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DELIVERED TO THE SR 200 CORRIDOR

Volume 22 Issue 5



Boomtown Days biggest event was Crowning Queen of the Rainbow. This tradition has gone for many years. Town people dress up like the olden days, grow beards and celebrate. This year's Queen is Christine Adams and the King of the Rainbow was Jonas Duncan. I was captured by the very youngest of the Boom Town Babies, the two, three and four year olds. It was a hoot. The theme was The

Marion County School Bus Driver Resigns

by TomL

School bus driver resigns after being accused of Child Abuse. I am sure it is very humiliating and embarrassing for the school bus driver of 30 years to be charged with such a crime and of course the media got them another headline and plays it up.

As I understand what happened, the child has the problem. The day this incident happens a school teacher / (employee) struggled to escort the student from the containment unit to the bus. The law states all students must be seat belted in. This is a bus for challenged students. The student would not let the aide seatbelt him in. The student punched the aide in the face and struck her in the head with the buckle of the seat belt. The bus driver went to assist the aide, they struggled with him for a few seconds and the bus driver was charged with child abuse.

This child should not be in the school system if he is violent. He was certainly out of control that day. I ask, how much abuse does a school bus driver and their aide have to take before the school system will

acknowledge there is a problem and support them.

As I understand it, the mother complained to the school and the Marion County School System charged the driver with child abuse. If I was that driver and aide I would find a good attorney and teach the school board how to stand behind the drivers. I hear there is a shortage of drivers all over the country. I wonder why! They get things thrown from the back of the bus at them and many drivers have been hit with things that do damage and the child is off the bus for a couple of days and then comes back to act the same way. This is not new. It has been going on for years in Marion County. The system pushes them aside and hires another. The school bus driver also should get an apology from the daily newspaper for getting the story wrong and ruining her career.

Wizard of Oz. The mothers went all out to dress their children as one of the characters. The children had fun and I also watched the expression of the faces in the audience. It was a great event. Pictured above are all the little Baby Kings and Queens. All of the children received crowns. They got their picture in several papers. Watch for next year's Boomtown Days.

Billy Woods Speaker at the Ocala Business Leaders

First let's talk a little bit about the Sheriff.

Billy Woods was born and raised in Marion County. Sheriff Woods has devoted his life to serving his community. Prior to being Sheriff he was with the Ocala Police Department for 26 years. During that time he held various positions. Billy Woods years of service he received multiple commendations, including the Medal of Valor and Medal of Distinction.

At the breakfast Sheriff Woods explained the changes he has made and some of their successes busting the bad guys. The Ocala Business Leaders audience had a lot of questions and Sheriff Woods answered every one of them. The morning was a success.

Thank You Billy Woods for being the speaker.



Take Me Home!

May 2019



OCALA/MARION COUNTY CHAMBER & **ECONOMIC PARTNERSHIP**



The Ocala Metro is Moving Forward. That means we are working steadily toward creating 4,500 new jobs in the next five years. Those jobs on average will pay 15 percent more than the county's average wage and result in a capital investment of \$400

million. We are accomplishing these goals through the strength of our partnerships. The College of Central Florida plays a vital role in helping meet our business attraction and retention goals by providing a competent, high-skilled workforce ready to meet the needs of current and future

employers in high-demand jobs.

From certificates to associates and bachelor's degrees in agribusiness, engineering technology, health information, computer information technology, equine studies, and logistics and supply chain management, CF has heard the demand of our targeted sectors. The college remains relevant and responsive, connecting workforce development to economic development by matching its programs to the needs of businesses and delivering educational opportunities to train new workers and up-skill current employees. CF looks to the future to develop programs that embrace technology as labor markets transition to a technology-driven economy. CF also looks to the future to nurture a

individuals to reach beyond a high school diploma and invest in attaining a higher level education that yields positive returns.

As a partner in Moving Forward, CF joins forces with the CEP to share opportunities with future students and employees at events such as the annual Youth Career Expo, which exposed nearly 750 students to careers in manufacturing, distribution, logistics, IT, and health care. The "Stay Local: Logistics, Engineering, Manufacturing" event in fall 2018 provided insight into high-skill, high-wage opportunities here in our community. And the ongoing Friday Talks Business Advancement Series provides professional development and networking opportunities to current and future area employees.

The CEP is the leading voice of business in our community. We continue to build a robust base for economic growth. The College of Central Florida provides strong,

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our national sponsors FAMOUS Cigna. SANOFI PASTEUR 🌍 Watson harmaceuticals. FIRST RESPONSE FedEx NITED ORS VOICE OF OCALA com DELIVERED TO THE SR 200 CORRIDOR BUY LOCAL! FREE

college-going culture that encourages visible leadership and creates an educational infrastructure that supports a thriving economy. Business development and higher education share a common goal — to enrich lives. Beyond more jobs and increased income, quality of life reaches to improved health outcomes, civic engagement and social connectedness. These are the most important outcomes as we work together to support an environment where our citizens live, work and play. Together, we are MOVING FORWARD!

