



## Gov. Scott Recognizes Statewide Zika Preparedness Efforts

MIAMI, Fla. – Today, Governor Rick Scott gave opening remarks at the Florida Department of Health's (DOH) Zika Preparedness Planning Meeting in Miami. DOH hosted the meeting with county health departments and mosquito control districts from across the state, as well as CDC officials, to discuss ongoing efforts to prepare for and combat the Zika Virus.

Governor Scott said, "While Florida does not have any identified areas with active Zika transmission, DOH, mosquito control districts and community partners across the state have been tirelessly working together to help combat the spread of this disease and keep our state safe. We know that summer means more rain, more mosquitos, and more travel-related cases, and that is why we must continue to take aggressive preparedness actions. It is also important that all

*Continued page 2*

## Drainage Problems

**Publishers Note:** My name is Tom Loury Publisher of Ocala DownTown newspaper, Seniors Voice of Ocala, Village Spectator and Lady Lake Magazine. The situation we

are writing about below is a long time problem. Walter Krumm Jr. a personal a friend ask me to attend a committee meeting Don Browning was organizing. The committee was mostly made up of Ocala Ft King Lions Club members: Jack Mattheus,

Walters Krumm Jr, Bob Cole, Ron White and of course Don Browning and myself.

We went and toured the area and it was clear to see there was a problem. It is a problem created by road engineering from a long time ago and added to by some citizens.

*Continued page 6*



A large crowd of business people attending the Ocala Business Leaders weekly breakfast had the pleasure of listening to an update by Tom Ingram

and April Savarese of what used to be Gateway Bank and now is Center State Bank and how the transition is going.

## State Attorney Reassignment

Executive Orders 17-188 and 17-189:

Regarding State Attorney Reassignment

Please see Executive Order 17-188 and Executive Order 17-189 which reassign to State Attorney Brad King the investigation, presentation to the grand jury, and all matters related to criminal charges referenced in the Executive Orders against Callene Marcia Barton and Lakesha Chantell Lewis.

On July 7, 2017, Callene Marcia Barton and Lakesha Chantell Lewis were arrested for First-degree Felony Murder and Aggravated Child Abuse after inflicting fatal injuries upon a three-year-old victim. As reported in the Orange County Sheriff's Office arrest affidavit, Lewis attacked the three-year-old with a plastic rod, repeatedly striking the child until the rod broke apart. The victim's mother attempted to intervene and removed the child to another room, but Barton pursued them and grabbed the child by an arm and a leg, throwing him down a

hallway, the impact of which caused his neck to turn and his body began convulsing. Barton prevented the victim's mother from calling the police, but the woman fled from the residence and called the authorities from a neighbor's phone. The minor victim was transported to a hospital, but succumbed to his injuries and was pronounced dead several hours later. The arrest affidavit notes the child had other bruising on his body that had begun to heal, consistent with evidence of prior physical abuse.



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Florida State Senate

## DENNIS K. BAXLEY



It's a good time to be in the Sunshine State! Last month George Mason University released an evaluation they completed "Ranking the States by Fiscal Condition", and Florida came out on top! Florida's No. 1

in Florida are put in jeopardy.

The group ranked Florida as the state with the strongest fiscal condition based on data collected from each state's most recent audited comprehensive annual financial report. For the ranking, each state was evaluated on the amount of cash it had on hand as well as its budget solvency, long-run solvency, service-level solvency and trust-fund solvency.

We may not get every policy issue right up in Tallahassee, but we take great care to ensure you tax dollars are managed and spent responsibly. 20 million people are counting on us to get our budget balanced and fiscally sound. It is clear, especially in comparison to Washington DC, that we are

ranking ends Alaska's three-year reign atop the leaderboard.

We work hard in the Legislature to ensure that Florida remains fiscally sound. That is our first responsibility to our constituents and all Floridians. If our state is not fiscally sound, all the rest of our goals and endeavors



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getting some things right.

After Florida in the ranking came North Dakota, South Dakota, Utah and Wyoming, respectively. The study found that top-performing states tended to have higher levels of cash, more robustly funded pensions and strong operating positions.

New Jersey earned the unlucky designation of being the state with the worst fiscal condition. The study said New Jersey's revenue only covered 91 percent of its 2015 expenses. Rounding out the bottom five were Illinois, Massachusetts, Kentucky and Maryland.

It is a testament to our fiscally conservative mindset that our budget here in Florida is half that of New York, yet we have more citizens. It is clear that it is not about who spends the most that is successful, but instead who provides the best value for its citizens.

Florida, we have a lot to celebrate!

## Four Easy Home Maintenance Tips



(NAPS)—It's the perfect time for home maintenance activities that will keep the inside and outside of your home running smoothly during the warm weather. These four tasks will give your home and yard a pick-me-up.

