

Art In The Park



The 11th Annual Art in the Park has been a great success. Pictured are many visitors check out the vendors, the arts and crafts and the art work on display. This is a Lady Lake Chamber sponsored event.

Installation of Officers



The new president of the Lady Lake Chamber is from right to left Susan Soltysiak agent with Thomas Insurance Services LLC. Middle Sue Kelly Executive Director of the Lady Lake Chamber and

Vice President Dan Willcox of The Mortgage Firm. The Lady Lake Chamber has been very busy getting new members. Any questions call Sue Kelly 352-753-6029.

Governor Scott's Fair Healthcare Act

Governor Scott Fights for Fairness to Protect Patients

TALLAHASSEE, Fla. – Today, Governor Rick Scott announced that he will work with the Legislature to fight for Florida families to ensure health care works for patients and not for hospitals' bottom lines. Last year, Governor Scott championed and signed House Bill 1175 and House Bill 221 to increase transparency for Florida hospitals and patients to fight against hospital price gouging.

Governor Scott said, "This session, I want to fight to make the healthcare system fair for families and ensure health care works for patients and not for hospitals' bottom lines. I

will champion legislation that will repeal the outdated certificate of need program, repeal the

cap on trauma centers and ensure transparent and upfront pricing for patients.

I've traveled across our state and spoken with Floridians who have been charged unconscionable prices for procedures. The way patients are charged for services at the hospital should mirror a free market system. We must ensure that prices and quality outcomes are aligned so Floridians receive the best care possible when they visit a health care facility. We will also continue to make sure hospitals provide patients with anticipated costs prior to receiving services.

"I look forward to working with our sponsors Senator Bradley and Representative Alex Miller who have

committed to fighting to repeal outdated certificate of need regulations. We will continue to work with the Legislature on these important measures to help bring greater access, quality, transparency and fairness to patients." Governor Scott will fight for legislation that will do the following:

Repeal the outdated certificate of need program Governor Scott wants to eliminate barriers for new health care facilities in order to increase competition and eliminate government restrictions on the availability of health care services. This will enable nursing homes, hospice services and hospitals to add needed beds without having to request a review. This will also allow Florida hospitals, nursing homes and hospice services to add facilities for those who are in most need, without making them wait due to red tape regulations. According

to the National Conference of State Legislatures, by 2010 there were 14 different states that had no existing certificate of need programs, including California, Texas and Pennsylvania.

Repeal the cap on trauma centers – Governor Scott wants to repeal the statewide cap of 44 trauma centers in order to create a free market approach to allow future growth of trauma centers in Florida. This will ensure accessibility to high quality care for severely injured patients throughout Florida. It will also allow verification of trauma centers to be completed by a national accrediting organization to ensure Florida's trauma centers are evaluated by a trusted national standard. Capping trauma centers, which is currently done in Florida, adds barriers for Floridians that are in need of immediate care due to severe injury.

Ensure transparent and upfront pricing for

Continued page 6

Tom's Picks
Need something
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know who to call?
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**God Bless our Troops
Support Our Veterans
We Endorse The Constitution**

AS I SEE IT

By A.J. (Tony) Powell

Back in November, most of us were saying "Hallelujah - The election is over."

The new President of the United States, Donald Trump, has been talking about giving the control of the country 'back-to-the-people', while, at the same time, surrounding himself with high-ranking military commanders and a bunch of self-serving billionaires.

When his spokesman was caught in a blatant lie, his public relations person said "Not a lie - just an alternative truth".

It didn't take long for the press to recognize those words as a quote from the famous George Orwell's "Nineteen Eighty-Four" with Donald Trump living the role of "Big Brother".

As I See It, 'The Donald' is using that novel as his vision of our future. Apparently he endorses more unauthorized government surveillance and news media manipulation.

With every facet of our lives under the control of the privileged elite of his inner circle. What we see as 'free speech', he dismisses as 'fake news'.

Will we see a 'Department of Truth' for government propaganda?

A 'Department of Love' which oversees torture and brainwashing, A 'Department of Plenty' which oversees strict rationing for the people, A 'Department of Peace' which oversees war.

Since it was first published, "Nineteen Eighty-Four" has been banned by governments all over the world as

"subversive and ideologically corrupting".

Of course there are many other authors speculating on a similar topic - Aldous Huxley's 'Brave New World', 'Darkness at Noon' by Arthur Koestler, 'Kallocain' by Karin Boye 'Fahrenheit 451' by Ray Bradbury and 'We' by Zamyatin.

Already the U.S. government is accessing 'Alexa' and similar devices, the modern equivalent of Orwells' ubiquitous 'telescreen' (a transmitting television set) which monitors our lives at home and at work.

