

"Your community newspaper since 1981"

Volume 36 Issue 7

July, 2017

Take Me Home!

Business to Business Expo



Second Annual Business to Business Expo A Great Success. Pictured from left Chrissy Thibodeau, Jaclyn Searcy and Laura Schenck of Community Bank and Trust of Florida. Some 56 businesses made it into the expo, though some did not. Only 56 businesses would fit the then large room that housed the Expo. Many contacts were made; business

transactions were set up. Each business there had time to talk to all 56 other businesses in attendance. All remarks that were passed around were positive and all were looking forward to 2018 expo. The great food was furnished by Eaton Beach Catering, Too Jays Catering, Water Oak, Sam Club, Honey Bake Ham and Chick-fil-A the Villages.

What Are You Growing?



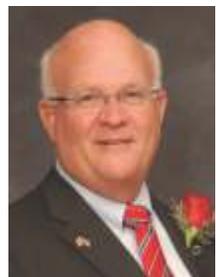
Photo by Tom Loury

I'm Growing Grasshoppers...

These hatchlings were taking over one of my Bell Pepper plants. It was so unusual I had to take a picture and share. It would not have been long and they would have devoured the rest of the plants. All I can

say is **Sevin Dust!** I am Tom Loury Publisher and know no one sees me as a Gardener, but I am really having fun with my garden. And the bell peppers and tomatoes are delicious.

Dennis Baxley Gives State Senate Report



What We Did This Year

Florida lawmakers filed more than 3,000 bills in 2017 and fewer than 250 passed both chambers of the Legislature before it adjourned its annual

session. I filed 39 bills this session. Of those, 8 passed both chambers in their entirety, a

few others were passed with language in other larger bills.

We passed SB 312 this year which will require state, county, municipal, or other law enforcement agencies that conduct lineups to follow specified procedures. This provision will minimize cases of misidentification and strengthen cases that have used best practices. The Governor signed this into law on June 14th.

I was able to pass SB 436 this year, which will protect all students and school personnel in their choice of religious

expression. This legislation makes it clear that the Legislature supports the constitutional rights of Freedom of Speech and Freedom of Religion for everyone associated with our public school system. This bill protects the expression of all religious beliefs, and protects a student's decision not to express any religion. The Governor signed this bill into law on June 9th.

House Bill 361 is the House companion to my bill, Senate Bill 680. This bill revises legislative intent concerning the obligations of a bail bond agent. It also prohibits a person or entity that charges a fee for facilitating the release of a defendant

through the posting of a cash bond from using the term "bail" in advertisements and printed materials posted in a jail. The Governor has until June 29th to sign this bill.

House Bill 699 is the companion to my bill, Senate Bill 684. This bill requires sexual predators & sexual offenders to register each Internet identifier's corresponding website homepage or application software name with FDLE through sheriff's office. The Governor has until June 29th to sign this bill.

House Bill 329 is the companion to Senate Bill 762. This bill prohibits time-sharing plan from requiring or being interpreted to require visitation at recovery residence

Continued on page 3

Tom's Picks
Need something fixed and don't know who to call?
804-1223



God Bless our Troops
Support Our Veterans
We Endorse The Constitution

AS I SEE IT

Health Care For All?

By A.J.(Tony) Powell.

Are you tired of all the ranting broadcasters, TV personalities and 'reader letters' which are dominated by a lot of heat but very little light?

The Democrats, under President Obama, tried and failed to come up with a workable Health Care Plan.

Now, Trump admits that he can't do as he promised - Lower premiums and Full Coverage for all.

Why do working tax-payers have to subsidize politicians and government workers? Why do we need Medicare,

Medicaid, the VA, and so many other Government run fiascoes?

Why are our veterans pushed off into over-crowded, second-rate facilities often many miles from where they live? Our military should have a 'Front-Door-Pass' to the best medical facility they can find.

Trump's Republican opponents in the House & Senate have failed to pass their 'Robbing Hoods' plan.

(As I'm sure you know 'Robin Hood' stole from the rich, to help the poor. I don't have to expand on 'Robbing Hoods' - Do I?)

The Republicans figured out that, without adequate health care, millions of old, poor

and sick Americans will die off quicker – thus saving the health insurance industry hundreds of millions of dollars, which they can then pass on to the super-rich by way of tax cuts.

Warren Buffet said that "Health Care in 1960 was 5 percent of GDP". (Whatever that is!) But now its up to about 17 percent. So we are paying out a whole lot more and getting a whole lot less!

At the same time Corporate Taxes have gone down from 4 percent to 2 percent.(The rich get richer and the rest of us get poorer).

My question on 'Health Care' is simple "Is anyone in America happy with their Health Care/Insurance Program?"

Municipal, County or State politicians and employees?

Representatives and Senators in DC and their employees?

The President and White House staff?

If a Politician, regardless of party affiliation, is given any 'air-time' the first question asked of them has to be:-

Q1)-"(Senator) tell us about your Health Care Plan."

Q2)-"So you're admitting that, in fact, you have 'Tax-Payer-subsidized Health Insurance for you and your whole family?"

My understanding of insurance and "spreading-the-risk" is that "More-Is-Better".

As I See It, 300 million outraged Americans need to demand fairness and equality. "(Senator) I'll take the same health care plan that you've got".

'til next time ...

Don't Let Kids Drown: Teach Them To Swim



(NAPSI)—

Cooling off in a pool, lake or ocean can be a refreshing idea—but only if you know how to avoid the dangers.

The Problem

Drowning is a leading cause of death in children under 14. One reason is that 70 percent of African-American and 60 percent of Hispanic children don't know how to swim, the USA Swimming Foundation reports. Minority children are also less involved in competitive swimming when compared to their white peers, comprising only 1 percent of USA Swimming membership.

Some of the reasons include:

Lack of Swimming Access. Facilities in traditionally underserved communities are few and far between and tend to be expensive.

Cultural Constraints. Data shows there may be a legacy of fear, perpetuated through generations.

