

Treasure Chest

SOUTHWEST FLORIDA
MONTHLY NEWSPAPER

Free

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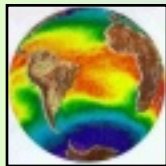
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The Ivory-Billed Woodpecker



Illustration by artist Mr. DiGiorgio

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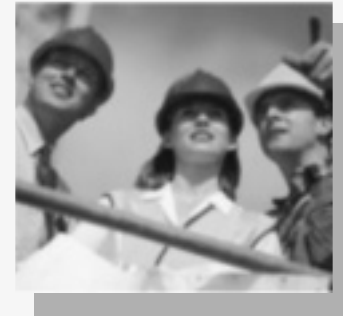
Work Visas H-2B for Seasonal Jobs



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How to receive temporary workers

American employers may obtain temporary international labor to close the gap in the seasonal or temporary needs for the hospitality, construction or other non-agricultural industries when there is a shortage of introductory laborers in this area. Due to the temporary nature of the job it is difficult and often impossible to fill the required temporary positions with workers from the U.S. labor force. Therefore it is an industry-wide practice to bring some temporary help from the international labor markets. These international employees could be invited from countries around the world under H-2B nonimmigrant work visas for unskilled jobs. International H-2B workers are highly motivated working in the USA as temporary workers and they in turn share their cultural uniqueness at the workplace. Specially selected and checked at the embassies in their home countries, the H-2B workers undergo an interview qualification process and pay all taxes here in the U.S. Some of them worked in the U.S. before as housekeepers, restaurant helpers, guest relations and other manual positions in hotels, restaurants, retail stores, parks or resorts.

In order to qualify for the H-2B visa, there are three requirements. The first requirement is that the job must be one time, seasonal, peak load or intermittent. The second is the job must be for less than one year. Lastly,

there must be no qualified and willing American workers available for the position. The job must pay the prevailing wage for certain position in employer's geographic area, usually between \$6.50 and \$8.00.

The H-2B program can be beneficial for the employer and the worker. For the employer, it will provide additional employees who are only allowed to work on a temporary basis, so they do not have to feel bad about hiring and rehiring only during the seasons the workers are needed. Under the H-2B program, foreign workers are hired on a temporary basis and then are off the company payroll when the job is over. For the worker, it is a great opportunity to make more money than they would be able to earn in their home country.

There are two restrictions to the H-2B visa:

1. It is a temporary work visa valid for only a limited period of time.
2. It will permit the holder to work only for the company-petitioner.

There are two documents you must obtain so that the international employees can apply for their H-2B visas at the U.S. Embassy in their home country:

1. A labor certificate from the U.S.

Department of Labor certifying that we cannot find sufficient US workers. By law, we cannot file the application for labor certification until 120 days prior to the earliest date the employment is needed.

2. Approval of a petition filed with the U.S. Citizenship and Immigration Service (USCIS). This petition proves that the job is a temporary seasonal job and that the individual meets the minimum job qualifications for the position.

The annual cap of H-2B workers is 66,000 but for many years, fewer than 20,000 H-2B workers were admitted per year. That number has significantly increased in more recent years. The Department of Labor shows most certifications have been for landscaping workers, forestry workers, housekeeping, and tree planters.

The Save Our Small and Seasonal Businesses Act of 2005 made changes to the overall annual H-2B cap for FY 2006 and beyond, providing that the 66,000 overall cap be divided in half, with 33,000 visas available during the first six months of the fiscal year and the remaining 33,000 visas available during the second six months. The Act exempted from the H-2B cap those foreign nationals who have worked in the U.S. under the H-2B visa program in any one of the past three fiscal years and who are returning to the

United States to take up temporary employment this year. Returning H-2B workers are not required to return to employment with a previous H-2B employer in order to be exempt from the cap.

For employers who wish to employ temporary workers, our company can recruit, complete the necessary paperwork and provide the needed international workers through a period of increased business activity. Our company helps also to obtain insurance, and provide the important detailed functions to insure that their stay in the U.S. is smooth and pleasurable. We arrange for safe housing and transportation from the airport and to and from the worksite, if necessary. We recognize that the needs of the employers and the well-being of the workers are always top priorities.

Foreign workers who want to upgrade their skills to the American standards, and learn more about life, history and culture of the USA are more than welcome to join the H-2B program. You can find the requirements along with other information on our website. It will help to answer some of your questions, prepare for your experience in America, and help you to adjust to this program.

*Larissa Khariton
EdEmEx.net*

Treasure Chest

Southwest Florida Monthly Newspaper

Publisher: Education & Employment Exchange Foundation.

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Editor: Laura Clark

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Distribution: Metropolitan area of Southwest Florida through international stores, businesses, libraries, churches, synagogues and other locations.

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Career in Healthcare - Online Nursing Schools

According to the U.S. Department of Labor (DOL), health care was the nation's largest industry in 2004-2006, providing more than 13.5 million jobs nationwide annually. About 450 thousand of these health care workers are independent or self-employed professionals. 40% of the fastest growing occupations consist of careers in healthcare. Such healthcare jobs include traditional fields such as nursing and physician's assistant, but can also include healthcare management jobs such as medical secretaries and home and personal home health care aides.

Most healthcare jobs are in hospitals (over 41%). Nursing homes and residential care facilities make up the second largest source of employment, with private medical and dental offices a close third.

In any event, the DOL now predicts that most of the new wage and salaried jobs created over the next seven to ten years will be in the healthcare industry. Most of these workers have jobs



requiring no more than an associate's (two-year) degree; nonetheless, those with careers in healthcare are among the most educated in the nation.

Those people who have a desire to gain a degree in healthcare but owing to various reasons can't attend regular college, could quite possibly study at a college of nursing online. An online nursing school program of course does not bypass the need of a clinical experience, which is mandatory in this field. While the theory of the course material is done through online classes, clinical training is arranged in a medical facility that is convenient for the students.

An online nursing school can give the student the freedom to join at any point during the year. However, there are many schools that fix a time for admissions much like the traditional institutions and want the students to maintain a semester routine or a quarter routine in tandem with the regular students. Commonly offered in online nursing schools are RN-to-BSN



and MSN degrees.

An online nursing degree is found to be useful by many people because they find it a quicker and convenient way to get an education in this fashion. Also, they are allowed to take proficiency exams like the College Level Examination Program (CLEP) and Proficiency Examination Program (PEP). Some people find the online nursing schools a more pocket friendly option compared to other universities.

The various benefits of an online nursing degree depend upon the choice of the school. There are a lot of options to choose from so you can choose the option that matches your needs. Nursing degree info, Online Nursing Continuing Education and Online Nursing Schools are the online information banks for people who wish to pursue a successful career in nursing.

Hot News from Sarasota Real Estate Market

The following press release was sent to local media on Oct. 24 at 12 p.m.

Sarasota Association of REALTORS:

2007 Sarasota real estate market continues to mirror 2006

The Sarasota real estate market this year continues to mirror last year, with sales figures year-to-date for homes and condominiums in the Sarasota MLS declining only a modest 7 percent through the first nine months of 2007 compared to the same period in 2006.

In total, 4,830 closings were reported through the end of September 2007, compared to 5,194 closings through September 2006. These numbers are reminiscent of the market through Sept. 30, 2001, when there were 4,476 closings reported. However, home and condominium prices have obviously increased dramatically during the past six years.



In fact, the total volume of sales for the first nine months of 2001 was only \$1.22 billion, while the figure was \$2.365 billion, or almost double this year. This is an indicator of how much homes and condominiums have appreciated in only a short time in our area. Despite the recent downturn in median prices from the peak experienced in 2005, for those who owned a home for the past several years, there has still been a substantial increase in value and equity in the property.

Condominium prices were a bright spot, up year-to-date through Sept. 30, with the median sale price for the first nine months at \$355,000, compared to only \$310,000 for the same period in 2006. This represents an increase of 14.5 percent.

The median sale price of a home was \$309,000 year-to-date through September 2007, compared to \$350,000 for the first nine months of 2006, for a decline of 11.7 percent.

The Sarasota MLS did show a dip in sales for September 2007, with 234 single family home sales and 104 condominium sales, compared to September 2006, when 316 home and 134 condos were reported sold. However, September is often one of the slowest sales months of the year, prior to the return of seasonal residents and potential home buyers.

