to get some peace and quiet. But what I do know is that my mother gave us room to grow, to explore and create our own fun using our imagination as the vehicle and the great outdoors as the backdrop.

Recently a good friend invited me and my grandgirls to visit her cabin at one of the local springs. After playing in the cool, clear spring and diving off of the deck, the girls asked if they could go in the canoe. With a little assistance they learned how to maneuver the canoe and I watched in delight as they explored the magical waterways. Sometimes it’s tempting to jump in and do the task for children, but so much learning occurs when they are provided a safe environment and the freedom to explore, create and imagine.

Our children are the most important job we will ever have. They are the future and we need to parent with forethought and attentiveness. If you don’t have children of your own, look around and see if there is a single parent, neighbor or relative that could use help. Volunteer in a school or after-school program.

My grandgirls love to play board games. We have a board set up and ready to play at all times. What games did you like to play as a child? Offer to teach that game to a child in your inner circle. You could also create a family game night. Parenting is a tough job and parents need breaks and we can offer respite. Children need mentors. My centenarian friend attributes having both hobbies and mentors throughout her life as major contributors to her longevity. So go on. Get ready, set, go play!

Cheryl Floyd, Publisher
Back to Basics

Dr. Ryan Imhoff, DC, owner of Back to Basics Chiropractic and Sports Rehabilitation, has created a clinic environment that combines philosophies of old with cutting-edge technologies. His commitment is to provide patients with the best from both worlds.

Imhoff’s healing journey began in high school where he was a four-sport athlete with college scouts knocking at his door. In his senior year, after suffering from a knee injury playing basketball, college sports and dreams of becoming a professional athlete were replaced with the study of sports medicine and he became an athletic trainer. He later became a director of rehabilitation in a chiropractic clinic which led to a new interest. Not one to miss an opportunity, Imhoff also completed his master’s degree in exercise physiology with an emphasis on cardiac rehabilitation before receiving his Doctor of Chiropractic degree at Palmer College of Chiropractic in Port Orange.

When patients ask Imhoff what type of chiropractor he is, his response is simple, “One who tries to find the best system for the individual patient. Everybody is different and should be treated as such.”

Imhoff’s passion for chiropractic and sports has led him to this place in life. “Every day I get to use my talents to treat patients from all walks of life. I especially enjoy the work I do at Embry Riddle University as their team chiropractor where I get to work as part of team to keep all the different athletes healthy and competing at a high level is a great joy,” he shares.

Location: 800 Sterthaus Dr., Ste. A, Ormond Beach. Learn more at Back2basicsChiropractic.com. See ad on page 14 and 34.

Ashtanga Yoga Immersion Series

A 55-hour introduction to the Postures of Intermediate Series of Ashtanga Yoga will begin September 11 at Yoga Bala in Port Orange. The series is being offered by Karrie Aubuchon, founder and owner of Yoga Bala yoga studio. Aubuchon has completed her Ashtanga Yoga training along with several other yoga training certifications and has achieved the highest level of training through the Yoga Alliance 500 E-RYT. “You know yoga is good for you; take some time for yourself after the busy summer. Feel joy, freedom and lightness,” invites Aubuchon.

According to Aubuchon, the training helps to increase flexibility, create balance and symmetry, improve endurance and strength, and increase metabolism. “This is a powerful practice with unlimited benefits,” she says. “I love everything about Second Series and am very excited to share all that I have learned with class participants.”

The Ashtanga method is beneficial for all students and teachers as the basis for a complete and intelligent yoga practice. “The physical practice of intermediate series, Nadi Shodhana or nerve cleansing will help one learn ways of working hard and relaxing deeply simultaneously,” says Aubuchon.

Prerequisites for this training include previous training with Aubuchon or knowledge and basic proficiency of the Primary Series of Ashtanga Yoga.

Location: 4639 S. Clyde Morris Blvd., Ste. 105, Port Orange. For more information, call 386-756-0022 or visit YogaBala.com. See ad on page 19 and 38.

Curves Unveils New Specialty Classes

Curves of DeLand owner, Jackie Fust, loves that Curves is a community of women helping women become stronger at any age. “Our commitment is to provide women with tools necessary to empower them to live more fulfilling lives,” says Jackie.

Curves has long been celebrated for its highly effective circuit workout: a 30 minute, coach-led routine that works every major muscle group for a total body workout. “Our partnership with Jillian Michaels was a natural evolution, adding both variety and intensity to our program by combining the Curves strength training machines with functional bodyweight-based exercises that help ramp up metabolism and transform physique,” explains Kari Fust, Jackie’s daughter and manager of Curves.

Now with the new Specialty Circuit Classes which offer workout moves for key focus areas like balance, flexibility and strength, Curves is poised to yet again help women make a strong, healthy transformation. “These additions along with Curves Smart, a computerized personal trainer, give our members more choices as part of their fitness membership,” says Jackie.

All Curves staff is Cleveland Clinic certified in fitness and nutrition. They are also part of the Silver Sneakers and Silver and Fit communities. “Most insurance companies offer some type of fitness program reimbursement,” adds Kari.

Location: 502 N. Spring Garden Ave., Ste. 2, DeLand. Stop by for a free fitness evaluation and tour. For more information, call 386-740-1080 or visit Curves.com. See ad on page 35.
Mama Gaia’s Mystique Boutique in DeLand

Mama Gaia’s Mystique Boutique in downtown DeLand has a lot to offer. Owner and operator, Joy Yanes, is excited about making a longtime dream come true. Yanes became interested in herbal and holistic healing over 30 years ago. “While working as a massage therapist I realized that I was intuitive and an empath. I fell in love with energy work, studied Therapeutic Touch, Pranic Energy, qigong and finally became a Reiki master and a certified life coach. I’ve always wanted to see people living their dream, reaching their potential.”

After working as a nurse for over 20 years, Yanes gave herself the opportunity to follow her own dreams and filled Mama Gaia’s with everything she loves. The store offers an eclectic mix of curious items like Hippy Gypsy boutique clothes, organic herbs and teas, oils, candles, hand-made dream catchers, crystals, jewelry and animal totems. Visitors are also welcome to sign up for private Reiki sessions, energy healing, Bach flower consultations, chakra balancing, readings or life coaching. “Talking, inspiring, encouraging; it is my passion to see everybody whole and balanced,” says Yanes.

Every weekend, Mama Gaia’s will host guest readers, psychics, mediums, healers and henna tattoo artists. Yanes invites readers to like Mama Gaia’s Mystique Boutique on Facebook to stay informed about upcoming weekend events.

Location: 104 W. Rich Ave., DeLand. For more information, call 386-747-2137 or visit MamaGaiasBoutique.com. See ad on page 33.

In Touch with Spirit Gala Day

In Touch with Spirit Gala Day will be held from 10 a.m. to 4 p.m., August 8 at Cassadaga Spiritualist Camp in Cassadaga. This fun, family-friendly event gives visitors the chance to experience this peaceful community where certified mediums and healers are available daily.

In Touch with Spirit Gala Day features a variety of vendors lining the streets of the historical community offering items such as jewelry, crystals, food and more. Various healing modalities will be set up throughout the camp area including the Andrew Jackson Davis Educational Building located at 1112 Stevens Street. Mini-seminars will be held from 11 a.m. to 2 p.m. at the Slater House located at 1188 Chauncey Street. A suggested $5 donation for each speaker is appreciated.

Visitors may also experience mini-readings by camp certified and student mediums from 10:30 a.m. to 2:30 p.m. at Colby Memorial Temple located at 1250 Marion Street. Each 15 minute reading can be purchased for $25. Certified camp mediums will also be available throughout the day for full readings.

The Bookstore, located at 1112 Stevens Street, will be open until 6 p.m. Historic Tours will be held at 3 p.m. and cost $15 per adult. The 7:30 p.m. Orb Tour costs $25 per adult. All tours are half price for children ages 6 to 12. The day will conclude with a 50/50 raffle drawing at 4:30 p.m. Tickets are one for $5 and three for $10.

For more information, call 386-228-3171 or visit Cassadaga.org. See ad on page 15 and 33.

Luncheon Series Features Farm to Table Movement

The DeLand Area Chamber of Commerce/Orange City Alliance is proud to present the fourth in a series of West Volusia Means Business luncheons from 11:30 a.m. to 1 p.m. on August 19.

This month’s topic covers the “Farm to Table” movement, an international movement dedicated to producing and utilizing more food from local sources.

Chef Hari Pulapaka, executive chef and co-owner of the Cress Restaurant; Steve Crump, president of Vo-LaSalle Farms, Inc.; The Barefoot Farmer, Paul Tomazin, owner of Tomazin Farms; and David Griffis, director, University of Florida IFAS/Volusia County Extension, will be the featured panel of leaders for the movement in Volusia County.

Cost: $25 per person for DeLand Area Chamber of Commerce members, $35 per person for non-members. Location: Volusia County Fair Grounds, 3150 E. New York Ave., DeLand. Seating is limited, RSVP and prepayment is required. Register at DeLandChamber.org. See ad on page 34.

It is easier to build strong children than to repair broken men.

~Frederick Douglass
Archery Anyone?

Lake Woodruff National Wildlife Refuge (NWR) is offering a basic Archery Class on August 8. The class is intended for first time and advanced archers ages 9 to 16 years. The class emphasizes proper equipment selection, bow mechanics, steps to archery success, archery safety, and includes range time. All equipment is provided; personal bows and arrows are not allowed on the shooting range.

These classes are intended to teach basic fundamentals archery to children. The refuge offers archery hunting opportunities and recognizes archery hunting as a traditional use in Florida.

Parents must accompany children for the class and registration is required. Additional range time will be provided to students after lunch if requested. Attendees are asked to bring sunscreen and water.

The mission of the U.S. Fish & Wildlife Service is working with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people.

Cost: Free. Location: 4490 Grand Ave., DeLeon Springs. For more information and to register, call 386-985-4673 (ext. 200) or e-mail lakewoodruff@fws.gov. To learn more about Lake Woodruff National Wildlife Refuge visit fws.gov/lakewoodruff.

Keiser University Back to School Open House

Explore new career paths at Keiser University’s Back-to-School Open House from 5 p.m. to 8 p.m., August 5. The academically centered event at the Daytona campus will focus on specific employment opportunities. Students can receive training in more than 100 university degree programs.

Keiser University’s hands-on approach helps individuals gain a competitive advantage as they further their education. The open house will showcase the school’s resources and invite prospective students to learn about degree programs in career fields such as health care, business, legal studies, culinary arts, and information technology. Enjoy interactive classroom activities and lab demonstrations with students, faculty and alumni.

Keiser University, with more than 16 campuses throughout Florida, plus online enrollment, continually monitors workplace trends to assist students with job placement. The University’s educational foundation is focused on providing the critical training skills and quality academic education students need to gain employment after graduation.

Location: 1800 Business Pk. Blvd. For more information, visit KUOpenHouse.com or call 888-844-8404. Also visit KeiserUniversity.edu

I Can Do It! Conference in Orlando

More than 30 thought leaders and experts will be on hand at the I Can Do It! Hay House Conference starting at 7:30 p.m., September 18, and all day beginning at 9 a.m., September 19 and 20, at the Orange County Convention Center, in Orlando.

Featured speakers include Dr. Wayne Dyer, who will deliver the Friday evening keynote address; Dr. Brian Weiss, regarded by many as the world’s foremost expert in past-life regression; Dr. Robert Holden, co-author with Louise Hay of the new book Life Loves You; Pam Grout, Kyle Gray, Nick Ortner, Dr. Joan Borysenko, Anita Moorjani and Joe Dispenza, a doctor of chiropractic.

Presentation and workshop topics include Healing Emotional and Physical Pain, Health Secrets, Positive Thinking, Nutrition, Meditation, Angel Guidance, Past Lives, Intuition, Creativity, Self-love, Life Changes, Standing at the Crossroads, Forgiveness and Living Your Truth. Other upcoming I Can Do It! Conferences will be held in London, England, September 5 and 6, and in New York City, November 14 and 15.

Cost: $275 to $375; special prices for one- or two-day attendance and pre-conference workshops. Location: 9400 University Blvd. For more information or to preregister, call 800-654-5126 or visit HayHouse.com.

Reawakening the Goddess Within

Join Patricia Alton, Angel Therapy Practitioner and Shamanic Minister ordained by Venus Rising Institute and Jacquelyn Gioertz, CMO of Empowered Consciousness, LLC, and Goddess Guide, for a powerful retreat of self-discovery being held September 13 from 2 to 9 p.m. in DeLand. “It is a sacred place and time for women to gather together and celebrate their empowerment, enlightenment and sisterhood,” explains Alton. “It is a retreat to honor a woman’s journey to self-discovery.”

