

MVP Athletic Club Was Honored



MVP Athletic Club was honored May 10, 2017 as more than 300 local dignitaries looked on, receiving the 2017 Lake County Community Service Award for involvement and service in our The Villages - Spanish Springs Town Square, The Villages - Brownwood Paddock Square, Boys & Girls Clubs of Lake and Sumter Counties and Lake County communities



Two Suspects Arrested in Weirsdale Double Homicide

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

Richard was located and arrested by the 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 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 Baily 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.



Emanuel Angelo Tuggerson



Isaiah Ishmael Richard

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



God Bless our Troops
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We Endorse The Constitution

AS I SEE IT

by A.J.(Tony) Powell

Jobs, Jobs, Jobs – Make American (Industry) Great Again!

President Trump said he had visited laid-off factory workers and "communities crushed by our horrible and unfair trade deals."

Trump blamed 'regulations and taxes'.

He promised that he'd get Americans back to work, building highways, bridges, airports and railways.

Well - we're still waiting.

It's a fact that American industry has all but closed down. Ford factories, the National Gypsum Plant, Johnson metals, assembly plants, shipyards, agriculture,

farming – all gone.

Industrial towns across the country which once turned natural resources into economic wealth are gone.

Of course the 'media' mostly TV, parrots the same lies over and over again until even those millions of laid off workers believe that foreign countries are, in some way, to blame for our problems.

Here are a few untruths which no-one questions:-

- Advancements in automation and the expansion of the global economy and trade caused the problem.
- International market forces are out of their control.

- Low energy prices, caused a surplus of gas and oil in the market.
 - Foreign countries are dumping cheap products in America.
 - "The threat is real - from foreign steel."
 - "Foreign governments are subsidizing their companies and selling so cheap we can't keep up."
 - They even complain about countries like Australia, Brazil, Britain, Japan, Italy, South Korea, Mexico and even Turkey.
- As I See It, we are all entitled to an opinion – whether it be good, bad or ugly!
- But the 'media' - The 'free press' is different – or should be!
- The 'truth' is that nobody is 'dumping' anything on America.
- Who do you think makes these decisions?
- American steel and automotive industries 'outsource' for cheaper

products.

- American timber industry imports lumber from anyplace in the world which is cheaper than the USA.
- Farming and agriculture has been decimated by cheap imports.
- Even back in the 'Bush-League' years, the government was saying they were "taking all necessary steps to prevent foreign dumping and they would 'take steps' to stop this from occurring."
- People say, "No matter who you put in Washington, the same thing still happens."

So what is the truth?

- Isn't it obvious that, wherever there's a 'seller', there has to be a buyer?
- Regardless of the world-wide power of the USA, we can't, and shouldn't control the actions of independent foreign countries.
- But the ruthless, greedy, selfish, short-sighted "1%" who, as I see it, are destroying America, need to be identified and publicized by the media.

If you lost your job, it's because a treacherous fellow American realized that, he and his cronies could make a few more million dollars for themselves by "buying cheap and shoddy" instead of paying for American quality.

In future, whenever you are told that another US Company is moving overseas, why not ask "Well, who's the guy in charge?"

"A stranger might shoot you in the back, but a friend will stab you in the heart!"

'til next time. . .

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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



There is no sense in 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 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 and name a council to revue both the actions 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

Letters in response

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



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Newspaper Deadlines

Editorial & Ad Copy for June

Seniors Voice & Ocala DownTown

12am, June 21st

Lady Lake Magazine & Village Spectator

12am, June 28th

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P.O Box 1698, Dunnellon FL 34430

Publisher

Tom Loury

352-804-1223

Fax: 352-489-7208

tloury@att.net

General Manager

Wendy Netherclift

Ocala Office 352-895-4168

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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 60-watt 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.

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.

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 e-mail 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....

Take Your Getaway From Vacation Stressed To Vacation Ready

(NAPSI)—Raising families, navigating jobs, balancing social commitments—there’s a lot on Americans’ plates these days. In fact, 51 percent of U.S. vacationers admit they’re more stressed today compared to a year ago, according to a recent study from Wyndham Vacation Rentals. When you add to that the pressure of vacation planning, the stress is not only preventing many from enjoying their vacation to the fullest but stopping them from going in the first place! Fortunately, there are a number of simple tips that the majority agree reduces stress and helps them get the most out of vacation by being more vacation ready.