### Replace Air Conditioner Filters

Keeping your air conditioner working properly is essential to staying cool and helps you save energy and money. Replace your air filter at least once every three months to keep it operating efficiently. Check the instructions to guide you through the process.

### Maintain Barbecue Grills

Warm weather means more barbecues and festive get-togethers. Maintain your grill by cleaning the inside grates with warm, soapy water and scrubbing away debris with a wire brush.

### Clean Garage Tools and Equipment

Over time, grease and grime can penetrate and damage tools like wrenches, jack stands and drills. Toolboxes and garage floors can get messy, too. Easily clean your tools and other dirty surfaces with WD-40<sup>®</sup> Specialist<sup>®</sup> Industrial-Strength Cleaner & Degreaser, a non-aerosol that powerfully cuts through grime. Simply spray onto the surface to be cleaned and rinse with water.

## Remove Debris From Gutters

Keeping your gutters clean can also make a difference in your home's appearance. They can become filled with leaves and other debris that can slide down the side of your house, so it's important to clean them twice a year to prevent water damage to your home's foundation. You can use tools like tongs or a vacuum to clean them, or wear long sleeves and gloves and use your hands. Spray the gutter with water to remove any remaining debris.

To see how WD-40 Specialist Industrial-Strength Cleaner & Degreaser can help you tackle home maintenance projects, visit [WD40Specialist.com](http://WD40Specialist.com).

## Zika Preparedness

*Continued from page 1*

Floridians do their part to dump standing water and wear bug spray in order to help fight the spread of Zika. We will continue to remain in contact with our federal and state partners and we remain fully committed to doing everything we can to protect our families and visitors."

Surgeon General Dr. Celeste Philip said, "We have learned a lot about how to prepare for and respond to the Zika virus over the past year and it is crucial that we continue to work with our state and federal partners to keep protecting our communities. I appreciate Governor Scott for his leadership in this ongoing fight and the county health departments and mosquito control districts that traveled here today to further discuss ways we can combat the Zika virus in Florida."

## Finding Resources For Older Adults



(NAPS)—If you or someone you care about is an older adult, you should know about the

Eldercare Locator. The Eldercare Locator, a public service of the Administration on Aging, an agency of the U.S. Administration for Community Living is a nationwide service that connects older adults and their caregivers with information on aging services.

Callers to the Eldercare Locator receive information about federal, state and local services such as transportation, in-home supportive services, and health and wellness programs. Information Specialists are there to help guide callers to the correct resources.

You can call the Eldercare Locator at (800) 677-1116 Monday through Friday, 9:00 am to 8:00 pm ET to speak with a knowledgeable Information Specialist, or you can visit the website, [www.eldercare.gov](http://www.eldercare.gov) to find local resources on a broad range of topics.

## What is Ocala Main Street?

By Diana Schwartz

“Over the past 35 years, the National Main Street Center has led the development of a national network of over 2,000 historic downtowns and neighborhood commercial districts – what we refer to as Main Streets – all united by these communities' tireless dedication to create vibrant, people-centered places to live, work, and play. The people who make up the Main Street network are passionate advocates, dedicated volunteers, influential stakeholders, and community organizers who work every day to turn the tide in their communities – catalyzing reinvestment, creating jobs, and fostering pride of place.” –National Main

Street Center

Ocala Main Street is a local 501c3 organization that employs the National Main Street 4-Point Approach to Downtown Revitalization; Design, Promotion, Economic Restructuring, and Organization. The Main Street Four Point Approach is a trademarked program of the National Trust for Historic Preservation's Main Street Center. It offers a comprehensive strategy to commercial district revitalization. OMS has been accredited by Main Street America program for the past two years.

The Ocala Main Street Executive Board consists of Bryce Peek, President; Angie Lewis, Vice-President; Angie Lester,

Secretary; Tim Rogers, Treasurer. OMS also enjoys a very strong relationship with the City of Ocala.

Just a few reasons to actively encourage the revitalization of the downtown are:

- Build a positive image for the community
- Create job opportunities
- Save tax dollars
- Preserve the community's historic resources
- Help to control sprawl

There are many ways to support Ocala Main Street; volunteering for a committee, sponsoring an event, becoming a partner, or attending one of the many events that will take place in Downtown Ocala. But one of the most important things you can do is to

shop our local independent businesses. In order to build strong, vibrant communities, is vital to support local business that contribute their time and money to area schools, nonprofits, and charitable organizations. Ultimately, the result of these efforts are places with strong and diverse local economy, social cohesion and innovation; a place where people of varied perspectives and backgrounds come together to shape the future. For more information, drop us a line at [info@ocalamainstreet.com](mailto:info@ocalamainstreet.com), or check out our Ocala Main Street Facebook page for a complete listing of events happening Downtown.

