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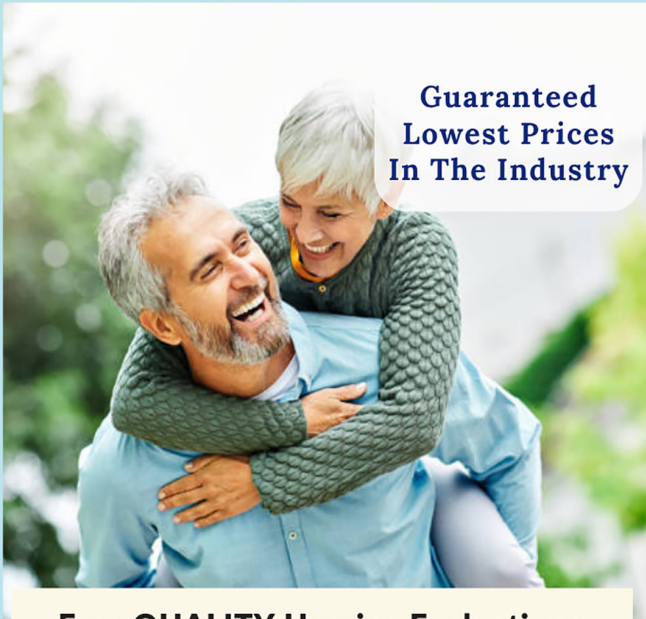
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What Greater Works Will You Do?

By ANGEL CHAVEZ

“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father”. *John 14:12*

Jesus is talking to all believers...

WHICH WORKS EXACTLY? I guess everything that Jesus did in establishing the Kingdom of His Father. **WHICH WORKS** exactly?

“And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease.”

Matthew 10:1

“...And as you go, preach, saying, ‘The kingdom of heaven is at hand.’

Heal the sick, cleanse the lepers, raise the dead, cast out demons.

Freely you have received, freely give.” *Matthew 10:6-8*

PLEASE REMEMBER THESE ARE ONLY SOME WORKS RECORDED IN OUR BIBLE, AND JESUS IS TALKING ABOUT THESE AND GREATER WORKS? Sadly, most of our churches are very busy teaching the congregation how to be a religious Christian, without any authority and power?

AND THEN, I ALSO HEARD SOME SAY THAT JESUS WAS ABLE TO DO THESE WORKS BECAUSE HE WAS ACTING AS GOD IN THE FLESH. Well, I don’t think so. In the book of Philippians says that Jesus emptied Himself of Godly powers like “All Powerful”, “All knowing”, “Ever-present”. Yes, his nature was always sinless, divine and One with the Father, but when it comes to fight the enemy, and doing the works of the kingdom, He did it as a mere human being filled by the Holy Spirit. “Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no

reputation, (Other translation reads: Jesus emptied Himself) taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.”

Philippians 2:5-8

THERE IS AT LEAST TO IMPORTANT REASONS TO CONSIDER: God is proving that Adam was equipped with everything he needed to defeat Satan, and when Jesus demands from us that we do the same works he did and greater works, it proves that we are equally equipped with power and authority. We must be all equipped with all we need to do the Job that Jesus demands from us. Because He was anointed to do what He did by The Holy Spirit. And therefore, He defeated the enemy and did all those works as a man anointed by Holy Spirit. “How God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.” *Acts 10:38*

GOD IS A FAIR GOD! EVEN WITH SATAN: Satan, who defeated Adam, the first man, by making him break God’s Word; Jesus defeated Satan just like a man, filled with the Holy Spirit, by quoting and activating God’s Word. The Word that holds all creation in place and keeps it functioning like a Swiss watch. God the father had equipped Adam with everything he needed to defeat Satan any time all the time, [Adam talked to God every day], just like Jesus did destroy Satan and his kingdom, by quoting and activating God’s Word. And I think we all need to learn to believe and activate God’s Word if we are ever going to fulfil

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JUNE 2026



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Should Parents Create a Strict Summer Schedule or Offer More Flexibility? Expert Weighs In

Source: MOMSWHOTHINK.COM

What is the ideal summer schedule for kids? Should you maintain a structured routine, similar to the one you keep during the school year? Or can kids benefit from some unscheduled time when they can rest and play? It can be a delicate balance between an overly scheduled, rigid summer and a spontaneous one that perhaps devolves into chaos. Dr. Stacy Doumas, Chair of the Department of Psychiatry at Jersey Shore University Medical Center has some answers. Just how important is it for kids to have structure during their summer break?

Structure and Routine Help Kids' Well-being

Dr. Doumas explains that routines continue to be important, even during downtime. "From a mental health perspective, maintaining a sense of structure during the summer is indeed crucial for a child's wellbeing." She continues, "Routines, especially around bedtimes, wake-up times, and meals, provide a sense of predictability and security that helps children feel safe."

However, that doesn't mean you

need to schedule every minute of their time. "While the summer schedule can certainly be more relaxed than the school year's, consistency is key to keeping your child comfortable and cooperative," she says. "A lack of a consistent sleep schedule, for example, can disrupt a child's internal clock for weeks and has been linked to everything from irritability and poor behavior to long-term health concerns. Think of this basic routine as the foundation upon which you can build a summer that also allows for spontaneous deviations, like special outings or vacations, which are equally vital for a healthy, happy break."

Unstructured Time Builds Resilience in Kids

In fact, letting kids have free time without expectations is more than just fun for your kids; it also helps them learn important life skills. "Unstructured time is essential for fostering imagination and free play," says Dr. Doumas. "This is a critical component of healthy development. Research shows that this type of child-led, spontaneous play — free from predetermined rules or adult direction — is where children

build crucial life skills. When they have to invent their own games, they are exercising creativity and critical thinking.

"When they play with others, they learn to negotiate, collaborate, share, and resolve conflicts on their own terms. This free time also helps them develop a sense of independence and learn to regulate their own emotions, which are important skills for building resilience."

Finding the Balance Between Structure and Spontaneity

Dr. Doumas explains, "There are definite downsides to the extremes of a completely unstructured summer and an overly rigid one. Too much freedom can lead to a lack of routine that negatively impacts children's moods and well-being. Without the scaffolding of a schedule, some children and teens experience boredom, loneliness, and understimulation, which can sometimes lead to anxiety or depression."

However, too rigid a schedule may be harmful as well. "On the flip side, an overly rigid and packed summer schedule can create significant stress and

see "SUMMER" on page 22



VICKI DAVIS
 MARTIN COUNTY SUPERVISOR OF ELECTIONS
 123 SE MLK Jr. Blvd. | Stuart, FL 34994
 772-288-5637
 www.MartinVotes.com

Check Your Voter Status!

Election season is quickly approaching, with the Primary Election scheduled for Tuesday, August 18, and the General Election set for Tuesday, November 3. As these important dates draw near, now is the time to Check Your Voter Status to ensure you are fully prepared to participate.



When reviewing your voter information, consider a few key questions. Has your name changed recently? Have you moved to a new address? Do you need to update your signature? Would you like to change your political party affiliation? If you answered yes to any of these questions, this is the perfect opportunity to update your records with the Elections Office.

Checking your status is quick and easy. You can visit MartinVotes.gov, call 772-228-5637, or stop by the Elections Office located at 135 SE Martin Luther King Jr. Blvd. in Stuart. Staff members are available Monday through Friday, from 8 a.m. to 5 p.m., and are ready to assist you with any updates or questions you may have.

Taking these steps now ensures that when Election Day arrives, you are ready to cast your ballot. Staying informed and prepared is an important part of participating in the democratic process, and we look forward to seeing you at the polls! ♦



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Renting Your Homestead Property

In an effort to meet the demand for affordable housing, state lawmakers are reviewing and proposing ways in which to incorporate the use of accessory dwelling units, or smaller secondary homes, as well as additional living spaces within existing dwellings to meet the demand. Even on a local level, there are organizations considering the launch of home sharing initiatives to meet this need.

For permanent Florida residents who currently claim homestead exemption, or who intend to apply for homestead exemption, it is imperative that they understand how changes in the laws and/or participating in a home sharing program may impact their homestead exemption, property values, and tax bill.

Here are a few things to know when renting property that has the homestead exemption.

1.) Florida Statutes classify properties that are rented for longer than six months as being used for commercial purposes. Whether it is a single room, a guesthouse, or the entire property being rented, commercially used property does not qualify for homestead exemption.

2.) It is permissible to rent a single room, a small portion of the home, or a guesthouse while retaining the homestead exemption so long as the rental does not exceed six (6) months.

3.) It is permissible to rent all or a significant portion of a property so long as:

- The property is not rented on January 1st of the tax year.
- The property is not rented for more than thirty (30) days per calendar year for two (2) consecutive years.

Any rented portion(s) exceeding the statutory time frames noted above would be removed from the homestead exemption, the proportional Save Our Homes assessment limitation would be lost, and the value on the rented portion(s) would reset to current market value.

