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New Smyrna, Beachside

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600 E. Third Avenue, South Causeway, New Smyrna Beach

**TIDE TABLE**

This Tide Table is put in by the Lifestyle Magazine Folks for you, the reader.  
Please support our advertisers to show your appreciation. Thank you.  
Approximate times at Daytona Beach Shores, Sunglow Pier

**June 1 - June 30, 2019**

		HIGH		LOW		SUN RISE	SUN SET
		A.M.	P.M.	A.M.	P.M.		
NEW MOON	1. Sat	7:05	7:29	1:05	1:08	6:24	8:24
	2. Sun	7:50	8:14	1:51	1:52	6:24	8:24
3rd	3. Mon	8:36	9:00	2:36	2:36	6:23	8:25
	4. Tues	9:24	9:47	3:21	3:21	6:23	8:25
FIRST QTR	5. Wed	10:13	10:36	4:06	4:07	6:23	8:26
	6. Thurs	11:04	11:27	4:54	4:57	6:23	8:26
10th	7. Fri	11:57	- - -	5:45	5:53	6:23	8:27
	8. Sat	12:20	12:53	6:40	6:54	6:23	8:27
15th	9. Sun	1:15	1:51	7:38	8:00	6:23	8:28
	10. Mon	2:12	2:53	8:37	9:06	6:23	8:28
FULL MOON	11. Tues	3:13	3:56	9:34	10:09	6:23	8:29
	12. Wed	4:14	4:57	10:29	11:10	6:23	8:29
17th	13. Thurs	5:13	5:55	11:23	- - -	6:23	8:29
	14. Fri	6:09	6:48	12:08	12:15	6:23	8:30
25th	15. Sat	7:01	7:38	1:03	1:05	6:23	8:30
	16. Sun	7:50	8:25	1:54	1:53	6:23	8:30
LAST QTR	17. Mon	8:38	9:11	2:42	2:39	6:23	8:31
	18. Tues	9:23	9:54	3:27	3:22	6:23	8:31
30th	19. Wed	10:08	10:35	4:10	4:03	6:23	8:31
	20. Thurs	10:51	11:16	4:51	4:45	6:23	8:31
1st	21. Fri	11:34	11:56	5:33	5:28	6:24	8:32
	22. Sat	12:16	- - -	6:15	6:15	6:24	8:32
2nd	23. Sun	12:36	1:00	7:00	7:06	6:24	8:32
	24. Mon	1:19	1:47	7:46	8:02	6:24	8:32
3rd	25. Tues	2:04	2:36	8:33	8:58	6:25	8:32
	26. Wed	2:54	3:29	9:20	9:53	6:25	8:32
4th	27. Thurs	3:47	4:23	10:07	10:47	6:25	8:32
	28. Fri	4:42	5:17	10:55	11:40	6:26	8:33
5th	29. Sat	5:35	6:09	11:44	- - -	6:26	8:33
	30. Sun	6:28	6:59	12:32	12:33	6:26	8:33

Approximate time to add for

New Smyrna North Bridge... 55 Minutes	Edgewater..... Two Hours
New Smyrna South Bridge.... 75 Minutes	Oak Hill..... Six Hours

**SENIOR NEWS LINE**

by Matilda Charles

**Rowing Machines Are Ideal for Workout**

If you've been going to the gym to work out, or have at least wandered through one to look at the facility and equipment, you might have seen a slightly strange-looking piece of gear. Chances are that no one was using it. It was probably a rowing machine.

Rowing machines, or rowers, are still a niche item among those who work out, and that's good news for us. It means you might have a chance of using one at the gym without waiting for a turn.

Rowers might turn out to be one of the best pieces of workout equipment for seniors, for a number of reasons. Rowing is done indoors, so it can be done all year. The rowing action uses the major muscle groups – arms, legs, shoulders and back. The rower has easy-to-difficult settings. But best of all, it's low to the floor.

To see what an excellent rower looks like, go online and look up the Concept 2. This is not something you want to rush out and buy. First, these pieces of equipment are expensive, even used. Second, they take up a lot of room – an area nearly 9 feet in length.

If you plan on using a rower at the gym, look first at some online videos to see how it's done. Note the angle of how you sit – don't lean too far forward or backward. Then, ask for help in learning the pattern of pulling the chain and bending your knees. Within a few minutes you'll have it right, and chances are you'll have the machine all to yourself.

Before you start, ask your doctor about rowing. Chances are you'll get a big thumbs up, especially if you combine it with a walking routine.