## The Search for a Juicy, Tender Steak



In search of a tender steak to grill or pan fry, without spending a small fortune on top of the line cuts, I searched the web and tried dozens of tenderizing tips...So many of these tips turned the steak into shoe leather. I almost gave up till I found a recipe on [www.WonderHowTo.com](http://www.WonderHowTo.com). I was skeptical at first, but tried it one more time, ready to give up cooking steak at home for good if this too didn't work right. Wahoo!! It turned out great.

1. Place your steak, even a cheap cut, on a plate and bring it to room temperature.
2. Cover it with COARSE sea salt (**don't use regular salt**). I used a heaping teaspoon per side..
3. Turn it over and do the same for the other side.
4. Let it rest at room temperature at least an hour. Each inch of thickness needs 1 hour of resting (e.g. 2" steak rests for 2 hours)
5. After resting, rinse the steak thoroughly with cool water.
6. Pat it dry with paper towels, pushing into the meat to really get it dry. Don't skip this step. It needs to be very dry so you don't end up steaming the steak. **Don't salt the steak.**
7. After dried, smother with melted garlic butter. Or season as you wish (NO salt)
8. Get a cast iron pan hot. Spray with coconut oil Pam or a little bit of olive oil. Add steak and cook covered 2 minutes one side. Flip and cook, covered 1 minute other side.
9. Take off stove and let sit in pan 1 minute covered. Move to a plate and let rest covered for 10 minutes

The resulting steak will be tender, flavorful and mouth-watering juicy. At least that has been my experience...

They say that fruits like kiwi, pineapple and papaya contain an enzyme that breaks down the collagen in meat, thereby tenderizing it. But to me that seems like it would be a sweet steak - nope, not for me, thank you.

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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



The New York Times ran a copy of the Constitution instead of the Declaration Of Independence. The largest and most powerful Newspaper in the Country doesn't know what the 4th

of July stands for. They print a copy of the Constitution, before and after they printed untrue stories. The story about 17 agencies said something was true when only 4 knew about it. I had other people tell me they saw something on Facebook yesterday and it's on the TV news today. I wonder if the News Media is copying Facebook???

### WEBSTER SAYS

#### Freedom;

1. Exemption from power over or control of another. Liberty; Independence
2. Frankness; Openness.
3. Liberty
4. Special Privilege; immunity
5. Exemption from necessity
6. A free unconstitutional grant

#### Liberty

1. Permission Granted
3. Total rights and privileges of free people
4. Freedom of Occupation or engagements
5. Action or speech exceeding the bounds of propriety

### Independence

1. Freedom; Lack of restraint or dependence
2. Income sufficient to free one from reliance on others.

I believe these three words connect to one another and are very important to our freedom, our liberty, our independence, and our pursuit of happiness, but it is missing one word I write about every year...

### PERCEPTION

Webster Says: Consciousness; sight; knowledge; insight; discernment.

Most big Corporations fail to understand this and have employee relations problems. A big one is the open door policy. It only takes the misuse of this once and employee relations go right down the tubes. Say you go into the CEO and say my Boss is not treating me right, he does this wrong or that wrong or shows favor to someone else. What do you think the CEO has to do to correct this? He calls your Boss into the office and says one of your employees says you're showing favor or what ever the problem is and your Boss defends himself. If you come out on the wrong end of the problem your perception would be that the CEO sided with your Boss and it would not take long for it to go through the whole plant. You are intimidated and not happy of the outcome. Instead maybe the CEO should teach you how to approach your Boss to discuss the problems and instruct your boss on how to discuss things with his or her

employees. Another approach is to ask the employee if they have ever approached the Boss about the problem.

If you don't know what freedom is you probably won't feel free. When everything is going right you feel great, when things go wrong everything is bad. Freedom is partly a frame of mind; being successful is a frame of mind, like what do you think success is. You might already be there and just don't feel like it.

So to get down to brass tax, what would freedom feel like to you? What would liberty feel like to you? What would make you feel independent? Many people search for this their whole life and never find the answer. Many find comfort in something they are doing and settle for that. So if you really want to meet your goal don't just look for point "A" Make point A broader so you might be happier with A Plus or B Plus or A minus these points are very close together. In other words make your goal a wider landing strip so if you get close you'll know it.

This is Free paper Month and I can say that I am proud to be a free paper Publisher. Unfortunately some of the big Dailies are giving newspapers a bad name with the Fake news. Some of these papers need a dramatic headline to sell papers. Myself, I would be happy with a picture of a ribbon cutting, open house, a business profile or just introducing a new client. Crime is second to us!

We believe at TomL that every person has the right to see his or her opinion in print whether we agree with it or not.

