

CEP/Ocala Chamber Holds Ribbon Cutting



The CEP/Ocala Chamber celebrated the opening of Columbia Bank with a Ribbon Cutting and open house. Pictured is the Ribbon Cutting and as you can see everyone was excited and having fun.

Columbia Bank formed in Lake City (Columbia County) in 1911 and has remained a true community bank for 105 years. Up until 2017, the only branches

were in Lake City until Ocala and Gainesville joined the ranks for a total of six locations in three counties. Columbia Bank believes "slow & steady" is the best path, but hopes to add another Marion County branch in the next two years.

Columbia Bank is led by CEO K.C. Trowell. The Ocala branch consists of Teresa Stephens (Market President),

Felecia Judge (Branch Manager), Lakisha Carpenter (Asst. Branch Manager), Britany Harrell (Head Teller), Katie Ragdale (Loan Assistant), Sarah Fern, Jared Shorb and Debbie Muir finish the team as Personal Bankers.

Welcome to Ocala!



Ron Maiellaro



Elaine Maiellaro

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

Continued on page 2

The Florida FAIRtax Educational Association is an all volunteer, non-profit, educational organization dedicated to teaching people about the only REAL federal tax reform program, the FAIRtax which would replace the federal income tax with a consumption tax. Mark Gupton has been the Managing Director of FFTEA for more than a decade and has decided to retire from FFTEA effective July 1 of this year. The Board of Directors of FFTEA has decided to transform the role of Managing Director into the positions of President, Vice President, Treasurer and Secretary. At their recent annual Board meeting in Ocala, the members of the Board elected Ron

Continued on page 3

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Kevin Sheilley OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



We are #1 (or at least a finalist)! I am very excited to share that the Ocala/Marion County Chamber & Economic Partnership (CEP) has been named a finalist for the 2017 Chamber of the Year award, presented by the Association of

Chamber of Commerce Executives. The CEP along with the other three finalists for the award will be celebrated at a special event on Tuesday, July 18, in Nashville, Tenn., with the winner to be announced that evening.

This is an incredible testament to the success of our partners and leadership in

implementing their vision with our Moving Forward campaign. We are excited for this recognition and to shine a light on the great work being done in this community.

Chamber of the Year is the nation's only award recognizing the leadership role chambers have in their communities. Those honored with the Chamber of the Year designation have demonstrated organizational strength and made an impact on key community priorities, such as education, transportation, business development and quality of life.

Chambers of commerce interested in competing for the award must first qualify by participating in a vigorous, multi-stage process. Organizations entering the Chamber of the Year competition must meet

minimum thresholds in at least three of five key performance areas, including net revenue, net assets, membership account retention, and membership dollar retention.

This year's competition drew numerous entries from chambers throughout the U.S. and Canada. To ensure the fairest competition, applicants are grouped into five categories based on: annual revenue, membership, area population, and several other factors. The CEP is competing in the Major Cities category.

More Recognitions

Six Marion County businesses were named finalists for GrowFL's Companies to Watch list. The awards honors 50 select second-stage companies from throughout the state for developing valuable products & services, creating quality jobs, enriching communities, and broadening new industries. The CEP nominated all six local finalists (L&M Compressors, Marion Precision Tool, MzeroA.com, Raney's, Winco Mfg, and Human Potential

Healthcare). Winners will be announced in mid-July.

The CEP's Diana Schwartz (Business Retention/Ocala Main Street) earned the national MSARP credential. She is one of only nine main street directors in the nation with this certification.

Tamara Fleischaker, the CEP's Vice President for Business Advocacy & Partner Services, was named the Chamber Professional of the Year by the Florida Association of Chamber Professionals. Tamara has been with the CEP and its predecessor organizations for more than 12 years.

State Senate Report

Continued from page 1

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 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.



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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

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 coffee pot 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.**

The Florida FAIRtax Educational Association

Continued from page 1

Maiellaro of Ocala as President, Dr. Karen Walby of Clearwater as Treasurer and Elaine Maiellaro of Ocala as Secretary. As of this writing, the position of Vice President is open. Ron & Elaine Maiellaro have been volunteers with FFTEA for eight years and are dedicated to informing as many Floridians as possible of the great value of the FAIRtax for our country. They are both humbled and excited to lead this valuable organization toward the final goal of eliminating the federal income tax and the IRS and implementing the FAIRtax across the United States.

