

Video Presentation

Angie Umpleby left and Cathy Cindel rightEarly December I watched a video presentation at a Ocala Business Leaders breakfast put on by Angie Umpleby of Roberts Real Estate, Inc and Cathy Cindel of PR!ME Mortgage Group. It was funny, educational and entertaining. What a great way to approach the customer. Thinking outside the box has closed many a deal. Putting a Real Estate person and a Mortgage person together in a humors video to present yourself to a client show how they can one stop shop. Great job

Gov. Scott to Raul Castro: Bring Freedom and Democracy to Cuba

TALLAHASSEE, Fla. December 20, 2016

Dear Mr. Castro:

As you know, following the death of your brother Fidel, the streets of Miami were packed with people celebrating. The celebration represented the hope for an end to the decades of torture, repression, incarceration and death that you and your brother have caused the people of Cuba.

While many are hopeful for the future of Cuba, it is thus far clear that nothing has changed. Let me be specific with a few examples: You recently imprisoned the artist El Sexto for expressing his views following the announcement of your brother's death. It is reported that he is in isolation without food or clothing. Dr. Eduardo Cardet, the National Coordinator for the "Movimiento Cristiano Liberación" (MCL) was imprisoned. And, just a few days ago Berta Soler, the leader of the Ladies in White, was

Like your brother, you are known for firing squads and imprisonment of those who oppose you. You have said that you plan on retiring in 2018, but the leadership that you have picked to come after you is designed to keep your oppression intact, and to keep your people trapped.

After Pope Francis' trip to Cuba, you suggested that you may return to the church and pray again. My prayer for you and the Cuban people is that you listen to Pope (Continued on Page 3)

We Mourn The Loss of a Friend



The passing of a good friend is always hard. Expected or not you are never ready. We are morning the passing of Wayne Tutt. There are many things I did not know about Wayne. He was born in Iowa and was living in Weirsdale at the time of his passing. Just a couple of things I remember someone mentioning: Wayne was a Truck Driver, Stock Broker, Pilot, Professor and Insurance man. I have known Wayne some 15 years or more, meeting him at the Ocala Business Leaders. He was the second person I met. A friendly face walked up, introduced himself and we were instant friends. That was Wayne. Wayne wrote our Healthcare Insurance and took good care of

Celebration of life was well organized, well planned, and they fed all 320 people. The

Tutt family and extended family was large and well attended. At the lunch Janet received over 300 people, held their hand, hugged their neck, prayed with them and in some cases they seemed better. At the Celebration of Life I saw many people from Ocala. Somehow Wayne stayed wired into the Ocala scene, but of course he had friends everywhere. I also considered Janet a friend. Wayne and she and I went to lunch several times this year. He will be greatly missed.

The following is a letter that Janet wrote and was printed in the program at Wayne Tutt's celebration of life.

On behalf of myself and the Tutt family, Some 320 people attended. The thank you for attending Wayne's Celebration of Life.

I am especially grateful for the love and (Continued on Page 6)

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Last month, we Business Creation began to relay column listed a few our Business we will look at

Business Creation and Business Services

Growing and assisting entrepreneurs is a highlights of the past unique aspect of our efforts to create and year. The previous retain jobs. This community has a strong legacy of growing companies and we want of the successes in to nurture that effort into the future. This past year marked our first full year for the Attraction and Power Plant to operate in three buildings Business Retention including the Ocala Health Center for efforts. This month, Health Services Innovation. We celebrate several graduates through the year and welcomed several new residents. Currently, and provide a glimpse of what is to come in the Power Plant Incubator complex has 18 businesses with room for a couple more.

the Incubator, though. This past year, our team worked with approximately 150 business start-ups on a wide range of ideas, products and services.

Additionally, the CEP partnered with the City of Ocala to open the new Ocala Downtown Market on the CEP's New Markets Campus. The Market has quickly grown to include more than 80 businesses each Saturday and we are working to add a strong Wednesday evening market in the new year. The Market allows for businesses to grow from home-based to market and, we hope for some, to brick and mortar stores.

Business Services

focused on three main areas: Talent Development, Networking and Business Education. In each sector we have a number of different programs all focused on providing a return on our partners' investments and helping to create or retain

Some of the most well-known CEP programs are offered through our Talent Development initiative. Talent Development is composed of our great year with Class XXX); Leadership Ocala Marion Youth (this year's class is composed of 40 outstanding juniors selected from nearly 100 applicants); and through 2017 and beyond.

Not every business we assist needs to be in Young Professionals Ocala (our dynamic young professionals which has grown substantially this year).

Our partners consistently tell us that networking is the number one reason they partner with us. We now have seven NetWorks groups with more than 120 participants. We hosted six NetPerking events (networking before hours) and four MBAs (Marion Business Advantage), our boutique networking event. Our premier (and the community's) networking event continues to be Business After Hours, which experienced another great year.

Finally, our Business Education initiative has been composed of three primary Our efforts in Business Services are programs: TuesdayTalks, FridayTalks and special topics. The first and third Tuesday of each month, the CEP hosted two sessions (morning and afternoon) of topic of interest to our business partners. Approximately 400 partners attended these sessions in 2016. FridayTalks is our education program in Southwest Marion County and attracted more than 100 attendees. Rasmussen College will be our sponsor for this series again in 2017.