- Don’t wait until the last minute to pack:

According to the same study, packing is so dreaded that half of all vacationers said they would give up alcohol for a month or social media for a week to avoid doing it! Travelers can reduce the stress of packing, though, without making too much of a sacrifice. Nearly two in three say not procrastinating on packing your bags minimizes stress.

- Unplug from work: Creating separation from work can help you get into a vacation-ready mind-set. More than half felt not checking work e-mail and voice mail reduces stress. The majority of travelers said taking an extra day off work before leaving for vacation or coming back a few days before returning to work would also help.

- Space, clean clothes and closed doors: More than three in five vacationers think booking accommodations with space and privacy would make their next vacation less stressful and half of vacationers think that

being able to do laundry would help. Consider booking a vacation home with Wyndham Vacation Rentals for a kitchen, laundry room, multiple bedrooms and lots of living space.

- Plan out your budget: Three in five vacationers reported being stressed about spending too much money on vacation. Thankfully, planning ahead of time by making a budget (and sticking to it!), saving enough before you leave, and bringing along your own road trip snacks and drinks can help. If you’re staying in accommodations with a kitchen, cooking in for a few meals while you’re away can also keep your wallet fuller.

- Seek advice from others: Many travelers feel burdened by the overload of vacation planning information available, but nearly half would find premade itineraries valuable. There are a lot of great resources out there for top things to do, see and eat in every destination. For example, Wyndham Vacation Rentals’ local market experts curated destination experience guides that strike the perfect balance between downtime and “go” time, so travelers can relax while still seeing the best of each location and experience hidden gems when it comes to dining and shopping.

In addition to these destination guides, Wyndham has also created a planning hub that includes more tips for overcoming travel pain points and great summer travel deals to further help the everyday traveler get vacation ready. To visit the Wyndham planning hub, go to www.BeVacationReady.com.



Word Search: The Beach

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

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 issues were

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 propose 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 with 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.

Gov. Scott Announces Resignation of Florida Lottery Secretary Tom Delacenserie

MIAMI, Fla. – Today, Governor Rick Scott announced Secretary Tom Delacenserie's resignation from the Florida Lottery, which will be effective on June 2, 2017. He has served in this role since 2015. Further announcements on agency leadership will be made at a later date.

Governor Scott said, "For 17 years, Tom Delacenserie has served our state at the Florida Lottery. Tom has done a great job and under his leadership, the Lottery has seen record sales and made historic contributions to Florida's education system. Tom has been a valued member of my team since the start of my administration and I am proud of the great work he has done for Florida's students. I wish Tom and his family the very best in their future endeavors."

Prior to his appointment as Secretary, Tom Delacenserie served as the Interim Secretary for the Florida Lottery. Beginning his career at the Florida Lottery in 2000 as District Manager in Fort Myers, Delacenserie was promoted in 2005 to Lottery's Director of Sales. In 2013, Delacenserie transitioned to Lottery's Deputy Secretary of Sales and Marketing.



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Lady Lake Police CHIEF CHRIS MCKINSTRY

The Lady Lake Police Department Is Ready For Hurricane Season. Are You?



"Those who have not learned from history are doomed to repeat it." That is especially true with hurricanes. Even though forecasting methods and tools are improving year after year, people are still at great risk if they are not prepared.

Experience has taught us that the best thing to do before a hurricane is prepare, so

you can be confident during a storm that you've done everything you can to keep your family safe. As your Chief of Police, I want you to know that during a hurricane, you can depend on the resilience and resourcefulness of the men and women of the Lady Lake Police Department.

As a local law enforcement agency, we work year-round with our local, county, state and federal partners to improve our response, cooperation and communication during hurricanes. Just as we at the police department plan for unexpected weather emergencies, there is plenty you can do to make yourselves, your families and your homes ready for hurricane season. Don't

wait for a storm to threaten.

First, create a disaster supply kit that will last your family three to seven days. Ask yourself what you would need if you couldn't get to a grocery store, pharmacy, bank or gas station for several days. Your kit should include a gallon per person per day of water, non-perishable food, a can opener, blankets and pillows, rain gear and sturdy shoes, first aid items, prescription drugs, toiletries, a flashlight and batteries, a battery-operated radio, a fully-charged cell phone as well as a non-cordless phone. Pack any special food, medicines or supplies you might need for an infant, an elderly person or a pet. Make sure you have credit cards and cash on hand and gas in your vehicle. Put all of your important documents such as insurance and medical records, bank account numbers and your social security card in a waterproof container or waterproof plastic bag.

