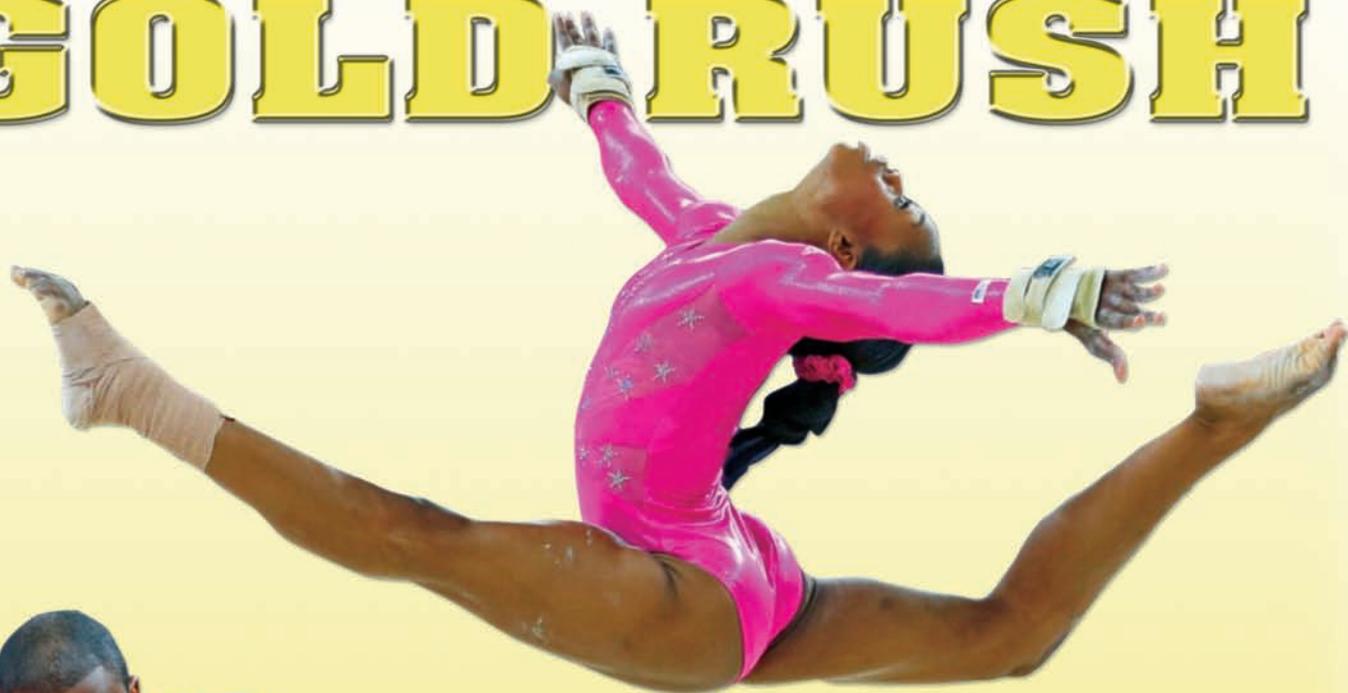


The Name Says It All ...

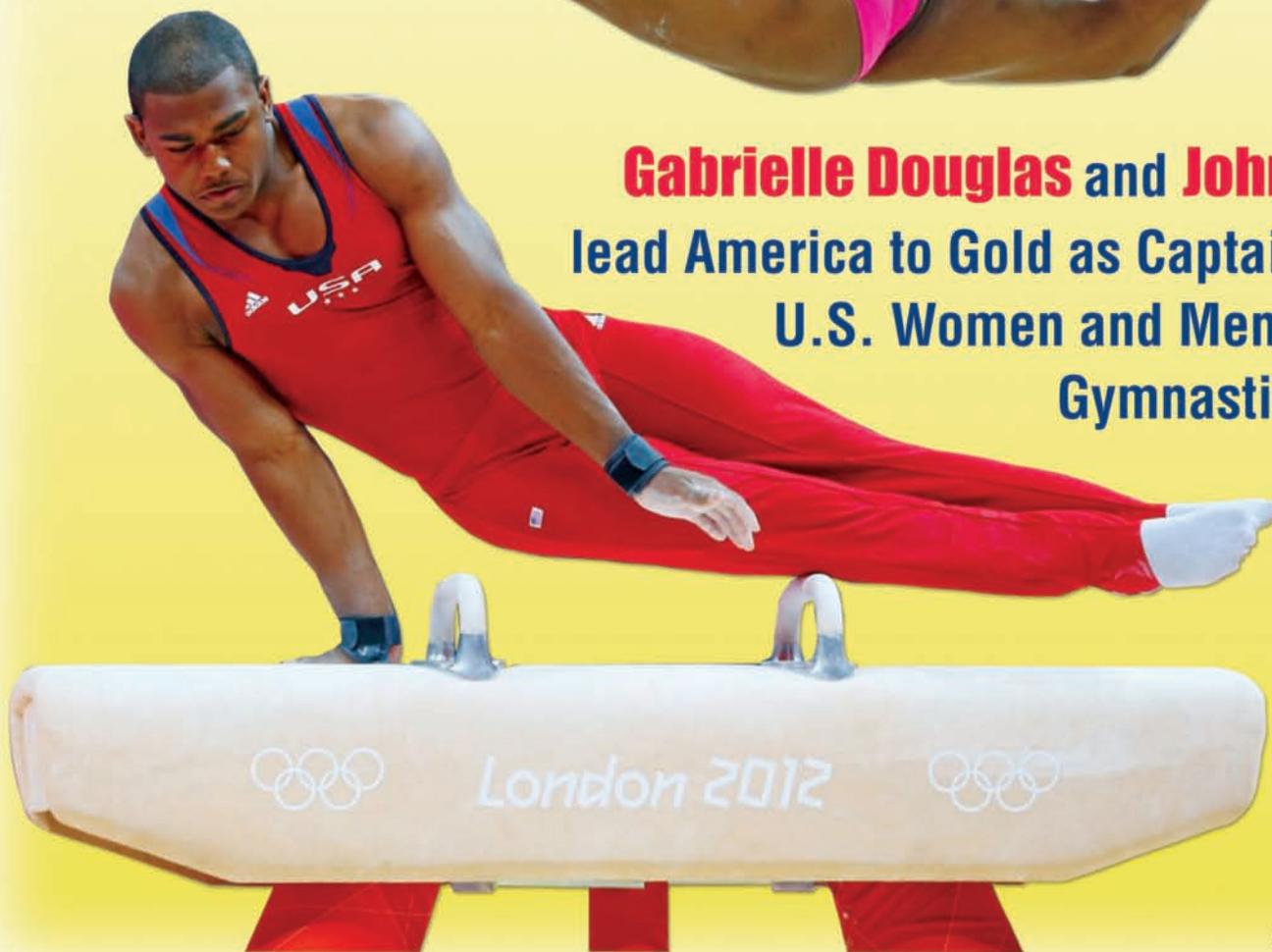
Program Magazine Success

AUGUST 2012

GOLD RUSH



Gabrielle Douglas and John Orozco
lead America to Gold as Captains of the
U.S. Women and Men Olympic
Gymnastic Teams.



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FOR A UNITED VOLUSIA

ELECTED DORAN

FOR COUNTY CHAIRMAN

LEADERSHIP MATTERS, RESULTS COUNT. TIME FOR RESULTS.



I'm Ted Doran and I am asking for your vote for Volusia County Chairman. Our community needs a strong leader who is engaged in the issues and has the capacity to get things done. Unlike my opponent, I am not running because it is the next step in the political ladder - I want to go to work.

I believe that every voice counts, not just the ones who can afford to be heard. If you believe that our community can do better, can run more efficiently and is ready for real leadership - vote for me. I will work for our collective prosperity, because this is *our* home too. This race is about the issues and my choice is to put the community first.

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Political advertisement paid for and approved by Ted Doran for Volusia County Chairman

Candidate Gwen Azama-Edwards letter to Daytona Beach voters

Thank you for your interest and concern for our City of Daytona Beach. Though the same issues continue to be the Agenda for us and our great city, those of: Citizen Involvement, Responsible Growth, Decisive Leadership, Economic Diversity and Crime Reduction—we need to focus our efforts in these areas as it relates to—Approach, Involvement and Delivery(AID).

A-Approach: Our local government must make the manner in which we approach our citizens, as well as the manner in which we receive them—as helpful as possible in assisting them to help themselves, to resolve their issues and concerns, and help them in solution driven results. Responses to citizens should not just be what they must do and can't do—but also how they can accomplish the desired solution or result in a manner that works for them, their neighbors and the community as a whole.

I- Involvement: Government cannot solve all of the problems that we, as citizens, bring to them—and neither should they try to do so. Many citizens have great ideas and solutions to problems/issues if they only knew how to correctly or appropriately accomplish them within the framework of government requirements and regulations. Staff know what is required and should communicate this to citizens; with staff held accountable for said information once citizens follow through i.e. the rules don't change upon timely return to the department. City staff and citizens must work in a collaborative, partnering manner such that “we are the government, and we are here to help you” is not a gotcha phrase but a reality of how things work in the city! All parties involved and working together to make life in the city better for all.

