

Volume 20 Issue 6

# **Michelle Stone Guest Speaker**

HAPPY

Father's Day



There were 36 in attendance at this week's meeting. We listened while Michelle Stone, Marion County Commissioner for **District 5** told us about a few things that are happening in Marion County. She touched on two of the topics the Commission is focused on; Public Safety and Economic Development.

The 1 cent sales tax is helping fund Public

Safety. With 60% of the money raised to help with improvement of roads and infrastructure, 20% to the Sherriff's Department and 20% to Fire Rescue.

To help with Economic Development, the County has welcomed new commerce such as Chewy and Auto Zone. They are also reviewing options to develop tracts of land in Belleview. Michelle recognizes how important it is to preserve land while offering opportunities for development.

In her fight to protect our water Michelle is learning a lot about how to appropriately develop space at Silver Springs in a protective manner. She reminded us all that we will soon be a part of the 220 miles of biking trails across Florida.

Medical Marijuana is also a hot topic as we learn what regulations and ordinances will be in place.

Government is a collaborative effort and Michelle will continue to work with various offices to help develop this community. She has promised to be accessible and to be your voice when needed. She can be contacted at michelle.stone@marioncountyfl.org Visit marioncountyfl.org for more information on the development of Marion County. Fairbanks Construction is hiring! Please send outgoing, friendly sales people to Maureen Quinlan.

Knowledgeable. Honest. Attentive. These are a few words that describe local REALTOR ®. Nicki Schwartz of Roberts Real Estate, Inc. Nicki says," I use the latest technology to assist my clients. If you are buying a home, I can take away the burden of the many hours used to search for the perfect home online. If you are selling a home, my marketing plan will provide you the most exposure for your property". She continues, "I believe in providing excellent service and personal attention to each client. This kind of service, coupled with the power of technology, is a winning combination for client satisfaction and peace of mind".

Meet Nicki Swartz

Nicki moved to Ocala in 2004 after a long, weekend visit the previous summer. The beauty of central Florida and the friendly residents was enough to convince her and her husband to relocate. "I love Ocala, so it is easy for me to sell Ocala".

Nicki believes it's important to be an active member of the community- to be a good citizen. "We have a wonderfully active community. This sense of community keeps us rooted". When speaking about raising her children, "I hope my kids are learning, from my husband and I, the importance to serve one's community."

"Being in the real estate industry, I am constantly meeting new people and cultivating new relationships. Our community is Continuously growing and it is exciting to be part of the progress"

Favorite Food: a little bit of this and a little of that, I can enjoy a cheese board with a assortment of cheeses, meats and crackers or a homemade hummus and grilled pita as a meal Dogs or cats: Dogs Hobby: Spending time with family and friends College Education: Exercise Science and Wellness, B.S.E from Florida Atlantic



UniversityMotto: Connect to People Connect to Homes

Tip for first time homebuyers: Attaining the right mortgage is a key step, and first step, in the home buying process. With the extra due diligence of obtaining a preapproval letter, you become a more educated consumer. During this process, you not only find out how much house you can afford; additionally, you will learn your potential closing costs. This information will help you budget for the overall cost of the home purchase. "Ok, that may have been a wordy explanation, but still a valuable tip,' Nicki answers with a grin.

You can find Nicki on the web @ ocalahomeconnect.com or follow her on Facebook @ ocalahomeconnect or simply call Roberts Real Estate and ask for Nicki.

# Two Suspects Arrested in Weirsdale Double Homicide

Marion County Sheriff's Office (MCSO) Major Crimes Detectives identified Emanuel Angelo Tuggerson (B/M DOB: 8/11/1997) and Isaiah Ishmael Richard (B/M DOB:1/1/1997) as suspects in the homicides of Baily Zylo (DOB: 8/21/1998) and Andy

MARION COUNTY, FL (May 18, 2017) - Fockler (DOB: 8/14/1978) on January 29, 2017, in Weirsdale.

> Alachua County Sheriff's Office and Tuggerson is at the Marion County Jail on unrelated charges, and will be served with an arrest warrant for these charges while in

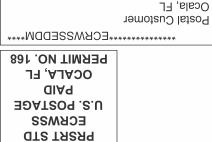
custody.

On January 29, 2017, deputies responded Richard was located and arrested by the to 14241 SE 151st Place Road in Weirsdale after receiving a 911 call. Deputies discovered that an apparent home invasion robbery had occurred with two fatalities inside the home. 18 year old Bailey Zylo and 38 year old Andy

Fockler were pronounced dead on scene.

Richard and Tuggerson are being charged with two (2) counts of Murder in the First Degree and are being held on no bond. At this time MCSO Major Crimes Detectives are still collecting information, we will release more information as it becomes available.