Talk to your family about which place in your home would be the safest during a

storm and at what point you would move to a shelter. Plan what to do with your pets if you have to evacuate and designate an out-of-state relative or friend to be a point of contact for each family member after a storm. Make sure children know when and how to call 911. But always remember that if a storm gets severe enough there may be limited or no emergency responders to assist until after the storm passes.

The Lady Lake Police Department is prepared to help you and your family in any emergency, but I encourage you to create a disaster supply kit and talk to your family about an emergency plan. On behalf of the men and women at the Lady Lake Police Department, I wish you and your family the safest possible hurricane season.

Don't Pack This Pest



(NAPSI)—If you're moving to a new home this year, watch out for certain stowaways: gypsy moths.

These insects are among the most destructive pests of trees and shrubs in America. Gorging themselves on leaves, gypsy moth caterpillars weaken and can kill more than 300 different species of trees. Since 1970, they've defoliated more than 75 million acres.

The Answer

That's why the U.S. Department of Agriculture requires homeowners by law to inspect and remove gypsy moth egg masses from household goods prior to moving across state lines—and get an official certificate of inspection.

What You Need To Do

- Check all outdoor household goods—lawn furniture, grills, outdoor toys, camping equipment—for egg masses.
- Use a putty knife, stiff brush or similar hand tool to dispose of any egg masses you do find into a container of hot, soapy water, or place them in a plastic bag, seal it, and set it in the sun.

To get the certificate, you can perform a self-inspection or hire a state-certified pesticide applicator. The American Moving and Storage Association says you should then give the inspection certificate to your moving van driver.

Learn More

A free gypsy moth removal checklist and additional information can be found at www.Moving.org.

A Present For A Future

(NAPSI)—Take a look at the children you care about. Then picture them far from family and friends, in foster care, and with very little in the way of luxury or even stuff they can call their own.

That was the situation eighth grader Latasha "Tash" Haynes was in when a special organization helped change her life forever by buying her a camera—her first

Continued page 11

Running Short?



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804-1223

Hurricane Season is Approaching

Tallahassee, Fla.—This year's hurricane season is quickly approaching, and the Florida Department of Health encourages you to make preparations that can help ensure your safety should severe weather occur. In 2016 our state saw the first large-scale hurricane event in a decade. Every hurricane season should be treated as a serious threat, and taking simple precautions can help you stay healthy and safe when weather-related hazards impact the state.

“Last year's active hurricane season served as a reminder about the importance of planning ahead for emergencies,” said State Surgeon General and Secretary of Health Dr. Celeste Philip. “I strongly encourage everyone to have an updated emergency plan and an emergency supply kit that is specific to your needs and the needs of your loved ones.”

Here's how you can prepare for the 2017 Hurricane Season:

- Determine the risks to your home, property or business;
- Develop or update an emergency evacuation plan and review the plan carefully with your family – don't forget to include your pets in your plan;
- Make sure you have adequate insurance by contacting your insurance company or agent;
- Assemble a disaster supply kit;
- Strengthen your home and complete any needed repairs;
- Identify your trusted sources of information for any severe weather event or hurricane. Credible and timely information is very important to taking the appropriate actions in the event of an emergency; and
- Complete a written hurricane plan and keep it in a safe, easily accessible location.

Everyone living in Florida should have an emergency preparedness kit that meets your specific needs. Some items you may want to include in your kit are:

- Water (at least one gallon a day per person);

- Non-perishable packaged or canned food (enough for at least 3 to 7 days);
- Any necessary medication (enough for two weeks);
- Written instructions for care and medication (including medication dosages, a list of medical devices you use and a list of your doctors);
- First aid kit;
- Flashlights with extra batteries;
- Pet care items (including any pet medications); and
- Other important documents (stored in a waterproof container).

In certain situations, it may be safest for you to evacuate from your house to a more secure location like a shelter. If you have a disability or a special need such as a medical condition, it may be beneficial for you to register with your local emergency management office. All emergency management offices maintain a list of people within the community with a disability or a special need so they can be assisted quickly during an emergency.

To find contact information for your county's emergency management office, you can visit

http://www.floridadisaster.org/County_EM/ASP/county.asp

The Florida Division of Emergency Management offers an interactive online tool to help you develop an emergency plan for yourself, your family or your business. For more information or to create your plan, visit

<http://www.floridadisaster.org/getaplan/>

The Florida Department of Health's website also has valuable information that can help you plan so emergency situations: <http://www.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/index.html>

About the Florida Department of Health

The department, nationally accredited by the Public Health Accreditation Board<<http://www.phaboard.org/>>, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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To Look And Feel Your Best, Just Add Blueberries

(NAPSI)—The path to better eating can be bumpy. Our best-intentioned, health-conscious plans sometimes go out the window on hectic days. Finding easy, go-to favorites may help.