D-Delivery: This is about results! Because the Approach and Involvement of all parties working together must produce results- deliverables in problems solved, solutions realized, partnering relationships throughout the city, irrespective of any demographic of where you live in the city, who you are, your income level or who you know! If we are to have a city we are and can continue to be proud of, we must have all persons in the city, especially residents, involved in decision-making, with buy-in to programs and projects we can agree is in the best interest of the city. Does this take away from the decision-making authority of the elected officials—NO, it will strengthen it! Times are hard, and funding for City Programs become more of concern to appointed and elected officials every year. We cannot make decisions about what citizens want without their input. I will form a Citizen's Advisory Committee made up of citizens(residents) who reside in each of the Zones throughout the City. We will review community problems/complaints from residents/businesses with the goal of correcting them through citizen and staff involvement, as well as public and private assistance. We will work with our Advisory Boards, Visioning, and Neighborhood groups as well, to assist as needed to help them to make this city “the City of Choice” for persons moving into the area or relocating. I will make myself available to listen to and work with any and all citizens singly and in groups to make our Vision of our Community a reality.

Please help me help us, to be the very best we can be as a City- “I am truly in it to WIN it, for the people and The City of Daytona Beach. We all Win with Gwen.”

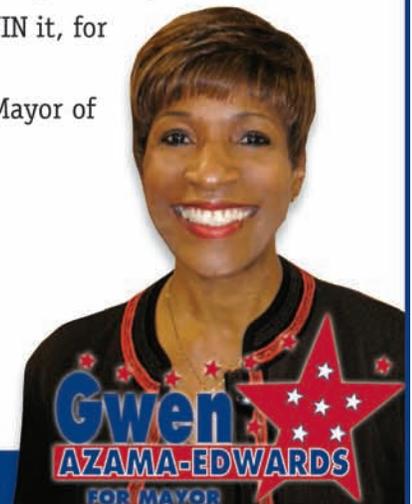
Thank you again, and I look forward to serving you as your next Public Servant and Mayor of the City of Daytona Beach.

Gwen Azama-Edwards, Candidate for Mayor of the City of Daytona Beach

We all Win with Gwen!

“Demonstrated Leadership – Integrity – Experience”

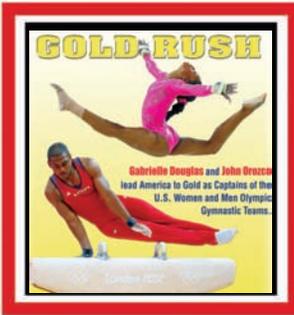
It's All about you – jobs and the Community!



VOTE AUGUST 14, 2012

GWEN, Your best choice for Mayor of Daytona Beach!

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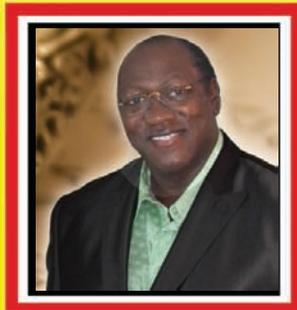
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5 Secrets to a Happy Marriage: Revealed by Divorce

By Sarah B. Weir
Guest Columnist

Secrets to a happy marriage. In 25 years of studying marriage, Dr. Terri Orbuch, research professor at the University of Michigan and author of the new book “Finding Love Again: 6 Simple Steps to a New and Happy Relationship,” has found that some of the best relationship advice comes from people who are actually divorced.

In 1986, Orbuch embarked on a long-term study, supported by the National Institutes of Health (NIH), which followed the relationships of 373 newlyweds. By 2012, 46% had divorced, about the same as the national average. In interviews with Orbuch, people who had divorced or ended a serious relationship over and over again brought up the same five issues that they would improve if they had the chance to do it all again.

1. Money. Over the course of her research, one the biggest surprises for Orbuch was the role money played in marital strife. “Many divorced singles say that money was the number one source of conflict in the early years of marriage.” She also found that, “6 out of 10 said they would not share living expenses in their next relationship.” She recommends that each partner evaluate their own approach to spending and saving money and discuss with their spouse early on. She says there is no one-size-fits-all financial plan, but couples need to determine their own rules and adhere to them.

2. Affection. Another surprise was that men crave affection - but not necessarily sex - more than women. “It’s counterintuitive,” says Orbuch, “but men crave feeling special and being noticed by their wives.” She adds that men who report not getting enough nonsexual affection were twice as likely to ask for a divorce, but the reverse was not true for women. “Women are fortunate. We get this kind of affirmation from more people in our lives, our mothers, children, our best friends” - so women tend to need less from husbands. She recommends carving out time for regular cuddling, kissing, hand-holding, and saying “I love you.”

3. Blame. “When divorced couples found fault with their relationship using ‘we’ statements, they were significantly more likely to find love than those who used ‘I’ or ‘you’

statements.” Those who found blame in factors such as being incompatible or too young experienced less anxiety, insomnia, and depression than those who blamed their former partner or themselves for a break-up. Examine what

went wrong in the relationship instead of assigning individual blame, suggests Orbuch, and think about how you can resolve conflict better next time.

4. Communication. Orbuch says a trap many couples fall into is “maintenance” rather than true communication. She suggests having a “10 minute rule” every day when you, “Talk to your partner about something other than work, the relationship, the house, or the children.” The key is revealing something about yourself and learning something about your spouse. “Forty-one percent of divorced people say they would change their communication style,” says Orbuch, “and, 91% of happily married couples say they know their partner intimately.”

5. Move on. Letting go of the past is a key to being in a happy relationship. This is true for people who are currently married as well as those seeking love. If you are irked by thoughts of your partner’s old boyfriend or girlfriend or of a fight that happened weeks ago, you might not be interacting in a healthy, positive way. “That animosity prevents you from being fully present,” says Orbuch. She also points out that people who felt neutral toward their ex were significantly more likely to find love after a divorce. If you can’t let go of your anger, her book outlines a number of exercises including writing a detailed letter to the person you are angry at - and burning it.



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Attorney Alisia Adamson named “The Nation’s Best Advocate” by the National Bar Association and IMPACT

Alisia Mary Adamson, partner at Hylton, Adamson, Watson & Moore was named “The Nation’s Best Advocate of the Year” by the National Bar Association (NBA) and IMPACT at the Nation’s Best Advocates: Top 40 Lawyers Under 40 Gala on Sunday, July 15, 2012 during the NBA’s 87th Annual convention in Las Vegas, NV.

The NBA and IMPACT partnered to recognize 40 talented individuals within the African American legal community who have achieved prominence and distinction, professionally and philanthropically. Selected nominees represent a cross-section of legal professionals: solo practitioners, government lawyers, judges, academicians, corporate counsels, young elected officials, and other lawyers using their degree in innovative ways. Nominees were chosen based on their achievement, innovation, vision, leadership, and legal community involvement.

IMPACT receives hundreds of nominations for the top 40 lawyers under 40. After a nominations committee carefully selects the top 40 lawyers, each nominee’s bio is displayed and highlighted on the website and people all over the world are encouraged to vote on which nominee is the Nation’s Best Advocate.

The NBA and IMPACT hosted a Gala at Caesar’s Palace in Las Vegas, NV on July 15, 2012 to honor the Nation’s Top 40 Lawyers Under 40 and also to present one of the nominees the award of Nation’s Best Advocate. The Nation’s Best Advocate is one that excels in leadership, service, activism, innovation and makes significant contributions to the community.



Adamson giving acceptance speech

Attorney Adamson is the managing partner of HAWM law, a former public defender, a news legal analyst, CFNews13’s legal expert, former President of FSU’s Black Law Students Association, a member of the Young Lawyers Division for the Orange County Bar Association where she chairs the backpack project (a school supplies drive for one of Orlando’s most economically disadvantaged schools), a 3rd and 4th grade basketball coach, a Title I sponsor with the Orange County Public School System, and a mentor of several high school, college and law students. It is for these reasons and several more that Alisia Mary Adamson received the most votes and earned the title of “The Nation’s Best Advocate”



Alisia Adamson and her mother Paula Jefferson



Award presented to Adamson by NBA and IMPACT leaders

CHRISTOPHER **ELECT**



Kelly

FOR VOLUSIA COUNTY JUDGE, GROUP 4



Experience • Integrity • Commitment

Christopher Kelly has a lifetime of experiences that have prepared him to serve as Volusia County Judge. He has a reputation as a hard-working attorney with an impressive depth of knowledge of the law. He has served an extensive array of clients with integrity. He is passionate about the law and justice and approaches them with professionalism in the courtroom and empathy for people.

Combined with his ten years of experience as a prosecutor, Christopher Kelly spent over five years with the law firm of Crotty & Bartlett, P.A., where he gained valuable experience in a general civil practice and running a business. In his current role as Managing Assistant State Attorney, Christopher Kelly oversees the day-to-day operations of the Felony Division of the Daytona Beach State Attorney's Office where he manages over 20 attorneys.

In addition to being held in high regard as Managing Assistant State Attorney, Christopher Kelly has an impressive track record as a businessman and a community volunteer. He learned the value of hard work and community service as a young man, which define his life to this day. He treats everyone with respect and dignity. As Volusia County Judge, he will bring to the bench the quality we most revere in a judge... good judgment.

About Volusia County Judge Candidate Christopher Kelly ... a lifetime of experiences.

