



Steve Claytor with North Florida Survival School. scene here demonstrating survival tools and equipment to make survival easier. He demonstrated a flashlight with a brilliant light also there one of the most effective mass type spray on the market

today, used by military and police. It is like arming yourself without a gun. He also showed off glow in the dark material in a plastic bag. Steve teaches wilderness survival skills and give demonstration to groups.

Gas Line Rolls Through Marion

Gas Line Hard at Work



The Sabal Trail Gas pipeline is rolling through Marion County. Two years ago the gas pipeline authorities held meetings about

informing the public of their intentions. Then last year they held town hall meetings in all the small communities and things were

Continued page 9

President Recognizes Award



Pictured Russ Moore President of OBL and Co-Owner of Pakmail store Ocala shows recognition to April Savarese who was named OBL member of the year for all the hard work and volunteering she has done this year. April Savarese of Gateway Bank recently recently spoke to OBL about connecting through effective communication. Most people will not remember more than 70% of what is recited in an oral presentation. Some things to remember when using verbal communication:

- The opening and closing statement will be most memorable
- Repeat key facts
- Add non Verbal questions
- Pause to allow the listeners brain to "catch up"
- Always check for understanding

April pointed out some good facts.

Tourism Breaks All Records

FLORIDA— Governor Rick Scott announced that Florida set another record in tourism by welcoming the highest amount of visitors in the state's history with 112.8 million visitors in 2016. This is the sixth consecutive record year for visitation to Florida, exceeding the previous high of 106.6 million in 2015 by 5.9 percent. Tourism jobs also hit a record high in 2016 of 1.4 million jobs, exceeding the previous record in 2015.

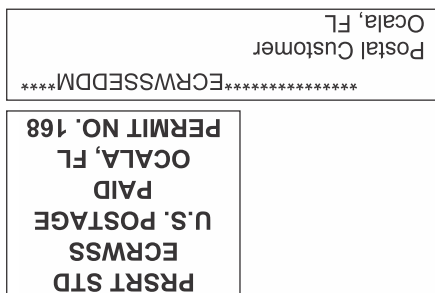
Governor Scott said, "Today, I am proud to announce that Florida has once again welcomed a record number of tourists with 112.8 million visitors to the state in 2016. Visitors spent \$109 billion and supported a record 1.4 million Florida jobs in 2016 – a testament to the vital importance of tourism to our growing economy."

"I have seen firsthand how tourism impacts our state. Since I have been in office, we have made important investments in VISIT FLORIDA and broken record after record of visitors, added more than a million

new residents and seen Florida's private sector create more than 1.25 million new jobs. Unfortunately, even with these incredible successes, politicians in the Florida House are trying to eliminate VISIT FLORIDA. I don't understand how anyone can look at Florida's booming tourism industry, and the more than 1.4 million jobs it supports, and vote to kill it. The legislation the Florida House is pushing puts more than 1.4 million jobs at risk and we cannot let that happen. We have to fight to continue investing in our tourism industry so we can keep breaking records and adding even more jobs.

"Over the past week, I have traveled the state meeting with small business owners, economic development leaders, tourism leaders, community members and hardworking Floridians who all had a clear message – Florida's economy needs tourism. Last year, Florida was challenged like never before as we faced the Zika virus, two hurricanes and the terror attack at Pulse

Continue on page 8



Kevin Sheilley OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



The biggest event hosted by the CEP each year is our Annual Luncheon. Each of the last four years, this has been a Sold Out event and the 2017 edition was no different. In fact, this year's event filled up before Christmas – a full six weeks before the event! For the 600 attendees we are grateful and hope you left excited about our community

and the CEP. For the many, many more who were not able to attend, I am excited to share with you a few highlights of this event.

Moving Forward – A Race to the Finish

At the CEP's inaugural Annual Luncheon in January 2013, we laid out the plan which had just been adopted by the CEP Board of Directors. This plan, called Moving Forward, was to guide the start-up of this newly merged organization and set three major goals all of which were to be accomplished over the next five years. The plan detailed how the entity was to be structured with our emphasis on our five key program areas:

Business Advocacy, Business Attraction, Business Creation, Business Retention and Business Services, as well as a Business Support area which would provide administrative help to the efforts. The plan outlined how each area would be staffed, what would be the focus of their efforts, initial plans for implementing those efforts, and how each area would interact with the others.

The three big goals were really about the culmination of the success of the rest of the plan. To reach these goals would require the successful implementation of each of these programs. The goals were set by the Board following a day-long strategy session with economist Dr. Sharon Younger. Dr. Younger works with communities and states across the nation on these issues and was ready to push the Board. In fact, she insisted the Board raise their initial goals in order to successfully address concerns regarding raising local wages.

The first of the three big goals was to impact the announced creation of 3,500 new jobs. These are jobs from primary industries such as manufacturing, distribution and office. It does not include healthcare or retail growth though the CEP has certainly assisted a number of these in recent years. Secondly, these jobs would have an average wage which was 15 percent above the County average wage. This was a key metric if the organization was going to have the impact desired. Finally, the last goal was for the announced capital investment from these projects to reach \$225 million. This was a huge goal but one which would impact public and private partners equally.

Even though 31 December 2016 marked just four years through our plan, the CEP was

extremely excited to announce at the Annual Luncheon that we had already exceeded all of the goals in the plan the organization had successfully structured and hired as outlined in Moving Forward. As a result, it should be no surprise that all three of the big goals had been reached. The CEP played a role in impacting the announced creation of 3,533 new jobs over this four-year period. These jobs pay or will pay an average wage which is 17 percent above the County average wage. Finally, the capital investment from these projects exceeds \$321 million!

The focus on raising wages is perhaps one of the most exciting outcomes of this effort. The Ocala MSA has long been among the lowest wage metros in the state. However, the most recent data from the State of Florida and the US Department of Commerce demonstrates that we are making significant progress. From 2012-2015 (the latest year available), the Ocala MSA has made significant progress on closing the gap with some of our peer Florida cities. Over the last three years, the wage gap with Lakeland narrowed by 21 percent, Gainesville by 23.4 percent, Tallahassee by 35 percent, and the gap with Daytona Beach was virtually eliminated! It is important to note that these communities were not standing still during this period but that wages here grew more quickly.