#### OCALA/MARION COUNTY CHAMBER & **ECONOMIC PARTNERSHIP**



One of the two primary goals of the CEP is to create and retain jobs in our community. Four of our five core areas are organized around this goal. You will often see our five-year goal of impacting the announced creation of 4500 new jobs if you attend a CEP event or browse our

website. However, job creation is more than just the projects that we directly impact. In fact, if we are doing our jobs then the community should see greater economic impact and job creation.

One way many people track the status of the job market is through the unemployment rate. While there are some real challenges with this approach, it does provide a good barometer of what is happening in our community. Using the latest numbers available (March 2017), the current unemployment rate in the Ocala MSA (Marion County) is 5.1 percent. This is a tremendous improvement from just a few years ago when it surpassed 14 percent. Additionally, when you look at the threecounty workforce the numbers remain very positive. Marion County is the center of a regional workforce shed so these numbers are important. The unemployment in this region was 5.2 percent with nearly 5,900 more people employed than a year ago.

While the unemployment numbers are a popular benchmark and often discussed in the news, it is another metric which we track more closely. The private, non-farm payroll report is for the CEP a much better reflection

of the workforce and employment. You often hear this number discussed when the Federal Reserve is meeting. In the Ocala MSA, this number shows the region has created more than 13,000 jobs in the last few years which is a 14 percent increase. The resulting annual job growth rate for our community remains around 4 percent which is one-third higher than the Florida average and 2.5 times the national rate. Regardless of the measurement you choose, it is hard to deny the significant job creation which is occurring in our community.

#### New Chapter

Two and half years ago, Best Version Media partnered with the CEP on the creation of a new magazine, Partner *Connections.* While they are the experts at neighborhood publications, this was something new and different for them. Yet, they have been an incredible partner throughout this run. They came forward with a willingness to partner and we are so grateful for them.

However, like all good things, this particular publication has run its course. BVM is still a CEP partner and we will work with them on future opportunities. This will be the last issue of this magazine. The CEP will continue to tell the stories of our partners and the exciting things happening in this community with a couple of new publications later in the year. They will be different from Partner Connections but we hope will help continue to develop this medium with our partners. We will share more later but please join me in thanking Tina Atha, Klodiana Palushi, and the BVM team for their great support and partnership.







riding in his souped up John Deer wagon is you will find Tank close by. that his father got 34 years ago for his

A Baby Lane Loury and his dog Tank first Christmas. Where ever Baby Lane

### **Region's Jobless Rate Drops Below 5%**

OCALA, Fla. (May 19, 2017) - The percent. unemployment rate for the CareerSource Citrus Levy Marion region was 4.8 percent in April, down half a percentage point over the month and 0.8 percent lower than the same time last year.

It is also the first time since the slow slog of economic recovery began that joblessness dropped below 5 percent for the area.

Out of a labor force of 200,630, which tightened by 914 over the month, there were 9,730 unemployed, a drop of 917 since March and 1,278 fewer than April 2016. While the number of employed remained virtually unchanged in the region – inching up by three over the month to 190,900 – that represents 5,684 more employed than a year ago when the unemployment rate was 5.6

According to today's employment summary by the Florida Department of Economic Opportunity (DEO), Levy County continued to post the lowest jobless rate in the region dropping from 4.6 to 4.2 percent (the last time it was at 4.2 percent was January 2007); followed by Marion County which was 4.7 percent, down over the month from 5.1 percent, the lowest it has been since June 2007); and posting its lowest rate since October 2007, Citrus County came in at 5.5 percent rate, dropping from 6.0 percent. Florida's not seasonally adjusted rate was 4.0 percent, down over the month from 4.4 percent; and the nation's rate was 4.1 percent, down from 4.6 percent.

For the fourth consecutive month, the *Continued page 6* 



# Florida State Senate DENNIS K. BAXLEY



The 2017 Legislative Session has come to an end! We have worked hard to secure good policy for our constituents and the people of Florida. During our time in Tallahassee this year, some big is sue swere

addressed: tax cuts, increased homestead exemption, more clarity on our self-defense and religious freedom rights, and increased funding for bright futures and higher education institutions.

This year, the legislature passed \$180 million in broad based tax-cuts for Floridians. This includes a three day back to school sales tax holiday, a reduction to the business rent tax, a disaster preparedness sales tax holiday, and the elimination of sales tax on feminine products. A bill was also passed that will provide significant tax savings for homeowners across Florida. The increased homestead exemption bill will proposes an amendment to the Florida Constitution to provide an additional homestead exemption of \$25,000. Homestead property owners will receive an exemption from ad valorem taxes, except levies by school districts, for the assessed valuation greater than \$100,000 and up to \$125,000. If approved by Florida voters in November 2018, the amendment will take effect January 1,2019.

