

Mayor's Youth Council elects Mayor and Council members



Mayor Roscoe Warren administers the Oath of Office to newly elected MYC members. Left to right: Mayor Roscoe Warren, Vanesa Vaquer, Chimene Mathurin, Arthur Jones, Esther Mathurin.



Mayor's Youth Council elects its leaders for the 2006/07 School Year. Left to right: Mayor Roscoe Warren, MYC Mayor Vanesa Vaquer, MYC Councilmembers Chimene Mathurin, Esther Mathurin, Yadira Murguia and Amanda Powell. City of Homestead Council Liaisons Councilwoman Amanda Garner and Councilman Norman Hodge. Not pictured: MYC Councilman Arthur Jones and MYC Vice-Mayor Maria Rangel

The City of Homestead is pleased to announce that the Mayor's Youth Council (MYC) held its third annual election in September in the Council Chambers at City Hall. Council Liaison Amanda Garner was present to oversee the election. The election process included an opening statement, a question and answers session and ended with a final statement from each candidate. After the MYC members had cast their votes on a paper ballot, MYC mentors Jason Culler and Carlee Sutton tallied the votes. It was a close race!

MYC Election Results:

Mayor: Vanesa Vaquer 12th Grade at Homestead High; Vice-Mayor: Maria Rangel 12th Grade at Homestead High; Councilmembers: Arthur Jones 11th Grade at Homestead Senior, Amanda Powell 10th Grade at Robert Morgan, Esther Mathurin 12th Grade at Homestead Senior, Chimene Mathurin 11th Grade at Homestead Senior, Yadira Murguia 12th Grade at Homestead Senior. After the election results were announced, the newly elected MYC members took their seats

at the council table to continue with the meeting. At their next meeting, the MYC Council made the following appointments from the applications they had received: Clerk: Rosel Vaguesz 11th Grade at South Dade Senior; Parliamentarian: Jesse Carvin 11th Grade at Homestead Senior; Historian: Beatrice Diehl 11th Grade at Robert Morgan.

The City of Homestead's Mayor's Youth Council consists of students in grades 9th-12th who meet the 2nd and 4th Monday of each month in the Council Chambers at City Hall. The Mission Statement of the MYC is to provide a constructive means for youth to have a voice in the decision-making processes, to provide opportunities for self-growth and to groom youth as future leaders in the City of Homestead. Councilwoman Amanda Garner and Councilman Norman Hodge are the City Council liaisons to the MYC. If you would like more information about the MYC, please visit the City's website at www.cityofhomestead.com or call 305-224-4447.

One in three children will have diabetes

Part 2 (Vitamin and Mineral Deficiencies)

As mentioned in the last issue, the Center for Disease Control (CDC), in a study published June 14, 2003, projected that one in three American children born in or after the year 2000 will develop diabetes in his or her lifetime.

We also saw that according to Dr. K.M. Venkat Narayan, MD, Chief of the Diabetes Epidemiology Section at the Centers for Disease Control (CDC) and Prevention in Atlanta, Georgia, that "with simple lifestyle changes, patients can decrease their risk of developing diabetes by more than 50 percent."

Generally exercise and a well-balanced diet, rich in vitamins and minerals, are two of the most important factors in the control of diabetes and prevention of diabetic complications

Normally the body reabsorbs glucose and other water soluble nutrients, however, when glucose rises to excess levels it acts as an osmotic diuretic. This process overwhelms the kidney's ability to reabsorb glucose and other water-soluble nutrients, such as vitamins B-1, B-6 and B-12 and the minerals magnesium, zinc and chromium pass out along with the urine. Consequently, diabetes and the complications associated with them can be considered as much a result of nutritional wasting as of elevated blood sugar.

In an article in the American Journal of Clinical Nutrition where 247 studies were reviewed, it was found that Type 1 diabetics generally had deficiencies in zinc, calcium, magnesium and the more active form of vitamin D. Those with Type 2 diabetes generally were found to be low in zinc and magnesium and often low in vitamins B6 and

C. Brewer's yeast is a natural food supplement that is recommended for the pre-diabetic and diabetic patient. The yeast is a rich source of chromium-containing glucose tolerance factor (GTF) which is able to potentiate the insulin in our bodies. GTF also contains amino acids such as glutamic acid, glycine, and cysteine. Both brewer's yeast and trivalent chromium have been shown to significantly improve blood sugar metabo-

lism when taken for several weeks to months. As a side benefit it has also been found that brewer's yeast and chromium supplementation lower elevated total cholesterol and total lipids and significantly raise the levels of HDL (high density lipoprotein) cholesterol, the beneficial or protective fraction of cholesterol.