One smart option: blueberries. If you're looking to satisfy a sweet tooth and stick to healthy eating goals, blueberries can help you do both. They're very flavorful, but they're also packed with nutrients and are a good source of fiber.

Portable, low-prep foods also encourage good choices. Blueberries fit that bill. Once you've rinsed them, they're ready to eat—and you can eat the whole berry. No peels, pits or other parts to contend with. It's why blueberries fit easily into most routines, no matter what your day holds.

What Blueberries Offer

Beyond great taste, blueberries bring plenty of healthful benefits.

- Blueberries contain 80 calories per cup, are low in sodium and have virtually no fat.
- With 3.6 grams of fiber per serving, blueberries help you meet your daily recommended intake of fiber.
- Blueberries are an excellent source of vitamin C. Vitamin C plays an important role in immune function.

Carton-a-Week Challenge

Here's a simple, straightforward challenge: Eat a carton of blueberries every week. Eating more blueberries is the easiest, most delicious way to look and feel our best, no matter what life throws our way.

Fresh and frozen blueberries are available year-round. Just buy the fresh on your regular grocery run and keep the frozen stocked in your freezer. Then, you can eat blueberries anytime of day, in your favorite dish or as a snack. This flexibility matters when you're busy.

Blueberries show that smart choices can be delicious choices. Here's a fresh take on a breakfast staple:

Gluten-Free Blueberry Oat Pancakes with Lemon Maple Syrup

Yield: 8 small (about 3-inch-diameter) pancakes

- 1 banana (½ cup), mashed
- 2 large eggs
- ½ cup gluten-free oats
- ½ cup fresh blueberries
- ½ cup maple syrup
- 1 teaspoon lemon zest (optional)



Combine banana, eggs and oats and let stand 10 minutes to thicken. Spray a large nonstick skillet with cooking spray and heat over medium heat. Spoon mixture, 2 tablespoons at a time, onto skillet and top with some of the blueberries. Cook until browned, 1–2 minutes. Turn and cook additional 1 minute or until cooked through. Combine maple syrup and lemon zest and serve with pancakes.

Feeling Good Every Day

In the middle of our busy lives, every small victory matters. Sometimes you do all your push-ups, beat traffic and meet your calorie goals. Sometimes you don't. For every smart choice, you should feel good. Here's a few small ways blueberries can help you make the most of your day.

Take a field trip to a farm for fresh blueberries. Looking to get outside more? Heading to a farm doesn't just mean delicious, fresh produce to eat—it also means enjoying the fresh air.

Sneak vitamins and minerals into a milkshake or smoothie. We all have cravings. Throw in some blueberries to get your treat and some healthful benefits, too.

Give your lemonade the blueberry treatment. Whether you're sipping on the porch or helping the kids run a roadside stand, you get a pop of color and extra nutrients.

Shake up your dinner routine. Do you prefer sweet or savory? Either way, blueberry-based sauces pair well with chicken or pork and bring unexpected flavor to your plate.

Support your favorite community organization. If you want to contribute to a good cause and enjoy some blueberry treats, plan a bake sale. Everyone benefits.

Replace your candy bowl with a berry bowl. At the office or around the house, it's easy to eat mindlessly all day. Measure out your preferred serving of blueberries and snack guilt-free.

For other recipes and further tips on making the most of life, go to www.blueberrycouncil.org.



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Moving Ideas For Military Families



(NAPSI)—America's military men and women are known to be up for anything. For some things, however, such as moving their families, many could use some advice, such as these helpful suggestions:

Before You Move

- The first thing to do is to make an appointment with the military base property transportation office to schedule your move.
- Next, tell the base landlord or housing office of your dates and plans.
- Figure out what size truck you'll need and reserve it.
- Get boxes and other packing supplies.
- Pack out-of-season and nonessential items early.
- Donate unwanted items to charity or hold a garage sale.
- Determine what you'll do about any pets you may have.
- Copy all your medical records, birth certificates and so on. Store them all in one safe place.
- Change your address with the post office, banks, credit card companies and magazines.

- Call service providers and utilities to schedule turn-on.
- Secure moving-day help.
- Pick up your truck the day before to save time on moving day.
- Work with companies that understand each military branch's different rules and regulations, especially if you need to move in a hurry. For instance, Penske Truck Rental has a specialized toll-free call center at 844-4TROOPS (844-487-6677) to assist active and veteran members of the U.S. military and their families with do-it-yourself moves. All call center associates are either veterans themselves or are related to someone who has been or is currently in active or reserve duty.