We all have a right and responsibility to defend ourselves against harm. This year a bill was passed that requires that at the pretrial hearing the prosecution prove, by the standard of clear and convincing evidence, that the defendant's use of force

was not justified. The requirements of the
bill are consistent with the foundation of our
criminal law that a person is innocent until
proven guilty.

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. While the government cannot impose a religion, they should not take away people's right to free speech and their right to practice their faith. By codifying these religious liberties, we will ensure that the first amendment rights of our students are not hindered. This bill protects the expression of all religious beliefs, and protects a student's decision not to express any religion.

We also passed historic increases to need and merit based financial aid and tuition assistance programs. This ensures the Bright Futures Florida Academic Scholars award covers 100% of tuition and fees and a \$300 per semester textbook stipend. This will keep Florida's top high school students in the state and help them to graduate will minimal student loans. It will also provide Bright Futures for summer term enrollment, in order to help students graduate on time and enter the workforce earlier. Additionally, it creates the Florida Farmworker Student Scholarship Program, to provide college opportunities to our state's dedicated agriculture industry.

We have worked hard this year for the people of Florida, to ensure our liberties and freedom remain protected. Our constituents are always our priority.



Let the Seniors Voice of Ocala and the Ocala Down Town Expose your Business...to the Most Stable market in the World!



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#### Word Search: The Beach

ATLANTIC OCEAN BATHING SUITS BEACH TOWEL BOARDWALK CARIBBEAN RESORT DOLPHINS FISHING PIER FLIP FLOPS ICE CREAM JELLYFISH LAZY RIVER LIFE VEST LIFEGUARD MINI GOLF MYRTLE BEACH PAIL POOL SAILBOAT SANDCASTLE SANDY TOES SEASHELL SEAWEED SHELBY ALEXANDRA SHORELINE SHOVEL SOUVENIRS SPLASH PARK SUNGLASSES SUNSCREEN SUNSHINE SURFBOARD UMBRELLA WATER SLIDE WAVES

Answers on page 11



# Advertising is an INVESTMENT in your business

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

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



= 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



me commenting on the national news because it's moving faster than the speed of light. Well at least Trump and his spokespeople can't keep up. Of course the Left is stalling; it has to come to a head

sooner or later. Some of these foreign countries have had their way with us for way too long. When the White House has a briefing, the left media twists the story. Somebody said just shut down the briefing room; don't do press conferences. That will teach them a lesson.

It seems to me that you have to have a crime before you name a Special Prosecutor. It seems to me that the left has a wish list and I know what the first wish is. They are making themselves look foolish. First the call for Impeachment has to have a crime. So far there is no evidence, only accusations. The one thing that the Left is trying to get us to forget is the leaks, no matter where they came from, were true! First I think we need to pass a law that it is illegal to pay someone to disrupt a meeting, a rally or any public gathering. That is far beyond freedom of speech.

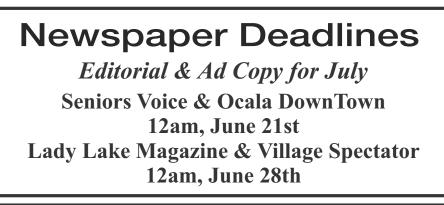
I was always told you can't change anything standing on the sidelines and being

There is no sense in critical, get involved and do something. So here I am trying.

### WHY?

State Attorney's office is responsible for five counties: Marion, Citrus, Hernando, Lake and Sumter. Marion County seems to be the only one having a problem with State Attorney's office and the Marion County Sheriff Deputies. They are not having trouble with the Sheriff but heavy handed on the Deputies. In the last year a source says at least fifteen officers have been forced off the force. Actually the top supervisor was forced out. Some Deputies were jailed for beating up a Drug Dealer while defending themselves, some had to change careers and some are unemployed. I think it all goes back to the previous election. The last officer to go after Deputy Parker was Deputy Mark Swarbrick who resigned after the State Attorney filed a complaint against him. He has been unavailable for comment. Deputy Mark Swarbrick did not work for the State Attorney, he worked for Sheriff Billy Woods. Same pattern as the rest. They're not talking, so I'm just reporting. I did get some feedback one person thought I was being unfair and that's OK, they have a right to their opinion. Several people said keep your head down and be careful. If I did not tell the story I would not be doing my job!