Parental Perceptions. Adults who don't swim may not know what needs to be done

Continued on page 4

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State Senate Report

Continued from page 1

between specified hours. The Governor signed this bill on June 9th.

House Bill 455 is the companion to Senate Bill 764. This bill provides exemption from ad valorem taxation for certain first responders under specified conditions & surviving spouses of first responders who have died. The Governor signed this bill on June 14th.

House Bill 879 is the companion to Senate Bill 776. This bill revises elements that constitute theft of utilities. It also specifies types of monetary damages that can be recovered for damaging property of utility or for theft of electricity services and specifies methods & bases used to determine & assess damages for damaging property of utility or for theft of electricity services. The Governor has until June 29th to sign this bill.

House Bill 747 is the companion to Senate Bill 830. This bill provides an exemption from regulation for certain securities dealers, investment advisers, and associated persons. It also provides a definition for the term "hold himself or herself out to the public as being in the mortgage lending business," etc. The Governor has until June 29th to act on this bill.

We also were able to pass language to

allow children to apply sunscreen at school without a prescription, and allow children access to virtual school without attending public school the prior year.

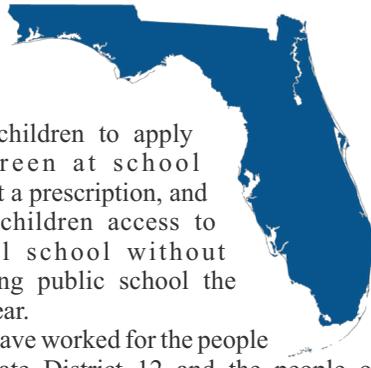
We have worked for the people of Senate District 12 and the people of Florida. To ensure our liberties and freedom remain protected. Our constituents are always our priority.

Easy, Tasty Weeknight Pasta

(NAPSI)—According to the National Pasta Association, there are more than 600 pasta shapes. Factor in the umpteen different ways to sauce, dress and garnish the pasta and the possibilities are nearly endless.

With just a few ingredients, many of which you probably have handy in your pantry, it's easy to whip up a delicious pasta meal in less than 30 minutes. Add a green salad, some toasted garlic bread, and presto—you have dinner done.

One way to wow your friends and family



is with this tasty dish:

Pepper Olive Shrimp Linguine

- 1 lb. fresh linguine pasta
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 2 teaspoons chopped fresh parsley
- 2 teaspoons chopped fresh chives
- ½ teaspoon crushed red pepper flakes
- 2 cups sliced fresh mushrooms
- 2 teaspoons Worcestershire sauce
- 1 (12-oz.) jar drained Lindsay® Red Roasted Peppers (about 1 ¾ cups), cut into strips
- 1 (6-oz.) can Lindsay® Sliced Olives, drained
- 1 lb. uncooked peeled and deveined shrimp
- ½ cup grated Parmesan cheese
- Salt and pepper to taste (optional)

Cook pasta according to package directions. Meanwhile, heat oil in a large skillet over medium-high heat. Add garlic, parsley, chives and crushed red pepper; sauté 1 minute. Add mushrooms and Worcestershire sauce; sauté until



mushrooms are tender, about 5 minutes. Stir in red peppers and olives; heat through. Stir in shrimp; sauté until shrimp are opaque. Drain pasta; return to same pot. Add olive mixture and Parmesan cheese to pasta; toss well. Serve family style in a large bowl with tongs or serving utensils.

Learn More

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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



I am having a terrible time understanding why all of the Republicans are not rallying around the Trump Team. They don't have to like the man to get things done for the people

of our country. Furthermore the Left is committing borderline Treason. The BIG SYNDICATED NEWSPAPERS owned by the Left are printing Fake news. Also the big networks are producing Fake news. I believe when they do that it should be considered Treason because of the intent. It is being done to disrupt our country and even cause someone to kill our representative in the Republican Party. The election is over! One Congressman decided he did not sign up to be threatened and has decided to get out.

I was talking to a retired nurse and the conversation came around to the babies that are in trouble at birth. As I understand it, a mother that is on Crack Cocaine comes to the hospital in Ocala to give birth because where they live they will be arrested and the baby will be taken to Child Services. As it looks like to me, the baby beginning life under these circumstances, doesn't have a chance.

The healthcare issue is not going away.

Insurance Company stocks were going up for a while, Thursday the 22nd, but four Republicans decided not to vote for the Healthcare that was ready that day. I hope you all are paying attention to who is obstructing our legislator.

Ocala Sheriff's Department: A Veteran Micheal Sands who served 8 years in the Military, did a tour in Kuwait and a veteran of the Marion County Sheriff's Office since 2003 was terminated. Sands reports it was for medical reasons. His supervisor sent him for evaluation for tremors that had become visible and worrisome. He wound up seeing many Doctors and some specialist. He was sent to a number of Express Cares, Marion Regional Medical Center, then to Shands and to Mayo clinic for possible surgery. At one point Sands ran out of sick time and leave time. He wound up using from the sick pool that the other officers supplied. Under the new Sheriff the Chief Deputy and a Captain showed up at his home and collected his badge, identification and his firearms in front of his family. This certainly does not sound right but this is one side of the story. It sounds to me like Sands was at so many Doctors and facilities that maybe he could not get into the VA hospital. I am not an Attorney but I don't think you can end a person's job for medical reasons. Again it seems to me he should see the Uniformed Services Employment and Reemployment Rights Act (USERRA). There is some

protection for police officers and this guy needs to use them all.

Foul weather: I guess we were the lucky ones. There are some areas that got 13" of rain in just a very short time. Streets were flooded, the Global Warming folks are going to have a field day with the flooding. See we told you! I agree we have had some extreme weather so I don't pretend know it all about the science but I have been told seasonal weather runs in cycles.

What say you the public? What is your opinion? floury@att.net

president and CEO of Y-USA. "We are giving swim scholarships to children in underserved communities who statistically are at greatest risk of drowning so they can learn to be safe in and around the water. The Y is committed to reaching more kids, saving more lives and changing the statistics."