- Born and raised in Volusia County
- Father Lopez High School Graduate
- Daytona Beach Community College Graduate
- Florida State University Graduate
- University of Florida College of Law Graduate
- Recognized for community leadership
- Managing Assistant State Attorney
- Public Information Officer for State Attorney
- Proven courtroom experience
- Domestic Violence Court
- Felony Trial and Drug Unit prosecutor
- FL League of Cities Assistant General Counsel
- Basilica of St. Paul Endowment Trustee
- Contributing legal writer and lecturer
- Leadership Daytona Beach Graduate
- Daytona Beach Housing Authority Commissioner
- Father Lopez High School Board
- Daytona Beach Track Club
- Former Program Director for Galloway Training Program
- Avid Marathon Runner

To support the campaign, contact:

Christopher Kelly for Volusia County Judge Campaign
 141 Sage Brush Trail, Suite D
 Ormond Beach, FL 32174
 386.290.8890 · ChristopherKellyForJudge.com

On August 14, please vote for Christopher Kelly for Volusia County Judge!

Political advertisement paid for and approved by Christopher Kelly for Volusia County Judge, Group 4.

10 TIPS FOR HOSTING A GIRLFRIENDS GETAWAY

Vacation partnering is on the rise among women. With many people facing the rising costs of caring for families, paying down debt and still wanting to live ‘the good life,’ traveling for pure relaxation seems out of reach. That is why partnering with sisters and friends is a way to enjoy traveling while sharing the cost and having a fun experience. The best way to have a great time on a group vacation is to stay away from agendas and networking structured activities. Make it a true vacation so those who are not joiners are not embarrassed by wanting to do as she pleases the entire time!.

Ten Tips to Host A Group Getaway:

1. Select a place you have always wanted to visit.
2. Begin planning at least nine months ahead.
3. Send out an email to select family and friends and invite them to ask a friend.
4. Visit home rental websites for best bargains and negotiate weekly rental rate.
5. Do your math, factor in house rental and food expenses then set a per person rate.
6. Get a deposit; include a portion that is non-refundable.
7. Guests make own travel arrangements - it's cumbersome to include travel cost.
8. Plan week's meals. Bring food with you or locate supermarkets upon arrival.
9. Get there early to scope out the rooms prepare the first meal and to add a welcoming touch.
10. Be the best host you can be and if you can, stay an extra day to have to yourself.

About the Sisters and Friends Getaway to Martha's Vineyard

For the past four years, the end-of-the-summer vacation to Oak Bluffs, Martha's Vineyard's historic African American retreat has been the destination for African American women on a Sisters and Friends Getaway. Scheduled from Sunday to Sunday, the week after Labor Day at high season end, makes it a perfect time to catch sales and low cost of housing rental. Oak Bluffs has great beachside walking paths, and the famous Inkwell Beach where African Americans gather is still in tack! The place is perfect for savoring the Atlantic Ocean and the island's clean air, for taking an historic walking tour and traveling on the local bus to enjoy peace and serenity while on the island. During the Sisters and Friends Getaway, each house has breakfast foods and snacks, a dinner meal is prepared for guests each day and then topped off with desert to enjoy at days' end. Women from Seattle to Atlanta to Pennsylvania and Connecticut are scheduled to go this year. Sisters and Friends Getaway to Martha's Vineyard begins the Sunday after Labor Day. Guests come and go as their schedule permits.

Connie Portis is the host of the annual Sisters & Friends Getaway Retreat to Oak Bluffs in Martha's Vineyard. To attend this year or for more information, contact her at caportis@hotmail.com or 412-400-8809.

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1865 COMPANY ANNOUNCES RELEASE OF HISTORICAL BRONZE DESK BUSTS

— *New 1865 Company bronze desk busts commemorate human rights, social justice and women’s equality advocates Mary McLeod Bethune and Frederick Douglass.*—

A new collection from the Washington, DC based retailer 1865 Company, packs history and inspiration into every masterpiece. The two museum quality statues, depicting orator Frederick Douglass and educator Mary McLeod Bethune, are the first in a series of collectible busts to be released by 1865 Company in communities where these two local heroes made their mark. “Our new busts pay tribute to those often forgotten heroes that worked tirelessly to further America’s ideals of freedom and equality,” says 1865 Company President and Founder Patrice Davenport.

The unveiling of these bronze busts took place the first two weeks of July to celebrate the 137th anniversary of the birth of Mary McLeod Bethune and the 160th anniversary of the highly influential Fourth of July speech given by Frederick Douglass at an 1852 event commemorating the signing of the Declaration of Independence. “What to the Slave is the Fourth of July?” was a biting oratory, in which the speaker told his audience, “This Fourth of July is yours, not mine. You may rejoice, I must mourn.” Due to the tireless work of leaders like Frederick Douglass and Mary McLeod Bethune, all Americans regardless of gender or ethnicity can be included in the blessing of American freedom on Independence Day.

1865 Company worked with UK-based artists at The Sculpture Mill to create these true to life busts. The Sculpture Mill crafts each bronze likeness by hand, meticulously capturing the essence of the individual being sculpted. The final results are stunning 9 inch tall bronze sculptures of American patriots characterized by steely determination and a confident gaze. Cast in a classic bronze patina and mounted on a rich bronze base, the busts come engraved with an inspirational quote from each subject. “We have captured both Frederick Douglass and Mary McLeod Bethune in the prime of their lives while they were ascending to public greatness. Our busts harness history to inspire the same greatness in our lives and the lives of future generations,” adds Davenport.

Aside from its bold angles and artistic beauty, the busts were designed to promote understanding, cultural healing and self-education today and for generations to come. The bronze



The Frederick Douglass and Mary Jane McLeod Bethune bronze desk busts measure 9” high, and are heavy enough to serve as a large desk paperweight, bookend or library focal point.

sculptures pay tribute to those brave individuals who paved the way for the actualization of American human and civil rights.

By working with The Sculpture Mill, 1865 Company has the opportunity to create commemorative sculptures to inspire communities across the country and to make these works of art accessible and affordable. We are honored to take part in the creation and release of these memorial pieces. In coming months 1865 Company plans to release commemorative bronze desk busts of medical pioneer Charles Drew and Supreme Court Justice Thurgood Marshall.

About 1865 Company

The 1865 Company collection features inspirational works of art that reflect the sheer expression of human potential. Their finely crafted fine jewelry, collectibles, and executive gifts give clients the chance to own something that will be used, treasured and serve as a witness to history through generations. The 1865 Company brand honors the American experience through the lens of the unsung heroism that became the manifestation of America’s ideals of equality and freedom. The name is derived from the pivotal year 1865 (when the Civil War ended and the Thirteenth Amendment was passed), abolishing slavery nationwide. Information about the company can be accessed at www.1865Co.com.



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- ✦ Classroom and Resource Teacher Lackawanna Elementary,
Pickett Elementary, Justina Road Elementary

“I want to help create a school system that doesn’t just have pockets of success, but one where we have success across the entire county.

We need public shools where every child can achieve at their highest level.”

**We must improve...
We will improve.**



VOTE
Tuesday, August 14



Dr. Constance “Connie” Hall is being supported by community giants and former board members Wendell Holmes and Jimmy Johnson, along with current chairwoman Betty Burney.

Congresswoman Corrine Brown Files Federal Lawsuit to Protect Florida Voters

(Washington, DC) Congresswoman Corrine Brown, along with the Southern Christian Leadership Conference-Jacksonville chapter, several individual Duval residents, and the Duval County Democratic Executive Committee, will file a federal civil rights lawsuit to ensure that unconstitutional and discriminatory changes to the early voting laws are not implemented.

The August primaries will be the first time Florida is affected by the changes to early voting, which were passed by the state legislature last session. Early voting was instituted after the debacle of the 2000 elections when thousands were turned away from overcrowded polls. Since 2004, Floridians have had access to the polls for eight hours a day, for fifteen days right up until the last Sunday before election-day. The new law reduced early voting to ten days, gave county supervisors arbitrary discretion over the number of hours polls are open, and eliminated voting on the last Sunday.

The lawsuit asks the United States District Court for the Middle District of Florida in Jacksonville to enjoin the Florida Secretary of State and Duval County Supervisor of Elections from enforcing the discriminatory and arbitrary changes to early voting in the state of Florida and in Duval County. Specifically, these changes violate the First and Fourteenth Amendments to the United States constitution, Section 2 of the Voting Rights Act of 1965, 42 U.S.C. and 1973 (a) and the Florida constitution.

“Early voting has worked extremely well for all Floridians and especially for African American voters,” said Congresswoman Brown. “In fact, more than any other racial or ethnic group, African Americans have come to rely on early voting.”

According to Dr. Daniel A. Smith, Professor of Political Science and Research Professor at The University of Florida, in the 2008 general election, African Americans cast 22% percent of the total early vote, even though blacks comprised just 13% of the state’s registered voters. More African Americans vote during the early voting period than on election-day or via absentee ballot combined. Perhaps most strikingly, in 2008, African Americans accounted for roughly 34% of votes cast on



**The Honorable Corrine Brown
Third Congressional District of Florida**

the Sunday before the election. These trends are amplified in Duval County where 58% of African Americans voted early in 2008. In last year’s local elections, African Americans cast roughly 34% of the early votes, even though they comprised less than 30% of the electorate, and on the final Sunday of early voting, more African Americans came to the polls than did whites.