If the homesteaded owner is also claiming a Limited Income Senior exemption, it is important to note that rental income may have to be reported, which could affect your adjusted gross household income.

A homesteaded property owner, who elects to rent all or a portion of their property while desiring to maintain the homestead exemption, must ensure that all their residency-based documents (i.e. Driver's license, voter's registration etc..) continue to reflect the homesteaded property address.

Members of the United States Armed Forces who are deployed on an active military assignment may be protected from losing their homestead exemption, even if they choose to rent their homesteaded property, during their mandatory deployment.

Florida law and state statutes regarding how to maintain eligibility for a homestead exemption while renting the property can be complicated and this article is not meant to be an exhaustive review. Each situation is often unique, so property owners who have additional questions are encouraged to contact the Martin County Property Appraiser's Office. ♦



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Honoring America's Fathers

by DR. BRENDA MACMENAMIN, DCE
Professor, Christian Leadership University

Fathers, you are so important for the stability and blessing of your family and our nation. As John Locke said in *Of Civil Government*:

“First then, in the beginning of things, the father’s government of the childhood of those sprung from him, having accustomed them to the rule of one man, and taught them that where it was exercised with care and skill, with affection and love to those under it, it was sufficient to procure and preserve to men all the political happiness they fought for in society.”

“...And unless they had done so, young societies could not have subsisted; without such nursing fathers tender and careful of the public weal, all governments would have sunk under the weakness and infirmities of their infancy, and the prince and the people had soon perished together.”

“First, then, Paternal or parental power is nothing but that which parents have over their children, to govern them for the children’s good, till they come to the use of reason, or a state of knowledge, wherein they may be supposed capable to understand that rule, whether it be the law of nature, or the municipal law of their country, they are to govern themselves by: capable, I say, to know it, as well as several others, who live as freemen under that law. The affection and tenderness which God hath planted in the breast of parents towards their children, makes it evident, that this is not intended to be a severe arbitrary government, but only for the help, instruction, and preservation of their offspring.”

Ephesians 6:4 KJV confirms what Locke shared, “And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.”

This is why, years after the Constitutional Convention, Samuel Adams shares with his cousin, John, “Let the divines and philosophers, statesmen and patriots, unite their endeavors to renovate the age, by impression the minds of men with the importance of educating their little boys and girls; of inculcating in the minds of youth the fear and love of the Deity and universal philanthropy, and, in subordination to these great principles, the love of their country; instructing them in the art of self-government, without which they never can act a wise part in the government of societies, great or small; in short, of leading them in the study and practice of the exalted virtues of the Christian system...”

Thank you Fathers for shouldering this tremendous responsibility to lead your families well. We honor and bless you! ♦

For His Glory! Dr. Brenda MacMenamin
TeachingHisStory.com. High School American History and American GOV & Ec online, Foundation for American Christian Education.



The Car That Keeps on Giving

By TODD HARRIS - ASE Master Technician
Owner of Crown Car Care

In May of 2025, my wife invited me to attend the Elev8 Hope Lip Sync Battle at the historic Lyric Theatre. She was performing with the Tri-County Line Dancing group, where she takes lessons, and I was happy to be there to cheer her on.

I was already familiar with Elev8 Hope and knew they were doing important work in our community. Their mission is to help people in Martin County who are facing difficult circumstances and trying to rebuild their lives. But that evening, I gained a much deeper understanding of just how powerful their work truly is.

After all the performances were over, a young woman stood on stage and shared her story. She spoke about the challenges she had faced and how Elev8 Hope had helped her find stability and hope for the future. She was working hard to attend college, hold down a job, and continue therapy. Her determination was inspiring.

As I listened to her, I kept thinking about something many of us take for granted: reliable transportation.

At Crown Car Care, we occasionally end up with vehicles that customers decide not to repair and instead sign over to us. Around that time, we had refurbished one such vehicle. It wasn’t flashy or expensive. It was simply dependable transportation — the kind of car that could get someone to work, school, counseling appointments, and wherever else life required them to be.

I felt compelled to donate that vehicle to her.

At the time, I hoped it would help make her journey a little easier. What I did not realize was how far that act of kindness would reach.

Elev8 Hope recently had their 2026 fundraising lip sync battle, I learned that the car had done exactly what we hoped. It helped her get to work and school, continue building her life, and eventually save enough money to purchase another vehicle of her own.

But the most meaningful part of the story came next.

Instead of selling the car or trading it in, she chose to pass it along to another Elev8 Hope recipient — a young father who needed transportation so he could work and support his children.

That old car became something much more than a vehicle. It became a bridge to independence. A tool for opportunity. A symbol of hope. And now, it is helping a second person create a better future.

In the automotive repair business, we spend our days fixing vehicles and keeping people safely on the road. Sometimes we forget that a car is more than a machine. For many people, it represents freedom, responsibility, and the ability to care for themselves and their families.

This experience reminded me that even a modest act of kindness can have an impact far beyond what we imagine.

You do not have to do something grand to make a difference. Sometimes all it takes is helping someone take the next step forward.

That is why I call this “the car that keeps on giving.”

At Crown Car Care, we are grateful to be part of a community where organizations like Elev8 Hope are changing lives every day. And we are honored that one simple vehicle could help keep hope moving forward. ♦

These 5 AI-proof jobs are hiring - Here's how much they pay and how to get them

Source: MORNINGSTAR.COM



As artificial intelligence evolves, tech companies are laying off employees. But some careers, including trade and healthcare jobs, have proven resilient to advancements in AI.

If you're feeling stuck in this job market, you're not alone.

The hiring landscape is tough right now, especially for younger workers and those in white-collar fields. As artificial intelligence continues to evolve, more than 90,000 tech employees across at least 98 companies have been laid off so far this year according to Layoffs.fyi, a project by startup founder Roger Lee tracking layoffs in the tech sector.

Employment shakeups at major tech companies in April alone have included 8,000 jobs cut at Meta (META) and voluntary buyouts offered to 7% of

Microsoft's (MSFT) U.S. workforce. Oracle (ORCL) also began the process of laying off 30,000 people to cut costs as the cloud-services company builds out expensive AI data centers.

Despite the recent wave of tech layoffs, AI adoption is still concentrated in certain parts of the economy, particularly industries like information services, finance and professional services, where firms are more likely to integrate the technology into day-to-day work. About 19% of U.S. companies have integrated AI into their day-to-day operations, a number that is expected to rise to 22.3% in the next six months, according to a March 2026 Goldman Sachs (GS) report citing Census Bureau data.

Careers that are resilient to AI right now share a few common traits: They require a

physical presence, specialized training or real-time human interaction, which AI still struggles to replicate.

"You want your nurse to be a human, but you are probably OK with an AI running your software," said Sneha Puri, an economist at Indeed Hiring Lab.

But that doesn't mean jobs that look safe from AI for now will remain insulated forever. It's worth thinking about how quickly change can happen, said Roy Cohen, a career counselor and former Wall Street executive based in New York.

"At the turn of the 20th century, people were still in horses and buggies ... they didn't likely envision that there'd be an automobile to replace a buggy. But that's what happened," Cohen said. "Long term,

continued next page

none of us can ever predict with any certainty what it's going to look like. We can just appreciate that it's going to be different."

For now, though, some roles are holding up better than others.

Whether you are a career changer, have a kid deciding on a college major or just got laid off yourself and are looking for some stability in an ever-changing AI world, here are five AI-resilient jobs that aren't going anywhere anytime soon. Pay figures come from Indeed's estimated median annual salary for each role.

Job: Cardiac Medical Technician

Salary: \$133,907

Requirement: Associate's degree, specialized certification

The healthcare industry was "basically the only sector driving any job growth across the labor market in the United States" over the past year, Puri said, partly because of the country's aging population. The data backs her up: The job market has added an average of about 56,000 healthcare jobs per month for the past three months, accounting for a large share of the roughly 68,000 total jobs added monthly over the same period, according to the Bureau of Labor Statistics.

So it's no surprise that the role at the top of Indeed's 2026 index of the best jobs in the U.S. falls within the sector. Cardiac medical technicians assist physicians in diagnosing and treating blood-vessel diseases, and the field has seen a significant boost in job postings over the past three years. The job requires operating specialized equipment, monitoring patients and responding in real time, making it difficult to automate.

Wages for cardiac medical techs have grown 34% over the past three years to a six-figure salary, though many of the highest-paying roles are highly specialized. The Bureau of Labor Statistics lists median pay in 2024 for cardiovascular technicians, a broader category that includes heart-test and imaging technicians, much lower at about \$67,000.

Pay can vary widely depending on specialization, setting and hours. Hospital-based roles, for example, often come with overtime, bonuses and higher pay for night or weekend shifts that can push total earnings well above base pay.

Job: HVAC Technician

Salary: \$70,085

Requirements: State-mandated certification

Some of the most AI-resilient jobs are in the skilled trades, where work must be done in person.

