

Feather Sound News

& BEYOND

HAPPY MOTHER'S DAY



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Fun Ways to Spend Mother's Day

From outdoor adventures to scrumptious brunches and luxurious spa treatments, it's time to share the love with the special mom in your life in St. Pete/Clearwater.

Go on a Paddling Adventure

Escape to Weedon Island Preserve, a lush natural area on Tampa Bay in north St. Pete. Rent a canoe or kayak from ECOMersion and take to the water. Trails will lead you through canopied mangrove tunnels. Afterwards, stroll the boardwalk to the observation tower for gorgeous views. Is mom an early riser (or willing to get up for a beautiful sunrise)? Goko Kayaks offers a variety of guided trips, including sunrise paddles.

Fly High on a Helicopter Tour

Take your Mother's Day experience to new heights with a Tampa Bay Aviation helicopter tour for the best views of area. With multiple tour options available, you can choose where you want to take flight, including Tarpon Springs, Clearwater Beach, downtown St. Pete and beyond.

Bring on Brunch

The mother of all Mother's Day activities is the beloved brunch. From eclectic eateries to sophisticated spots and al fresco venues, a choice of amazing brunches in St. Pete/Clearwater will leave you and mom fueled up on perfect pancakes and fruity mimosas, ready to bring on the day. Did someone say "let's go shopping!"

Continued On Page 2

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All Events included in this publication are subject to change. Please reference their Websites for any and all updates, which may include admission fees, details and dates. Thank you!



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The Legal Corner - *Robert W. Bible, Jr.*

STRUCTURING BENEFICIARY DESIGNATIONS TO CHILDREN

By: Robert W. Bible, Jr., Attorney at Law

Whether structuring death benefit payments under a life insurance policy, a distribution scheme under a Last Will, or defining similar beneficiary designations, all too often, the structure simply reads, “All to spouse, and if none, all equally to kids or grandkids”. Though appearing to be a sound structure, providing for both a primary and contingent plan of distribution, the perceived simplicity of such a plan can be quickly disrupted by answering one question: “how old are the kids/grandkids”.

Under Florida law, any outright gift, inheritance, life insurance benefit, retirement account benefit or similar transfer to a minor beneficiary (someone under the age of 18) which exceeds \$15,000.00 requires the establishment of a court supervised guardianship. Guardianship proceedings require hiring an attorney, adherence to a litany of statutory and procedural mandates, and can be both burdensome and expensive. So, for example, setting up beneficiary designations under a life policy or 401(k) plan where spouse is primary, and children are equal contingent beneficiaries seems to be a very sound structure. However, if circumstances over time result in benefits exceeding \$15,000.00 becoming payable to an individual under the age of 18, that simple, straightforward structure now takes a more complicated course by having to set up a guardianship for that minor beneficiary in order to receive those benefits. Potentially even more problematic is determining who eventually undertakes those proceedings on behalf of the minor beneficiary, and whether, when the guardianship ultimately terminates at age 18, the individual will possess the experience, maturity and judgment to manage the gifted money wisely.

By combining gifts to minors (whether lifetime, through inheritance, or under contractual death benefits) with custodial accounts under Florida’s Uniform Transfers to Minors Act, or with a lifetime or testamentary trust (one created under a Last Will and Testament), the need for a guardianship, and the potential risks of poor money management by an 18 year old, are able to be avoided. Properly structured custodial accounts can delay ultimate distribution to a minor beneficiary until age 21 (possibly even age 25). Properly structured lifetime or testamentary trusts also avoid the need of a guardianship, and provide greater flexibility in defining the time when distributions are made by establishing incremental distributions, such as part at age 25, another part at age 30, and final distribution at age 35. By establishing custodial designations or implementing trust provisions in advance, you also control the person or persons who will be managing the funds received by a minor beneficiary on his or her behalf.

Planning for the protection of one’s family through a Last Will, lifetime trust, or by completing beneficiary designations requires more thought than simply designating the chronological order in which the family members receive the intended transfer. When it is possible that an intended beneficiary might be a minor at the time a distribution becomes payable, considerations aimed at eliminating the need for a guardianship, being able to define the timing of distributions to such individual, and controlling who actually manages the use of such funds for the minor beneficiary, should also factor into a properly structured estate plan.

If you need assistance developing an estate plan which involves, or could involve, minor beneficiaries, or for assistance with implementing any of your other estate planning objectives, at Bob Bible Law we have the knowledge and over 35 years of experience to help you navigate these decisions.

For more information, contact:
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BobBibleLaw.com

Continued From Cover

Stroll in a Garden

Stop and smell the flowers during a leisurely stroll through a lush garden. Sunken Gardens in St. Pete is home to some of the most beautiful tropical flora in Florida as well as small waterfalls for ultimate Zen moments. The Florida Botanical Gardens in Largo offers 100 peaceful acres of flora, and it’s free!

Get Creative

Is mom an art lover? Plan a museum day together. You’ll find museums of all sorts here, from the Museum of Fine Arts St. Petersburg, to The Chihuly Collection, Fairgrounds St. Pete and much more! There’s even a tiny “Museum of Motherhood” inside The Factory in St. Pete, for those interested in childbirth, child-rearing and women’s roles throughout history. In fact, there’s a “MAMAPALOOZA” festival being held at The Factory on Saturday, May 4 from 10 a.m. - 4 p.m.

Want to bring out your own inner artist? Discover the art of glass blowing at a workshop or class at the Morean Glass Studio in downtown St. Pete.

Get Out on the Water

Looking for something relaxing but still super-cool? Book a cruise with St. Pete Coastal Cruises to watch a gorgeous sunset near Fort De Soto Park, then see the Sunshine Skyway Bridge light up in brightly colored lights. Dolphin-watching and nature cruises are also a lot of fun for people of all ages. Island Boat Adventures offers dolphin watching and snorkeling trips to beautiful Egmont Key. If mom is the adventurous type, let her take the wheel and become the captain of her very own speed boat during a guided 1.5-hour tour. Just want to relax with some great scenery and a cool drink? Several local companies offer floating tiki tours, including Florida Tiki Tours in Madeira Beach.

Have a Pier-riffic Day

There’s plenty to treat mom to at the St. Pete Pier District. Enjoy a waterfront picnic or dine at one of several restaurants at the Pier, peruse artwork and gifts from local vendors, stop in the Tampa Bay Watch Discovery Center to learn about the local marine ecosystem or enjoy a rooftop experience at Pier Teaki.

Explore Tarpon Springs

Make your way to Tarpon Springs and discover one of the area’s most charming small towns. Peruse the sponge docks, hop on a boat tour to spot dolphins, wander through quaint shops in the historic downtown area, stop into local museums and indulge in delicious Greek food.

Article Courtesy visitstpeteclearwater.com



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The Resume Evolution: How The Resume Changed in 20 Years

Essential Critical Thinking Skills To Add to Your Resume

Plenty of resumes out there have critical thinking skills listed, but few offer real evidence of such abilities. It's one thing to simply fill the document with the skills recruiters and potential employers want to see, but it's something entirely different to properly demonstrate your competence. After all, anyone can say that they are critical thinkers, but not everyone has the ability and the know-how to corroborate those claims. That's why we created this article—to help you break free from bland and unsubstantiated lists and bullet points.

What Are Critical Thinking Skills?

Critical thinking skills refer to an individual's ability to **think independently and identify the pros and cons of arguments and evidence presented.**

So, in other words, critical thinkers look for evidence before believing potentially baseless claims. They can look at problems from multiple perspectives, often trying to figure out the best approach before coming up with solutions.

To develop strong critical thinking skills, you often need to be **open-minded, curious, and flexible.** Critical thinking usually involves asking the right questions and continuously considering alternative perspectives. After gathering enough evidence, critical thinkers can generally draw logical conclusions and solve complex problems in thorough, systematic ways.

For all these reasons, critical thinking skills are highly valued by employers in many different professions, including **business, healthcare, science, and education.** By using them, you can observe and analyze information, assess different ideas and viewpoints, and make solid judgments based on concrete data.

Why Are Critical Thinking Important For Your Resume?