The company not only has trucks at over 2,200 convenient locations, it offers a military discount of 10 percent. If you book your rental online, you'll save an additional 10 percent automatically.

In addition, it's the only national truck rental company with free unlimited miles on one-way rentals anywhere in the country.

When You Move

- Finish packing, taping and labeling boxes.
- Prepare major appliances and electronics.
- Secure dresser drawers and appliance doors with rope and tape.
- Assemble a moving-day kit, including directions, map, GPS, checkbook, credit cards, military and other IDs, eyeglasses, sunglasses, prescription drugs, flashlight, water, snacks, games for kids, and old and new house keys.
- Watch your weight. A military do-it-yourself move requires that you weigh your vehicle before you load it and after. To help, Penske offers a free Certified Public Scale Locator to make finding a scale easier.

Stay Motivated To Stay Fit

(NAPSI)—Staying motivated to work out can sometimes seem like a daunting task. It's easy to prioritize other things ahead of your fitness routine. It's no surprise that researchers have found that lack of motivation is one of the leading causes of inactivity.

"Committing to a healthier lifestyle doesn't have to be as challenging as it might seem," explained exercise physiologist and Bowflex Fitness Advisor Tom Holland. "Trying different motivational techniques is crucial to living a healthy lifestyle, as fitness isn't one size fits all. Finding what inspires you can help set you on the path to success."

Here are four ways to stay motivated to live a healthy lifestyle:

1. Mix up your workout routine. Do you get bored doing the same workout day after day? Varying your routine and incorporating new and different exercises can refresh and re-energize your workout. You'll also be less likely to hit a weight loss plateau. For example, you can switch up your routine by adding the Bowflex HVT machine (www.bowflex.com/hvt) to the mix. The HVT machine offers hybrid velocity training, which combines cardio and strength training into one effective workout. In about 18 minutes, this machine can deliver the calorie burn of running 1.5 miles, and up to five times more muscle activation than traditional strength training.

2. Bulk up your health and fitness knowledge. Knowing how to exercise properly and being educated on nutritious foods are essential to fitness success. One way to stay focused is to ensure that you're

effectively working toward your health goals. In fact, the recent Bowflex Customer Success and Motivation Survey found that health and fitness tips were one of the most important tools for fitness success. These can be found through a variety of resources—from personal trainers and doctors to fitness magazines and healthy-living blogs. One example is the Bowflex Insider blog (www.bowflex.com/blog), which offers expert advice to help readers lead a healthy, active lifestyle. The blog covers topics such as workouts, fitness tips and healthy eating for readers in every phase of their fitness journey.

3. Set goals and track your progress. Setting attainable and measurable goals is key. For example, try starting out with a 20-minute workout, three times a week. Tracking your progress also helps keep you excited and working toward your goals. This can be as easy as using a machine that features tracking software or downloading a fitness app. The Bowflex BXT216 treadmill (www.bowflex.com/treadmills) features Bluetooth connectivity that lets you track your progress, set goals and win awards with the Results app. The app also integrates with other popular fitness apps such as MyFitnessPal, Apple HealthKit, UA Record, MapMyRun and Endomondo.

4. Work out with a friend. Studies show that people who work out with a partner are less likely to skip workouts and more likely to work out harder. Having a workout partner can keep you accountable and encourage you to push yourself further. The next time you head to the gym, try taking a friend or family member. If you can't find someone to work out with, sign up for a community sports team or talk to someone new during your next group fitness class.



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LETTERS TO THE EDITOR

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-much->

higher-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

Tips For A 100 Percent Hassle-Free Move



(NAPSI)—Moving can be a hassle, stressful and emotional.

If you're considering a move, know you're not alone. According to the U.S. Census Bureau, 40 million Americans moved in 2016. That's a lot of moving.

"Every year, people take on the frustrating experience of moving," said Adam Doron, CEO of Unpakt, an online platform designed to eliminate stress from the moving experience. "What many don't realize is that moving doesn't have to be difficult. There are resources available to ensure an easy, hassle-free move."

According to Doron, the main challenge when moving is guaranteeing the final price of a move, as moving prices can increase on move day with no notice. Another

challenge? Verifying that a mover is licensed and insured. He suggests using a reliable online service to compare guaranteed, transparent prices from prescreened moving companies, as well as customer reviews. That allows people to manage and control their move from start to finish. It's also beneficial to have a third party handling payments and issues.