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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



Newspaper Deadlines

Editorial & Ad Copy for August

Seniors Voice & Ocala DownTown

12am, July 19th

Lady Lake Magazine & Village Spectator

12am, July 26th

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

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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

Continued page 6

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Photo by Tom Loury

GRASSHOPPERS and more 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 **seven 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.



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LETTERS TO THE EDITOR *Continued from page 5*

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

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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

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City Of Ocala Recreation And Parks Jun/Jul 2017



YOGA IN THE PARK

Tuscawilla Park | 500 NE Sanchez Ave.
Saturday | July 15 and Aug. 12 | 9 a.m.
Sunday | Sept. 10 | noon Celebrate summer
with Yoga in the Park instructed by Power
Yoga Ocala. Bring some water, a yoga mat
and wear comfortable clothes. Meet under
the large oak trees next to the pavilion.

BACK TO SCULPTURE WALK AND EDUCATIONAL SCAVENGER HUNT

Tuscawilla Park | 500 NE Sanchez Ave.
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the sculptures on display. Complete the

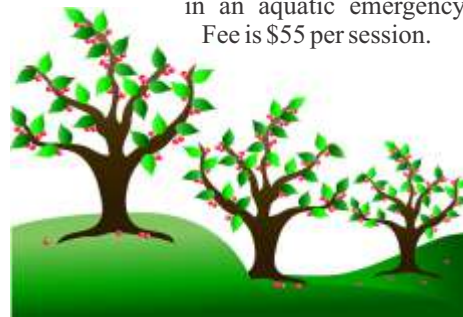
sculpture scavenger hunt (sponsored by
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Cider has a long history in America dating
back to Colonial times. It was one of the
most popular alcoholic beverages due to the
prevalence of its main ingredient: the apple.
Today, cider is increasingly popular and an
ideal beverage for the warm-weather
months.

Nationally available just in time for
summer, Angry Orchard Easy Apple is an
easy-drinking hard cider that's unfiltered,
leaving it with a slightly hazy appearance
and a refreshingly dry finish. Its bright
flavor and less-sweet taste pair particularly
well with anything fresh off the grill, such as
hamburgers, hot dogs and grilled chicken.
Pick up a 6-pack or 16-oz. cans for your next
picnic and bring these pairings to life.

For another fruit-forward option, Angry
Orchard Crisp Apple 12-oz. and 16-oz. cans
are perfect for enjoying during outdoor
occasions. Crisp Apple balances the
sweetness of culinary apples with the
dryness of bittersweet apples for a complex
yet exceptionally refreshing hard cider that
complements smoky BBQ flavors.

Looking for a way to take your cocktails
up a notch? For a big-batch cocktail with a
refreshing twist, add the bright apple taste of
Angry Orchard Summer Honey, the
seasonal cider made with a touch of
wildflower honey.

Angry Party Punch

2 bottles Angry Orchard Summer Honey (or
Angry Orchard Crisp Apple works well!)

6 oz vodka
12 oz peach juice
12 oz white wine
4.5 oz lemon juice
3 oz simple syrup

Build in a large punch bowl and top with
Angry Orchard Summer Honey. Garnish
with lemon wheels, strawberry slices and
peach slices.

More Party Tips

In addition to serving cider, bring fun to your
outdoor get-togethers with these four tips:

1. Stir things up by putting out the
condiments—ketchup, mustard, BBQ sauce
and so on—in little pots or glasses, and stick
in an appropriately labeled Popsicle stick. It
will also serve as the spreader.
2. Dress up your dogs. Coffee filters make
pretty, handy hot dog holders as guests
wander around the yard.
3. Light up the night. Bring out your holiday
lights and string them around the garden.
4. Set out the essentials. Fill a basket or two
with such useful items as suntan lotions, bug
spray, paper fans and hand wipes to keep
your guests comfortable throughout the
soiree.

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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

For other delicious recipes, coupons and tips, visit www.ilovelindsay.com.

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 so that their children learn to swim safely.

An Answer

To help close the gap in swimming safety, the YMCA created Safety Around Water, a program that teaches children of all ages and backgrounds—and their parents—that water should be fun, not feared, as long as you know how to stay safe. This year, the Y awarded over 27,000 scholarships for free water safety lessons to children in underserved communities. The children learn fundamental water safety skills that include what to look for in a safe place to swim, what to do if they find themselves in the water unexpectedly, and how to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue swimming to safety.