Moving Forward—Phase II

After celebrating the success of the last four years, the rest of the event was dedicated to outlining the new five-year plan aptly name Moving Forward—Phase II. Next month's column will be dedicated to outlining this plan and the goals to be reached by 31 December 2021.

LOOKING FOR HELP AGAINST SUBSTANCE ABUSE
for Yourself or as a Concerned Family or Friend of Another?

FREE MEETING

3rd Monday of Every Month

12 noon - 1pm in the Ocala Police Dept Community Room



Community Council Against Substance Abuse (CCASA) strives to prevent and reduce youth and adult substance use within Marion County. Our monthly meetings provide opportunities for the community to voice their concerns, work hands on to combat issues plaguing the citizens of the county, and network with representatives from many prominent local organizations. Together, through collaboration and education, we can make a difference in the lives of countless youth and adults.

For more information

Call the Marion County Children's Alliance at 352-438-5990

2017 Horse & Pet Expo

Great fun for the whole family!
KIDS ARE FREE!

Sponsored By
Elite Equestrian
Celebrating The Equestrian Lifestyle
MAGAZINE

Adults only \$5 each!



Live Animals • Demonstrations • Vendors • Food
PARADE OF EQUINE BREEDS

Saturday, April 1st, 2017, 10 a.m. - 5 p.m. at the Southeastern Livestock Pavilion

2232 NE Jacksonville Road, Ocala, FL

For Vendor Application Call 570-656-0729 or email expo@eliteequestrian.us

Florida State Senate

DENNIS K. BAXLEY



The First Amendment of the U.S. Constitution clearly states that Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech. This freedom from the establishment of a state religion and the protection of free speech establishes the protection of religious speech and expression as well. There have been many challenges by the ACLU and others at public schools across America and in Florida to sterilize the schools of religious expressions using the establishment clause; however, this clause was intended to declare religious freedom in the US and to escape the establishment of state religion as was common in governments of the old world. After much case law, it is time to articulate in statute how Florida school policy will apply this free speech to our school administrators, teachers, staff, and students. We owe them clarity. This proposed bill is not in response to a crisis or high profile case. The time to clarify is not in the middle of a crisis, but the trend is clear to people of faith. Expressions of faith have been stifled in our public schools. This proposal is not intended as a criticism of our school administration; we have left them

without clarity on this issue. Free speech does not stop at the school property line and this statute will give clarity and direction on how to preserve this constitutional right without authorizing disruption and disharmony.

Rep. Daniels, a Democrat African-American House Member brought this language to me, a Republican Caucasian Senator. It is a bi-partisan and bi-cameral proposal brought in harmony to the legislative body. It is much like an "enabling bill" often done to apply a constitutional amendment when added to the Florida constitution by the voters. How refreshing to work across the aisle and across the chambers to clarify how the free speech of our citizens will be protected at our schools.

Without this free religious expression, we are in fact establishing a state sponsored religion — secular humanism.

Let Freedom Ring!

Get Ahead Of Allergies



(NAPS)—Don't wait for allergy season to arrive to do something to avoid the health problems that allergies can cause. There are several easy steps you can take to beat the sneezing before it starts.

Here are some prevention tips:

. Cut back on carpeting; instead, consider using tile and hardwood floors.

Continued on page 6

"The professional name in tree care"

PRIDE Tree Service Inc.

Trimming & Removal
Stump Grinding
Transplanting
Sales

Lightning & Insurance Claims
Licensed & Insured
Free Estimates
Lic. #0554086

(352) 840-0750
Cell (352) 572-2510
Ocala, Florida

Serving all Ocala and Marion County

(T^{PRIDE})
pridetree@aol.com

DUWAYNE STYLES
Owner

WEBSITE & Graphic Design

Brochures | Fliers | Newsletters | Business Cards
www.WebsiteDesignOcala.com
352.322.1945 | Chris@WebsiteDesignOcala.com



2017 PARADE OF SENIOR SERVICES

Friday, March 17, 2017 * College of Central Florida Ewers Century Center * 10:00AM - 3:00PM

OVER 50 AGENCIES REPRESENTED TO PROVIDE LITERATURE, ANSWER QUESTIONS AND OFFER SERVICES TO SENIOR CITIZENS OF MARION COUNTY: TAX AID, RECREATION, CITY, COUNTY, STATE & FEDERAL GOVERNMENT SERVICES, HEALTH CARE, SOCIAL SERVICES, AND MUCH MORE! **FOR INFORMATION CALL 352-401-3916**

SPONSORED BY:



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



Where do I start??? There is so much to talk about.

GAS LINE! Well one of the local things that is going on in my life is that the Sabal Trail Gas Line is all but finished (on my farm), the 3 ft

diameter pipe is welded and buried. Let's hope this is not where the real trouble starts. I see these people protesting carrying signs.

To them I say you are a year too late. The Gas line representative held meetings for some two years, asking questions, answering questions, but very few were protesting. "I DID!" Actually when they first came to talk to me, I refused them and ran them off my property. The next contact was to get permission to survey my property...I refused them again. They said that legally I had to allow surveyors to survey my property. I refused them again and hired an attorney because I could not do my daily business and deal with them. So from the day I hired my attorney on till finish I did not

talk to them. I referred them to legal counsel.

Then I realized that many people were not fighting. They were rolling over and signing their papers. I saw that at that time, public opinion was not to protest. There was some obstruction, but to no end results.

The man I ran off several times, come to find out, was the project manager. Of course I would have to choose the top guy! It seems I had to give them permission to survey, so the attorney set up permission 3 to 4 days in advance each time they came. What I did not want to happen did happen. I had strangers walking around in my back woods. Stuff I had stored there is gone. I'm not saying someone on the project took it, but that the land was no longer secure from outsiders. I set a new rule through my attorney that they would have to confine themselves to the proposed Gas Line right away and fence it to keep our live stock in and intruders out. Finally we agreed to settle this dispute. We told the attorney to get all financial settlement money possible. There was no protest visible. I was acting for my brother who is in and out of the VA hospital fighting for his life. We agreed to a settlement with them to forever lease to the space where the pipeline is buried! The attorney did a good job closing the deal. I will have more to say about the Gofer Tortoise and the lizards that the environmentalist searched for on our little farm.