"Working with an online platform like Unpakt means you can avoid the hassle of entrusting an unknown mover with getting your belongings to your new home," said Doron. "Unpakt enables consumers to compare verified, reputable movers and enjoy a stress-free move."

"For your next move, get online. Visit Unpakt and instantly compare guaranteed prices from prescreened moving companies. It's easy to book your move online, just like you would a hotel or flight. We want to become the 'go to' online comparison site for everyone's move."

For moving tips or to book a move, visit www.Unpakt.com or download the Unpakt app on iTunes or Google Play Store. Enter promo code UnpaktNews to save 5 percent on your next move.





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Keeping Your Business Running Smoothly

(NAPS)—According to the latest statistics from the U.S. Small Business Administration, 80 percent of the 28.8 million U.S. small businesses have no employees, placing a heavy burden on the business owner when it comes to juggling every detail of running a company. From IT issues to customer service and even facilities management, a small-business owner must be a jack-of-all-trades.

Fortunately, some banks are recognizing the need for more specialized support for small-business owners and are carving out a niche to better serve them.

Here are three ways small-business

owners can get more from their banking partner:

Relationships Matter

Banks that specialize in serving small-business clients understand the financial pressures they face and will assign a relationship manager with expertise to help them endure the challenges of today's competitive market. Relationship managers can be a small-business owner's best resource when it comes to managing finances; they can anticipate needs, troubleshoot, and provide a wide array of products and solutions to help clients achieve their goals. Small-business owners

who take the time to get to know their relationship managers can find them to be valuable and trusted partners.

Money to Grow With

Whether a business owner needs to acquire upgraded equipment, finance expansion plans or smooth out cash flow, a well-capitalized bank with decision makers at the local level can provide quick access to loans, lines of credit, letters of credit and much more. Clients who already have established relationships with their bank may have an easier road to accessing the funds they need. Since documents don't always tell the whole story, it helps to have someone at the bank who understands the business and can speak on its behalf.

Products and Services Tailored to Fit

Banks that offer a full suite of treasury management products and services help business owners perform banking activities quickly and easily, leaving more time for growing the business. Treasury management professionals are made available to consult with business owners to better understand their unique needs and implement solutions to optimize cash flow, streamline receivables and manage accounts.

For example, "at BankUnited, we recognize that small-business owners' needs are vastly different from individual consumers'," explained Gerry Litrento, senior executive vice president, retail and business banking. "Our teams of experienced professionals are prepared to help small businesses thrive in today's competitive environment."

A good relationship with the bank can give small businesses a big boost.

Present for a Future *Continued from page 7*

one. "I didn't get a lot of Christmas gifts," said Haynes, now 35. "I didn't grow up asking for things and getting what I wanted, so that first camera was a huge deal."

Now a professional photographer, she travels the country with her husband, Ike, also a photographer, and their daughter, Wisdom.

The nonprofit that helped Haynes, Treehouse, has grown as well. It now provides thousands of children with meaningful holiday presents, such as bikes and tablets, each year.

How Else It Helps

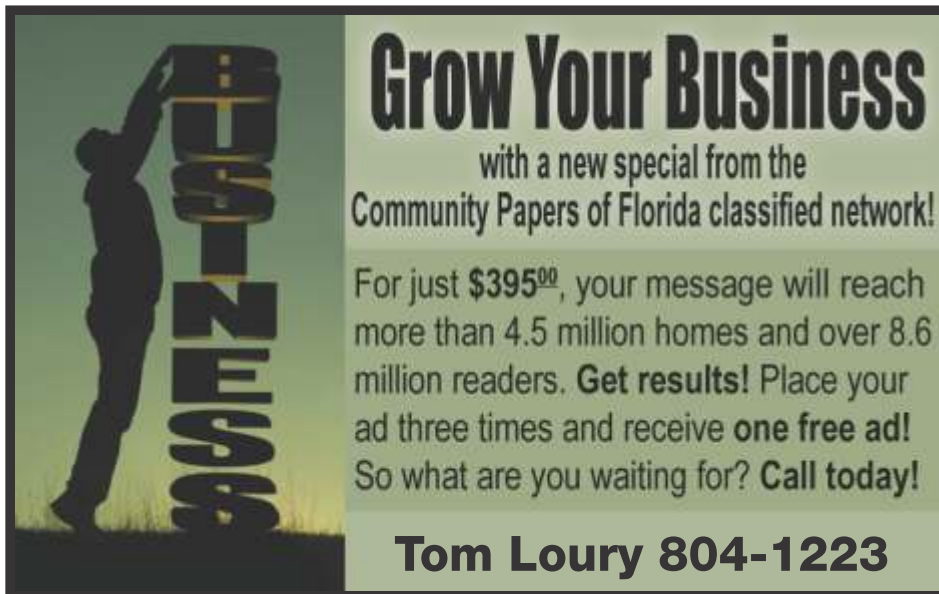
In addition, the group's Little Wishes program gives financial support for extracurricular activities and other experiences essential to any child's development.