Group activities include a Shakti circle to open the cosmic energy of sisterhood, a sacred dance to activate the divine feminine, channeled angel readings and Goddess guidance, a past-life regression session, and sacred journaling. In addition, there will be a workshop titled “It’s Time to be Who You Came Here to be.”

A light dinner will be served, followed by a drum circle and dancing. Participants are encouraged to bring dancing shoes, drums and/or rattles for a New Moon Ceremony to celebrate the Goddess within.

Fee: $144 includes dinner. Location: DeLand; specifics given upon registration. Space is limited; to register contact Patricia at 386-873-2517 or Jacquelyn at 386-675-5275. See calendar ad on page 30.
Learn the Basics of Vegetarian Cooking

The New Smyrna Seventh-Day Adventist Church is offering its fourth Vegetarian Cooking Class series starting August 17. Class instructor, Alida Slentz, has presented many classes in the U.S. and abroad has helped countless people transition to healthier eating.

Each night during the eight-week class, participants will watch a 10-minute PowerPoint presentation on how a plant-based diet can be the foundation for better health. After that, Slentz will demonstrate how to prepare 4 or 5 recipes and the class will get to eat what has been cooked.

The program is very informal and questions are encouraged. “Many of the past class participants that were accustomed to cooking with meat were pleasantly surprised at how tasty the meatless main entrees were,” says Slentz who notes that Americans are dealing with an abundance of health problems that can be linked to dietary intake. “Our younger people are especially being affected due to consumption of highly processed fast foods filled with saturated fat,” she says. “We are trying to teach people how their food choices can impact their lives.”

“Everyone who attends will receive a 3-ring binder with all the recipes and other information about what foods help certain conditions,” adds Slentz.

Fee: $25; includes food and materials. For more information and to register, call 386-423-0491. See ad on page 29.

Fired-Up in Downtown DeLand

Fired Up, a creamy vanilla ice cream speckled with white chocolate pieces and red-hot candies, was voted best flavor by the crowd that attended the June 26 Ice Cream Walk. The flavor was inspired by Funky Trunk Treasure owner, Kimberly Cline, and skillfully created by Sweet Spot’s Jimmy and Melissa Brissey.

Not coincidentally, “Fired Up” also describes Cline herself, and the award-winning downtown DeLand merchant has been writing a book about how she got that way. Fired to Inspired hits bookshelves in August, and is available for pre-order at KimberlyCline.com/order-now.

Fired to Inspired is about Cline’s transformation from the lowly feelings that followed being terminated from her job, to seeking inspiration, finding it, and living a life that is truly divine and joyful. It is an honest and witty memoir/self-help hybrid; the perfect gift book for women who want to become their best selves. “I wrote a book about my experiences that I hope will resonate with others, and help them better understand how hard times can help them grow, and how challenges can make them stronger,” says Cline.

Cline’s book launch party, which is open to the public, will be held from 5 to 9 p.m. August 7 at Funky Trunk Treasures, located at 222 North Woodland Boulevard in Deland.

“Being human is a roller coaster ride,” shares Cline, “and I’ve had my share of low points. But, now I feel I’m living my purpose; I’ve gone from Fired to Inspired, and I’m so excited to share my story.”

To connect, call 386-848-4748 or visit FunkyTrunkTreasures.com.

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Rights are won only by those who make their voices heard.
~Harvey Milk
Call for Worldwide Protection from Wi-Fi Radiation

In May, 190 scientists from 39 nations appealed to the World Health Organization (WHO) to “exert strong leadership in fostering the development of more protective EMF guidelines...” The letter was developed by a committee that included professors from Columbia University, Trent University, the University of Washington and the University of California, Berkeley. It was then signed by a host of university professors and researchers from around the world.

The directive cited several key studies that have shown that radiation from electromagnetic fields—even low-frequency radiation—is a possible cause of cancer. The WHO adopted a classification for extremely low-frequency electromagnetic radiation in 2002 and in 2011 classified radiofrequency (RF) radiation within its Group 2B—a “possible human carcinogen.”

The letter points out that while WHO has accepted these classifications, there have been no guidelines or standards created by the agency or in conjunction with other agencies. It recommends a convening of the United Nations Environmental Programme and the funding of an independent committee to explore practical means of regulating the widespread and uncontrolled expansion of wireless technologies throughout our environment. The appeal also calls for the protection specifically of children and pregnant women and a strengthening of regulations placed on technology manufacturers.

Berkeley, California, set a precedent on May 12 by acknowledging the health risk posed by RF radiation and adopting the Right to Know Ordinance, requiring electronics retailers to warn customers about the potential health risks associated with it. It reads, “If you carry or use your phone in a pants or shirt pocket or tucked into a bra when the phone is on and connected to a wireless network, you may exceed the federal guidelines for exposure to RF radiation.” The ordinance requires that the notice be displayed in stores that sell mobile phones.

Glyphosate Self-Testing Now Available

The Feed the World Project has partnered with the Organic Consumers Association (OCA) to offer public testing for a chemical that is now ubiquitous in conventional food production: glyphosate. At $119, the test can check levels of this chemical in tap water, urine and soon, breast milk.

“For decades now, the public has been exposed, unknowingly and against their will, to glyphosate, despite mounting evidence that this key active ingredient in Monsanto’s Roundup herbicide is harmful to human health and the environment,” says OCA International Director Ronnie Cummins. “Monsanto has been given a free pass to expose the public to this dangerous chemical because individuals, until now, have been unable to go to their doctor’s office or local water-testing company to find out if the chemical has accumulated in their bodies or is present in their drinking water.”

The testing comes on the heels of the World Health Organization’s (WHO) announcement in March that glyphosate is a possible carcinogen and questions the validity of the industry claims from laboratory animal testing that the acceptable daily intake of glyphosate is .3 milligrams per kilogram of body weight per day. The WHO report notes, “The so-called safe levels of glyphosate exposure have never been tested directly to determine if indeed they are really safe to consume over the long term. Instead, the ‘safe’ levels are extrapolated from higher doses tested in industry studies.”

The test is available at FeedTheWorld.info/glyphosate-testing-test-yourself.
**CONSTIPATED KIDS HELPED BY TUMMY MASSAGE**

Research from the University of Washington has determined that chronic constipation in children may be relieved with abdominal massage. The research involved 25 parents and their children with learning needs and physical disabilities. The parents were trained by specialists in abdominal massage. Following the training, the parents massaged the abdomens of their children for 20 minutes per day.

The study found that abdominal massage relieved constipation in 87.5 percent of the children and reduced laxative use. In addition, the therapy resulted in better diets for 41 percent of the children and improved the parent-child relationship in many cases.

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**Produce Produces Heftier Newborns**

A review of research from the Center for Chemical Regulation and Food Safety finds that the quantity of food consumed by pregnant women for increasing a baby’s birth weight is less important than what types of foods she eats. After systematically analyzing 11 relevant studies, the researchers found that higher birth weights—associated with better brain development during later years—are linked with the amount of fruits and vegetables a mother eats during pregnancy.

Using seven studies, researchers found that low vegetable consumption during pregnancy resulted in more than three times the risk of giving birth to a child with low gestational weight. Other studies found a correlation between higher fruit consumption by expectant mothers and a higher birth weight of babies. Much of the research showing these relationships occurred in developed countries where a conventional Western diet is prevalent.

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**Sad Music Can Lift Our Mood**

A study from Free University, in Berlin, has determined that listening to sad music may actually lift our mood. The researchers conducted a survey of 772 people, 44 percent of which were musicians, asking each subject about their emotional responses after listening to sad music. While 76 percent felt nostalgic, more than 57 percent of the respondents indicated peacefulness, more than 51 percent felt tenderness, almost 39 percent had feelings of wonder and 37 percent experienced a sense of transcendence.

Fewer than half—45 percent—said they experienced sadness when listening to the morose melodies. The researchers pointed out that people often tend to listen to sad music as a source of consolation, and the music often provides a means for improving moods and emotions.
Air Raid
Carbon Dioxide Levels Go Through the Roof

The National Oceanic and Atmospheric Administration (NOAA) notes that as of March, the global monthly average for carbon dioxide, the most prevalent heat-trapping gas, crossed a threshold of more than 400 parts per million (ppm), the highest in about 2 million years. “It’s both disturbing and daunting from the standpoint of how hard it is to slow this down,” says NOAA chief greenhouse gas scientist Pieter Tans. “Carbon dioxide isn’t just higher, it’s increasing at a record pace, 100 times faster than natural rises in the past.”

In pre-human times, it took about 6,000 years for carbon dioxide to rise 80 ppm, versus 61 ppm in the last 35 years, Tans says. Global carbon dioxide is now 18 percent higher than it was in 1980, when NOAA first calculated a worldwide average.

Diaper Discovery
Mushrooms Grow on Disposables

Disposable diapers are mostly indestructible, but a group of researchers led by Rosa María Espinosa Valdemar, at Mexico’s Autonomous Metropolitan University, Azcapotzalco, has found a way to degrade the soiled garments by growing mushrooms on them.

Disposable diapers can last for hundreds of years in landfills because they contain not only the plant-based material cellulose that mushrooms consume, but also non-biodegradable materials such as polyethylene, polypropylene and the superabsorbent gel sodium polyacrylate.

The scientists grew the oyster mushroom, *Pleurotus ostreatus*, on a substance made from used diapers and were able to reduce the diaper’s weight and volume by up to 80 percent. For the experiment, the researchers only used diapers containing liquid waste. They sterilized and ground up the garments; mixed them with lignin from the remains of pressed grapes, coffee or pineapple tops; covered the mixture with commercially available fungus spores; and kept it in a plastic bag for three weeks.

The resulting mushrooms had similar amounts of protein, fat, vitamins and minerals as in commercial yeast. They’re not intended for human consumption, but could be used as a supplement in cattle feed.

Source: ScienceDaily.com

Fracking Halt
Earthquakes Derail Dutch Gas Production

Gas production by fracking in the Loppersum, Netherlands, area of the Groningen natural gas field, Europe’s largest, was suspended by a Dutch court after a home was damaged by earthquakes linked to the operation. Nette Kruzenga, co-founder of Groningen Centraal, one of two groups seeking an immediate halt in Groningen gas production, says, “It is clear the judge said that the situation around Loppersum is dangerous.”

The actions of Dutch officials are different than in the U.S., where many people acknowledge the same problem while others deny its existence. States that tend to cite the danger are those that have experienced damaging earthquakes, including Arkansas, Oklahoma, Ohio and Virginia. Deniers include big-fracking states such as California, Colorado and Texas.

In states that have reduced new injections and scaled back current operations, earthquakes have abated.
Crayon Kicks  
Not Just for Kids Any More

Secret Garden and Enchanted Forest, by Johanna Basford, are two of the most popular titles on sale at Amazon.com—and both are coloring books for adults. Featuring detailed black-and-white drawings of the flora and fauna that surround illustrator Basford’s Scottish home, Secret Garden has sold nearly 1.5 million copies.

Fans include Hollywood celebrities such as Zooey Deschanel, and when National Public Radio asked listeners for feedback, many indicated, “I thought I was alone.” The consensus is that adults are seeking to get in touch with their inner child. Beyond the nostalgic charm of coloring books, it’s also a good way for grownups to unwind and reflect.

“So many people have told me that they used to do secret coloring when their kids were in bed,” says Basford. “Now it is socially acceptable, it’s a category of its own.”

For a sample coloring gallery, visit JohannaBasford.com.

Solar Timeshare  
Buying Kilowatts from Each Other

Yeloha, a new, Boston-based, peer-to-peer solar startup, allows anyone to go solar, even if they live in a rented apartment, have a roof blocked by a shady tree or don’t have the funds to buy panels. Customers can sign up for the service either as a “sun host” or “sun partner”.

Potential sun host homeowners have a roof suitable for solar, but can’t afford panels. Yeloha will install the panels for free in exchange for access to the solar power the panels create. Sun hosts also get about a third of the electricity created by the panels for free, translating to lower monthly power bills.

The remaining power is distributed to the sun partners—customers that want to go solar, but don’t have a proper roof or own their home. Sun partners can buy as many solar credits as they’d like from Yeloha at a price that’s less than what they’d normally pay to their utility. The service is currently operating in Massachusetts only, but has plans for expansion across the country.