TRUMP! All I could think of at first was spoiled children fighting over something and Trump was king of the playground, but



then I realized this much more than that. It's more like that cartoon called Humpty Dumpty sitting on a great wall (sound familiar) and all the King's Horse and all the King's men could not put Humpty Dumpty back together again. Which one is Humpty Dumpty??? Trump? Democrats? or the Fake News Media? Who will fall and who will not. I have to hand it to Trump... the News Media doesn't know what to think. Many of them are backing the Democrats and then Trump out of the clear blue, calls a press Conference and calls the Press out. Not just innuendoes but points them out in the news conference and tells them what an unfair lousy job they were doing. Accuses them of creating Fake News and in most cases it certainly seems that way. Then there are the printing leaks that have no bases to them; more fake news, in hopes that the uninformed would hear the fake news and go out to protest.

Meanwhile, the Democrats behind the scenes in their shadow Government, are stalling Trumps appointed people and creating havoc by encouraging protesters to protest. Some say protesters are being paid to protest and they make bonus money if they go to jail.

The American Tax Payer is paying for all this, not the people on Government checks and out there protesting. Congress needs to pass a law that says it is unlawful to pay someone to protest, especially an elected official. Let's hope that the American Tax Payers doesn't wind up being Humpty Dumpty.

I think there are so many middle men taking money from the Tax Paying citizen that they are afraid that Trump will drain their income, expose them and fire them! What say you???



G&S SMALL ENGINE

Sales & Service, Inc.

gandssmallengine@gmail.com
www.gandssmallengine.com

Family Owned & Operated



**Specializing in
Generators, Weed Eaters,
Chainsaws, Mowers.
We Do It All!**

**2200 NE 36th Avenue
Suite #301
Ocala, FL 34470**

352-694-1277

Newspaper Deadlines

Editorial & Ad Copy for April

**Seniors Voice & Ocala DownTown
12am, March 22nd**

**Lady Lake Magazine & Village Spectator
12am, March 29th**

Seniors Voice of Ocala/Ocala Downtown Products of TomL Publishing, LLC

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**

The "Ocala DownTown" (Newspaper) www.OcalaDownTown.com (Online Product) and the Seniors Voice of Ocala (Newspaper) and www.SeniorsVoiceofOcala.com are owned and operated by TomL Publishing LLC, a sole proprietor Corp. Its owners, editors, writers, compositors, printers and publishers are not responsible or liable for typographical errors, misinformation, misprints, and the like, unintentionally contained herein. All letter hard copies or online received become the property of TomL Publishing LLC and may be reproduced without further consent. All above are independent contractors.

LETTERS TO THE EDITOR reflect the opinion of the writer, not the opinion of these newspapers. Letters should be online typed and limited to 300 words or less. Letters must have the written signature of the author and the current telephone number. Signatures for publication may be withheld on request. Letters that are libelous, or considered in poor taste, or are personal in nature, will not be published.

COPYRIGHT NOTICE 1996. The contents of this publication are protected by the copyright laws of the United States of America. Any reproduction in part or in whole is forbidden without the express written consent of the publisher. Violators can be prosecuted to the fullest extent of the law.

COLUMNS are the opinions of the writer and do not necessarily reflect the opinion of the above named newspapers and online products. Writers are chosen to represent a diversity of views on local issues. The editorial on page 4 is the opinion of the Publisher only.

For more information, please call

352.622.9331

This volunteer opportunity
requires only one thing:
Your heart.

**Kindred
at Home**

Hospice

1320 SE 25th Loop, Suite 101
Ocala, FL 34471
352.622.9331
FL TDD/TTY# 800.955.8770

A recent Pulse of America survey shows that*
print classifieds still work!



Classified Print Opportunity:

Read Classifieds..... 84%
Placed Classified Ads..... 15%

Bought Print Ad Last 30 Days:

Real Estate..... 2.5%
New/Used Vehicle..... 11%
Home Contractor..... 3%
Job change ads..... 12%

Classified Print Results:

Sold what they advertised... 38%
Sold or had many calls..... 73%

Craigslist:

Visited Last 30 Days..... 38%
Placed Ad on Craigslist..... 17%
Responded to Craigslist Ad... 21%

* Survey Conducted June 30, 2013

Call us today to place your ad!

SENIOR SCHEDULE OF EVENTS

AARP TAX AIDE

Eighth Avenue Adult Activity Center
828 NE Eighth Ave.

Mondays, Wednesdays, Fridays
Feb. 1-Apr. 17 | 9 a.m.-1 p.m.

This program has nearly 32,000 volunteers staffing 8,500 sites across the United States. These IRS certified volunteers provide tax counseling and preparation service to low and middle income taxpayers with special attention to those ages 60 and older.

STRAWBERRY FESTIVAL

Charter bus departs Eighth Avenue Adult Activity Center
(828 NE Eighth Ave.) at
8:30 a.m. and returns from Tampa at

7 p.m. Wednesday | Mar. 9

Each spring, the Florida Strawberry Festival rolls out the red carpet to welcome you to enchanting festival with world class live entertainment, festival dances, talents, arts n crafts and much more! And, of course the luscious strawberry shortcake, ice cream and chocolate covered strawberries and more. Lunch is on your own. \$36/person includes transportation and admission. Pre-register at 352-629-8357.

PARADE OF SENIOR SERVICES

College of Central Florida
Ewers Century Center
3001 S.W. College Road Ocala, FL 34474
Saturday | Mar. 17 | 10 a.m.-3 p.m.

OVER 50 AGENCIES REPRESENTED TO PROVIDE LITERATURE, ANSWER QUESTIONS AND OFFER SERVICES TO SENIOR CITIZENS OF MARION COUNTY: TAX AID, RECREATION, CITY, COUNTY, STATE & FEDERAL GOVERNMENT SERVICES, HEALTH CARE, SOCIAL SERVICES, AND MUCH MORE! FOR INFORMATION CALL 352-401-3916

LUNCH N' LEARN SERIES

Eighth Avenue Adult Activity Center
828 NE Eighth Ave.