The CEP had a great year in 2016 in Leadership Ocala Marion (which is having a working to keep our community Moving Forward. The momentum will not stop there and we look forward to sharing more information and opportunities as we move

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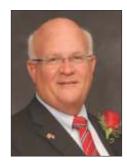


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DENNIS K. BAXLEY



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As we celebrate restore American greatness on the core Christmas, (yes I values of faith, family, freedom and said it!) openly again opportunity. Florida has new blood with new and as we approach members in half of the Senate seats and over the end of the Obama 40 new House members. Republican Era and a new majorities were maintained in both houses, beginning with combined with a republican Governor, President Trump, presents a new opportunity to return strict anticipation is in the constructionists to the Florida Supreme air with a renewed Court with a pending appointment in the optimism from the wings and more jurists retiring soon. The White House, to the State House, to Florida Senate looks to be more As we prepare for conservative, the Florida Supreme Court the next session in the legislature, we feel the looks more conservative, and the US winds of change renewing the contract for Supreme Court is being pulled back from the Globalist abyss with a constitutional conservative transformers are wringing their hands in likely for appointment. This will lead to disbelief, but mainstream America is more control by states of their own future. awakening and giddy with the opportunity to Particularly in healthcare costs, the

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replacement of ObamaCare with a free market "universal access" will calm skyrocketing costs, which are placing enormous strain on state budgets. Meanwhile, the new federal administration is forecast to assist in freeing up a struggling economic recovery from stifling overregulation, leading to better trade deals and more reliable, affordable energy. The result of this recovery has been stock market gains, a long awaited increase in interest rate earnings, increase in job opportunities, increase in consumer confidence, and construction picking up the pace. All this coupled with the retiring of baby boomers and the growth of inland port distribution cast an atmosphere of optimism that will thaw much of the paralysis we have seen. There is much to be thankful for. We write a new chapter in 2017. Thank you to all who stepped up to restore America before it is too late. It is a time of new beginnings and our best days still lay ahead. Onward and Upward!

If you don't advertise, how do you expect people to know who you are? Where you are? What you sell? You may save money on the books, but will cost you money in sales. Advertising should be your number one priority.

Gov. Scott to Raul Castro Continued from Page 1

Francis and focus on bringing absolute freedom and democracy to Cuba. I pray that you open Cuba to freedom of the press and religion; release all political prisoners; provide unfettered access to the internet; allow ownership of land; provide reparations to those whose property was confiscated; bring all Cuban military home and allow for free and fair elections with international supervision.

You have a tremendous and historic opportunity right in front of you. You can take Cuba in one of two directions. You can allow a new era of freedom and opportunity for Cuba. This path will almost overnight provide all Cubans with a dramatic improvement in their quality of life at every level. The people of Florida and of the entire United States are ready to help make your country an overnight success with unprecedented levels of trade and capital investment. Every human heart longs for freedom, and your people long for freedom.

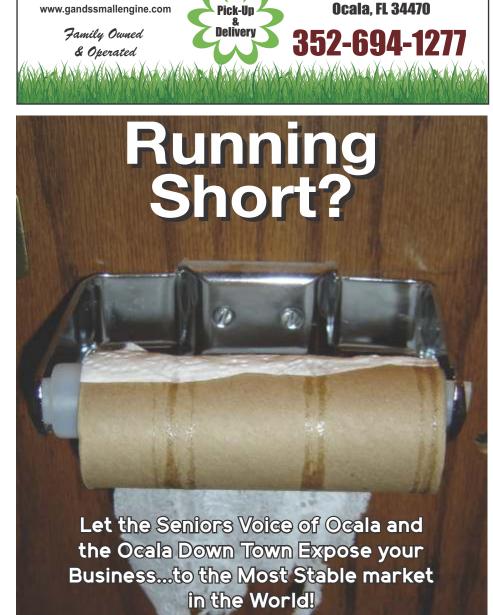
Or, you can continue on the other path. This path is best characterized by oppression, tyranny, wrongful imprisonment, torture, and murder. This is the path that hates freedom, the path that does not trust every man and woman to make their own decisions, the path that opposes all those who honor and worship

And this is also the path of poverty, the path where the tyrants live like kings while the people live like peasants. But, right in front of you is the opportunity to embrace freedom and bring in a new era of unprecedented prosperity for your people. I have no doubt that the people of Florida stand ready to flood Cuba with prosperity.

No one thinks you will choose the way of freedom, the way of democracy, the way of peace. People will mock this letter and call it naïve. But, for the sake of the Cuban people, I pray change will come.

Sincerely, Rick Scott, Governor





804-1223



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

PUBLISHER'S NOTES



We have a lot to be business world. Business is up!

We have new hope that our Country will be great again. Actually our country is great but things could be better. There are people out

there using groups of people for their own means, stirring up trouble, causing unrest. Some of our problems are coming from within.

My dad raised me as a Democrat and I was thankful for in the for years until Obama! He taught me what I did not want to happen. I was always in a good place until Obama. I was always taught that if you want to get ahead, work for it, work hard, work smart, work long! But along came Obama and he says I have to give some of my earning to people who don't want to work, or pay welfare to people that have been raised on welfare and have taught their children to raise their children on welfare, while the working man and woman are paying for it. I am all for giving a person a hand up but not a hand out! There are a few people who will need help for life. I say let

us take care of those people. Maybe they have high hospital bills, special care, the need for specialist Doctors care. This is who need help and this is who should get help through Government assistance. This should be reviewed every six month, but they should get care.