For more information, visit Yeloha.com/sunhost.

Crab Crisis  
Valuable Horseshoe Species Going Extinct

The horseshoe crab, which is not really a crab, but belongs to the taxonomical class Merostomata among arthropods, is about to join the long list of endangered species. Their potential extinction poses a major threat to pharmaceutical, clinical and food industries seeking the secrets to the species’ survival over more than 250 million years with minimal evolution, enduring extreme temperature conditions and salinity. Individuals are able to go without eating for a year.

Commonly found living in warm, shallow coastal waters on the sea floor, horseshoe crabs play an important ecological role. A continuing decrease in their population will affect other species, especially shorebirds that feed on the eggs, destabilizing the food chain. Sea turtles also feed on adult horseshoe crabs.

Scientists worldwide want to include the invertebrate in schedule IV of the Wildlife Protection Act of 1974, labeling them as an endangered species. Enforcement will include monitoring for improper uses of horseshoe crabs.

Source: EndangeredSpeciesInternational.org

Pistachio Power  
The Nuttiest Biogas Around

Turkey, one of the world’s largest producers of pistachios, has begun using tons of the shells to produce biogas (methane) as an alternative energy source instead of dumping them in landfills. The country even plans to power its first eco-city using this unconventional fuel.

The planned 7,900-acre metropolis is expected to house 200,000 people in Gaziantep Province. This southern region near the Syrian border is the heart of Turkey’s pistachio production, yielding more than 50 percent of the country’s nuts. “When you plan such environmentally friendly systems, you take a look at the natural resources you have,” explains Seda Muftuoglu Gulec, a Turkish green building expert. “If the region was abundant in wind power, we would use wind energy.”

If the project goes forward, construction will start within two years and be completed within two decades. A pilot phase will focus on a 135-acre piece of land and, if successful, expand into the entire city. It may inspire other agricultural regions to look at what they typically consider waste as an energy source.

For more information, visit Tinyurl.com/PistachioPoweredCity.
The change of season is much more subtle when you live in a state like Florida. Palm fronds don’t turn a fiery shade of red, nor do you smell burning piles of leaves in the air. Instead, seasons are often marked by special events happening in the community. Recurring year after year, these events remind us that a new season is upon us.

For the last 22 years, the Deland Fall Festival of the Arts (FFOA) has been an event that reminds us that fall has officially arrived in Volusia county. During the weekend of November 21 and 22 more than 50,000 people will attend the juried art show that lines the streets of DeLand’s historic downtown. Over 170 artists from across the country will display two and three dimensional fine art they’ve created with glass, paint, photography, wood, ceramics, fiber and more.

Though the organizations have changed names since the event’s inception, the three original partners that presented the inaugural show in 1993 still have representatives on the board of directors. The Museum of Art-Deland, Sands Theater Center and MainStreet Deland Association all worked in unison for years before the show achieved its official non-profit status. Each of them handles a different aspect of the
organization and promotion of the event.

It all begins with a committee of five who evaluate almost 400 applications submitted by artists each year. The fact that there’s more than $50,000 available in awards is only one reason this show is so popular with artists. According to their website, the DeLand Fall Festival of the Arts “has been rated one of the most ‘artist friendly’ venues in the state in such publications as Sunshine Artist.” Over 75 percent of the artists who participate reapply annually for inclusion in the FFOA show.

Interested artists have until midnight on September 4 to submit applications online for this year’s show. The judges are Kevin Grogan, the director/curator of Morris Museum of Art in Augusta, Georgia, and artist/photographer Stephen Althouse.

The show is free to the public, but is supported by sponsorships purchased by local businesses and patron/collector memberships available at several levels. Volunteers are also needed for the event.

For more information visit DeLandFallFestival.com.
ENLIGHTENED PARENTING
Tips for Raising Confident and Loving Kids
by Meredith Montgomery

Feueled by unconditional love, parenting with presence embraces all potential connections between parents and their children.

Establishing Values
Shelly Lefkoe, co-author of Chicken Soup for the Soul: Guide to Effective Parenting, believes that children learn what we model as important values. She tells her daughters they should treat her with dignity and respect both because she’s their mother and, “That’s how you treat people and that’s how I treat them.” Honesty is also a high priority in her household.

Minneapolis college student Casey Martin often joins his father, Kirk, in presenting Calm Parenting workshops for parents, teachers and students around the country. In growing up, he’s seen firsthand, “If you have a connection with your kids, you can have a lot more influence on them.”

Noting that sometimes children feel like their parents love them, but don’t necessarily like them, Martin emphasizes finding ways to identify with their interests. “I love cars, and my dad used to invite me on test drives when I was a kid. Both of my parents took time to connect with me, which had a huge impact on our relationship.”

Christine Carter, Ph.D., a sociologist with the University of California Greater Good Science Center, recognizes the importance of talking explicitly about values. When we see kids doing something we value, ask them how it made them feel, she advises. “Teens don’t necessarily know that their parents value character over grades.”

Carter says, “particularly if parents tend to monitor grades more than aspects of a child’s character. What do you talk about more—their achievements or their character? If it’s the former, consider that you unintentionally might be sending the wrong message.”

Hummingbird Parenting
Overprotection of children by what’s termed helicopter parenting, can cause a disabling sense of entitlement where kids begin to believe, possibly unconsciously, that they are entitled to a difficulty-free life, Carter observes. “There’s an epidemic of cheating because students don’t want to try hard, and they expect to be rescued,” she says.

“Although it’s terrifying to let our kids fail, when we don’t let them experience difficulty, they see mistakes as being so awful they must be avoided at any cost. To gain mastery in any arena, we must challenge ourselves, even if that means making mistakes.”

“We lose sight that we’re not raising children, we’re raising adults,” says Malibu, California, marriage, family and child therapist Susan Stiffelman, author of Parenting with Presence: Practices for Raising Conscious, Caring Kids. “Empower them to cope with ups and downs. Help them know and trust themselves by not legislating their opinions and by allowing them to experiment.”

Children often struggle with transitions, especially when things don’t go as planned. Martin recommends, “When kids throw tantrums or argue to get out of a challenging situation that’s causing them anxiety, help them work through it. Tell them that you know they’re feeling anxious, that you’ve felt that way before, too, and then help by giving them something specific to do or focus on.”

Independent outdoor play has been proven to help kids learn to exert self-control. America’s children aren’t allowed to roam freely outside to experience nature as previous generations did. In Last Child in the Woods, author Richard Louv cautions against being limited by modern factors such as restrictive subdivision covenants and media-induced fear. “There are risks outdoors, but there are huge psychological, physical and spiritual risks in...
raising future generations under protective house arrest,” he says.

Louv prefers what’s called a hummingbird approach: “Hummingbird parents don’t hover over their kids with nature flash cards; they stand back and make space for exploration and problem solving through independent play, while remaining nearby, ready to zoom in at a moment’s notice if safety becomes an issue.”

Armin Brott, host of San Francisco’s Positive Parenting radio program, reminds parents to increase opportunities for independence as youngsters grow. “Test a child’s ability to handle more freedom by providing the opportunity to prove that they can. If they succeed, it’s a confidence builder. If not, it allows them to see for themselves that they’re not ready yet.”

Disciplined Communication

The first eight years of a child’s life are the most formative, effecting personal beliefs that will shape the adult that they’ll become, including impediments to fruitful self-expression. A healthy conversational relationship can foster connection and security while respectfully teaching children right from wrong.

Lefkoe suggests managing parental expectations while considering what serves the child best in the moment. When a child tries to tell Mom something when she’s distracted, the child may conclude that what they say is unimportant. Instead, the mother can acknowledge the importance of what the child has to say and how she looks forward to listening once she’s freed up before eventually giving the child her full attention.

Parents can serve as a safe haven for kids. Stifelman says, “Allow them to speak the truth without being corrected or shamed. If they tell you they’d like to do something you don’t approve of, resist the urge to react with immediate advice and talk to them about their decision-making process. Be present enough for them to let them hear themselves think out loud.”

“Children need affection, attention, acknowledgment and unconditional love, not discipline. When you punish kids, they feel absolved: ‘I did something bad, I got punished, now we’re even,’” says Lefkoe. When they get
If you can’t explain something to a 5-year-old, you don’t really understand it; they make you think about what you know.

~Armin Brott

Conscious Parenting Resources

The Body Book for Boys
by Rebecca Paley, Grace Norwich and Jonathan Mar

The Care and Keeping of You: the Body Book for Younger Girls
by Valorie Schaefer

The Care and Keeping of You 2: The Body Book for Older Girls
by Cara Natterson

Father for Life: A Journey of Joy, Challenge and Change
by Armin Brott

Holistic Mom's Network
HolisticMoms.org

Last Child in the Woods
by Richard Louv

The New Puberty
by Louise Greenspan, M.D., and Julianna Deardorff, Ph.D.

Parenting the Lefkoe Way
TheLefkoeWay.com

Parenting with Presence
by Susan Stiffelman

Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents
by Christine Carter

Meredith Montgomery publishes Natural Awakenings of Mobile/Baldwin, AL (HealthyLivingHealthyPlanet.com).
Happier kids are more likely to become successful, accomplished adults. Looking at the science can show what works in raising naturally healthy, happy kids.

**Put on Your Own Oxygen Mask First.** How happy parents are dramatically affects how happy and successful their kids are.

**Build a Village.** The breadth and depth of our positive relationships with other people is the strongest predictor of human happiness.

**Expect Effort and Enjoyment, Not Perfection.** Parents that overemphasize achievement are more likely to have kids with higher levels of depression, anxiety and substance abuse compared to others. Praise effort, not natural ability.

**Choose Gratitude, Forgiveness and Optimism.** Optimism is so closely related to happiness that the two are practically interchangeable. Teach preteens to look on the bright side.

**Raise their Emotional Intelligence.** It’s a skill, not an inborn trait. Parents can help by empathizing with children facing difficult emotions and helping them identify and label what they are feeling. Let them know that all feelings are okay, even though bad behavior isn’t.

**Form Happiness Habits.** Turn these happiness skills, plus the positive skills parents already have, into habits.

**Teach Self-Discipline.** Self-discipline in kids is more predictive of future success than intelligence or most anything else good. Start teaching it by helping kids learn ways to distract themselves from temptation.

**Enjoy the Present Moment.** We can be super-busy and deeply happy at the same time by deeply experiencing the present moment.

**Rig their Environment for Happiness.** Monitor a child’s surroundings so that the family’s deliberate happiness efforts have maximum effect.

**Eat Dinner Together.** This simple tradition helps mold better kids and makes them happier, too.

**Christine Carter, Ph.D., is the author of Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents and The Sweet Spot: How to Find Your Groove at Home and Work. She is a senior fellow at the University of California, Berkeley’s Greater Good Science Center. Learn more at ChristineCarter.com.**
In less than a generation, childhood obesity has risen substantially, most notably in the United States, according to the article “Child and Adolescent Obesity: Part of a Bigger Picture,” in a recent issue of The Lancet. The authors attest that modern culture’s promotion of junk food encourages weight gain and can exacerbate risk factors for chronic disease in our kids.

When concerned parents have a picky child bent on eating only French fries, they could enroll them in healthy cooking classes that offer tastings and related hands-on experiences for youths from preschoolers through teens. Here, children are encouraged to try more foods, eat healthier and learn about meal preparation, plus sharpen some math, geography and social skills.

Registered Dietitian Nutritionist Leah Smith, the mother of two elementary school children, founded Kids Kitchen and Chefs Club, in Austin, Texas, in 2011. She offers classes for chefs (ages 3 to 6), junior chefs (5 to 11) and senior chefs (11 to 14). Kids learn how to make dishes such as yogurt parfait popsicles with healthy grains clusters or roasted tomato soup with homemade croutons. “I’m a firm believer that teaching kids about which foods are good for us, and why, will positively influence their lifelong eating habits,” says Smith. “Start right, stay right.”

Elena Marre, also the mother of two elementary school children, faced the challenge of a picky eater in her family. In 2007, she started The Kids’ Table, in Chicago, and solved her own problem along the way. Says Marre, “It’s amazing how often I hear a child complain about not liking red peppers, dark leafy greens or onions at the beginning of a class. It’s so rewarding when that same child is devouring a dish made with those three ingredients at the end.”

Healthy kids cooking classes provide a fresh way to combat poverty, according to the Children’s Aid Society, in New York City. The group started Go!Chefs in 2006 at community schools and centers throughout the city and knows how to make it fun with Iron Chef-style competitions.