Thursdays | 11 a.m.-Noon

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 at 352-401-3916.

LET'S ALL GO TO THE MOVIES!

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

Tuesday and Wednesday
Feb. 7 and 8 | 1:30 p.m.



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. To advertise, email TLoury@att.net

High Cholesterol?

The creator of Gatorade can help.

Gainesville, FL - If you are one of the millions of Americans that have been diagnosed with high Cholesterol, "Natural" help is now available from the creator of Gatorade! The highly regarded later Dr. Robert J. Cade while at the University of Florida did extensive clinical trials utilizing a special formula he developed containing soluble fiber (Acacia Gum). This formula "CholesterAde" proved to lower cholesterol in the human blood by over 17% during an 8 week period. CholesterAde lowered cholesterol naturally, reduced weight and improved bowel functions, which can help reduce many forms of cancer. Dr. Richard Goldfarb, M.D., FACS the medical director for Go Epic Health Inc. states "CholesterAde is a natural alternative to statins and other drugs that can create many types of health problems." Dr. Cade's original delicious tasting formula CholesterAde is now available at these select retailers or call 727-581-1500

www.gocholesterAde.com

BETZER PHARMACY 1426 S. Pine Ave
Ocala
Phone 622-3454

SUNSHINE DRUGS 3450 NE Jacksonville Rd
Ocala
Phone 732-4655

17th STREET DISCOUNT PHARMACY 2506 SE 17th St.
Ocala
Phone 351-3330



start your team at marchforbabies.org

our national sponsors



www.SENIORS VOICE OF OCALA.com

BUY LOCAL

Take Me Home! **FREE**

DELIVERED TO THE SR 200 CORRIDOR

A free publication serving the people of the Ocala area

ocala Downtown

BUY LOCAL!

Take Me Home! **FREE**

LETTERS TO THE EDITOR

Dear Editor:

Illegal aliens committed a crime entering my country. If you think that was the only crime they committed, think again. I am not speaking about street crime. I am talking about document fraud, fiscal fraud, voter fraud. The things about which I am aware turn my stomach. Things I have witnessed. You cannot believe the things that kind of mind can imagine. They generally include a hand in American pockets {illegally}. These people are not the cream of the crop, pouring in by the millions.

This is why they appeal to progressives. They are fodder, easy to groom {brain wash, and propagandize} as progressive voters,

and demanders of progressive hand out programs {fraudulently}.

Do you have free health care? Do you have free college tuition? Do you have free food and cell phones? Do you have a new car, home, clothes? Do you deserve to live comfortably? Aristotle thought comfort and happiness were the things humans sought and cherished. If someone is crowding you out of your arena to achieve comfort and happiness, do you have a right to say NO ?

If you have been living committing crime after crime, how do you justify any claim to rights? You could have come in legally. You chose illegal. You got away with it, but that is no justification for any right.

Six generations ago my ancestors came to America LEGALLY, we have worked like dogs without government handouts. Survived poverty and hunger through the depression {sans food stamps, rental subsidies cell phones, health care a car clothes.} We subsisted, and were tremendously grateful to be in America, and lived through hell and high water [literally], had to evacuate through a street floor window into a canoe.

How can you dare try to equate these two paths to citizenship, valid?? Citizens are upstanding individuals, not criminals. Australia tried it once. No more, they now expect us to take the criminals waiting on an island off their coast. Some people learn Australia did, Progressives didn't.

Americans have needs, jobs, housing, cars, education, health care etc. You help your own, not criminals. Progressives want brain

washed, propagandized voters. D.I.L.

Letter/note to editor

the results in DC and New York are indicative of what educated voters and voters with direct experience of Trump did: they voted overwhelmingly for Hillary ... and now you are seeing why polls show over 40% wish to impeach & remove traitor Trump & his big oil fascist cronies, John





Landscape Sales - Estimator/Designer

Come be a part of our Team!

Our Mission at Smithwell Inc. is to form a team dedicated to providing exceptional customer service while bringing enjoyment to the outdoors and ultimately adding value for our customers.

Smithwell Inc. is looking for a personable, well-spoken individual that wants to be part of a growing team.

- Must have knowledge of Florida Landscapes and their growth habits.
- This Position will require Basic computer skills such as word, excel, and email.
- Computer skills such as CADD and/or Bluebeam are preferred.
- The ability to perform take-offs and field meetings with customers is a must.
- Sales Experience preferred

Smithwell Inc. also offers paid vacations, sick leave, and 401k benefit packages. Those looking for short term employment need not apply.

www.smithwell.com

Allergies *Continued from page 3*

- . Use a vacuum with a HEPA filter.
- . Roll up your window shades and clean your drapes.

Have your HVAC system professionally cleaned.

Dirty ducts can harbor pollen and other pollutants. Contaminants are pulled into the HVAC system and recirculated several times a day. The buildup in the ductwork creates continuous exposure that only cleaning can address.

A complete cleaning should include replacing the filter and cleaning the ductwork, from where the air enters the return duct, through the air handler (blower, coil, and head exchanger), to the exit, where

the air is released to condition the home. This will remove built-up particulates and contaminants such as pollen, improving indoor air quality and maximizing system efficiency.

Members of the National Air Duct Cleaners Association (NADCA) have signed the NADCA Code of Ethics and invested time and resources into industry training and education. NADCA requires that all members have at least one certified Air Systems Cleaning Specialist (ASCS) on staff, and they must clean and restore your heating and cooling system in accordance with NADCA standards and guidelines.

Get facts and tips at BreathingClean.com. The Find A Professional directory can help you locate a certified individual in your area.