HVAC technicians install and repair heating and cooling systems in homes, offices and industrial buildings - work that requires physical labor and problem-solving in real-world environments.

Demand is also getting a boost from AI itself. Data centers, which power AI systems, require extensive cooling infrastructure, driving additional need for technicians. Job postings for HVAC roles have surged 93% over the past three years, according to Indeed data.

Job: Pest-Control Technician

Salary: \$52,253

Requirements: State-mandated certification

The job targeting cockroaches, ants, mice and rats is less vulnerable to being replaced by AI. Pest control requires specialized expertise and non-repetitive work that's done in the real world. It also involves the ability to communicate with stressed customers who want insects and vermin gone - and the stomach to accomplish the task.

"For jobs that require physical skills, AI replacement risk is still quite low," said Felix Aidala, an economist at Indeed Hiring Lab. But pest control has an extra advantage. AI's top risk for many blue-collar workers is that the technology provides customers with the ability to solve problems instead of calling a professional, he said.

Perhaps people could use AI to identify the weird bug crawling under their bed, he said. But "it's hard to see homeowners putting up their own fumigation tents."

As another bright spot, there's no shortage of bugs - and pest control companies are looking for employees. More than one-third of pest-control businesses said their growth last year was constrained by having too few technicians, according to the National Pest Management Association.

Real earnings, including overtime and bonuses, routinely exceed the \$48,000 to \$55,000 range and jobs have good

insurance benefits with room to grow, according to the organization. Some technicians make up to \$100,000 and possibly more at the right company, according to one Reddit thread. "The potential to build a long-term, well-compensated career in this industry is very real," the National Pest Management Association told MarketWatch.

Job: Licensed Professional Counselor

Salary: \$107,812

Requirements: Master's degree and state licensure

Jobs that rely on emotional intelligence are also less exposed to AI disruption.

Licensed professional counselors work directly with patients to address mental-health challenges that require trust, communication and real-time judgment - areas where AI tools can assist but not replace professionals.

"Right now [these roles are] just not replaceable, because AI is not sophisticated enough to present not a voice so much as a profile that can be compassionate," Cohen said.

The role typically requires a master's degree and state license, which can create a higher barrier to entry, but also supports more stable demand.

Pay for owner-operator truck drivers can be high, but it varies widely depending on demand, operating costs and how much drivers are able to work.

Job: Owner-Operator Truck Driver

Salary: \$160,000

Requirements: Commercial driver's license

Driving roles have also remained relatively insulated from AI, even as automation advances. While self-driving technology continues to develop, widespread adoption - especially for long-haul routes and under unpredictable conditions - is still limited.

Owner-operator truck drivers, who typically own or lease their own vehicles, play a critical role in moving goods across the country. The job requires navigating real-world conditions, managing schedules and maintaining equipment.

Pay can be high, but it varies widely depending on demand, operating costs and how much drivers are able to work. ♦

The 10 Best and Worst Bedtime Snacks

Source: EVERYDAYHEALTH.COM



Who doesn't love putting up their feet and tucking into a bowl of popcorn or ice cream at the end of a long day? While the occasional bedtime snack is fine, capping off every day with sweet or salty fare may spell trouble.

"Snacking later into the night increases the chance of weight gain, obesity, and cardiometabolic diseases," says Kristin Kirkpatrick, RD, a dietitian and author of **Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic — Fatty Liver Disease**.

Many of us are more likely to reach for less-than-healthy foods in the evening, and you can blame your body's built-in survival mechanisms for this. Research has shown that our circadian rhythms (the body's internal processes that follow a 24-hour cycle) raise our hunger and cravings for sweet, salty, and carbohydrate-heavy foods when we're tired — which tends to be at nighttime after a long day, for most of us.

The downside of late-night cravings is that they can add unnecessary calories that lead to significant weight gain if left unchecked. Research explains that late-night eating could throw off our internal

clocks and may be associated with higher total caloric intake and body mass index (BMI).

"To offset these innate cravings, I have found that your first defense should be drinking a glass of water or [caffeine-free] tea, rather than heading to the snack pantry," Kirkpatrick says.

Ideally, you'll stop eating two to three hours before going to bed. If you're actually hungry and you need a snack to dip into slumber, chances are you're not eating enough during the day, Kirkpatrick explains. Still, if you do need to eat, or you crave a quick bite before bed, "it is important to choose a small, low-calorie, nutrient-dense snack at this time of the day," Kirkpatrick says.

In fact, some snacks contain nutrients that may relax your body, helping you fall and stay asleep. Read on to discover the best bedtime snacks, as well as the snacks to avoid before getting some sleep.

1. Best: Tart Cherries and Juice

Tart cherries contain melatonin, a key hormone for regulating sleep. Eating fresh tart cherries or juice increases the

level of melatonin in the body, which helps you get to sleep a little easier, according to Kirkpatrick.

While studies on the effect of tart cherries on sleep are still ongoing, early research suggests that tart cherries may improve sleep quality, increase sleep duration, boost melatonin levels, and decrease inflammation.

If you choose to go the tart cherry juice route, skip fruit juice concentrates, as these typically contain added sugar.

When choosing a juice, opt for one that's labeled 100 percent fruit juice; it will contain more nutrients and fewer additives than a sweetened fruit juice or a juice concentrate. But beware that even 100 percent fruit juice is usually quite high in sugar. If you find cherry juice too tart, try diluting it to taste with water or plain seltzer.

2. Worst: Ice Cream

Traditional ice cream is high in saturated fats and added sugars, which can trigger cravings that lead to overeating, according to Jonathan Valdez, RDN, CDCES, the owner of Genki Nutrition in New York City.

Plus, "the amount of sugar in ice cream increases blood sugar and makes it more difficult to get to sleep and stay asleep," Kirkpatrick says.



3. Best: Almonds or Walnuts

"A small handful of nuts will satisfy cravings and hunger while inducing sleepiness," Kirkpatrick says. That's because nuts like walnuts and almonds offer natural melatonin, zinc, and magnesium.

Research also suggests that magnesium intake is associated with longer sleep and better sleep quality. Just ensure the nuts have low or no added sodium, because "salt can disrupt the sleeping cycle," Kirkpatrick says.

4. Worst: Chocolate

Like ice cream, chocolate tends to be high in sugar, meaning it's not the wisest option

see "SNACKS" on page 21

Intermittent Fasting: What Is It, And How Does It Work?

By: HOPKINSMEDICINE.ORG



What is intermittent fasting?

Many diets focus on what to eat, but intermittent fasting is all about when you eat. It limits eating to specific time windows to support metabolic changes like burning fat after sugar stores in the body are depleted. With intermittent fasting, you only eat during a specific time of the day or on certain days of the week. Research shows fasting for a certain number of hours each day or eating just one meal a couple days a week may have health benefits.

How does intermittent fasting work?

Intermittent fasting works by prolonging the period when your body has burned through the calories consumed during your last meal and begins burning fat.

“Intermittent fasting contrasts with the normal eating pattern for most Americans, who eat throughout their waking hours,” Mattson says. “If someone is eating three meals a day, plus snacks, and they’re not exercising, then every time they eat, they’re running on those calories and not burning their fat stores.”

In prehistoric times, before humans learned to farm, they were hunters and gatherers who evolved to survive — and thrive — for long periods without eating. Our bodies still operate in this same mode. Mattson says that after hours without food, the body exhausts its sugar stores and starts burning fat. He refers to this as metabolic switching.

What are the different intermittent fasting plans?

• Daily Approach

The daily approach restricts daily eating to one six- to eight-hour period each day. For instance, you may choose to try 16/8 fasting: eating during an eight-hour window and fasting for 16 hours.

• 5:2 Approach

The 5:2 approach involves eating regularly five days a week. For the other two days, you limit yourself to one 500–600 calorie meal. An example would be if you chose to eat normally on every day of the week except Mondays and Thursdays, which would be your one-meal days.

Longer periods without food, such as 24-, 36-, 48- and 72-hour fasting periods,

are not necessarily better for you, and may be dangerous. Going too long without eating might actually encourage your body to start storing more fat in response to starvation.

How long does it take for intermittent fasting to work?

Mattson’s research shows that it can take two to four weeks before the body becomes accustomed to intermittent fasting. You might feel hungry or cranky while you’re getting used to the new routine. But, he observes, research subjects who make it through the adjustment period tend to stick with the plan because they notice they feel better.

What can I eat while fasting?

- While fasting:

- Water
- Zero-calorie beverages such as black coffee and tea

- When eating normally:

• **Mediterranean diet:** Most nutrition experts regard the Mediterranean diet as a good blueprint of what to eat, whether you’re trying intermittent fasting or not. You can hardly go wrong when you pick leafy greens, healthy fats, lean protein and complex, unrefined carbohydrates such as whole grains.

• **Wide range of foods:** What some experts like about intermittent fasting is that it allows for a range of different foods to be eaten — and enjoyed. Sharing good, nutritious food with others and savoring the mealtime experience adds satisfaction and supports good health.