To my critics! I have changed the mug shot on my column. Most would jokingly say about the photo...who is that? That photo was taken when I was much younger. I don't photograph well and that was one of the few

To my one critic out there who labeled my papers "Trump trash", you must be a Democrat. Don't look now but Trump is YOUR new president and you should hope he will save your Social Security, because the fund has been robbed blind. If I were you I would support Trump in any issue you can because he will be going up against all the problems Obama has created.

Great news for us. We have a new Graphic Artist come on board. She is Award winning and will be changing the look of our ad designs. Chris Boody, we are happy you have joined us. Next year will be a good year for change, hope and a new look.

CUBA: Beware! All Raul wants is for us to spend money to cover up the fact that he is is right!

taking money from the people. I went to Cuba as a young boy. There hope by the people of the man fighting in the hills was going to save them from the evil dictator Bateista. Then Castro won the battle and started taking and killing. The people of Cuba lost their businesses, their status in the communities and had to flee Cuba for their lives. So remember Raul was helping his brother kill anyone that stood for freedom, does any of this sound familiar? We don't need to and should not spend money with Cuba unless we have guarantees that Raul Castro will turn the Country over to the people. I Believe Trump will make a statement about this early in his Administration.

ENOUGH is ENOUGH! Being politically correct has gone to far. When a little girl is afraid to use the bathroom because a man that was obviously dressed as a women in a ridiculous outfit was in the woman's bathroom. That is ENOUGH!

I will say Merry Christmas and Happy Year, I will call Easter, Easter and all of the founders holidays names as they now are. I have heard people saying Merry Christmas more recently than I have for years. You the AMERICAN CITIZEN'S Stand Up for what



Newspaper Deadlines

Editorial & Ad Copy for February Seniors Voice & Ocala DownTown 12am, January 18th Lady Lake Magazine & Village Spectator 12am, January 25th

Ocala DownTown

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P.O Box 1698, Dunnellon FL 34430

Publisher Tom Loury 352-804-1223 Fax: 352-489-7208 tloury@att.net

General Manager Wendy Netherclift Ocala Office 352-895-4168

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Three Smart Suggestions For Your Self-Defense

of Justice, about 20 out of every thousand Americans will be a victim of some kind of assault every year—but you can learn to protect yourself and your loved ones.

Expert Advice

"The best self-defense tip is to always be aware of your surroundings and potential threats so that you don't get into a situation where you actually have to defend yourself when it could possibly be avoided," said Wade Eastwood, 2nd Unit Director/Stunt Coordinator for the action & adventure movie from Paramount "Jack Reacher: Never Go Back." You don't want to get into a fight if you can help it, but "if it can't be avoided," added, "then at least you are prepped and ready" if you follow these three Reacher's Rules For Self-Defense.

- 1. Anything can be a weapon. Keys or a pen can inflict minor damage but after multiple hits can break an enemy down through loss of blood or acute impact strikes. Your voice is also a weapon and can draw help if needed.
- 2. Hit them fast. If you have to fight, it's critical to injure or immobilize your attacker immediately, and don't get any closer to your attacker than necessary. Kicking the side or front of the knee is a great way to injure and throw your attacker off balance. If you're

already close, go for the eyes with your fingers or knuckles. You can also use the heel of your palm to strike up under the nose if your attacker is in front of you, or use your elbow to the nose if the attacker is behind.

3. Hit them hard. Use your entire body weight to hit or break free rather than your individual muscles because your attacker may be stronger. If you kick the knee, throw your whole body into the kick. Same with throwing the heel of your hand into the nose-don't just use your arm, use all your

Again, prevention is the best defense. Attackers want unsuspecting, vulnerable targets. "The Jack Reacher character is always on the lookout for danger and you should be, too," Eastwood advised. "Always expect the worst."

Watch These Moves In The Movie

You can see Tom Cruise as the action hero put these principles into action at home when ou get "Jack Reacher: Never Go Back" on Blu-ray, DVD or Digital HD. Check out www.JackReacher Movie.com for more information.

You can learn a lot about self-defense by watching Tom Cruise as action hero Jack



SENIOR SCHEDULE OF EVENTS

2016-2017 SCULPTURE WALK AND EDUCATIONAL SCAVENGER

Tuscawilla Park

Now-Sept. 17 | Sunrise-Sunset Take a stroll in Tuscawilla Park and enjoy the sculptures on display. Complete the sculpture scavenger hunt (sponsored by Family Times Magazine and Philip D. Breske Photography) and receive your complimentary family admission to the Appleton Museum. Download your brochure at www.ocalafl.org/outdoorsculpture or pick up a copy when you start your walk at the Discovery Center (701 NE Sanchez Ave.), Eighth Avenue Adult Activity Center (830 NE Eighth Ave.) or at the Recreation and Parks Administration building (828 NE Sanchez Ave.)

FIRST FRIDAY ART WALK Downtown Ocala First Friday of each month | Now through May 5 | 6-9 p.m.

Enjoy the creative works of visual and performing artists whose talents are presented throughout historic downtown Ocala at this monthly art event. Plus enjoy complimentary family art activities on the Downtown Square and extended shopping hours throughout

OCALA DOWNTOWN MARKET V isit the market at its new location! 403 SE Osceola Ave. Saturdays | 9 a.m.-2 p.m.

Enjoy the Market at its new location. It's convenient and it's all under one roof! Reap locally grown farm fresh seasonal produce, homemade jellies and jams, delicious kettle corn, boiled peanuts, homemade crafts and

National Historic Landmark Visitor's Center 3925 E. Fort King St. Saturday | Jan. 21 | 10-11 a.m.