Tom Loury
352-804-1223



Wendy Netherclift
352-895-4168

TomL Publishing LLC

Serving Communities in Marion, Lake & Sumter County Florida

ADVERTISING RATES Including Color	
Full Page	\$ 558
1/2 Page	414
1/4 Page	254
1/8 Page	142

Visit Us Online:
www.LadyLakeMagazine.com
www.VillageSpectator.com
www.SeniorsVoiceOfOcala.com
www.OcalaDowntown.com



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



Some Surprising Ways To Reduce Muscle Pain



(NAPS)—As the weather improves, many people feel more and more drawn to playing games, walking, biking and exercising outdoors. Those can all be healthy ways to have a good time but if you only do them occasionally, you could end up feeling stiff and sore the next day. Fortunately, you can have your fun and not pay the penalty if you heed these seven suggestions from experts.

- Create a Routine: Dr. Derek H. Ochiai,

an orthopedic hip surgeon and sports medicine expert, says, “The key is to build at least mild fitness routines into a regimen at least two to three times a week to maintain general fitness so that you can do the fun stuff on the weekends.”

- Start Slow: “A weekend warrior can maintain a healthy balance in his or her fitness routine by including two to three minutes of yoga breathing and movement techniques that prepare the body for more activity,” adds yoga therapist Veronica Zador.
- Mix It Up: “Instead of spending 150 minutes doing one activity like running, consider a combination of activities such as run-swim-run on Saturday followed by a bike ride or volleyball game on Sunday,” suggests Dr. Bradley Thomas, an orthopedic surgeon. “This will help spread the stress of your workout over multiple body parts rather than

overburdening one area.”

- Keep Stretching: “Sore muscles are a product of hard work,” explains personal trainer Bob Talamini. “To reduce muscle soreness, I recommend engaging in a combination of light- to low-intensity movement with a good mobility stretch routine.”
- Stay Hydrated: According to fitness expert Jay Jordan, “Your level of hydration is critical to minimize pain as well as optimize performance, so extra electrolytes taken for 48 hours prior aids in minimizing aches and soreness.”
- Get Hot: Heat therapy increases the flow of oxygen to the affected area that’s in pain. “When I have an arthritic day, just using heat—keeping the joint warm—has really been helpful,” says Pam Shriver, the award-winning tennis pro and ESPN tennis broadcaster.
- Go Topical: So suggests Dr. Aristotle Economou, author and acclaimed Beverly Hills physician.

“Acetaminophen has a narrow therapeutic window, meaning the difference between a safe and effective dose and an overdose, which could lead to liver toxicity, is a relatively small increment in milligram consumption.”

“The Salonpas Lidocaine 4% Pain Relieving Gel-Patch provides the maximum strength of lidocaine available without a prescription,” says Dr. Bob Arnot, who served as Chief Medical Correspondent for NBC and CBS News. “It desensitizes aggravated nerves and provides unscented numbing relief for up to eight hours. A welcome alternative for people who prefer to avoid taking pills, the active ingredients in Salonpas are absorbed through the skin so they go directly to the pain site and you get fast, long-lasting relief that won’t upset your digestion. You simply smooth the patch over the area where you want relief and it’ll stick there, soothing your pain away.”

The No. 1 brand of patches in the world, Salonpas is available at major national drug-, food and mass merchandise stores nationwide, including Walmart, Target, Walgreens, CVS, Rite Aid and many others.

For more information, visit www.salonpas.us.

Movies



Continued from page 5

“THE WHOLE TRUTH”

STARRING: Keanu Reeves & Renee Zellweger

Eighth Avenue Adult Activity Center
830 NE Eighth Ave. | 352-629-8545

Tuesday and Wednesday Mar. 7 and 8 | 1:30 p.m. Barbra Gaskin Washington Mar. 8 and 9 | 1:30 p.m.

Defense attorney Richard Ramsay takes on a personal case when he swears to his widowed friend, Loretta Lassiter, that he will keep her son Mike out of prison. Charged with murdering his father, Mike initially confesses to the crime. But as the trial proceeds, chilling evidence about the kind of man that Boone Lassiter really was comes to light. While Ramsay uses the evidence to get his client acquitted, his new colleague, Janelle, tries to dig deeper and begins to realize that the whole truth is something she alone can uncover.

“PETE'S DRAGON”

STARRING: Bryce Dallas Howard, Robert Redford, Oakes Fegley, Oona Laurence, Wes Bentley

Eighth Avenue Adult Activity Center
830 NE Eighth Ave. | 352-629-8545

Tuesday and Wednesday | Mar. 21 and 22 | 1:30 p.m. Barbra Gaskin Washington | Mar. 22 and 23 | 1:30 p.m.

For years, old wood carver Mr. Meacham has delighted local children with his tales of the fierce dragon that resides deep in the woods of the Pacific Northwest. To his daughter, Grace, who works as a forest ranger, these stories are little more than tall tales until she meets Pete, a mysterious 10-year-old with no family and no home who claims to live in the woods with a giant, green dragon named Elliot. And from Pete's descriptions, Elliot seems remarkably similar to the dragon from Mr. Meacham's stories. With the help of Natalie, an 11-year-old girl whose father Jack owns the local lumber mill, Grace sets out to determine where Pete came from, where he belongs, and the truth about this dragon.

Walt's Brake & More

“Guardian of Your Safety Since 1965”

Auto-RV-Truck-Repairs & Storage
Gas & Diesel-Covered & Uncovered



Walt Krumm Jr
walt@waltsbrake.com

www.waltsbrake.com
3890 NW Gainesville Rd
Ocala, FL 34475

Cell: 352.843.6215
Fax: 352.867.1911
Shop: 352.629.3134

Tourism Breaks All Records

Continued from page 1

Nightclub. In the face of adversity, we continued in our mission to promote our great state and thanks to the hard work of VISIT FLORIDA, we continue to see record visitors to Florida."

In 2015, every 85 tourists supported one job. Today, VISIT FLORIDA data shows that every 76 tourists support one job – proof that tourism continues to be a major and growing influence on job creation in Florida and that we must continue to invest in this vital part of our growing economy.

VISIT FLORIDA estimates that a record 98.0 million domestic visitors traveled to Florida in 2016, reflecting a 7.3 percent increase over 2015. Estimates also show that 11.1 million overseas visitors and 3.7

million Canadians came to the Sunshine State last year. Total enplanements at 18 Florida airports during 2016 increased 4.3 percent over the previous year, with a record 83.7 million enplaned passengers. For 2016, the average daily room rate (ADR) rose 2.0 percent and the number of rooms sold grew by 1.1 percent compared to 2015.