“There is absolutely no explanation for restricting early voting other than intentional voter suppression. In fact, it seems that Governor Scott simply does not want people to vote. We should be making it easier for people to get to the polls, not harder,” the Congresswoman declared.

“It is particularly fitting that I am filing this lawsuit at The John Milton Bryan Simpson United States Courthouse,” Congresswoman Brown pointed out. “I sponsored the bill that named this courthouse for Judge Simpson because he was a giant in the civil rights movement here in Jacksonville. Among other things, his orders led to the passage of the Civil Rights Act, and desegregated the schools, city pools, city golf courses, and the city zoo. I know Judge Simpson would not stand for such a blatant attempt to exclude African Americans from the polls.”

Congresswoman Brown and the other plaintiffs are represented by Neil Henrichsen of Henrichsen Siegel in Jacksonville www.hslawyers.com.

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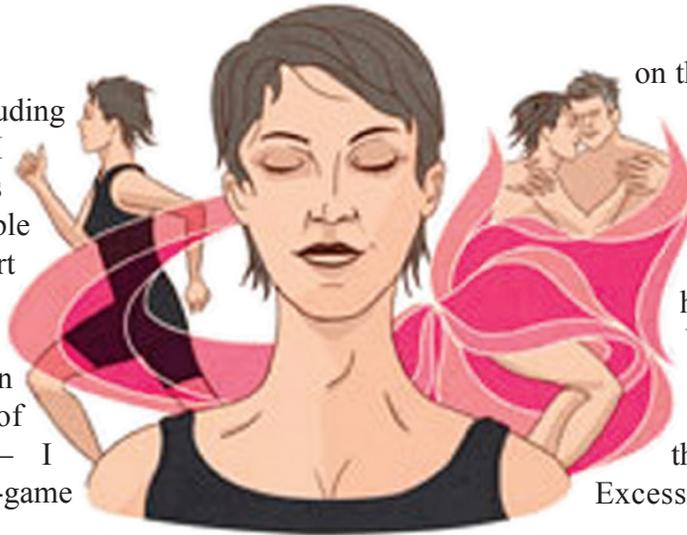
To help manage stress, Dr. Oz prescribes more frequent sex and consistent exercise

By Dr. Mehmet Oz

No one is immune to stress, including me. For my television show, I participated in a stress experiment by wearing a portable device that monitored my heart rate, respiratory rate, and skin temperature for 24 hours. Even after two years of hosting my own show — and two decades of performing heart surgery — I learned I still experience “pre-game jitters.” My adrenaline starts to pump, causing my heart to race before it returns to baseline.

Exercise and sex are two key stress fighters. —
Illustration by Edward McGowan

Periods of brief stress like this are normal, but chronic stress takes a toll on the body — there’s the rush of adrenaline that never quite turns off, leading to an overproduction of another stress hormone, cortisol. I’ve seen firsthand how excess cortisol places a massive strain



on the heart.

Now scientists are learning how cortisol affects the brain, too. Researchers recently discovered that the hippocampus — an area of the brain that helps you respond to anxiety-filled situations — appears uniquely susceptible to the negative effects of cortisol.

Excess cortisol, they suspect, may suppress neurogenesis, the brain’s ability to create and support new brain cells. And that’s not good for anyone, especially those over age 50.

So how can you turn off the cortisol? Two key stress fighters are exercise and sex. While exercise increases cortisol in the short term, over time it decreases anxiety and boosts neurogenesis — likely by improving blood circulation to the brain. Even more intriguing, the brain cells created during exercise may be more resilient against future episodes of stress.

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“Healing through the Arts”

The artistry of Paul Antonello Houzell

Art can be defined as the use of the creative mind and certain technical skill to produce images or objects including sculpture, photography and painting. Fine art takes that definition even further and includes aesthetic considerations as an important element distinguishing it from generally acquired skills and decorative arts. Philosophers and others have characterized art in terms of expression, communication of emotion or other values.

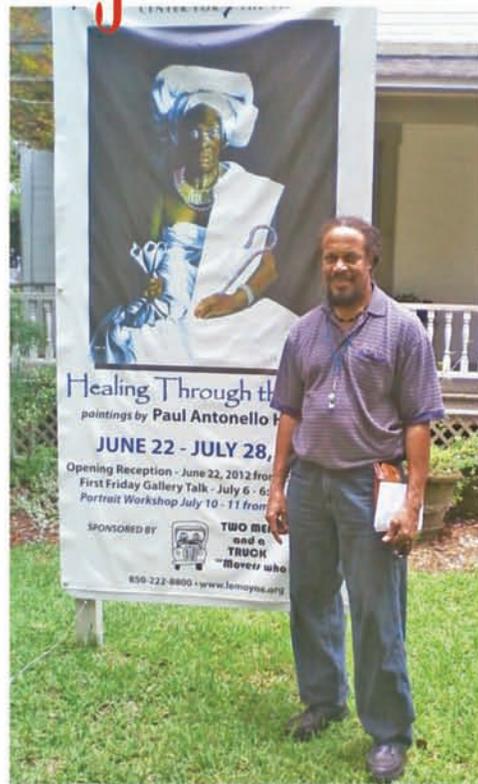
The fine artist, Paul Houzell, is a native Floridian, reared and educated in Southern California who has returned to his roots to share the fruits of his labor and learning and express his definition of fine art.

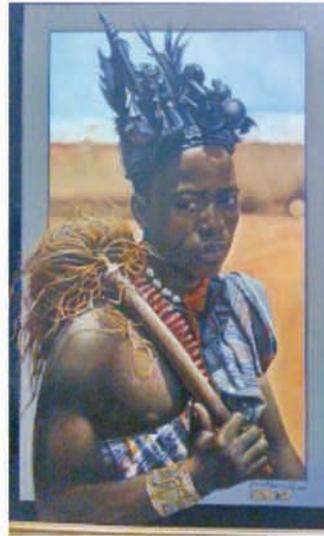
Mr. Houzell’s art education began at Lincoln High School in Tallahassee and continued in California where he received a Bachelor’s degree in Art History at the University of Dominguez Hills and a Masters of Art History at Berkeley University. He became an art educator with an understanding that art and its history are essential parts of our being.

Philosophy: He never creates art for art’s sake. He has a concern for humanitarianism, spirituality and education and through his art he strives to introduce the concept of healing thus his theme: “Healing through the Arts”. Operating from the spiritual realm, he feels that art is therapeutic and provides a refuge from the sometimes harsh realities of life. He creates art to tell stories, communicate and to touch lives and wants his works to bring pleasure, affirmation and healing to the human soul.

He is a traditional realistic visual artist, but excels through his creativity in a variety of styles. (i.e. diverse paintings such as “Wazzup” and “Isis and Horus, Mary and Jesus”). He has a number of different series that depict various perspectives of the familiar illustrating the possibilities of things that could have been including the Bug’s Eye View (Flower Series), Native Spirit Series, My Contemporary Black Egyptians Series and the Music Series.

His extensive repertoire of paintings, numbering over 200, has been shown nationally and internationally including Africa and Brazil. His





most recent exhibitions have been at the University of Central Florida, Orlando (Summer 2011), and currently at the Lemoyne Center for the Visual Arts, Tallahassee. His work consistently focuses on figurative art for the reason that he feels the human body is the best vehicle for communicating ideas that heal and lift the human spirit.

Mr. Houzell also finds time to lecture about his life's work and attract others into the healing spirit that he hopes to convey through his artistry. "As I paint I travel a journey inviting all to share therein."

Paul Houzell can be reached for speaking engagements, exhibitions and sales by contacting Belinda Williams-Collins at Belindaka@gmail.com or 386-295-7314.



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Olympic Dreams now a Reality

Gabrielle and John takes Center Stage in London

By **Dominique D. Barrs**
Program Success Staff Writer

The stacked United States Women's Gymnastics Team will be led this Olympic Games in London by 16-year old Gabrielle Douglas as its Team Captain. This U.S. Women's Team is expected to bring home the gold. The U.S. Men's Gymnastics Team however, needs a little motivation, and a leader to rise to the occasion. They will be depending on John Orozco to be that spark to ignite the brigade and bring home the gold medals.

16 years, and 3 Olympic Games have passed since the first and only U.S. Women's Gymnastics Team won the gold medal as a team. Speculation has surfaced that this Olympic team composed of Gabrielle Douglas, Jordyn Wieber, McKayla Maroney, Kyla Ross, and Aly Raisman, could be the group of teenagers that could be the next. All of them are first-time Olympians, and the friendly rivalry between Gabrielle and Jordyn, is just that right mixture of competitive spirit to lead the team to better individual scores, and an overall higher overall team score.

John Orozco, the 19-year-old New York City native has proved to be a dominant force as the Team Captain of the U.S. Men's Gymnastics Team. He has already won 14 gold medals from previous competitions, and with the aid from his teammates Jonathan Horton, Steven Gluckstein, Samuel Mikulak, Jacob Dalton, and Danell Leyva, he plans to add more to his collection.