"Nineteen Eighty-Four" anticipates Trumps plan to divide the world into three, separate, competing empires. 'Oceania' will include the USA, the Western Hemisphere, the British Isles, Australasia, Southern Africa and Latin America, Russia would dominate 'Eurasia' to include Continental Europe, Siberia, and from Portugal to the Bering Strait. China would control 'Eastasia' and would include Japan, Korea and Indochina.

Unfortunately that leaves Northern Africa, the Middle East, India and Indonesia as a great wasteland of humanity.

In the novel there is a perpetual war between the superstates of Oceania, Eurasia, and Eastasia.

As history has proven, War works great for keeping the 'peasants' in line: 'Suffering and poverty are a necessary sacrifice for our war effort', So all three 'great powers' feed their citizens the same propaganda.

On the topic of unwarranted

eavesdropping and wiretapping, U S Supreme Court Justice Stephen Breyer asked the government spy agency, "What would this mean for a free democratic society" and referenced "Nineteen Eighty-Four".

Breyer asked "If you win this case, then there is nothing to prevent the police or the government from monitoring 24 hours a day the public movement of every citizen of the United States. So if you win, you suddenly produce what sounds like "Nineteen Eighty-Four."

It's a great credit to the people of the free world that Orwells' prediction was off by by over 30 years.

But it looks like 'Tyrant Trump' has already started the process of silencing critics, 'militarizing' the government, controlling the press and encouraging Russia & China to do the same.

Improve Your Sleep And Watch Your Life Get Better

(NAPS)—Here's eye-opening news: One simple lifestyle change can improve your cognitive functioning; decrease anxiety, depression, anger and irritability; and even improve your libido! Just one change and you'll have more energy, be more productive and likely improve the quality of your personal relationships. You could even improve your immune system and decrease your risk for weight gain, obesity, diabetes

and heart disease, doctor visits and hospitalizations, leading to lower medical bills. Seem like a lot of work? Relax! The way to get all these benefits is simple. You just need to get more sleep.

For many Americans, that may seem easier said than done. Richard Shane, Ph.D., developer of the Sleep Easily All-in-One Sleep Kit, notes that behavior changes known as sleep hygiene can help. For occasional or moderate sleep problems, try these steps first:

First, follow a regular sleep schedule. That helps regulate your body clock so you can sleep.

Next, try to avoid stimulating substances like caffeine, including chocolate and caffeinated sodas, six hours before bedtime. Less obvious than caffeine is smoking and alcohol. If you smoke (don't!), avoid it close to bedtime, since nicotine is also a stimulant. Limit your alcohol consumption to one to two drinks per day or less, and avoid alcohol altogether within three hours of bedtime. When you drink right before bed, the alcohol wears off in the middle of the night, causing you to wake up.

Remember to drink enough water during the day, so you're not very thirsty at bedtime. If you need to drink before bed or in the middle of the night, drink small sips instead of gulping. This way, you won't have to get up again to use the bathroom, further interrupting your sleep.

Give your body several hours to digest your last meal before bed. And during dinner or evening snacks, avoid any spicy foods or foods that can upset your stomach,

Continued page 7



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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



A couple of things I would like to address. Tony Powell column is his opinion not mine. I do not agree with him. I don't agree most months but he has the right to his opinion. Freedom of Speech and Freedom

of the Press! I am sure Tony does not agree with my view, but again they are my opinion!

The Governor of Florida is proposing to revise or change or update the certificate of beds. We really need a business person to look at the certificate of beds. We had laws in place that were working and Jeb Bush bypassed the law for his own agenda. See the Publishers Note at the end of Governor Fair Healthcare Act story.

Small Town America is awakening!
Mainstream America is awakening!

White House, to the State House, to Hometown America are awakening! Our best days are ahead of us for the first time in years.

The Presidency.

Majority in the House of Representatives.

Majority in the Senate.

Two-thirds of the governorships.

Control of the state houses in two-thirds of all the states.

In the next few years Republicans will be able to seat a majority of the Supreme Court.

All of the above spells disaster for the Democratic Party. As far as the leaks effecting the election, if it had something to do with the outcome of the election it will be the first time I have seen the truth used against a person or organization and win. I have been preaching for years that people who play Corporate politics and lie their way to the top, telling management what they want to hear, and they win the top jobs! Humpty Dumpty???

The wisdom of the Electoral College is to prevent the vote of any one state from overwhelming the vote of the others. Trump had the popular vote in 31 states to Hillary's 19 and in DC. 62% to her 38%. California really gave Hillary a boost, but it was not enough.

What is hard to believe is the Democrats are blaming everyone except themselves. They took the country in a direction the people did not like and they got body slammed for it. If you say I did a great job 15 times people are not going to just believe it; only the uninformed believe it. Now the leaders in the Black Lives Matter are trying to stir up the folks on that side when there should not be a side, "All Lives Matter"! We should be educating the people who are shooting Police officers that they are there to help you not hurt you. Give them a chance to do their job and help you. They won't run

from trouble, they run towards it to help our citizens black or white.