“The Y teaches more than 1 million children from all backgrounds invaluable water-safety and swim skills every year, and the disturbing statistics about youth drownings underscore the significance of this work,” said Kevin Washington, 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.



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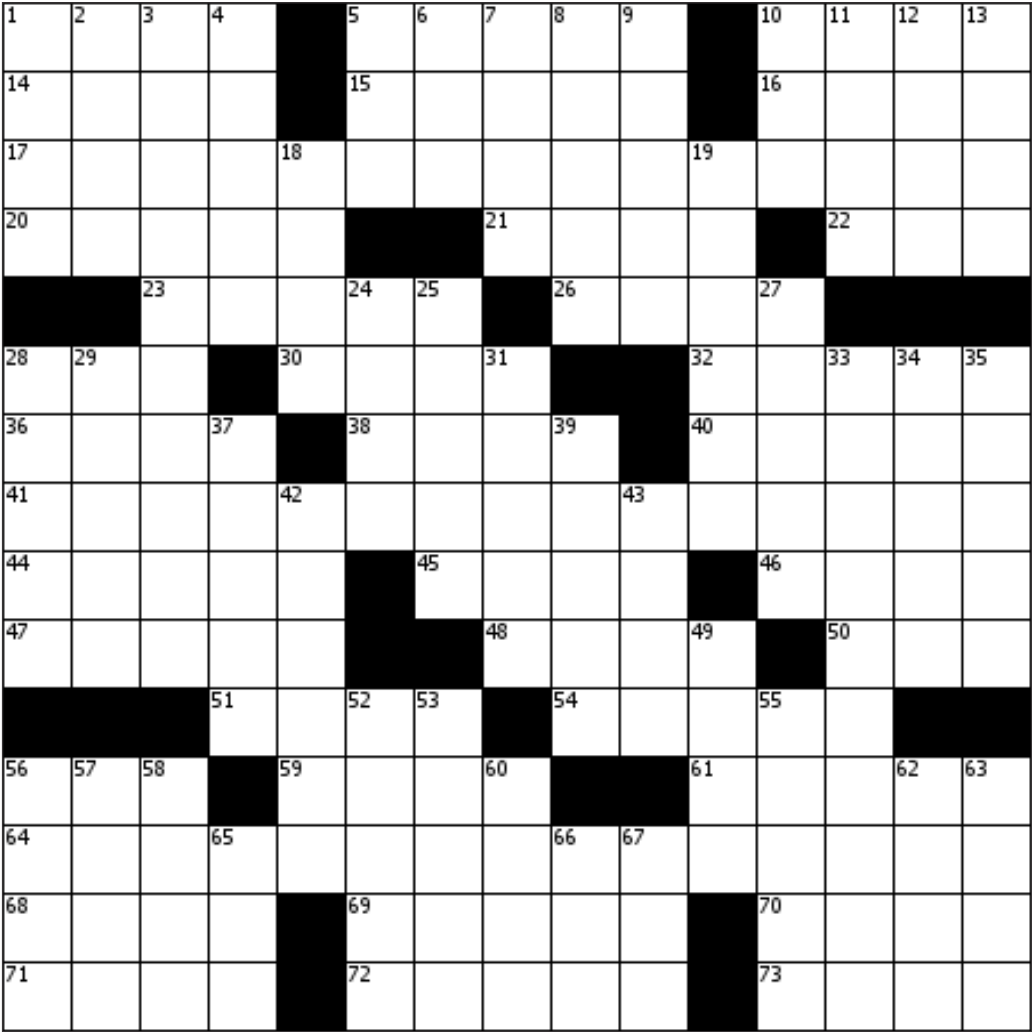
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Crossword



Answers on page 11

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 dropped
54. Two-bit
56. Balaam's transport

59. Old Chevy
61. Dance in a state of oblivion?
64. Three 3-Downs
68. They get rolled
69. Soft and crumbly
70. Pork fat
71. Bear's weapon
72. Vogue
73. Montreal summers

Down

1. Verdi heroine
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. Jeune
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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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 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.

Don't Let Kids Drown: Teach Them to Swim

Continued from page 8

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.

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