As many as 72% of employers consider critical thinking vital to their organization's success. They know that candidates with these abilities can **bring a unique perspective to the table, often come up with innovative ideas, and drive success.** That's why you should optimally highlight critical thinking skills in your resume and stand out from other applicants.

Today's business environment is fast-paced and ever-changing. Critical thinking skills allow students and seasoned professionals alike to think independently, assess situations quickly, and swiftly adapt to changes. That makes these abilities vital in various roles, including technology, finance, marketing, and management.

Not only that, but critical thinking helps you "dig deeper," check for facts, and remain skeptical until you find irrefutable proof. That's all the more important nowadays when everyone has access to an endless supply of information that isn't always true.

Lastly, this skill set can be applied in a variety of situations, both in the workplace and in everyday life. As a result, highlighting critical thinking skills on your resume shows that you're a **multi-talented, versatile candidate committed to personal and professional growth.**

How to Add Critical Thinking Skills to Your Resume

The first thing you want to do before adding critical thinking skills to your resume is to **ensure you're listing the right ones.** That's because these abilities represent a collection of sub-skills that are usable in many different professions and roles. The ones you should list will depend on the specific position that you're going for.

The correct approach to this conundrum is to start the process by **reading the job advertisement you're interested in and looking into the company that posted it.** You'll find out which of these abilities recruiters want to see, and this will make it easy for you to list them in the skills section of your resume. However, when it comes to substantiating your critical thinking skills, one of the difficulties stems from their nature. Since these are soft, transferable skills, they are hard to measure and even harder to prove. After all, you can't exactly get a degree or a certification in critical thinking.

Fortunately, there's an easy solution that not many job seekers know about. What you should do is **mention some of the key skills throughout your resume** in places where you can link them to the relevant accomplishments. The best places for it are usually your resume objective or summary and your work history.

In essence, you want to demonstrate a specific result—**preferably quantified with exact numbers or percentages**—and include an appropriate critical thinking skill next to it. That way, your skill stops being an unsupported claim and becomes solid proof of your competence.

Continued On Page 12



Our New Luxury Lounge

Elevate your spa experience in the luxury lounge at Modern Medical Aesthetics, where every aspect is tailored to provide the utmost in comfort and relaxation. Nestled within the heart of our esteemed establishment, this oasis of tranquility promises to redefine the art of relaxation and pampering. Step into a realm of opulence where every detail has been meticulously curated to offer a sanctuary of elegance and comfort. Soft lighting, plush furnishings, and soothing décor elements create an atmosphere of refined sophistication, inviting guests to unwind and escape the stresses of daily life.

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At Modern Medical Aesthetics, we believe that luxury is not just about the surroundings—it's about the service. Our dedicated team of professionals are committed to providing personalized attention to each and every guest, ensuring that their unique needs and preferences are met with warmth and attentiveness. Whether you're seeking advice on skincare regimens or recommendations for treatments, our knowledgeable staff is here to guide you every step of the way.

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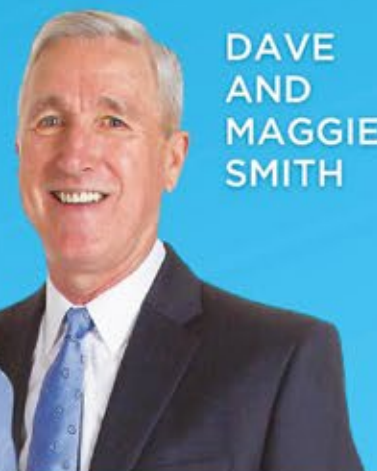
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Get your car road-trip ready for an unforgettable summer adventure!

Summer is almost here—you can feel the excitement in the air! Summer is the perfect time to pack your bags, hit the open road, and create unforgettable memories on a road trip.

At APEX Auto & RV Repair, we want your journey to be smooth, safe, and worry-free. With these essential tips, you can feel confident you and your car are road-trip ready.

- Plan your trip: To some, a road trip means a weekend visit with Aunt Mabel. To others, it means an epic multi-state adventure. Wherever you land, a little Googling will lead you to the perfect destination.
- Pack great snacks: No road trip is complete without tasty snacks! Get your favorites before you leave in case you can't find your brand of beef jerky, crackers, or candy while you're on the road. Throw some fresh fruit in a cooler for good measure, too.
- Prepare entertainment options: Load your phone with your favorite music, podcasts, or a few audiobooks. If your vehicle has a video entertainment system, grabbing some movies will keep kids (small or big) from asking "Are we there yet?" every five minutes.
- Check the tires: Properly inflated and well-maintained tires are essential for safety and fuel efficiency. Take a moment to inspect your tire pressure and tread depth. Check the spare tire, too, and keep a few tools handy in case of emergencies.
- Ensure proper fluid levels: To prevent overheating or mechanical issues, check and top up your engine oil, coolant, brake fluid, and windshield washer fluid.
- Test the battery: A dead battery can put a halt to your road trip fun pretty quickly. Have your battery's voltage tested to ensure it keeps going and going and going.
- Check the brakes: Your safety depends on reliable brakes. Let our experts inspect your brake pads, rotor condition, and brake fluid quality to ensure optimal performance when you need it most.
- Test the A/C system: A road trip, long or short, will be miserable in the summer heat if your air conditioning system gives out. Make sure your A/C is leak-free and filled with the proper refrigerant.
- Drive responsibly and stay alert: We can't emphasize enough the importance of safe driving practices. Follow speed limits, take regular breaks to combat fatigue, and avoid distractions.

Pssst! Want to press the EASY button on all the vehicle prep? Before you set off on your adventure, bring in your vehicle for a thorough inspection.

Our expert technicians will check your vehicle's tires, brakes, battery, fluid levels, lights, and overall mechanical condition. We'll make sure your vehicle is ready for travel so you can relax and enjoy your trip.

Just call 727-349-3518 and you'll be good to go.

Whether it's to Aunt Mabel's or across the country, we're here to set you up for a fantastic summer road trip. Our team at APEX Auto & RV Repair is dedicated to keeping you safe and your vehicle in top condition.

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Seven Key Features for Homepage Success

Web, web, web – we’ve seen it all – good, bad, and the travesties. And since everyone now uses the web – everyone’s an expert, right? GONG.

You might be the best baker or candlestick maker around – you just aren’t a web designer. From behind your desk can you really deliver the right information to such a wide audience? More than likely the answer is no. So clue in and take it from one of the few web unicorns around, there’s a lot to consider to make your website homepage work for you.

Besides all the regular odds and ends such as usable, well-defined navigation, header, footer, and the likes, there are a few key features you need to consider for your digital front door.

Brand Identity

Who are you and do I know you? Customers need to recognize that they are associating with the authentic you and not some Birkin knockoff. Visuals, such as your logo, and messaging needs to be inline with your branding. This enhances your customer relationships and establishes trust.

Location, Hours, and Contact Info

Where are you and when are you there? If you have a brick and mortar store, this information needs to be right up front and present. Customers, especially returning customers, need this information so do not make them hunt for it. Also, immediate contact info such as a phone number or general business email helps alleviate the frustration of completing a form that may fall into file 13.

Priority Information

Why do customers come to you? I can definitely tell you that it’s not to see your mission statement. Put your top content, functions, or products front and center. Use complementary images so visitors can scan through your site and easily land on the information they need. Make it easy!

It takes 2.6 seconds for a user’s eyes to land on the area of a website that most influences their first impression. –SWEOR, 2022

Social Proof

Are you reputable? Can you be trusted? You have to establish your credibility with prospective customers because people are more likely to take action if they see others doing the same. To do that, show ratings or testimonials. Provide a client portfolio, case studies, or purchase facts. If you use a testimonial, it should be connected in some way to a client or business and not “Margaret from Michigan says...”. Nobody knows Margaret. Additionally, if you allow for user comments, you need an actual person to respond or filter. Proctor and Gamble learned that the hard way – long story.

Highlights

What’s happening? Having a sale? Place it toward the top. Throwing an event? Place it toward the top. Use an announcement bar for your highest priority items. For the love of anything holy, don’t use a popup. Nothing says “I’m super annoying” faster. It’s too interruptive. And for all who believe no one scrolls, get with the program. Everyone scrolls – especially on mobile, including you.