“When offered a choice between an apple and a candy on two consecutive occasions and with most having chosen the candy the first time, 57 percent of students in the Go!Kids health and fitness program chose the apple the second time.
compared to 33 percent in the control group,” says Stefania Patinella, director of the society’s food and nutrition programs.

In Minnesota’s Twin Cities region, “We do a lot of outreach with Head Start, community schools and organizations like scout troops,” says Chef Ani Loizzo, Whole Foods Market’s culinary instructor at the Whole Kids Club Kitchen Camp, in Lake Calhoun. “We have many kids that know about organic and biodynamic farming and we talk about that in class. We might focus on a healthy ingredient like tomatoes in a one-hour class or explore the culture of Greece or Mexico through food in a longer session.”

Loizzo loves the natural curiosity that kids bring to cooking classes. “Sparking an interest in exploring ingredients and flavors can also lead to learning how to grow a garden and interest in the environment,” she says.

For children in areas where such cooking classes aren’t yet offered, there are still fun ways to involve them in healthy meal preparation. Maggie LaBarbera of San Mateo, California, started her Web-based company NourishInteractive.com in 2005 after witnessing the harmful effects of teenage obesity when she was an intensive care nurse. It offers educational articles for parents and free downloadable activities that engage children with healthy foods.

“Every positive change, no matter how small, is a step to creating a healthier child,” says LaBarbera. “Together, we can give children the knowledge, facts and skills to develop healthy habits for a lifetime.”

Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com from Overland Park, KS.

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**Starter Recipes for Kids**

Here’s a sampling of healthy snack food recipes that kids love to make—and eat—in class and at home.

**Yogurt Parfait Ice Pops with Healthy Grains Clusters**

Yields: 4 servings

4 ice pop molds  
1 cup granola (use non-GMO, gluten-free Kind bars) in small pieces  
1 cup organic fresh fruit such as raspberries, kiwi, mango and strawberries cut into small pieces  
2 (6-oz) cartons organic dairy or non-dairy yogurt  
Layer ingredients in each ice pop mold like a parfait. Put a sprinkle of granola in first, and then layer yogurt and fresh cut fruit. Add another spoonful of granola to top it all off and freeze the pops for at least 4 to 6 hours.

Adapted from a recipe by Leah Smith for Kids Kitchen and Chefs Club, in Austin, Texas

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**Raw Banana Ice Cream**

Yields: about 1 quart

20 pitted dates, roughly chopped  
2 Tbsp raw honey  
2 Tbsp extra-virgin coconut oil  
1 tsp vanilla extract  
½ tsp ground cinnamon  
4 cups sliced very ripe organic bananas  
½ cup raw peanuts, coarsely chopped, optional  
2 Tbsp cacao nibs

Put dates into a medium bowl,cover with lukewarm purified water and set aside to soak for 10 minutes. Drain dates and reserve soaking liquid. In a food processor, purée dates with 3 to 4 tablespoons of the soaking liquid, honey, oil, vanilla and cinnamon until smooth. (Discard the remaining liquid.) Add bananas and purée again until almost smooth.

Transfer to a stainless steel bowl and stir in peanuts and cacao nibs. Cover and freeze, stirring occasionally, until almost solid—4 to 6 hours. Let ice cream soften a bit at room temperature before serving.

Adapted from a recipe from Whole Foods Market, Lake Calhoun, Minnesota
“Creative energy is contagious,” says Kim Harris, co-owner of Yucandu, a hands-on craft studio in Webster Groves, Missouri. As one client crafter commented, “Art is cheaper than therapy and a lot more fun.” It doubles the pleasure when we trust the nature of our supplies.

Arts and crafts stir the imagination, spur creativity and are relaxing. Yet, for some, allergies, chemical sensitivities and eco-consciousness can make choosing materials a challenge. Manufacturers are not required to list heavy metals, toxic preservatives or petroleum-based ingredients, even when they’re labeled “non-toxic.”

User- and environment-friendly alternatives may be difficult to locate, but are worth the effort. After working with paint, glue, chalk and modeling dough, children may lick their fingers and be reluctant to wash hands thoroughly. Retirees with newfound time for hobbies may also have weakened immune systems at risk to chemical exposure. Everyone benefits from minimizing exposure to toxins.

**Tips for Finding Safe Eco-Supplies**

**by Avery Mack**

**Glues**
For most projects, purchased glues are more convenient, longer lasting and easier to use than homemade. White glue and white paste, called “library paste”, are best with porous items like wood, paper, plastic and cloth. It takes longer to dry and needs to be held in place, but there are no fumes.

“Jewelry is wearable art, so for mine, I primarily use water-based, non-toxic glues and sealers that simply wash off my hands,” advises Nancy Kanter, owner and designer of Sparkling Vine Design, in Thousand Oaks, California. Examples include Elmer’s Washable and Mod Podge.

**Paints**
Water-based tempera paint is easy to use; Chroma brand tempera removes some of the hazardous ingredients. “I use water-based, non-toxic acrylic paints and wine to paint recycled wine corks for my designs,” says Kanter. “This avoids harsh fumes and chemicals.”

Note that acrylic paint can contain ammonia or formaldehyde. Oil paint produces fumes and requires turpentine, a petroleum-based product, to clean brushes. Aerosol spray paint is easily inhaled unless protective equipment is used.

**Markers and Crayons**
“Give kids great supplies and they’ll make great art,” maintains Harris. “They’ll also be respectful of how much they use.”

Go for unscented, water-based markers, especially for younger children that are as apt to draw on themselves as on paper. Soy crayons are made from sustainable soybean oil, while retaining bright colors. Dustless chalk is preferred by some. Colored eco-pencils are another option.

Beware of conventional dry erase markers, which contain the neurotoxin xylene; permanent markers emit fumes. Wax crayons are made with paraffin, a petroleum-based product.

**Yarn and Other Fibers**
For knit or crochet projects, choose recycled silk and cotton or bamboo, soy silk from tofu byproducts, or natural, sustainable corn silk. Sheep’s wool, organic cotton or alpaca fibers, raw or hand-dyed with natural colors, are environmentally friendly.

Rayon is recycled wood pulp treated with caustic soda, ammonia, acetone and sulfuric acid. Nylon, made from petroleum products, may have a harmful finish.

**More Materials**
Canvas is typically stretched on birch framing, a sustainable wood. Look for unbleached, organic cotton canvas without primer. Runoff from an organic Instant glue (cyanoacrylate) likewise bonds fast to fingers; toxic, foul-smelling acetate (used in nail polish remover) is needed to remedy the situation.
If paint, glue, chalk or markers have a strong odor or the label says, “Use in a well-ventilated area,” it’s toxic.

cotton field doesn’t pollute waterways. Experiment with homemade modeling clay. Many tutorials and photos are available online. Commercial modeling clay contains wheat flour, which can cause a reaction for the gluten-sensitive.

For papier-mâché projects, recycle newsprint and use white glue, thinned with water. Premade, packaged versions may contain asbestos fibers. Eco-beads with safe finishes vary from nuts and seeds to glass and stone. For grownups that like to create their own beads, realize that polymer clays contain vinyl/PVC.

In making artistic expression safe, being conscious of the materials used is paramount.

Connect with the freelance writer via AveryMack@mindspring.com.
In less than 10 years, we’ll see a universal translator for communicating with dogs and cats, predicts Con Slobodchikoff, Ph.D., professor emeritus of biological sciences at Northern Arizona University, in Flagstaff. Just like language apps change, for example, a French phrase into English, the device would translate barks into “Put on Animal Planet,” or meows to “Feed me tuna.” Computers will foster better understanding between humans and animals.

David Roberts, a computer science assistant professor, and his team at North Carolina State University, in Raleigh, have received a grant from the National Science Foundation to develop a collar to send wireless instructions to dogs via vibrations. Multiple sensors return information about the dog’s heart rate and more, which is especially helpful for service dogs taught not to show stress or distress.

Even without such technology, we can all enjoy improved relationships with animals, domestic and wild, by learning to listen. Veterinarian Linda Bender, an animal advocate in Charleston, South Carolina, and author of Animal Wisdom, says, “We all have the ability to understand animals. It gets trained out of us around age 7. It’s not about doing, it’s about being, a connection through the heart.” Meditation quiets the mind from daily concerns, allowing us to stay open, listen and be aware.
Everyday Examples
Author Frances Hodgson Burnett captures the essence of this childlike sensibility in *A Little Princess*: “How it is that animals understand things I do not know, but it is certain that they do understand. Perhaps there is a language which is not made of words and everything understands it. Perhaps there is a soul hidden in everything and it can always speak, without even making a sound, to another soul.”

In Portland, Oregon, intuitive Melissa Mattern relates examples supporting Burnett’s premise from her own experiences. “My newest cat, Rocket, beat up my other cats and ran amok. Nothing helped until I took a class in animal communication.” She asked her other cats what to do. “They were clear that I should have consulted them before bringing Rocket into the house,” she says. “I asked Rocket if he would like another home and the picture of a chef’s hat popped into my mind. When we found the perfect home for Rocket, the man was a chef whose only other pet is a turtle that lets Rocket sleep with him. Everyone is happy with the results.”

Charli, a 14-year-old pointer, travels the world with her family. Her owner, Cynthia Bowman, shares one of her favorite stories: “As we planned our move to Spain, Charli got ill. I explained, ‘We want you to go too, but if you can’t, tell me.’ A picture of a smoked ham popped into my head. Everyone is happy with the results.”

Carrying the power to communicate with other species, everyone is born with the power to communicate with other species, and although it is long lost for many people, it can be regained for the benefit of all beings on Earth,” says Penelope Smith, author of the *Animal Talk* and *When Animals Speak* book series. Meet colleagues of this “Grandmother of Interspecies Communication” via Tinyurl.com/AnimalCommunicatorsDirectory.

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Nobody experiences magic unless they believe in it.
—Linda Bender

Exotic Tales
Wild animals communicate with David Llewellyn. As a writer of outdoor/nature blogs, he’s traveled full time in a 30-foot RV since 2002. “They don’t understand words, but go by what’s in your soul. I’ve picked berries with black bears and met a mountain lion and her two cubs along a trail without ever being harmed,” he says. “Often, hikers are told, ‘Make yourself look big and scream.’ I say ‘Hello,’ comment on the day and thank them for letting me share their space.” Staying calm is vital.

Bender agrees. Grabbed by an orangutan at a wild animal trafficking rescue project, “She twisted my arm and could have easily broken it,” Bender recalls. “Fear is picked up as a threat so I tried to radiate calm. It was intense, but she gradually let go. With animals, you attract what you give. Better communication means better understanding leading to improved behavior on everyone’s part.”

Communication and understanding among human, domestic and wild animals not only makes life more interesting, it can save lives.

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

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Animal Linguists

“Everyone is born with the power to communicate with other species, and although it is long lost for many people, it can be regained for the benefit of all beings on Earth,” says Penelope Smith, author of the *Animal Talk* and *When Animals Speak* book series. Meet colleagues of this “Grandmother of Interspecies Communication” via Tinyurl.com/AnimalCommunicatorsDirectory.
Swimming in Nature
Splashing Safely in Lakes and Oceans
by Lane Vail

Bostonian avid open-water swimmer Kate Radville is delighted that water constitutes 70 percent of the Earth’s surface. “The controlled environment of a swimming pool is convenient,” she says, “but splashing around outside in the beautiful summer sunshine is undeniably liberating.”

Enthusiasts are both attracted by the rugged beauty of wild water and humbled by its power, but without proper skill or knowledge, swimming in natural settings can be risky. “Millions of dollars are annually spent on advertising, tourism and beach restoration projects to bring people to water,” says Dave Benjamin, executive director of the Great Lakes Surf Rescue Project, “yet, the American Red Cross finds that 54 percent of Americans lack basic water emergency lifesaving skills.” Maximize enjoyment and safety in the open water by heeding basic guidelines.

**Be Weather Wise.** Check the forecast before heading out and be conscious of any sudden climate changes. Leave the water or the area in the event of thunder or lightning. Tall buildings or mountains may block the view of the sky, and storms can pop up quickly, so Benjamin recommends using a battery-powered portable radio or smartphone app for weather updates. Wind and atmospheric pressure shifts can stir up waves for hours, so hesitate before returning to the water after a storm.