Volunteer Cleanup

Evergreen Cemetery Volunteer Cleanup - Saturday, May 11

Volunteers will assist with cleaning headstones, raking leaves, picking up fallen tree limbs and cleaning up debris.

OCALA, Fla. (April 18, 2019) - The Friends of the Historical Evergreen Cemetery, Sons of Confederate Veterans Pvt. William R. Milton Camp 741 and the United Daughters of the Confederacy Marion Dragoons Chapter 2311, in partnership with the City of Ocala Public Works Department, will host an Evergreen Cemetery volunteer cleanup day Saturday, May 11 from 8 a.m. to noon.

Volunteers will meet at Evergreen Cemetery, located at the 300 block of NW Eighth Street, at 8 a.m. Volunteers will assist with cleaning headstones, raking leaves, picking up fallen tree limbs and cleaning up debris.

The Sons of Confederate Veterans, the Friends of the Historical Evergreen Cemetery and the City of Ocala, encourage volunteers to support the restoration and beautification of Evergreen Cemetery.

For more information, please contact the City of Ocala Public Works Department at 352-351-6723.



Support your local COMMUNITY

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DENNIS K. BAXLEY



Friends. Just a few weeks ago, a pro-life, proveteran press conference with the Freedom Speaks Coalition and Phyllis Schlafly Constitution

Center was held on the

4th floor of the Capitol in Tallahassee. At the center of the discussion were two bills filed by your Senator and Representative Mike Hill of Pensacola. The first bill is one that wrote about last week, the Heartbeat Bill, and the other was a veteran's monuments and memorials protection bill. You may think that it was a strange choice to highlight these two bills together, considering that they address two very different issues. They do, however, address key foundations of American culture that are extremely important.

Florida State Senate =

At this press conference, I shared my deep concern of the radical globalist push to dismantle anything representing American ideals and culture. For them, what better place to start than with our history and the history of our ancestors. While far from perfect, our ancestors do not deserve to be demonized or have their memorials desecrated because a university student might feel offended. I do not wish to hide their faults, but I do not want us to go down this road because none of us lived in the time of those who came before us.

As discussed in my last column, the globalist, socialist agenda has now taken an

even more extreme position on the issue of life itself. It isn't enough to abort a child in the womb, now, some have begun suggesting that a woman should have the right to decide they want to keep their child after the doctor has delivered the child.

These viewpoints are the symptoms of a group of people that have lost the "why" in their life. Why do we honor our ancestors and be grateful for the role they played in giving us life? Why do we protect innocent life? Because of the fundamental principles that have been the bedrock of this nation since our founding fathers affirmed (through our U.S. Constitution) that our creator endowed our rights and that we will be a nation under God.

We have begun to see what happens to a country that loses its purpose and ideals that made it so great, in the first place. Suddenly, no one knows which bathroom they belong in and that desecrating a stone statue of someone's ancestor is not helpful and does nothing to change the past. Yes, even our mothers and fathers are opting to extinguish the life of their own offspring, rather than accept the great responsibility that they have received, as a result of their actions.

My friends, that is why I'm here. I wake every morning and wonder what kind of America I'm leaving to my five children and eight grandchildren. Thank you for allowing me to serve you, and for giving me that responsibility to protect faith, family, freedom, opportunity and even life itself.

Onward & Upward, Senator Dennis Baxley

Outbreak of Hepatitis A

Outbreak of Hepatitis A in Marion County

Christy Jergens, APR

There has been an outbreak of hepatitis A in our state, and Marion County has now seen 54 cases of the virus just this year. This makes us fifth in the state for the number of hepatitis A cases that we have seen.

Vaccination is the best form of prevention for this virus, so to help fight the change. spread of hepatitis A, we are encouraging people who are at risk and anyone who would want to be protected from hepatitis A to get the hepatitis A vaccination. Attached please find several promotional materials for the free hepatitis A vaccination event we Friday June 14 8:45 p.m. are holding on Saturday, April 27, along with a general social media graphic promoting hepatitis A vaccination. I've also included a press release we sent out on April 1 for reference/background.

We are asking our community and media partners to share some of this content if possible in hopes to increase the overall a.m.-5 pm. vaccination rate of people in our community to ultimately help turn the tide in the local know if you are able to share any of this content with your staff, clients/audiences, or social media followers. You can find additional information about hepatitis A in Florida by visiting

FloridaHealth.gov/HepA.

Christy Jergens, APR

Public Information Officer, Florida Department of Health in Marion County

Ocala Parks & **Recreation Events**

Looking for something to do in 2019? Ocala Recreation and Parks has events and activities for people of all ages. Lots of fun things are planned so save these dates for moments you will not want to miss!