Do you ever look up and wonder what that tree is above you? This program will teach all ages how to identify trees around you by their bark, leaves and canopies and about how the life of trees play a role in the forest. Please wear proper hiking attire and closed toed shoes. Call 352-368-5533 for details.

LUNCH N' LEARN SERIES

Eighth Avenue Adult Activity Center 828 NE Eighth Ave. Thursdays 11 a.m.-Noon • Jan. 26 Private Duty Nursing & Skill Nursing • Feb. 23 | Memory Care/Assisted Living Independent Living • Mar. 23 | Short Term Rehabilitation and Long Term Care Apr. 20 | Veterans' Benefits • May 25 | 5 Wishes, Advanced Care Planning

Join professionals during a complimentary lunch for informational discussions on topics that may affect the lives of our adult community. Pre-registration required.

TREE IDENTIFICATION Fort King ADULT GOLF OUTINGS AND LESSONS Ocala Golf Club 3130 E. Silver Springs Blvd. 1352-401-6917

Pine Oaks of Ocala 2201 NW 21st St. | 352-401-6940

Interested in joining a league or playing a round of golf? Need some exercise? Why not think outside the green? Play our challenging fairways and bunkers. Call the city golf courses and get ready to TEE IT UP! Pine Oaks of Ocala offers half price cart fees for golfers who are ages 80+ and there are no charges for golf carts for golfers who are 85+.

TENNIS ANYONE? 3301 SE Fort King St. 352-629-8453 The center is open to the public and offers all types of lessons from certified tennis professionals. Of if you just want to play a set, given them a call at 352-629-8453 to make reservations.

BUY A LOG, BUILD A FORT Fort King National Historic Landmark 3925 E. Fort King Street We need your help! The Fort King Heritage Association, Inc, is rebuilding historic Fort King on its original site. So what's missing? The Fort! We need to sell 600 commemorative logs to reconstruct the 150'x150' palisades of the fort and two blockhouses. In exchange for the purchase of a log, your name will be permanently engraved on a plaque inside the Visitors Center and you will receive membership in the Fort King Heritage Association. To purchase a log for \$250, \$500 or \$1,000, please go to www.fkha.org or call 352-368-5533 for more information

LET'S ALL GO TO THE MOVIES!

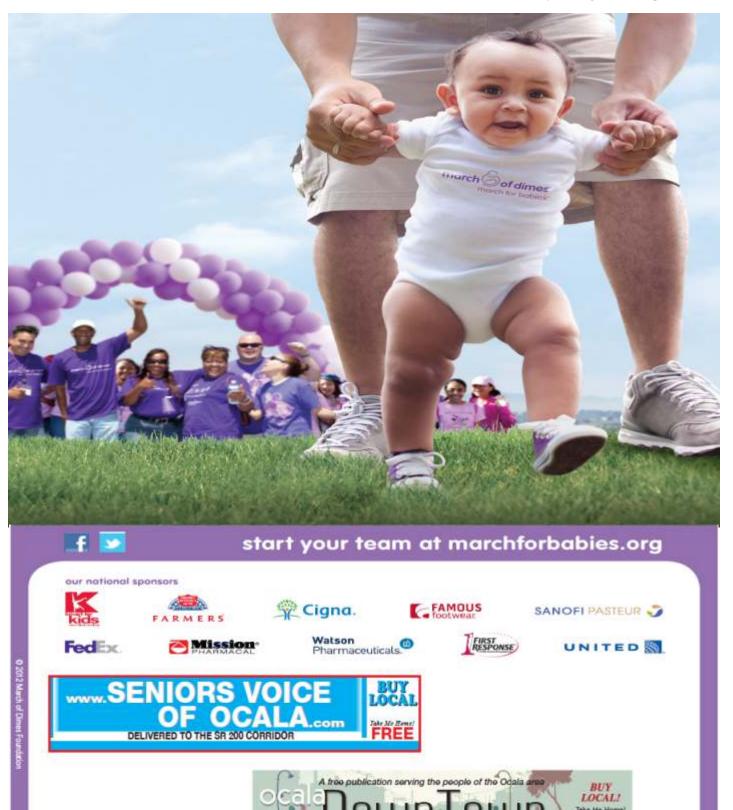
Reservations must be made at the hosting center. Seating is limited to eight persons/movie.

"THE GREAT GILLY HOPKINS" STARRING: SOPHIE NELISSE, KATHY BATES, BILL COBBS, JULIA STILES, OCTAVIA SPENCER, GLENN CLOSE, CLARE FOLEY, ZACHARAY HERNANDEZ AND BILLY MAGNUSSEN Eighth Avenue Adult Activity Center | 830 NE Eighth Ave. | 352-629-8545 'Tuesday and Wednesday | Jan. 10 and 11 | 1:30 p.m.

'Gilly Hopkins has seen more than her share of foster homes and has outwitted every family she has lived with. In an effort to escape her new foster mother's endless loving care, Gilly concocts a plan that she believes will bring her mother running to her rescue. But when the ploy blows up in Gilly's face, it threatens to ruin the only chance she's ever had to be part of a real family. Based on the novel by Katherine Paterson. PG

STARRING: MARK RYLANCE, RUBY BARNHILL, PENELOPE WILTON, JERMAINE CLEMENT, REBECCA HALL, RAGE SPALLAND BILLHADER Eighth Avenue Adult Activity Center | 830 NE Eighth Ave. | 352-629-8545 Tuesday and Wednesday | Jan. 24 and 25 | 1:30 p.m.