Calls to Action

In what ways do you want visitors to convert? Do you want visitors to buy a product, register for eNews, or discover your services? Place calls to action on your page. Each call to action needs to be crafted to drive desired consumer behavior. Of course they need to be sprinkled throughout your page and in context.

A Clean, Secure Home

Is your front door attractive and does it work? You might have a fantastic business, product, or service and if your homepage looks like a late Friday night, people will notice. Be sure your homepage functions. Imagery and content needs to be modern, professional, clean, and definitely work for mobile devices. Also, website security (https) matters. People who visit you need to feel comfortable and safe from hackers. Remember, this is your storefront.

75% of consumers admit to making judgements on a company’s credibility based on the company’s website design. –SWEOR, 2022

Follow that roadmap and you’ll see, it works. Of course there’s more, however now you have the basic checklist to a better, more attractive front door that works for you and your customers.

Need help? We’re here with packaged knowledge, talent, and a bathtub full of experience.

–Patrick Baxter, Chief Designer
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Does Print Advertising Still Work?

Here are a few things our advertisers have told us recently!



Dr. Young, Young Foundational Health

I have been advertising and writing a column for the Feather Sound News for a number of years now. It has proven to be a very effective way to promote my practice, both locally and internationally. I have literally had calls from patients from all over the world who were prompted to call my office because they had read a Feather Sound News article. It seems every week I hear someone tell me that they look forward to this publication and what my article has to say about what I'm doing in medicine. Thank you, Kathleen, for allowing me to communicate with our community in a way that benefits both my practice and your readers.

[See our Article on Page 11](#)

Local Roots Landscaping

We really appreciate the business we have received from advertising with Feather Sound News and enjoy reading the very informative monthly publication. We are truly grateful for Kathleen and her team; they are an absolute pleasure to work with each month. Advertising with Feather Sound News has been very beneficial to our business, and we are thankful for the opportunity to advertise with them!

[See our Ad and Article on Page 15](#)

Patrick Baxter, Chief Creative, Baxter Christensen Inc

Partnering with Feather Sound News, we've experienced a great ROI from our advertising efforts and enjoy a fantastic working relationship with their team. Highly recommended!

[See our Ad and Article on Page 7](#)

Modern Medical Aesthetics

I have advertised in Feather Sound News for almost three years and I have worked closely with Kathleen and Patty. The customer service side I have received from Kathleen and Patty has been nothing but the best! Feather Sound News has brought

me new patients on a consistent basis from the first month I started advertising. As long as I own Modern Medical Aesthetics, I'll be advertising in Feather Sound news! Great people to work with and a great publication.

[See our Ad and Article on Page 4](#)

Tampa Bay Laser

Feather Sound News is a wonderful resource. Working with Kathleen has been so splendid, she communicates, she is easy going and she wants to help us grow our businesses! I love the feedback received from having my advertisement in this neighborhood paper.

[See our Ad and Article on Page 10](#)

Leah O'Dor

I am extremely pleased with the response I received from my Feather Sound News advertisements. Within the first month, I received several phone calls, which was fantastic news. The team at Feather Sound News has been wonderful to work with, and I highly recommend them to anyone.

[See our Ad and Article on Page 14](#)

MedRx Hearing Center

Testimonial: Working with Kathleen and Feather Sound News has been a great experience over the last few years. Kathleen and her staff have been very helpful and respond quickly with proofs of articles and advertisements. We receive many compliments in the office from people that have read the print and are very complimentary of the quality. Amanda Kluzynski, Au.D., CCC-A, ABAC, F-AAA

[See our Ad and Article on Page 13](#)

DBK Hair Studio

"Feather Sound News gives my salon company the opportunity to be seen and heard in the neighborhood! We LOVE FSN!!"

[See our Ad on Page 6](#)

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Unveiling the Science of Electrolysis for Hair Removal: A Permanent Solution with Lasting Benefits

In the quest for smooth, hair-free skin, individuals have explored various hair removal methods, each with its own set of pros and cons. Among these techniques, electrolysis emerges as a reliable solution offering permanent results and numerous benefits. In this article, we delve into the mechanism of electrolysis for hair removal and highlight its advantages in achieving long-term hair-free skin.

Understanding Electrolysis for Hair Removal:

Electrolysis is a method of removing individual hairs from the face or body by applying an electric current to the hair follicle, effectively destroying its ability to regenerate. This process is achieved through a tiny probe inserted into the hair follicle, targeting the root of the hair. The electric current then destroys the hair follicle, preventing future hair growth.

How Electrolysis Works

Let's explore the steps involved in electrolysis for hair removal:

1. **Consultation:** The process typically begins with a consultation with a certified electrologist. During this consultation, the electrologist assesses the client's hair type, skin sensitivity, and desired results.
2. **Preparation:** Before the procedure, the area to be treated is cleaned and prepped. The client may be advised to avoid certain skincare products or medications that could affect the procedure's efficacy.
3. **Insertion of Probe:** A thin, sterile probe is inserted into the hair follicle. This probe serves as a conductor for the electric current to reach the root of the hair.
4. **Application of Electric Current:** Once the probe is inserted, a mild electric current is applied to the hair follicle. The electric current targets the cells responsible for hair growth, damaging them and inhibiting further hair growth.
5. **Removal of Hair:** After the electric current is applied, the hair is gently removed using forceps. The process is repeated for each individual hair follicle in the treated area.
6. **Post-Treatment Care:** After the procedure, the treated area may experience some redness or swelling, which typically subsides within a few hours. Clients are advised to follow specific post-treatment care instructions provided by the electrologist to promote healing and minimize discomfort.

Benefits of Electrolysis for Hair Removal:

1. **Permanent Results:** Unlike temporary hair removal methods such as shaving or waxing, electrolysis offers permanent results. Once the hair follicle is destroyed, it cannot regenerate, leading to long-term hair reduction in the treated area.
2. **Suitable for All Hair Types and Skin Tones:** Electrolysis is effective for

all hair types and skin tones, making it a versatile option for individuals with diverse hair and skin characteristics.

3. **Precision and Accuracy:** Electrolysis targets individual hair follicles with precision, ensuring that only unwanted hair is treated while leaving surrounding skin undamaged.
4. **Minimal Discomfort:** While some clients may experience mild discomfort during the procedure, electrolysis is generally well-tolerated, especially when performed by a skilled and experienced electrologist.
5. **Freedom from Ingrown Hairs:** By permanently destroying hair follicles, electrolysis eliminates the risk of ingrown hairs, providing smooth and blemish-free skin.



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- achy joints?
- low libido?
- brain fog?

Two QR codes are present on the flyer.

Conclusion: Electrolysis for hair removal stands out as a reliable and effective solution for achieving permanent hair reduction. With its precision, versatility, and lasting results, electrolysis offers individuals the opportunity to enjoy smooth, hair-free skin without the hassle of frequent maintenance. As advancements in technology continue to enhance the electrolysis process, it remains a cornerstone in the realm of permanent hair removal, empowering individuals to embrace their desired aesthetic with confidence and ease.

Hannah Al-Raee

Founder of Tampa Bay Laser

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Ask The Doctor

John D. Young, M.D.
Foundational Health Center
 727-545-4600
www.YoungFoundationalHealth.com

John D Young, M.D.

It's in your Genes!

The other day someone mentioned to me how my sisters and I look alike since we all have certain Scandinavian physical qualities. I agreed but said we sure are different when it comes to our personalities and even our health. The more I have been studying the science of genetics and how genes are the basic building blocks of our cells and how they work, the better I understand how siblings can be very different. The three of us all grew up together in the same environment, same diet, stresses, and lifestyle and I have realized that it is our genes that make us unique individuals with our own unique personalities and our own chemistry. In a family, you can have some members that are severely gluten intolerant while another member of the family can eat all the wheat bread they want without a problem. It is because of our genetic makeup. I believe that people tend to forget this as do doctors. What treatment works for someone may not work for you. An example of this is diet. This may be the reason you see so many diets advertised, because no diet works for everyone.