The game changer for many kids, however, has been something called Graduation Success, explained Janis Avery, Treehouse's CEO. The average youth in foster care, she said, changes placements three times, and each time, he or she loses four to six months of academic progress.

"When the program first started, the graduation rate for youth in foster care was less than 50 percent. Our five-year graduation rate is now 82 percent, matching the rate for all students," Avery said.

Learn More

Visit treehouseforkids.org/takeaction to donate time or money, or to find out about other ways to help these kids.



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Sun Protection Myths And Facts



(NAPSI)—Sunscreen is an important part of protecting your skin. However, some information about sunscreen can be confusing, making it difficult to know how to best protect the skin you're in. Seeking shade when the sun is especially strong (from 10 a.m. to 2 p.m.), wearing clothing that protects your skin as well as hats and sunglasses, and separating myth from fact

about sunscreen are three key steps you can take.
Here are a few facts on sun care you should know:
Myth: Skin cancer is not a common problem.
Fact: 1 in 5 Americans will be diagnosed with skin cancer in their lifetime.
Myth: Protecting my skin from the sun is time-consuming and not worth the trouble.
Fact: Sunscreen is a simple solution to address this problem. You should use sunscreen regularly and reapply often. It only takes a short amount of time to protect your skin.
Myth: Sunscreen SPF labels can't be trusted.
Fact: Coppertone's commitment to the quality, safety and effectiveness of its products has helped it earn the trust of consumers for more than 70 years. This is

especially true when it comes to product labeling. In fact, Coppertone recently opened its doors to an independent firm to conduct testing of Bayer's sunscreen. The report found that the products reviewed complied with internal and all applicable external requirements to ensure the quality, safety and efficacy of its products. You can be confident that when you use Coppertone, your skin is well protected.
Myth: There's no evidence that sunscreens lower the risk of most forms of skin cancer.
Fact: Not only is this false, it is a dangerous message. When used regularly with other sun protection measures, a broad spectrum sunscreen with SPF 15 or higher can decrease the risk of skin cancer.
Myth: I only need sunscreen for long days in the sun and don't need to reapply.
Fact: Sunscreen should be used year-round for any sun exposure, regardless of weather conditions. Reapplication of Coppertone after 80 minutes of swimming

or sweating, immediately after towel drying and at least every two hours is important to ensure effective sun protection.
Myth: I don't get a lot of sun or my skin doesn't burn.
Fact: Incidental sun exposure is the kind of sun exposure that you may not be aware of. It builds up over the years from brief everyday activities, such as dog walking and commuting. Sun damage occurs even when skin doesn't turn red, and all skin types carry risk of skin cancer.
Myth: There's SPF in my makeup and moisturizer so I'm protected from the sun.
Fact: Although makeup and facial moisturizers with sunscreens have adequate SPF levels, the products typically don't provide the same amount of protection because they are generally not reapplied. People also don't take quantity into account, and often they don't apply enough to fully protect their skin from the sun.
Myth: When it comes to sun protection, all sunscreen is the same.
Fact: At Coppertone, the company that introduced the first commercial sun care product in the U.S. in 1944, researchers are always hard at work creating innovative sunscreens that provide transformative ways to stay protected in the sun. For example, Coppertone just introduced a new form of sun protection—Coppertone Whipped Sunscreens, that feel great on skin while providing trusted broad-spectrum protection.

Learn More
For more sun protection facts, go to www.coppertone.com.