"We are continuing to see stabilization in our market numbers as we come out of the slower, end-of-summer months," said Joe Hembree, 2007 SAR President. "Word of mouth indicates we are already seeing an increase in visitors to open houses, and we expect the season will bring a new wave of serious buyers, who will see a market in recovery, with prices lower than people have seen in a few years."

Viewing the statistics generated by the Florida Association of Realtors®, which combines the Sarasota-Bradenton-

Venice area as one Metropolitan Service Area (MSA), Hembree noted this region is still doing better than the overall state.



"We were only down 10 percent in terms of condominium sales for the month, while the overall state was down 37 percent," said Hembree. "The median condo sale price also was up by 6 percent for our MSA, while the state was down 4 percent. Our single family home sales were down 25 percent, September to September, while the state was down 38 percent. Ocala's MSA was down 57 percent, and Orlando was down 48 percent. So

you can see that we are still performing relatively well in a down market."

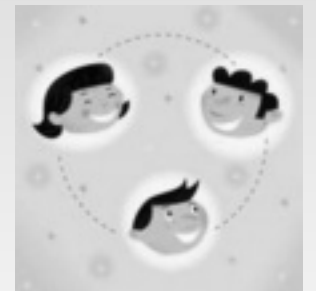
On Oct. 16, during a panel discussion concerning the local market, sponsored by SAR and the Time2Buy Sarasota campaign, noted national economist John Tuccillo said all signs are pointing to the first phase of a market recovery now in progress in Sarasota.

The cyclical real estate industry often sees the start of a new phase reflected in lower numbers of listings, which is evident in the Sarasota market. Tuccillo noted this is normally followed by the second phase, a reduction in the number of days on market, and then the third phase, a rise in the ratio of sale price to list price.

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National Oceanic and Atmospheric Administration Answers on the Frequently Asked Questions About Global Warming Today and in the Future

What is the greenhouse effect, and is it affecting our climate?

The greenhouse effect is unquestionably real and helps to regulate the temperature of our planet. It is essential for life on Earth and is one of Earth's natural processes. It is the result of heat absorption by certain gases in the atmosphere (called greenhouse gases because they effectively 'trap' heat in the lower atmosphere) and re-radiation downward of some of that heat. Water vapor is the most abundant greenhouse gas, followed by carbon dioxide and other trace gases. Without a natural greenhouse effect, the temperature of the Earth would be about zero degrees F (-18°C) instead of its present 57°F (14°C). So, the concern is not with the fact that we have a greenhouse effect, but whether human activities are leading to an enhancement of the greenhouse effect.



Are greenhouse gases increasing?

Human activity has been increasing the concentration of greenhouse gases in the atmosphere (mostly carbon dioxide from combustion of coal, oil, and gas; plus a few other trace gases). There is no scientific debate on this point. Pre-industrial levels of carbon dioxide (prior to the start of the Industrial Revolution) were about 280 parts per million by volume (ppmv), and current levels are about 370 ppmv. The concentration of CO₂ in our atmosphere today, has not been exceeded in the last 420,000 years, and likely not in the last 20 million years. According to the IPCC Special Report on Emission Scenarios (SRES), by the end of the 21st century, we could expect to see carbon dioxide concentrations of anywhere from 490 to 1260 ppm (75-350% above the pre-industrial concentration).

Is the climate warming?

Yes. Global surface temperatures have increased about 0.6°C (plus or minus 0.2°C) since the late-19th century, and about 0.4°F (0.2 to 0.3°C) over the past 25 years (the period with the most credible data). The warming has not been globally uniform. Some areas (including parts of the southeastern U.S.) have, in fact, cooled over the last century. The recent warmth has been greatest over North America and Eurasia between 40 and 70°N. Warming, assisted by the record El Niño of 1997-1998, has continued right up to the present, with 2001 being the second warmest year on record after 1998.

Linear trends can vary greatly depending on the period over which they are computed. Temperature trends in the lower troposphere (between about 2,500 and 26,000 ft.) from 1979 to the present, the period for which Satellite Microwave Sounding Unit data exist, are small and may be unrepresentative of longer term trends and trends closer to the surface. Furthermore, there are small unresolved differences between radiosonde and satellite observations of tropospheric temperatures, though both data sources show slight warming trends. If one calculates trends beginning with the commencement of radiosonde data in the 1950s, there is a slight greater warming in the record due to increases in the 1970s. There are statistical and physical reasons (e.g., short record lengths, the transient differential effects of volcanic activity and El Niño, and boundary layer effects) for expecting differences between recent trends in surface and lower tropospheric temperatures, but the exact causes for the differences are still under investigation (see National Research Council report "Reconciling Observations of Global Temperature Change").

An enhanced greenhouse effect is expected to cause cooling in higher parts of the atmosphere because the increased "blanketing" effect in the lower atmosphere holds in more heat, allowing less to reach the upper atmosphere. Cooling of the lower stratosphere (about 49,000-79,500ft.) since 1979 is shown by both satellite Microwave Sounding Unit and radiosonde data, but is larger in the radiosonde data.

Relatively cool surface and tropospheric temperatures, and a relatively warmer lower stratosphere, were observed in 1992 and 1993, following the 1991 eruption of Mt. Pinatubo. The warming reappeared in 1994. A dramatic global warming, at least partly associated with the record El Niño, took place in 1998. This warming episode is reflected from the surface to the top of the troposphere.

There has been a general, but not global, tendency toward reduced diurnal temperature range (DTR), (the difference between high and low daily temperatures) over about 50% of the global land mass since the middle of the 20th century. Cloud cover has increased in many of the areas with reduced diurnal temperature range. The overall positive trend for maximum daily temperature over the period of study (1950-93) is 0.1°C/decade, whereas the trend for daily minimum temperatures is 0.2°C/decade. This results in a negative trend in the DTR of -0.1°C/decade.

Indirect indicators of warming such as borehole temperatures, snow cover, and glacier recession data, are in substantial agreement with the more direct indicators of recent warmth. Evidence such as changes in glacier length is useful since it not only provides qualitative support for existing meteorological data, but glaciers often exist in places too remote to support meteorological stations, the records of glacial advance and retreat often extend back further than weather station records, and glaciers are usually at much higher altitudes than weather stations allowing us more insight into temperature changes higher in the atmosphere.

Large-scale measurements of sea-ice have only been possible since the satellite era, but through looking at a number of different satellite estimates, it has been determined that Arctic sea ice has decreased between 1973 and 1996 at a rate of -2.8 +/- 0.3%/decade. Although this seems to correspond to a general increase in temperature over the same period, there are lots of quasi-cyclic atmospheric dynamics (for example the Arctic Oscillation) which may also influence the extent and thickness of sea-ice in the Arctic. Sea-ice in the Antarctic has shown very little trend over the same period, or even a slight increase since 1979. Though extending the Antarctic sea-ice record back in time is more difficult due to the lack of direct observations in this part of the world.

Are El Niños related to Global Warming?

El Niños are not caused by global warming. Clear evidence exists from a variety of sources (including archaeological studies) that El Niños have been present for hundreds, and some indicators suggest maybe millions, of years. However, it has been hypothesized that warmer global sea surface temperatures can enhance the El Niño phenomenon, and it is also true that El Niños have been more frequent and intense in recent decades. Recent climate model results that simulate the 21st century with increased greenhouse gases suggest that El Niño-like sea surface temperature patterns in the tropical Pacific are likely to be more persistent.

Is the hydrological cycle (evaporation and precipitation) changing?