Cancer is another example. I saw a patient recently with a common cancer. He had surgery to remove all the cancer and did both chemo and radiation. He was told he was fine and that there were no cancer cells left in his body. Six months later he found out the cancer was spreading throughout his body. While reading the other day, I found that a certain type of breast cancer is found to have 139 genetic variations. I thought to myself that it is no wonder we are seeing more and more people who are finding that the treatment doesn't always work because there are so many different genetic factors involved with our bodies and the diseases we have. A person came in to see me recently with a neurological and mental disorder. Anti-depressants were not helping. Everything the doctor tried failed. Alternative healthcare tried, also was without success. Finally, someone looked at their genes. They have genetic malformation at MTHFR – A 1298 C, at TCN2 + VDR-TAQ. Even though all the labs said they were fine, the genes said otherwise. MTHFR-A1298C has to do with folate metabolisms in the body and brain. VDR-TAQ has to do with vitamin D metabolism. Once we knew this, we were able to make a huge difference in this person's health. Knowing the genetic problem, we were able to bypass their mutation and resolve the problem.

Nutrigenomics is what we call the study of nutrition and genes. It can make a big difference in healthcare outcomes. Below are a number of genes that if they are not functioning properly can affect your health. Talk to your doctor as they should be able to explain all of this and get the correct treatment for you.

If you're not getting better have your Doctor check these genes. Or feel free to call our office and schedule a visit and learn more.

- Mthfr**- Folate metabolism and homocysteine
(If you have this defect it can explain why certain drugs that are commonly used will not work well for you. Such as birth control pills or certain drugs used in autoimmune diseases).
- Fads2**-conversion of omega3 ALA into EPA
- Fut2**-b12 absorption
- Apoe**-cholesterol transport, Alzheimer's risk
- Foxo3**-stress resistance and longevity
- Nbpf3**-B6 plasma concentration
- Bcmo1**- conversion of beta carotene into vitamin A
- Pemt**- Phosphatidylcholine synthesis
- Cyp2r1**- conversion of Vitamin D2 into D3

John Young M.D.



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Continued From Page 3

8 Critical Thinking Skills to Include in Your Resume Let's examine some of the most prominent critical thinking skills, find out what makes them valuable, and learn how to demonstrate them for optimal chances of success.

#1. Observation

In a way, observation represents the **inception of critical thinking**. Observant individuals can gather plenty of information by looking at situations, environments, and people.

So, in essence, critical thinkers use observation to lay the groundwork for future analysis and problem-solving. This makes it one of the core critical thinking skills that helps people spot potential issues and recognize patterns.

By listing observational skills on your resume, you can show recruiters that you're a keen individual who can pay attention to details and detect trends. That makes this ability vital in many industries, including research, engineering, and healthcare.

Let's see how you can demonstrate observational skills on your resume: **Observed and identified a recurring issue** with product returns before implementing a solution that reduced the number of returns by 31%.

#2. Analysis

Analysis usually comes right after the situation has been observed and an obstacle has been identified. It's an essential critical thinking skill that enables individuals to **systematically examine complex information**. Analysis also precedes problem-solving, as it helps individuals break down intricate data into smaller components for easier evaluation.

If your job revolves around finance, research, or technology, you should definitely make an effort to properly demonstrate your analytical skills on a resume. Here's a good example of how you can do so: **Conducted a comprehensive analysis** of industry trends and market conditions to give clients timely and accurate financial advice.

#3. Inference

The business-related information that you'll have at your disposal won't always be complete enough to offer a clear-cut solution. In that case, you'll need to make an inference and utilize your extensive knowledge of the subject to come up with answers.

In essence, inference as a skill allows you to **synthesize information from various**

sources to draw logical conclusions. All of that makes it a particularly important critical thinking skill in the education, healthcare, and law industries.

Here's an example of a candidate showcasing their inference skills on a resume: **Reviewed** over 150 legal documents to identify key issues and **infer the right course of action**, obtaining a 95% accuracy rate.

#4. Evaluation

Evaluation and critical thinking go hand in hand. This ability allows you to **assess and judge the quality of the information** that you're presented with, which means you're not taking any bit of data, thought, argument, or idea for granted. Instead, you're always looking to identify the strengths and weaknesses before making an evidence-based, informed decision.

Candidates with strong evaluation skills can, therefore, gauge the effectiveness of plans, ideas, and solutions, which can help them select the best ones for any given situation. This is important in many fields, particularly if you're looking for a job in research, healthcare, or education.

Here's how you can demonstrate your evaluation skills on your resume: **Analyzed and evaluated 70+ research studies** to identify key findings and limitations, creating concise research summaries with a 100% accuracy rate.

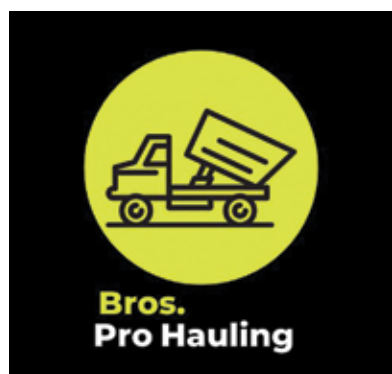
#5. Communication

Communication is a vital aspect of critical thinking, as it allows you to **convey and share information that you have learned, gathered, and interpreted**. Strong communicators can clearly and concisely articulate their thoughts and findings to clients, team members, and stakeholders.

On the other hand, communication skills include **active and attentive listening**. This can help you collect data and obtain information from others, which will, in turn, enhance your critical thinking prowess. All that makes communication vital in almost any industry, especially if you're in marketing, customer service, or public relations.

Let's see how you can highlight your communication skills on a resume: **Managed multiple projects** simultaneously while **effectively communicating** their progress to stakeholders, achieving a 100% compliance rate, and reaching all deadlines.

Continued on Page 24



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Spring into Clean: Decluttering Tips for a Fresh Home

Spring has sprung, and with it comes the urge to freshen up our home, and there's no better time to declutter. Imagine stepping into your home and feeling a sense of calm instead of chaos or stress. No more cluttered kitchen table, entryway filled with packages, junk drawers filled to the brim, and overflowing closets. Instead, envision a space where there's a place for everything and everything is in its place—a true sense of home.

Here are 4 simple tips to kickstart your spring cleaning and reclaim your space:

- 1) **Start Small, Start Now:** Tackling the entire house at once can feel overwhelming. Begin with one area, perhaps a drawer or a closet, and gradually work your way through each room. Breaking the task into smaller, manageable chunks not only makes it less daunting but also allows for a sense of accomplishment with each completed section.
- 2) **The Three-Box Method:** As you sort through your belongings, adopt the three-box method: one for items to keep, one for donations, and one for things to discard. Be ruthless in your decision-making—ask yourself if each item truly serves a purpose or brings you joy. Letting go of the unnecessary clutter will not only free up physical space but also lighten the mental load.
- 3) **Organize with Purpose:** Invest in storage solutions that cater to your specific needs. Whether it's bins, baskets, or shelving units, choose options that maximize space and facilitate easy access. Designate specific areas for different categories of items, such as books, clothes, or kitchenware. A well-organized home not only looks tidy but also promotes efficiency and peace of mind.
- 4) **Maintain Momentum:** Once you've achieved your desired level of decluttering, make a commitment to maintain it. Incorporate daily habits, such as putting things back where they belong and staying mindful of new additions to your space. Regular maintenance ensures that clutter doesn't creep back in, allowing you to enjoy the benefits of a clutter-free home year-round.

Now, here's your real challenge: take these tips and put them into action—right now! Embrace the spirit of spring cleaning and witness the transformation unfold in your own home. And if you find yourself in need of assistance with hauling away the excess junk, remember that Bros. Pro Hauling & Junk Removal is just a call away. Here's to a new Spring season of clarity, renewal, and the joy of reclaiming your space.

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Hearing Loss Myths Debunked

There are many misconceptions and societal stigmas about hearing loss. Too often, they prevent people from seeking the care they need to live an enriching life with hearing aids.

In fact, there are several things we have wrong about what it means to have hearing loss. With the evolution of modern technology and new advances in hearing healthcare, some of the most common hearing loss myths can be easily debunked.