Another exceptionally useful trace mineral to combat diabetes is vanadium, which lowers blood sugar by mimicking insulin and improving the cells' sensitivity to insulin. A growing body of human research shows that vanadium compounds, most notably vanadyl sulfate, consistently improve fasting glucose and other measures of diabetes. These benefits were often extended for weeks after the mineral supplementation was discontinued.

Below are some supplements that may have a negative effect on insulin.

1. Fish oil capsules or supplements containing large amounts of para-aminobenzoic acid (PABA) can elevate blood sugar.

2. Supplements containing cysteine can interfere with absorption of insulin by cells.

3. Extremely large dosages of vitamins B1 or C may inactivate insulin.

Please consult a nutritionist or nutritionally informed health care professional before making any major dietary changes or starting a supplement. Remember that each individual has his or her own personal requirements for supplements and even though the above information can be a guide to improving your risk factor, that is all it is...a guide. There are many other minerals, vitamins and other considerations that need to be addressed for each individual before starting any supplementation program. However, the dietary guidelines are a step in the right direction until you can speak to your nutritionist or health care professional.

Comments or questions? Please contact Stephanie J. Ward, M.S., D.O.M., L.Ac. at balanceforhealth@mindspring.com.

Acupuncture, Massage and Herbs

DR. SHENG • State Licensed A.P.
ACUPUNCTURE, MASSAGE, HERBS



Specializing in Treatments for:

- Pain Relief
- Weight Control
- Arthritis Pain
- Sports Injuries
- Sciatica
- Skin Problems
- Back Pain
- Diabetes
- Asthma
- Depression
- Stroke
- Migraine Headaches
- Sinusitis
- Sexual Dysfunction
- Allergies
- Herniated Disk
- Insomnia
- Smoking Control

(305) 253-4186 - 12215-A SOUTH DIXIE HWY • MIAMI, FL 33156
CHINESE HOLISTIC and CULTURAL ARTS LLC.

482nd weapons loader takes his work home... all the way home

BY MASTER SGT. RAY SARRACINO

482nd Fighter Wing Public Affairs

When Hilo, Hawaii native Master Sgt. John Kawachika left home to join the military in 1987, he didn't anticipate that things would end up the way they did.

After boot camp and tech school, the weapons loader's active-duty career brought him around the world on duty stations from Asia to Florida. Now, his latest military adventure has brought him back to where he grew up, about 4,800 miles east of Homestead, where he's helping the 93rd Fighter Squadron train with the F-15's of the Hawaii Air National Guard's 199th Fighter Squadron for exercise Cactus Aloha, a Dissimilar Aircraft Combat Tactics (DATC) training exercise.

Sergeant Kawachika's first stop on his globe-hopping itinerary was the now-closed England Air Force Base, La. for his first tour. There he began learning his craft in which he continues to excel.

After Louisiana he spent time in South Korea, traveling regularly between Suwon and Osan. Then it was



Master Sgt. John Kawachika proudly displays the fruits of his labors, a properly mounted air-to-air missile, during exercise Cactus Aloha at Hickam Air Force Base, Hawaii, August 17.

(US Air Force photo by Master Sgt. Ray Sarracino)

on to a stint at MacDill Air Force Base, Fla., and finally closing out his active duty career was a tour at Tyndall Air Force Base in Florida's panhandle.

Not content with saying goodbye to his Air Force career, upon leaving active duty he accepted a position at

Homestead Air Reserve Base, Fla. as an Air Reserve Technician (ART) in the weapons flight in 1996. For those in the know, the Air Force Reserve's ART program allows people to work in the civil service, while maintaining a military career as a reservist. ARTs serve as full-

time counterparts to reservists in a unit, and then serve in a military capacity during unit training assemblies (UTAs) and deployments.

Although he is still a reservist with the 482nd Fighter Wing, Sergeant Kawachika moved from the ART world to a new challenge in August of last year, when he took a job with the Miami-Dade Fire & Rescue Department in South Florida - a position that keeps him busy, yet still affords him the opportunity to remain part of the military. Master Sgt. Kawachika is proud of his Hawaiian heritage and his Japanese ancestry, which he feels brings a unique perspective to his duties with the 482nd. The married, father-of-two also stays busy raising his sons who are in his words "hapa haole", meaning half-foreigner, because of life away from the islands.