**Glean Information.** “I can’t think of a time I’ve jumped into water I knew nothing about,” says Radville. “Some research prior to swimming is definitely advisable.” Renowned coach Steven Munatones, founder of the World Open Water Swimming Association, suggests walking along the beach to look for caution signs, surf conditions boards, flags, buoys, rope lines and available rescue equipment, plus emergency callboxes that pinpoint one’s location if cell phone service is weak. Even seemingly pristine waters can be contaminated by harmful bacteria, algal blooms or runoff pollutants after rain. “Chat with local beachgoers, swimmers, boaters or fishermen about current swimming conditions in designated areas,” counsels Munatones, and check social media sites like Facebook and area online swimming forums.

**Respect Marine Life.** Munatones advises giving marine life, however beautiful, a wide berth. “I’ve swum around the world with all sorts of intriguing sea life,” he says, “and these are wild animals, not the friendly ones you see in marine parks.” Stop swimming and watch the animal until it’s moved on.

**Be Water Wise.** Water temperature, depth and movement, which fluctuate with rain, tides and wind, can also make conditions unpredictable, so research a destination beforehand. Pockets of cold water within an otherwise tepid mountain lake could induce a gasp response or hyperventilation, says Munatones, and prolonged immersion increases risk of muscle impairment and hypothermia.

Likewise, an unexpected drop in the water floor may provoke panic. “Physically, someone capable of swimming in three feet of water can also...”

Nature is unpredictable, and there are inherent risks associated with swimming in open water, so I always swim with a buddy for companionship and basic safeguarding.

~Kate Radville
swim in 300 feet,” says Munatones. “But mentally, deep water can feel spooky.”

Rip currents are powerful streams that flow along the surface away from the shoreline. They may be easily spotted from the beach, but often go unnoticed by swimmers. “A potentially fatal mistake is allowing a ‘fight-or-flight’ response to kick in and trying to swim against the current, because rips are treadmills that will exhaust your energy,” cautions Benjamin. Instead, flip, float and follow the safest path out of the water, a technique that conserves energy and alleviates stress and panic, he says.

Watch for Waves. Swim facing oncoming waves and dive under the powerful white foam, coaches Munatones. “Feel the swell wash over you before coming up to the surface.” If knocked off balance by a wave, relax, hold your breath and wait for the tumbling to cease. Swim toward the light if disoriented under the water, and make sure your head is above any froth before inhaling.

“Your lungs are your personal flotation device that keep the body buoyant,” says Benjamin. “Lay back and focus on your breathing.”

While Coast Guard-approved flotation devices should be worn by children at all times, they are not substitutes for supervision, says Rob Rogerson, a lifeguard and ocean rescue training officer in Palm Beach County, Florida. “Parents must watch swimming and non-swimming children vigilantly.”

“The power of the open water is immense,” says Munatones. “Be respectful, always.”

Lane Vail is a freelance writer and blogger at DiscoveringHomemaking.com.
SATURDAY, AUGUST 1
Tiny Trekkers – 10am. Children ages 2 to 5 can listen to the book, Beach Day, take a short hike, and make a craft. Lyonia Environmental Center 2150 Eustace Ave, Deltona. Registration: 386-789-7207.

Lammas Meditation – 1pm. Join us for a complimentary meditation to celebrate the beginning of harvest season. Free. Spice of Life Herbs 214 W Beresford Ave, Deland. 386-734-0035. SpiceOfLifeHerbs.com

Popcorn and a Movie – 2pm. See Eyewitness Reptile on a zoological journey into the cold-blooded world of reptiles. Lyonia Environmental Center 2150 Eustace Ave, Deltona. Registration: 386-789-7207.

SUNDAY, AUGUST 2

MONDAY, AUGUST 3
The Sunrise Today Show – 9:30am. Host Brenda O’Donnell joins Health Educator Shane Hennessy to discuss the connection between toxic choices and ill health. Learn about the benefits of CBD and how to detoxify and heal with natural alternatives. Sponsored by Debbie’s Health Foods. WNDNB1150AM/93.5FM.

Journey through the Chakras – 6:30-8pm. Also August 10, 17, 24 and 31. $10. Healing Zone 515 Canal St, New Smyrna. Please register: 386-402-8997.

TUESDAY, AUGUST 4

Shop Rainbow Tuesday – 8am-8pm. Save 20% off all regularly priced items throughout the store. Debbie’s Health Foods, 862 Saxon Blvd, Orange City. 386-775-7002 and 3850 S Nova Rd, Port Orange. 386-763-7046. DebbiesHealthFoods.com

Your Health Matters Radio – 9:30-10am. Host Dr. Margo King discusses Hair Pollution with health advisor and researcher Gabriel Aviles on WNDB 1150AM/93.5FM. For more listening options, call 386-763-7046 or visit DebbiesHealthFoods.com


Free Wellness Seminar: Digestion – 6pm. Join ViaPure Wellness to learn how to improve your health. Bring family and friends. Treats served. Presented by Lynn of ViaPure Wellness located in Arrow Rehabilitation 31 Lupi Court, # 140, Palm Coast. 386-931-2836. ViaPureWellness.com

THURSDAY, AUGUST 6
Historical Bus Tour – 9:45am. Scenic Historical two-hour bus tour presented by the Ormond Beach Historical Society. Information/reservations: 386-677-7005. OrmondHistory.org


FRIDAY, AUGUST 7
Fired to Inspired Book Launch – 5-9pm. Kimberly Cline invites friends and customers to celebrate her newest venture a memoir to inspire others to move through change and experience transformation. Funky Trunk Treasures 222 N Woodland Blvd, Deland. FunkyTrunkTreasures.com

Balance your Energy with Quartz Class – 6-7pm. Presented by Lynn of Viapure Wellness located in Arrow Rehabilitation 31 Lupi Court, # 140, Palm Coast. 386-931-2836. ViaPureWellness.com

TUESDAY, AUGUST 11
Your Health Matters Radio – 9:30-10am. Hosts Dr. Margo King and Kelly LaCombe will talk about “Integrating Beauty & Wellness” with Licensed Skin Specialist Jasmin Martinez. WNDNB1150AM/93.5FM. For more listening options, call 386-763-7046 or visit DebbiesHealthFoods.com

WEDNESDAY, AUGUST 12
Wellness Seminar: Skin and Beauty – 6pm. Join ViaPure Wellness to learn how to improve your health. Bring family and friends. Treats served. Presented by Lynn of ViaPure Wellness located in Arrow Rehabilitation 31 Lupi Court, Suite # 140, Palm Coast. 386-931-2836. ViaPureWellness.com

Reiki Healing Circle – 6-7pm. Free. Daytona International Wellness Center 211 E International Speedway, Daytona. 386-243-9644.

SATURDAY, AUGUST 15

Sound and Movement Extraordinaire – 7:30am. Bringing all the senses together. Daytona International Wellness Center 211 E International Speedway Blvd, Daytona. 386-243-9644.

Early Bird Hike – 8:30am. A hike to see which native birds are out and about searching for food. Lyonia Environmental Center 2150 Eustace Ave, Deltona. Registration: 386-789-7207.

Back-to-School Natural & Organic Snack Sampling – 9am-6pm. Try a variety of tasty snacks and supplements. Love Whole Foods 275 Williamson Blvd, Ormond. 386-677-5236 and 1633 Taylor Rd, Port Orange. 386-767-6543.

Summer Days, Firefly Nights – 2pm. Find out why fireflies are disappearing around the world, why they are important, and what we can do to help preserve them. Lyonia Environmental Center 2150 Eustace Ave, Deltona. Registration: 386-789-7207.

SUNDAY, AUGUST 16

Nature Writing Workshop – 1-3:30pm. Learn the basics of nature writing from Stetson University professor Dr. Mary Pollock. Afterward, participants will explore the trails of Lyonia Preserve to compose their own piece. This program is designed for adults and children 8 and up. Lyonia Environmental Center 2150 Eustace Ave, Deltona. Registration: 386-789-7207.

MONDAY, AUGUST 17


VEGETARIAN COOKING CLASS
Learn to cook healthy, delicious meals. 8 Monday night classes
Starts August 17
New Smyrna Seventh-Day Adventist Church
$25 includes food & materials
REGISTER: 386-423-0491

TUESDAY, AUGUST 18


Zentangle® Basics Class – 6:30-8:30pm. Learn simple, repetitive patterns that lead to a one-of-a-kind piece of art while offering stress relief, inspiration and nurturing natural creativity. 222 N Woodland Blvd, DeLand. FunkyTrunkTreasures.com.

WEDNESDAY, AUGUST 19

Support Local Farm to Table Movement – 7am-2pm. Free Admission/parking. Volusia County Fairgrounds 3050 E New York Ave, DeLand.
Painting with Maya: Hearts in the Wind – 6-9pm. Tap into creativity, try new things, and have fun. And of course, all students will take home a finished painting. FunkyTrunkTreasures.com.

Ayuverdic Herb Class – 7pm. A basic primer on the use of Ayurvedic herbs for better health, including determining your personal dosha and products made in class. $20. Spice of Life Herbs 214 W Beresford Ave, DeLand. 386-734-0035. SpiceOfLifeHerbs.com.

THURSDAY, AUGUST 20
Vendor Blender – 5-7pm. Sponsored by Central Florida Home Pros. 244 S Woodland Blvd, Deland. Free/Members and first time guests. $10/visitors. West Volusia Regional Chamber: 386-490-4606.


FRIDAY, AUGUST 21

Local/Organic Farmer’s Market – 6-9pm. Every Friday night. Artisan Alley, Nest 104 S Artisan Alley, downtown DeLand 386-490-6989.

Kirtan with Priscilla – 6:30pm Join us for an evening of chanting. $5 Suggested offering. Healing Zone 515 Canal St, New Smyrna. Registration: 386-402-8997.

SATURDAY, AUGUST 22
Sustainable Seafood – 10am. Take a look at Florida’s seafood industry and learn how to make sustainable seafood choices. Participants will receive informational handouts and recipes. Lyonia Environmental Center 2150 Eustace Ave, Deltona. 386-789-7207.

Candy Science Workshop – 2pm. Children ages 6up and adults can learn some sweet science as they watch LEC staff conduct Skittles chromatography and other experiments with candy. Lyonia Environmental Center 2150 Eustace Ave, Deltona. 386-789-7207.

Gamble Jam – 3-8pm. Gamble Rogers Recreation Area 3100 S Ocean Shore Blvd, Flagler Beach. 386-517-2086.


SUNDAY, AUGUST 23
Family Game Day – 2-4pm. Play environmentally themed board games; examine specimens under a microscope; and visit the center’s blue-tongued skink, tarantula, guinea pig and snakes. Lyonia Environmental Center 2150 Eustace Ave, Deltona. 386-789-7207.

MONDAY, AUGUST 24

Journey through the Chakras – 6:30-8pm. Also Mondays: August 3, 17, and 31. $10. Healing Zone 515 Canal St, New Smyrna. Please register. 386-402-8997.

TUESDAY, AUGUST 25
Your Health Matters – 9:30am. Hosts Dr. Margo King and Kelly LaCombe join Kim Kling, LMT & Certified Reflexologist to talk healing massage and more. WNDDB 1150AM, 93.5FM. For more listening options, call 386-763-7046. DebbiesHealthFoods.com.

Blood Donors Wanted for The Big Red Bus – 10am-4pm. Safe and painless, takes less than one hour. Includes a free mini-health test, blood pressure & cholesterol screening, temperature, pulse, and hemoglobin levels. Receive a free gift and feel good knowing your donation may help save a life. Debby’s Health Foods Parking Lot, 3850 S Nova Rd, Port Orange. 386-763-7046.

WEDNESDAY, AUGUST 26
Wellness Seminar: Sleep – 6-9pm. Join ViaPure Wellness to learn how to improve your health. Bring family and friends. Treats served. Free. Presented by Lynn of ViaPure Wellness located in Arrow Rehabilitation 3100 S Clyde Morris Blvd, Suite 105, Port Orange. For more information call 386-756-0022 or visit YogaBala.com.

THURSDAY, AUGUST 27
Live Blood Cell Testing & Analysis – 9am-5:30pm. See what just one drop of blood can reveal. Nutritional deficiencies, immune system issues, toxicity, pH and mineral imbalance, areas of concern and weakness, fungus, yeast overgrowth, parasites, & more. $50. $10 Deposit due at registration. Debby’s Health Foods 3850 S Nova Rd, Port Orange. 386-763-7046.

Create a Zentangle® Mandala – 3-5pm. Take time out to relax and access your creativity in this class for the experienced artist/creator or an easy door to this medium for the beginner. $25. Cassadaga Hotel. Register: 386-228-2323.