Ken Lawson, President and CEO of VISIT FLORIDA, said, "Six years of record-setting visitation would not be possible without a strong global marketing strategy focused on maximizing the economic impact of Florida tourism. To have achieved another tourism record in 2016 given all the challenges this state

**112.8 million tourists
visited Florida in 2016**

faced last year is an incredible testament to the cooperative relationship VISIT FLORIDA has with our more than 12,000 industry business partners around the state. Today's announcement proves that sustained collective tourism marketing works and we have Governor Scott and our supporters in the Florida Legislature to thank for their unparalleled leadership over the past six years that has helped position our industry for this unprecedented success."

For fourth quarter 2016, estimates show a record 27.6 million people visited the Sunshine State. This represents the largest fourth quarter visitation number Florida has ever seen and reflects an increase of 6.1 percent over the same period in 2015. VISIT FLORIDA also reports that an estimated 24.0 million domestic visitors, 3.0 million overseas visitors and 587,000 Canadians traveled to Florida in the fourth quarter of 2016.

William D. Talbert III, CDME, Chair of the VISIT FLORIDA Board of Directors, said, "Given the hyper-competitive global tourism marketplace, the series of challenging events the state faced and the uncertain economies of some of Florida's key international markets, I am extremely encouraged to see that the programs VISIT FLORIDA and our statewide marketing partners conducted have resulted in another record year for visitation which ultimately supports and generates jobs throughout the state. This success in the face of tough times means it's more important than ever to invest in smart tourism marketing."

Money-Back Guarantees Add Appeal To Safety- Critical Auto Repairs

(NAPS)—When your vehicle's brakes wear out, they probably "chirp" or grind. When your tires become worn, you can see the loss of tread depth.

Failed headlamp? Worn wiper blades? The evidence is right in front of you.

But how do you monitor the condition of safety critical parts that are largely "invisible" beneath your vehicle's chassis? Shock absorbers, for example, play critical roles in protecting your driving safety by keeping your tires planted firmly on the road, which in certain driving conditions can help you stop sooner, maintain more precise steering control and improve vehicle stability. That's why having your suspension inspected at least once a year is vitally important—you might not be aware that your shocks and other key safety components are no longer doing what they're designed to do.

Ask About a Guarantee

Some leading automotive parts manufacturers have established money-back guarantees to help demonstrate the importance of replacing worn components. The Monroe shocks and struts brand, for example, now promises consumers they will "Feel the Difference" in ride and handling performance following installation of select new Monroe shocks and/or struts or get their money back, plus labor and alignment (if applicable), during a risk-free 90-day or 1,000-mile trial period.

Continued on page 10

Advertising is an INVESTMENT in your business

"Our print papers still matter and are used by our communities... Nothing Beats Print when you really want to connect with consumers."

"Doing business without advertising is like winking at [someone] in the dark. You know what you are doing, but nobody else does"

-Stewart Henderson Britt



CEP OCALA / MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP

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.

We invite you to get acquainted at a complimentary, no-obligation

"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

310 SE Third Street | Ocala, FL 34471 | www.ocalacc.com

FREE ESTIMATES 622-5748



Glass Rooms
Screen Rooms
Replacement Windows
Garage Screens



OSWALD ALUMINUM

7821 W. Hwy 40 Ocala

www.oswaldaluminum.com

Do-It-Yourself Kits Now Available

LICENSED SCC
131149834 • INSURED



If you would like to increase your business ...

Come Have Breakfast On Us

Wednesday at 7:00 am
Ocala Elks Lodge • 702 N.E. 25th Ave
Phone 804-1223

www.ocalabusinessleaders.com

*Committed to integrity and excellence.
Connecting Ocala Business Leaders with everyone we meet.*

Gas Line Marion

Continued from page 1

about to calm down, when they started digging and people realized oh this gasoline is here! Now they started protesting, but by this time most of the gasoline deals had been made with the land owners effected. I was one of those. Yes the gasoline went right through the little acre Loury farm. One year ago when there were no protest I realized it

Gas line on Loury Farm.



Gas line shutting down for the night.



was going to happen no matter what. I instructed my attorney to get me the best deal she could and she did.

I think the most critical thing is where and how they cross the river. We have the best water in the state of florida and people don't want the gasoline threatening our quality of water. I have a well that has never had a filter on it in 46 years as it comes into the house and I would not like a gas line effecting it.

The gas line started in Alabama and ends up in Orlando, just south of Dunnellon. A small spur goes to the Crystal River Power plant to power the new gas powered plant where my son works. My sister lived in South Florida and said when they went from coal to gas her power bill went down a fair amount.

I guess time will tell how all this plays out. I do think we should use our natural resources to our own benefit. Now I would be unhappy if they started shipping this gas out of the country. If it's running across my land I want it to stav in America.

How Blinded Veterans Help Themselves And Others To A Better Quality Of Life

(NAPS)—According to Department of Veterans Affairs (VA) statistics, there are over 130,000 legally blind veterans in America. Every year, another several thousand are added to the number either because of combat injuries, age, illness or other factors.

What's Being Done

Fortunately, they're not simply left in the dark. All over the country, the VA has set up residential and outpatient centers where former military persons who have impaired vision can learn to lead more independent, pleasant and productive lives.

There are two basic kinds of facilities. The Blind Rehabilitation Programs support blind and low-vision veterans and active-duty servicemembers in regaining their independence and quality of life to enable their successful integration into family and community life.

These places also support family and significant others to better understand visual impairment and foster the provision of appropriate support, to assist in enhancing home environments and to reduce caregiver burden.

The Visual Impairment Services Outpatient Rehabilitation (VISOR) programs use a team approach to provide services based on a thorough assessment of the veteran's



strengths, needs and personal goals.

Veterans and their families are encouraged to identify these goals and provide ongoing feedback regarding progress.

To enhance the quality of life for veterans and servicemembers experiencing vision loss, the Blinded Veterans Association (BVA) works with VA to help keep these places up to par. Recently, that organization's Training Coordinator, Wade Davis, conducted a comprehensive and individualized Veterans Care Review at each of the 13 Blind Rehabilitation Centers nationwide. He is currently doing the same with the VISOR programs.