As this Hilo native closes in on 20 years of military service in a place almost 5,000 miles from home, he says that "Hawaii no ka oi," ("Hawaii is number one") and that he hopes to return to Hawaii permanently in the future. For now, he's just happy to be part of the Homestead team, helping the 93rd sharpen its skills in the air, and on the ground.



786-488-0000

www.GretaDuarte.com Realtor-Associate

Greta Duarte



"Specializing in New Construction in South Dade and in Homestead"

<p>KEYS LANDING @ KEYS GATE For Sale - \$378,000 Or Better Offer</p>  <p>4 Beds, 3 Baths, 2 Car Garage Covered Terrace, Very Spacious Thousands in upgrades</p>	<p>THE SHORES @ KEYS GATE For Sale - \$315,000 Or Better Offer</p>  <p>3 bed, 2.5 bath, family room loft, laundry room, 1 car garage</p>	<p>Dunwoodie @ Keys Gate Homestead \$415,500 or better offer</p>  <p>Pool home with a covered terrace, 4 additional bedrooms, 2.5 bathrooms and 2 car garage. Ready to move in!</p>	<p>The Shores @ Keys Gate Homestead \$289,000 or better offer</p>  <p>2 story, 3 bedrooms, 2.5 bathrooms, sunny room, tile car garage. Live on the best floor, many upgrades</p>	<p>The Graves @ Venetia Homestead For Sale - \$247,500 Or Better Offer</p>  <p>Beautiful Lakefront Townhome 3 beds, 2.5 baths, almost new close to FL Turnpike and the Keys</p>
<p>The Shores @ Keys Gate Homestead For Sale - \$358,000 Or Better Offer</p>  <p>Beautiful 4 bed, 2.5 bath home! 2 car garage, many upgrades</p>	<p>TOWNHOUSE & VILLAS Broward County</p>  <p>2.3 Bedrooms, from 1,058 - 1,028 sq ft. From the \$255,000's. Great community. Shared entry patio, and storage for the boat and car.</p>	<p>KEYS COVE CONDOS For Sale - \$178,000 Or Better Offer</p>  <p>2 Beautiful Condos 2 beds, 2 bath. Brand New Close to FL Turnpike and the Keys</p>	<p>J.W. Estate Homes Homestead</p>  <p>From the high \$300's - \$13 homes, 4 models to choose 4-5 bedrooms, 2 car garages. Approx. 2,964-3,086 Sq Ft. Total Area, half a bidders No HCM and raised panel cabinets</p>	<p>Rentals in South Miami and Homestead</p> <p>23655 SW 108 PL - Single Family Home \$1650 - 4 Beds, 2.5 Baths, 2 Car Garage</p> <p>1518 SE 20 RD - Single Family Home \$1650 - 4 Beds, 2.5 Baths, 2 Car Garage</p> <p>1568 SE 20 PL - Single Family Home \$1400 - 3 Beds, 2 Baths, 1 Car Garage</p> <p>1965 SE 10 ST - Single Family Home \$1600 - 4 Beds, 2.5 Baths, 2 Car Garage</p>

FOR MORE LISTINGS PLEASE VISIT MY WEBSITE WWW.GRETADUARTE.COM



POTAMKIN SOUTH



STOP!

BEFORE YOU MAKE A \$5,000 MISTAKE, SHOP SOUTH... POTAMKIN SOUTH!



\$5,000

FOR YOUR TRADE-IN!
OFFER ON SELECT MODELS IN OUR NEW CAR DISPLAY AREA. REQUIRES MINIMUM 60 MONTH FINANCING. PAYMENTS CAN'T EXCEED \$199/MO. WITH APPROVED CREDIT OF 740 BEACON SCORE OR HIGHER.

AMERICA'S BEST WARRANTY

10-Year/100,000-Mile Powertrain Protection
5-Year/60,000-Mile Bumper-to-Bumper Coverage
5-Year/Unlimited Miles 24-hr. Roadside Assistance

WE WILL MEET OR BEAT ANY PRICE ON ANY NEW HYUNDAI IN SOUTH FLORIDA!

NEW 2006 ELANTRA GLS

STK#E099406

FULL FACTORY EQUIPMENT



Sales Price..... \$14,997
Rebate \$1,000
Potamkin Discount..... \$1,000
Cash or Trade \$2,950

\$9,977

LEASE FOR 36 MONTHS WITH \$2950 DUE AT INCEPTION PLUS TAX AND TAG. NO SECURITY DEPOSIT REQUIRED. WITH APPROVED CREDIT. 12,000 MILES PER YEAR.