Marion County has a new Sheriff Billy Woods. He will do a good job. There are a lot of good Police officers on duty to back him up. My first choice was the ex-sheriff Blair and I still think he was innocent of what the States Attorney's office accused him of. That is an awful feeling when you have 25 Attorneys jump on you at once and your Legal fees could run upwards of half a million to defend yourself. That's what it was going to cost Blair when he decided Family first and dropped out. Anyway I sure hope someone clears his name.

Reports of print media's demise may be exaggerated, judging by the results of a new study from Neilson Scarborough, which shows that over half of all newspaper readers in the U.S. prefer and consume newspaper content via print editions.

By the time this paper comes out we will have a new President. For those who are nonbelievers stop and think why all the turmoil is happening? It is because the Dems lost and they can't believe it. It can't be because they did a bad job or the citizens believed they did a bad job??? I covered this word perception last year and I covered it with a Corporation I once worked for. It has nothing to do with the truth or a lie. It comes down to how do the people perceive it?



How To Have A Great Game Watching Party

(NAPS)—When the gang gathers at your house to watch the game, heeding three hints on how to throw a terrific party can help you really score compliments.

1. Figure not everyone has an equal interest in the actual game itself. Consider setting up a second party room, maybe even with another TV.

2. Set up soft drinks, water and fruit juices as well as beer.

3. Go for the traditional but with a twist. Serve chicken wings that just about everyone can enjoy, such as these:

Gluten-Free Crispy BBQ Chicken Wings

2 4.5-oz. bags Crunchmaster Sea Salt Multi-Grain Crackers

1 cup gluten-free barbecue sauce—use divided

1/2 cup honey—use divided

4 lbs. chicken wing drumettes

Pour 3/4 cup of the barbecue sauce and 1/4 cup of the honey in a large plastic storage bag and mix. Add the chicken wings, close the bag and toss several times to coat the wings with the sauce. Let sit in the refrigerator for at least 30 minutes or up to 24 hours. Preheat oven to 450° F. Spray two baking sheets with gluten-free, nonstick cooking spray. Grind the Crunchmaster Sea Salt Multi-Grain Crackers in a food processor or blender to fine crumbs and pour onto a dinner plate. Remove a chicken wing from the marinade, roll in the cracker crumbs to coat and place on prepared baking

Continued page 9

Newspaper Deadlines

Editorial & Ad Copy for March

Seniors Voice & Ocala DownTown

12am, February 15th

Lady Lake Magazine & Village Spectator

12am, February 22nd

Lady Lake Magazine/Village Spectator

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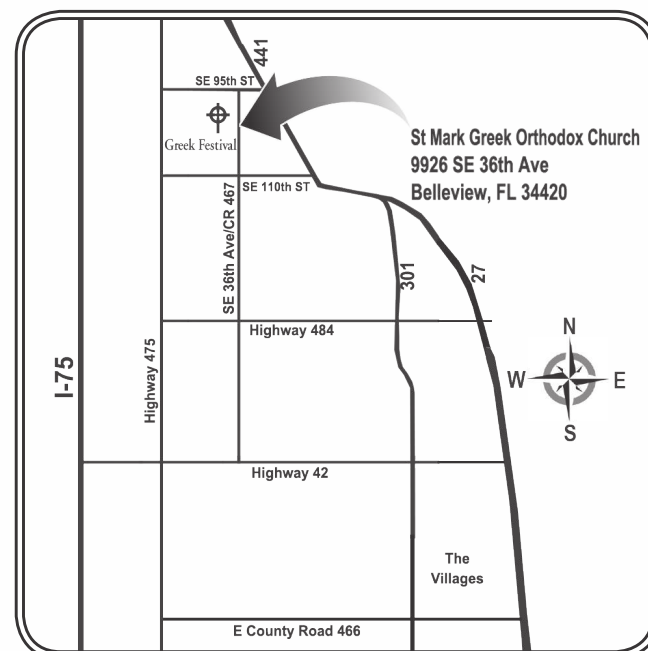
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DENNIS K. BAXLEY



Preparation for the 2017 Florida Legislative Session has begun!

Committee Meetings were held the second week of January and already important legislation has been filed. Education and

Health Care will remain two of the most important issues that we deal with in the legislature, and ones that continue to require revising each year.

Two important pieces of legislation were filed as a part of the Senate's comprehensive higher education agenda for the 2017 Legislative Session. This package of legislation will boost the strength and competitiveness of our state universities as our primary economic engine to drive vibrant, sustainable economic development and growth in high-paying jobs.