I think the State of Florida should step in



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and name a council to revue both the actions Letters in response of the Sheriff Department and the State Attorney's office. Not a council that could put someone in jail but a council that could give a report to the Governor and we the people would hold him to his inactions as is what is going on now.

First when we try to hire Deputy's from out of town, why would they come to a county where the pay is much lower than any other county. And Deputies' careers are being ruined at a record pace. Or better yet the Governor wants Tourism. Why would any tourist want to come to a corrupt County where all these things are going on. Ocala has a strong base and something is going to change, but when? I am pro law enforcement; I think 99% of the deputies are doing a good job. I am not automatically pro State Attorney. Marion County should be proud of our deputies. What people need to realize is the Marion County Deputies don't work for the State Attorney's office. They do their job when they bust the Bad Guys and it is the job of the State Attorneys to put the bad Guys in jail, not the Deputies and not let the Bad Guys plea out!

What say you the reader??? tloury@att.net

#### To the Editor

I was sent to Panama, by the Air Force in 1966, and stayed to operate my businesses in Latin America until I return to the United States in 2000.

I find this notice very troubling because I recognize the glimmers of dictatorship here. The "good old boys" network at work here seems to be more like a controlling Junta than I like to think about here in "the land of the free." Not a lot of freedom when innuendo and rumor trump actual, factual evidence! And once the damage to reputation is done, there's no regaining one's good name fully. D.R.

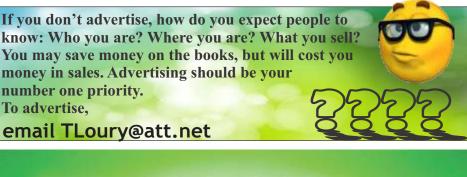
#### Letter to the Publisher

Dear Mr. Loury

This is to tell you I read the May issue of the Ocala DownTown while waiting for car services at Walt's Brakes. It not only helps to pass the time but made me especially reassured by learning we share opinions regarding Sheriff Blair and the manipulation tab the State Attorney's office.

And the beat goes on, as they say. Sad for sure.

Compliments on your publication. JV





opportunity requires one thing: Your heart.

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Hospice

No accept patients for care regardless of age, race, color, national origin, velopina, sex, deadbilty, being a qualified duatiest velenin, being a qualified duatiest velenin of the Velenin era, or any other category perioded by law, or decisions regarding advance directives. 42 2016 Kindvel at Home CSH 182243-01

www.kindredhospice.com

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### Southeastern Youth Fair Dog Show Winners

Part of the South Eastern Youth Fair is a Dog Show where the youth and their dog compete. First place winner was Brianna Fryer and her dog Jazzy, a 15 month old Rat Terrier.

Second place winner was Amanda Valez with her Blue Healer called Tag-A-Long. Amanda is also the winner of the trophy sponsored by Ocala DownTown/Seniors Voice newspapers.

Good job ladies. Stay involved with the Youth Fair and thanks for competing.





# Protecting Floridians



Pam Bondi, State Attorney General, WeeklyBriefing

This week, standing with representatives of the Federal Trade Commission, I announced three new actions in Florida to shut down tech support scams targeting consumers nationwide. We are teaming up with our federal partners to combat tech support scams and warn consumers about the dangers associated with the scams.

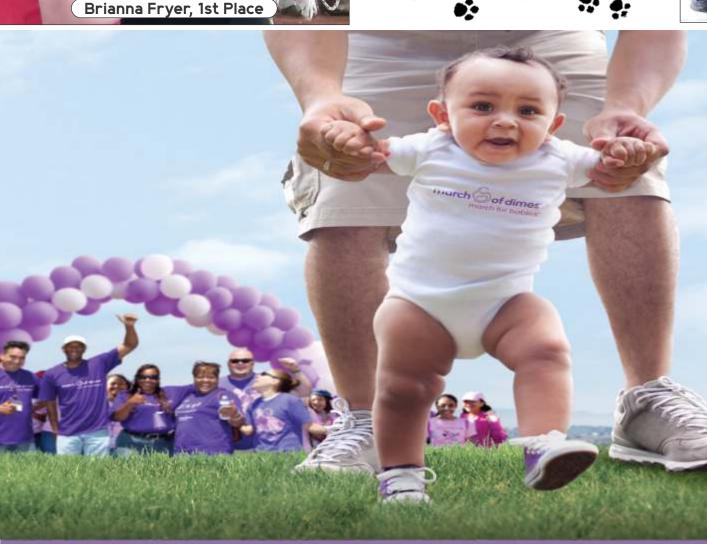
The scam typically begins with a pop-up ad claiming a computer is infected with a virus. The ads urge users to call a tech support specialist and provide a phone number. Once the victim calls, the scammer instructs the user through a series of commands to give them virtual control over the victim's computer. With remote access, scammers can install malware, steal passwords or a c c e s s fin a n c i a l a c c o u n t s.