Water Safety

If you know how to stay safe in and around water, swimming can be a lifelong source of fun and exercise. Here are six things you should know:

1. Never swim alone. Swim only when a lifeguard is on duty.
2. Supervise children whenever they are in or near water. Whether it's a bath, the ocean or anything in between, stay within arm's reach of the child at all times.
3. Don't hold your breath. When swimming, children should avoid holding their breath for any length of time. This can lead directly to drowning and other severe physical side effects.
4. Wear a life jacket. Novice and nonswimmers should wear Coast Guard-approved life jackets.
5. Don't jump in to save someone struggling in deep water. Even if you're a great swimmer, you can be overpowered by a panicked person, pulling you underwater. The Y teaches the "reach, throw, don't go" concept of using a long object to reach for the swimmer and pull him or her to safety.
6. Enroll in water safety classes. The Y teaches fundamental water safety skills and how to react if you find yourself in water unexpectedly.

Learn More

Families interested in further information about enrolling a child in Safety Around Water or Y Swim Lessons should visit www.ymca.net/watersafety.

Newspaper Deadlines

Editorial & Ad Copy for August

Seniors Voice & Ocala DownTown

12am, July 19th

Lady Lake Magazine & Village Spectator

12am, July 26th

Lady Lake Magazine/Village Spectator

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Lady Lake Police

CHIEF CHRIS MCKINSTRY

Protect Yourself This Summer



As our thoughts turn to relaxation and family fun this summer, keep in mind that thieves and burglars don't take vacations from criminal activity. Stay vigilant about protecting yourself, your home, your belongings and your identity. Don't let crime or weather ruin your summer fun.

The best advice is to stay alert. Be aware of what's going on in your neighborhood. Never hesitate to report suspicious activity to law enforcement. If you notice activity at

your neighbors' house when you know they are away on vacation, call 911 immediately. Your tip might be the one that helps the Lady Lake Police Department catch a burglar. If you notice someone lurking around cars in a parking lot, phone in that tip. Teaming up and keeping the lines of communication open between law enforcement and observant residents is the best defense against criminals.

At home, lock your doors and don't forget to arm your alarm systems if you have them. When you are out and about, lock your car doors and never keep valuables in plain view. It only takes a few seconds for a car burglar to grab your purse, wallet or cell phone from your car while you step away,

even for a brief time. Don't make it easier for criminals by leaving a door unlocked.

Thinking of making some repairs to your home? Be wary of unlicensed contractors. They might take your money and run, do sub-standard work or have a criminal history. To make sure the workers in your home are licensed, visit the Florida Department of Business and Professional Regulation's website at

www.myfloridalicense.com

Be suspicious of anyone who shows up uninvited at your door. Sometimes, criminals knock first, and they can be very charming. They might ask for a drink, for directions, to use the phone or say they were sent to do work at your house. These are common tactics of scam artists and thieves. If you weren't expecting them, don't let them in.

Make your house look occupied when you are out. Leave a television or radio on, or set some lamps on timers. If you go away, stop your newspaper delivery and have someone collect your mail. You can even deter burglars with your landscaping. Plant some thorny bushes under windows that might make an illegal entry difficult. Trim back foliage that might block the view of your home from the street, and add some outdoor lighting so that criminals cannot operate unnoticed.

Every year drivers face a lot of rain, especially during the summer months. Driving in the rain can be a challenging task. It is important to understand basic state driving laws in relation to driving in inclement weather.

During inclement weather, drivers often fail to take the proper steps required by law. For example, under Florida law, drivers are required to turn on their headlights when it is raining. Turning on headlights increases visibility on the roads, which is a critical aspect of safe driving in the rain.

As a driver on the road, we may use our hazard lights for a number of reasons, yet only a few of those reasons are allowed under Florida law. Motorists often turn on their hazard lights when driving in the rain; but keep in mind that it is illegal to drive with your hazard lights on while driving in Florida. In fact, hazard lights should only be turned on when a driver is pulled over to the side of the road or the vehicle has stalled. Essentially that means hazard lights are only permissible when your vehicle is stationary. In this context, hazard lights can be a valuable tool to alert other drivers of your presence as well as to signal that you may need help. The only time a moving vehicle can legally use hazard lights in Florida is when your vehicle is being driven in a funeral procession.

Using hazard lights while driving can greatly reduce visibility and mislead other drivers on the road into thinking your car is stopped or stalled when it is not. Hazard lights make it difficult for other drivers to assess whether a motorist is braking or using a turn signal. The flashing hazard lights can be distracting and misleading in heavy traffic and inclement weather. Additionally, first responders often look for flashers to assess if a driver needs help. This type of confusion can lead to an increased risk of motor vehicle crashes on our roads.

During inclement weather, driving can be difficult for many reasons. In most instances, you can continue to drive as long as you are cautious and careful. If driving conditions on the road deteriorate to the point it becomes extremely hazardous, you should pull over and park until the weather conditions improve.

The men and women of the Lady Lake Police Department want you to take the necessary precautions to protect yourself, your belongings and your family, so you can relax and enjoy a fun and safe summer.



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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

LETTER FROM DOC

Dear Mr. President:

During my shift in the Emergency Room last night, I had the pleasure of evaluating a patient whose smile revealed an expensive shiny gold tooth, whose body was adorned with a wide assortment of elaborate and costly tattoos, who wore a very expensive brand of tennis shoes and who chatted on a new cellular telephone equipped with a popular R&B ring tone.

While glancing over her patient chart, I happened to notice that her payer status was listed as Medicaid! During my examination of her, the patient informed me that she smokes more than one costly pack of cigarettes every day and somehow still has money to buy pretzels and beer.

And, you and our Congress expect me to pay for this woman's health care? I contend

that our nation's "health care crisis" is not the result of a shortage of quality hospitals, doctors or nurses. Rather, it is the result of a "crisis of culture", a culture in which it is perfectly acceptable to spend money on luxuries and vices while refusing to take care of one's self or, heaven forbid, purchase health insurance. It is a culture based on the irresponsible credo that "I can do whatever I want to because someone else will always take care of me."