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Answers

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1	V	E	Y	D	B	S	N	I	H	P	L	O	D	L	E	V	O	H	S	J
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3	L	I	A	Q	C	E	Y	R	H	C	A	E	B	E	L	T	R	Y	M	L
4	I	L	T	K	I	A	I	D	E	L	T	S	A	C	D	N	A	S	Z	L
5	A	E	N	L	W	R	R	P	E	N	I	H	S	N	U	S	X	P	R	Y
6	P	R	I	A	A	W	E	I	G	D	R	A	O	B	F	R	U	S	L	F
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16	B	G	G	V	R	M	T	A	O	B	L	I	A	S	C	S	F	R	L	N
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18	J	U	G	G	A	S	E	A	S	H	E	L	L	Q	D	O	A	F	V	S
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20	O	P	S	U	N	S	C	R	E	E	N	W	U	M	B	R	E	L	L	A

Slide Into Safety: Tips For A Fun, Safe Season



(NAPSI)—While the warmer months and longer days are often a time for outdoor fun and more physical activity—camping,

boating, swimming, biking and the like—they can also mean an increased potential for injuries. Playground falls, lawn mower accidents, campfire and fire pit burns are common childhood injuries—but they don't have to happen to your family.

These tips from Shriners Hospitals for Children can help.

Go Outside and Play

Outdoor play provides physical and mental health benefits, including opportunities for exercise, creative expression, stress reduction and access to a natural source of vitamin D—sunlight. Before sending kids out to play, however, make sure they're wearing shoes to protect from cuts, scrapes and splinters, and sunscreen to protect against sunburns and harmful ultraviolet rays.

Playground 101

- Teach children that pushing and shoving on the playground can result in accidents and injuries.

- Remind kids to go down the slide one at a time and to wait until the slide is completely clear before taking their turn. Teach them to

always sit facing forward with their legs straight in front of them and to never slide down headfirst.

- Remind children to swing sitting down, to wait until the swing stops before getting off and to be careful when walking in front of moving swings.

Make a Safe Splash

- Instruct children to never swim alone or go near water without an adult present.

- Always jump in feet first to check the depth before diving into any body of water.

- Never dive in the shallow end of the pool or into aboveground pools.

Fun on the Water

- Have children wear a Coast Guard-approved, properly fitted life jacket while on a boat or when participating in water sports.

- Educate yourself. According to the U.S. Coast Guard, 86 percent of boating accident deaths involve boaters who have not completed a safety course.

- Check water conditions and forecasts before going out on the water.

Fire Safety Simplified

- Teach kids to never play with matches, gasoline, lighter fluid or lighters. Make a habit of placing these items out of the reach of young children.

- Do not leave children unattended near grills, campfires, fire pits or bonfires.

- Leave fireworks to the professionals.

Learn More

To see other tips, find activity pages and learn how to become a "Superhero of Summer Safety," visit

www.shrinershospitalsforchildren.org/safesummer.

Are You Banking On Social Security For Your Retirement Income?

(NAPSI)—If you're a middle-income baby boomer, chances are you're still struggling to recover from the financial crash that began in 2007. You're not alone: According to a new study, only two percent of boomers feel the economy has fully recovered, and 65 percent say they have not felt personal benefit from any recovery.

If that sounds like you, then you're also likely worried about where your retirement income is going to come from. According to the Bankers Life Center for a Secure Retirement, middle-income baby boomers are increasingly reliant on Social Security for their primary source of retirement income. Before the crisis, 43 percent planned to rely on personal savings or earnings for their primary source of retirement income. That number has dropped to just 34 percent, with the difference mainly moving to Social Security.

As generous as the program is, Social Security was never designed to fully replace your wages. And the lesson from 2007 is to be prepared for anything. There are many steps you can take to plan ahead, protect yourself and achieve the retirement you are looking for.

Understand What Your Retirement Really Looks Like

While nearly all boomers say they still

plan to retire, they are adjusting retirement expectations to meet their new reality. This new reality is primarily focused on a decrease in financial independence. To address this, try to:

- Pay off debt: Debt payments should ideally be no more than 10 percent of your income when you retire.

- Work part-time: Whether you choose to work full-time, part-time or on a seasonal basis, employment income will relieve pressure on your other sources of income.

Meet with a Financial Professional

No matter what your savings level is, a professional can help you create an investment strategy that fits with your personal situation, and find savings products that can provide a reliable monthly income. Boomers who sought the help of a financial professional felt more confident in their financial decision-making and more optimistic about their retirement expectations.

Diversify Your Retirement Planning Tools

There are a wide range of affordable and secure options available to help you save for your retirement, provide income, and protect your assets. Annuities are designed to help you accumulate money for retirement or turn your retirement savings into an income stream. Other investment options to explore include mutual funds, IRAs and Roth IRAs.

Visit www.BankersLife.com/TopTips to download a free booklet on Top Tips for Retirees, including Reducing Debt in Retirement, Medicare Enrollment, Managing Prescription Drug Costs and more.

Brody left his friends to catch up on the news.



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