AFTER DARK IN THE PARK

Popcorn, hot dogs and drinks available for a small fee. Remember to bring your lawn chairs and blankets! *Movie titles subject to

BASQUIAT [R] Tuscawilla Art Park | 223 NE Fifth St. Friday | May 10 | 8:30 p.m. THE PRINCESS BRIDE [PG] Tuscawilla Park | 800 NE Sanchez Ave.

DISCOVERY CENTER EXHIBITS 701 NE Sanchez Ave.

KINGS, QUEENS AND CASTLES EXHIBIT

Discovery Center | 701 NE Sanchez Ave. April 6-June 22 | Tuesdays-Fridays | 9

Saturdays | 10 a.m.-3 p.m.

The game of chess comes to life in this number of hepatitis A cases. Please let me medieval themed exhibit. Guests can play on a giant chess board, storm the castle walls and sit in the queen's throne. \$6.50/person or \$22/four people. Thank you to our sponsors Center State Bank and Ocala Electric Utility. and CenterState Bank.

> **STARLAB PLANETARIUM SHOWS** Discovery Center | 701 NE Sanchez Ave. Saturdays | Ongoing | 11-11:30 a.m. | 1-1:30

p.m. \$9/person. \$20/family of four.



Tom Loury Long time member of CEP/Ocala Chamber of Commerce. Past President of the Ocala Business Leaders, Co-Founder and President of Select Business Associates, Past President of the Lady Lake Chamber.

PUBLISHER'S NOTES



getting everything backward. Is it Politics??? Let's put everyone we don't like under oath and ask questions and see if they incriminate anyone, then they scare them with

prison time, and offer them immunity to turn on others they want to imprison.

"In this country, if you cheat to get into college you go to jail. But if you cheat to get into this country, you go to college for free. Make sense?

Instead of investigating a crime we swear people into the Grand Jury and ask them gotcha questions. We try to create a crime. If they lie they go to jail, if they do not find anything they investigate their spouses and their children. In this country we are supposed to be innocent until proven guilty. In case of investigating the President and many others, they have it backwards. For

For some reason we are authority to demand to see what they had not been privileged to see in the past.

Attorney General Barr was a standup guy until he said NO COLLUSION and NO OBSTRUCTION that broke laws for showing intent? Where will this stop? No President in history has had to endure what the current President has endured. One person remarked on TV "Not only have you wasted all that money, but you have weaponized the TV stations. They make money reporting lies. You have wasted the Tax Payer's time and money. Personally I think the people that broke the law are trying to keep Trump in a defensive mode to slow down the investigation of crimes they committed.

Are you wondering why there are as many candidates announcing as did? There is a lot of money in Campaigns. Do you see the number these unknown candidates are raising? I wonder why and how they do that and who do they have to do favors for? Most some reason Congress thinks they have the of Congress are millionaires. Do you really

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believe they are going to tax the rich and give up their bankroll? If you do I have a bridge I want to sell you.

the Rainbow but I attended the little Mister and Miss contestants of Little King and Queen of the Rainbow. They were cute and the proud Moms, Dads, Grandmas and Grandpas had big smiles on their faces. I enjoyed watching the crowd's expressions. The children were priceless! If I were Judge I would have chosen different than they did but so would half the people attending.

A lot went on this month in my world. My wife was injured in a bad fall, doing extensive damage to her teeth, \$1700 worth. Second the transmission on my truck went out. We had a coyote attack a miniature horse one night. While in the waiting room with my wife I caught the bug and was down for at least a week. So I won't forget April 2019 for a while.

We have a customer running in our Ocala papers. We welcome Columbia Bank & Felicia Judge to our list of advertisers. The bank says they are an old fashion bank with all the new technology. Thanks for being a valued customer. I can never stop thanking Bob and the people from Bob's Coin and Jewelry for advertising. Walt from Walt's Brake has been a valued friend for a number of years and advertises monthly and many more. I have to mention Kevin Sheilley CEP and Senator Dennis Baxley for writing their columns. These guys bring you a lot of good information.

Dog Attacks On I could not stay for the Queen and King of **Mail Carriers**

Four Tips For **Preventing Dog** Attacks On Mail Carriers

(NAPSI)—Can you picture a member of your family attacking a

mail carrier? Of course you couldn't, but it happened 5,714 times last year across the nation.

Dearborn, Mich., letter carrier Tameka Toliver recalls being pinned on a porch by a dog that bit her above her knee. "It happened so fast, even with all my training, I barely had time to react," Toliver said last year. "I'm still scared when I get close to that house because I remember the attack so vividly. It takes a long time to get over the fear."

When a dog attacks a letter carrier, the dog owner could be held liable for all medical expenses, repayment of lost work hours, replacement of the uniform and other costs, which can run into thousands of dollars. The Postal Service places the safety of its employees as a top priority and dedicates a week each April to Dog Bite Awareness.