Mostly, the scammers claim to fix the nonexistent problem, charge the user a few hundred dollars and set up monthly tech support payments. Often the victim thanks the scammer for fixing the problem—not realizing they were just swindled.

In Florida we are fighting these tech support scammers every day—and we have had a lot of success. My office has more filed cases against these types of scams than any other state agency in the country.

If you or someone you know has received one of these solicitations, record the name, number and any other pertinent information associated with the solicitation. Then call my office at (866) 9NO-SCAM. Knowing what to look for, reporting suspicious solicitations and working together we can stop scammers targeting Floridians.







start your team at marchforbabies.org



### **Region's Jobless Rate Drops Below 5%**

Continued from page 2

Ocala metropolitan statistical area (MSA) continued to hold the fastest annual job growth rate compared to all metros in Florida in professional and business services, at 9.7 percent. The Ocala MSA had the third fastest job growth rate in mining, logging and construction at 10.4 percent.

Rusty Skinner, chief executive officer for CareerSource CLM, noted that modest employment gains in Levy and Marion counties offset slight losses in Citrus County, while unemployment continued to drop in all three counties."I won't call this report 'lukewarm' because there are lots of positives in it and we are certainly moving in the right direction," Skinner said. "But what we also see is that the dip in the labor force is more a reflection of fewer people out of work than a robust increase in employment.

Skinner noted that five years ago, the region's unemployment rate was 9.6 percent - the first time it had hit single digits since November 2008. At that time, there were 19,495 people out of work and employment was 183,512 or 17,118 fewer than April 2016.

"It's important to keep things in perspective," he said. "That said, we're going to continue to work with business, economic and education partners to help ensure that everyone who wants a job can get one here in our communities or within a reasonable commute of our area."

DEO's preliminary data for the area's three

counties shows that in April, Citrus County's labor force contracted over the month by 393 to 47,758, the number of employed fell by 155 to

45,120, and the number of those without jobs also fell by 238 to 2,638. That is 241 more employed and 414 fewer unemployed since April 2016 when the jobless rate was 6.4 percent.

Levy County's labor force shrank by 55 to 16,889, the number of employed increased by four to 16,175 and the number of unemployed dropped by 59 to 714. That's 428 more employed and 86 fewer unemployed than a year ago when the jobless rate was 4.8 percent.

Marion County's labor force decreased by 466 to 135,983, the number of employed increased by 154 to 129,605 and the number of jobless decreased by 620 to 6,378. Compared to April 2016 when the unemployment rate was 5.4 percent, that reflects an increase in employment of 5,015 and 778 fewer unemployed.

Please note the rate for April 2017 was 4.7 percent, down over the month from 5.1 percent and down from 5.4 percent in April 2016. That's the lowest rate since June 2007 when it was also 4.7 percent.

Among the counties, Citrus County continued to hold the third highest rate behind Sumter County at 5.7 percent and Hendry County at 6 percent; Marion County held at 11th; and Levy County was 24<sup>th</sup>.

highest rate among the states metros at 5.7 percent, Homosassa Springs (Citrus And Save Energy County) was second and Ocala was fifth.

The Ocala metro posted 103,500 nonfarm jobs in April, an increase of 2,600 new jobs for a 2.6 percent growth rate over the year. That narrowly outpaced the state average job growth rate of 2.5 percent and tied with West Palm Beach and Tampa for the 10<sup>th</sup> strongest job growth rate among all Florida metros. Neighboring metro areas of The Villages and Gainesville posted the second and third fastest growth rates at 4.4 percent and 3.9 percent.

Industries gaining jobs over the year were professional and business services (+900); trade, transportation and utilities (+700 jobs); mining, logging and construction (+500); education and health services (+400); manufacturing (+200); and other services (+100); and other services (+100)

In addition to professional and business services job rate growth of 9.7 percent, other industries that grew faster in the Ocala metro area than statewide over the year were mining, logging and construction (+7.2 percent); and trade, transportation and utilities (+3.1 percent).

Information and financial activities each lost 100 jobs over the year. Leisure and hospitality and government industries were unchanged.

The Homosassa Springs MSA had 33,500 nonfarm jobs in April, the same as the previous month but a decrease of 200 (-0.6 percent) over the year.

The May employment report will be released on Friday, June 16.

# The Villages MSA continued to post the ighest rate among the states metros at 5.7

(NAPS)—America, it's time to "Flip Your Fridge"! If your refrigerator is 15 years old or older, replacing it with a new ENERGY



 $\ensuremath{\mathsf{STAR}}\ensuremath{\mathbb{R}}$  certified model can save you more than \$270 over the next five years and reduce your carbon footprint.