MONDAY, AUGUST 31
Awakening the Spirit – 6-8pm. Open to the light, enhance your intuition, and communicate with Spirit in this Psychic Development Class with Ginny Stern. $25. Cassadaga Hotel. Register: 386-228-2323.


upcoming events
FRIDAY, SEPTEMBER 11
Intermediate Series of Ashtanga Yoga – Beginning day of a 55-hour introduction to the Postures of Intermediate Ashtanga Yoga with Karrie AUBuchon. 4639 S. Clyde Morris Blvd, Suite 105, Port Orange. For more information call 386-756-0022 or visit YogaBala.com.

SUNDAY, SEPTEMBER 13
Reawakening the Goddess Within – 2-9pm. A woman’s journey of self-discovery led by Patricia Alton and Jacquelyn Gioertz. See news brief section for more information. $144 includes full day and dinner. DeLand. Pre-registration with Patricia: 386-873-2517 or Jacquelyn: 386-675-5275.

markyourcalendar
REAWAKENING THE GODDESS WITHIN
A WOMAN’S JOURNEY OF SELF DISCOVERY
Sunday, September 13 • 2-9pm
In DeLand
$144 [dinner included].
Co-facilitated by: Patricia Alton and Jacquelyn Gioertz
386-873-2517 or 386-675-5275
See News Brief on page 8.
ongoing events

**sunday**


Yoga Bala – 9am. Rise & restore, 4639 S Clyde Morris Blvd, #105, Port Orange. 386-756-0022.

Beach Yoga – 9am. Hatha yoga with Ed Eisler. All levels welcome. 211 E International Blvd, Daytona. 386-243-9644.


Spiritualism Lyceum – 9-30-10:15am. Adult Sunday school classes provided as a forum for those who have a desire to learn more about the Religion, Science, and Philosophy of Spiritualism. Davis Building, Cassadaga Spiritualist Camp. 386-228-3171.


Community Unitarian Universalist Church – 10:30am. Meeting at Dudley Memorial Chapel, 1108 N Dixie Hwy, New Smyrna. 386-846-3584.

Unity Community Church – 11:30am. Join our weekly spiritual celebration. 640 Ball St, New Smyrna. 386-481-0890.

Debbie’s Senior Discount Day – Noon-6pm. Debbie’s Health Foods, Two locations: 862 Saxon Blvd, Orange City. 386-775-7002 and 3850 S Nova Rd, Port Orange. 386-763-7046.

Message Service – 12:30pm. Andrew Jackson Davis Educational Bldg, 1112 Stevens St, Cassadaga. 386-228-2880.

Sunday Afternoon Message Service – 12:30-1:30pm. This is a public message service where students and mediums demonstrate the continuity of life. Davis Building, Cassadaga Bookstore, 1112 Stevens St, Cassadaga. 386-228-2880. Cassadaga.org.

Lyonia Environmental Center – 1-5pm. Also, weekly 9am-5:30pm. Monday-Thursday, 9am-5pm. Friday-Saturday. Free admission. 2150 Eustace Ave, Deltona. 386-789-7207. LyoniaPreserve.com.

**tuesday**

Yoga Bala – 9am. Prana Flow, 10:30am. Gentle yoga, 4pm. Baby boomers stretch, 5:30pm. Vinyasa. 4639 S Clyde Morris Blvd, Ste. 105, Port Orange. 386-756-0022.

Buddhist Meditation – 10am. Meditation, instruction and guided meditations. Palm Coast. 386-793-3013.


Sweet Adelines – 6:30pm. For ladies who love to sing. Tomoka United Methodist Church, 1000 Old Tomoka Rd, Ormond. 386-252-0300.

Come Sing With Us – 6:30pm. Ladies join Harmony, Inc. 1st Presbyterian Church, New Smyrna. 386-423-2185.

Cassadaga Medium Night – 7pm. 1st. Mondays. Mini-readings. $20. Andrew Jackson Davis Building. 1112 Stevens St, Cassadaga. 386-228-2880.


Rainbow Tuesday – 8am-8pm. 1st Tuesdays. Debbie’s Health Foods 862 Saxon Blvd, Orange City. 386-775-7002 and 3850 S Nova Rd, Port Orange. 386-763-7046.

Yoga Bala – 9am. Vinyasa, 10:30am. Therapeutic, 4:30pm. Slow steady flow, 5:45pm. Ashunta. 4639 S Clyde Morris Blvd, Ste. 105, Port Orange. 386-756-0022.


Daytona International Wellness Center – 9-30am. Gentle Hatha yoga, 11am Chair yoga, 6pm. Ed’s Hatha Yoga, 7:30pm Kundalini Yoga, 211 E International Blvd, Daytona. 386-243-9644.

SILENT UNITY PRAYER SERVICE – Noon. Unity Community Church, 640 Ball St, New Smyrna. 386-481-0850.


Study Group – 1pm. Unity Community Church, 640 Ball St, New Smyrna. 386-481-0890.

Natural Meditation Group – 6:30-8:30pm. UU Building, 56 N Halifax Dr, Ormond. 386-679-2336.

Yoga Circle and Dance Classes – 9am. Gentle yoga, 11:45am. Gentle yoga with balance, 1:30pm. Relax & Restore, 7pm. Core & Strength Yoga. Ormond Oaks, 605 ½ S Yonge St, Ormond. 386-589-9940.

Debbie’s Senior Discount Day – 9am-7pm. Debbie’s Health Foods, Two locations: 862 Saxon Blvd, Orange City. 386-775-7002 and 3850 S Nova Rd, Port Orange. 386-763-7046.

Daytona International Wellness Center – 9-30am. Gentle Hatha Yoga, 2pm. Chair Yoga. 6pm. Ed’s Hatha Yoga, 7:30pm. Meditation workshop series. 211 E International Speedway Blvd, Daytona. 386-243-9644.

Meditation and Healing Circle – 11am. Cassadaga Spiritualist Camp. Andrew Jackson Davis Bldg, Stevens St, Cassadaga. 386-228-2880.

**monday**

Yoga House Calls – By appointment. Certified Yoga Instructor, Kathleen Zurenko, offers personalized yoga instruction at affordable rates in your home or office. 386-248-1868.

Daytona International Wellness Center – 7am. Qiqong strength training, 8:30am Kundalini Yoga, 11am Gentle Hatha Yoga, 5:30pm Heart Opening Hatha Yoga. 211 E International Blvd, Daytona. 386-243-9644.

**thursday**

Ormond Beach Farmers’ Market – 8am-1pm. 22 S Beach St, Ormond.

Yoga Bala – 9am. Gentle flow, 5:30pm. Ashunta inspired. 7pm. Slow steady flow, 4639 S Clyde Morris Blvd, Ste.105, Port Orange. 386-756-0022.

Yoga Circle and Dance Classes – 9am. Gentle yoga, 11am Chair Yoga, 6pm. Ed’s Hatha Yoga, 7:30pm Kundalini Yoga, 211 E International Blvd, Daytona. 386-243-9644.

Silent Unity Prayer Service – Noon. Unity Community Church, 640 Ball St, New Smyrna. 386-481-0890.


Study Group – 1pm. Unity Community Church, 640 Ball St, New Smyrna. 386-481-0890.

Natural Meditation Group – 6:30-8:30pm. UU Building, 56 N Halifax Dr, Ormond. 386-679-2336.

Saturday

Flagler Beach Farmers’ Market – 6am-2pm. Rain or shine. 111 S Central Ave, Flagler Beach. 386-439-2881.


NSB Farmers’ Market – 7am-12:30pm. Locally grown, organic, pesticide-free produce available. 100 Canal St, New Smyrna. CanalStreetNSB.com.

Saturday Morning Market – 7am-1pm. 105 E Orange Ave, downtown Daytona. 386-671-9189.

Flagler Beach Farmers’ Market – 8am-1pm. 111 N Central Ave, Flagler Beach.


Tomoka Remembers – 9am-3pm. 2nd Saturday. Re-enactors, crafters and ranger programs. Park fee. 2099 N Beach St, Ormond. 386-676-4050.

Soul Healing Classes – 9:30am. Experience the Power of Soul to heal health, relationships, finances, grief, all emotional and physical problems. Free first private session. Ormond. Call for information. 386-341-6260.

Flagler Beach Farmers’ Market – 6am-2pm. Rain or shine. 111 S Central Ave, Flagler Beach. 386-439-2881.

Gamble Jam in the Park – 2pm-Sunset. 2nd & 4th Saturday. Park fee. Gamble Rogers Memorial State Park, 3100 S Oceanshore Blvd, Flagler Beach. 386-517-2086.


Cassadaga Historic Tour – 3pm. Learn about Cassadaga history and gain insight into Spiritualism. $15/adult, $7.50/children 7-12, Free/under 6. Cassadaga Book Store, 1112 Stevens St, Cassadaga. 386-228-2880.

Raw Food Gathering – 6pm. 3rd Saturday. Bring a raw, organic dish to share. Or come learn more about the health benefits of raw foods. Location and information: 386-402-4302.


Encounter the Spirit – 7:30-9:30pm. Bring digital camera to take pictures during this orb tour. Cash after store hours, credit card for advance purchases. $25/Adult, $12.50/7-12, Free under 6. Cassadaga Bookstore front porch, 1112 Stevens St, Cassadaga. Reservations: 386-228-2880.

Flagler Beach Farmers’ Market – 6am-2pm. Rain or shine. 111 S Central Ave, Flagler Beach. 386-439-2881.

DELAND COMMUNITY ACUPUNCTURE
MacKenzie Muir, AP.
245 N. Woodland Blvd.
386-626-1944 • DeLand
DeLandAcupuncture.com

We treat all conditions in a peaceful community setting with day and evening hours available. Affordable acupuncture from $15-$35 per treatment, with a one-time, $10 paperwork fee. You decide what you pay, no proof of income required.

NATURAL PATH TO HEALTH
Louise Ethier, DOM, AP
2447 S. Ridgewood Ave.
386-846-0995 • S. Daytona
NPToHealth.com

We offer natural health solutions that address body, mind and spirit to prevent, promote, maintain and restore your health. Reviews are available on our website. Call to discuss your needs.

PORT ORANGE ACUPUNCTURE
Meaghan Phillips, AP
100 Cessna Blvd. Ste. B
386-761-8818 • Port Orange
PortOrangeAcupuncture.com

Services offered: Acupuncture, Herbal Medicine, Therapeutic Massage, Pain Management, B12/ Homeopathic injections available.

TURNING TIDE ACUPUNCTURE
206 Mary Ave.
386-315-0338 • New Smyrna
TurningTideAcupuncture.com

We treat mind, body and spirit with methods that include: Traditional Chinese Medicine, moxibustion, herbal medicine, massage, chakra clearing, and Family Constellation work. Your body deserves natural, proven, compassionate healing.
HEART STRINGS BREAST CARE & WOMEN’S BOUTIQUE
1117 N. Dixie Frwy. (Pappas Plaza)
386-427-6344 • New Smyrna
HeartStringsShop.com
Open Tuesday–Friday 10am–5pm and Saturday 10am–2pm. The ultimate women’s boutique committed to helping women of all sizes find bras that actually fit. Heart Strings...The Right Fit for Every Woman with Ulrike Entwistle, Certified Fitting Consultant. See ad on page 26.

BE WELL CHIROPRACTIC
@Healing Zone
515 Canal St.
386-402-8997 • New Smyrna
BeWellNSB.com
Drs. Wendy and Christian Edwards are dedicated to providing holistic patient-centered care to the community. They also offer many health-related educational opportunities. See ad on page 27.

CHIROPRACTIC CONNECTION CENTER
120 S. Woodland Blvd. Ste B
386-734-1404 • Downtown DeLand
ChiroConnectionCenter.com
Chiropractic Connection is a holistic healthcare center providing a progressive, natural approach to wellness, committed to aiding in the restoration of human functionality utilizing a variety of modalities. See ad on page 23.

GINGRAS CHIROPRACTIC CLINIC
3113 S. Ridgewood Ave.
386-423-2225 • New Smyrna
GingrasClinic.com
We care for geriatric to pediatric with Chiropractic adjustments to correct misalignments of the spine and restore proper function. We treat headaches, neck and back pain, sciatica and numbness/tingling in the arms or legs. We accept most insurance. See ad on page 21.