Here are four simple tips to prevent dog bite injuries that should be enforced yearround: Continued page 6



First Boomtown Days for Lane

God Bless our Troops Support Our Veterans We Endorse The Constitution



Dear Editor:

With freedom comes a corresponding responsibility. Citizens do not want the responsibility, and when the government takes over that responsibility, citizens relinquish the responsibilities gladly, without a whimper. They applaud it. OH, they make it so easy for me, without ever realizing what is going on. Power luster's are masters at getting you to relinquish your freedom. Inch by inch.

John Dewey told you they plan to keep you dumbed down through the education system, and you still applaud it. You keep demanding more money for education. When there is an alternative. Seek knowledge on your own. It is there in libraries and bookstores. But this is not a priority for citizens. They will listen and agree if you inform them, but they are too busy to try to acquire knowledge on their own. It is just not a priority. Corrupt governments are just too great a force to counterpunch and win. Citizens have no power or money, or sense of urgency, until enslavement becomes a reality. Power luster's flock into bureaucracies, and they are satisfied with nothing less than complete power. Do you get the no airplanes, no cars, no meat, no anything else they decide. Are you willing to stand by and say and do nothing?

If you think life is difficult now, wait until D.I.L. they finish their takeover. There are books out there where they tell you how life will be

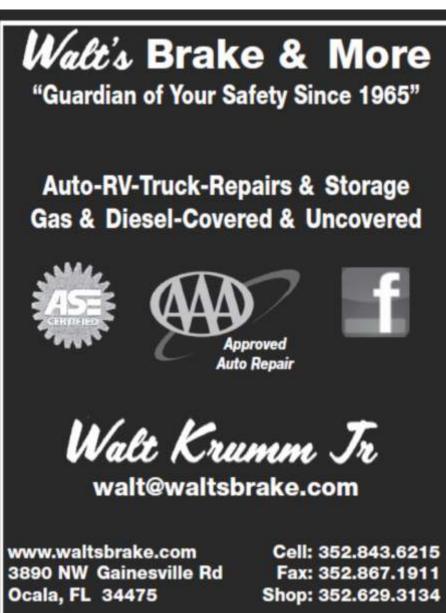
structured, and they mean it. Trouble is you choose not to be forewarned and act to prevent what lies ahead.

Is this just another scare monger trying to frighten you. No this is the result of 50 years of reading more that 4000 nonfiction books, and participating in community outreach programs.

The earth is composed of two classes of people : Power Luster's, the superior people who are qualified to run the planet and everything on it, and the dunces who are to be utilized as beasts of burden to do their bidding, and a third group who tries to overcome these constrictions, but never seem to achieve that goal. The power luste'rs win, even now we are failing to recognize who these people are. It is so blatantly clear who they are and we fail to see these greedy monsters, to our detriment. Their greed is as much for power, or possibly even more for power, than it is for money.

Are you willing to lose your freedom for the promise of free stuff? Realize this is just a promise, when they attain complete power, the narrative, and reality will change, and then is too late to wake up. No one gives up power once they have it. That is why the creation of America was such a phenomenal event.

Once freedom is gone your goose is cooked. Happy free stuff.



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Lawyers Assisting Warriors

Governor DeSantis Announces Lawyers Assisting Warriors

Eglin AFB, Fla. – Today, Governor Ron DeSantis announced the Governor's Initiative on Lawyers Assisting Warriors (GI LAW), an initiative to leverage the talent of Florida's leading law firms to provide pro bono services to military members.

Joined by Florida Department of Veterans' Affairs Executive Director Danny Burgess, Enterprise Florida President and CEO Jamal Sowell, U.S Coast Guard Chief of Legal Assistance Chris Dunne and several of the state's most prominent legal professionals, Governor DeSantis unveiled the new program as well as its leadership.

To spearhead the initiative, the Governor announced Chuck Faircloth, General Counsel of the Florida Department of Veterans' Affairs, will serve as Executive Director. Steering Committee members include: Major General James O. Eifert, Adjutant General of the Florida National Guard, Danny Burgess, Executive Director of the Florida Department of Veterans Affairs', Bruce Grant, Vice President of Military and Defense Programs at Enterprise Florida, partners from Greenberg Traurig, partners from Holland & Knight, partners from Shutts & Bowen and partners from the Gunster law firm.

"I'm proud to be able to lead this remarkable effort to provide our active duty service members free legal services from some of the best law firms in our state," **said Governor Ron DeSantis**. "This is a big win for our service members and our military here in Florida and I commend all those involved for their commitment to our military."

"I am honored to have been named as one of the steering committee members for Gov. DeSantis' new initiative to provide service members pro bono legal services," said

Major General James Eifert. "This program is simply one example of the Governor's commitment to military issues, and I am confident that it will provide an invaluable service to our Florida servicemembers."