The BFG is a Big Friendly Giant standing 24feet tall with enormous ears and a keen sense of smell, he is endearingly dim-witted and keeps to himself. Upon her arrival in Giant Country, Sophie, a precocious 10-year-old girl, is initially frightened of the mysterious giant but soon comes to realize that he is quite gentle and charming. Having both been on their own in the world up until now, their affection for one another quickly grows, but Sophie's presence in Giant Country attracts the unwanted attention of the other giants. Sophie and the BFG soon depart for London to see Queen Victoria and warn her of the precarious giant situation and devise a plan to get rid of the giants once and for all. PG13



LETTERS TO THE EDITOR

can we learn from history?

I recently needed to use a mirror in a store, and could not find one due to the amount of stock clogging the aisles that a group of employees were busy working. I approached and asked the location of the nearest mirror. One person heard me, but obviously, did not understand a word of English. They began waving to the others, and one motioned there was a mirror in another direction. Recently, a friend lost a job, and applied to this very store for a job, the friend has not been hired. Is this fair?

When you are in the process of making a purchase, don't you think you will have to pay for the items? You have stood in line for 10 minutes, why then don't you have your method of payment ready? Why do you start to think of payment after all your items are tallied? Time is precious to everyone, even those in line behind you. After the time already elapsed, you spend another 5 or 10 minutes taking out your wallet, then looking and looking for a card, which continues to be elusive. Is this fair?

Except for the United Stets of America, when did any people live on this earth that did not toil for an elite {work like animals, and all the fruits of their labor go to supporting an elite class, living opulent lives}. Our founding fathers were exceptional men, not flawless, but certainly the best the species has to offer. Fair?

Guess what these 3 presidents have in

Truth Is Stranger Than Fiction! And, what common: Hoover, Truman, Eisenhower? In the depression Americans needed jobs. Hoover deported all illegal aliens, Truman deported over 2 million illegal aliens to create jobs for returning veterans, and Eisenhower had Operation Wetback, deporting 13 million Mexicans, again for returning veteran jobs. We have dealt with this problem before. Fair?

> Eveyone calls it Obamacare, I call it Drug store care, more and more care is being given by someone other than a doctor, does that make it less safe and effective? It scares me. There are buses for blood collection. testing buses, walk in buildings for heaven knows what. I will not get sick. I fight it like a demon. We rarely see even a doctor who is American. I have seen friends die before their time, and heard stories from others. Is inferior care acceptable care? Fair?



We Morn Our Loss

Continued from Page 1

support we have received from many of you. It is a gift that I will cherished for the rest of my life. Wayne and I were

fortunate to have had an opportunity over the last few months to spend a substantial amount of time reminiscing about our childhoods, and our 37 years together, our family, our friends, our disappointments and our joys. Throughout all our conversations (which included a lot of laughter, his, kisses, tears and love) there was always one common thread: we have been so very blessed and were thankful for our lives we have lived and the wonderful people we have had the honor of knowing.

While there is no question I and many others are grieving Wayne's loss in our lives, I know he is still alive in our hearts. The last few days have been filled with messages and phone calls expressing appreciation and thankfulness for his many acts of kindness ranging from his willingness to listen, to smile, to provide wonderful hugs, to provide advice and encouraging words, and to actions that will forever shape someone's life in a positive way. He never met a stranger, someone in need or a cause he did not step forward to

Although aware of the way he lived his life, even I have had pleasant and positive surprises regarding his acts of kindness.

TomL Publishing

Those acts have ranged from financial tp emotional support tp downright rolling up his sleeves to find help for someone who

needed it. The most amazing thing is, during the time he worked to make a living and help others, he aways, always had time to love me, encourage me, support me and

help me become who I am today.

His love, trust and belief in me

was endless. His words of love and encouragement have been heard late at night this last week, allowing me to breathe, smile, cry knowing he is in my heart and memories. I also see him alive in our son: his sense of humor, his intelligence, his love and the twinkle in his

My life will go on. I know there will be emptiness, sad moments, and struggles as I live my life without my best friend physically next to me. Fortunitly Wayne Russel, Annie, Chloe, Sydney and our friends and family of the heart will be with me and for that I know I am blessed and God is watching out for me!

I would each of you here today to honor his memory by helping others, being tolerant, loving one another, laughing and hugging whenever you can and encourage someone who may be in need. Doing so truly will keep his spirit alive!

Love to Wayne and to all of you,



Tom Loury 352-804-1223



Wendy Netherclift 352-895-4168

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TomL Publishing, LLC P.O. Box 1698, Dunnellon, FL 34430 tloury@att.net | 352-804-1223



LETTERS TO THE EDITOR

D.C are, {as a writer just did}, and you cite Order, 4.Tax Target: Washington by Gary congress and bureaucrats, you have clearly put your lack of knowledge on display. Ever heard the term: LEGAL PLUNDER?

I humbly submit the following.

There is the picture, and there is the BIG UN. picture.

The "Never Trump" crowd is the BIG Picture. Ever heard of the CFR {Council on Foreign Relations}, The Trilateral Commission, The Bildbergers, and the other ONE WORLDER groups? Trump is the only person with enough power, and money to Hillary since the Arkansas days. Read every numbers, but NO money or power. They CUPOFTEA, no matter the opponent. cannot compete with the ONE Worlders.

you read the following, you might just find expended seeking, it. your perspective broadened.

ear Editor:

1. The Rockefeller File, 2. None Dare Call it If you need to ask who the establishment in Conspiracy, 3. Say "NO" to the New World Allen, and 5.The law by Bastiat. The One Worlders have been working toward a one world control for about 100 years, and are pretty close to giving our sovereignty to the

Is that O.K. with you?