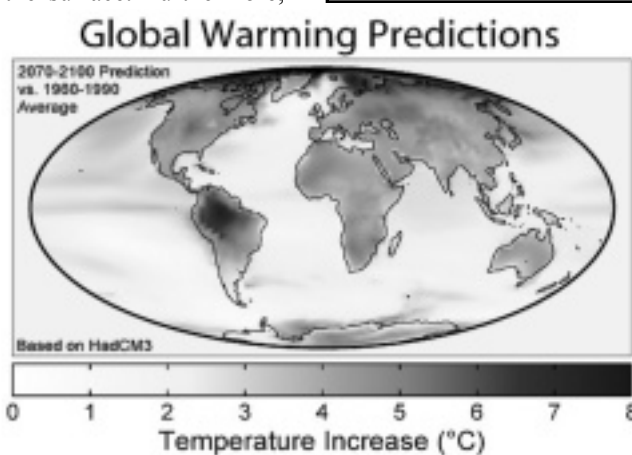
Overall, land precipitation for the globe has increased by ~2% since 1900, however, precipitation changes have been spatially variable over the last century. Instrumental records show that there has been a general increase in precipitation of about 0.5-1.0%/decade over land in northern mid-high latitudes, except in parts of eastern Russia. However, a decrease of about -0.3%/decade in precipitation has occurred during the 20th century over land in sub-tropical latitudes, though this trend has weakened in recent decades. Due to the difficulty in measuring precipitation, it has been important to constrain these observations by analyzing other related variables. The measured changes in precipitation are consistent with observed changes in streamflow, lake levels, and soil moisture (where data are available and have been analyzed).

Northern Hemisphere annual snow cover extent has consistently remained below average since 1987, and has decreased by about 10% since 1966. This is mostly due to a decrease in spring and summer snowfall over both the Eurasian and North American continents since the mid-1980s. However, winter and autumn snow cover extent has shown no significant trend for the northern hemisphere over the same period.

Improved satellite data shows that a general trend of increasing cloud amount over both land and ocean since the early 1980s, seems to have reversed in the early 1990s, and total cloud amount of land and ocean now appears to be decreasing. However, there are several studies that suggest regional cloudiness, perhaps especially in the thick precipitating clouds has increased over the 20th century.

Is the atmospheric/oceanic circulation changing?

A rather abrupt change in the El Niño - Southern Oscillation behavior occurred around 1976/77 and the new regime has persisted. There have been relatively more frequent and persistent El Niño episodes rather than the cool La Niñas. This behavior is highly unusual in the last 120 years (the period of instrumental record). Changes in precipitation over the tropical Pacific are related to this change in the El Niño - Southern Oscillation, which has also affected the pattern and magnitude of surface temperatures. However, it is unclear as to whether this apparent change in the ENSO cycle is caused by global warming.



Is the climate becoming more variable or extreme?

On a global scale there is little evidence of sustained trends in climate variability or extremes. This perhaps reflects inadequate data and a dearth of analyses. However, on regional scales, there is clear evidence of changes in variability or extremes.

In areas where a drought or excessive wetness usually accompanies an El Niño, these dry or wet spells have been more intense in recent years. Other than these areas, little evidence is available of changes in drought frequency or intensity.

In some areas where overall precipitation has increased (ie. the mid-high northern latitudes), there is evidence of increases in the heavy and extreme precipitation events. Even in areas such as eastern Asia, it has been found that extreme precipitation events have increased despite total precipitation remaining constant or even decreasing somewhat. This is related to a decrease in the frequency of precipitation in this region.

Many individual studies of various regions show that extra-tropical cyclone activity seems to have generally increased over the last half of the 20th century in the northern hemisphere, but decreased in the southern hemisphere. It is not clear whether these trends are multi-decadal fluctuations or part of a longer-term trend.

Where reliable data are available, tropical storm frequency and intensity show no significant long-term trend in any basin. There are apparent decadal-interdecadal fluctuations, but nothing which is conclusive in suggesting a longer-term component.

Global temperature extremes have been found to exhibit no significant trend in interannual variability, but several studies suggest a significant decrease in intra-annual variability. There has been a clear trend to fewer extremely low minimum temperatures in several widely-separated areas in recent decades. Widespread significant changes in extreme high temperature events have not been observed.

There is some indication of a decrease in day-to-day temperature variability in recent decades.

How important are these changes in a longer-term context?

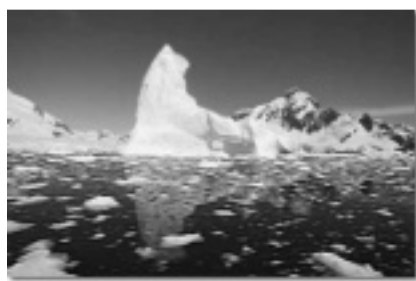
Paleoclimatic data are critical for enabling us to extend our knowledge of climatic variability beyond what is measured by modern instruments. Many natural phenomena are climate dependent (such as the growth rate of a tree for example), and as such, provide natural 'archives' of climate information. Some useful paleoclimate data can be found in sources as diverse as tree rings, ice cores, corals, lake sediments (including fossil insects and pollen data), speleothems (stalactites etc), and ocean sediments. Some of these, including ice cores and tree rings provide us also with a chronology due the nature of how they are formed, and so high resolution climate reconstruction is possible in these cases. However, there is not a comprehensive 'network' of paleoclimate data as there is with instrumental coverage, so global climate reconstructions are often difficult to obtain. Nevertheless, combining different types of paleoclimate records enables us to gain a near-global picture of climate changes in the past.

For the Northern Hemisphere summer temperature, recent decades appear to be the warmest since at least about 1000AD, and the warming since the late 19th century is unprecedented over the last 1000 years. Older data are insufficient to provide reliable hemispheric temperature estimates. Ice core data suggest that the 20th century has been warm in many parts of the globe, but also that the significance of the warming varies geographically, when viewed in the context of climate variations of the last millennium.

Large and rapid climatic changes affecting the atmospheric and oceanic circulation and temperature, and the hydrological cycle, occurred during the last ice age and during the transition towards the present Holocene period (which began about 10,000 years ago). Based on the incomplete evidence available, the projected change of 3 to 7°F (1.5 - 4°C) over the next century would be unprecedented in comparison with the best available records from the last several thousand years.

Is sea level rising?

Global mean sea level has been rising at an average rate of 1 to 2 mm/year over the past 100 years, which is significantly larger than the rate averaged over the last several thousand years. Projected increase from 1990-2100 is anywhere from 0.09-0.88 meters, depending on which greenhouse gas scenario is used and many physical uncertainties in contributions to sea-level rise from a variety of frozen and unfrozen water sources.



Can the observed changes be explained by natural variability, including changes in solar output?

Since our entire climate system is fundamentally driven by energy from the sun, it stands to reason that if the sun's energy output were to change, then so would the climate. Since the advent of space-borne measurements in the late 1970s, solar output has indeed been shown to vary. There appears to be confirmation of earlier suggestions of an 11 (and 22) year cycle of irradiance. With only 20 years of reliable measurements however, it is difficult to deduce a trend. But, from the short record we have so far, the trend in solar irradiance is estimated at ~0.09 W/m² compared to 0.4 W/m² from well-mixed greenhouse gases. There are many indications that the sun also has a longer-term variation which has potentially contributed to the century-scale forcing to a greater degree. There is though, a great deal of uncertainty in estimates of solar irradiance beyond what can be measured by satellites, and still the contribution of direct solar irradiance forcing is small compared to the greenhouse gas component. However, our understanding of the indirect effects of changes in solar output and feedbacks in the climate system is minimal. There is much need to refine our understanding of key natural forcing mechanisms of the climate, including solar irradiance changes, in order to reduce uncertainty in our projections of future climate change.

In addition to changes in energy from the sun itself, the Earth's position and orientation relative to the sun (our orbit) also varies slightly, thereby bringing us closer and further away from the sun in predictable cycles (called Milankovitch cycles). Variations in these cycles are believed to be the cause of Earth's ice-ages (glacials). Particularly important for the development of glacials is the radiation receipt at high northern latitudes. Diminishing radiation at these latitudes during the summer months would have enabled winter snow and ice cover to persist throughout the year, eventually leading to a permanent snow- or icepack. While Milankovitch cycles have tremendous value as a theory to explain ice-ages and long-term changes in the climate, they are unlikely to have very much impact on the decade-century timescale. Over several centuries, it may be possible to observe the effect of these orbital parameters, however for the prediction of climate change in the 21st century, these changes will be far less important than radiative forcing from greenhouse gases.

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What about the future?

Due to the enormous complexity of the atmosphere, the most useful tools for gauging future changes are 'climate models'. These are computer-based mathematical models which simulate, in three dimensions, the climate's behavior, its components and their interactions. Climate models are constantly improving based on both our understanding and the increase in computer power, though by definition, a computer model is a simplification and simulation of reality, meaning that it is an approximation of the climate system. The first step in any modeled projection of climate change is to first simulate the present climate and compare it to observations. If the model is considered to do a good job at representing modern climate, then certain parameters can be changed, such as the concentration of greenhouse gases, which helps us understand how the climate would change in response. Projections of future climate change therefore depend on how well the computer climate model simulates the climate and on our understanding of how forcing functions will change in the future.