• **Avoid high-calorie foods:** Research shows that you’re not likely to lose weight or get healthier if you pack your feeding times with high-calorie food or a much larger volume than you typically eat for a meal.

What are the benefits of intermittent fasting?

Here are some intermittent fasting benefits research has revealed so far:

- **Thinking and memory.** Studies discovered that intermittent fasting boosts working memory in animals and verbal memory in adult humans.
- **Heart health.** Intermittent fasting improved blood pressure and resting heart rates as well as other heart-related measurements.

see “FASTING” on page 22

How Much Does a Home Gym Cost in 2026

Source: GARAGEGYMREVIEWS.COM

So, you want to build a gym at home, and you're wondering, "How much does a home gym cost?" You're not alone; this is by far one of the most asked questions we receive. We've detailed just how much you can expect to spend, and trust us when we say it's likely much less than you think. A home gym can not only be built on a budget, but it can also be an extremely smart financial decision.

How Much Does a Home Gym Cost?

As with any hobby, a home gym can be extremely costly at the start. That said, it doesn't have to be; in fact, you can start a home gym with as little money as you have, or even nothing but the things you have lying around the house. We want to bust the myth that a home gym is only for the wealthy and well-to-do.

A home gym, if used properly, has the power to benefit everyone physically, mentally, and fiscally. We've seen people drive down debt, increase energy, and decrease body fat through the building of a gym in their home or garage.

We'll get into the details throughout this article, but here's a quick overview of how much you can expect to spend on a home gym.

Type of Gym	Cost Range	What You Get
Budget gym	\$300-\$1,000	Dumbbells, kettlebells, budget cardio equipment
Mid-range	\$1,000-\$3,000	Power rack, barbell, dumbbells, weight plates, bench
Full gym	\$3,000-\$6,000	Add cardio, rack accessories, and flooring
Commercial-grade gym	\$6,000+	Commercial versions of all gym equipment

Why You Should Build a Home Gym

Have you ever wondered why everyone in your life with a home gym is constantly telling you how great it is? I was that way. Before I started my garage gym, I worked out at a CrossFit gym, paying for both my wife and I to work out at a gym that we certainly enjoyed, but we still saw many areas for improvement.

I noticed that although our monthly membership fee was around \$200, we were spending much more when the gas, car maintenance, and time were factored in. Throw in the fact that the gym wasn't super close, and it began to seem pretty frivolous to be spending so much to use someone else's barbells and plates (especially considering how low quality the equipment was).

There are a few things that nearly everyone reading this could benefit from, and I certainly could then when I was a slave to the



monthly gym membership. I'm talking about more time, money, and health.

More Time

Time is our most finite resource. You may feel like you have a very long life ahead of you (and I hope you do), but the reality is that time is ticking away, and we aren't guaranteed our next breath. I want to maximize my time here on Earth as much as possible and I believe others do, as well. Not only that, but when you factor in the cost of your time, your time-spending habits may change.

Every decision has a seemingly infinite amount of choices not chosen. Essentially, by saying I'm going to drive to the gym, pay for the gym, take a long time to use the gym, and drive home from the gym, is you saying "no" to an insane amount of things that would probably be better for you to say "yes" to, like more money.

More Money

A home gym (while still a cost, nonetheless) can, in fact, be a very frugal cost and money-saver if done properly. Think about this: The difference between a home gym and a commercial gym in terms of money spent is very similar to the difference in buying a car versus leasing a car.

When you buy a car outright, you own that car. You can do whatever you want with it, and it's yours. If you lease a car, you pay a fee to use somebody else's car. Leasing, also known as "fleecing" by various financial experts (I'm a former financial planner, so I've spent a lot of time with these concepts), is a much more expensive way to drive a car.

A home gym, like buying a car outright, is now yours to keep forever. Additionally, a home gym doesn't depreciate as quickly as a car (if bought following our suggestions), and never has to be upgraded unless you simply want to.

A home gym is also much cheaper over its lifespan versus a gym membership. We'll get into more of the nitty-gritty numbers in the next section, but a majority of home gyms could end up

continued next page



being cheaper for their owner in less than three years versus the cost of a commercial gym membership over an equivalent timeline.

More Health

The last thing that everyone reading this could benefit from is more health. More health will likely equal more time alive and, therefore, can mean more money made. Regardless of this, health is what all of you reading this are striving for.

You want better physical and mental health, both of these can be achieved by a home gym in a way a commercial gym can't facilitate. Think about the way you use a commercial gym, you go for an hour a few times each week, and that's it. A home gym is always there, always available to be used, and always taunting you to get better.

A home gym could truly be one of the best investments you make for your health, wealth, and happiness.

Home Gym Cost -vs- Gym Membership Cost

The cost of a home gym versus a membership for a commercial gym like a CrossFit Affiliate, Gold's Gym, or something similar is the main determinant for people considering home gym ownership. Sure, there are a ton of benefits to having a home gym, but I find that for most people, it simply comes down to cost.

"Can I build a home gym that allows me to accomplish my goals without ruining myself financially?"

I always find our purchasing decisions kind of funny. For instance, many of us are likely reading this on an expensive smartphone, which doesn't include the monthly cost of our unlimited everything plans. For reference, the latest iPhone at the time of writing, the iPhone 17, starts at \$799, while the iPhone 17 Pro starts at \$1,099.

I say this to illustrate the fact that it's become acceptable to purchase a 4-figure phone that must be upgraded every few years (many upgrade every year...don't worry, I do the same), but a

se "GYM" on page 30

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THOMAS COLTER ✓

for State Representative District 85

Tom Colter's campaign isn't built on flash or political theatrics; it's grounded in something increasingly rare: a clear sense of duty. A conservative attorney, U.S. Marine Corps combat veteran, and candidate for Florida's 85th House District, Tom is running on a message that blends service, accountability, and a firm belief that government should answer to the people, not the other way around.

From the outset, Tom's candidacy has centered on a simple yet powerful idea: representation should be earned, not assumed. In a district where many voters feel overlooked by entrenched political interests, his campaign has tapped into growing frustration with insider politics and decisions made far from the communities they affect.

Tom's background plays a central role in shaping both his message and his approach. As a Marine combat veteran, he understands leadership under pressure and the importance of mission-first thinking. Those experiences, he often says, taught him that accountability is non-negotiable, whether on the battlefield or in public office. That same mindset carried into his legal career, where he built a reputation for discipline, preparation, and standing firm on principle.

But it's not just his résumé that resonates with voters; it's how he connects it to the issues they face every day.

One of the defining themes of Tom's campaign is opposition to overdevelopment and what he describes as "wasteful, short-sighted growth." In a rapidly expanding region of Florida, concerns about traffic congestion, strained infrastructure, and disappearing green space have become impossible to ignore. Tom argues that development itself isn't the problem; poor planning is.

"Growth should serve the community, not overwhelm it," he has said on the campaign trail. "Right now, too many decisions are being driven by special interests instead of the people who actually live here."

This stance has positioned him as a strong advocate for local control, particularly as debates intensify over state-level legislation that critics say undermines county authority. Tom has been outspoken about bills like SB 102, which he argues threaten local governments' ability to make decisions tailored to their communities.

For him, this isn't just a policy disagreement; it's a matter of principle. His campaign emphasizes that decisions about zoning, development, and community planning should be made as

close to the people as possible. “Tallahassee shouldn’t be dictating what happens in our neighborhoods,” he has said. “That’s not how responsive government works.”

Alongside development issues, Tom has placed a strong focus on fiscal responsibility. He frequently points to what he sees as excessive government spending and a lack of transparency in how taxpayer dollars are used. His platform calls for stricter oversight, clearer budgeting, and a commitment to prioritizing essential services over what he describes as “pet projects and political favors.”

This message has struck a chord with voters who feel that their tax dollars aren’t being managed wisely. In town halls and community events, Tom often frames the issue in straightforward terms: “If families have to balance their budgets, government should too.”

Education and parental rights also feature prominently in his campaign. Tom advocates for policies that give parents greater control over their children’s education, arguing that families, not bureaucracies, should have the final say. This position aligns with a broader movement across Florida that emphasizes transparency in school curricula and increased parental involvement.

At the same time, Tom has worked to distinguish himself from what he calls “career politicians.” His campaign messaging frequently draws a contrast between insiders, those with longstanding ties to political systems, and candidates who come from outside that structure. He positions himself firmly in the latter category, emphasizing his real-world experience over political tenure.

That contrast has become a central narrative in the race. Supporters see him as an independent voice willing to challenge the status quo, while critics question whether his outsider approach can translate into legislative effectiveness. Tom, however, leans into the distinction.

“Being an outsider isn’t a weakness,” he has said. “It means I’m not beholden to the same interests that have been calling the shots for years.”