Senate Bill 2, the "Florida Excellence in Higher Education Act," promotes on-time graduation by expanding student financial assistance and support, establishes tuition and fee incentives, streamlines 2+2 articulation, and strengthens mechanisms that keep colleges and universities accountable to Florida taxpayers. Senate Bill 2 also reinstates the highest Bright Futures Scholarship Program Award (Florida Academic Scholar) to cover 100

percent of tuition and certain tuition-indexed fees, including the summer term, plus \$300 for textbooks and college-related expenses during the fall and spring terms.

Senate Bill 4, Recruit and Retain Elite Faculty, expands and enhances policy and funding tools state universities can leverage to recruit and retain the very best faculty, enrich professional and graduate school strength and viability, and bring aging infrastructure and research laboratories into the 21st century. Recruiting and retaining elite faculty, improving our university facilities, and enhancing our professional schools will dramatically enhance the national reputation of Florida's universities.

Additionally, the Senate Committee on Appropriations received an update on Florida's Medicaid Program. The committee discussed the possibility of working with new leadership in Washington to pursue a block-grant program, which would allow Florida the freedom to determine how best to run our own Medicaid program so we can best meet the needs of Floridians.

We will continue to work hard for the people of Florida!

Onward and Upward!



Governor's Fair Healthcare Act

Continued from page 1

patients – Governor Scott will continue to keep fighting for patients and protect families against surprise medical costs by requiring hospitals, insurers and practitioners to provide patients with anticipated costs prior to receiving services.

PUBLISHERS NOTE: The Governor wants to repeal certificate of beds. Jeb Bush, when Governor, went around the Certificate of beds to help the Villages put in a hospital before others could get a request approved. This act made the Certificate of beds ineffective from that point on. The Certificate of Beds was put into effect because hospitals in certain areas were way out of control. Big money would build a big hospital and grow into it eliminating the smaller hospitals a startup chance. When the hospitals lost money, the local or state had to come to their aid. If they controlled the number of beds (competition) the hospitals would not over build and not go broke. Both hospitals in Ocala had applied for beds before the Villages based on the Villages growth for their long range plan but the past Governor pulled the rug out from underneath them. A lawsuit followed, they did not have a chance. Listen, anyone that can hold the IRS at bay for 7 years considers the Hospital lawsuit a small challenge. Tom Loury said that! tloury@att.net

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Lady Lake Police

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THINK, then Click. Not the other way around



The Lady Lake Police Department is committed to preventing our residents from becoming a cybercrime victim. While nothing can guarantee that you won't

become a victim of cybercrime or identity theft, you can minimize your risk, and minimize the damage if a problem develops. Here are a few tips to help protect yourself and promote cybersecurity awareness:

Cybersecurity Tip #1: You are a target. Most criminals are opportunists. If you have money (no matter how much), data

(usernames, passwords, documents, emails, etc.) or a place to work, you are a target. Cybercriminals automate most of their attacks, it's not personal. Don't think "it can't happen to me."

Cybersecurity Tip #2: The basics of safe online shopping. According to a recent survey, one in four shoppers have been a victim of an online hack in the past 12 months. Make sure you're the only one spending your money by: Shopping online with a device that is yours. Using a secure network and strong passwords. Being careful about which online stores you shop at. Never saving your card details in an online account

Cybersecurity Tip #3: Should you plug that in? Be careful about what you plug into your computer. Never use an unfamiliar USB flash drive. Malware that infects these devices may resist formatting. Don't let

curiosity get the best of you.

Cybersecurity Tip #4: Who's that friend request from? Facebook friend or foe? Cybercriminals often create fake profiles to deceive you. Their goal is to get you to share confidential data about yourself or the company you work for. Be careful about the friend requests you accept.

Cybersecurity Tip #5: Protect your passwords from shoulder surfers. Who's looking over your shoulder? Bystanders or coworkers can steal your passwords by peeking at what you're typing. This is especially true if your passwords are as easy as 123456 (please change them if it's the case). Look around and make sure everything's safe before typing a password. Also, never share your passwords. Ever.

Cybersecurity Tip #6: You still need antivirus. Get protection for your connection! Do a bit of research and choose an antivirus you trust. Paid is better than free. Antivirus is still necessary, so don't skip it.

Cybersecurity Tip #7: Get your 2FA on. Use multi-factor authentication everywhere

you can. Set it up to receive authentication codes via SMS or an authenticator app.

Cybersecurity Tip #8: Keep it in check. Check your bank statements on a weekly basis (your online banking service can help you do that). Look for suspicious activity and if discovered, alert your bank immediately.

Cybersecurity Tip #9: Lock it up. Never leave your laptop, smartphone or tablet unlocked while you're away. Don't make it easy for anyone to get into your system. Set up a password for your device ASAP.

Cybersecurity Tip #10: Protect what matters. Focus on your most sensitive accounts.

Here's a quick list:

Email

Online banking and Paypal

Online shopping websites you use (Amazon, eBay, etc.)

Any other account that has sensitive info (social security number, address, phone number, etc.)