According to the U.S. Environmental Protection Agency, if all refrigerators 15 years old or older in the United States were replaced with new ENERGY STAR certified models, Americans would save more than \$1 billion in annual energy costs and prevent greenhouse gas emissions equivalent to those from more than 1 million vehicles.

There are an estimated 170 million refrigerators and refrigerator-freezers currently in use in the United States. More than 60 million are over 10 years old, costing consumers \$4.4 billion per year in energy.

A new refrigerator that has earned the ENERGY STAR uses less energy than two 60watt lightbulbs and includes energy-saving features that provide performance benefits, such as:

- Quieter, high-efficiency compressors that create less heat;
- Improved insulation in doors and exterior walls to help food stay cold and muffle noise:
- More precise temperature and defrost mechanisms that help the refrigerator operate more efficiently;
- Innovative drawer designs and improved temperature controls to keep food fresher, longer.

*Continued page 9* 



#### To be the catalyst for a prosperous community.

The Ocala/Marion County Chamber of Commerce and the Economic Development Corporation are Moving Forward! and have unified to create the Ocala/Marion County Chamber & Economic Partnership (CEP).

The CEP will serve as the central resource for all businesses in Marion County: new, relocating, existing, large, small and budding entrepreneurs!

The forward momentum of this vibrant organization will focus on economic growth while maintaining the beauty and quality of life in Ocala and Marion County.

We invite you to get acquainted at a complimentary, no-obligation "GET GOING! New Partner Orientation"

This 60-minute overview is a casual format for you to learn more about the CEP and how partnership in this progressive organization will provide you with additional resources, connections, and advocacy to help in YOUR business development and growth initiatives.

For more information and the date of the next session, please contact: Felecia Prather at 352-629-8051 or felecia@ocalacc.com

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



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

#### Lunch Hour Accident Results in Roll-Over at MLK JR. Avenue



(OCALA, Fla.) May 11, 2017 – A vehicular accident reported at 12:12 PM, resulted in an SUV rolling over at the intersection of NW Martin Luther King Jr.

Ave. and NW 10<sup>th</sup> St.

Ocala Fire Rescue responded to a two motor-vehicle accident, with possible entrapment, this afternoon. Upon arrival, Fire Engine #3 encountered two vehicles obstructing the road; a pick-up truck with moderate damage to the impact site, and a heavily damaged SUV which had rolledover. Inspection of the vehicles revealed that the driver and passenger of the SUV needed assistance in exiting. Applying moderate force, firefighters were able to open the passenger's side door, however, assistance from extrication equipment was needed to remove the driver.

Both individuals in the SUV were transported to the hospital as a



precautionary measure, having suffered the impacts of a vehicle that rolled-over. The driver, sole occupant, of the pick-up truck was not transported.

Ocala Police Department and Marion County Fire Rescue also responded.



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#### Fighting the Four Sleep Disrupters

(NAPS)—Every night, while you're peacefully sleeping, four things may be happening that could seriously harm your health. Fortunately, there are many ways to address these problems. A major one is to invest in a good mattress.

Four Sleep Troubles That Hurt Your Health

1. **Pressure points**—Tossing and turning can interrupt your sleep. Research shows that people change positions up to 120 times a night on surfaces that don't provide good support. This restlessness reduces restorative REM sleep, which affects attentiveness and energy throughout the day. Proper support from your mattress gives you better pressure relief.

2. External factors—Too much caffeine and sugar too close to bedtime can interrupt sleep. So can light and noise.

**3. Temperature**—A room that's too hot or too cold can keep you up at night. To help, some mattresses are designed with gel-infused foams and performance fabrics that keep you cool when you're hot, warm when you're cold.

4. Allergens—Keeping your mattress and pillows clean can help keep allergens and dust mites at bay. Clean your pillowcase covers regularly and replace pillows every year or two. Another help: The Yogabed mattress offers a zip-off washable cover so you can keep things clean and allergen free.

This luxury foam mattress features an advanced layered system specifically designed to optimally support the body by dispersing weight evenly and reducing pressure points that cause tossing and turning. That's because it's made with Instant Response Foam and YogaGel cooling memory foam. Together, they retain the best qualities of memory foam, latex foam and gel foam, all in one. That also means you won't be disturbed by movement from your partner, pet or practically anything else while sleeping.