Once you fix this "culture crisis" that rewards irresponsibility and dependency, you'll be amazed at how quickly our nation's health care difficulties will disappear.

The Doctor

LETTER FROM RC

Letter to the editor

The public spectacle in Washington took

center stage yesterday.

It is a much-hyped battle between two mountebanks, each backed by armies of scoundrels and scammers. But it is best understood as a political version of professional wrestling. Each side with its clownish hero. Neither side is what it pretends to be. But each plays his role and the public cheers or boos, depending on which side it is deceived by. TV viewers don't care, either; they just want confirmation of their simpleminded myths. They are either for "The Donald" or against him.

What really matters? In my view, there are two key features: the growth of Deep State power... and the growth of the national-world debt.

Roughly half a century ago, the U.S. got seriously into the empire business. Then, aided by a new credit-based fake currency (the post-1971 fiat dollar), the Establishment shifted more and more money and power from the productive

economy to the unproductive economy. It didn't matter which party was in power. As real output declined, the pages of the Federal Register increased and debt grew.

A recession is overdue. A bear market is coming. Eventually, interest rates will go up... and the \$225 trillion mountain of global debt will explode like Krakatoa.

The real power is held by the Deep State... and the real issue is how it will react to the inevitable financial meltdown that is bound to occur. In my considered opinion a recession is overdue. A bear market is coming. Eventually, interest rates will go up and the \$225 trillion mountain of global debt will explode like Krakatoa.

What will happen? When?

I don't know. But the Comey-Trump Celebrity Matchup in the WWE ring is a sideshow.

Respectfully,
RC

LETTER FROM DOC RON

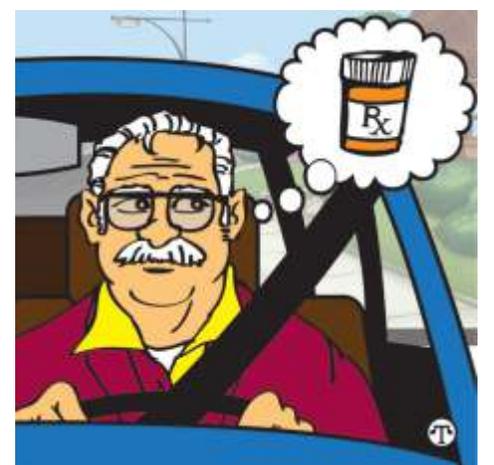
A full-blown crisis is underway, one that could "send a lethal lightning rod through the world's currency and stock markets".

The word coming out of Pyongyang, North Korea's capital, is that the country is "not far away" from launching an intercontinental ballistic missile (ICBM). Remember, I have told you the Panama Canal is closer to Washington DC than Houston Texas.

At this point, one can't help but wonder if we could actually have a full-blown nuclear war on our hands. What is the congress doing? "INVESTIGATING NON-FACTS." Einstein said he had no idea of what weapons would be used in WW3 but WW4 will be fought with sticks and stones.

Doc Ron

Signs Of Unsafe Driving In Older Adults



(NAPSI)—The National Highway Traffic Safety Administration (NHTSA) estimates that there are more than 38 million drivers age 65 and older. Age is not the only factor that can impact driving abilities, but it is an important one. There is evidence that most people experience age-related declines in physical and mental abilities. These changes—which can affect everything from vision to how quickly you can make decisions—influence how well you can drive. They can also be difficult to address for yourself or with older people you know, since driving often represents freedom, independence and control.

But transitioning from driving doesn't mean you have to lose these things. Your health care providers or Area Agency on Aging (www.eldercare.gov) can point you

continued on page 9

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Representative Stan McClain's Statement on Conclusion of 2017 Legislative Session

Tallahassee, FL- With the conclusion of the 2017 Legislative Session, Representative McClain is proud of the unified approach House members took with their fellow House members to solve important issues that affect every day Floridians. He helped to pass meaningful tax cuts including an increase in the Homestead Tax Exemption, which is projected to save Floridians about \$644.7 million, because Floridians are better stewards of their dollar than the government. Representative McClain also stood against corporate welfare and supported Florida's future by voting to increase K-12 spending.

"At the end of Session it was good to see Tax Exemptions and a budget passed that we

can work from without causing unnecessary debt, as a fiscal conservative, I can stand behind that."

In addition, Representative McClain, filed the appropriations request for the City of Belleview's Reduction of Nutrient Loading Input to Groundwater (HB 2251), which was approved in the final budget (SB 2500 - Appropriations 764844) for \$300,000.

"We worked hard on this budget and legislative priorities for your district aren't always rewarded but in this case we are blessed that the City of Belleview got what they asked for."

Representative McClain is honored to serve District 23 and looks forward to continuing his work of fighting for its

citizens.

CONTACT: Thomas M. Barber,
Legislative Assistant
(352) 732-1314
thomas.barber@myfloridahouse.gov

Prevent Isolation As You Age!

(NAPSI)—Did you know that an estimated one in five adults over age 50 are affected by isolation? This is a problem, as research has shown that prolonged isolation can be as bad for you as smoking 15 cigarettes a day—and these negative health consequences of chronic isolation may be especially harmful for older adults.

Here are some suggestions to combat the problem of social isolation and loneliness:

Nurture and strengthen existing relationships; invite people over for coffee



or call them to suggest a trip to a museum or to see a movie.

- Schedule a time each day to call or visit someone.
- Meet your neighbors.
- Don't let being a nondriver stop you from staying active. Find out about transportation options.
- Use social media to stay in touch or write letters.
- Stay physically active.
- Take a class.
- Revisit an old hobby.
- Volunteer.
- Visit a senior or community center to see what's going on.
- Check out faith-based organizations' groups and events.

To connect to aging services and programs in your area:

Contact the Eldercare Locator, a public service of the U.S. Administration on Aging, a part of the Administration for Community Living. This nationwide service is a trusted gateway to connect older adults and their caregivers with local resources for older adults. Call the Eldercare Locator at 1-800-677-1116 to speak with a knowledgeable Information Specialist or visit the website www.eldercare.gov to find local resources on a broad range of topics and access help today.