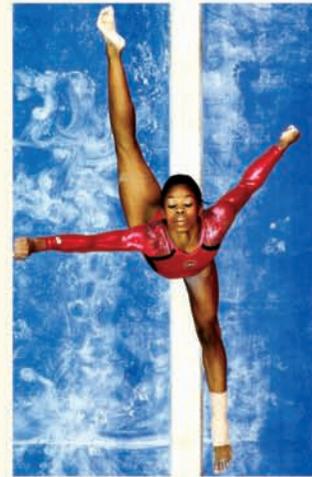
Gabrielle Douglas



Gabrielle Douglas was born on December 31, 1995 in Virginia Beach, VA. Playing with her older sister Arielle, who was taking gymnastics classes, Gabrielle was only three years old when she was taught how to do a perfectly straight cartwheel. "I was the baby sister that could do all the tricks," says Douglas, who is the youngest of four children. By the age of 4, Gabrielle had taught herself how to do a cartwheel with one hand. Noticing how well Gabrielle could tumble at such an early age, she started formal gymnastics training at Gymstrada in October of 2002 at age 6. After two short years, she went on to become 2004's Virginia State Champion.

In 2008, a 12-year old Gabrielle and her family were watching the Beijing Games and Olympian Shawn Johnson compete. Gabrielle's mom, Natalie Hawkins, recounts her daughter taking mental notes and saying, "Look at Shawn and her coach. They look like they are having a really good time. I would like for him to maybe be my coach."

3,000 miles away from her current residence in Virginia Beach, Gabrielle referring to Yiang Chow of Chow's Gymnastics and Dance Institute in



West Des Moines, Iowa, who had just helped Johnson earn a gold medal victory in 2008, "My coaches aren't teaching me anything new. I need a higher degree of difficulty. Mom, I need to leave. I need to get better coaching. I need to make this dream become real."

Gabrielle's mother recalls what she told her driven daughter, "I told her there was no way... It's not gonna happen."

Gabrielle continued her training at her local gym, while her mother pondered the thought of her child leaving the nest. "I know I need to do it," Hawkins recalls thinking, "but how do I send my child to a family that I don't know, to a community that I don't know? How do I do that?"



At age 14, Gabrielle left Virginia Beach and her family behind to train with elite coach, Liang Chow, with hopes and dreams of making it to the Olympic stage. Living with the Partons, her host family, she trained with Chow, who also at the time trained her host family's daughter as well.

Now at the age of 16, Gabrielle Douglas is leading Team USA at the 2012 London Games. Proving that if you claim it, it can be yours, Gabrielle is well on her way to making her childhood dreams come true.

Gymnastics Results:

International:

- 2012 Pacific Rim Championships: 1st team; 1st bars
- 2011 World Championships: 1st team; 5th bars
- 2011 City of Jesolo Trophy: 1st team; 4th all-around; 4th vault; 3rd beam (tie); 2nd floor
- 2010 Pan American Championships: 1st team; 5th all-around; 1st bars

National:

- 2012 US Olympic Trials: 1st all-around; 1st bars (tie); 3rd floor
- 2012 Visa Championships (US nationals): 2nd all-around; 1st bars; 3rd floor
- 2011 Visa Championships (US nationals): 3rd bars (tie); 7th all-around
- 2011 CoverGirl Classic: 2nd bars
- 2010 Visa Championships (Jr. Division): 4th all-around; 4th vault; 2nd beam; 8th floor (tie)
- 2010 CoverGirl Classic (Jr. Division): 9th all-around; 6th vault; 3rd beam
- 2010 Nastia Liukin Supergirl Cup: 4th all-around

John Orozco



John Orozco was born December 30, 1992 in New York, NY. Getting his start in taekwondo, his father saw just how flexible and athletic John was at the age of 7. Seeing a flyer offering free gymnastics classes he signed up his young son. John's former NY coach Carl Schrade reflects, "When he needed it, we'd give him a day off, but he usually didn't want to take a day off." This was the sign of discipline and drive that led him to win competitions.

John won his first medal in gymnastics at age 9. Although rightfully earning the medal to keep, he gave away his medal after seeing a fellow competitor in tears after being ridiculed for his bad performance in the competition. "He walked over to the kid that they were making fun of, and he said, 'Here you go,' and he took his medal off and put it around the kid and said, 'One day you'll be better than I am. Don't cry.'" These are the words of his proud mother Damaris, who still gets choked up every time she recalls that kind gesture from her son.

Continuing his gymnastics, there came a point in his life, where he realized he was really committed to making it to the Olympic Games. "Around 13 years old I realized I really wanted to get serious. So that's the time when I knew, 'Okay, I gotta turn my dreams into a goal,'" John says. Continuing on,



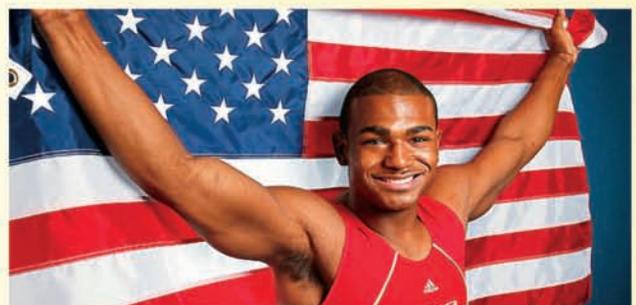
he says, "I said I really want to have that one day – to put the gold medal around my neck, waving to the crowd, knowing that all my hard work has paid off and my dream has come true."

Driving her son to and from the gym, often twice a day, was the dedication that this mother gave to her son. Training at least four hours daily and six days a week, was a small price to pay as a young child. Little did the Orozco family know, that the Olympic dream would become the new reality.

Although he has made his dreams of becoming an Olympian a reality, he still remembers his long journey and getting teased as a kid in the Bronx. "They just didn't understand everything that went into gymnastics. All the work, all the hours, all the blood, sweat and tears." Besides, he jokes, "Look at me. I'm 5-foot-5, 5-foot-4. Can you imagine me being a basketball player?"

Career Highlights

- 2012 U.S. all-around champion, high bar silver medalist and pommel horse, still rings & parallel bars bronze medalist
- 2012 Winter Cup Challenge all-around, parallel bars and high bar (tie) champion, pommel horse silver medalist
- 2011 World Championships team bronze medalist and 5th in the all-around
- 2011 U.S. parallel bars silver medalist and all-around, pommel horse & high bar bronze medalist





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Newspaper Reports Victoria Siplin Is... A Republican?



Victoria Siplin:
Ushindi Consultant or
Republican Consultant?

As stated by Orlando Sentinel's Scott Maxwell in the July 05, 2012 column "Taking Names", Victoria Siplin is running as a Democrat to hold on to the seat held by her term limited husband Gary Siplin. Maxwell's column points out some questionable connections between the Siplins and Republican led organizations.

According to Maxwell, Victoria's campaign website indicates she is the sole owner of a for-profit business called Ushindi Enterprises. Although Victoria is running as a Democrat, through Ushindi, she was paid from a Republican led group that unsuccessfully fought the popular Fair Districts amendment which would end gerrymandering and allow more Democrats to be elected. In fact, Maxwell wrote that a great percentage of her campaign donations are from Republican led organizations. When asked repeatedly about this, Maxwell said Victoria refused to respond.

Victoria Siplin didn't disclose her financial stake in Ushindi Enterprises in her financial disclosure where candidates are supposed to report any business in which they own a 5 percent stake. Scott Maxwell also makes the point that

Victoria's only qualification for running for office is managing a business that made no money and according to her financial disclosure has no net worth.

Scott Maxwell went on to describe Siplins' opponent, State Representative Geraldine Thompson, as highly respected and transparent in her campaign finance.

**Primary Election
Tuesday, Aug. 14**

**General Election
Tuesday, Nov. 6**

VOTE!

QUALIFICATIONS
Degrees Earned

REP. GERALDINE THOMPSON
MS, Florida State Uni.
BA, Education, Uni. of Miami
AA, Miami Dade Community College

VICTORIA SIPLIN
High School Diploma

Legislative Experience

Florida House of Representatives 2006 - 2012

Married to Gary Siplin

Community Service

- Founder of College Reach Out & Wells' Built Museum
- Took students to 2008 Presidential Inauguration
- YMCA Achievers CoFounder

Married to Gary Siplin

Ethics Concerns

NONE

- Accepted \$75,000 in campaign funds from Gary Siplin for consulting services
- Took tax payers money from Gary Siplin who rented her building at exorbitant rates
- Victoria and Gary Siplin charged with ethics violations.
- Siplins pay \$3,000 ethics fine

Party Positions

- Delegate to 2008 and 2012 Democratic National Convention
- 2008 Pro Tempore
- Executive Committee Member.