What Else You Need To Know

- Here are a few more facts and myths about sleep:
- **Myth:** It's possible to "catch up on your sleep."
- Fact: Sleep debt is the difference between the amount of sleep you get each night and the amount you actually need. Sadly, a marathon snooze session or two won't make you debt-free.
- Myth: A drink before bed will help you sleep.
- **Fact:** Alcohol may initially cause a feeling of sleepiness, but mounting evidence says that it will actually cause you to wake during the night and inhibit deeper sleep phases.
- Myth: If you can't sleep, count sheep.
- Fact: Picturing relaxing images performs much better than counting sheep or other monotonous tasks as a method for falling asleep. Learn More

For further facts and tips on sleep, go to www.yogabed.com





# Senior Fishing Derby



A great time was had by all. The weather was perfect, the fish were biting, The food was good, there were plenty of shade trees and friends. Trophies furnished by BJ Trophies. Trophies were awarded to the biggest fish and the oldest fisher person. **Biggest Fish** - George Wright - Anna Marie Sneed **Oldest Fisherman** - Louise Ramsey **Most Fish** - George Wright

**City Employee Volunteers:** Carla Chindoma, Kelsey Mears, Charles Dobson, Brandon Farmer, Darrin Williams **Parks Dept. Crew:** John Spencer new director Division Head **Sponsors:** BJ Trophies, Roberts Funeral Home, Clark's Funeral Home, Greater Hopewell Missionary Baptist Church, Colleen Duris PA, City of Ocala Recreation Parks and Recreation, Nelson's Lawn service, Publix Supermarket, Silver Spring Water, TomL Publishing LLC (Seniors Voice) **Volunteers:** Dustin Echols [Clay Electric - cook], Margaret Wise,

**Volunteers**: Dustin Echols [Clay Electric - cook], Margaret Wise, Dorothy Gunsby, Helen Coleman, Vernice Franklin, Ida Scott, Delores Wise, Marvelene Murihead

Be on the lookout for the fall fishing derby **October 16, 2017** 







# Preparedness For The 2017 Hurricane tropical storms, coastal residents should anticipate a disruption in the electric utility. Flip Your Fridge And Save Energy



(NAPS)-The 2016 hurricane season ended a decadelong landfall drought in Florida, Hurricane Hermine struck Florida's north coast in early September, and then Hurricane Matthew tore north along the Atlantic coast in early October. The intensity of that late-season storm left more than 1 million Florida homes and businesses in the dark while 485,000 were without power in South Carolina; 300,000 in Georgia; and more than 127,000 in North Carolina.

The climatological hurricane season is long, running between June 1 and November 30, but it's become increasingly important for vulnerable home and business owners-from the Gulf Coast to New England-to take the necessary steps ahead of the storm warnings and the inevitable rush for emergency supplies.

nonevent than it is to be caught off guard by a strong storm," said Russ Minick, chief marketing officer at Generac Power Systems. "We believe we can offer manageable ways to guide homeowners and businesses through the storm season, but staying safe starts with preparedness.

For this hurricane season, Generac Power Systems is advocating that home and business owners take a simple

but proactive course of action. Regardless of what the early forecasts or predictions may say, it's paramount that preparations start earlier than the issued hurricane warnings.

When it comes to emergency power needs, Generac advises that a portable generator be exercised every month, that maintenance be scheduled if needed and that portable generator shoppers use a sizing calculator to gauge their needs. Additionally, homeowners who seek a greater peace of mind from an automatic home standby generator should take the opportunity to schedule an in-home assessment, as automatic home standby units take time to get installed.

Generators keep critical appliances running. Lights stay on, devices stay charged and weather updates are available on television, radio or online. As with most

"It's better to be ready for a Depending on the storm's intensity, damage to the electrical infrastructure can be extensive. Downed power lines, flooding, fallen structures, debris and other obstacles will affect the speed of power restoration, so it's important to prepare for an outage

duration that may become uncomfortable. An emergency hurricane kit for the family and any pets should be easily accessible within the home. In addition to food and bottled water, a kit like this should include a flashlight, first aid kit, battery-powered radio, a whistle to signal for help, and an assortment of hand tools. If someone in the home is dependent on electricity for lifesustaining medical equipment, review the family plan to access backup power or make arrangements to relocate when storm warnings are issued.

Outages and the need for fuel go hand in hand. During a power outage, you still might need to be out and about-maybe even evacuate the area-so ensuring that your car is fueled is important. In a worst-case scenario, your car can serve as a source of light, heat and electricity. A portable generator is far better suited to provide backup power, though, so make sure it has clean fuel, as well. And make sure any fuel you store is kept in approved containers. A detailed list of power outage safety tips for homeowners and businesses can be found at www.Generac.com/hurricane-prep.