GULLIVER CHIROPRACTIC
Denis J Gulliver, D.C. P.A.
2548 S Volusia Ave.
386-775-3223 • Orange City
GulliverChiropractic.com
Dr. Gulliver’s specialty is working with patients who experience headaches, neck and low back pain. His goal is improvement, pain reduction, mobility, flexibility and wellness.

DELAND AREA CHAMBER OF COMMERCE
120 S. Florida Ave.
2nd Floor of DeLand City Hall
386-734-4331 • DeLand
DelandChamber.com
The DeLand Area Chamber of Commerce will be an advocate for its members by helping the business community identify and respond to challenges, providing opportunities for networking, education and deliberation, and developing community leaders.

VOLUSIA CENTER FOR COMPLEMENTARY MEDICINE
Dr. Vikki Moore, Chiropractic Physician
339 E New York Ave.
386-734-4490 • DeLand
Special interests in nutrition, applied kinesiology, blood chemistry, yoga therapy, Graston technique, extremity adjusting and functional medicine. Her passion is viewing patients through a whole body approach.

Spinal, Scoliosis, and Sports Rehabilitation
800 S. Volusia Ave.
386-775-3223 • Orange City
GulliverChiropractic.com
Back to Basics focuses on the patient as an individual. Our mission is about finding what treatment works best for the patient. Back to Basics is where wellness awaits you. See ad on page 14.

Palmers Chiropractic
Rod Floyd, DC, MSPH
386-763-2763 • Port Orange
4705 S. Clyde Morris Blvd.
PalmerChiro.com
Dr. Rod Floyd and his interns invite you to visit their clinic module. Palmer is a teaching institution providing a wide array of services to help reduce pain and suffering.

See ad on page 30.

ULTIMATE HEALTH POSSIBILITIES
Gordon Threlkeld
407-920-1305
UltimateHealthPossibilities.com
Gordon believes that you have the power within yourself to heal from virtually any disease. He utilizes Dr. Lissa Rankin’s “Mind over Medicine” to assist others to achieve their optimum health.

Bellydanceretc
Suehair, master instructor & choreographer
114 W New York Ave. Ste. B
386-747-9899 • DeLand
Dancebutterflytotic.com
Suehair, master instructor & choreographer, specializes in techniques and strict isolation in a beautiful downtown studio. Bellydance is good for the body, good for the soul. See ad on page 30.

Dr. Steven Chamberlain, DMD
2727 N. Atlantic Ave. Ste. 12
386-677-8466 • Daytona
We offer biological dentistry, safe mercury removal protocols, Biocompatible materials, Detox programs, one-appointment porcelain crowns, veneers with whole-family progressive dentistry. For more information see iaomt.org.

See ad on page 24.

COACHING
PATRICIA ALTON
Angela Therapy Practitioner
Shamanic Minister
386-873-2517
PatriciaAlton.com
Change your life through spiritual life coaching with the Archangels. Patricia, certified by Doreen Virtue, PhD, offers private and group sessions. See ad on page 24.

DANCE
GEORGE W. EDWARDS, D.M.D.
DAVID W. EDWARDS, D.M.D.
541 N. Palmetto Ave.
407-322-6143 • Sanford
HolisticDentalHealth.com

Holistic dentistry focuses on whole-body wellness that starts with the mouth. We are dentists who perform dentistry that is good for the body as well as the teeth and gums. See ad on page 12.

DERMATOLOGY - HOLISTIC

VALERIE G. DAVIS, M.D.
504 S Orange St.
386-423-2218 • New Smyrna
PranicMD@MindSpring.com

Our practice integrates medical Dermatology with nutritional, homeopathic, and energy medicine. Classes empower patients with self-healing energy medicine techniques.

EDUCATION / SCHOOLS

EVERGLEADES UNIVERSITY
1-855-723-9087 • Online Division
EvergladesUniversity.edu

Change your career, change your life. 100% online degree programs are available through the Boca Raton main campus. Financial aid is available. See ad on page 3.

ENERGY HEALING

LAURA C. CHASE, LCSW, LMT
386-748-8295
Jaguarlaura@gmail.com

Laura’s services include: Craniosacral therapy, energetic body map with therapeutic touch, Somato-Emotional Release Therapy, Chakra clearing and body psychotherapy utilizing therapeutic talk and touch. MA73758.

ENERGY HEALING

NATALYIA WEINBERGER
Reiki Practitioner
845-616-9236 • Ormond/Flagler
Nata.Master55@gmail.com

Reiki is a method for connecting universal life-force with the person’s innate power of self-healing. This method naturally promotes stress-reduction, personal relaxation, health and well-being. RN9392698.

PRANIC HEALING CENTER
516 S. Orange St.
386-689-6868 • New Smyrna
PranicHealingNSB.com

Free de-stressing meditation and energy healing sessions every Wednesday at 6:30pm in our new location. Also, on first Wednesdays attend a free lecture on Pranic Healing. See ad on page 29.

FINANCES

PAUL IVERSSEN
Registered Representative
386-597-2882 • Palm Coast

We want to help your family have a better financial future. Let us show you how to start saving for retirement, explore ways to reduce your life insurance costs, lower your monthly cash outlay.

FITNESS

CURVES OF DELAND
Jackie & Karl Fust
502 N. Spring Garden Ave. Ste. 2
386-740-1080 • DeLand

A highly effective 30-minute, coach-led Circuit workout with Jillian Michaels & Specialty Circuit Classes adding variety while helping women make a strong, healthy transformation.

FUNCTIONAL MEDICINE

DR. ROD FLOYD, DC, MSPH
120 S. Woodland Blvd. Ste. B
386-785-8967 • Downtown DeLand
FloydWellnessConsulting.com

Functional Medicine is a science-based approach to healthcare that focuses on evaluating the unique characteristics of each patient to improve body function. Many different factors influence physical and chemical health that lead to health issues.

GRAPHIC DESIGN/ ILLUSTRATION

MY ART DEPARTMENT
Wendy Wilson
386-775-7275 • Orange City
LoveToDrawW@gmail.com

Custom logo design, business cards and graphic layout, and illustration created just for you. Tutoring is available for beginners in Photoshop. Visit us on Facebook.

HEALTH FOODS

DEBBIE’S HEALTH FOOD
933 N. Woodland Blvd.
386-736-7919 • DeLand
DeffiesHealthFoods.com

Open Monday–Friday 9am-7pm, Saturday 9am-6pm, Sunday Noon-6pm. Receive 20% off entire stock, not including discounts and sales on Rainbow Tuesdays, 1st Tuesday of every month. Meet our knowledgeable, friendly staff. See ads on page 2, 15, and 24.

DELAND NATURAL MARKET
516 S. Orange St.
386-423-2218 • New Smyrna

Open Sunday 9am-6pm, Monday–Friday 8am-7pm. Store and Deli closed on Saturdays. Deli features organic and gluten-free hot entrees, wraps, salads and smoothies.

FAMILY NUTRITION

2980 S. Ridgewood Ave. (Publix plaza)
386-409-0042 • Edgewater

Open Monday-Saturday 8:30am-7pm, Sunday 10am-5pm. Receive 20% off every day on only the highest quality vitamins, supplements, herbs, essential oils, homeopathic remedies, natural foods, personal care and pet products offered. See ad on page 27.

HEALTH FOODS FOR L
Bob Lewandowski, LNC
122 E. Rich Ave.
386-734-2343 • DeLand

Open Monday-Saturday 10am-5pm. Bob has been in business over 39 years with specialties including: non-allergenic foods, energizing weight reduction, organic skin care, herbs and vitamins. Licensed Nutritional Counselor. #0000177.

HEATH’S NATURAL FOODS
600 E. Third Ave. (S. Causeway)
386-423-5126 • New Smyrna
HeathsNaturalFoods.com

Open Monday–Saturday 8:30am-7pm and Sunday 10am-5pm. Heath’s offers natural products, herbs, vitamins & supplements, gluten-free, organic beer, wine, fresh produce, Organic Deli and more.
LIVING WATERS HEALTH FOODS
141 W. Granada Blvd.
386-672-6004 • Ormond
Open Monday-Friday 9am-6:30pm, Saturday 9am-5:30pm and Sunday Noon-4pm. We help customers meet their nutritional needs and our specialty is providing a complete selection of nutritional supplements.

LOVE WHOLE FOODS
CAFE & MARKET
* 275 Williamson Blvd.
386-677-5236 • Ormond
* 1633 Taylor Rd.
386-767-6543 • Port Orange
LoveWholeFoods.com

MICHAEL’S HEALTH FOOD
661 Beville Rd. Ste. 101
386-267-9000 • S. Daytona
Michael’s Health Foods
Open Monday-Saturday 9:30am – 6pm. Personal assistance given to customers while selecting the best supplements, vitamins, herbs, personal care products, foods, snacks, coffees and household products.

NATURE’S GARDEN NATURAL HEALTH FOODS
2405 Enterprise Rd.
386-774-1222 • Orange City
Nature’s Garden Natural Health Foods, Inc
Open Monday-Friday 10am–6pm, Saturday 10am–5pm. Quality vitamins, minerals, herbs, body building and diet supplements, personal care, children and pet products, essential oils, books and mail-order available. 20% discounts every day.

RICHARD’S FOODPORIUM
9 Old King’s Rd, Ste. 1
941-355-6838 • Palm Coast
Richard’s FoodPorium
Open Monday-Friday 9am-7pm, Sunday 11am-5pm. We offer vitamins, supplements, personal care products, frozen foods, bulk foods selection and Gluten-free foods.

HERBS - HOLISTIC

SPICE OF LIFE HERBS
214 Beresford Ave.
386-734-0035 • DeLand
SpiceOfLifeHerbs.Net
Open Wednesday 11am-6pm and Thursday – Saturday 11am-5pm. We offer Herb and vegetable plants, dried herbs, organic teas, Tea Forte, essential oils, skin care products, gemstones, jewelry, incense, oracle and tarot cards, books, CDs, dragons, fairies, Reiki sessions and Holistic classes. Read our newsletter and calendar @ spicofsilfeherbs.net. Like us on Facebook.

BELLYOGA BIRTH
Laura Jean McGuire
386-872-0112 • Palm Coast
LauraBellYoga@gmail.com
We provide holistic birth education, pregnancy and postpartum doula services, yoga, belly dance, and holistic sexuality education from St. Johns to Volusia County for over eight years. Able to assist all ages and abilities in meeting their health goals.

HEALING ZONE
515 Canal St.
386-402-7825 • New Smyrna
NSBHealingZone.com
Open Monday-Friday 8am–5pm, Saturday 8am-3pm. The Healing Zone offers New Smyrna Beach locals and visitors a unique all-in-one wellness center that features: Chiropractic Care, Clinical Nutritional Counseling, Massage Therapy, Healing Sessions, Functional Medicine, Super Foods Juice Bar, and a Fully Stocked Health Food Store with Gluten-free and Specialty Products. See ad on page 27.

MARGO KING, PHD, DN
Debbie’s Health Foods
386-763-7046 • Port Orange
386-775-7002 • Orange City
DebbiesHealthFoods.com
Dr. Margo is board certified by the American Alternative Medical Association and Practitioner member or the American Holistic Health Association. Available for personal nutritional counseling. See ad on page 2 and 15.

FULL MOON CUSTOM DESIGN
550 N. Segrave St.
386-441-0702 • Daytona
FullMoonCustom.com
“You dream it. We make it!” Custom woodworking and mill work, using hardwoods and exotic woods for kitchens, solid surface counter tops, wall units, entertainment centers and bathrooms. Free estimates. See ad on page 15.

PATTY JAFFE, CCHT
Clinical Hypnotherapy & Life Coaching
3959 S. Nova Rd. Ste. 10
443-871-2063 • Port Orange
JaffeHypnoCoach.com
My specialties include: working with pain/symptom management, phobias, habits, emotional difficulties, weight release, smoking release, age regression, past life regression, life between life regression, manifesting, individual and couples coaching.

GREAT FLORIDA INSURANCE
Cal Seibert, Agent
410 Dunlawton Ave.
386-256-4812 • Port Orange
386-957-4909 • New Smyrna
GreatFloridaInsurance.com
Say goodbye to high insurance rates. Contact us for quotes on auto, home, condo, renters, boat, motorcycle, dwelling and flood insurance. Experience personalized service.