- Paid by Tea Party Republican Protect Your Vote front group organized to fight Fair Districts, continue gerrymandering and block the election of more Democrats in Florida

Professional Experience

- Orange County Schools
- Valencia Community College
- Wells' Built Museum
- FLA. House

- Secretary to Gary Siplin
- Separated from position at FAMU Law School



West Orlando News
Victoria Siplin: Florida's Most UnWanted

WFTV.com
Senator Siplin's Tax-Paid Office Is Owned By His Wife

St. Pete Times
FAMU Hiring of Victoria Siplin Under Scrutiny

Paid electioneering communication paid for by
Common Sense Leadership for Florida, 2929 SW 3rd Avenue, Suite 512, Miami, FL 33129



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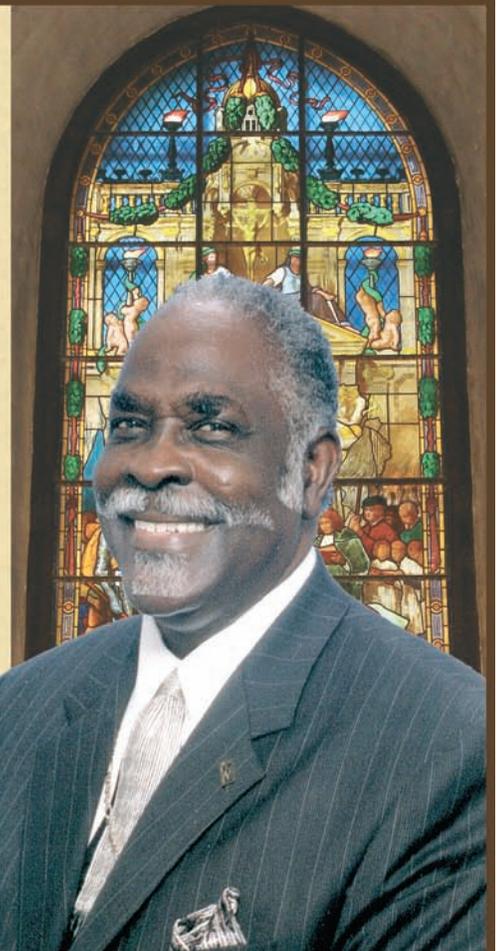
Second – Fourth Sunday

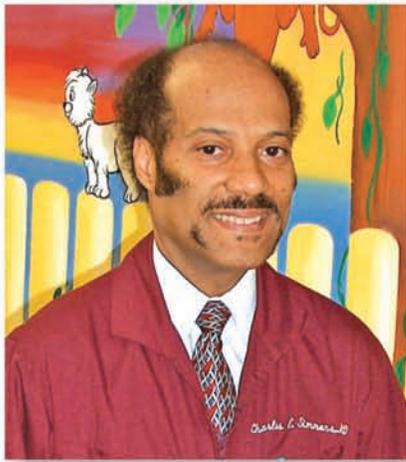
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Dr. Charles E. Simmons

GENE DISORDERS

By Dr. Charles E. Simmons
 Simmons Pediatrics, Jacksonville, FL
 Assisted By Dominique D. Barrs
 Medical Student

There are many disorders that a person may acquire due to defaults in genes. The consequences of these genes may appear mild or moderate, or may have severe or no apparent effect. Right after birth, or early in life, the symptoms may become obvious. Some are not discovered, however, until adult life. No matter when they arise, these defective genes have been inherited by the child from their parent. Gene disorders result in a defect in one or more of the genes that are carried on the individual chromosomes.

Albinism

Albinism is a disorder characterized by a lack of the brown pigment called Melanin. An affected individual may have no pigment in the hair, skin, and eyes. The hair is usually white; the skin is pale, and eyes range from pink to very pale blue. The eyes are very sensitive to bright light and visual impairment is common. Albinism is caused by a recessive gene, which means that a child has to inherit a defective gene from each parent. The gene causes a fault in the enzyme that is responsible for melanin production.

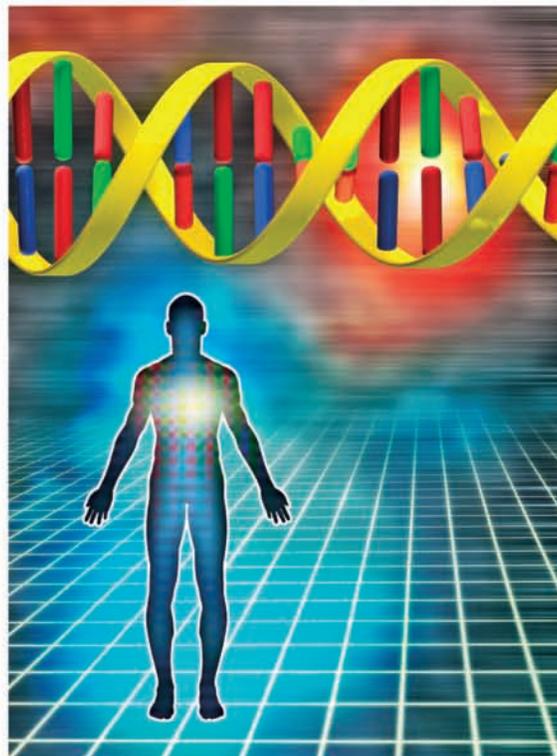
Color Blindness

A person who is color blind finds it more difficult to distinguish between the colors red and green, or the less common blue and yellow pair because of a defect in the cones in the retina of the eye. The disorder is inherited by a faulty gene carried on the X chromosome. Usually males are the victims of being color blind because they have only one X chromosome, and the defect carried is more likely to be expressed. A female has two X chromosomes, and a fault on one chromosome will be overridden by the other chromosome. Therefore, the female becomes the carrier and never will experience the color

blindness, only males. This type of inheritance is called the X-linked recessive, and there is a 25% chance that a male will be affected.

Huntington's Disease

Huntington's disease causes involuntary movements, personality changes, and progressive dementia. This is one disorder that symptoms usually don't develop until over the age of 30 because deterioration occurs over the span of 15-20 years. Huntington's disease is caused by an abnormal dominant gene, therefore each child has a 1 in 2 chance (50%) of inheriting the faulty gene.



Sickle Cell Anemia

Hemoglobin, the pigment that gives red blood cells their color, carries oxygen in the blood. When hemoglobin is deficient or abnormal, the term anemia is used. Therefore, there is a lack of oxygen being supplied to body tissues. There are many forms of anemia, but one found in people of color is the sickle-cell disease, in which the red blood cells are distorted into a curved sickle shape. A comparison between the defected sequence and the normal sequence determines the nature of the amino acid error. This was the way that the molecular basis of Sickle Cell Anemia was determined, now known to result from a Valine to Glutamine Acid substitution in position 6 of the beta-globin.

It is vitally important for a mother to receive the proper prenatal and postnatal care to fully understand the risks in possible future generations. Genes are inherited and it is always helpful to be aware of what genes both the mother and father can give to the offspring. Therefore, the precautions and proper care can be administered.

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Train Up A Child... “Wait a Minute!”

By Pastor Leon R. Bing

We remember this passage of scripture that says;

Train up a child in the way he should go: and when he is old, he will not depart from it. Proverbs 22:6

But what happens when the one who is to train up the child has not been trained? This has become a reality in the lives of so many young people today. We are so busy looking at the unfortunate issues of our teenage generation that many of us have missed this one fact! Some of these teens are in situations where the ones that are responsible for training them in the ways of the Lord, have not been trained themselves.

There is so much to learn from the Book of Proverbs, and I encourage everyone to really read and study this Book of the Bible. Even better get it also on cassette and compact disk. That way you can even listen to it throughout the day if you have the opportunity to do so.

Now lets us focus on the matter at hand. There are so many cases where we look at situations involving our youth and we just shake our heads wondering, how? Why? And who, would allow these children to do some of the things that we see happening around us? But I think we need to really look at and begin to pray for those who missed the opportunity to properly train their children. And to those of you who are in this situation, I encourage you to no longer sit back and not to seek spiritual assistance. We are in a time now that we, the body of Christ must work with all of the families of God to restore one another back to the place in Christ where we need to be. We must stop placing faith in a system that does not work, and start placing faith in the God who does not fail!

I know that this is not a shock to you, but the system has failed us. Yes I said it, the system has failed us. Take your pick, the School System, Juvenile Justice System, Dept. of Children & Families, all of them! What I mean by this is that they have allowed things to get so far out of control that it is basically, in my opinion, beyond repair! Now please don't get me wrong, there are people who are working as hard as they can to make the system work, but there are too many laws and policies that prevent anything fruitful to come from their hard work. And yes there are a lot of success stories, but much more failures than you have been led to believe. Now let me get off of this political soap box and give you spiritual sustenance. Let us take a look at Chapter 1 of the book of Proverbs:

Proverbs 1:1-7

1 The Purpose of Proverbs

These are the proverbs of Solomon, David's son, king of Israel.

2 The purpose of these proverbs is to teach people wisdom and discipline, and to help them understand wise sayings.

3 through these proverbs, people will receive instruction in discipline, good conduct, and doing what is right, just, and fair.

4 These proverbs will make the simpleminded clever. They will give knowledge and purpose to young people.

5 Let those who are wise listen to these proverbs and become even wiser. And let those who understand receive guidance

6 by exploring the depth of meaning in these proverbs, parables, wise sayings, and riddles.

7 Fear of the LORD is the beginning of knowledge. Only fools despise wisdom and discipline. *NLT*

Verses 2 and 3 give us the plan God has for the family, which He has given us through Solomon, David's son. By following the sayings of this Book of the Bible, our families reap the benefits. When the old "H.R.S." (Now D.C.F.) Came into our homes, they told the family what it could and could not do when it came to raising and disciplining our children. It is the opposite of that which the Word of God commanded us.

Proverbs 1:8-19

8 Listen, my child, to what your father teaches you. Don't neglect your mother's teaching.

9 What you learn from them will crown you with grace and clothe you with honor.

10 My child, if sinners entice you, turn your back on them!

11 They may say, "Come and join us. Let's hide and kill someone! Let's ambush the innocent!"

12 Let's swallow them alive as the grave swallows its victims. Though they are in the prime of life, they will go down into the pit of death.