If I Had Hearing Loss, I Would Know

The signs that point to hearing loss can be difficult to detect on your own. Many times, the people closest to us notice before we do. Keeping an open mind to the concerns of those who know us best is the first and easiest step in identifying and preventing further hearing loss.

Typically, hearing loss is a result of damage to the inner ear from exposure to loud noises over time. Meaning that as we are exposed to more noise and sound over time, our ears become progressively more damaged. For some, this begins earlier than others.

Fortunately, this also means that once treated with hearing aids, your hearing loss is less likely to continue to decline at the same rate, and together with your audiologist, you can better protect what hearing you still have.

Hearing Aids Won't Help

Hearing aids capture the sounds around you and amplify them to account for the level of hearing loss that you have. So, while it's true that they won't work for those who are deaf, they *can* still work quite well even if you already have severe hearing loss.

With modern testing procedures, advances in hearing aid technology, and more accurate hearing aid fittings, hearing aids have never been more equipped to help you navigate your life.

Hearing Aids Will Make Me Look "Older"

There's a common misconception that hearing aids make you look "older"—but this couldn't be further from the truth. Hearing aids can help you better navigate social situations and ensure you remain involved in the activities you enjoy.

But if the idea of hearing aids is still intimidating, know that in reality, about 5% of adults aged 45-54 and 10% of adults ages 55-64 have disabling hearing loss, so you're not alone.

And, if you're concerned about the appearance of a hearing aid, most hearing aid manufacturers are aware that you may not want to advertise your new tech, so they provide discreet options in varying skin and hair tones and small sizes for you to choose from.

Challenge What You Know About Hearing Loss

As we age, there's no doubt that hearing loss is a relevant concern. However, challenge what you thought you knew about hearing loss to embrace the potential for an improved quality of life.

While the hearing loss myths we heard growing up may be ingrained in us, they don't have to define the actions we take for our health today.

The MedRx Hearing Center is here to help you take the next steps toward better hearing. Give us a call at (727)584-9696 to schedule a free hearing screening with our Board-Certified Audiologist, Dr. Amanda Kluzynski. Visit MedRxHearingCenter.com for more information.

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While hearing loss can progressively worsen over time, it is usually high-frequency noises that disappear first. For example, you may be able to hear a running vacuum, but perhaps you can no longer hear the high-pitched chirping of birds outside or a whisper from a person next to you.

It's important to be vigilant about recognizing potential hearing loss because most primary care doctors don't test for it in annual check-ups. To find out if you have hearing loss, schedule an appointment with a local audiologist to perform a hearing exam.

My Hearing Loss Isn't Hurting Anyone

Ignoring potential hearing loss can put you at risk for more than just missing out on important conversations. **Risks of progressive hearing loss include a greater chance of developing dementia, an increased risk of falls, further hearing damage, and even isolation from friends and family.**

A study by Johns Hopkins found that hearing loss and dementia were directly related, with hearing aid users having a lower likelihood of developing dementia than their hard-of-hearing counterparts.

But hearing loss isn't just physically damaging, it can be mentally harmful as well. As humans, we depend on social connections to thrive in our lives and communities. When basic communication becomes difficult such as hearing and responding to the people we care about, we can unintentionally become isolated and lonely.

Hearing Loss is Normal At My Age

There's no denying that there are a lot of changes that occur in our bodies as we enter our older years. But there's no reason to think that this is something you should have to endure without treatment. If you had trouble seeing, you would get glasses, wouldn't you?

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The Benefits of Using a Local Health Insurance Agent

In today's complex healthcare landscape, navigating insurance options can be daunting. Whether you're an individual seeking coverage or a senior navigating Medicare, the choices can be overwhelming. While the internet offers a plethora of information, sometimes it's the personal touch that can truly make a difference. This is where local health insurance agents shine, offering invaluable assistance and expertise tailored to your specific needs.

Here are some great reasons why speaking to a local health insurance agent can greatly benefit you:

- 1. Personalized Guidance:** Local health insurance agents offer personalized guidance considering your unique circumstances. They understand the local healthcare market, including the providers and plans available in your area. This allows them to tailor recommendations to match your needs and budget, ensuring you get the coverage that best suits you or your employees.
- 2. Expertise and Knowledge:** Navigating the intricacies of health insurance can be challenging without expert guidance. Local agents bring a wealth of knowledge and experience to the table. They stay up-to-date with the latest trends, regulations, and changes in the healthcare industry, providing you with informed advice and helping you make well-informed decisions.
- 3. Advocacy and Support:** One of the most significant advantages of working with a local health insurance agent is having an advocate on your side. They act as your liaison with insurance companies, helping you understand your policy, assisting with claims, and resolving any issues that may arise. With their support, you can navigate the often frustrating process of dealing with insurers more smoothly.
- 4. Accessibility and Convenience:** Unlike online platforms or toll-free numbers, local health insurance agents offer a personal touch and accessibility that is hard to replicate. You can meet them face-to-face, a convenience that is often overlooked in today's digital age. This allows you to discuss your concerns, and ask questions in real-time, fostering trust and ensuring that you receive the attention and support you deserve throughout the insurance process.
- 5. Cost-Effective Solutions:** Contrary to popular belief, utilizing the services of a local health insurance agent can actually save you money. In fact, their expertise can often help you find cost-effective solutions by identifying discounts, subsidies, or alternative coverage options that you may not have been aware of otherwise. This can result in significant savings over time, making their services a smart financial choice.

In conclusion, partnering with a local health insurance agent offers numerous benefits, including personalized guidance, expertise, advocacy, accessibility, and cost-effectiveness. By leveraging their knowledge and support, you can navigate the complex world of health insurance with confidence, ensuring that you and your loved ones have the coverage you need when you need it most.

If you value the personal help and professional insight you can only get by working with a licensed agent, give us a call and tell your friends, too! All consultations are 100% complimentary.

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3 Months Before Your 65th Birthday | The Month You Turn 65 | 3 Months After Your 65th Birthday

Your Medicare Options

Step 1: Enroll in Original Medicare

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- Hospital | Part A**: Helps cover inpatient care in hospitals
- Medical | Part B**: Helps cover doctors and other healthcare providers

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Step 2: Choose your Additional Coverage.

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Prescription Part D Plan
Provided by Insurance Companies
Helps cover the costs of prescription drugs

Medicare Advantage Part C Plan
Provided by Insurance Companies

- Hospital & Medical**: Includes all benefits and services covered under Part A and Part B
- Prescription Drugs**: Can include Medicare prescription drug coverage as part of the plan
- Extra Benefits**: May include extra benefits and services not covered by Original Medicare



Light up your landscape with low voltage outdoor lighting

If you are looking for a cost-effective and safe way to illuminate your landscape, consider adding low voltage outdoor lighting. Low voltage or 12V landscape lighting comes in a variety of options and is easy to relocate if you make any changes to your landscape or home in the future. The low voltage wiring does not need to be in conduit or buried and can safely operate in wet areas. Low voltage lighting is a great option if the safety of pets and children is a concern. The installation of low voltage lighting will be less expensive than high voltage and is more energy efficient resulting in lower monthly electric costs. LED bulbs can be utilized for more energy efficiency and a longer lasting life, resulting in lower maintenance as you will not have to change the bulbs very often. Research the variety of options available to create a lighting design that brightens your pathways and highlights the best features of your landscape.

Spotlights

Installing spotlights in your design is a fantastic way to highlight landscape features and brighten your outdoor spaces. Adding spotlights to the base of trees, shrubs, statues, or water features is a great way to increase the security of your home while accenting the best parts of your outdoor spaces. Spotlights are easy to adjust and can be placed in any outdoor area where additional light is needed.

Pathway Lights

The addition of pathway lights can help brighten your walkways making them safer at night and illuminating the way to your home's entrance. Pathway lights aim the light down and to the sides providing the perfect amount of light for a well-lit pathway or walkway. Pathway lights can also be placed within plant beds to add more visibility to specific features.

Deck & Step Lights

Walk with ease on your deck and steps at night by adding flush or surface mount lights to the area. Increase the ambiance of your outdoor spaces with dimmable step lights that will allow you to control the brightness that are perfect for entertaining. By increasing the nighttime visibility, your guests will be able to travel with ease up and down your stairs and along the deck.