The IPCC Special Report on Emission Scenarios determines the range of future possible greenhouse gas concentrations (and other forcings) based on considerations such as population growth, economic growth, energy efficiency and a host of other factors. This leads a wide range of possible forcing scenarios, and consequently a wide range of possible future climates.

According to the range of possible forcing scenarios, and taking into account uncertainty in climate model performance, the IPCC projects a global temperature increase of anywhere from 1.4 - 5.8°C from 1990-2100. However, this global average will integrate widely varying regional responses, such as the likelihood that land areas will warm much faster than ocean temperatures, particularly those land areas in northern high latitudes (and mostly in the cold season).

Precipitation is also expected to increase over the 21st century, particularly at northern mid-high latitudes, though the trends may be more variable in the tropics.

Snow extent and sea-ice are also projected to decrease further in the northern hemisphere, and glaciers and ice-caps are expected to continue to retreat.



Resources:

<http://www.ncdc.noaa.gov/oa/climate/globalwarming.html>

This page is based on a brief synopsis of the 2001 report by the Intergovernmental Panel on Climate Change, and the National Research Council's 2001 report Climate Change Science: An Analysis of Some Key Questions, as well as NCDC's own data resources. It was prepared by David Easterling and Tom Karl, National Climatic Data Center, Asheville, N.C. 28801.

Please note that this page is in the process of being updated with new information from the Fourth IPCC Assessment and other recent work. Please check back frequently for changes.

Wesley Maksimchuk

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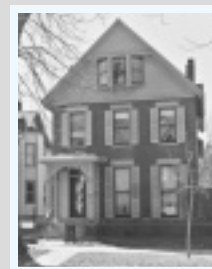
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A Tale of Two Turtles

Jon Clark

Florida is blessed by a wide variety of turtle species mainly because of the physical geologic characteristics of the state. Because of the rapid development of the North Port area, it is quite common to see them attempting to cross highways in search of new homes. This situation has been especially acute due to the drought and the resulting loss of many smaller aquatic impoundments. These forays are met with varying success and I always feel sad when I see the ones that are crushed along the road. It brings to mind two experiences I observed within a few days of each other.

One day while driving one of our busier streets I observed a large softshell turtle

crossing the opposite lane and a line of 5 cars and pickup trucks waiting for the transient turtle to finally get out of the way. The fourth vehicle was an extremely impatient contractor in a truck displaying his extensive vocabulary while the other people were doing the humane thing of waiting until the turtle was safely out of the road. I've read that the softshell is our fastest

turtle and is quite aggressive if someone attempts to pick one up. It is probably best to gently move one with a long-handled shovel if it is necessary.

The second incident occurred on a much less-traveled street and involved a large gopher tortoise. As I rounded a curve in the road, I came upon the turtle crossing in front of me. I slowed to a stop and waited for oncoming traffic to pass so I could go around. Of course the turtle saw me and did the natural thing and retracted into its shell thinking it was safe. I

cautiously drove around him and noticed a car being driven by a young woman stopped on the other side of the road. As I slowly proceeded she was retrieving a towel from the back seat of her car. I watched in my rear-view mirror as she ran to the turtle, wrapped the towel around it and safely carried it well away from the road and released it. Of course gopher tortoises are much easier to work with than softshells but I

really appreciated the effort the young woman made to save this particular turtle.

It is easy to get over involved in daily life and lose ones compassion. No doubt the contractor was on a deadline or was having a terrible day and that turtle was just another roadblock to his attempt to reach some deadline. Just do the best

you can to treat the wide variety of wildlife we have here in Florida with as much respect as you possibly can. They just desire to live as much as you.



The Ivory-Billed Woodpecker

The rarest and probably the most beautiful animals in North America, the ivory-billed woodpecker (*Campephilus principalis*), has been a hot news item lately. With its bold white-on-black markings along with the brilliant red crest on the males, coupled with the impressive size—the second largest woodpecker in the world at up to 20 inches, they are both beautiful and awe-inspiring.

The ivory-bill is native to the southern U.S. in old-growth forests with numerous large dead trees for nesting and feeding. Their range stretched from eastern Texas to Florida and up the east coast to North Carolins. Unfortunately, during the first half of the 20th century, these forests were harvested by man and little was left to provide suitable habitat for them. The last official sighting was made of a lone female flying over an old-growth clearcut in Arkansas in 1948...until now.

In 2005 wildlife biologists reported that there were seven solid sightings in 2004 in central

Arkansas. An article in the September 26, 2006 issue of the journal Avian Conservation and Ecology documents researchers gathering evidence in the panhandle of Florida indicating their presence there. Now there is a renewed effort to spot "The Bird" in a few select

locations. Participants in the hunt include experts from the US Fish and Wildlife Service, The Cornell Lab of Ornithology in Ithaca, N.Y., The Nature Conservancy, Auburn University, and the Northwest Florida Water Management District.



nature.org

There is another very large crested woodpecker native to the eastern U.S. The pileated woodpecker (*Drycopus pileatus*—up to 15 inches) is still a relatively common species in more mature forests. It is just a few inches smaller than the ivory-bill but has numerous notable features which distinguish it. Two of the most important are the large white patches on the wings of the ivory-bill while at rest and the female ivory-bill has a black crest while the female pileated woodpecker has a red crest. An excellent comparison of the two can be found at www.50birds.com/BPPileatedWoodpecker1.htm. I have observed the pileated woodpecker in Pennsylvania and it is a very impressive animal in its own right.

Everyone should take the time to learn to recognize the ivory-billed woodpecker. You just never know when you might spot one. Reporting it to the authorities could make a big difference to the future survival to a magnificent animal and a valuable part of America.

Jon Clark
North Port, FL

About the artist, Mr. DiGiorgio

Because the ivory-billed woodpecker became essentially extinct by the 1940's, there are only a few black and white photographs of it in existence and no color photographs. The only authentic record of the actual coloration consists of a few preserved skins in museums such as the Smithsonian Institute in Washington, D.C. Mr. DiGiorgio, because of his reputation as an artist, was able to borrow a few skins from The Smithsonian to use for accuracy of color. I believe that his painting is the best illustration available of this magnificent bird. Visit the website of Mr. DiGiorgio http://www.natureartists.com/michael_digiorgio.asp and enjoy his unique artistic talent.

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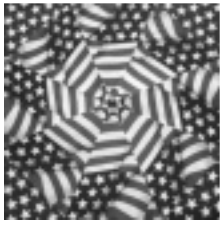
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Greenland's ice cap under threat

It could all go, say researchers. Greenland's ice sheet could disappear within the next 1,000 years if global warming continues at its present rate, a report in *Nature* suggests. Jonathan Gregory and colleagues from the University of Reading say their studies forecast an 8 degree C increase in Greenland's temperature by 2350. They believe that if the ice cap melts global average sea level will rise by about seven meters. Even if global warming was halted the rise could be irreversible, they say.

Hydrogen economy

In January of two-thousand-three, President Bush offered a plan to speed the development of cars powered by hydrogen fuel cells. The president asked Congress to spend more than one-thousand-million dollars over five years for the program. A new report says efforts to develop hydrogen as a major fuel in the next fifty years could change the energy economy of the United States. The scientists who wrote the report say hydrogen could reduce air pollution and expand the energy supply.

Lunar base options divide experts

What would a lunar base look like? Scientists are divided about the use of the Moon as a base to develop ways to



travel to Mars, according to reports given to the US government. Some have said the possibility of water-ice existing at the lunar poles would allow a moonbase to use the ice as rocket fuel for a Mars mission. Others contend that it would be too difficult to extract.

History of transportation in the U.S.

In eighteen-hundred, Americans elected Thomas Jefferson as their third president. Jefferson had a wish. He wanted to discover a waterway that crossed from the Atlantic Ocean to the Pacific. He wanted to build a system of trade that connected people throughout the country. At that time the United

States did not stretch all the way across the continent. Jefferson proposed that a group of explorers travel across North America in search of such a waterway. Meriwether Lewis and William Clark led the exploration west from eighteen-oh-three to eighteen-oh-six. They discovered that the Rocky Mountains divided the land. They also found no coast-to-coast waterway.