Running Short?

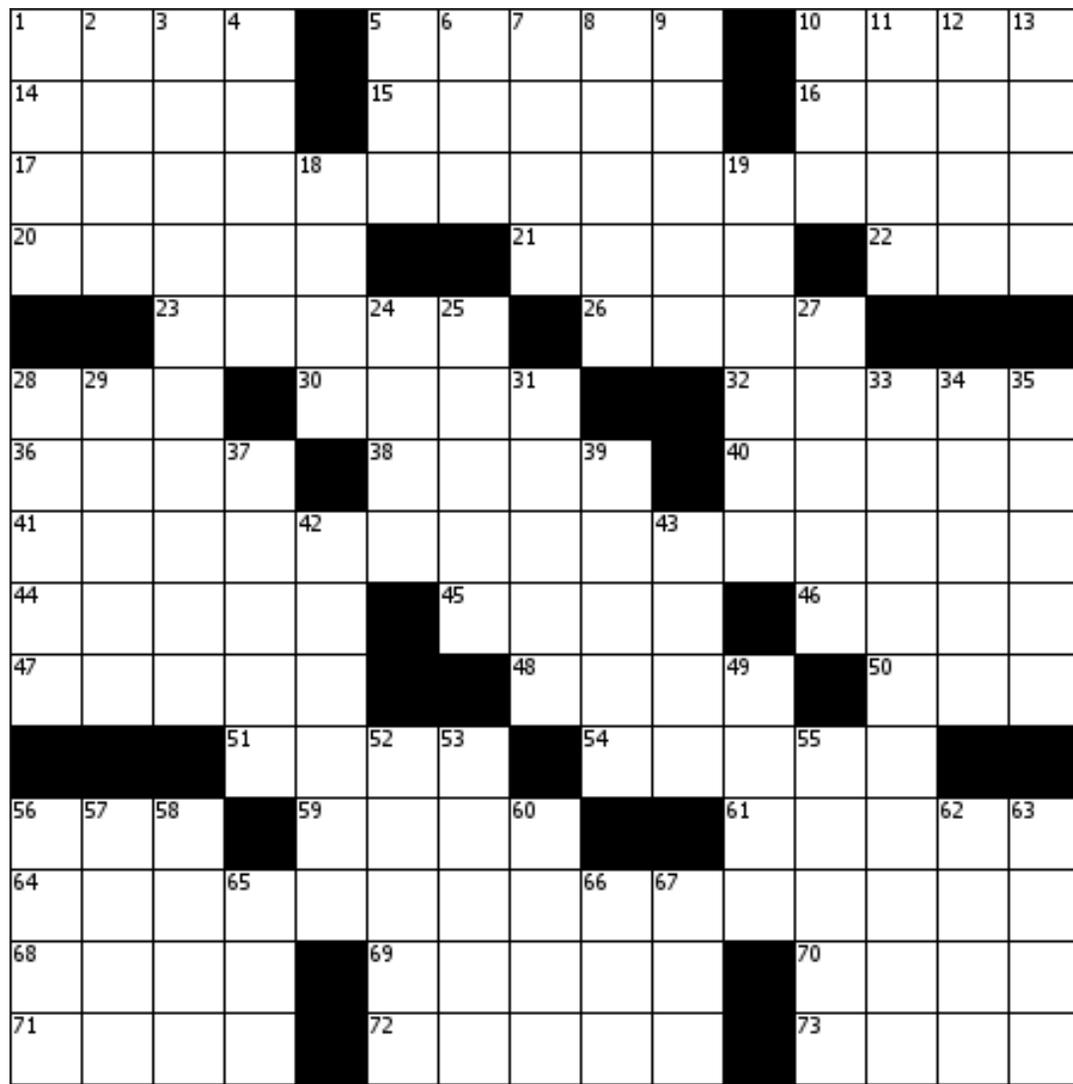


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SUMMER FUN! BE SAFE!

Crossword



Answers on page 15

Across

1. Turkish honorific
5. Summary
10. Cause for switching gears, perhaps
14. Made angry
15. Battery terminal
16. High point at the Met
17. Three 3-Downs
20. Contribute
21. Slave away
22. Bridal bio word
23. Old neighborhood hangout
26. Mess maker
28. Hop to it
30. Part of the mouth
32. Rooks' homes
36. Hunk of marble
38. Enthusiasm
40. Festival honoring Apollo
41. Three 3-Downs
44. A password provides it
45. Parsley-rosemary go-between, in song
46. Word sung twice after "Que"
47. They'll question you
48. Terra firma
50. Certain camera shot
51. Something

Down

2. Power station network
3. Race advantages
4. Word on a ticket
5. Fled or bled
6. Word with split or tail
7. Checked item
8. Parting word, somewhere
9. Pauline's problem
10. Actor Holbrook
11. Caddie's suggestion
12. Cooties
13. Placid or Tahoe
18. ___ about (circa)
19. Fair-haired ones
24. Move like molasses
25. Donne and Bradstreet
27. Microwave emissions
28. Cash on hand, e.g.
29. Biological remake
31. Like a film "Attraction"
33. Two 3-Downs
34. Royal topper
35. That's a wrap!
37. Sea bed?
39. On the up and up
42. Basic amino acid
43. Where the joined may be split
49. Jejune
52. Standards
53. Cable outlet
55. Advance furtively
56. Current choice
57. Potting need
58. Animal-rights org.
60. On vacation
62. Plain
63. Morning line, e.g.
65. Church bench
66. Allen wrench shape
67. Caustic substance



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Majority Of Registered Voters Overlook Cybersecurity Concerns While On Summer Vacation, According To University Of Phoenix Survey



(NAPSI)—Smartphones have become a bodily extension for most Americans. U.S. World & News Report found that nearly a quarter of the population of the U.S. has a smartphone—fourth in the world. We take our devices with us everywhere—work, home, even on vacation—but the devices in our pockets may be putting us at risk of cybertheft when we least expect it.