Those who voted for Trump, pray he is the patriot he portends to be. We will be watching him quite carefully. We saw NO hope in the alternative.

Some of us have followed the career of challenge these groups. The Tea Party, had word printed about the Clintons. NOT MY

Judgements without knowledge, are pretty Ever heard the term: POWER LUSTERS? If faulty. Knowledge does pay, for the time

Five Things To Avoid To Help Your Heart

(NAPS)—Managing blood pressure well can add years of life for the nearly 80 million American adults who have high blood pressure, according to the American Heart Association (AHA). But there are some things that you may not realize are sabotaging your efforts to keep your blood pressure in a healthy range.

What To Watch Out For

1. Decongestants: According to the AHA, people with high blood pressure should be aware that the use of decongestants may raise blood pressure. Many over-the-counter cold and flu preparations contain decongestants such as oxymetazoline, phenylephrine and pseudoephedrine, which increase blood pressure.

2. Sleep apnea: Some 12 million Americans have sleep apnea, according to National Heart, Lung, and Blood Institute estimates. It's a potentially life-threatening sleep disorder in which tissues in the throat collapse and block the airway. The brain

forces the sleeper awake enough to cough or gulp air. Pauses in breathing can contribute to severe fatigue during the day. Sleep apnea is also a risk factor for such medical problems as high blood pressure, heart failure, diabetes and stroke.

3. Stress: In addition to the emotional discomfort you feel when faced with a stressful situation, your body reacts by releasing stress hormones (adrenaline and cortisol) into the blood. These prepare the body for the "fight or flight response" by making the heart beat faster and constricting blood vessels. Constriction of blood vessels and increase in heart rate do raise blood pressure, temporarily; when the stress reaction goes away, blood pressure returns to its pre-stress level. Chronic stress can cause your body to go into high gear on and off for days or weeks at a time. And while it may not directly cause high blood pressure, chronic stress can lead to unhealthy lifestyle choices that do affect your blood pressure. It's important to handle your stress in a healthy way, especially if you already have high blood

4. Sodium: In some people, sodium increases blood pressure because it holds excess fluid in the body, placing an added burden on the heart. If your blood pressure is 120/80 mm Hg or above, your doctor may recommend a low-salt diet or advise you to avoid salt altogether.

5. Not taking your medicine: In addition to lifestyle modifications, you may need one or more types of prescription medication to keep your blood pressure at a healthy level. Keeping track of your prescribed medications can be challenging, but your heart health depends on it. Writing things down or using a health-tracking app will make managing your medications a lot easier. "Remember that you're on blood pressure-lowering medicine for a reason. Stopping, skipping, or taking them differently can increase your risk of debilitating or deadly consequences such as stroke or heart attack," said Raymond Townsend, M.D., an AHA spokesperson and director of the Hypertension Program at the Hospital of the University of Pennsylvania in Philadelphia. "If you think you need to do something differently, talk to your health care provider first, before making a change that could change your life.'

Learn More

For more information about blood pressure management, visit the American Heart Association at www.heart.org/hbp. Bayer's Consumer Health Division, maker of Coricidin® HBP, is a sponsor of the American Heart Association's High Blood Pressure website.

Keeping your blood pressure within the proper range can go a long way toward keeping your heart healthy.

Keeping your blood pressure within the proper range can go a long way toward keeping your heart healthy.

Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110
High Blood Pressure (hypertension) Stage 2	160 or higher	or	100 or higher
High Blood Pressure (Hypertension) Stage 1	140 - 159	ar	90 – 99
Prehypertension	120 - 139	or	80 - 89
Normal	Less than 120	and	Less than 80
Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)



Gov. Scott Announces Comprehensive Health Services, Inc. Expansion to Create 150 New Jobs

CAPE CANAVERAL, Fla. -

Governor Rick Scott announced that Comprehensive Health Services, Inc. (CHSi) will be shifting operations from Virginia to Florida and expanding their headquarters in Cape Canaveral. The expansion will create 150 new jobs and invest \$4.5 million in the local community.

Governor Rick Scott said, "I am proud to announce that Comprehensive Health Services, Inc. has chosen Florida over Virginia for their expansion, which willcreate 150 new jobs. I look forward to seeing CHSi's growth in Florida and we will continue to do all we can to cut taxes and reduce burdensome regulations so more businesses can succeed in our state."

In 1999, Comprehensive Health Services, Inc., established its first Florida office in Cape Canaveral with only three employees in a 500-sq. ft. facility. Seventeen years later, the company has grown to more than 2,000 employees worldwide. As a result of their recent growth in Florida, the company will be moving into a larger, 63,000-squarefoot facility by the end of 2017.

Gary Palmer, President and Chief Executive Officer, Comprehensive Health Services, Inc., said, "Comprehensive Health Services, Inc., has strong ties to the Brevard

County community. But to meet ongoing customer requirements, capitalize on new business, and fulfill anticipated staffing expectations, we needed a solution that allowed us to grow. By consolidating our offices here in Florida, we feel that we selected a cost-effective alternative for growth. With the EDC's assistance, CHSi chose a location and we are customizing a facility that will continue to meet our ongoing business expansion needs.'