13 And the loot we'll get! We'll fill our houses with all kinds of things!

14 Come on, throw in your lot with us; we'll split our loot with you."

15 Don't go along with them, my child! Stay far away from their paths.

16 They rush to commit crimes. They hurry to commit murder.

17 When a bird sees a trap being set, it stays away.

18 But not these people! They set an ambush for themselves; they booby-trap their own lives!

19 Such is the fate of all who are greedy for gain. It ends up robbing them of life. *NLT*

Can you imagine how life would be if more parents would have been teaching their children from this book of the bible over the past 10 or 20 years! As you read this, don't you find it amazing how the Wisdom of Solomon hit the nail on the head for even our day and time! And it doesn't matter which translation of the bible you read this from you still get the great revelation of God for our families today!

Proverbs 1:20-33

20 Wisdom shouts in the streets. She cries out in the public square.

21 She calls out to the crowds along the main street, and to those in front of city hall.

22 "You simpletons!" she cries. "How long will you go on being simpleminded? How long will you mockers relish your mocking? How long will you fools fight the facts?"

23 Come here and listen to me! I'll pour out the spirit of wisdom upon you and make you wise.

24 "I called you so often, but you didn't come. I reached out to you, but you paid no attention.

25 You ignored my advice and rejected the correction I offered.

26 So I will laugh when you are in trouble! I will mock you when disaster overtakes you —

27 when calamity overcomes you like a storm, when you are engulfed by trouble, and when anguish and distress overwhelm you.

28 "I will not answer when they cry for help. Even though they anxiously search for me, they will not find me.

29 For they hated knowledge and chose not to fear the LORD.

30 They rejected my advice and paid no attention when I corrected them.

31 That is why they must eat the bitter fruit of living their own way. They must experience the full terror of the path they have chosen.

32 For they are simpletons who turn away from me — to death. They are fools, and their own complacency will destroy them.

33 But all who listen to me will live in peace and safety, unafraid of harm." *NLT*

This last passage of chapter 1 speaks so prophetically of the situation we are seeing here in Jacksonville today. While God is speaking through His people, the system refuses to hear. The system would rather continue to patchwork, or use band-Aids to solve our problems, "good luck!" But my concerns are for those who continue to put their faith and trust into this system, and then expect that the system is going to solve their problems. How many times are you going to be disappointed? How long will you continue to sip on the temporary fix that the system is giving you while in the mean time your children are continuing to slip through the cracks!

We all must come to the point to where we, without any doubt, put our faith, trust, and confidence in the Lord! Remember this comment that Jesus made:

Luke 5:23-26

23 Is it easier to say, 'Your sins are forgiven' or 'Get up and walk'?

24 I will prove that I, the Son of Man, have the authority on earth to forgive sins." Then Jesus turned to the paralyzed man and said, "Stand up, take your mat, and go on home, because you are healed!"

25 And immediately, as everyone watched, the man jumped to his feet, picked up his mat, and went home praising God. *NLT*

My point is this; it is nothing for Jesus to bless us! He only wants us to have faith in Him! So for those who are to train up a child, we want you to know that it has to begin with Christ. Learn of Him and then you will have something to teach to your child!



Wealth Disparity for African-Americans

In America, whites have 20 times the wealth of African-Americans. Not 20% more, Not twice as much, Twenty times as much. Specifically, the median household wealth for whites in 2009 was \$113,149, and the median household wealth for African-Americans was \$5,677.

When I heard this a few months ago, it was not entirely news to me. When I was in Congress, I read the reports that the Federal Reserve sent to Members; to me, that was interesting reading. In the appendix to one of those Fed reports, from a survey of respondents selected in 2007, these numbers caught my eye:

White, non-Hispanic households - \$149,900

Hispanic and African-American households - \$23,300

So from \$149,900 down to \$113,149, and from \$23,300 (including Hispanics) down to \$5,677. These numbers confirm just how hard the Great Recession has whacked minority households.

But there is a deeper issue. Can someone please explain to me how, in a country where we are told again and again that we are “all created equal,” one group ends up with 20 times as much as another?

MLK’s dream was that his four young children would “one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.” What are we supposed to think – that one group has twenty times as much character as another?

In the face of incredible numbers like these, you will still find right-wingers who insist that America is now a color-blind society (except for the scourge of “reverse racism”). But the numbers tell a different story. They suggest that America is not a color-blind society, but rather a racism-blind society.

And ask yourself: when has any elected official, ANY elected official, ever discussed this inconvenient truth, and tried to discern what should be done about it? Why is there a veil of silence over such a salient, central fact about the country we all share?

I went to a wonderful parade celebrating Martin Luther King Jr.’s birthday. And if there is one thing that we know in Central Florida, it’s how to put on a parade; we have several every day and we see smiling and happy faces.

It’s not my job to rain on anyone’s parade. That’s why I’m saying this as we celebrated Martin Luther King Jr.’s birthday and Black History Month. Here we are, 49 years later, Dr. King’s “four young children” as old as I am, and one

of them already gone from us. I have to say, about that dream of equality that he had - it’s still just a dream.

I am dedicated to making Dr. King’s dream a reality and I will fight for equality for all Americans.

Courage,

Alan Grayson

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Did You Know That?

Drinking two glasses of *Gatorade* can relieve headache pain almost immediately – without the unpleasant side effects caused by traditional “pain relievers.”

Did you know that *Colgate* toothpaste makes an excellent salve for burns.

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewin’ on a couple of curiously strong *Altoids* peppermints. They’ll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with *Alka-Seltzer*. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms.

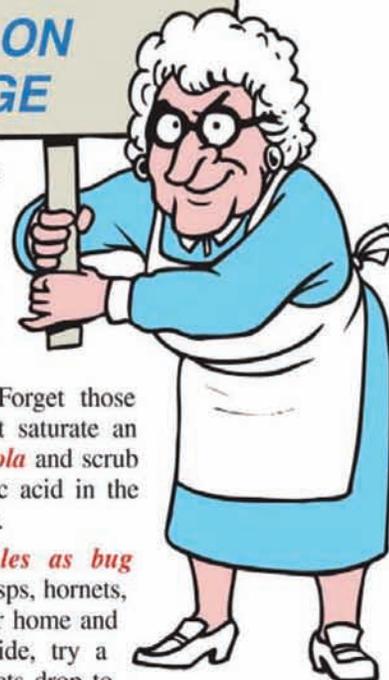
Alka-Seltzer begins eliminating urinary tract infections almost instantly – even though the product was never been advertised for this use.

Honey remedy for skin blemishes... Cover the blemish with a dab of honey and place a *Band-Aid* over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

Listerine therapy for toenail fungus... Get rid of unsightly toenail fungus by soaking your toes in *Listerine* mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

GRANDMA'S CURES

KEEP THIS ON THE FRIDGE



Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of *Maybelline* Crystal Clear nail polish to the threads of the screws before tightening them.

Coca-Cola cure for rust... Forget those expensive rust removers. Just saturate an abrasive sponge with *Coca-Cola* and scrub the rust stain. The phosphoric acid in the coke is what gets the job done.

Cleaning liquid that doubles as bug killer... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of *Formula 409*. Insects drop to the ground instantly.

Smart splinter remover... just pour a drop of *Elmer's* Glue-All over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Hunt's tomato paste boil cure... cover the boil with *Hunt's* tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters... To disinfect a broken blister, dab on a few drops of *Listerine*... a powerful antiseptic.

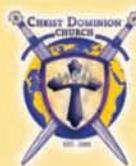
Heinz vinegar to heal bruises... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Kills fleas instantly. *Dawn* dish washing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Goodbye fleas.

Rainy day cure for dog odor... Next time your dog comes in from the rain, simply wipe down the animal with *Bounce* or any dryer sheet, instantly making your dog smell springtime fresh.

Eliminate ear mites... All it takes is a few drops of *Wesson* corn oil in your cat's ear. Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

Quaker Oats for fast pain relief... It's not for breakfast anymore! Mix 2 cups of *Quaker Oats* and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.