Secure these accounts with strong passwords and multi-factor authentication. Make it as difficult as possible for an adversary to access them. The men and women of the Lady Lake Police Department want you to be cybersecurity aware!

Improve Your Sleep

Continued from page 2



especially close to bedtime.

During the day, try to nap less and exercise more, especially

outdoors. Being out in the sunlight for at least 15 minutes a day can help you sleep better that night. Sunlight is especially important during the winter, when days are shorter.

When you do go to bed, keep these tips in mind to optimize your ability to get a good night's sleep.

- Make sure your mattress is comfortable and less than eight years old.
- Keep the room dark and cool—about 67 degrees is comfortable for most people.
- Keep computers, TVs and work materials out of your bedroom so you mostly associate the place with sleep. Televisions, computers, cell phones and tablets emit a blue-white light that interferes with your brain's production of the sleep hormone melatonin. Stop using them half an hour or so before bed, wherever you keep them.
- Instead, slow down an hour before bed with a bath, a relaxing read or a little stretching to ease yourself into rest.
- Dimmer switches can help, too, to keep your house lights soft and low in the evening.

Worth the effort? Of course! One study by the AAA Foundation for Traffic Safety found that car crashes resulting in injuries were 1.9 times more likely if the driver missed two hours of sleep!

For real help for insomnia from the moment your head hits the pillow, visit www.sleepasily.com.

Richard Shane, Ph.D.

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Understanding AFib (Atrial Fibrillation)



(NAPS)—If you or someone you care about is among the estimated 46 million Americans age 65 or older—or hope to be someday—here's something you should know. Seniors are at the highest risk for developing an irregular heartbeat, called atrial fibrillation or AFib, that, left untreated, could increase their risk for stroke by five times and doubles the chance of heart-related death—but you can protect yourself.

The Condition

AFib is an increasingly common condition,

affecting more than 2.7 million Americans. The chances of developing AFib increase with age, affecting about 9 percent of people over age 65. Other risk factors include uncontrolled high blood pressure, underlying heart disease, family history, obesity and sleep apnea.

Lifestyle factors that could increase your risk include excessive consumption of alcohol, smoking and prolonged athletic training. AFib occurs when electrical signals in the upper chambers of the heart become chaotic, disrupting the regular rhythm of the heart and its ability to efficiently move blood through its chambers; that is, AFib causes the heart's upper chamber to quiver rather than to pump. When blood collects in the upper chambers or moves slowly, a clot can form and potentially cause a stroke if it is pumped out of the heart and travels to the brain.

While technology has made it easier for medical professionals to detect AFib, older

patients may not experience or fail to recognize symptoms, which can include a fluttering heartbeat, heart palpitations, light-headedness or feeling winded even while at rest. Other, less common symptoms include chest pain or fainting.

“For many people, stroke is their first symptom of AFib,” says Patrick T. Ellinor, M.D., Ph.D., Director of the Cardiac Arrhythmia Service at Massachusetts General Hospital.

What To Do

The good news is that recognizing the symptoms of AFib and getting treatment can significantly reduce the risk of stroke.

“AFib is a leading cause of stroke but it is treatable. That's why it's so important to understand your risks and recognize any symptoms you may have,” Dr. Ellinor said.

Treatment for AFib using blood thinners has also become easier, thanks to new medications that don't require repeated blood tests and are more effective at stroke prevention. For some people, a surgical procedure in which the disruptive heart tissue is destroyed, called a cardiac ablation, can also be effective in preventing future occurrences of AFib.

If you suspect you have AFib, meet with your doctor and continue with any treatment, even if you no longer experience symptoms, Dr. Ellinor said.

Learn More

For further facts about AFib, including risk factors, symptoms and treatment, visit the American Heart Association at www.heart.org/afibawareness.

The American Heart Association's AFib awareness campaign is made possible with funding from the Bristol-Myers Squibb/Pfizer Alliance.

Older Americans are more susceptible to the dangers of atrial fibrillation but there are ways to reduce your risk.

Money Transfer Service: It's Good For Business



(NAPS)—Many small businesses can increase their revenue by becoming money transfer agents. Often, immigrants and others will turn to a locally owned and operated business when they want to send money to family and friends in their native countries.

“It's a win-win. Having a money transfer service at ethnic markets or mercados helps small businesses through transaction proceeds and increased sales of other items as more people frequent the shops,” said Guillermo (Bill) de la Viña, an immigrant himself who founded Sigue. The family-owned company has established a strong network of locally owned businesses all over America to provide millions of immigrants—located in every state—a safe, reliable and fast way to send money home.

Using customer service as its competitive advantage, Sigue has grown into one of the largest and most respected money transfer

Continued page 11



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How To Handle Your Own Retirement



(NAPS)—Retirement is evolving. And if you're part of the baby boomer generation—an estimated 76 million Americans born between 1946 and 1964—you're seeing this evolution first-

hand. Call it the Ònew retirement,Ó where it's increasingly likely your employer no longer provides you with a pension. This means it's up to you to take care of your golden years. Are you ready? If you are, you're ahead of many of your peers.