Through GI LAW, our state's men and women in uniform will receive free legal counsel in a variety of civil manners, including actions in local courts. Participating attorneys will dedicate time and expertise to ensure prompt and fair resolution of the legal matters of our service men and women. The Governor also announced GI LAW has secured the commitment of four of Florida's top law firms: Greenberg Traurig, Holland & Knight, Shutts & Bowen and Gunster.

Dog Attacks Continued from page 4

Door Delivery: If a carrier delivers mail or packages to your front door, place your dog in a separate room and close that door before opening the front door. Some dogs burst through screen doors or plate-glass windows to attack visitors.

Electronic Fencing: Although the electronic fence may keep your dog from wandering, it does not protect your Postal Service carrier, who must enter your property to deliver the mail. Even homes with curbside mailboxes may have oversized packages or signature-needed items that require the carrier to approach a doorstep and cross the boundaries of the electronic fence.

Dog in Yard: Make sure your dog is properly restrained on a leash away from where your mail carrier is delivering the mail. Mail delivery service can be interrupted at an address or neighborhood the carrier deems unsafe because of an unrestrained dog. When service is interrupted at an address or neighborhood, all parties involved will have to pick mail up at their local post office.

Tracking: Dog owners who have access to postal notification features such as

Informed Delivery

(<u>informeddelivery.usps.com</u>) for letter mail and package tracking are urged to use this as a way to gauge when the carrier is on his or her way and to ensure their dog is properly restrained.

The United States Postal Service (USPS) released an annual report on Wednesday showing a total of 5,500 dog bites & attacks on postal workers across the country in 2013, which was actually about a 6 percent decrease from the number of attacks in 2012.

The USPS has been keeping track of statistics for dog attacks specifically involving their employees for years, and releases the report annually in conjunction with Dog Bite Prevention Week, which spans May 18-24 this year.

CONTRIBUTING FACTORS IN ANIMAL ATTACKS ON POSTAL WORKERS

Linda DeCarlo, Manager of Safety for USPS, says one of the biggest problems postal workers face when it comes to animal attacks is that dog owners don't take the threat of an attack seriously.

"There's a myth we often hear at the Postal Service; 'Don't worry - my dog won't bite,'" says DeCarlo. "Dog attacks are a nationwide issue and not just a postal problem. Any dog can bite and all attacks are preventable through responsible pet ownership."

The Centers for Disease Control and Prevention (CDC) says that approximately 4.5 million Americans are bitten by dogs each year, though a significant percentage of those attacks reported are minor. According to DogBites.org, approximately 800,000 of the 4.5 million dog bite victims seek medical attention for their injuries. It is estimated that half of the 800,000 victims who seek treatment are children.

A Sweet And Savory Side



(NAPSI)—Here's a delicious twist on an old favorite: creamy, cheesy, scalloped sweet potatoes, an easy-to-make casserole that will wow everyone at the table. High in fiber and loaded with vitamins and minerals, California sweet potatoes add just a hint of sweetness to this rich and savory dish. Serve it next to your Easter ham, your Thanksgiving turkey or with a store-bought roasted chicken on a regular old Wednesday night. Deliciously indulgent, it'll be your new favorite side dish.

Creamy, Cheesy, Scalloped Sweet Potatoes

Serves 8 to 10

1½ pounds each orange-fleshed and yellow/white-fleshed sweet potatoes, peeled and cut into ¼-inch-thick slices, divided

2 cups shredded Gruyère cheese, divided

2¹/₂ cups heavy cream

2 tablespoons chopped fresh thyme

1 ½ teaspoons each salt and pepper 1 teaspoon dry mustard

Continued page 7



Savory Side

Continued from page 6

¹/₂ teaspoon ground nutmeg

¹/₄ teaspoon each garlic and onion powder

Preheat oven to 400° F. Oil 9-by-13-inch baking pan or $2\frac{1}{2}$ - to 3-quart casserole dish. Layer half of sweet potatoes in dish, mixing colors. Sprinkle with half of cheese. Add remaining sweet potatoes and set aside. In small saucepan over medium-high heat, combine cream with herbs and spices. Cook until bubbles appear at edges of saucepan. Pour cream mixture over sweet potatoes. Sprinkle with remaining cheese, cover loosely and bake until almost tender, about 45 minutes. Uncover and continue baking until tender, about 15 minutes.

Keep Your Home Vacation Safe



Going Away? Tips To Keep Your Home Safe While You're On Vacation (NAPSI)-Peace of mind is important to

just about all homeowners, including when

they're away on a hard-earned vacation. When warm weather arrives, however, crime rates increase, according to a study published by the National Center for Biotechnology Information.