HUMANA INC.
Christine MacDonald
1500 Beville Rd. Ste. 405
386-479-4000 • Daytona
CMacdonald@Humana.com
Our dream: To help people achieve lifelong well-being. Our goal: To have every community we serve be 20% healthier by 2020 because we make it easy for people to achieve their best health. We offer a variety of Insurance products for the entire family. See ad on pag 10.
INTEGRATIVE PSYCHOTHERAPIST

KELLY C. LARNED MS, LMHC
430 Oakridge Blvd. Ste. 3
386-235-3780 • Daytona
EnergeticHealingSolutions.com

Change the way you live your life. Energetic Healing Solutions offers a safe, secure environment to release depression, fatigue, traumas or childhood experiences and find healthy solution/resolution.

LANDSCAPES

ECONOMICS LANDSCAPES
407-234-2514 • Volusia/Flagler

We design, build, and manage unique high-quality environmentally-sensitive landscapes that provide recreation, bounty, and beauty. Our specialties include Florida natives, permaculture, outdoor living, and landscape management. See ad on page 11.

PIANO INSTRUCTION

KATHLEEN ZURENKO, MCS, BA
Piano Teacher for Children and Adults
386-248-1868
KZdab@aol.com

Gift certificates are available. Learn the fun of learning to read music.

PEST CONTROL, NATURAL

NATURE’S WAY
Natural Pest Control
226 S. Roscoe Blvd., Ponte Vedra
Also Serving Volusia and Flagler Counties
386-569-6774, 904-280-7563
NatureWayPest.com

We offer professional natural pest control with 35 years’ experience using only natural products, no synthetic pesticides, uplifting fresh scent, pet-friendly and quality service guaranteed.

MASSAGE

ANN LAMBERT
555 W. Granada Blvd. Ste. E-10
386-214-9110 • Ormond
AnnLambertMassage.com

My specialties include: Cranial Release Technique [CRT], Swedish and Deep Tissue Massage, and Lymph Drainage. Also available, the John of God Crystal Healing Bed, which cleanses and balances the body’s energy. Twenty-three years’ experience. MA14356.

CYNTHIA EDWARDS, LMT
140 S. Beach St. Ste. 412
386-256-0893 • Daytona
352-426-2128
Daytona.MassageTherapy.com

Cynthia specializes in BambooFusion®, Swedish, sport, neuromuscular and myofascial release techniques. She is certified in MPS for pain relief, as well as medical massage. MM33794, MA39799.

EISLER THERAPEUTICS
211 E International Speedway Blvd. Ste. 114
386-214-6465 • Daytona
EislerTherapeutics.com

One-stop health, pain relief and fitness with Certified Health Coach, Licensed Massage Therapist and Certified Fitness Trainer. Ed is a Certified yoga instructor with 200-hr training. Offering: St. John Neuromuscular pain relief therapy, craniosacral, therapeutic, sports massage, active isolated stretching, kinesio taping, Chinese ear, hand and foot reflexology and certified Bellanina Facelift Massage. Weekly fitness, yoga, qigong meditation, food-based healing, cookbooks and classes. MA8463 MM13399.

RESTAURANTS

MANGO SUN
Café and Grille
1185 W. Granada Blvd.
386-672-6465 • Ormond


ECOCENTRIC GREEN SALON & SPA
311 S. Palmetto Ave.
386-566-8750 • Daytona
Ecocentric.fullslate.com

Tracy Schoneck specializes in ammonia free color and body art quality henna coloring. Her passion is to help clients achieve the results they want. Bookings can be made online.

ECO SKIN SPA
311 S. Palmetto Ave.
386-290-3731 • Daytona
EcoSkinSpa.com

Suanne Kimmel at Eco Skin Spa offers customized enzyme facials and waxing for men and women. Natural products are featured in our chemical-free environment. Eco Skin Spa is located in Ecocentric Green Salon & Spa.

MY ORGANIC SALON
Maureen Hall
386-402-4588 • New Smyrna
MyOrganicSalon.com

We specialize in Henna for hair and ammonia-free hair color while providing a healthy, relaxed environment for those with chemical sensitivities and other health interests. See ad on page 17.
KATHLEEN ZURENKO, MCS
Wholistic Health and Wellness Coach
386-248-1868
KZdab@bellsouth.net

Kathleen specializes in mindfulness, awakening consciousness and meditation. She is a Life Coach, Motivational Speaker, Certified Yoga Instructor and a Non-denominational certified, licensed, ordained minister. Available for weddings, memorial services, and more. Call for appointments.

SOLAR ENERGY

SOLAR-FIT
1523 Ridgewood Ave., Holly Hill
386-441-2299 • Volusia
386-445-7606 • Flagler
Solar-Fit.com

Relax and let the sun do the work for you. Solar-Fitting your home or business is a smart, economical, and environmentally sound investment. We offer a wide range of options to make your home more energy efficient. We are making America energy-independent one home at a time.

SPiritual centers

COMMUNITY UNITARIAN
UNIVERSALIST CHURCH
1108 N. Dixie Hwy.
386-846-3584 • New Smyrna
dbcucc.org

We meet at Dudley Memorial Chapel, Sundays at 10:30am. Our mission is to reach out to those who seek a spiritual home, to build and sustain an open, caring, and accepting community for all ages, so that together we may explore and experience diverse beliefs, grow spiritually, and promote a society that affirms these aspirations.

UNITY COMMUNITY CHURCH
Minister Rev. Nancy Saputro
640 Ball St.
386-481-0890 • New Smyrna
UnityCommunityChurch.com

Our Sunday service is at 11:30 am. We also offer: Classes, Spiritual Counseling, Weddings, Christenings, Memorial Services, Home Blessings, Home/hospital visitations and prayer support. See ad on page 11.

STRUCTURAL INTEGRATION

LauRee MoresTo
SOFT TISSUE SPECIALIST
595 N. Nova Rd. Ste. 115
321-271-1678 • Ormond
LaureeMoretto.com

Don’t endure pain or bad posture. Experience why so many say they wished they had seen me sooner. Save time, money and more importantly, get your life back. MA20965.

Veterinarian

FLORIDAWILD VETERINARY HOSPITAL
115 E Euclid Ave.
386-734-9899 • DeLand
FloridaWildVetHospital.com

We provide compassionate and outstanding medical, dental, diagnostic and surgical care for dogs, cats, birds, exotics and wildlife. We also offer alternative treatments such as acupuncture, laser therapy, Chinese herbal therapy and massage.

GENTLE PET PASSINGS
Dr. Gayle Burrell
386-279-8525 • Volusia/Flagler
GentlePetPassings.com

Saying goodbye to your beloved friend is a loving, but difficult decision. Spend those final precious moments with your pet in the comfort of their home surrounded by all that they love. See ad on page 23.

Wellness

DAYTONA INTERNATIONAL WELLNESS CENTER
211 E. International Speedway Blvd.
386-243-9644 • Daytona (Beachside)
DaytonaWellness.com

We offer: Yoga, Meditation, Massage, Reiki, Pranic Healing, Nutrition and more. First class is free for locals. See Calendar for class listings.

TRIPLICITY WELLNESS
Julie Deyo, RYT, CLC
386-717-4015
TriplicityWellness.com

A passionate supporter of women’s wellness in all phases of life, Julie is a Registered Yoga teacher, HypnoBirthing® educator, doula and a certified lactation counselor. Her services are offered in the central Florida area from Orlando to Daytona.

VIAPURE WELLNESS
31 Lupi Ct. Ste. 140
386-931-2836 • Palm Coast
Lynn@ViapureWellness

Experience a non-invasive system for the body to determine the underlying causes of non-optimum health. See ad on page 17.

YOGa

YOGA BALA
4639 S. Clyde Morris Blvd. Ste. 105
386-756-0022 • Port Orange
YogaBala.com

Beginner to advanced classes offered seven days a week. Try traditional yoga in a fun and relaxed atmosphere with beginner’s yoga, Vinyasa, Ashtanga, Hatha, and Yin yoga. Or mix it up with Boot Camp and Zumba. See ad on page 19.

YOGA CIRCLE AND DANCE
605 1/2 S. Yonge St.
386-589-9940 • Ormond
YogaCircleAndDance.com

We have a comfortable atmosphere that welcomes all ages, shapes, sizes and genders in a room-temperature studio. All classes are practiced in a unique circle.

YOGA FOR KIDS

KIDDING AROUND YOGA
386-428-5782
KiddingAroundYoga.com/Volusia
Facebook.com/Kidding Around Yoga of Volusia

Fun, playful kid’s yoga classes created to develop strength, flexibility and good posture. Participation builds physical confidence and emotional self-esteem interacting with other children in a group setting. We will come to your birthday party or school, just give us a call.

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386-428-5782
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Fun, playful kid’s yoga classes created to develop strength, flexibility and good posture. Participation builds physical confidence and emotional self-esteem interacting with other children in a group setting. We will come to your birthday party or school, just give us a call.
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Our publishers ranked us among the highest in franchise satisfaction for our Training, Support, Core Values and Integrity!

“I am impressed by the range of support provided to franchisees; it seems all the bases are more than covered to provide an owner the ability to be successful. Together with my experience, drive and desire to make a difference, it feels like a good fit.”

~ Holly Baker, Tucson, AZ

“Each month, the content is enriching, beneficial and very often profound. We are a source of true enrichment and nourishment for so many. We are bringing light and understanding to millions of people.”

~ Craig Heim, Upstate NY

“There’s such strength in this business model: exceptional content from the corporation paired with eyes and ears on the ground here locally. We rock!”

~ Tracy Garland, Virginia’s Blue Ridge

As a Natural Awakenings publisher, you can enjoy learning about healthy and joyous living while working from your home and earn a good income doing something you love!

No publishing experience is necessary. You’ll work for yourself but not by yourself. We offer a complete training and support system that allows you to successfully publish your own magazine.

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- Low Initial Investment
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For more information, visit our website NaturalAwakeningsMag.com/mymagazine

or call 239-530-1377

Natural Awakenings is now expanding into new markets across the U.S. Contact us about starting a magazine in a community of your choice or acquiring an existing publication for sale highlighted in red below.

Natural Awakenings publishes in over 95 markets across the U.S. and Puerto Rico.

- Huntsville, AL
- Mobile/Baldwin, AL
- Phoenix, AZ
- Tucson, AZ
- East Bay Area, CA
- San Diego, CA
- Denver/Boulder, CO
- Fairfield County, CT
- Hartford, CT
- New Haven/Middletown, CT
- Washington, DC
- Dayton/Volusia/Flagler, FL
- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/St. Augustine, FL
- Melbourne/Vero, FL
- Miami & the Florida Keys
- Naples/Ft. Myers, FL
- North Central FL
- Orlando, FL
- Palm Beach, FL
- Peace River, FL
- Sarasota, FL
- Tampa/St. Pete., FL
- FL’s Treasure Coast
- Atlanta, GA
- Hawaiian Islands
- Chicago, IL
- Chicago Western Suburbs, IL
- Indianapolis, IN
- Baton Rouge, LA
- Lafayette, LA
- New Orleans, LA
- Portland, ME
- Boston, MA
- Ann Arbor, MI
- East Michigan
- Wayne County, MI
- Western MI
- Minneapolis/St. Paul, MN
- Charlotte, NC
- Lake Norman, NC
- Triangle, NC
- Central, NJ
- Hudson County, NJ
- Mercer County, NJ
- Monmouth/Ocean, NJ
- North NJ
- North Central NJ
- South NJ
- Santa Fe/Abq., NM
- Las Vegas, NV
- Albany, NY
- Buffalo, NY
- Central NY
- Long Island, NY
- Manhattan, NY
- Queens, NY
- Rochester, NY
- Rockland/Orange, NY
- Westchester/Putnam Co’s., NY
- Central OH
- Cincinnati, OH
- Toledo, OH
- Oklahoma City, OK
- Portland, OR
- Bucks/Montgomery Counties, PA
- Harrisburg/Harrisburg, PA
- Lancaster, PA
- Lehigh Valley, PA
- Pocono, PA
- Warren Co., NJ
- Scranton/Wilkes-Barre, PA
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Natural Awakenings recently won the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review. To learn more, visit FranchiseBusinessReview.com
YOGA BENEFITS THE MIND, BODY AND SPIRIT

Help consumers reap the rewards. Advertise your yoga services and products in *Natural Awakenings'* September Yoga Issue

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- Natural/Organic Foods
- Spas & Health Resorts
- Spiritual Practices
- Supplements/Herbs
- Therapeutic Massage
- Wellness Trainers & Coaches
- Yoga Apparel & Supplies
- Yoga Instruction/Classes

Contact us at:
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VOFLnatural@gmail.com