According to a survey by the University of Phoenix College of Information Systems and Technology, less than half of registered voters worry about cybersecurity risks while on vacation and 55 percent feel that the need to use personal devices outweighs the risks. Technology experts from the University say vacations are a prime time for hackers to target our personal information through our devices, due to our leniency for cybersecurity best practices.

While summer vacation is often seen as a

time to disconnect, three-fourths of respondents say they bring their smartphone with them and half report checking their phone at least once an hour. These actions can put them at risk for data breaches, especially if they are connected to public Wi-Fi. Despite using their devices often, very few people admit to taking measures to prevent hackers from potentially accessing personal information: 54 percent state they lock devices when not in use, but less than half take other precautions such as hiding devices when away (40 percent) or strengthening passwords (24 percent).

“There are myriad ways your personal information can be compromised while you're on vacation,” said Dr. Kirsten Hoyt, academic dean, College of Information Systems and Technology at University of Phoenix. “Vacations should be relaxing and fun, but in today's world of connected devices, we always have to be alert.”

According to the survey, stolen bank information is the top concern while traveling, selected by more than half of respondents. Other major concerns include losing devices (48 percent) and contracting viruses on devices (44 percent), while a third or less are concerned about hacked e-mail or social media accounts.

Hoyt said the best method to prevent our data from being compromised or stolen is to

understand how hackers target our information and what they're looking for and take the proper steps to avoid that from happening.

Dr. Hoyt suggests the following practices to stay secure during summer vacation.

- Refrain from posting photos or information about your trip until you return home.
- Update antivirus software and ensure devices are locked with strong passwords when not in use.
- Keep devices close by and lock them in a safe or hide them if you have to leave them in the hotel room.
- Use your phone's hotspot if you need to access public Wi-Fi, and never share personal information on or plug devices into public computers.

The content posted online while traveling can also have implications for your home, according to Dr. Hoyt. She said cyberthieves sometimes monitor social media accounts to know when you are away to break into your home. Hackers who know you're on vacation can also use that information to send phishing e-mails to attempt to trick friends, family members or colleagues into sending money or sharing personal information, if they get access to your account.

“We shouldn't be afraid to travel. In reality, we are probably just as likely to be the target of a cyberattack at home as when we are traveling,” she said. “But in today's connected world, we must constantly be aware. Knowing how hackers attack, what they're looking for and how to stop them is your best defense in today's cyberwar.”

Signs Of Unsafe Driving In Older Adults

Continued from page 6

toward a range of transportation alternatives in the community. The first step toward finding those tools is recognizing when you might need them.

Signs that an Older Adult's Driving Skills Need Testing

So how do you know whether you or an older adult you know is developing difficulties as a driver? These issues can be warning signs that suggest that an older driver may need to be tested or evaluated:

- Getting lost in familiar areas
- Ignoring traffic signs and signals
- Becoming easily agitated or angered
- Falling asleep or being unable to concentrate when driving
- Reacting too slowly to dangerous situations
- Forgetting or ignoring driving basics (like yielding to the right of way)
- Having trouble judging distances.

Visit www.HealthinAging.org for more.



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De-stress Your Move



(NAPSI)—Although moving is one of the most stressful life events—according to the Employee Relocation Council—it doesn't

have to be. If you're one of the 40 million people estimated to move this year, these five steps can make moving easier:

- **Build A To-Do Timeline**—Start by making a list of everything you need to do and when you need to do it. Include tasks such as budgeting, decluttering, hiring movers, purchasing supplies, and updating important medical and financial records.
- **Create A Moving At-A**—Glance List—Put all your critical move-related names, phone numbers and addresses on one document to carry with you and store in your smartphone. Be sure you can easily access your moving contract, real estate and mortgage documents, and info on local utilities, banks and schools, too.
- **Pack A First-Night Survival Box**—After

you've arrived at your new home, you don't want to have to hunt for the must-have items, such as box cutters, tools, device chargers, bed linens, toiletries—and the coffeepot for the following morning.

- **Stay Connected**—It's easy to set up your Internet, TV and phone service in advance, with help from CableMover, so you're already connected when you move in.
- **Look Online For Help**—You can turn to valuable online resources, such as the Moving Guide from CableMover. It's a one-stop, customizable solution to help you stay organized and stress-free.

Connect to your new provider and download your customized Moving Guide at www.cablemover.com.

rusted areas with fine sandpaper.

Pruning shears should be placed in a bucket with water and scrubbed with a wire brush until the metal is clean after each use. Coat the blades and moving parts with a water displacement lubricant with a controllable spray pattern, such as the non-aerosol WD-40® Multi-Use Product Trigger Pro®. Its narrow spray pattern will give you more control, eliminating overspray for less mess, while preventing rust from building up and helping shears open and close smoothly.

Sharpening Tools

Sharp tools make yard chores easier for you and help plants heal faster after a trim. Pruning shears, hedge shears and grass clippers function in a similar scissor-like manner. To sharpen them, tighten the pivot nut and file the edge of the pruning blade following the factory-cut bevel in single strokes until fresh steel is exposed.

Power Equipment Maintenance

Check your power tools carefully for worn parts that may need replacement, and for loose screws, nuts or bolts. To stay in good condition, lawn mowers need yearly tune-ups. Protect the blades by coating them with WD-40 Multi-Use Product Trigger Pro's wide spray pattern to help prevent rust, and dirt and debris, from sticking to the blade.

Make sure your gardening tools are up for all tasks. For more information about how non-aerosol WD-40 Trigger Pro can help make your gardening tool maintenance easier, visit wd40.com.

Gardening Tool Care



(NAPSI)—Before diving into yard care, make sure your lawn and gardening tools are up to the task with proper maintenance. The tips below could save you money

and time by extending the life of your tools.