Fortunately, you may be able to reduce any vacation time stress by taking five steps to improve security-protect your windows, monitor your doors, secure your AC, make your house a difficult target and stay in the loop about what's happening at home

How to make it look like someone is home, even when you're away

Stop your mail. Nothing says "there's nobody home" like an overstuffed mailbox and a pile of newspapers on the front porch. You can fill out a simple form with the United States Postal Service asking it to hold your mail. Or, perhaps better yet, have a trusted neighbor stop by to pick it up.

Leave dog toys in the front yard. Even if you don't own a dog, you can give a burglar pause by making him or her think that you do.

Maintain a well-kept yard. Remove tree branches that give easy access to top floor windows and cut back tall shrubs that make it easy for burglars to hide behind.

Add outdoor motion sensor lights to scare away those trying to walk into your yard and peek inside. With smart lighting technology, you can program your lights to come on even when you aren't home. This feature has an advantage over automated timers because you can turn the lights in your home on or off as you please from anywhere with your Internet-connected device, or set routines through your home automation service, such as ADT.

Integrate your wireless doorbell with

your lights for further security benefits. decrease excessive oil production. Have the doorbell trigger an inside light to give the illusion that someone is home, since burglars prefer dark areas for stealth.

While you're away, home security can act as your house-sitting service and provide real protection. Choose a security company that has 24/7 monitored protection, such as ADT, which has over 19,000 employees who are always ready to help in case of an emergency. If you do choose to hire a house sitter when you're away, provide him or her with a unique pin code to disarm your security system. Not only will you be alerted when the system is disarmed, you can deactivate this code once you return.

With these steps, you'll have peace of mind on vacation.

Benefits Of CBD Products

(NAPSI)-One of the best and most effective ways to benefit from nonpsychoactive, THC-free CBD is to use it on the largest organ of your body: your skin on the largest organ of your body: your skin. CBD oil is the nonpsychotropic component of marijuana and hemp, well-known for relieving aches and pains when applied topically. Now, it's found in skin care products such as the luxury line from Mermaid Wizdom—and with good reasons.

Here are three:

1. Acne: CBD oil is an anti-inflammatory with the ability to help calm skin. Because acne is an inflammatory condition, research indicates CBD's soothing properties can help diminish breakouts and reduce redness. Recent studies show that CBD may also

2. Aging and Wrinkles: CBD oil's antioxidant properties can help lessen the visible signs of aging. It's rich in vitamins A, C and E. Vitamin A stimulates the cells responsible for producing tissue that keeps skin firm. Vitamin C stimulates collagen production. Vitamin E blocks free radicals from the body, to help slow down the aging process.

3. Sensitive Skin: CBD oil has been found to sooth sensitive skin and studies indicate that it helps inhibit triggers of disorders such as psoriasis and eczema.



Vitamin N(ature) Ten Easy Ways To Get A Dose Of Vitamin

N(ature) In Just Ten Minutes

(NAPSI)—A growing body of scientific evidence proves getting outside (i.e., being an "outsider") is good for our health and well-being. Exploring and appreciating nature-in our own backyards, community parks and school yards-reduces stress, improves memory, boosts heart health, and offers a host of other benefits for our minds and bodies.

"Having a living landscapen figuress ptreess



Attorney General Moody



We have reached the 100-day mark of our new administration. It has been an exciting, challenging first 100 days, but in this short period of time, our office achieved several major victories and implemented important changes to better protect Floridians.

While campaigning to serve as Florida's Attorney General, I made fighting the opioid crisis a top priority. From my first day in office, I fought for a Statewide Opioid Task Force to establish a formalized structure to meet this crisis head-on. I am proud to now chair the new <u>Statewide Task</u> Force on Opioid Drug Abuse and look forward to working through this task force to end this crisis.

Fighting fraud and protecting seniors is another major focus of our new administration. To accomplish this mission, we formed <u>'Floridas new Senior Protection</u> Team. Our team is comprised of leading experts from the Attorney General's Office of Statewide Prosecution, Consumer Protection Division, Medicaid Fraud Control Unit and the Criminal Justice Programs Unit, as well as specifically designated FDLE agents from around the state. This team is working together to fight senior fraud and abuse statewide. Expect to hear more from them soon.

Supporting law enforcement and fostering a trust between law enforcement and the communities they serve is another important focus. As the wife of a federal law enforcement officer, I know intimately the sacrifices Florida law enforcement officers make to keep us safe. To bolster support for law enforcement, I launched the <u>Back the</u> <u>Blue Award Campaign</u>. This campaign highlights the brave and selfless service of law enforcement officers, and those officers. citizens and organizations taking extraordinary steps to forge positive relationships between law enforcement and the communities they serve.

These are just a few of the highlights so far. Our team is also fighting human trafficking, taking action against online scams, shutting down sham charities and so much more. For more about our first 100 days in office, go to our website.