The campaign’s grassroots strategy reflects that philosophy. Rather than relying solely on traditional political machinery, Tom’s team has focused heavily on direct voter engagement, door-to-door canvassing, local events, and small-group conversations. This approach, while time-intensive, has helped build a sense of personal connection with constituents.

Volunteers play a significant role in that effort, many of them drawn to the campaign by its emphasis on service and community involvement. For them, the campaign is about more than a single election, it’s about reshaping how representation works.

There’s also a clear emphasis on tone. While the campaign doesn’t shy away from sharp contrasts with opponents, it consistently returns to a message of responsibility and results. Even in more pointed moments, Tom tends to frame his arguments around accountability rather than resorting to personal attacks.

Still, he’s not afraid to deliver clear contrasts when necessary. In debates and public forums, he has challenged what he sees as complacency in leadership, arguing that the district deserves more proactive and transparent representation.

As the race continues, the question facing voters is not just about policy differences; it’s about direction. Tom’s campaign offers a vision rooted in local control, disciplined governance, and the belief that public service should be exactly that: service.

Whether that message ultimately carries him to victory remains to be seen. But one thing is clear. The campaign has already reshaped the conversation in the district, bringing issues like overdevelopment, government accountability, and community representation to the forefront.

In a political environment often dominated by noise and division, Tom’s approach stands out for its clarity. It’s a campaign built less on slogans and more on a consistent argument that leadership should be earned through action, guided by principle, and held accountable to the people it serves. ♦

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ARE YOU AFRAID TO FALL IN LOVE?

You May Be Experiencing Philophobia

Philophobia is a fear of falling in love. It can also be a fear of getting into a relationship or fear that you will not be able to maintain a relationship. Many people experience a minor fear of falling in love at some point in their lives. But in extreme cases, philophobia can make people feel isolated and unloved.

Philophobia is not a condition that a doctor can diagnose because it is not in the Diagnostic and Statistical Manual of Mental Disorders (DSM). That is the guide that mental health professionals use to determine if someone has the criteria for a specific mental illness or mental health disorder. Even so, mental health professionals can often help with philophobia if it is affecting your life negatively.

Causes of Philophobia

The fear of falling in love has many potential causes, including:

- Past experiences. Traumatic past relationships may contribute to the development of the fear of falling in love. Infidelity, betrayal, or heartbreak can cause you to stay away from romantic relationships. Other types of relationships can also give someone this fear, like parental relationships and close friendships.
- Cultural experiences. In some cultures, there's more pressure to marry at a young age under specific circumstances. If someone does not want to have this traditional experience, it can lead to philophobia.

- Fear of rejection. Putting yourself out there can be scary. Studies show that rejection can have similar results in the body to physical pain. Most people are able to get over rejection, but if you have experienced several painful rejections, the fear of another one can stay with you.

Symptoms of Philophobia

The symptoms of this fear are different for each person. However, many people with philophobia experience:

- Lack of intimate relationships
- Always feeling anxious in relationships

In relationship situations or when thinking about relationships, you may also have:

- Rapid heart rate
- Shallow breathing
- Panic or anxiety attacks which may include chest pains

Risks of Philophobia

People who have lingering or more extreme cases of philophobia may have an increased risk of:

- Depression
- Anxiety
- Substance abuse
- Suicidal ideation

continued next page



Treatments for Philophobia

Most people experience some fear or resistance to intimacy or falling in love at some point in their lives. However, it can become a problem if your philophobia is causing you significant distress. If that's the case for you, treatment is available.

The main treatment suggested for philophobia is to seek therapy or counseling. You can work with a mental health professional. They may go over your past relationships to identify what is causing your fear of falling in love. They may give you relaxation exercises or other types of therapeutic homework to help you feel more comfortable with dating and relationships.

Therapists may use cognitive behavioral therapy (CBT) to help you notice the thought patterns and habits that contribute to your fear of being in a relationship.

They may also use systematic desensitization therapy, also called counterconditioning. This is when the therapist slowly exposes you to the idea of falling in love to desensitize you to your fear. They may give you real-world tasks as you get more comfortable with the idea of falling in love.

Hypnotherapy is not like the stage hypnosis shown in movies. It is more like a guided meditation that enables you to imagine yourself doing what you would like to do.

How to Find the Right Therapist to Work With

Finding the right therapist can be a process of trial and error. If you are ready to work with someone, start by researching different types of therapy so you'll understand how a particular

therapist will approach working with you. Then, ask potential candidates about their specialties. You want someone that has experience and expertise in philophobia. Finally, make sure they have the proper licenses for your area.

If you don't feel comfortable with a particular therapist, try another. It's a good idea to trust your gut feeling about therapists. Following these tips, you can find someone who can work on your philophobia with you.

How to Work on Philophobia On Your Own

You can also do things on your own to help with your fear of falling in love. You can work on these exercises alone or with a therapist:

- Evaluate your relationship history to see if a past hurt is making you afraid of repeating the experience in a new relationship
- Identify negative voices in your head that prevent you from feeling happy in relationships
- Allow yourself to feel difficult emotions; that is how you can move through them
- Question or evaluate the preconceived notions you have about relationships
- Recognize where the defenses that prevent you from opening up to people come from ♦



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How to Cut Calories from Your Favorite Recipes

Source: LIFEANDHEALTH.ORG

You might be known and loved by your kids, friends, and neighbors for a mac ‘n’ cheese or fudgy chocolate cake recipe that tastes incredible, but packs an unhealthy punch. You know this, and you want to do something about it.

But knowing how to lighten your favorite recipe can seem confusing. Should you replace all the butter with applesauce? Steam instead of deep-fry? Substitute low-calorie sweeteners for sugar? And after you’ve made all these adjustments, will you recognize your trusted treat?

No. No. No. And yes. The section below lists basic ways to lighten your favorite recipes, without making them unrecognizable. Rather than make every possible change to Aunt Dee’s Decadent Delight at the same time, try these modifications one at a time.

For example, in a breakfast bread recipe that calls for large quantities of sugar and butter, don’t try to use applesauce and prune puree instead. Chances are that the recipe will taste “funny,” and if you do eat it, each piece will remind you of what it could have been. So, try making smaller changes first, then tweak the recipe as you go.

Don’t worry: before your oatmeal raisin cookies turn into a handful of dry oatmeal with a raisin on top (the beginning of a

great granola), remember that food should be enjoyed. We need a certain quantity of calories, fat, carbohydrates, etc. every day. The trick is to find healthful ways to make a dish’s flavors and nutritional profile complement each other. Also remember that when you embrace a more health-conscious lifestyle, your food preferences may gradually change, too—and that vegan granola might not look so bad, after all.

Dairy and dairy alternatives

Opt for low fat, fat-free products, or a combination of both, instead of full-fat dairy ingredients. For example, try using nonfat Greek yogurt instead of full-fat sour cream as a garnish for soup. Or, consider using a dairy alternative such as soymilk or almond milk, which will decrease the amount of saturated fat and cholesterol in the recipe overall.

Example:

- Try nonfat Greek yogurt instead of full-fat sour cream.
- Use soymilk or almond milk instead of milk
- You might notice: A thinner taste or mouth-feel, but it depends on the type of food. In baked goods such as breakfast breads, or many soups, the difference is hardly noticeable.

Butter and oils (fats)

“I would rather trust a cow than a chemist,” said Dr. Joan Gussow, a food pioneer who inspired Michael Pollan and Barbara Kingsolver. Whether or not you follow a vegan diet, Gussow’s ideas about natural, rather than processed, ingredients, still apply. Rather than trying to eliminate fat from your diet, look at ways to reduce it (but make sure you still get enough!).

Butter: In savory goods, if a recipe calls for copious amounts of butter, try replacing it with extra virgin olive oil, aka EVOO, coconut oil or canola oil that has not been genetically modified (labeled as non-GMO or containing no GMOs).

Example:

- Sauté garlic and onions in EVOO, instead of butter.
- Use EVOO instead of butter in dips, dressings, etc.
- Note: If you want to reduce the amount of olive oil, try using a nonstick frying pan and EVOO cooking spray, decreasing the amount of liquid EVOO you begin with.

In sweet baked goods, don’t try to eliminate all the butter at once.

Example:

- Decrease by half the amount of butter the recipe calls for.
- Substitute EVOO or canola oil for the other half.
- Replace up to half the fat with a fruit puree such as applesauce.
- Decrease slightly the amount of sweetener in the recipe.

You might notice: A less “rich” product, or a subtly different flavor from the oil. Try adjusting the proportions of butter to oil. And/or, embrace a lighter taste! See the end of this section for new flavors to enrich your favorite treat. To help reduce this potential effect, try adding healthful fats such as chopped nuts or even pureed vegetables to increase the recipe’s “rich” taste.

see “CUT CALORIES” next page



snacks cont.

for a bedtime snack. You may think dark chocolate is a safe choice late in the day, as these bars are typically lower in sugar than milk chocolate. But chocolate is also a source of caffeine, a stimulant that disrupts the body's sleeping pattern throughout the night, says Kirkpatrick. And the darker the chocolate (the higher the percentage of cacao solids), the more caffeine it has.