The Problem

Five years after the first wave of boomers turned 65, the Bankers Life Center for a Secure Retirement checked in with middle-income Americans to see how retirement is unfolding for this generation. Less than half feel they have a strong understanding of financial matters, and of the 84 percent who think of themselves as at least somewhat financially literate, most haven't done enough to put that knowledge to good use.

Three-quarters have not calculated a monthly retirement income number goal they need to reach; nine in 10 don't have a written retirement plan; and nearly seven in

10 admit that they don't have, or don't know whether they have, the financial resources to live comfortably to age 85, the average life expectancy of a 65-year-old boomer today.

What You Can Do

Retirement planning can be challenging and complex. Fortunately, you can do five things to become more financially literate and to ensure a more secure retirement for your future.

1. Develop a plan: Even if you started preparing for retirement late, getting a plan in place will help you figure out what steps to take now and what steps you may need to take in the future.

2. Consider professional guidance: You don't need to be wealthy to benefit from financial professionals. Their experience in retirement planning can be an extremely valuable resource in helping you find savings products that can provide a reliable

monthly income.

3. Don't be overly reliant on benefit programs: Retirement is becoming more dependent on individual contributions—only a third of nonretired boomers expect to get guaranteed post-employment income from an employer. Also, Social Security was never designed to fully replace one's wages.

4. Educate yourself: Many products are available to help you plan and save for your retirement, provide income and protect your assets. Take the time to learn about mutual funds, IRAs, Roth IRAs, insurance and annuities.

5. Be prepared: Plan to meet unexpected situations by creating or updating a will and power of attorney.

Learn More

For a free, downloadable booklet on Top Tips for Retirees, including safety and security, reducing falls, fighting loneliness, managing prescription drug costs and more, visit www.BankersLife.com/TopTips.

It can be a good idea to get professional help with planning for your retirement.

A Great Game

Continued from page 4



sheet. Repeat with remaining chicken wings. Discard the marinade. Spray the tops of the wings lightly with gluten-free, nonstick cooking spray. Bake for 25–30 minutes or until browned and cooked thoroughly (registering 165° F on an instant-read thermometer inserted into the thickest part of the wing). Combine the remaining 1/4 cup barbecue sauce with the remaining 1/4 cup honey and serve with the wings for dipping. Makes about 30 wings.

You can use other Crunchmaster crackers for dipping and for hors d'oeuvres. Varieties include Multi-Seed Crackers, Multi-Grain Crackers, Multi-Grain Crisps, 7 Ancient Grains Crackers, and Popped Edamame Chips.

Crafted to fit a mindful, modern life-style, they're full-flavored snacks, oven baked, and varieties are made with brown rice, quinoa, flax, corn, amaranth, millet, sunflower, chickpea and edamame.

They're certified gluten-free and kosher, with no artificial colors or flavors. Many are also non-GMO Project Verified, 100 percent whole grain, low in sugar, and free of saturated and trans fats.

You can find an online store locator at www.crunchmaster.com. The site also features recipes, exclusive coupons, and product information.

The festivities can really take wing when you offer guests Gluten-Free Crispy BBQ Chicken Wings made with Crunchmaster crackers.

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For Data Privacy, Set Your Sights On Visual Hackers



(NAPS)—You've probably felt it when checking your e-mail or working in a public space: the leering eyes of strangers on your device screen.

The glimpses that others get of your screens—whether on an airplane, in a coffee shop or on a train—may be fleeting and harmless. After all, humans are curious creatures. But these views may also be much more than curiosity. Especially as cyber defenses become ever stronger, device screens can be luring targets for hackers seeking new ways to obtain valuable data from people and organizations.

And it only takes one quick glance—or a stealthy snap of a smartphone camera—to capture your personal account details or sensitive company information, such as

unreleased financial numbers or confidential communications.

This act is known as visual hacking. It involves the viewing or capturing of private, sensitive or confidential information for unauthorized use. And the opportunity for it to occur is much greater than you may think. Nearly nine in 10 mobile workers recently surveyed by Ponemon Institute said they've caught someone looking at their screen in public spaces. At the same time, more than half of those surveyed also said they took no steps to protect information when working in public.*

Given the lack of action to prevent visual hacking, what better time than Data Privacy Day to make visual privacy a priority in your life? Data Privacy Day is an international effort annually held on Jan. 28 to create awareness about the importance of privacy and protecting personal information.

Whether you work on the go or are someone who needs to protect your personal information, there are a number of simple steps you can take to safeguard the display of information and help prevent visual hacking. Some of these steps include:

- Being mindful of your surroundings when working in public spaces. If you're working in a coffee shop, hotel lobby or airport, for example, seek out workspaces that provide the most privacy from prying eyes. This can

reduce opportunities for a visual hacker to see and steal valuable information from your device's screen.