Did you know?

Americans did not invent Thanksgiving. It began in Canada. Frobisher's celebration in 1578 was 43 years before the pilgrims gave thanks in 1621 for the bounty that ended a year of hardships and death. Abraham Lincoln established the date for the US as the last Thursday in November. In 1941, US Congress set the National Holiday as the fourth Thursday in November. Frobisher and early colonists gave thanks for safe passage as well as pilgrim celebrations in the US that began the traditions of turkeys, pumpkin pies, and the gathering of family and friends.

Soy 'stops cancer and baldness'

Researchers believe a molecule in soy could help treat baldness. Scientists have claimed that eating soy could help prevent men from developing prostate cancer and from going bald. US researchers found the molecule produced in the intestine when soy is digested that stops a hormone which

can fuel prostate growth or cause baldness. Writing in the journal *Biology of Reproduction*, they said the finding could explain why Japanese men, who

eat more soy, rarely have prostate cancer. They said the molecule could be used as a treatment for cancer and baldness.

How to sleep better

A study at the University of Zurich found that for good sleeping people shouldn't talk on their cell phone before going to bed. The scientists researched that the electromagnetic fields from cell phones altered their brain waves during sleep...resulting in sleep disturbances. They advise people to make nighttime calls on their regular phones instead.



Miracle Beverage that may clear clogged arteries

Research has found that pomegranate juice not only appears to prevent hardening of the arteries by reducing blood vessel damage, but it may also reverse the progression of this disease. This common antioxidant juice is available everywhere - from the local supermarket to any health food store.



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Grammatical difference between British and American English

American English

In the early part of the seventeenth century English settlers began to bring their language to America, and another series of changes began to take place. The settlers borrowed words from Indian languages for such strange trees as the hickory and persimmon, and such unfamiliar animals as raccoons and woodchucks. Later they borrowed other words from settlers from other countries – for instance, chowder and prairie from the French, and scow and sleigh from the Dutch. They made new combinations of English words, such as backwoods and bullfrog, or gave old English words entirely new meanings, such as lumber (which in British English means approximately junk) and corn (which in British means any grain, especially wheat). Some of the new terms were needed, because there were new and un-English things to talk about. Others can be explained only on the general theory that languages are always changing, and American English is no exception.

Aside from the new vocabulary, differences in pronunciation, in grammatical construction, and especially in intonation developed. If the colonization had taken place a few centuries earlier, American might have become as different from English as French is from Italian. But the settlement occurred after the invention of printing, and continued through a period when the idea of educating everybody was making rapid progress. For a long time most of the books read in America came from England, and a surprising number of Americans read those books, in or out of school. Moreover, most of the colonists seem to have felt strong ties with England. In this they were unlike their Anglo-Saxon ancestors, who apparently made a clean break with their continental homes.

A good many Englishmen and some Americans used to condemn every difference that did develop, and as recently as a generation ago it was not unusual to hear all "Americanisms" condemned, even in America. It is now generally recognized in this country that we are not bound to the Queen's English, but have a full right to work out our own habits. Even a good many of the English now concede this, though some of them object strongly to the fact that Americanisms are now having an influence on British usage.

There are thousands of differences in detail between British and American English, and occasionally they crowd together enough to make some difficulty. If you read that a man, having trouble with his lorry, got out his spanner and lifted the bonnet to see what was the matter, you might not realize that the driver of the truck had taken out his wrench and lifted the hood. It is amusing to play with such differences, but the theory that the American language is now essentially different from English does not hold up. It is often very difficult to decide whether a book was written by an American or an English man. Even in speech it would be hard to prove that national differences are greater than some local differences in either country. On the whole, it now seems probable that the language habits of the two countries will grow more, rather than less, alike, although some differences will undoubtedly remain and others may develop.

It also seems probable that there will be narrow-minded and snobbish people in both countries for some time to come. But generally speaking, anybody who learns to speak and write the standard English of his own country, and to regard that of the other country as a legitimate variety with certain interesting differences, will have little trouble wherever he goes.

Lexical difference

Lexical differences of American variant highly extensive on the strength of multiple borrowing from Spanish and Indian languages, what was not in British English.

American variant	British variant
Subway	underground
the movies	the cinema
shop	store
sidewalk	pavement
line	queue
soccer	football
mailman	postman
vacation	holiday
corn	maize
fall	autumn

Also claim attention differences in writing some words in American and British variants of language. For instance, following:

American variant	British variant
honor	honour
traveler	traveller
plow	plough
defense	defence
jail	gaol
center	centre
apologize	apologise

Grammatical difference

Grammatical differences of American variant consist in following:

1. In that events, when Britishians use Present Perfect, in Staffs can be used and Present Perfect, and Past Simple.
2. Take a shower/a bath instead of have a shower/a bath.
3. Shall is not used. In all persons is used by will.
4. Needn't (do) usually is not used. Accustomed form -don't need to (do).
5. After demand, insist, require etc should usually is NOT used. I demanded that he apologize (instead of I demanded that he should apologize in British variant).
6. to/in THE hospital instead of to/in hospital in BrE.
7. on the weekend/on weekend instead of at the weekend/at weekend.
8. on a street instead of in a street.
9. Different from or than instead of different to/from
10. Write is used with to or without the pretext.
11. Past participle of "got" is "gotten"
12. To burn, to spoil and other verbs, which can be regular or irregular in the British variant, in the American variant ALWAYS regular.
13. Past Perfect, as a rule, is not used completely.



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All about healthy food!

By Michael Russell

Natural foods, like vegetables and fruits, which we eat every day have a healing power besides their great taste. It is recommended by doctors and specialists that we eat five to seven servings of fruits and vegetables every day, but how many of us actually do this? Although it sounds too much, once you make the decision it is easy to do.

You can start with breakfast and add some fresh or dried fruits such as strawberries, blueberries, bananas, etc. to your morning cereal. Then a midday snack like an apple or orange and a vegetable



meal or a sandwich with lettuce or tomato for lunch. You've had three servings already. You can replace your afternoon coffee with a healthy fruit smoothie and for dinner, you can start with a salad and two vegetable courses instead of one entree and one meat course. You have to slowly change all your eating habits towards the healthier one.

It is not just a tale that carrot is good for your eyes. It will really help improve your eyesight, if you get into the habit of eating some beta carotene rich carrot sticks instead of a candy bar. The fresher and more natural the vegetables and fruits are, the healthier they are. Visit your local farms stand and choose the best looking, freshest cucumbers, tomatoes, apples or whatever catches your eye. They have a lot of vitamins that are good for you and they taste good as well. Also it is a great and interesting experience to pick a carrot out of the ground, wash it off and eat

it. You should take your family to your local farm and experience this with your kids. While you are there get some of every fruit and vegetable you can find. Besides the great health benefits you will be getting from these healing foods, you will also be supporting the local farmers and natural foods.

The first step to a healthier lifestyle is changing your eating habits; you must start eating healthy healing foods instead of junk food which has no healing effect at all. On the contrary, it is very harmful for your body. The choice you will make today, between healthy foods and junk foods will determine the future condition of your body. Just by eating natural

vegetables and fruits, you will not have to see your doctor as much as those who do not and you will live a longer and healthier life than those who do not eat enough vegetables and fruits.

These fruits and vegetables we eat every day carry some special fighters which are known as antioxidants and they are essential for cleaning out our systems. You will start to feel much better and also to look better. Another thing you should add to your diet is bran which is also helpful for cleaning the system. Whole grains are great for your body to help cleanse itself and nuts lower your blood fat which consequently lowers your cholesterol. Low cholesterol is vital for lowering the risk of heart attacks.

In general, by starting to eat more healthily you will have a stronger immune system and the chances of you getting sick will significantly decrease.

Eating and Living Healthy

Eating healthy food and exercising regularly are a big part of the way to maintain your health. It's a simple formula designed to keep your body working in optimal condition.

Food is fuel. Consider the gasoline that you put in your car. The best gasoline treats your engine better than the cut rate version at the same station.

In the same way, good foods like fruits and vegetables, proteins in the form of lean meat and nuts will serve your body much better than a diet of highly processed, chemically treated foods that are loaded with sugar.