5. Best: **Cereal With Minimal Sugar and Low-Fat Milk**

Pair a bowl of low-sugar cereal with some low-fat milk for a one-two punch. A cereal with minimal sugar (Kirkpatrick suggests looking for less than 5 grams [g] of sugar per serving and at least 3 g of fiber) provides the body with high-fiber carbs to keep you full, while low-fat milk offers the amino acid tryptophan. "Tryptophan produces serotonin in the body, which is converted into melatonin, inducing sleep," Kirkpatrick says.

6. Worst: **Alcohol**

Drinking alcohol before bed may help you fall asleep faster, but it won't help you stay asleep. "Drinking before bed actually disrupts the body's natural sleep cycle," Kirkpatrick says. Alcohol inhibits rapid eye movement (REM) sleep, a phase of deep, restorative sleep when vivid dreams occur.

This may cause you to wake up during the night and sleep either less deeply or for a shorter time. Alcohol's initial sedative effect also wears off once the alcohol is metabolized, and this can lead to sleep disruption, too.

Plus, "[drinking alcohol before bed] can lead to drowsiness the following day, making it difficult to complete daily functions," Kirkpatrick says.

7. Best: **Yogurt**

Dairy foods like yogurt contain melatonin, which improves sleep efficiency and reduces the number of episodes of awakening, Valdez says. Yogurt is rich in calcium, a bone-building mineral that also plays a role in processing hormones (like tryptophan and melatonin) that help you sleep. Just make sure you select plain, unsweetened yogurt, to which you can add fresh fruit, vanilla extract, or cinnamon.

8. Worst: **Potato Chips**

Potato chips are a classic late-night snack. But they're typically high in unhealthy fats and empty calories, says Valdez. In other words, potato chips provide plenty of calories and saturated fats, while offering few to no nutrients. A single cup has 140 calories and 8.8 g of fat (1.4 g from saturated fat).

see "SNACKS" on page 23

cut calories cont.

Whole grains

Quinoa. Teff. Brown rice. Amaranth. Barley. Oatmeal. Whether you choose a familiar name or meet a new whole-grain friend, consider ways to add unrefined grains to your favorite recipes. You probably already know that whole grains are healthier than refined grains, because whole grains contain all the nutrients of the grain seed—bran, germ and endosperm—while "white" or refined grains no longer have their same natural composition (the nutrient-rich bran and germ are generally removed).

In baked goods, try replacing at least half the white flour with white whole wheat flour, or whole wheat pastry flour. The latter two are both whole wheat, but white whole wheat flour is more coarsely ground than whole wheat pastry flour, and contains more protein and gluten. Increase the ratio of whole grains to unrefined grains as the recipe permits. If you're feeling just a bit adventurous, try exploring less common whole grains (such as quinoa, teff or amaranth) and enjoy discovering a new carbohydrate-rich favorite.



Example:

- Use brown rice or wild rice instead of white rice.
- Try whole-grain bread or whole-grain breadcrumbs in stuffing or bread puddings.

You might notice: A denser texture in baked goods; play with the ratio of white to whole wheat, white whole wheat, or whole wheat pastry flour to achieve the desired texture. Avoid overmixing to help prevent an unappealingly dense texture. Benefits of whole grains include a heartier taste, and a richer, nuttier flavor.

Note: Make sure that your bread is 100 percent whole grain by checking the ingredients list. If you see "unbleached enriched flour," "enriched flour" or similar items, move onto the next package.

Change the produce proportions

One of the easiest ways to add vegetables and fruits to your diet is to simply add more of them to your recipes. Currently, the United States Department of Agriculture and Department of Health recommends that we fill half our plate with fruits and vegetables. Rather than focusing on the processed foods that healthier cooking decreases in your diet, concentrate on the deliciously wholesome foods that healthier eating encourages.

see "CUT CALORIES" page 30

summer cont.

burnout,” says Dr. Doumas. “This can show up as chronic stress and even physical symptoms, while also reducing time for family connection.”

Signs That You May Need More Structure in Your Summer Routine

Dr. Doumas tells us, “If a child needs more structure, you will often see it in their disposition and physical state. They may become tired, cranky, and irritable, with noticeable disruptions to their sleeping or eating patterns. You might also see a loss of interest in connecting with others or an increase in general anxiety.”

Signs That It’s Time to Back Off From a Strict Summer Schedule

On the other hand, there are times your child may need some downtime. “Conversely, the primary sign that a parent may be over-scheduling is a simple lack of free time for play,” says Dr. Doumas. “Beyond that, you can spot the impact on your child’s health and mood. Signs of an overscheduled child include frequent irritability, moodiness, and complaints of headaches or stomachaches. They also may have a loss of interest in activities they once enjoyed or even become upset about having to go to them.”

Don’t Let Others Pressure You Into Thinking You Must Plan the Perfect Summer

We all fall into the trap of scrolling through social media and feeling we aren’t living up to everyone else’s “perfect” lives. The truth is, nobody’s life is perfect, and if it seems that way, it’s just an illusion. Dr. Doumas suggests, “Societal pressure to plan a ‘perfect summer’ is real, but we shouldn’t strive for perfection.”

She continues, “Instead, aiming for what is excellent for your unique family is a much better goal. This involves finding a balance of structured activity and free time that works for your children and for you. It’s helpful for parents to know that research supports the value of a more relaxed approach; you can and should shed the guilt of not creating a ‘magical’ summer every single day. Boredom is not a parenting failure; it is often the catalyst for creativity and self-discovery. Parenting is always a work in progress, so giving yourself grace, taking cues from your family, and adjusting as you go is the true path to a successful summer.”

Tips For a Healthy Summer Rhythm

Dr. Doumas offers us some suggestions for keeping the balance this summer. “One of the most effective ways to create a summer rhythm that works is to plan it with your children. Brainstorm a list of activities they would like to do, from big outings to simple things like baking or building a fort.”

Another tip is to let your kids brainstorm fun ideas with you. “When you involve children in creating the schedule, it gives them a sense of ownership and makes them far more likely to cooperate,” says Dr. Doumas. “This collaborative approach also models valuable life skills. And finally, remember to schedule downtime for yourself. A rested and rejuvenated parent is an important part of a happy family.” ♦

fasting cont.

- **Physical performance.** Young men who fasted for 16 hours showed fat loss while maintaining muscle mass. Mice who were fed on alternate days showed better endurance in running.

- **Type 2 diabetes and obesity.** In animal studies, intermittent fasting prevented obesity. And, in six brief studies, obese adult humans lost weight through intermittent fasting. People with type 2 diabetes may benefit: Most of the available research shows that intermittent fasting can help people lose body weight and lower their levels of fasting glucose, fasting insulin and leptin while reducing insulin resistance, decreasing levels of leptin and increasing levels of adiponectin. Certain studies found that some patients practicing intermittent fasting with supervision by their doctors were able to reverse their need for insulin therapy.

- **Tissue health.** In animals, intermittent fasting reduced tissue damage during surgery and improved results.

“Many things happen during intermittent fasting that can protect organs against chronic diseases like type 2 diabetes, heart disease, age-related neurodegenerative disorders, even inflammatory bowel disease and many cancers,” Matton adds.

Is intermittent fasting safe?

Some people try intermittent fasting for weight management, and others use the method to address chronic conditions such as irritable bowel syndrome, high cholesterol or arthritis. Overall, research continues to indicate that it is a safe way to reduce weight. However, it’s important to check with your doctor before trying intermittent fasting.

Who shouldn’t try intermittent fasting?

- Children and teens under age 18.
- Women who are pregnant or breastfeeding.
- People with type 1 diabetes who take insulin. While an increasing number of clinical trials have shown that intermittent fasting is safe in people with type 2 diabetes, there have been no studies among people with type 1 diabetes. Mattson explains, “Because those with type 1 diabetes take insulin, there is a concern that an intermittent fasting eating pattern may result in unsafe levels of hypoglycemia during the fasting period.”
- Those with a history of eating disorders. People with a history of eating disorders are advised to avoid intermittent fasting because the strict fasting windows can trigger or worsen restrictive or obsessive food behaviors.

Are there side effects to intermittent fasting?

Keep in mind that intermittent fasting may have different effects on different people. Talk to your doctor if you start experiencing unusual anxiety, headaches, nausea or other symptoms after you start intermittent fasting.