Hand Tool Maintenance

To protect your investment in quality hand and gardening tools, clean them after each use, removing any dirt and debris. Then, wash and dry them, and lightly rub



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The Healing Power Of Art Therapy

(NAPSI)—We all love art—music, painting, literature, theater, dance. All these things bring us joy and enrich our lives. But art also plays a very important role in healing. Art therapy is becoming an increasingly effective way to treat trauma, especially among our country's wounded warriors. Music, writing and visual art therapy programs at military care facilities are proving beneficial in producing calming effects for those suffering from brain injuries, post-traumatic stress syndrome and other conditions.

According to the Defense Department, nearly 350,000 U.S. military personnel have been diagnosed with traumatic brain injuries since 2001. Though modern military equipment and body armor have reduced mortality rates, roadside bombs and other explosive devices have inflicted injuries that have our service members struggling to function once they get home.

Studies have shown that creating art can decrease stress hormones, which can relax and lessen anxiety. Service members often deal with a complex set of feelings and emotions because of what they have experienced in combat, and that makes it



difficult to relate to friends and family members. The invisible wounds can lead to feelings of shame, guilt and identity crises that might cause them to retreat and engage in isolating behaviors. Creating art to express feelings and help them externalize what they might have repressed for a long time can help service members resume a normal existence.

The Military Healing Arts program is a partnership between the Department of Defense and the National Endowment for the Arts (NEA). NEA grants help fund a military "healing arts" network. The results have been so promising that plans were made to extend the program to 12 more facilities across the country this year. However, possible cuts to the NEA in the upcoming federal budget process may put such programs in serious jeopardy. To find out how you can voice your support for the Military Healing Arts program and other programs that benefit from NEA funding, see StandForTheArts.com. Stand for the Arts is an initiative of Ovation TV.

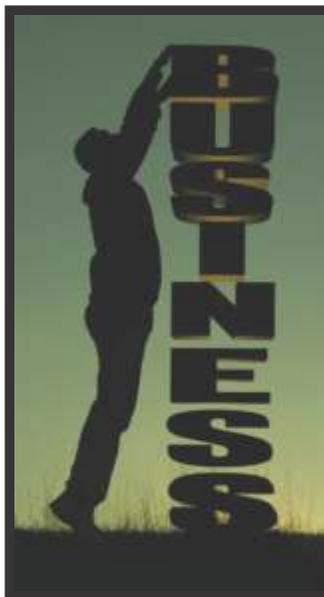
Five Ways To Help Your Child Become A Responsible Digital Citizen

by Yalda T. Uhls, M.B.A., Ph.D. UCLA, Children's Digital Media Center@LA, Adjunct Professor, Common Sense Media, youth development expert

(NAPSI)—Why is "Dot.," a new original animated series on Sprout from Industrial Brothers in association with The Jim Henson Company and the Canadian Broadcasting Corporation, so timely and important? In 2017, 10 years after the iPhone was introduced, mobile technology has rapidly changed the way we interact with media. Children as young as 2 use tablets and phones—swiping, tapping and viewing to gain access to content. For today's youngest digital natives, digital tools are an integral part of their lives, used in fluid ways to explore their worlds. Technology is not SEPARATE but instead a PART of their lives, an important tool that helps them play, learn, socialize and engage.

Mobile interactive apps and games provide ample opportunities for children to move their bodies, learn, create digital masterpieces and explore everything and anything that captures their imagination. At the same time, in today's 24/7 digital environment, children can use media to make impulsive choices, view material that

Continued page 13



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How Some Of The Toughest Guys On The Planet Can Get Help Caring For The Ones They Love



had cancer, so I know how hard it can be," explained Trejo.

The Facts: Men Are Providing Care, Too Men represent 40 percent of the more than 40 million unpaid family caregivers in the U.S., representing 16 million sons, husbands and friends caring for an adult loved one in need.

Men are doing more than just managing finances or running errands. Sixty-three percent of male caregivers are the primary caregiver for their loved one, according to AARP, the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans age 50 and older. Many of these male caregivers help their loved ones with personal care such as eating,

(NAPSI)—Taking care of a family member who is aging or ill can be tough—but you don't have to do it alone. Just ask actor Danny Trejo, who stars in a new PSA (public service advertisements) campaign supporting male caregivers.

"I've helped care for a friend of mine who

bathing and dressing, as well as medical and nursing tasks. More than half find it difficult to help loved ones with these intimate care needs and feel unprepared.

To help family caregivers, AARP and the Ad Council launched the Caregiver Assistance Campaign, directing people to free caregiving resources at aarp.org/caregiving. The latest PSAs are specifically targeted to men, because they are less likely to see themselves as caregivers or to reach out for help.

Celebrating the inner strength of caregivers, the TV ads feature Danny Trejo, an actor known for his "tough guy" persona. While Trejo performs feats of strength and daring, a caregiver performs acts of care for his father, such as preparing dinner and helping him shave. In a twist, Trejo praises the caregiver as "the toughest guy on the planet." The PSAs feature the tagline "caregiving is tougher than tough" and remind caregivers that they can find help and support.

"Caring for someone else is one of the toughest jobs there is," said Danny Trejo. "There's no shame in getting some help if that's what you need to stay strong."

Tips for Caregivers

The majority of caregivers (60 percent) juggle their caregiving responsibilities with a full- or part-time job, and that percentage is even higher for men. Juggling work and caregiving responsibilities can be highly stressful, putting caregivers at risk for depression, anxiety, and heart disease. A few quick tips to help caregivers in this role include:

- Falling victim to a scam could be a sign that a loved one needs support. Help them sort mail and throw out obvious scam threats.
- Create a daily caregiving checklist and check off items daily. You'll stay on-task and communicate more easily with others involved in your loved one's care.
- To ease stress and save time, do caregiving prep like selecting clothes or preparing food and medicines the night before.
- Caregiving brings many challenges but also many joys. Take time to savor the joyful, rewarding moments.

Learn More

For free caregiving resources, including practical Care Guides tailored to specific topics and challenges, visit www.aarp.org/caregiving or call (877) 333-5885.