In-Ground Well Lights

Draw attention to landscape features, decorative columns, pathways, or trees by utilizing in-ground well lights. These lights are placed in a well that is dug below the surface, allowing the light to set recessed into the ground. These lights come in a variety of options, some of the lights have adjustable direction, some can be submerged in water such as a pond or pool, and some offer different colors.

Now that you know the variety of options available to brighten up the exterior of your home, you can create a low-voltage lighting design. Walk around your property and look at the features, trees, pathways, stairs that you want to be incorporated into your outdoor lighting project. Next research the various products available and style for your property. We recommend choosing a product that offers an extended warranty. Investigate your power supply options and reach out to a licensed electrician if you need to add the proper GFCI exterior outlet. A low voltage transformer will be needed for the power supply, these come in several options and can even include the timer. If you would like a consultation to discuss your outdoor lighting options, give us a call or send a text and we will schedule an onsite appointment and create a custom design for your specific outdoor lighting needs.

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Illuminate your pathways, features, stairs and trees with low voltage landscape lighting. This cost-effective lighting is a great way to brighten your outdoor spaces with long-lasting products that are energy efficient, easy to relocate, safer for children and pets.

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GOLD & DIAMOND SOURCE

The Gold and Diamond Source (GDS) is Tampa Bay's jewelry super center, showcasing the largest variety of diamonds and colored gemstones under one roof in the United States. The

GDS is a one-stop shop for all your jewelry needs, guaranteeing you impeccable quality and experience. Tampa Bay loves Gold and Diamond Source because their jewelry changes lives through their nonprofit organization. Hands Across the Bay helps individuals in crises situations to no fault of their own including domestic violence survivors, terminally ill children, trafficking survivors, single parents and more. The charity's overhead expenses are covered by jewelry purchased at GDS, enabling every donation to directly go to families in need.

This May, Gold and Diamond Source will be educating us on the Birthstone of the month, Emerald. Emerald is a member of the Beryl family, cousin to Aquamarine and Morganite. Its color is a rich bluish-green hue; the saturated gemstone is desirable for everyday and special occasion wear. More valuable than diamonds, fine-quality Emeralds of significant size are among the world's most fascinating jewels. Their incomparable dark green color is produced only under extremely rare conditions. Because these conditions also result in tiny cracks and cavities in the stone, inclusions are acceptable in top-quality Emeralds.

Ancient history records Emerald mines near the Red Sea called "Cleopatra's Mines," this was where the Pharaohs gathered gems between 3000 and 1500 B.C. The green Emerald is representative of life and springtime. In ancient Rome, the color symbolized beauty and love; perhaps this is why the Emerald is the gem chosen by love birds to celebrate their 20th, 35th, or 55th wedding anniversary.

The Gold and Diamond Source specializes in memorable, one-of-a-kind, jewelry that will fit in anyone's price range. The Gold and Diamond Source's luxury pieces and services are accessible to all in their 12,000ft showroom. This is a family-owned and operated jewelry store that has been serving your friends and family for almost 40 years. The Gold and Diamond Source makes it easy with the largest collection of colored gemstones in the southeastern United States along with on-site gemologists to educate you. For more information visit us in-store at 3800 Ulmerton Road Clearwater or follow us on social @TheGoldAndDiamondSource.

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Voices of Creative Clay: Being an Artist and Performer By Transition Artist Erann Bollman

I enjoy learning new mediums and expressing different ideas through my work. About 11 years ago I started creating art at 74th St., Elementary School in third grade with Ms. Hall. I learned a lot of different mediums in art class, and she would always give us time for free drawing at the end. One of my favorite memories was a time when Ms. Hall had us recreate a scene from the story, "A Bad Case of Stripes." I liked creating the scene because the girl was so colorful (I love color) and we used different materials like yarn for the hair and a paper plate for the face.

Drawing is my favorite. I have a lot of imagination in my head, and I enjoy that I can get it out onto paper. People and animals are my favorite subjects to draw because they are easy for me.

I like coming to Creative Clay because I'm learning different mediums (paper mâché, clay, embroidery) that help me express my ideas better and I am also learning employment skills that are connected to art and needed to be a working artist.

I got my start performing for people during my sophomore year of high school at Gibbs for the talent show. I did a song and dance routine to Taylor Swift's "Shake It Up." At first, I had stage fright, but my friend helped me to practice my breathing to overcome my fear. The next year I sang, "Once Upon a Time" by Dove Camren and my senior year I created a dance routine to Katy Perry's "Hot and Cold." With each performance, my confidence grew. That confidence carried over and I now perform at every art market. It makes me happy to show off my talent. I like practicing new moves and gaining a stronger more professional singing voice. I make sure to practice at home. I practice my songs at home and the last market was the first time, since high school, I worked on a choreographed dance routine for my song. My Aunt and cousin surprised me with a visit, and they were able to see my performance. That was pretty awesome too.

My friend Carla (a member artist at Creative Clay) wrote an original song titled, "Looking for Love." She wanted another person to sing with her and she asked me. I was surprised and excited that she saw my talent and asked me to perform with her. I listened to her song and I liked it. I thought it was beautiful and about a lonely person looking for love. We practiced every Thursday and Friday for the market, but we also went to a professional studio to practice and record her track.

My favorite job at Creative Clay is working with the customers. I like helping people when they have problems and sharing my art with the community. Selling my artwork makes me happy because I get my work out into the real world, and I think my art makes the world a better place. To me, being an artist is having the opportunity to bring things to life from my imagination. It makes me happy.



Creative Clay's mission is to help people with disabilities achieve full and inclusive lives by providing expressive, educational, and vocational experiences in the arts.

Visit www.creativeclay.org to learn more about how Creative Clay provides a safe and inclusive space for people with disabilities to create, market, and sell their work. Follow on Facebook and Instagram @creativeclaystpete for updates!

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MENTAL HEALTH BENEFITS OF ANIMAL COMPANIONSHIP

By: Kristen Davis, Director of Marketing & Communications at SPCA Tampa Bay



SPCA Tampa Bay has launched a mental health initiative highlighting the connections of local people and animals during Mental Health Awareness month in May.

There is an unbreakable link between humans and animals for better mental health. The unconditional love and unwavering loyalty that animals provide can often be the key to unlocking better mental health for many individuals. The bond between

humans and animals goes beyond companionship - it can be a source of solace and support during difficult times. SPCA Tampa Bay calls this unique bond "Humanimity."

SPCA Tampa Bay is partnering with the Tampa Bay Rays during their homestand on May 6, 7, and 8 against the Chicago White Sox to provide game attendees with mental health awareness resources and local Humanimity stories. The first story to be shared at the Tampa Bay Rays game comes from Sergeant Crystal Schofield with the Pinellas County Sheriff's Office Threat Management Unit. Sergeant Schofield is an advocate for law enforcement officer mental health and has adopted two cats from SPCA Tampa Bay through the Suncoast Police Benevolent Association "COPS Adopt" Program, which can assist PBA members with pet adoption fees.

Continued on Page 19

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Hilary Hart, DVM

Continued From Page 20

“At the time of my pet adoption, I had been working in the Crimes Against Children Unit for seven years and had seen many horrible cases of child abuse and neglect. One day I was having an especially hard day and decided to visit SPCA Tampa Bay on my lunch break to spend some time with the animals. I’ve never really been a cat person, but immediately connected with a cat I later named Rue. I felt so calm by Rue’s connective nature and cat purrs. I adopted Rue that day and after a few months, I adopted another cat named Renn through the Suncoast Police Benevolent Association COPS Adopt program. Rue and Renn are now the best of friends and have helped improve my mental health in so many ways,” said Sergeant Schofield.

Owning or caring for an animal can significantly impact your mental health. Scientific research has shown that interacting with animals can have a profound impact on our well-being. The release of oxytocin, often referred to as the “love hormone,” increases when we pet or spend time with animals. This hormone plays a crucial role in reducing stress and promoting feelings of trust and bonding.

It’s not just humans who benefit from the bond with animals; the animals, too, experience healing through these relationships. The mutual exchange of love, care, and companionship creates a symbiotic dynamic where both parties can find comfort and support in each other’s presence.