Last month I complained about the Ocala Daily Newspaper printing Press releases without checking them out. You can ruin a person's reputation, or help them lose their job with one hastily worded story. It recently happened with a Sheriff Deputy. This

happens when they are boot-licking a powerful State Department, because they will send you plenty "Fake News" that's useful to them if you will print it.

I really don't like the new trends. From the very common man and woman to the very elite. If the influential want to get rid of a Sheriff Deputy or a Sheriff what do they do? They make them a witness in a case and hope that they screw up or they manipulate the evidence or they ask a question in such a way it can't be answered correctly.

The State Attorney's Office is entrusted with a great amount of power. The record of FAIR prosecution, not persecution, can judge the power. The respect of the law enforcement is being deteriorated by the prosecution and persecution of Sheriff Deputies. Unfortunately that seems to be a trend nationwide.

It is particularly tough when a friend or a person you respect disagrees and wants to argue a point. No one wins but at least it got a discussion started.

### Reader of the year award!

I met a Lady the other day that complimented me, I think? She said if I did not agree on something, I would not keep it a secret, I would say it loud and clear. She said, "He tells it like it is! He is my kind of guy!" I thank you for the compliment. You are in the running for our reader of the year award! You know when someone compliments you. It shows you are not alone.

### One last thing:

I heard the word "Sustainability" from Congress and the Senate this week when they were discussing Healthcare. The problem is a program can be sustainable by itself or it can be sustainable with a million dollars a month. It is a safe word to use because the meaning can be easily explained when they have to explain what they did.

## Newspaper Deadlines

*Editorial & Ad Copy for September*

**Seniors Voice & Ocala DownTown**

**12am, August 16th**

**Lady Lake Magazine & Village Spectator**

**12am, August 23rd**

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## Angel Maids

For Cherry Baker and Crystal Jewell-Maksou of Angel Maids, providing professional cleaning services for area clients is not only their business, it is their calling.

“In 2015, Cherry and I felt that the Lord was compelling us to begin a cleaning ministry on His foundation in Ocala. We both came from St. Augustine originally and had known many of the same people there. But we had never met until years later, when God had called each of us to come to Ocala. We

knew then that He had a plan for us that was much bigger than our minds could grasp,” said co-founder Crystal of the company’s beginnings.

Along with a lifelong desire to help others, both Cherry and Crystal have had years of experience in both residential and commercial cleaning, and clients commend their expertise, attention to detail, and integrity.

They provide standard services such as high-performance vacuuming and top-to-bottom cleaning, including those hard-to-reach places and even light fixtures that are so often missed. However, Angel Maids will also skillfully clean windows, ceiling fans, and all types of flooring—wood, ceramic tile, and more.

For clients with allergies or chemical sensitivities, Cherry and Crystal offer allergen-free solutions with a wide range of safe chemicals, including natural and home-remedy cleaners.

“Both Cherry and Crystal are proactive about making sure they are cleaning my home the way I would clean it,” commented client Carol Alvey. “They are always open to and appreciative of constructive cleaning suggestions and are willing to try new product lines to improve the overall result. And they are adaptable, trustworthy and work hard to keep our home sparkling,” she added.

As Angel Maids does cleaning in preparation for many special events and parties, they also have catering services available. “We have people we connect with to cater events for our residential and commercial clients, even if you need specialty foods.”

But what shines through in one client testimonial after another is what sets Angel

Maids apart from other residential and commercial cleaning services: their ministry itself.

“Ours is truly a faith-based company,” Crystal explained. “Through God’s hand of deliverance from our own trials and past experiences, our heart has been set on loving others and lifting burdens, spiritually and physically, from all people the Lord sends our way. We offer prayer in every situation without forcing any belief system on anyone. We firmly believe that this world needs encouragement, hope, and more than anything, a taste of God’s love. Although challenges may come, we take pride in helping our customers to feel better and have a new sense of hope and relief in their lives again.”

And clients are thankful for this ministry, calling Angel Maids “God sent” and recommending them for their caring hearts as much as going above and beyond to provide exceptional cleaning services.

Crystal summed up their company’s goals and gave their Biblical reference for them as well: “It’s our hope to reach those in dark situations and bring light into their lives. The Lord has sent us out to His people to help restore what has been lost, broken, or a burden to them. (Luke 10:1-2 and Mathew 11:28).”

You can find Angel Maids on the web at [www.angelmaidscm.com](http://www.angelmaidscm.com) or on facebook at <https://www.facebook.com/angelmaidsocala/>. Or call (352) 231-9920 or (904) 770-0061.