People Searching For Strength And Wellness Can Find It In Numbers



(NAPSI)—While many people are familiar with the phrase "strength is in numbers," not everyone realizes the important role community and social interactions play in achieving exercise goals and balanced nutrition.

"Group exercise and nutrition planning offer a variety of benefits you might miss out on if you choose to go it alone," explained Dr. John Agwunobi, M.D., M.B.A., M.P.H., Chief Health and Nutrition Officer, Herbalife. "A consistent schedule, exposure to a social and fun environment, and accountability for participation are just some of the benefits."

A support system and social activity group can be good for you in several ways: Surrounding yourself with like-minded people can help you stay on track.

You can have people encourage you if you start to self-sabotage your nutrition plan or diet.

By providing a way to relieve stress associated with weight loss.

Dr. Agwunobi added, "Incorporating healthy eating habits and exercise into your

Continued on page 13



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Five Ways Continued from page 11



make impulsive choices, view material that is not age appropriate or communicate inappropriately. The benefits are great but the risks must be mitigated.

When The Jim Henson Company asked me to be an advisor on preschool TV show "Dot," I enthusiastically agreed. The show's creators wanted to embed digital citizenship lessons into each episode to help guide both children and parents to responsibly navigate technology.

The hope is that through Dot's experiences, children learn to harness the power of this interactive and informational medium in the most productive and pro-social manner. By starting to teach these digital citizenship skills early, parents can ensure that their children learn best practices and develop the skills they need to take advantage of the many opportunities that technology and media offer us.

Each episode features a learning theme—Making, Digital Citizenship, Critical Thinking, Collaboration and Teamwork, Empathy, and Perspective Taking—and integrates a STEAM (science, technology, engineering, the arts and math) curriculum.

Five ways to help your child become a Digital Citizen:

1. The most important thing is to model good behavior. This means think about your media use and what your children see you doing.

2. Find times when the whole family has no devices—dinner table, walks to school, hikes, sport games. The most important thing is that they learn there are times that are screen free—and that it is essential to build these into our day.

3. Pick your battles. If you don't want your teens to "unfriend" you or even worse create another page you won't know about, don't ask about every transgression and let a few things slide. Try saying a few positive things each day about their media use.

4. Live where they live. Remember, it's not just about social media...it's also about what they're watching, reading, and listening to. Common Sense Media is an amazing source for comprehensive information.

5. Look for teachable moments in the real world. You can use things that happen in real life to create stories that may resonate for teens. Bring them up in conversation. Often, kids' ears will perk up when they hear these stories.

About Dot

Dot is an 8-year-old inquisitive and exuberant tech-savvy girl who launches herself into adventures and fearlessly sets about solving problems by making mistakes and laughing even more along the way. Based on the book of the same title by best-selling author and text expert Randi Zuckerberg, "Dot." airs weekly on Sprout and is streaming now on Hulu. Visit www.hensonfamilyhub.com.

People Searching

Continued from page 12

daily routine can seem like a difficult undertaking because temptation is all around us. From meetings filled with delicious pastries, to a comfortable bed calling our name after an exhausting day at the office, obstacles are everywhere. Staying on track can be hard, especially if you are tackling it on your own. Developing a support system of people who know your goals, strengths and weaknesses can be extremely beneficial in keeping a healthy lifestyle going."

The physical and psychological benefits of building or joining a community of like-minded individuals in pursuit of a healthy, active lifestyle is based in science. A study published in the British Journal of Sports Medicine found that people who regularly walk in groups have lower blood pressure, resting heart rate and total cholesterol. The exercise also leads to a reduction in body fat and Body Mass Index (BMI). The U.S. Centers for Disease Control and Prevention (CDC) agrees. Regular physical activity, it points out, can reduce the burden of chronic diseases, such as heart disease, diabetes and some cancers, and can prevent early death.

Physical activity can also help people with chronic diseases manage their conditions.

Any amount of physical activity is beneficial, the CDC added. Ideally, though, adults should do at least 2½ hours of moderate-intensity physical activity (such as walking), 1 hour and 15 minutes of vigorous-intensity activity, or a combination each week.

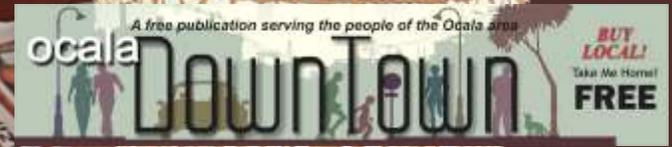
To achieve that, the CDC suggests you start a walking group with friends and neighbors. More than 145 million adults now include walking as part of a physically active lifestyle.

With the health benefits of exercise in mind, some Herbalife independent distributors have opened nutrition clubs where they provide a supportive environment for people interested in leading healthy, active lifestyles. People gather to share exercise tips and consume science-based wellness products developed by Herbalife Nutrition under the guidance of more than 300 scientists, 36 of them Ph.D.s.

To hear firsthand how the strength of community-based exercise and nutrition has helped people, check out their stories on Youtube.com.



Brody left his friends to catch up on the news.



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 3 L I A Q C E Y R H C A E B E L T R Y M L
 4 I L T K I A I D E L Y S A C D N A S Z L
 5 A E H L W R R P E N I N S N U S X P R Y
 6 P R I A A W E I G D R A O B F R U S L F
 7 L O N W T A K V B N D E E W A E S D A I
 8 E H G D E L T R I B I F L I P F L O P S
 9 W S S R R I S L A R E H V L O O P B T H
 10 O S U A S C L F A P Y A S X A S W C S S
 11 T E I O L E D I E N H Z N I U C I S E E
 12 H S T B I C M V F W T S A R F G C E V O
 13 C S S Q D R G L P E K I A L E C S V E T
 14 A A B O E E O N N N G G C L T S B A F Y
 15 E L J J X A G H B D R U G O P A O W I D
 16 B G G V R M T A O B L I A S C S F R L N
 17 C N F L O G I N I M A T G R X E Y C T A
 18 J U G G A S E A S H E L L O D Q A F V S
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