- Using privacy filters on your device screen to blacken out the angled view of onlookers. Privacy screens are available for all device types, including monitors, laptops, tablets and smartphones. For those who travel or work on the go, these filters may be available from your workplace's IT department and are also available from popular online retailers.
- Adopting security best-practices from the workplace. One of the easiest practices you can adopt is a clean-desk policy—only applied to mobile devices. Think of it as a “clean screen” approach, with sensitive information being displayed on your screen only when it's needed. For example, don't leave confidential work data or private personal information up on your screen while you take a phone call or talk to your seatmate.

Visual hacking is already happening—and it might be targeting you if you use mobile devices or laptops in public spaces.

This Data Privacy Day, make a personal commitment to safeguarding your visual privacy and reducing opportunities for visual hackers. Taking small steps today can save you—or your company—significant costs and headaches down the road.

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Taken Into Custody



The year has just begun and sadly our state has already lost two brave law enforcement officers. Master Sergeant Debra Clayton of the Orlando Police Department and Orange County Sheriff's Deputy Norman Lewis died in the line of duty this week.

Master Sgt. Clayton was a dedicated law enforcement officer and a friend. She worked tirelessly to help children from low-income families and advocated for preventing crime in the black community. Sgt. Clayton touched many lives and I am heartbroken at the loss of such a courageous, dedicated law enforcement hero.

Deputy Lewis was also a dedicated law enforcement officer who worked to improve the lives of the people he was sworn to protect and serve. Deputy Lewis made friends everywhere he went and was known for his positive attitude and commitment to ensuring Floridians and our visitors were safe on the road.

Tragically, Deputy Lewis lost his life in a

traffic crash while participating in the manhunt for the suspect in Sgt. Clayton's murder.

I will be forever grateful for both of these brave officers who selflessly put their lives on the line. My deepest condolences are with the families and friends of Sgt. Clayton and Deputy Lewis, and our entire law enforcement community.

Another Orlando Police Officer suffered serious injuries participating in the manhunt, and as the search continues, my prayers and gratitude are with all law enforcement officers who willingly risk their lives daily to protect their communities.

At press time the suspect has been taken into custody. He got a few bumps and bruises from resisting arrest. When he was taken into custody he was cuffed by the officers with handcuffs that had belonged to the fallen officer Master Sgt. Clayton

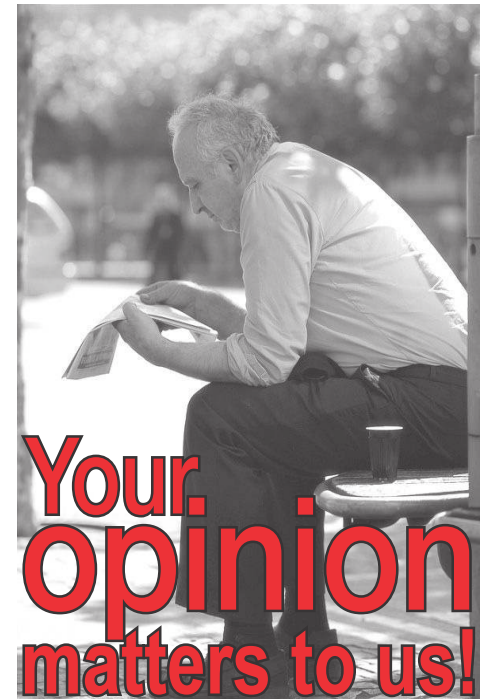
Money Transfer

continued from page 8

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LETTERS TO THE EDITOR

FAKE STORIES the issue of the week.

I have been caught in the web myself.

An Email said three presidents deported millions of Illegal immigrants, and I ran with the story. Well a few things need clarification. That story was NOT entirely true. If one did a little research they would easily find the government website: Immigration Laws Passed in the US: History and Timeline.

Illegal immigrants have been deported in the 100,000 of thousands, NOT millions as the story states. And there have been exclusions to certain ethnic groups over the years. Chinese exclusion act passed May 6, 1882. There are others. It is on the government website.

However, the cry that "this is a nation of immigrants" is not a correct statement from the opposite side, and their motives are less

than pure. They conveniently leave out the "IL". We have not been a nation of illegal immigrants. One could write an entire book about what a bad idea that is. Illegal immigrants are an infringement on my freedom, let me count the ways. No time to elaborate here.

For the 50 years I resided in Dade county, and was aware we had MIGRANT laborers come in to pick the crops, then go home with their wages. What happened to that? There were abuses, and complaints, but why not fix the system? It worked, not perfectly, but it did work.

Both sides do fake stories, and hope no one does any research on the topic. We need to check, check, check.