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## Drainage Continued from page 1

For instance there is a big retention pond hundreds of feet away, but someone has fenced a piece of property with no county easement allowed. In other words the fence is 3 inches from the pavement. At the base of any fence is grass growth and build up which is pushing the water in the direct of this lady's house and yard. Not far from this is the said retention pond and where the water is supposed to go, but someone has piled a mound of dirt so water cannot go in. This looks intentional! A bit further down, there is a make shift patch someone dug, a small relief drainage, which is apparently is not working. I'm not an engineer but I can see this won't work with the heavy rains we have been having. To add to the problem some very large buildings and a parking area contribute to the problem pushing water from the other side of this area. I think the fix would be getting the county engineers out there and do a permanent fix. Go out while the rains are coming down and look at the results. No one should have to go through this. This lady's front yard turns into a retention pond because of problems created years ago. Let's fix it!

### Information furnished by Don Browning

Storm water drainage problem impacting Mrs. Gavins and other persons at the Stanton Weirsdale School community.

Stanton Weirsdale School Road and (167th Terr) and 134th Ave Rd. commonly called the Packing House Road.

Storm Water Drainage off the Packing

House and a Willett Boyer Albright Trust property drain into the Stanton Weirsdale School Community.

1956 the School was dedicated, but the roads to the school were never dedicated or set up to handle normal stormwater. Mrs. Sarah Gavan is experiencing hundreds of gallons of stormwater with each rain storm flowing directly into her yard.

Marion County School Superintendent Heidi Maier and Marion County Board of County Commissioners are addressing the problems caused by poor roads used to travel to and from the Stanton Weirsdale School for over 50 years. The Federal Government has allowed what is called Unitary Status for the Stanton School meaning that the school facility and transportation is adequate and equal to other schools in Marion County.

Florida Statute 95.361 automatically dedicates roads used over four years as public roads, so it looks like the poor Stanton Community will be getting some relief soon.

Ocala's Fort King Lions Club members have given their support to resolving the drainage problems. US Congressman Danial Webster has visited with Mrs. Gavin as well as Senator Dennis Baxley. We should have resolution soon states Don Browning the Chairman of the local Community Group.

CEPFlorida is the Community Empowerment Project group that are spearheading the effort to fix the serious harm issues Mrs. Gavin is experiencing, with mold, mildew and frequent trips to the emergency center for breathing problems.

## Five Steps To Plan For Dealing With Diminished Capacity And Illness



(NAPS)—Aging can change many things in a person's life, including the ability to manage one's own money. That sobering reality is behind the creation of a new resource, "Planning for Diminished Capacity and Illness," issued by the U. S. Securities and Exchange Commission and the Consumer Financial Protection Bureau (CFPB). These organizations offer this key tip for how to prepare for your financial future: Hope for the best but plan for the worst.

### The Problem

"Diminished financial capacity" generally refers to a decline in a person's ability to manage assets to serve his or her best interests. When people of any age lose the capability to manage their finances, they may also become more vulnerable to investment fraud and other forms of

financial abuse.

### What You Can Do

These five steps can help you prepare.

**Step 1:** Organize your important financial documents. Store them in a safe, easily accessible location. Give copies to trusted loved ones or let them know where to find them. When it comes to bank and brokerage statements and account information, make a list of your accounts with account numbers. Keep a separate list of online bank and brokerage passwords and PINs, and keep both lists in a safe place. List the locations of your safe-deposit boxes and their keys. Keep your mortgage and credit information, insurance policies, retirement benefits and Social Security information easily accessible.

**Step 2:** If you work with a financial professional, give that person emergency contact information in case he or she can't reach you or suspects something is wrong. Discuss what you would consider to be an emergency and specify when your financial professional may contact someone on your behalf.

**Step 3:** Consider creating a durable financial power of attorney. A financial power of attorney gives someone the legal authority to make financial decisions for you if you cannot. That person is called your agent. A financial power of attorney differs from a health care power of attorney, which covers only health care decisions.

After signing a durable financial power of attorney, you can still manage your money and property as long as you have the ability to make decisions. Since you're essentially giving

*Continued page 7*

## 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

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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

To the editor

I am so disgusted with our so-called leaders in the Senate and the House! Their only agenda seems to be to lay low, offend no one, and work on getting re-elected; the good of the nation and the actual benefit for We, the People isn't really high on their to-do list. Trump is doing all he can, but they're not supporting him (or their own campaign promises) at all! I hear them bleating their excuses and blatting their accusations on both sides, and all I can think of are lines from T.S. Eliot's "The Hollow Men":

We are the hollow men  
 We are the stuffed men  
 Leaning together  
 Headpiece filled with straw. Alas!  
 Our dried voices, when

We whisper together  
 Are quiet and meaningless  
 As wind in dry grass  
 Or rats' feet over broken glass  
 In our dry cellar

DOC

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Diminished Capacity

Continued from page 6

financial decision-making authority to your agent, it's critical he or she be someone you trust.

**Step 4:** Keep things up to date. If something changes (for example, you open a new account), keep your information as current as possible. Your trusted contact may also change over time. Keep your financial professionals informed of changes regarding who has authority to review your account or whom they should contact in an emergency.