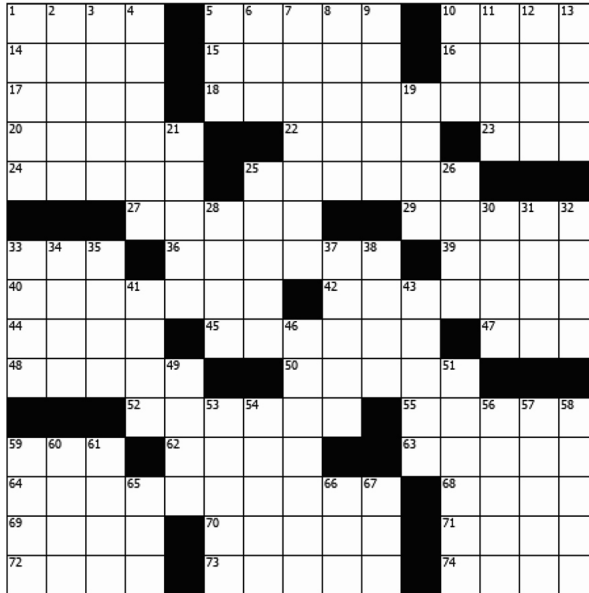
How long can I practice intermittent fasting?

People not in the categories listed above, and who have discussed the diet with their doctor, can practice intermittent fasting safely on an ongoing basis. It can be a lifestyle change — and one with benefits. ♦

JUNE 2026 CROSSWORD

Across

1. Fleshy fruit
5. Stakes
10. Milky stone
14. Feeble, as an excuse
15. Acquire knowledge
16. Texas town
17. Matured
18. Lumberjack's sport
20. Doctrine
22. Pulled apart
23. Zodiac sign
24. Sequence
25. Peruse again
27. Diva ___ Callas
29. Goes by taxi
33. Medical gp.
36. Dreary
39. Mumbai dress
40. Large knife
42. Nuclear ___
44. Swamp
45. Mountaineer's climb
47. Curvy letter
48. Basketball's Shaquille



Down

50. Rapidity
52. Fiings
55. Not appropriate
59. Age
62. Pine ___
63. Monte ___
64. Pierced
68. Fiber source
69. Andes native
70. Wipe away
71. Sole
72. Price
73. Alter slacks
74. Water vessel

Down

1. Greek philosopher
2. Zealous
3. Make right
4. Use coupons
5. Completely
6. Agent Smith's nemesis
7. Wrestling duo (2 wds.)
8. Blooper
9. Night sound
10. Hooting bird
11. Bucket
12. Skin woe
13. Advertising emblem
19. Shakespearean monarch
21. Vocation
25. Moves upward
26. Part of DJ
28. Pinup ___ Hayworth
30. Appointment
31. Greek god of love
32. Knights
33. Bullets, for short
34. Principal
35. Land parcel
37. Regions
38. Contact ___
41. Warmth
43. Storage room
46. Speedy cat
49. Crazy
51. Make possible
53. More painful
54. Kind of drum
56. Directional symbol
57. Jet
58. Photocopier liquid
59. Long story
60. Nevada town
61. Circle parts
65. Portly
66. Compass point (abbr.)
67. Rep.'s opponent

onlinecrosswords.net/solution-75884.png

snacks cont.

Chips are also salty, “which can make a person even hungrier and lead to overeating,” Kirkpatrick says. If you’re not careful, you may take in more calories than you need, leading to weight gain over time.

9. Best: Roasted Chick Peas

Roasted chickpeas are a nutrient-dense, low-calorie snack that’s high in protein, fiber, vitamins, and minerals, Valdez says. This makes them a healthier alternative to salty snacks like potato chips. Plus, they help control blood sugar, which is crucial for sleep quality.

10. Worst: Fried Foods

Fried foods like chicken strips and french fries are high in fat, and fat takes longer to digest than carbs and protein. This is a bad idea when it comes to

bedtime snacks. “Ingesting heavy, greasy foods before bed can shift the body’s focus away from sleep,” Kirkpatrick says.

“Fried foods are also more likely to induce heartburn and other discomforts, making it more difficult for the body to rest before bed,” she adds.

THE TAKEAWAY

- Many people reach for late-night snacks before bedtime, especially because hunger tends to increase when you’re tired.
- Snacks like ice cream, chocolate, and potato chips aren’t good options before bed because they’re often high in sugar and saturated fats, which can disrupt sleep.
- If you’re hungry before bed, opt for healthier options like yogurt, tart cherries, or nuts, as these are lower in calories and help induce sleep hormones like melatonin and tryptophan. ♦



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Using a Digital Wallet

Source: SENIORSGUIDE.COM

With a digital wallet on your smartphone, you can use your credit and debit cards with a tap of the phone – no need to carry your cards or worry they might be stolen. We offer a simple overview of using a digital wallet, a useful technology for seniors and others.

Mobile wallets, which allow you to store debit and credit cards on your smartphone and pay for items with a single tap, are no longer just convenient. They're fast becoming the go-to method Americans use to pay for purchases in stores and online.

Nearly two in three Americans have now used a mobile wallet to make a purchase, including 60% of Gen Xers and 30% of baby boomers, LendingTree reports. Overall, use of digital wallets has nearly tripled in recent years, from an average of four payments made a month via mobile devices in 2018 to 11 a month in 2024, according to a Federal Reserve study last year.

The most compelling reason to use a digital wallet: It's safer than paying with a physical card. If crooks get their hands on a phone that's secured with a PIN – or better yet, biometric authentication such as a fingerprint or face scan – they'll have more trouble using it. Plus, mobile wallets use tokenization technology,

which means a merchant (as well as a potential identity thief) sees only a virtual one-time token, rather than your card number.

“Even if there is some kind of compromise on that point-of-sale machine or somewhere down the line, your card data and information isn't compromised,” says Eva Velasquez, CEO of the Identity Theft Resource Center.

Steps in using a digital wallet

To get started using a digital wallet and make the most of the technology, experts recommend these steps.

Use your phone's built-in wallet.

Many retailers and brands now let you upload your debit and credit card info to their app and make digital payments that way, but you're better off limiting the number of mobile wallets that have your info. Instead, stick with the Apple Wallet or Google Wallet apps, which come preinstalled on iPhones and Androids, respectively. Both have strong, standardized security and better integration with device security than some other apps, Velasquez says.

Add your loyalty cards.

Retailers often allow you to upload your loyalty-program info to your digital wallet by tapping the “add to digital wallet” button in their app, clicking an email link, or scanning the physical card.

“That adds a lot of convenience because you're not carrying around this thick, physical wallet full of loyalty cards, credit cards, and your debit card,” says Sara Rathner, a credit cards expert with NerdWallet.

continued next page

A bonus: Some retail loyalty programs will also send you push notifications for special offers and discounts when you're in or near a store where you have an account.

Watch for mobile-specific credit card rewards.

In most cases, using your rewards credit card in your mobile wallet will net you the same rewards as you'd get with the plastic version. But some issuers offer specific incentives for

using their cards via a mobile wallet. The Kroger Rewards World Elite Mastercard pays 5% cash back on the first \$3,000 in purchases through a mobile wallet and 2% after that. Last year, American Express ran a promotion offering cardholders a \$5 statement credit for each of their first three purchases made via Apple Wallet.

Enable transaction alerts.

The downside of mobile wallets making it easier to buy stuff? It can also be easy to blow through your budget. One-third of mobile wallet users told LendingTree that they spend more when buying items with their phones than when they use a physical card.

One fix: Sign up for transaction alerts for all your mobile purchases, when asked. This will not only give you an early warning system for fraudulent charges, but it may also make you more mindful

of how much you're spending, says Matt Schulz, chief consumer finance analyst with LendingTree.

Choose your default card carefully.

The first card you add to your digital wallet is the one automatically charged unless you select another card for a specific purchase. But you can designate a different card as your default.

"If you want to control your spending, you can put a single debit card in your mobile wallet and leave all your other cards out," Schulz says. "Or, if you are focused on rewards, lead with your favorite rewards credit card and go from there." ♦



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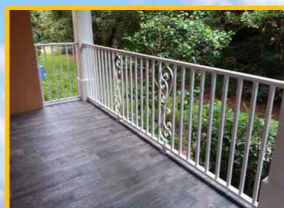
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Hidden Battles Over Custody, Overnights, and Child Support

By: SEAN HARDWICK, | FAMILY LAW ATTORNEY

Child support is the money paid by one parent to the other for the benefit of their child. In Florida, child support must be established in any divorce case involving minor children and in paternity cases involving children born outside of marriage. Because finances are often one of the most contested issues in family law matters, child support frequently becomes a source of significant disputes between parents.

How is child support calculated?

Child support is calculated based primarily on the following: (1) how much time each parent spends with the child, (2) how much income each parent makes, (3) payments made for childcare, (4) payments made for the child's medical expenses, and (5) some other limited expenses, which include, but are not limited to, travel. The parent paying child support does not have any control over how the other parent spends the child support money. Contrary to popular belief, payments for the child's sports, field trips, clothes, school supplies, and vacations are not considered when calculating child support.

Claiming the child for tax purposes also plays a major role. If a parent is required to pay child support and they get to claim the child on their taxes, they will pay the other parent more in child support. The opposite is also true; if a parent is receiving child support and they get to claim the child on their taxes, they will receive less in child support. In most cases, parents will alternate tax credits, but it is possible for one parent to claim the child on their taxes every year.