If you don’t have a pet of your own, you can apply to become a volunteer with SPCA Tampa Bay and spend time walking dogs, cuddling cats, or fostering animals in need.

The simple act of stroking a cat or playing fetch with a dog can lower cortisol levels, the hormone associated with stress. This natural remedy is easily accessible and can have a profound impact on overall. If you’re looking to improve your mental well-being, consider welcoming a furry friend into your life or volunteering your time with homeless animals at SPCA Tampa Bay. The unconditional love and companionship they offer can make a world of difference in your overall happiness and mental health.

SPCA Tampa Bay is looking for more local Humanimity stories to highlight during Mental Health Awareness Month in May. If you have a mental health story of your own that you’d like to share, please email SPCA Tampa Bay at mentalhealth@spcatampabay.org.

For more information on SPCA Tampa Bay and mental health awareness month, visit spcatampabay.org/mentalhealth.

To learn more about how to get involved at SPCA Tampa Bay, visit spcatampabay.org/volunteer.

For more information about the Sun Coast Police Benevolent Association’s COPS Adopt program, visit suncoastpba.com/cops-adopt.



Photo Credit - Sergeant Crystal Schofield
“Renn at SPCA Tampa Bay before adoption”



St. Petersburg Dental Welcomes Amelia Caceres, DMD

Dr. Amelia Caceres earned her Doctor of Medicine in Dentistry from University of Puerto Rico School of Dental Medicine. She is a proud member of the American Dental Association, Florida Dental Association and Academy of General Dentistry.

Dr. Caceres practiced Dentistry in Fort Myers for 6 years and moved to Tampa Bay area in Summer 2023. Focusing on providing services in all facets of General Dentistry including restorative, cosmetic and implant dentistry. Fluent in English and Spanish.




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Get to know me



Dr. Kim Windschauer
 Doctor of Oriental Medicine
 Acupuncture Physician

Acupuncture of West Florida
 3001 Executive Drive
 Suite #150
 Clearwater, FL 33762
 727-490-6060
acuofwestfl.com

I am an Acupuncture Physician, Board Certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) as well as the Florida State Board of Health, to practice both Acupuncture and Herbal Medicine.

I graduated from East West College of Natural Medicine, and am a member of the Florida State Oriental Medical Association (FSOMA).

I have a Masters in Science degree in Traditional Chinese Medicine and a Bachelor's degree in Health Services, from East West College of Natural Medicine, as well as a Bachelor of Arts degree from the University of South Florida.

I am one of the few native Floridians, born and raised right here in St. Petersburg. My husband and I have been married for over 35 years, and have nine children: Tyler, Jordann, Gabriel, Kevin, Annalyse, Lucas, Olivia, Cameron, and Addison.

While the first five have moved into their own

homes, and two are in college, we are far from empty nesters, having teenage twins and several dogs running around the house to keep us on our toes!

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Acupuncture Treatments

Below are just a few of the most common health issues that Dr. Kim treats:

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PERIPHERAL NEUROPATHY BREAKTHROUGH

"My feet feel like they are on fire."
 "Each step feels like I'm walking through wet paint."
 "I live in constant fear that I'll fall."
 I can't sleep, my hands and feet tingle all night."

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Dr. Kim Windschauer of Acupuncture of West Florida in Clearwater Florida shares this belief. "I've been treating neuropathy in all various forms for many years, and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my ads or read the testimonial of another patient and say to themselves, 'hey I feel the same thing'."

Kathy of Largo testifies to this. "I remember my husband driving me to my consultation, and I saw a woman running. I was so envious. I just kept thinking 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately, Kathy would eventually see Dr. Kim's ad, describing similar symptoms, and how she offers a real solution at **Acupuncture of West Florida**. "I just knew I had to see her, it was my last hope."

"Almost all of our patients come to us with a story like Kathy's. They've been everywhere else. They've been told "it's just a part of growing older." Shares Lauren a Patient Care Technician at **Acupuncture of West Florida**, "It just breaks my heart, but I know how much we can help people like Kathy so I'm always so happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer little to no resolve. Which is why Dr. Kim

and the staff at Acupuncture of West Florida pride themselves on being "the last resort with the best results."

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in the lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate, they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case the absence of pain is not necessarily a good thing," shares Dr. Kim. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Dr. Kim able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy. This is technology that was originally developed by NASA to expedite recovery and healing."

"I just can't say enough about Acupuncture of West Florida," Kathy shared through tears of joy. "My husband and I moved here 3 years ago, and he's gone to the beach almost every day. I always stayed home because of the pain and discomfort. Yesterday I walked on the beach with him! And next week we're starting dancing lessons. I am truly living life these days!"

According to Kathy's test result, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients," shares Lauren. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great."

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Dr. Kim has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis, but it helps to define just how much nerve damage has occurred" tells the doctor. "This is important because if a patient has suffered more than 95% damage there is little that I can do to help them. I'm familiar with the medical miracle but I know my limitations as a practitioner as well as the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

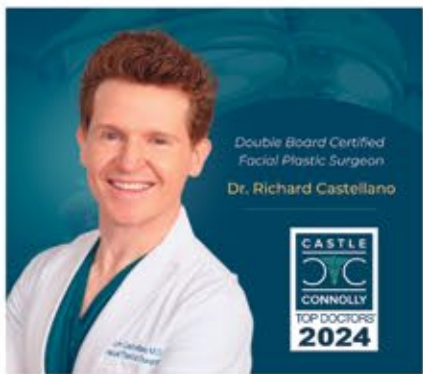
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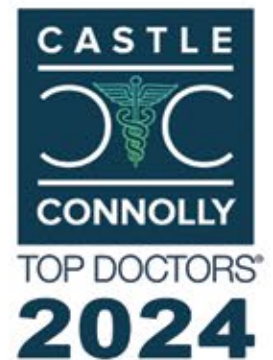


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Walk this way – It’s quite good for you

Putting one foot in front of the other can set you on a path for significantly better health, experts say – even without a lot of heavy lifting or jumping through hoops.

Walking can help with weight control and reduce the risk of heart disease, diabetes and more. So, whether you’re a dedicated step-counter or a certified couch potato ready to make a change, here’s what to know.

goes for “green space,” such as parks or forests. Research shows people in greener neighborhoods are more likely to walk than those in less-green areas. People in walkable neighborhoods tend to be more physically active and have a healthier weight.

But not everyone has the same opportunities to go on a walk or to be active in their neighborhood. Someone in a walkable city, such as New York City, will have more opportunity to walk than someone in a car-oriented city such as Houston.

It’s a great first step

If you’re doing any type of walking, you’re moving. That’s both obvious and important, because being sedentary – sitting, lying down – has been linked to an increased risk of diabetes, heart disease and premature death. Even a little bit of light activity can help lower the risks.

Beyond being anti-sedentary, walking at a brisk pace counts toward the minimum of 150 minutes of moderate-intensity physical activity recommended by federal guidelines.

It doesn’t have to be 10,000 steps

Although it’s a nice, round number, the idea that people need to take 10,000 steps a day came from a Japanese company’s marketing tactics in the 1960s. More recent research has shown that the optimal number of steps varies depending on factors such as age and your goal.

Feel the need for speed?

As with step count, the importance of pace will vary depending on what health condition you’re looking at.

For some outcomes, you really need to be at a moderate or higher pace. Some studies have shown that faster walking lowers diabetes risk, for example, and others have shown it takes regular physical activity to improve cholesterol and triglyceride levels.

But for other things, such as weight control, it’s not the speed but the overall energy expenditure that matters. And any movement counts.

Go where you want to go

Where you walk – whether it’s down the street or on a treadmill – doesn’t matter. What’s important is finding something that works for you.

So, if you want to walk around the track while your kid is at soccer practice, that works. But if you’d rather go to the mall or gym and walk there because it’s raining or you’ve got safety issues in your neighborhood, go for it.

It’s a city design issue – OPTIONAL TRIM

Just because walking is a basic form of exercise doesn’t mean everyone has the same access to it.