WHY CAN'T PEOPLE BE HONEST??????? D.I.L.

ALL YOU NEED IS A MIKE, and you can be as vapid as you like. See Madonna.

If Madonna is soooo concerned about the have not's, I suggest she donate some of her many homes to those have not's. She can only live in one at a time. There are other brainless Hollywood types yelling through their mikes the same message. Why not step up to the plate and share their wealth?

It is always the middle class responsibility to take care of the have not's. Not long ago we were the have not's. We are barely making it ourselves. When do we get to have some comfort in life? Hollywood has the excess wealth, Hollywood should be sharing more than their hot air.

The acting profession has never been noted for its intellectual prowess. Why listen to their prattle? Pressure them to share the burden, not guilt the middle class.

When in the course of human history have humans been fair? Liberals declare: not under democracy. When then, under

Socialism {HA, HA}, under Communism {Ha, HA}, under Fascism {HA, HA}? There is always an elite waiting to live large at the expense of the have not's, that is the problem. Hollywood is part of the live large crowd, so why are they so vocal? They are part of the problem not only money wise, but morals wise as well. Hollywood and high esteem do not fit together in my book of life. Hollywood should clam up, or give it up, not hold fund raisers for others to give, they should give.

Time to call Hollywood on the carpet, give it up for the have not's. Madonna's bank accounts will do for starters ,followed by Michael Moore's bank accounts, Whoopie's, Cher's, etc.

Next we will do the media, then politicians, financiers, feminists. We will highlight any group of POWER LUSTERS. People who think they are smart enough, and deserving enough to live YOUR life. People who make life miserable with their unbridled greed, and lust for power.

I am smart enough to live my own life. How about you? Knowledge is the key, not phony brain washing, or propagandizing touted as education. It is our responsibility to learn the difference. We must seek knowledge. That is our responsibility, and our salvation.



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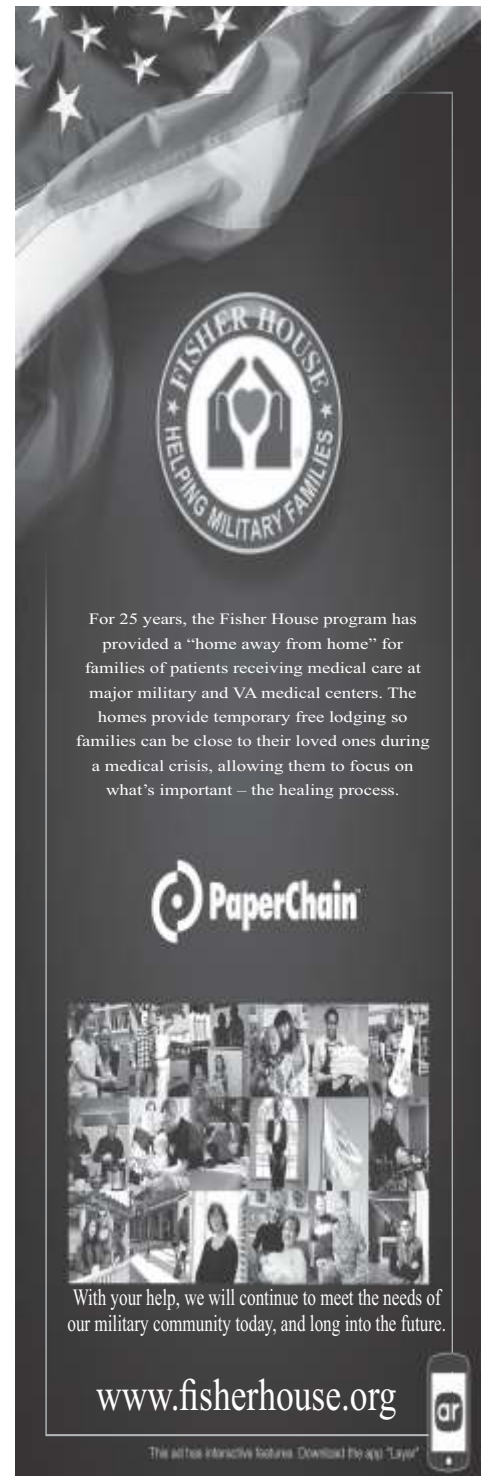
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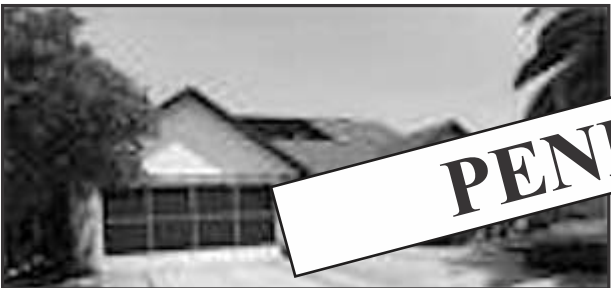
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