How does timesharing play a role in child support?

Timesharing plays a major role in determining child support. Generally speaking, the more overnights a parent has with the child, the lower their child support obligation may be. Likewise, the parent with more overnights will often receive more child support.

Unfortunately, some parents fight about spending more time with the child simply to get an advantage in child support. Florida



calculates time based on the number of overnights the child spends with each parent. Therefore, if a parent sees their child every day, but the child never sleeps at their home, that parent is determined to have no time with the child for child support purposes. As a result, their child support will be substantially higher than if they had overnights with the child.

Because overnights directly impact child support calculations, disputes often arise over relatively small changes to the parenting schedule. However, minor differences in timesharing most likely do not significantly affect support. For example, a disagreement over a handful of additional days per year may have little financial impact, while a difference of several weeks or months can substantially change the child support amount.

Can child support be awarded when each parent has 50/50 timesharing?

Yes, child support can still be awarded even if both parents have equal time with the children. The Court still considers the other factors such as income, children's medical expenses, and childcare expenses. Therefore, if one parent makes a lot more than the other parent, that parent will most likely have to pay child support. However, if the parents make similar incomes and there are little to no child medical expenses or childcare expenses, then it is possible for neither parent to have to pay child support.

Can parents just agree to not pay or receive child support?

The short answer is no. Child support is required to be calculated in family law cases involving children. The intention of child support is to provide for the child's needs, and the idea is that one parent will need financial assistance from the other to properly provide for the child. However, if the child support amount calculated is \$50 or less, the Court can determine that no child support needs to be paid. ♦

Sean Hardwick has been a Treasure Coast resident since 2013. He is an attorney who practices exclusively in family law and graduated from Nova Southeastern University. As a partner at Hardwick & Krauss, Sean works alongside attorney Arantxa Krauss representing clients in matters involving divorce, custody, child support, paternity, and post-judgment modifications and enforcement. Their practice is focused on helping parents navigate some of life's most difficult transitions with clarity, practicality, and a steady focus on long-term solutions.

You can locate their office at 1922 SE Port St. Lucie Blvd., Port St. Lucie, FL 34952, call (772) 208-3118, or learn more by visiting their website at hardwickkrauss.com. Hablamos español.

greater works cont.

“Greater works you will do...” (it would be unfair to tell us to do greater works if He acted as God).

REMEMBER THAT JESUS EMPTIED HIMSELF OF ALL DIVINE POWERS AND HE STARTED HIS MINISTRY ONLY AFTER BEING FILLED WITH THE HOLY SPIRIT. JUST LIKE ALL CHRISTIANS. (excepting the ones that denied the Baptism of the Holy Spirit with fire and power?)

YES, JESUS DEFEATED SATAN AS A MERE MAN. God is proofing to us that Adam was equipped with all he needed to defeat Satan every time if He would stick to God’s Word in the first place, just like Jesus did. Just like all of us must do.

SO THEN WHAT KIND OF AUTHORITY WE HAVE IN ORDER TO DO THESE KIND OF WORKS?

ALL CHRISTIANS HAVE DELEGATED AUTHORITY FROM JESUS. IT’S OUR BIRTHRIGHT WHEN WE ACCEPT JESUS AS OUR LORD AND SAVIOR. [John 1:12-13 and 2 Corinthians 5:17] BUT WE MUST GROW UP.

“And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. Go therefore [talking to you and to me] and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit...” Matthew 28:18-19

AGAIN: “Later He appeared to the eleven as they sat at the table; and He rebuked their unbelief and hardness of heart, because they did not believe those who had seen Him after He had risen. And He said to them, “Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe [All Christians]: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.” Mark 16:14-18

“Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.” Luke 10:19

IN CONCLUSION: Jesus destroyed Satan and his Kingdom as a mere man filled by the Holy Spirit, and we have been equipped the same: With a new nature and filled with the mighty Power of the Holy Spirit.

IF YOU ARE A CHRISTIAN YOU ARE COMMANDED TO RECEIVE POWER AND AUTHORITY TO BE ABLE, AND BE RELIABLE WITNESS AND PERFORM WHATEVER WORKS THE LORD DIRECTS YOU TO DO BY HIS MIGHT, THE HOLY SPIRIT.

“But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.” Acts 1:8.

Jesus is commanding us, after his resurrection and just before he ascended into heaven. BECOME A NEW CREATION AND BE FILLED WITH THE HOLLY SPIRIT: Let’s Pray out loud: Lord, I do believe that Jesus of Nazareth took my place in the Cross. Lord, I am sorry for all my sins, please forgive me. I believe Jesus was raised on the third day for my justification. Jesus, I receive you as my Lord and Savior. Your Holy blood cleanses me right now and God gives me a new heart and eternal

see “GREATER WORKS” next page

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gym cont.

purchase like a home gym that never has to be upgraded and can improve pretty much every area of your life is highly scrutinized. A home gym can literally be one of the best financial decisions you make, as well, and here's why:

According to research done by the Health & Fitness Association, the average gym membership in 2024 cost roughly \$65 a month, which comes out to around \$780 per year, and \$7,800 every ten years.

To be fair, there are budget-friendly gyms like Planet Fitness that offer affordable memberships costing between \$15 and \$25 monthly, but not everyone has access to these types of affordable facilities.

So, if the cost of a commercial gym is currently around \$780/year (this is also growing by ~3% per year due to inflation and other factors, FYI) which is \$7,800/decade, then how does that compare to a home gym? Well, let's take a look.

First off, unfortunately, we have no accurate market data on people who have built a gym in their home. I'd love to come up with a number and declare it as fact, but that would be disingenuous, and I don't want to lead anyone astray.

What I will say, however, is that based upon what I see through the people who send us their setups, ask for advice, and offer recommendations, the average cost for a home gym is between \$1,500 and \$2,500 for most people. This number can be both less and much, much more, but this seems like what most people spend on their home gyms in the short term.

So, let's compare these numbers to a gym membership. As we've established, a membership to a local gym costs an average of \$65 per month into perpetuity. If the average home gym costs \$1,500, then it would take just only two years to recoup the costs of a very well-equipped setup in comparison to the average gym membership.

With the home gym, however, you have an asset that can be traded for other goods or money (and if you buy right, it will have outstanding resale value), and the only ongoing fee you have is the cost to keep the lights on in your garage or spare room.

If we're looking just at financials, to me, the cost of a home gym is a much better decision than a gym membership.

What You Need to Build a Home Gym

Now that I've at least drawn your interest in enough to have you consider a home gym, the next thing you need to determine is what equipment you should use to build your setup.

For most people, the equipment we suggest starting out with include:

- An Olympic barbell
- A squat rack with a pull-up bar attached
- Weight plates
- A weight bench
- An exercise bike
- A rowing machine, air bike, jump rope, sled, or some other cardio machine

(Alternatively, or in addition, you may consider an all-in-one home gym machine to serve multiple purposes.)

There are a myriad of other tools that can be added to this setup, as well, such as adjustable dumbbells, kettlebells, a treadmill, lat pulldown, etc.

Another "nice to have" that not a lot of future home gym owners consider is flooring. This will add to your overall cost depending on the material you choose, but can also be economical if you get creative—horse stall mats, for example. Having appropriate flooring may save your garage from damage. You can learn more about this in our guide to the best home gym flooring.

We suggest starting small and building over time to save money and avoid having things sit in the corner or trying to salvage some of your money on Craigslist. Do not make the mistake of overbuying and underusing; you will be much better off buying less and upgrading over time. ♦

greater works cont.

life. Now my name is written in the book of life, guaranteed by the following written law:

"That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation."
Romans 10:9-10 ♦

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

cut calories cont.

Vegetables

- Increase the ratio of vegetables and/or legumes to pasta in your pasta salad. As a bonus, you'll add more flavor and fiber to the dish, which will help keep you full longer.
- Add more vegetables to your pizza, whether as extra toppings, or pureed (such as red peppers) in a tomato sauce.

Fruits

- Add fruits such as pomegranates and apples to salads.
- Add or increase the proportion of fruits like dried cherries in cookies.

You might notice: A more moist dish, especially if adding more vegetables or fruits to baked goods. If this becomes a problem, try decreasing the ratio of wet to dry ingredients.

Other notes:

As much as possible, include unprocessed, "whole" foods without a lot of salt, sugar or fat added. When a recipe calls for packaged or processed goods, such as breadcrumbs, opt for a brand that contains less salt, sugar or fat than most. This allows you to better control the final product's taste and nutritional value.

If one technique for lightening a recipe doesn't work, don't give up hope. Try a different variation, and look at similar recipes to see how others deal with, for example, vegan macaroni and cheese (hint: it can involve anything from cashew cheese to pureed cauliflower). Keep an open mind—and an open mouth. ♦

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