Some urban features encourage it. With “blue space” – access to coasts, lakes and rivers – people are more likely to be active and have better mental health. The same



How to get started

You can begin a walking routine with something as simple as getting up from the couch during commercials. When starting any new habit, it’s important to think about how you’re going to make it part of your routine. Take out a calendar, or look at your phone calendar, and start blanking out days and hours when you’re going to be able to make a change.

You’ll also need comfortable shoes, and proper clothing for the weather. And if you’re walking at night, don’t forget safety gear such as bright colors and a flashlight to make sure motorists see you.

The next steps

Once you’ve been at it for a while, don’t be afraid to vary your route and your Find a path with hills, or try alternating intervals of slower walking with a brisk pace.

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Common Sense Caregiving - Gary Joseph LeBlanc

Signs to be on the Lookout for Dementia

It's common for people to experience bouts of forgetfulness. So, if you find yourself thinking it's Friday when it's actually Monday, don't worry. This doesn't mean that you're showing signs of Alzheimer's or any other form of dementia. Everyone drifts through spells of forgetfulness.

But if you're concerned about yourself, a family member, colleague, or someone in your community, there are several red flags to keep an eye out for. In the early stages, you may experience difficulty with memory recall. In the initial stage, you might notice there be a strain when attempting to recall:

- Important dates
- Appointments
- Familiar names

I also recommend watching for certain characteristics, such as:

- Repeatedly asking the same question
- Having a shorter attention span
- Losing sense of time

There are occasions where issues may arise when handling numbers, like struggling to balance a checkbook or mistakenly dating a check decades in the past. These mishaps can be attributed to our working memory, a crucial aspect of executive brain function. This ability allows us to process and manipulate information without losing track of our tasks. How many times have we been counting something and a minor distraction causes us to lose count? While these mistakes may seem insignificant and attributed to fatigue, frequent occurrences may be a sign of potential problems.

Struggling with reading can also be a warning sign. Being unable to get past the first page of a newspaper, repeatedly re-reading the beginning of a book, or having difficulty filling out a simple questionnaire are all indications that someone may be experiencing a decline in their ability to focus and retain information in the short term.

As these conditions worsen, excuses will likely flow like a raging river. Those affected by dementia are known for their remarkable ability to come up with creative excuses. In fact, they become masters at it. You may perceive their behavior as being stubborn or uncooperative, but it's important to remember that it is less embarrassing for them to say "no" than to risk appearing foolish in front of others. We can all relate to that feeling.

Following this, accusations will likely fly. The care partner or someone else will be blamed for misplaced items by these individuals. Expect to witness rapid shifts in mood, with frustration being expressed over simple tasks or errands that cannot be completed. This is what I refer to as the "frustration stage." Imagine suddenly being unable to do something you've been doing effortlessly for most of your life. Your initial reaction will likely be anger - towards yourself, then towards your loved ones or whoever is nearest, and finally towards the world. I've seen and experienced this many times. However, I call it a stage because it eventually subsides. In fact, I have observed many of these individuals become incredibly sweet once they realize their care partner is genuinely there to help them.

As this impairment progresses, there may be times when words fail them and they struggle to speak. With certain types of dementia, language skills can decline significantly. They may withdraw from conversations or suddenly stop speaking in the middle of a sentence. It's as if their mind is searching for the right word or phrase, but it just won't come. Additionally, they may often substitute one word for another, such as saying "radio" instead of "television."

It's important to keep a record of these changes so that you can share them with their healthcare professionals and attending physicians. There may be times when you are on your way home from a doctor's appointment and realize you forgot to mention something important. I highly suggest keeping a journal and writing down all the changes you notice. This will come in handy in many different situations.

Early diagnosis is crucial when it comes to Alzheimer's or other dementia-related diseases. Each disease requires a different approach for treatment. If your physician gives you a dementia diagnosis, the first thing you should ask is "What's causing it?" There is an underlying issue in your body that is affecting your cognitive function. It's important to note that some people in their 90s live without experiencing dementia, and this is how life is supposed to be. Dementia is not a natural part of aging. Your general physician should refer you to a neurologist for an official diagnosis at this point; if they don't, don't hesitate to request one. It's important to involve family members in creating a personalized care plan with medical professionals as soon as possible. This team approach can greatly benefit the affected person.

It is crucial to understand that numerous symptoms may be linked to medication, stress, or depression. This highlights the importance of having individuals with cognitive problems undergo a thorough medical evaluation at the initial onset of any concerns. We hope that with fortune, the diagnosis will reveal nothing significant, allowing them to enjoy their "golden years" as they were intended.

If you have reason to believe that someone you know may be showing symptoms of dementia, it is important to notify those you believe should be involved and arrange for an early diagnosis as soon as possible.

Gary Joseph LeBlanc, Director of Education
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We take credit card, Zelle, Venmo, etc and provide curbside delivery or ship via USPS.
 Call or text: (727)515-8380, April Brader, DOM Local Traditional Chinese Medicine Physician, Herbalist & Acupuncturist.

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#6. Problem-solving

Problem-solving is an actionable part of the critical thinking process and one of the most important skill sets in the business environment. It represents a collection of abilities that allow individuals to develop and implement solutions based on problem analysis. Showcasing your problem-solving competence is particularly important if you're in fields such as finance, engineering, or technology. Here's how you can do that: **Analyzed financial data**, identified discrepancies, and **devised an automated solution** to reduce accounting errors by up to 25%.

#7. Open-Mindedness

Open-mindedness is both a soft skill and a character trait. It represents your **receptiveness to the ideas and perspectives of others**, even if that means changing your existing assumptions and beliefs.

Open-minded individuals are capable of actively listening to others and carefully examining their points of view. That makes this skill invaluable in business environments, where collaboration is crucial and both individuals and team members continuously need to adapt to changing circumstances.

Considering open-mindedness is one of the more abstract soft skills, it can be challenging to showcase it on your resume, but you can always demonstrate it by using relevant keywords. Here's a good example: **Participated in cross-functional team brainstorming sessions, actively listening** to others and **considering everyone's perspectives**, resulting in a 30% increase in the number of strong ideas generated.

#8. Introspection

Considering that critical thinking abilities are soft skills, you can continuously work on improving them. One of the best ways to achieve that is through introspection. It allows you to **examine your feelings, thoughts, and actions in a meaningful and analytical way**.

By reflecting on your experiences and identifying any assumptions and biases that might affect your judgment, you'll find ways to improve yourself, enhance your skills, and boost your performance.

Demonstrating introspection on your resume can be challenging, but if you manage to do it, you'll portray yourself as a responsible and adaptable candidate who is able to learn and grow from their experiences.

Here's an example: Cultivated a **self-aware and reflective approach** to project management, closely monitoring project progress and identifying opportunities to learn and grow, increasing project success rates by 11%.

How to Improve Your Critical Thinking Skills

We brought up the importance of improving critical thinking skills through introspection, but there are many other ways to develop them further. By doing so, you can make better business decisions, solve problems more quickly and effectively, and communicate more clearly.

Here are some tips to help you improve your critical thinking skills:

- **Practice active listening.** Pay close attention to what someone is saying and ask questions to clarify any potential misunderstandings. That will help you look at things from other people's perspectives and gain valuable insights.
- **Thoroughly analyze the information** that you encounter and take the time to check out its source and credibility before acting on it.
- **Seek opportunities to collaborate with others.** Working with people helps you gain new perspectives and examine different approaches to problems, which will, in turn, improve your critical thinking prowess.
- **Take courses and attend workshops** that focus on developing critical thinking skills.
- **Look for mentors and ask for advice** from more experienced professionals in the field.

Improving your critical thinking skills might take time and effort, but the benefits are more than worth it.

Closing Thoughts

As you can see, critical thinking skills can make you stand out from the competition in more than one way. They don't just speak volumes of your knowledge and experience; they also paint you as an out-of-the-box thinker who can analyze, interpret, and assess information in a strategic way.

The fact that they are highly valuable yet difficult to prove is your chance to get a head start with recruiters and potential employers. Remember to back up your critical thinking skills with specific examples and quantifiable results, and you'll be one step closer to landing an interview and, subsequently, getting your dream job.

By Isabelle Dupont. Courtesy: resume.co/blog/critical-thinking-skills



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