Benefits The benefits of choosing an apple and cheese for a snack over a package of donuts are more than just inner maintenance and health.

Your skin looks better. Your weight is manageable. You can concentrate better, sleep more soundly, and in general, have more energy and maintain a happier mood.

Children, teenagers, and pregnant women who are in the processing of growing need to focus their attentions on getting at least 5 servings of fruits and vegetables and eliminating white, processed breads in favor of whole grain breads.

In general, sugar snacks should be avoided. Fat, on the other hand, should not. If you focus on eating well, a normal amount of fat in your diet is necessary for joint maintenance and skin health.

Have Breakfast Your body has gone without food or nutrients for at least eight hours while you slept and most of the nutrients have moved out of your system. In order to have the energy and right amount of nutrients to begin your day, breakfast can help with giving the extra boost that you need.

Start the day with a complete and nutritious meal. Fruits and vegetables, as well as grains, can add an extra boost of nutritious value and energy to the beginning of your day. Dairy products and protein can also help to increase your energy levels.

This doesn't mean that you have to have an extra large meal in the morning, however it does mean that you should find foods that will settle with your stomach and provide a beginning of nutrition for the day.

Eating healthy and watching your weight are not the only things you need to consider in having a healthy lifestyle.

Exercise. This should be done at least four or five times a week. This helps your body to build muscle in several different areas, helps you to lose weight and can prevent illnesses and disease.

Take vitamins and supplements. Paying attention to where your body doesn't feel balanced is important as well. Once you have determined this, you can balance it out through vitamins and supplements.

Sleep. If you are sleep deprived, it causes your body to begin to shut down. Make sure that you feel rested and are getting the right amount of sleep. This will allow your body to work at a consistent and full speed every day.

Vitamins and Minerals - The Role

By Michael Russell

These important nutrients are essential to good health since they help the body use the energy stored in food. If you eat a balanced, varied diet, vitamin and mineral supplements are probably unnecessary.

A surprising number of people take vitamin or mineral supplements each day as a kind of nutritional insurance - usually without understanding how they work and what they do. Nutrients such as riboflavin, vitamin C, zinc, and many others are essential to good health, but they are no substitute for food. In fact, vitamins and minerals are facilitators that enable the body to make use of the energy stored in food. These nutrients in and of themselves are of little value of the body. Simply taking vitamin and mineral supplements without eating food is like sending in bricklayers to build a wall, but neglecting to supply the bricks.

What vitamins do which is crucial to the normal maintenance of healthy cells, is perform an extraordinary range of functions in the human body. They not only help convert food into useable energy, but they also assist in the manufacture of blood cells, hormones, and the chemicals of the nervous system.

Vitamins are divided into two categories, which are water-soluble and

fat-soluble. The four fat-soluble vitamins, A, D, E and K, are absorbed into body fat and may be stored for later use. If taken in excess, however, some fat-soluble vitamins can accumulate in toxic amounts. Vitamin C and the eight B vitamins are all water-soluble meaning that they dissolve in body fluid, and most



of the excess is eliminated through sweat or urine. As a result, there is little concern about toxic overdoses although excessive doses of B6 can be toxic.

Minerals play a part in the maintenance of immune cells, in blood coagulation, in the synthesis of oxygen in the blood, in bone formation, and in numerous other functions. Some, such as calcium, phosphorus, and magnesium, are necessary in fairly large amounts. The need for others, known as trace minerals, is much smaller. In fact, although they are present in human tissue, a few of these trace elements play

such dubious roles that they are considered nonessential. The essential trace minerals include iron, zinc, fluoride, and copper. Any of these minerals, whether essential or nonessential, is toxic if ingested in sufficient amounts for long enough periods.

How necessary are supplements? For years, controversy has raged between those who believe supplements are necessary and those who say that they are at best a waste of money and, at worst, a hazard to health. With few exceptions (notably vitamins D and K), the human body cannot make its own vitamins or minerals, so they must be obtained from foods. The traditional view holds that a balanced diet will supply all the vitamins and minerals that are necessary to maintain a good health.

The opposing argument for supplements is that many modern diets lack balance. In fact, they are so loaded with processed and refined foods that they cannot provide adequate amounts of essential vitamins and minerals. Furthermore, because many people skip regular meals and instead rely on fast foods, and nutritionally vacuous snacks, supplements may be a necessity. Other proponents of supplements claim that the chronic stress bought on by fast-paced lives can increase our need for these important nutrients.

All about English Soup

College Cuisine

This information about Soup was taken from Wikipedia:

Soup is a savoury liquid food that is made by combining ingredients, such as meat, vegetables and beans in stock or hot water, until the flavor is extracted, forming a broth. Boiling was not a common cooking technique until the invention of waterproof containers about 5,000 years ago, so soups presumably were little-known before that time.

Over the centuries, the terms gruel and potage have become separated from broth and stock (and their refinement, consomme). The language may have shifted over time, but the modern definitions of soup and stew were established in the 18th century: soups usually are more liquid; stews are thicker, containing more solid ingredients. Stews are cooked in covered containers for longer periods of time, at a gentle boil with less water and at a lower heat.

Traditionally, soups are classified into two broad groups: clear soups and thick soups. The established French classifications of clear soups are bouillon and consomme. Thick soups are classified depending upon the type of thickening agent used: purees are vegetable soups thickened with starch; bisques are made from pureed shellfish thickened with cream; cream soups are thickened with bechamel sauce; and veloutes are thickened with eggs, butter and cream. Other ingredients commonly used to thicken soups and broths include rice, flour, and grain.

French onion soup

This classic soup is unusual because it introduces cheese at the beginning of the meal. Serve the soup in a large oven proof tureen or six individual oven proof bowls, each topped with an island of sizzling toasted cheese. Each person submerges his own cheese island under the soup as he eats it, pressing the bread against the bottom of the bowl with the edge of a soup spoon to cut it into bite-sized pieces. If you do not have time to make beef stock, you could use canned consommé. For an extra rich soup add 15ml [1 tablespoon] of brandy per serving. Stir in the brandy just before the end of cooking.

SERVES 6 - 350 g [¾ lb] onions
 - 75 g [3 oz] margarine
 - 1 L [2 pt] well-flavoured beef stock
 - bay leaf
 - salt and pepper
 - 6 thick slices of French bread
 - 100 g [¼ lb] Emmenthal cheese
 - 30 ml [2 tablespoons] Parmesan cheese

- 1 Skin and finely chop the onions.
- 2 Melt the margarine in a heavy based pan. Add the onions and cook over a low heat, stirring occasionally, until browned.
- 3 Add the stock and bay leaf. Season with salt and pepper. Cover pan and simmer gently for 30 minutes.
- 4 Grate the Emmenthal cheese, put it in a bowl, add the Parmesan cheese and mix the two together.
- 5 Heat the grill and heat the oven to 200°C [400°F] gas mark 6.
- 6 Toast the bread lightly on each side.
- 7 Remove the bay leaf and pour the soup into an oven proof soup tureen or six individual bowls.
- 8 Cover each slice of bread with cheese and float the bread on top of the soup.
- 9 Carefully put the soup tureen or bowls into the oven and cook for 10-15 minutes, or until the cheese is melted and sizzling.



Beef soup with herb dumplings

The addition of home-made dumplings makes this a very tiling meal-in-a-bowl for a cold day. The dumplings shown here are beautifully light because breadcrumbs are used in place of some of the flour. In order to bind (hold together) the breadcrumbs thoroughly into the pastry, egg is used instead of water.

Make 4-5 small ones or one large one for each person. Add 20 minutes to the cooking time for larger ones. Add

shreds of meat reserved after making the broth or from leftovers.

SERVES 6
 - 1.15 L [2 pt] beef stock
 - 125 g [¼ lb] cooked beef cut into bite-sized pieces
 - 75 g [3 oz] onion
 - 75 g [3 oz] carrot
 - 50 g [2 oz] potato
 - 1 celery stalk
 - salt and pepper

For the dumplings:
 - 50 g [2 oz] self-raising flour
 - 50 g [2 oz] fresh breadcrumbs
 - 50 g [2 oz] shredded suet
 - 15 ml [1 tablespoon] freshly chopped mixed herbs
 - 1 small egg
 - salt and pepper

1. Make the suet pastry for the dumplings by the usual method adding the herbs and breadcrumbs with the dry ingredients. Beat the egg with a fork and add it in place of the usual water.
2. Put the dough on to a floured board. Divide it into pieces smaller than a walnut and roll each piece into a ball between your floured palms.
3. Put the beef stock into a flameproof casserole or saucepan and bring to simmering point.
4. Scrub or peel and trim the vegetables. Chop the onions, dice the carrots and potatoes, and slice the celery. Add to the pan and simmer for 5 minutes.
5. Add the dumplings; cover the pan with a lid and simmer for a further 10 minutes.
6. Two or three minutes before the end of cooking time, add the meat in shreds. Then check seasoning.