What Davis Does

Over several days, Davis visits each facility and meets separately with the staff and the veterans involved. He considers various aspects of the programs: orientation and mobility, living skills, manual skills, low-vision therapy, computer access training, low-vision clinic, optometry, eye clinic, ophthalmology, recreation therapy, social work, psychology, nursing, diabetic education, and pharmacy. He also talks to the Visual Impairment Services Team

Continued on page 10

Bee's Knees!

I sold it on
Ocala4sale.com
and you can too!

Ocala **4sale**.com

Marion County's Internet Marketplace



A Fairy Tale Come True—Stay In A Castle



(NAPS)—If you or your kids have been dreaming about living like princes and princesses—at least for a while—you may be glad to know it's possible to live your own fairy tale. You can join the more than 9,000 people who this year will choose to rent a castle through HomeAway® instead of more traditional vacation rentals like beach houses and mountain cabins.

The vacation home rental site offers nearly 1,000 castles around the world and expects them to be a popular option in 2017 as travelers may draw inspiration from Disney's new live-action adaption of "Beauty and the Beast," which takes place in an enchanted castle. Surprisingly, the price tag on these castles won't leave you royally broke. In fact, renting a castle can be as cheap as \$20 per guest a night.

In celebration of the movie, HomeAway is giving away the ultimate dream vacation. One lucky winner will be able to bring up to 20 guests to all vacation together in the 14th-

century castle in Scotland this summer. The prize package includes a five-night stay in the majestic Duns Castle and includes travel arrangements for all guests.

Members of the winning party will have the entire castle to themselves. They will be free to roam the 1,200 acres as they wish and can partake in the many activities offered on the grounds, such as archery and falconry. Or, they may choose to wander around the many rooms of the castle, dancing, singing, looking for magic mirrors, or conversing with the furniture hoping it will talk back, just like in "Beauty and the Beast."

Located on the Scottish border just an hour south of Edinburgh, the Duns Castle Estate boasts its own nature reserve with extensive forest trails. The winning guests will be treated to custom experiences such as wine tastings and art classes.

The contest runs through March 31, 2017 at www.HomeAway.com/Disney.

More Great Spots For Your Getaway

In addition to castles, the company has more than 2 million other unique places to stay in more than 190 countries. You can choose from private islands, tree houses, houseboats, or more traditional options such as lake, beach and mountain homes. Vacation home rentals consistently come with twice the space for about half the cost per person of hotel rooms and the only thing you have to share is creating memories.

Learn More: To see which properties are available, book a vacation or rent out your vacation home, go to www.HomeAway.com.

Money-Back Guarantees...

Continued from page 8

"Consumers have the right to expect a noticeable, positive difference in vehicle performance following a repair," said Mark Boyle, director of marketing for Tenneco, U.S.-based manufacturer of Monroe ride control products. "Our new Feel the Difference Guarantee is designed to offer the consumer assurance that they are making a wise investment in their vehicle. It also helps promote confidence and loyalty in their relationship with the repair provider."

Because shocks and struts often wear out very gradually, the slow degradation of ride and handling precision can be difficult to detect—not unlike the gradual change in your eyesight. But, just as a new vision prescription can have surprising benefits, vehicle owners who replace worn shocks and struts or other undercar components can experience dramatically improved ride and handling. New ride control parts can also reduce chances of abnormal wear of other components, including tires.

"After a ride control repair, many consumers are amazed at the difference in their overall driving experience," Boyle said. "A guarantee like ours essentially is an investment in educating consumers about the 'invisible' parts that help keep them safe. And it helps ensure they get quality products from a supplier they can trust."



Blind Veterans

Continued from page 9

(VIST) Coordinators individually. Davis' aim is to evaluate the full curriculum of care and to share findings with staff and the administration to promote and expand each facility's successful procedures and generally make the facility as productive and safe as it can be for blinded veterans.

He also holds information sessions for the veterans and provides literature about BVA. Davis' BVA evaluations have brought about a number of improvements to blind rehabilitation services, such as making sure each of the facilities has the training and equipment it needs.

What BVA Does

All this is just one way BVA fulfills the mission it's pursued since the end of World War II: to promote the welfare of blinded veterans so that, notwithstanding their disabilities, they may take their rightful place in the community and work with their fellow citizens toward the creation of a peaceful world. Through its free service programs, regional groups, resources, and advocacy before the legislative and executive branches of government, it makes life better for blinded veterans.

Where To Learn More

Because BVA advocates for all blinded veterans, whether they are members of the organization or not, and regardless of how their visual impairment occurred, veterans old and young and who experience vision loss can call BVA at (800) 669-7079, or visit www.bva.org, to get connected with the rehabilitative services they may need and have earned. For more about VA health care, visit www.va.gov/health.

Statewide Classifieds

AUTOMOBILES

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1- 800-831-6309

AUTOS WANTED

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-800-902-7815

* SELL US YOUR CAR * Fast – Friendly – Safe – Fair. 800-392-6884 Call or get a quote online. CARFAXBUYER.COM

EDUCATION/INSTRUCTION

DRIVER TRAINEES NEEDED! Learn to drive for Stevens Transport! NO EXPERIENCE NEEDED! New drivers can earn \$900+ per week! PAID LOCAL CDL TRAINING! 1-888-743-1573 drive4stevens.com

Medical Billing and Coding. Career Training at Sullivan and Cogliano Training Centers. Call 1-888-535-9909 or click learn.sctrain.edu. Financial Aid Available to those who qualify. SCtrain.edu/disclosures

EMPLOYMENT

Alquiler De Utero
\$25,000.00 y más par Manutencion
Ayudanos, No Podemos Tener
Hijos. Llama a Nuestra Abogada.
561-674-6857 Fl. Bar #307084

SURROGATE MOTHER NEEDED
To Carry Our Baby! Generous
Compensation and Expenses
Paid. Call Attorney Charlotte
Danciu 1-800-395-5449
www.adoption-surrogacy.com FL
Bar #307084

FINANCIAL

AVIATION CAREERS - Hands on training for career opportunities in aviation, manufacturing and more. Financial aid for qualified students. Job placement assistance. Call AIM 866-314-5838

Have 10K in Debt? National Debt Relief is rated A-Plus with the BBB. You could be debt free in 24-48 months. Call 1-866-465-4307 now for a free debt evaluation.