Lynda Weatherman, President & CEO, EDC of Florida's Space Coast, said, "Our aggressive economic development strategy delivers advantages similar to those in the Washington D.C. area, including Reston, VA. Businesses considering a cost-effective environment to advance and grow should look no further than Brevard County for that competitive advantage.

Comprehensive Health Services, Inc.'s selection of the Space Coast is a prime example of our strategic approach supporting its continued success and the economic sustainability of our community."

Mike Grissom, Executive Vice President, Enterprise Florida, Inc., said, "The Space coast continues to add jobs and Comprehensive Health Services, Inc. is bringing more of these jobs to Florida

with Comprehensive Health Services, Inc. and the Space Coast EDC to ensure that these jobs were created right here in Florida. We look forward to seeing the company's continued growth and the new opportunities it brings to families on Florida's Space Coast.'

Cissy Proctor, Executive Director of the Florida Department of Economic Opportunity, said, "I am excited that Comprehensive Health Solutions, Inc. joins a long list of companies that have recognized the future of their business is in Florida. The company's expansion in Brevard County and its 150 new jobs will provide new opportunities for local job seekers searching for their dream job.'

Commissioner Curt Smith, Board Chair of of Board Brevard Commissioners, said, "We are gratified Comprehensive Health Services, Inc., has decided both to keep their headquarters in Brevard County and will continue to grow here as well."

City of Cape Canaveral Mayor Bob Hoog said, "This decision by Comprehensive Health Services, Inc., to retain its headquarters here strengthens our position in the medical management industry and contributes to our efforts to bring greater economic diversity to the city. We are so pleased CHSi, will continue to play a vital role in the city of Cape Canaveral's business community.'

For employment opportunities, visit the company's careers page at www.chsmedical.com/careers.

Enterprise Florida, Inc. (EFI) is a partnership between Florida's businesses and government leaders and is the principal economic development organization for Florida. EFI

families. Enterprise Florida has worked facilitates job growth through recruitment and retention, international trade and exporting, promotion of sporting events, and capital funding programs to assist small and minority businesses. EFI launched "Florida - The Future is Here" to promote the state as the nation's premier business destination.

> About the Economic Development Commission of Florida's Space Coast The Economic Development Commission of Florida's Space Coast (EDC) is dedicated to attracting new business and investment and expanding existing industry throughout the Space Coast, influencing change on government laws and regulations affecting economic development, promoting the Space Coast to encourage new investment, supporting efforts of Space Coast military installations, and relaying new programs and procedures to assist manufacturing and high tech companies. The EDC is a private, not-for-profit coalition whose stakeholders are business leaders committed to the economic growth and stability of Florida's Space Coast. Visit www.SpaceCoastEDC.org.

> About Comprehensive Health Services, Inc. Founded in 1975, Comprehensive Health Services is one of the nation's largest of medical management services to U.S. Government and commercial clients and international customers in multiple locations worldwide. As a proven workforce medical services provider, we leverage our unique combination of sophisticated, proprietary IT systems, program management capabilities, specialized logistics and distribution services, and broad contracted network of medical providers to offer differentiated services. CHSi partners with companies to solve the highly complex, large-scale health care challenges they face by implementing and managing costeffective, customized medical programs for large and dispersed workforces. Our technologydriven, flexible health care solutions are capable of providing tailored services to ensure employers can meet the medical needs and compliance issues of their employees anywhere in the world. For more information, please visit https://www.chsmedical.com/.



To be the catalyst for a prosperous community.

The Ocala/Marion County Chamber of Commerce and the Economic Development Corporation are Moving Forward! and have unified to create the Ocala/Marion County Chamber & Economic Partnership (CEP).

The CEP will serve as the central resource for all businesses in Marion County: new, relocating, existing, large, small and budding entrepreneurs!

The forward momentum of this vibrant organization will focus on economic growth while maintaining the beauty and quality of life in Ocala and Marion County.

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"GET GOING! New Partner Orientation"

This 60-minute overview is a casual format for you to learn more about the CEP and how partnership in this progressive organization will provide you with additional resources, connections, and advocacy to help in YOUR business development and growth initiatives.

For more information and the date of the next session, please contact: Felecia Prather at 352-629-8051 or felecia@ocalacc.com

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Gov. Scott and Florida Ports Council Announce 200,000 New Jobs at Florida Seaports

TAMPA, Fla. – Today, Governor Rick Scott combination of Florida's transportation announced that Florida's seaports have created 200,000 new jobs across the state since 2012 according to a <u>new report from</u> the Florida Ports Council. Florida's 15 seaports are also responsible for \$117.6 billion in economic activity, supporting nearly 900,000 jobs, \$40 billion in personal income and \$4.3 billion in state and local tax revenue. Governor Scott made the announcement at Port Tampa Bay, which this year commissioned two new post-Panamax gantry cranes to help the port accommodate some of the largest container vessels in the world.

Governor Scott said, "It's great news that Florida seaports have added nearly 200,000 jobs for families across our state since 2012. Our 15 world-class seaports are not only a major economic engine for job creation in Florida, but they also help strengthen Florida's position as the gateway to Latin America. We are competing in a global economy, but no other state can match the

infrastructure, business-friendly environment and location. This great news shows the importance of continuing to make investments in our seaports and our transportation system so Florida can continue to be a leader in job creation and become a global hub for trade.'