Green pea and bacon soup

Serve this hearty soup with crisp French bread. Dried green peas are very hard when they are bought so they must be soaked overnight before they can be used. Green peas are available either whole or split. Both can be used to make this soup.

You can use 75 g [3 oz] diced cooked ham instead of bacon rashers. Add it at step 9.

If you make the soup in advance up to step 8 in the recipe, it will keep, covered, in the refrigerator for 3 days.

It will not keep quite so long after the milk has been added so if you have any soup left over, eat it within 2 days

SERVES 6
 - 200 g [7 oz] dried green peas
 - 1.7 L [3 pt] ham or bacon stock
 - 1 large onion
 - 1 small carrot
 - a small piece of turnip
 - 4 bacon rashers
 - 50 g [2 oz] butter
 - bouquet garni
 - 150 ml [¼ pt] milk

- 1 Soak the dried peas in water for at least 8 hours or over night. The water must be cold and must cover the peas.

- 2 Peel and chop the onion into small pieces.

3 Scrub and chop the carrot. Peel and chop the turnip.

4 Remove and discard bacon rind. Cut bacon into small pieces using kitchen scissors.

5 Melt the butter in a large heavy based saucepan over low heat. Do not allow it to brown.

6 Add the bacon and chopped vegetables. Cook until the bacon and onion are just transparent.

7 Drain any surplus water off the peas and add to the pan with tile stock and bouquet garni. Bring to the boil and cover.

8 Simmer over low heat for 2-2¼ hours until the vegetables are reduced to a pulp.

9 Just before serving, remove the bouquet garni, check seasoning, add cooked ham if used, stir in the, milk and reheat if necessary.



Home-made Cream Soups

Velvety smooth cream soups have a stunningly superior taste. Usually made from fresh ingredients, combined with a delicately flavoured bechamel sauce and enriched with cream and flavoured with a hint of herbs, they have a magical elegance about them that belies their modest cost and simplicity of preparation.

Cream soups are really one step up from the simple puree soup. They take longer to make than the puree soup, but you will find that the mouth-wateringly good results are worth the extra effort. Veloute soups, which are more complicated to make, are really very special and probably the classiest of all soups. However, cream soups are not really everyday fare - they are for occasions when you want to pull out all the stops to impress your guests, and they provide a contrast in flavour, texture and colour to following courses.

Cream soups are, as their name suggests, rich and creamy. The cream both binds the ingredients together to produce a particularly smooth consistency and makes the soup taste very rich. Also butter is stirred into hot cream soups just before serving for glossy good looks.

Cream soups can be made from fish, poultry or vegetables. Red meat and fruit are never used. Usually the ingredients are cooked very gently in butter until tender (called sweating), then stirred into a thin béchamel sauce and reduced to a puree.

If root vegetables are used, thickening with bechamel is unnecessary. The starch content of the vegetable is a sufficient thickening so the ingredients are simmered in milk or stock and made into a puree. In all cases the soup is enriched with a final addition of cream or cream and butter just before serving.

The Ingredients

Vegetables. The vegetables that you use should be fresh but, as with puree soups, you can make good use of vegetable trimmings such as green leek tops or the outer leaves of a lettuce-even pea and bean pods make very good soups.

Almost any vegetable can be used to make a cream soup, apart from aubergine which is spongy in texture and doesn't give a good flavour. An unusual addition to the list is the stinging nettle which makes an excellent and really economical soup. Before you go out picking, equip yourself with thick gloves and a pair of kitchen scissors to cut through the rather woody stalk base. Once the nettles are cooked there is, of course, no sting left!

Nettles and all the green leaf family, including spinach, watercress and lettuce are suitable. Green beans, peas, tomatoes, mushrooms and leeks, as well as all root vegetables, such as Jerusalem artichokes, make very good cream soups.

Very often a combination of two vegetables is used, one with a high starch content such as potato.

Poultry. The pale coloured flesh of chicken and turkey are ideal for making a cream soup. Any darker meat, such as beef or lamb, would ruin the colour of the soup and would also produce too strong a flavour. For the best results use the white meat from chicken or turkey, and discard the skin which does not have a particularly good flavour and does not puree well. The meat you use must always be cooked-and this provides an excellent way of using left-over chicken and turkey from a previous meal.

Fish and shellfish. The cooked flesh of cod or other white fish such as plaice, flounder, haddock, coley or whiting may form the basis of a fish cream soup. Be sure to remove all bones and skin before adding to the bechamel sauce. Of the shellfish, shrimps and prawns (which are supplied ready cooked) can be used to make a beautifully coloured cream soup. Carefully remove and reserve the shells before using-the shells may be used in a fish stock later.

The liquid. The liquid, either for the béchamel sauce or for cooking the vegetables themselves, may be milk, stock or water. Generally, milk is used for the green leafy vegetables so that the flavour of the vegetable is not overpoweringly strong and the colour is suitably delicate. Chicken or white stock is used for chicken cream soup and for other vegetables where its flavour will not overpower that of the main ingredient. A light vegetable stock may be used in the same way. Water may be used for tomato- and potato-based soups. Fish stock is used for fish soups.

Enriching. The extra rich flavour and smooth consistency of cream soups come from the final addition of cream and, in the case of hot soups, butter as well. The cream should be fresh and thick-thin cream would not give the same results. Measure the cream into a small bowl. Spoon in about 60 ml [4 tablespoons] of the hot soup and stir vigorously to mix thoroughly. The final addition of a little butter gives the soup an extra gloss.

Anecdotes

The WORK virus

There is a new virus. The code name is WORK. If you receive WORK from your colleagues, your boss, via e-mail, or from anyone else, do not touch it under any circumstances. This virus wipes out your private life completely. If you should happen to come in contact with this virus, take five friends and go straight to the nearest bar. Order drinks immediately and after three rounds, you will find that WORK has been completely deleted from your system. Forward this virus warning immediately to at least five friends. Should you realize you do not have five friends, this means you are already infected by this virus and WORK already controls your life. If this is the case, go to the bar and stay until you make at least five friends. I think I have five friends, but am not entirely positive so I'm headed for the bar anyway...it never hurts to be safe. THANK GOODNESS I GOT THIS IN TIME!

I've never understood why women love cats...

I've never understood why women love cats. Cats are independent, they don't listen, they don't come in when you call, they like to stay out all night, come home and expect to be fed and stroked, then want to be left alone and sleep. In other words, every quality that women hate in a man, they love in a cat.



Typical marriage bicycle

Want some chicken?

A man was driving along a freeway when he noticed a chicken running along side his car. He was amazed to see the chicken keeping up with him because he was doing 50 MPH. He accelerated to 60 and the chicken stayed right next to him. He speeded up to 75 MPH and the chicken passed him up. The man noticed the chicken had three legs. So, he followed to chicken down a road and ended up at a farm. He got out of his car and saw that all the chickens had three legs. He asked the farmer "What's up with these chickens?" The farmer said "Well, everybody likes chicken legs. I bred a three legged bird. I'm going to be a millionaire." The man asked him how they tasted. The farmer said "Don't know, haven't caught one yet."

ALCOHOL KILLS SLOWLY

"ALCOHOL KILLS SLOWLY" So what ? Who's in a hurry ?

Nutrition Information

For those of you who watch what you eat... Here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting medical studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.
 2. The Mexicans eat a lot of fat and suffer fewer heart attacks than the British or Americans.
 3. The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.
 4. The Italians drink excessive amounts of red wine and suffer fewer heart attacks than the British or Americans.
 5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than the British or Americans.
- CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.



How to make a man crazy in bed. Take away his remote control.

The boss of the workers in a factory, "You are such good workers I will give you all a check for \$2000; and if you continue to be good workers, I will sign the check."