The time to prepare an emergency kit is before a hurricane or other disaster strikes.

# And Save Energy Continued from page 96

It's better for you and the environment to replace your old refrigerator rather than hang on to it. Keeping a second refrigerator in your basement or garage could be costing you \$110 every year! Make sure to properly recycle your old refrigerator to prevent the release of refrigerants and foams that contribute to climate change.

Now is a great time for savings on a new refrigerator that has the "little blue label"! Certain utilities even offer rebates you can apply to the cost of an ENERGY STAR certified refrigerator or toward properly recycling your old refrigerator.

For information on rebates and other special manufacturer offers, visit www.energystar.gov/flipyourfridge.

Here's a cool idea: Get a new refrigerator to help you save food, money and the planet.





#### 

Dear editor: The top of my head is exploded as I write this letter. Why???There are tons and tons of ads for hearing aids everywhere, in the newspapers, in the mail, on TV. They are so prolific, you cannot miss them.

While visiting a friend in rehab, the subject of hearing aids came up. She said her hearing aids cost \$6500. That was the first of the top blowing incidents. They were not working well, and she would probably have to buy new ones. That astounded me. Decided to see what it cost to make hearing aids. Second top blowing.

Went on the net to:

http://www.cbc.ca/news/Canada/ Manitoba/hearing-aid-prices-muchhigher-than-their-actual-cost-1-1367189. Take a guess. The median price is \$150. RANGE \$50 TO \$200.

Why such high prices? They claim it is repair, and cleaning. Is this justified in your mind, and pocketbook? Yet, just to look at her hearing aids, and did nothing, they charged another friend \$100.

Now I understand the avalanche of providers. Quick profits attract legions of sellers.

Maybe if we become educated consumers, we can protest, and call them on such sky high prices. I will not pay \$6500 if I need hearing aids. If you are vulnerable, you get stung the most. FAIR?????????

D.I. Larson Ocala, Fl

# Making E-mail Secure Is Just Not That Difficult

(NAPS)—E-mail security is not the problem—it's how we use e-mail that is the problem. There has been no lack of press and attention regarding the insecurity of email and the consequences of account hacking. Look no further than the latest elections, the Sony Pictures hack, the latest Yahoo compromise, etc. We hear about the problem all the time. What is missing from all the discussion is how to solve the problem.

E-mail in its stock form is inherently insecure but that does not mean that it must stay that way. With a little bit of effort, one can confidently send secure e-mail with virtually no risk of the contents being compromised.

An analogy is that of a car and a seat belt. Cars are useful and largely safe. But we can make them safer by buckling up. While seat belts were not used regularly for many years, today, we understand their benefit

and they are widely used. We need to make e-mail safe and secure and we can do this when e-mail encryption becomes as widely used. So get ready to buckle up before sending.

#### **E-mail Suffers From Two Problems:**

The first problem is that the content of your e-mails is readable when the e-mail is "at rest" (stored on either your system or on the corporate or cloud-based server such as Gmail). E-mails that are at rest can be easily read by any administrator with rights to administer the system or by anyone with your e-mail address and password.

The second problem is guaranteeing your identity or the identity of someone sending you an e-mail. Your identity or that of any sender can easily be spoofed. You have no way to be confident that the e-mail you received was from who it claims to be, nor can anyone be confident that e-mail from you came from you. All one needs is a friendly e-mail server (i.e., one where you have administrator rights) to spoof e-mail "To:" and "From:" addresses.

While these problems are significant, there is a great and relatively easy way to buckle up when using e-mail that solves both problems.

Encrypting your e-mails end to end (E2E) from within the e-mail client solves the problem by ensuring that they are safe and secure at rest (and in flight). Your content might get hacked but the hackers wouldn't be able to read the content because it is encrypted. If your account has been compromised such that a third party has access, they wouldn't have access to your encryption keys and thus couldn't decrypt your content.



The second problem is solved with a technology that is closely related to encryption called Signing. When an e-mail is signed electronically, it guarantees that the sender is as advertised.

How does one get these protections? First, both sides of the communication need to agree to participate. It also takes an extra step, like buckling up your seat belt—you need to press a button (within your e-mail client) to secure your e-mail.

Modern encryption products such as those offered by Trustera let you encrypt and sign your e-mails using your existing e-mail accounts and using whatever platform you might like to consume and send e-mails. Trustera supports iPhone/iPad, Android, Mac, Windows, and Windows Outlook.

Much like with buckling up or backing up your data, we all know we should be more secure with our messaging and now we easily can. There is no better time than now to start encrypting your e-mails. It is just not that hard to make e-mail safe and secure. Though the hackers hope you don't....



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