There are still a lot of challenges before us, and I vow to continue to approach this job every day with a sense of urgency and passion for protecting the vulnerable, prosecuting criminals and defending the rule of law.

Thank you, fellow Floridians for this opportunity. I am humbled to be your Attorney General.

Vitamin N Continued from page 7

shrubs and flowering plants is good. Using this outdoor space to reap the health benefits it offers is even better," said Kris Kiser, president and CEO of the Outdoor Power Equipment Institute (OPEI), whose Foundation created TurfMutt, an environmental education and stewardship program that teaches the value and benefits of the outdoors. "Getting outside, even for just 10 minutes, can do much to boost your mood, productivity, and quality of life."

On its 10th anniversary, TurfMutt shares 10 easy ways you can enjoy nature in under 10 minutes.

Take a walk. Lace up your athletic shoes and head out for a walk around the block or



to your neighborhood park. While you're out, commit to turning off your cell phone and enjoying the natural setting around you (it's just 10 minutes, after all!).

Get your kids moving. A rousing game of tag or hide-and-seek in the family yard is a great way to counter computer and screen time.

Play with your dog. A dog's favorite "room" of the house is your family yard. Take inspiration from your pooch and spend a few minutes outside playing Frisbee or fetch.

Clean up your outdoor living room. Make simple work of yard chores by breaking them up into smaller chunks. Ten minutes is enough time to put a serious dent in weeding a flower bed, sweeping off the back patio, or picking up debris from your lawn.

Plant something. It is spring planting season, so take 10 minutes to dig a hole and introduce a new plant or get started on your vegetable garden or flower beds.

Dine alfresco. Taking a meal outside is *Continued page 9*



OcalaVillagesNews

Vitamin N

Continued from page 8

one of the easiest—and most nourishing—ways to enjoy the outdoor space around you. Have breakfast with the backyard birds. Lunch at a park near your office. Enjoy your coffee break under a shade tree.

Study or read a book. Take the "work" out of homework by moving study or reading sessions to your backyard or community green space.

Swap a (short) commute for walking or biking. Do you typically use your car to run down to the mailbox, to a nearby convenience store, or to run other nearby daily errands? If it's not too far, take a short walk or ride your bike instead.

Meet outside. Fresh air can be a catalyst for fresh ideas, so take your next

brainstorming session for work outdoors. Need to have a heart-to-heart with your child? Scientists have discovered that communication between parents and children is more connected when conducted outside.

Sit back and relax. Sometimes, the best thing to do is absolutely nothing at all. Spend some time in a hammock, spread a blanket out on the grass, or take a meditation break outside to soak up the nature around you.

Perk Up Your Kitchen

(NAPSI)—Remodeling a kitchen can be a great idea—for most families it is the heart of the home and most-used room—and it can be easier than you may

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Committed to integrity and excellence. Connecting Ocala Business Leaders with everyone we meet. realize, if you heed these four suggestions. Helpful Hints

1. Cabinet "magic": Instead of going through the trouble and expense of installing new, custom cabinets, give your current ones a coat of paint, new pulls and knobs or perhaps new doors.

2. Light up your life: It can be a bright idea to improve the lighting. Make sure overhead lighting is concentrated in those areas where you work the most, such as over the stove and sink. Under-cabinet lighting can also be a good idea.

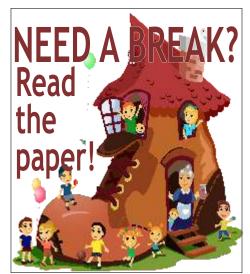
3. Be sink smart: You needn't change every appliance if they're working well but one thing that can give any kitchen a new look is to change the sink, the most-used appliance. For example, BLANCO sinks save space on the counter and make everyday cleaning and prepping easy. Those made of SILGRANIT are impervious to scratches, chips and stains while the company's newest stainless material, DURINOX, resists fingerprints and scratches. If you can, keep the plumbing in the same place it is now, to save time, trouble and money.

4. Clever, convenient accessories: A few little things can make a big difference. Sink accessories add functionality while letting you create your own personalized workstation. Custom stainless grids and elegant drain covers and strainers can make prep work more pleasing, cleanup less complicated, and entertaining an event reserved for graciously accepting compliments.

As one kitchen designer put it: "Most clients are particular about aesthetics, but all clients insist on functionality. People want spaces that convey their personality, but most of all want their kitchen to make

their lives easier."

In response, Blanco came up with grids that float inside the sink to dry dishes, elevate pots or wash vegetables; colanders and cutting boards that can sit on top of the sink or on a specially engineered ledge to save counter space and make prep work a dream. You have to set the colander inside the sink anyway, while using the cutting board in the sink is a sneaky way to get in more counter space and make the job of prepping easier, too.



Bee's Knees! I sold it on Ocala4sale.com and you can too!