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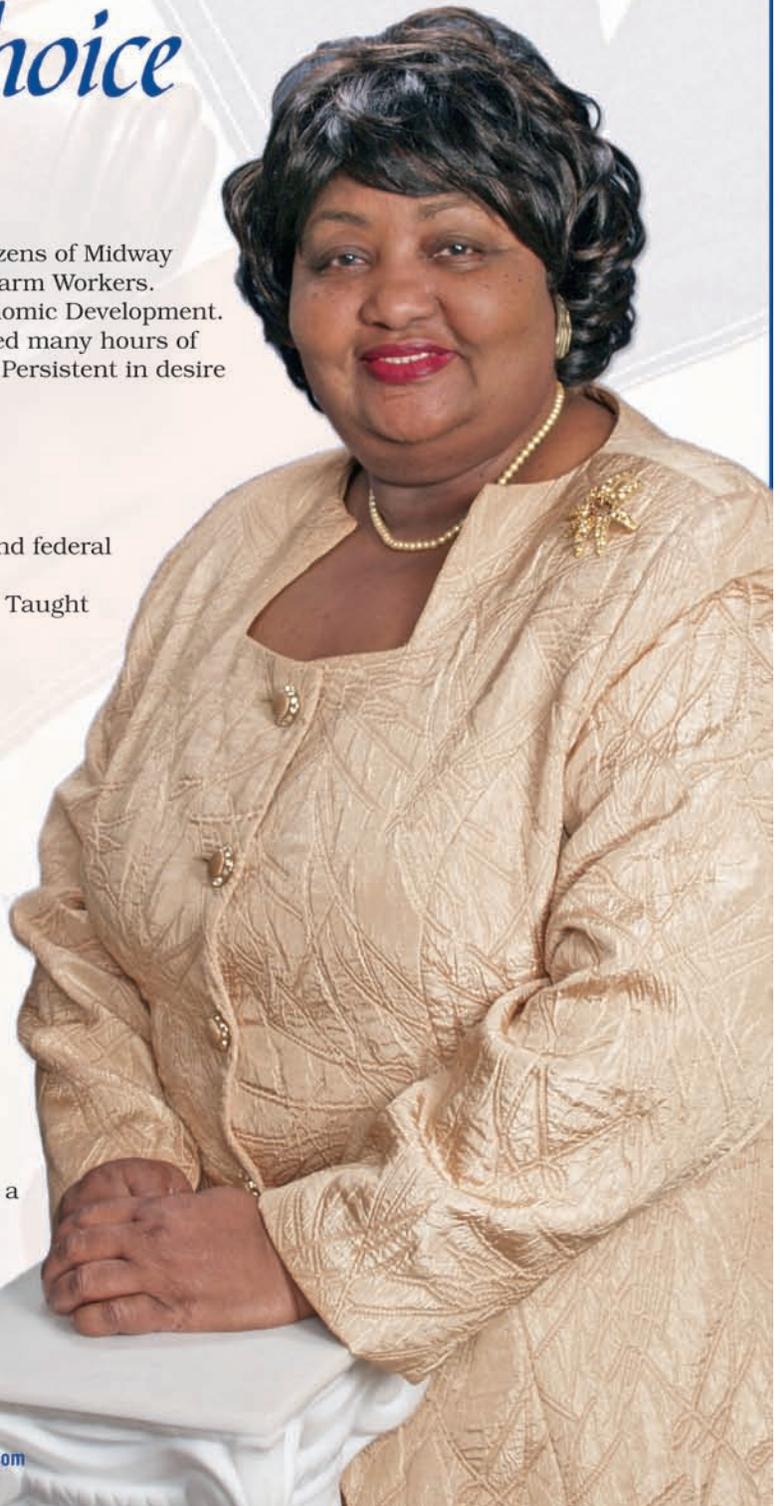
Practice law since 1977 in county and circuit courts; state and federal appellate courts and agencies. Practice civil, criminal and administrative law. Received many awards and recognitions. Taught Litigation Skills. Law Lecturer.

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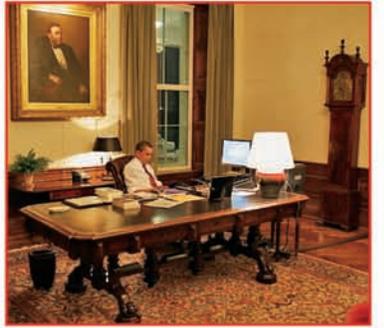
Continually sought to be elected to county court to bring innovation and alternatives designed to address Gadsden County's unique and common needs. For well over 20 years she has said that our courts can do more than issue judgments. The county court can be a place where criminal behavior can be "nipped in the bud" by utilizing alternative sentencing, rehabilitation, education and economic development programs

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Recipes

Caramelized Apple Clafoutis

This lightly sweet pastry, studded with caramelized apple, is one component of an elaborate dish entitled **Brillat-Savarin**. Its major ingredients — apples, crème fraîche, Calvados, and the Brillat-Savarin cheese — all come from Normandy in France.

Ingredients

- 3 tablespoon(s) unsalted butter
- 2 Golden Delicious apples, peeled, cored, and cut into 3/4-inch cubes
- 1/2 cup(s) sugar
- 1/3 cup(s) all-purpose flour
- 1/2 teaspoon(s) baking powder
- 1 pinch(s) salt
- 3 large eggs
- 1/3 cup(s) whole milk
- 1/4 cup(s) crème fraîche
- 2 tablespoon(s) Calvados
- Soft ripened cheese, such as Brillat-Savarin for serving



Directions

1. Preheat the oven to 375 degrees F. In a large skillet, melt the butter. Add the apples and cook over moderately high heat, stirring, for 1 minute. Add 1/4 cup of the sugar and cook, stirring, until the apples soften and lightly caramelize, 5 minutes. Scrape the apples and all of the liquid onto a plate and let cool.
2. In a bowl, whisk the flour, baking powder, and salt. In another bowl, whisk the eggs and remaining 1/4 cup of sugar until pale. Whisk in the flour mixture, milk, crème fraîche, and Calvados. Fold in the apples and their liquid. Pour the batter into six buttered and sugared, 5-by-3 1/2-inch shallow, oval baking dishes.
3. Bake for 35 minutes, until golden and just set. Let cool until warm, then run a knife around the edge of each clafoutis, and unmold onto plates. Serve with a wedge of cheese.

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Darryl A. Barrs, Sr., Publisher/Managing Editor

The Power of Praise

The beginning of last month, I received an email from a lady that expressed her gratitude for us making the Program Success Magazine available to read free of charge. She stated how she anticipated its launch each month and how she reads it cover to cover and how it improved her life in many areas.

That same day, one of our advertiser call me and thank me for the positive outlook The Program Success Magazine provides to the community and expressed the amount of business he has received from advertising in the Magazine. Then, later that very same day, a lady who was profiled in an article, call me to say thanks and show appreciation.

Of course, my concern was, is this the last day of my life? Am I about to die? Then I realized quite the contrary. My world is not coming to an end; I'm just suffering like so many of us, from the lack of positive reinforcement and recognizable appreciation in light of the many negative things that burdens our lives.

This negative economic is not good. The unemployment rate is too high. Our schools are under-funded. Our businesses are failing. The Gay Marriage Issues are being mishandled. The Sexual Misconduct in our Churches is growing. Government Mistrust is at an all-time high. World Peace exists only in our prayers. These are a just few of the negative things that negatively affect our lives daily.

We must be careful today, however, with all the negative things that are going on around the world, that we not negate all that is positive. There are a lot of things that are positive going on in our homes, on our job, at church, with our children, and in the community, despite that which is evidentially negative. It seems that the roar of all that is negative reduces the cry of the positive to a whisper.

When we only focus and take to heart the negative, it frown our face, burdens our heart, bitters our coffee, dims our view, shorten our lunch, limited our friends, and causes us to click our heals together and wish for anyplace but home.

The pain and sorrow of negativity is the same pain and sorrow the

body experiences from a hurt toe, tooth or finger. Your whole life seems inhibited, as does your body from the pain of one of these feeble members. Yet, there is so many more body parts that are not hurting, which is good, and a fact that is worthy of celebration and a fact that should producing comfort and cheer.

There is a woman at work who is never late and never causes you to raise your voice at her, yet she is overlooked because too much of your attention is paid to those always late, those too loud, and those in constant need of nudging. There is a man who always has a kind word, yet his words never brighten your day because your mind is preoccupied with the things that didn't go your way.

There is a waitress at your favorite restaurant who have never gotten your order wrong, makes sure your guest is treated properly and that your time allocations are met. Yet, she's never attributed a word that makes her know you realize her person and not just her service.

There is a Deacon who makes sure you are visited even when you're not sick, yet his visits are unappreciated because of your disappointment over the Pastor not coming. There is a child at home who may not think to do everything you think he/she should, yet your child is honest, decent, respectable, and makes you proud in areas you never take time to mention.

Words of encouragement and appreciation add years to our lives. They are the seeds planted that yields a continuance harvest. The power of praise fuels stellar mechanisms. Let's not ever assume that which is functional needs no exactitude or diligence. I know this personally from realizing how starved I was when feed only a few morsels of praise.

When you are praised, it makes you seek others to praise. When others are praised, they seek others to praise. When you see that thing in others that is worthy of praise; and others see it in another, before long, we all come to realize the picture of all that is good and positive around us everyday. At this point, we will commit ourselves to not only praising God – but also praising people.

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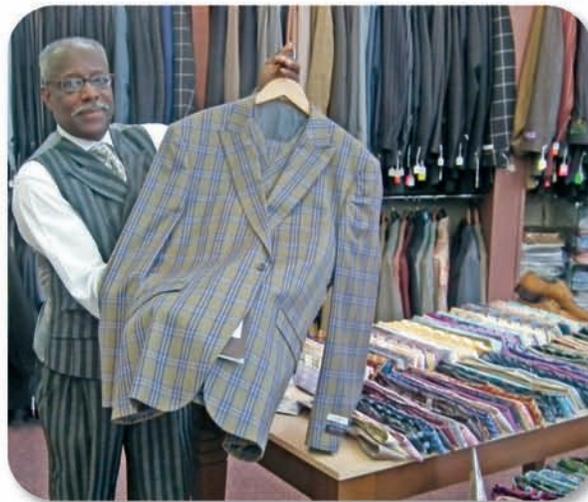
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