**Step 5:** Speak up if something goes wrong. If you ever think someone is taking advantage of you or that you've been the victim of a fraud, speak up. Sadly, sometimes even family members, financial

professionals and other people they think they can trust commit financial crimes. If this happens to you or your loved one, you're not alone—and the sooner you let someone know about it, the better chance there is of putting an end to it.

Learn More

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To learn more about how to protect your money, visit the FINRA Foundation's website: [www.SaveandInvest.org](http://www.SaveandInvest.org).

How To Sleep Better When You Travel

by Richard Shane, Ph.D.



(NAPS)—Whether you're traveling for business or pleasure, you don't have to let fatigue, jet lag or aggravation from dealing with the transportation system keep you from feeling your best. Here are five steps toward better sleep, a better trip and even better productivity and relationships.

**1. Create optimal conditions to support good sleep.** If you're on a plane, train or bus, try to get a window seat if possible; it will give you something to lean against and you won't have to move each time neighbors need the bathroom. When you stop for the night, ask for a cool, quiet room, at least two or three levels above banquet rooms, bars or other public spaces and away from elevators. Look to book a room with blackout shades or heavy, thick curtains that keep the light out. Make sure everything is ready for the next day so you don't lie awake worrying about it.

**2. Dealing with time zones.** If you're crossing multiple time zones, try to arrange meetings, parties and major sightseeing for when it's midday in your home time.

**3. Get set with supplies.** Handy items can include:

- A supportive neck pillow in a U shape
- Eyeshades
- Soft silicone earplugs or noise-canceling earphones

Continued page 8

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# Pollinators: More Than Just Bees



(NAPS)—Bees are synonymous with pollination—and for good reason. Their size, shape and physical characteristics—fuzzy bodies that so effectively collect and transport pollen—make them efficient foragers. Additionally, they are conditioned to collect

ample pollen to take back to their brood, a behavior that has helped reinforce their reputation as “busy bees.”

It's important to recognize, however, that other insects and animals contribute to pollination, the important process of collecting and distributing pollen to help plants reproduce and bear food. Research conducted in recent years suggests that the combined activity of non-bee pollinators—such as flies, bats and butterflies—can be just as valuable to pollination as bees.

### Meet The Lesser-Known Pollinators

A black-and-yellow-striped insect hovering above a flower is not always a bee. Some flies—such as flower flies, or hoverflies—resemble bees; for this reason, they're called bee mimics. Several plant species—most notably, the cocoa tree—rely exclusively on fly pollination. Without flies, there would be no cocoa beans to produce the chocolate enjoyed throughout the world.

It might come as a surprise that bats are

responsible for pollinating hundreds of different plant species. Since bats are nocturnal, they feast on the nectar of flowers that open at night, including the flowering plants and trees that produce bananas, guavas and mangoes. Bats are also found in the desert, where they pollinate the agave plant.

Butterflies aren't physically able to carry as much pollen as bees can but their quick and graceful movements help them cover a larger land area, drinking nectar with their long tongues and pollinating plants along the way.

### What You Can Do To Help Pollinators Thrive

Providing food and forage is one of the best ways to keep pollinators productive and healthy and the agriculture industry is helping. For example, with Operation Pollinator, global agriculture company Syngenta partners with commercial farms, golf courses and conservation organizations to establish large swaths of wildflower plots

for pollinators.

For home gardeners, establishing pollinator plots can be as easy as incorporating native flowers within your yard or garden plantings. Selecting a mixture of plants that will attract pollinators during the growing seasons helps provide a food source for pollinators that are active at various times throughout the year. Choosing flowers that vary in color, size and shape also helps attract a diverse variety of pollinators.

### Learn More

For further information on pollinators, visit [www.beehealth.org](http://www.beehealth.org).

**You can “bee” a big help to pollinators of all kinds when you plant lots of colorful flowers.**

# Sleep Better

*Continued from page 7*

- A blanket
- A white noise app or a playlist of your favorite music to snooze to on your phone.

**4. When you get to your destination,** try to expose yourself to the light during the waking hours as much as possible during the first couple of days. Avoid caffeine at least four to six hours before bedtime and have dinner at least three hours before you want to sleep. Bear in mind that although alcohol may initially make you drowsy, when its sedating properties wear off, the rebound can contribute to you awakening too early, making it more difficult to fall back to sleep.

**5. Whether away or at home,** you'll sleep better if you stop the use of electronic devices 30 minutes before bed. The light from these devices signals your brain that it is still daytime, which interferes with your brain's production of melatonin, the hormone that helps you feel sleepy. In fact, slow down in general during that last half hour. Read something calming, listen to quiet music, take a bath, stretch a little. Don't watch anything too stimulating on television, especially the news. Put your cell phone in “Do not disturb” or “Airplane” mode.