The speed of moving my wife through a store, about \$200/hr.

The computer beat me in chess, but I beat the computer in boxing!



Can one prosecute a seagull??

A seagull in Scotland has developed the habit of stealing chips from a neighborhood shop. The seagull waits until the shopkeeper isn't looking, and then walks into the store and grabs a snack-size bag of cheese Doritos. Once outside, the bag gets ripped open and shared by other birds. The seagull's shoplifting started early this month when he first swooped into the store in Aberdeen, Scotland, and helped himself to a bag of chips. Since then, he's become a regular. He always takes the

same type of chips. Customers have begun paying for the seagull's stolen bags of chips because they think it's so funny.

Sometimes when you are angry with someone, it helps to sit down and think about the problem.



Answers for Crossword on page 15

G	O	T		S	T	R	U	T		S	I	P
A	H	A		O	R	O	N	O		I	D	A
F	I	R		B	A	S	I	N		G	E	L
F	O	O		P	E	T		S	H	A	M	
			A	P	E		Y	O				
Z	A	M	B	E	Z	I		H	E	R	O	D
A	C	T		K	E	N	Y	A		N	A	Y
P	E	S	T	O		K	A	R	A	O	K	E
			R	E	D		N	E	T			
C	L	O	Y		E	G	G		E	M	M	A
R	O	I		A	G	A	T	E		A	I	M
A	L	L		M	A	I	Z	E		G	E	E
B	L	Y		A	S	T	E	R		I	N	N

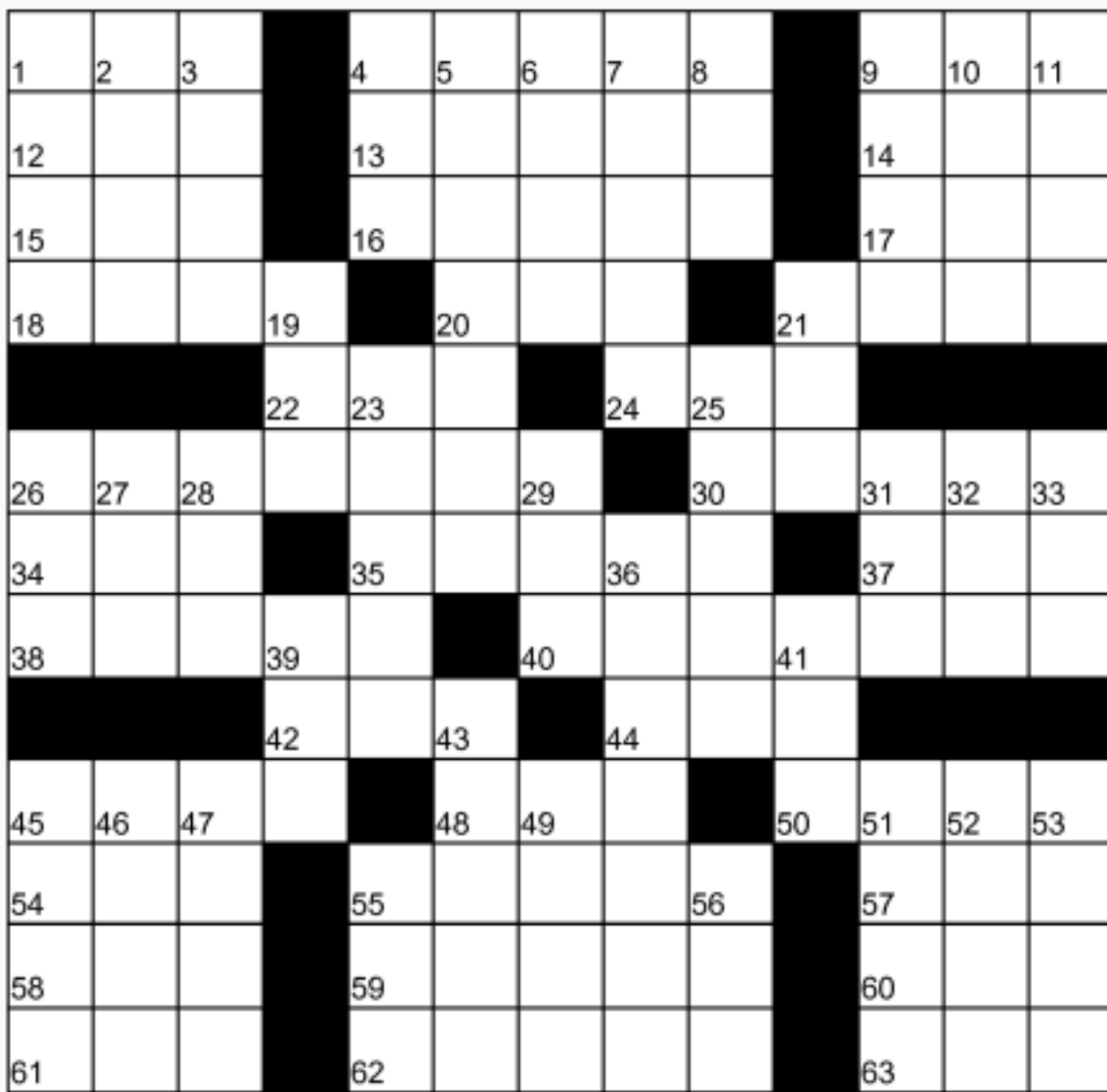
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CROSSWORD



See Crossword answers on page 14.

Answers to Brain Aerobics

1. T completes the first sequence and H completes the second.

Each sequence is the alternate letter in THE UNITED STATES OF AMERICA in reverse order:

CRMFSSTDTNET
AIEAOEASEIUH

2. Grandpas' chairs contain 14 letters. Remove nine of these letter and leave a pair.

GRANDPA'S CHAIRS

3. Only by turning the 6 over converting it into a 9.

When the digits of any number total a multiple of nine, then the number itself is divisible by nine. So as 6+7+5=18, and as 18 is divisible by 9 exactly, then any 3-figure number produced by digits 6, 7, 5 will be divisible by 9 exactly.

4. MG: They are the first and last letters of words in the question.



Brain Aerobics

1. Find the missing letters by combining the two sequences.

CRMFSSTDTNE
AIEAOEASEIU

2. Out of the fourteen grandpa's chairs, how is it possible to remove nine and leave only two?

3. Is it possible to rearrange the digits below to form a 3-figure number that will not divide by nine without a remainder?

6 7 5

4. Which two letters are missing from the sequence below?

WH TO LS AE ?? FM TE SE BW

ACROSS

1. Mr Mix-a-lot's "Baby ___ Back".
4. Swagger
9. Drink through a straw
12. Expression of triumph
13. Maine city
14. Mount on Crete
15. Christmas tree favorite
16. Washbowl
17. Hair styling substance
18. ___ for thought
20. Teacher's ___
21. Empty pretense
22. Orangutan, for one
- 24 "___ Light Up My life"
26. Long African river
30. ___ the great, King of Judea
- 34 Do Shakespeare
35. Nairobi is its capital
37. ___ fever
38. Italian sauce
40. Sing alone entertainment
42. ___ Badge of Courage
44. Bag, gamer
45. Surfeit
48. Goose
50. Actress Thompson
54. French king
55. Playing marble
57. Goal
58. ___ the King's Man
59. Corn
60. ___ whiz
61. Globe-circling Nellie
62. Fall flower
63. Tavern

DOWN:

1. Fisherman's barb
2. Cincinnati's river
3. Asian food plant
4. Blubber, boohoo
5. ___ artist
6. The Name of The ___
7. Solidarity
8. 2,000 lbs
9. Exhale wearily
10. In the comics, a fight club
11. ___ reader
19. Beat, globule
21. Take to court
23. Tea favorite
25. Chicago airport
26. Shoot with a ray gun
27. Top pitcher
28. Rockies on Sierras
29. Printing necessity
31. Pi ___. Sigma ___
32. Furniture wood
33. Rinse, color
36. Longest river of Asia
39. The old college ___
41. Snaked on
43. The Dance Class painter
45. Dungeness or horseshoe
46. Loaf
47. Excessively suave
49. Way of walking
51. Caspar, Melchiora, and Balthazar.
52. Appearance
53. Sherman Hemsley TV show
55. Doctor's org
56. Poetic contraction



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