Marion County's Internet Marketplace

Page 10, Seniors Voice/Downtown - May 2019

39 SHOPLIFTERS ARRESTED

39 SHOPLIFTERS ARRESTED DURING TWO-DAY RETAIL THEFT STING

MARION COUNTY, Florida (April 9, 2019)- Detectives from the Marion County Sheriff's Office (MCSO) and the Ocala Police Department (OPD) conducted a two-day operation on April 4th and 5th targeting suspects involved in retail theft crimes. With the cooperation of Walmart and their loss prevention personnel, MCSO and OPD all worked together to help reduce retail theft in Marion County. After being observed committing retail theft crimes by loss prevention personnel and undercover detectives, 39 people were arrested with a combined total of 39 felony charges and 46 misdemeanor charges.

During the operation, as individuals were apprehended for theft, detectives conducted interviews with the suspects to determine if they were involved with any additional crime in Marion County. Numerous individuals that were arrested also received charges for drug possession or had warrants for other crimes previously committed.

Not only do businesses suffer a loss when individuals like these strike, but so do the consumers. As consumers, we all end up paying higher prices. Due to the coordinated efforts between MCSO, OPD and the cooperation of Walmart the operation was a success.

OCALA and Marion County QUICK LINKS

Marion County Sheriff's Facebook www.facebook.com/mcsoflorida/posts/2310037822350146

> **Marion County Sheriff Latest News** www.marionso.com/latest-news

> > **City of Ocala** www.ocalafl.org

Marion County Departments www.marioncountyfl.org/departments-agencies

> **Marion County Clerk** www.marioncountyclerk.org

Marion County Parks & Recreation www.ocalafl.org/government/city-departments/recreation-parks

63. Not up

64. "Curious

66. Subdues

George" creator

65. Things to be



Across

- 1. Some obligations
- 6. Very, musically
- 11. It's bleu on maps
- 14. Heavenly hunter
- 15. Rock that's pretty funny
- 16. Water cooler
- 17. Cell-phone user's query
- 20. Kind of presentation
- 21. Part of an inheritance?
- 22. "Walking on Sunshine"
- query
- 28. Loses magnetic flux
- 29. Closeout caveat
- 30. Pub round
- 31. Football helmet feature
- 33. Joke or choke
- 36. Kitchen query
- 40. Diarist Anais
- 41. End on _ ___ note 42. What some games end
- in
- 43. Inventory unit
- 44. One-third of a turkey
- 46. Cook's query 51. Concerning, to a lawyer
- 52. Valuable
- 53. Discussion query
- 61. The big picture? (Abbr.) for yourself
- 62. Chart anew

1. Grumpy companion 2. Diamond stat 3. Recycling receptacle 4. First car, for many 5. Stuck-up (talk) 6. Have 7. Word with life or paper 8. Madrid Mrs. 9. You need some, really 10. Patriot follower? 11. Sal of "Exodus" 12. Low-budget prefix 13. Take new vows 18. "Topaz" author Leon 19. Word with fried and nest _, India 22. New 23. It makes waves 24. Party animal artist 25. "War of the Worlds" world 26. Morales of "The Real Thing" 27. They may be read or sealed 28. The edge of night 31. Leveling wedges 32. Place to make a name

34. Very similar 35. Kind of club 37. Former Japanese prime minister 38. What you used to be 39. "War of the Worlds" world 43. Logical beginning? 44. Neither fold nor raise 45. Mammoth trapper 46. Participant in a kid's game 47. Two-(fast break) 48. With \overline{dry} humor 49. Unparalleled 50. Office subs 54. "Lean on a garden (T.S. Eliot) 55. The deep 56. UK record label 57. "--- Clear Day" (Robert Goulet) 58. Creator of a chess champion 59. Born 60. NFL stats

33. See

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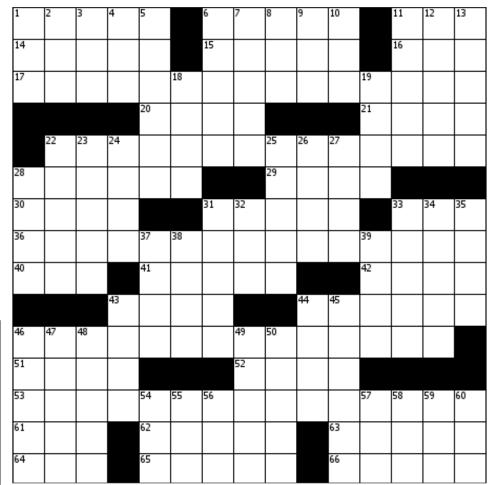
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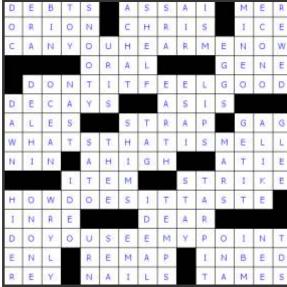
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