*Dr. Shane is a licensed psychotherapist and sleep therapist who developed the Sleep Easily Method. Based on cognitive behavioral therapy, it walks you through five physical triggers to gently lead you into sleep. You can find further facts and advice at [www.drshane.com](http://www.drshane.com) and [www.sleepeasily.com](http://www.sleepeasily.com).*



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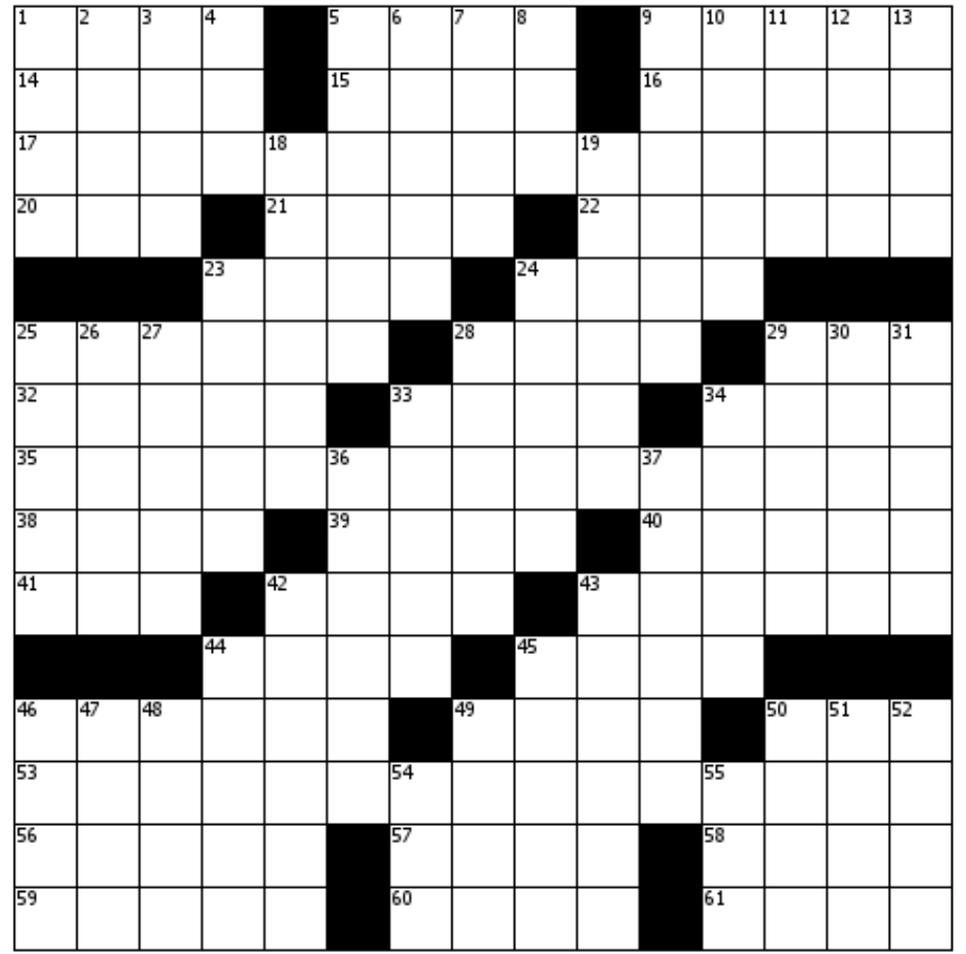
- Across**
1. Spilled the beans
  5. European invader of old
  9. Third-stringer
  14. Arrow target, perhaps
  15. Tony's kin
  16. Like some lips or change
  17. Oscar
  20. Certain layer
  21. Put an edge on
  22. Muslim bigwigs
  23. Lake Michigan city
  24. Rends
  25. Swallow
  28. Parts of rivers
  29. King of the skies
  32. Nary a soul
  33. Cotton unit
  34. Ambience
  35. Oscar
  38. Mane area
  39. Cat with tufted ears
  40. It's out of the mouths of babes

41. Part of a hurricane
42. Leporine females
43. Like a playful kitten
44. Klinger portrayer
45. Lacking water
46. "Broken Arrow" star Michael
49. Diva's solo
50. Dieter's no-no, perhaps
53. Oscar
56. Be of use to
57. Oracle
58. Yoked team
59. Towel off again
60. Says further
61. Stained on purpose

- Down**
1. Sign of impatience
  2. One of forty with a mule
  3. Halfway through the day
  4. Serengeti creature
  5. Associate
  6. Durable dark wood
  7. Word with jacket or boat
  8. It may be served in spots
  9. Down times
  10. Hangs in there
  11. Skip it
  12. Conniver
  13. Track records?
  18. Went after