Sell your structured settlement or annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-994-5789

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-860-6175 to start your application today!

FOR SALE

KILL BED BUGS & THEIR EGGS! Buy Harris Bed Bug Killers/KIT Complete Treatment Program. Available: Participating Hardware Stores and Lowe's Home Centers

HEALTH & BEAUTY

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace at little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-752-2108

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-749-6515 Promo Code CDC201625

HEALTH & MEDICAL

GET YOUR MEDICAL MARIJUANA Card Today! For *Cancer, *PTSD, *HIV, *AIDS, *Parkinson, *Epilepsy, *Multiple Sclerosis, and other conditions. For free evaluation call today! 1(844)-766-6734 certifiedmarijuanadoctors.com

Viagra!!
52 Pills for Only \$99.00. Your #1
trusted provider for 10 years.
Insured and Guaranteed Delivery.
Call today 1-888-403-8602

HELP WANTED

\$\$HELP WANTED\$\$\$ Earn Extra income assembling CD cases from Home. CALL OUR LIVE OPERATORS NOW! 1-800-405-7619 Ext 320
www.easywork-greatpay.com

MISCELLANEOUS

ATTENTION SMOKERS: Stop smoking with TBX-FREE! Clinically proven. More effective than patch or gum! Fast acting? No Side Effects. 88% success rate! Just \$1.67 per day with 1 month supply. CALL 1-800-317-0953

DISH TV – BEST DEAL EVER! Only \$39.99/mo. Plus \$14.99/mo. Internet (where avail.) FREE Streaming. FREE Install (up to 6 rooms.) FREE HD-DVR. Call 800-438-8168

DIVORCE \$50 to \$240*. Covers children, etc. Only one signature required! *Excludes govt fees. Call 1-888-498-7075. Extn 200. Baycor & Associates, Established 1973.

Drive with Uber. You'll need a Smartphone. It's fun and easy. For more information, call: 1-800-578-9366

FAST Internet! HughesNet Satellite Internet. High-Speed. Avail Anywhere. Speeds to 15 mbps. Starting at \$59.99/mo. Call for Limited Time Price 1-800-958-6917

Life Alert. 24/7. One press of a button sends help FAST! Medical, Fire, Burglar. Even if you can't reach a phone! FREE Brochure. CALL 800-370-4824!

Make a Connection. Real People, Flirty Chat. Meet Singles right now! Call LiveLinks. Try it FREE. Call NOW: 855-334-7726

SAVE on internet and TV bundles! Order the best exclusive cable and satellite deals in your area! If eligible, get up to \$300 in Visa Gift Cards. CALL NOW! 1-800-736-9957

Spectrum Triple Play. TV, Internet & Voice for \$29.99 ea. 60 MB per second speed. No contract or commitment. We buy your existing contract up to \$500! 1-800-348-7941

SUPPORT our service members, veterans and their families in their time of need. For more information, visit the Fisher House website at www.fisherhouse.org.

Switch to DIRECTV. Lock in 2-Year Price Guarantee (\$50/month) w/AT&T Wireless. Over 145 Channels PLUS Popular Movie Networks for Three Months, No Cost! Call 1- 800-769-1035

VIAGRA #1
VIAGRA 100MG/ CIALIS 20mg.
52 Pills, only \$99.00! No hassle,
Discreet Shipping. Save Now.
Call Today. 1-800-224-0792

REAL ESTATE OUT OF STATE

MONTANA & WYOMING LAND
starting at \$569/acre. Family run
business. Owner financing O.A.C.
– Building sites, roads, views, elk,
nat'l forest! 1-800-682-8088
www.rmtland.com

SERVICES

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-671-9104

Computer problems - viruses, lost data, hardware or software issues? Contact Geeks On Site! 24/7 Service. Friendly Repair Experts. Macs and PCs. Call for FREE diagnosis. 1-800-995-0869

I BUY RV'S
\$\$\$\$ If You Would Like A
WHOLESALE Cash Offer On Your
2005 Or Newer Motorhome
Call 817-899-6090

PRIVATE ADOPTION
Living/Medical Expenses Paid.
Select & Meet a Loving Family to
Care for Your Child. Call 24/7
Attorney Charlotte Danciu.
1-800-395-5449
www.adoption-surrogacy.com
FL Bar #307084

SPANISH SECTION

Canada Drug Center es tu mejor opcion para ordenar medicamentos seguros y economicos. Nuestros servicios de farmacia con licencia Canadiense e Internacional te proveeran con ahorros de hasta el 75 en todas las medicinas que necesites. Llama ahora al 1-800-261-2368 y obten \$10 de descuento con tu primer orden ademas de envio gratuito.



Improve Your Reach
with an ad in the
Community Papers of Florida classified network!
For just
\$395.00
your message will
reach more than
4.2 million homes
and over
8.1 million readers.
Get Results!
Place your ad three
times and receive
one free ad!
So what are you
waiting for?
Call today!
Email Tom Lory
TLory@att.net



BOB'S COINS & JEWELRY, INC.

352.347.7900
bobscoinsandjewelry.com

17860 S.E. 109th Ave, Suite 629
Summerfield, FL 34491

Our Hours Are
Mon-Fri 9-5 & Sat 9-2

877.347.7900
facebook.com / bobscoinsandjewelry

Use Your Own Jewelry...



Before

To Make Something New!



After

We Buy Old Jewelry for Cash or Trade

Compare Our Prices

Service	Us		Them
Ring Sizing Starting Prices	\$35 Same / Next Day	Vs.	\$120 1-2 Weeks
Ring Guards While You Wait	\$5	Vs.	\$55
Watch Batteries While You Wait	\$6-\$12	Vs.	\$10-\$20

All Repairs are Performed In House



Offer valid throughout March, 2017 and applies to new, in-stock jewelry. Excludes consignments.