NEW 2006 TIBURON GS

STK#205991

FULL FACTORY EQUIPMENT



Sales Price..... \$20,447
Rebate \$1,000
Potamkin Discount..... \$1,000
Owner Loyalty..... \$500
Cash or Trade \$2,950

\$14,997

LEASE FOR 36 MONTHS WITH \$2950 DUE AT INCEPTION PLUS TAX AND TAG. NO SECURITY DEPOSIT REQUIRED. WITH APPROVED CREDIT. 12,000 MILES PER YEAR.

NEW 2006 SONATA GL

STK#138369

FULL FACTORY EQUIPMENT



Sales Price..... \$18,947
Rebate \$1,500
Potamkin Discount..... \$1,000
Owner Loyalty..... \$500
Cash or Trade \$2,950

\$12,997

LEASE FOR 36 MONTHS WITH \$2950 DUE AT INCEPTION PLUS TAX AND TAG. NO SECURITY DEPOSIT REQUIRED. WITH APPROVED CREDIT. 12,000 MILES PER YEAR.

NEW 2006 TUCSON GL **V6**



FULL FACTORY EQUIPMENT

Sales Price..... \$19,447
Rebate \$1,000
Potamkin Discount..... \$1,000
Owner Loyalty..... \$500
Cash or Trade \$2,950

\$13,997

LEASE FOR 39 MONTHS WITH \$2950 DUE AT INCEPTION PLUS TAX AND TAG. NO SECURITY DEPOSIT REQUIRED. WITH APPROVED CREDIT. 12,000 MILES PER YEAR.

NEW 2007 SANTA FE

STK#F856415

FULL FACTORY EQUIPMENT



Sales Price..... \$24,447
Potamkin Discount..... \$1,000
Owner Loyalty..... \$500
Cash or Trade \$2,950

\$19,997

LEASE FOR 36 MONTHS WITH \$2950 DUE AT INCEPTION PLUS TAX AND TAG. NO SECURITY DEPOSIT REQUIRED. WITH APPROVED CREDIT. 12,000 MILES PER YEAR.

NEW 2006 AZERA

Stk# 095263

LIMITED EDITION FULL FACTORY EQUIPMENT



Sales Price..... \$27,447
Rebate \$1,000
Potamkin Discount..... \$1,000
Owner Loyalty..... \$500
Cash or Trade..... \$2,950

\$21,997

LEASE FOR 36 MONTHS WITH \$2950 DUE AT INCEPTION PLUS TAX AND TAG. NO SECURITY DEPOSIT REQUIRED. WITH APPROVED CREDIT. 12,000 MILES PER YEAR.

POTAMKIN SOUTH
IN CUTLER BAY
Serving South Florida Since 1985

TOLL FREE 1-877-665-9498

CREDIT HOTLINE: 2111 South Dixie Hwy
866-35-DRIVE Miami, FL 33189

Florida Turnpike Exit 11. On the BIG Corner of SW 211th St. & US 1
SALES: MON-FRI 9AM - 9PM SAT 9AM-7PM SUN 11AM - 6PM SERVICE: MON-FRI 730AM - 6PM, SAT 730AM - 3PM



ALL PRICES PLUS TAX, TAG & TITLE. ALL PRICES INCLUDE AND REFLECT ALL FACTORY REBATES, INCENTIVES. *ESTIMATED MPG DETERMINED BY U.S. EPA. FIGURES OBTAINED FROM MANUFACTURER'S WEBSITE. ACTUAL FUEL ECONOMY OBTAINED BY CONSUMER MAY BE DIFFERENT DEPENDING ON AN INDIVIDUAL'S DRIVING SPEED, WEATHER CONDITIONS AND TRIP LENGTH. ALL VEHICLES ARE SUBJECT TO PRIOR SALE. PHOTOS FOR ILLUSTRATION PURPOSES ONLY. LEASURES FOR 36 MONTHS WITH \$2950 DUE AT INCEPTION PLUS TAX NO SECURITY DEPOSIT REQUIRED. 12,000 MILES PER YEAR. DEALER NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. ††WE WILL MEET OR BEAT ANY SOUTH FL HYUNDAI COMPETITORS NEW VEHICLE BEST PRICE FOR THE EXACT SAME IN STOCK MODEL. SEE US FOR DETAILS. PRICES GOOD THRU DATE OF PUBLICATION ONLY. POHY.P0110

shop @ home! >>> www.POTAMKINSOUTH.com <<< shop @ home!