19. Like some voyages
23. Classification
24. Kick back
25. Fatuous
26. "In your dreams!"
27. Flip out
28. Stock holders?
29. Mercury and Saturn
30. Petty thief
31. Like an eager guest
33. Romantic actor Charles
34. Sharp-smelling
36. Type of arrangement
37. Rocky's wife
42. In a sinister fashion
43. Men with a mission?
44. Hindu wonder-worker
45. Packing heat
46. Open a tad
47. Central church section
48. Cigarfish
49. Like good bourbon
50. Extremely attractive
51. Nautical direction
52. Handle the bar
54. "Surfin' \_\_\_"
55. Diviner's need

Answers page 11



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## Join Fujitsu In Supporting Military Families



(NAPSI)—A new way to honor America’s veterans and military families can be at your fingertips. That’s because Fujitsu General America launched a Facebook campaign to help military families.

### How It Works

A leading provider of energy-efficient heating and cooling systems for residential and commercial use will donate \$1 to Operation Homefront for every “like” it receives on its Fujitsu General USA Heating & Cooling Facebook page.

### How It Helps

Operation Homefront is a national 501(c)(3) nonprofit whose mission is to build strong, stable and secure military families so they can thrive—not simply struggle to get by—in the communities they’ve worked so hard to protect. For over 15 years, the organization has provided programs that offer:

- Relief-through critical financial assistance and transitional housing programs

- Resiliency-through permanent housing and caregiver support services
- Recurring Family Support-through programs and services that help military families overcome short-term bumps in the road so they don’t become long-term chronic problems.

Recognized for superior performance by leading independent charity oversight groups, 92 percent of Operation Homefront expenditures go directly to programs that support tens of thousands of military families each year.

Said Andy Armstrong, vice president of sales and marketing for Fujitsu General America, “We hope everyone will join us in our quest to raise as much money as possible to enhance the lives of our most deserving American heroes.”

“This is an exciting campaign because anyone can get involved through social media to support military families,” added Jill Eskin-Smith, senior director of corporate and foundation partnerships for Operation Homefront. “Many Americans care about our men and women in uniform but they may not know how to show their appreciation. Fujitsu General America is making it easy for everyone to participate, and we are grateful for their partnership.”

### Learn More

For further information on Fujitsu General America, see [www.fujitsugeneral.com](http://www.fujitsugeneral.com). For facts on and to donate to Operation Homefront, visit [www.operationhomefront.org](http://www.operationhomefront.org)

## Asian BBQ Salmon

### Ingredients

#### For The Teriyaki Sauce

- 1/4 c. low-sodium soy sauce
- 1/4 c. water
- 2 tsp. cornstarch
- 4 tbsp. honey
- 2 tbsp. pineapple juice
- 2 tbsp. rice wine vinegar
- 2 cloves garlic, minced

#### For the Salmon

- 4 salmon fillets, boneless with skin on
- kosher salt
- Freshly ground black pepper
- 4 to 6 green onions
- Toasted sesame seeds, for garnish
- Fresh cilantro, for garnish

### Directions

1. Make the teriyaki sauce: Add all ingredients to a saucepan and whisk together. Place mixture over medium-low heat and simmer until mixture has thickened enough to coat the back of a spoon.
2. Preheat grill to 375°. Place salmon, skin-side down, onto a cedar plank board (that has been soaking for 30 minutes) or place salmon onto a parchment-lined baking sheet. Season with salt and pepper.
3. Grill salmon with the lid closed until salmon has barely cooked through, 18 to 20 minutes. Brush teriyaki sauce generously over salmon and cover grill again. Grill 5 minutes more, then remove from heat and coat with more



- glaze, if desired.
4. Place green onions directly on hot grill surface and sear on each side, 2 to 3 minutes. Top salmon with sesame seeds and cilantro and serve with grilled green onions.

*L.A.-based Teri Lyn Fisher and Jenny Park are the power duo behind Spoon Fork Bacon, where they indulge in inventive recipes, beautiful DIYs and entertaining tips.*

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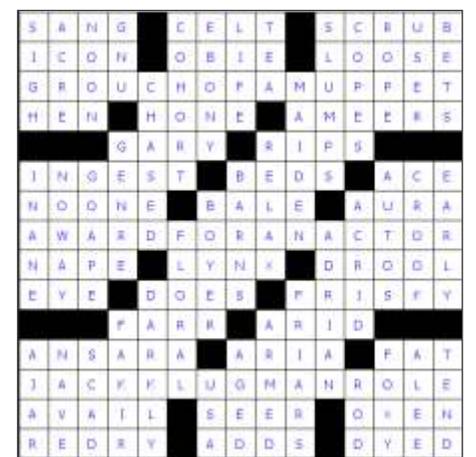
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