Since 2011, the State of Florida has invested more than \$1 billion into Florida's port system in order to increase capacity, compete with top ports across the nation, and expand Florida's role as a global hub for trade. An additional \$3.7 billion in state, local and private funding has been planned for port capital improvement projects over the next five years. According to the Florida Ports Council, port projects typically produce a return on investment of nearly \$7 in state and local tax revenue for every \$1 of investment. Florida's seaports provide wellpaying jobs in multiple sectors, including crane and terminal operators, truck drivers, distribution warehouse workers, and cargo

loading, management and transportation.

Paul Anderson, Florida Ports Council chairman and Port Tampa Bay president and CEO, said, "Investments by Governor Scott and the Florida Legislature in the state's seaports have ensured Florida remains a key player in the global marketplace. Now that Florida ports have the infrastructure to accommodate significantly larger vessels carrying more cargo and cruise passengers, there is a growing need for workers resulting in a recent increase of nearly 200,000 jobs.'

Doug Wheeler, Florida Ports Council president and CEO said, "The leadership and foresight of Governor Scott and the Florida Legislature to invest in Florida's seaports has led to immediate and long-term job gains. The state of Florida's seaports is strong, and our role in international trade as the Gateway to the Americas continues to grow stronger."

Brian Taylor, JAXPORT CEO and Florida Seaport Transportation and Economic Development Council Vice Chairman, said, 'Florida's seaports are economic powerhouses that welcome the largest vessels from all over the world, feature state-of-the-art cargo and cruise terminals, and allow manufacturing and distribution throughout the state to thrive. The upcoming deepening projects at JAXPORT and Port

Everglades will increase our international competitiveness even further, enabling us to create and support more Florida jobs.

Jim Boxold, Florida Department of Transportation Secretary, said, "Florida's seaports represent a large and diverse array of infrastructure that supports jobs and economic development in shipping, manufacturing and tourism throughout our state. Our ports have made tremendous progress in recent years due to Governor Scott's targeted investments. And as the Florida Ports Council report reveals, this is just the beginning.'

Economic impacts of Florida ports from 2012 to 2016 according to the Florida Ports Council Report:

- Jobs: 700,000 to nearly 900,000 (more than 25 percent increase)
- Economic activity: \$101.9 billion to \$117.6 billion (more than 15 percent increase)
- State and local tax revenue generated: \$2.4 billion to \$4.3 billion
- Personal income: \$30.3 billion to \$40 billion (nearly 30 percent increase)







Reading is to the mind what exercise is to the body.... **Joseph Addision**







Horse Fever Artists~ Where Are They Now?



15 years of alls support

Alliance Announces the January Gallery Exhibit at Brick City Center for the Arts

In 2001, Marion Cultural Alliance (MCA) was founded through the introduction of the Horse Fever, Ocala's

first county-wide public art project. Through partnership with Florida Thoroughbred Breeder's and Owners' Association (FTBOA), the business community, local philanthropists, the City of Ocala, and volunteers, MCA's debut effort was met with excitement and delight, showcasing the vibrancy of our community through the work of amazingly talented and creative local and regional visual artists.

In subsequent years, Horse Fever - In Motion, and Horse Fever 10th Anniversary continued the popularity of the project with the introduction of new painted horses. In all, more than 50 artists created over 85 works that continue to inspire our community and its visitors to this day.

In celebration of its fifteenth year of arts support, MCA is asking the question, "Horse Fever Artists~Where Are They Now?" Join MCA in January for an extraordinary exhibit at Brick City Center for the Arts honoring

Marion Cultural these artists and showcasing their current work. Artists' Reception -Friday, January 6, 2017 5-6 pm Followed by Art Walk 6-9 pm Exhibit January 6 - January 28, 2017 Brick City Center for the Arts 23 SW Broadway Street 352.369.1500 Questions? Contact

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Paulette.Millhorn@mcaocala.com

Gallery hours Tuesday-Friday 11:00-5:00 Saturday 11:00-4:00 Closed Sunday and Monday



Last-Minute Savings For Tax Year 2016

(NAPS)—Attention, last-minute savers: There's still time to reduce your tax burden.

Have you funded a traditional IRA, Roth IRA, or SEP this year? The deadline for contributions is April 18, 2017—this year's filing deadline. For self-employed taxpayers, contributions to a SEP may be postponed until October 16,

2017 if you file a tax return extension.

Increasing your 401(k) contribution can lower taxes. If you can't afford the maximum, \$18,000 for 2016, \$24,000 if you're age 50 or over, you should still contribute the full amount that will be matched by employer contributions.

If you're currently enrolled in an employer-

sponsored retirement plan, your contribution enrolled agent (EA) can help you navigate. to a traditional IRA will not be tax deductible but you will be able to take advantage of taxdeferred interest compounding. The cap for contributions to a traditional or Roth IRA in 2016 is \$5,500 for taxpayers under 50 and \$6,500 for those over 50.

If you have reason to believe you'll be in the same or a lower tax bracket next year, it may make sense to defer income by taking capital gains in 2017 instead of in 2016. If you are self-employed or freelancing and can push revenue into a lower earning year, it may be wise to do so. Your forecast for personal income this year vs. next year is an important issue to discuss with your tax

professional. Charitable deductions are another great way to lower your taxes before year's end. Just make sure the charity is recognized

by the IRS as tax exempt and document and photograph all items donated. "Loss harvesting" is the practice of selling stocks and mutual funds to realize losses that can offset taxable gains, dollar for dollar. This is another good conversation to have with your



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