# VILLAGE SPECTATOR..... The Villages, Sumter County, FL

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May 201

# Kids Fest a Success



2017 Kids Fest was a great success. They had Camel Rides, Tigers, Bounce Houses, Slides, Train Rides, Free Ice Cream, a Gymnastic Show, Easter Egg Hunt, Free pictures with the Easter

Bunny. It was sponsored by Toomey Tools, Belleview Florida. This is Charity for local cancer fighting family with St. Jude Children's Research Hospital.



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

# State Attorney's ce Strikes Aga

The State Attorney's office was not satisfied that they took down Sheriff Blair, taking down the Lake County Sheriff, and in addition putting four Marion County Sheriff deputies in prison. Brad King tried to prosecute the fifth officer that plead innocent. Now the State Attorney's Office has ruined another innocent Deputy's career. Deputy Parker, a 14 year veteran of the Marion County Sheriff's Department, one of the World Winning Swat Team and a Canine Officer, was called into court to testify in a case. His testimony was different than his supervisor's who was part of the Billy Woods transition Team. He gave his

testimony to the best of his recollection and his written statement reflected the same as his testimony. The records show he was accurate. The State Attorney's office lost the case against the fifth officer and then it started... Deputy Parker, a Sheriff Deputy, just a witness in the case had his career ruined because he remembered something different than another witness.

The State Attorney. Brad King released a statement that his office would no longer trust Officer Parker's testimony in any case from this time forward, which is critical in a Deputies job. Just a little harsh don't you think? Of course the Press Release was printed by the Ocala Star Banner without collaboration, NO PROOF OF WRONG **DOING!** Flat out ruined Deputy Parker's career. Sheriff Billy Woods called Parker in with the intent to fire him, but Parker handed him his written resignation. Parker was raised in the Agricultural World. He will come out of this because he has a lot of friends. Remember they are voters. Parker has a wife, two children and third on the way. "What a shame!"

I made contact with Ex-Officer Parker, who took the man's way out! He said "Nothing good would come of anything I would say", Parker said. So I put it behind me and am moving on! I am not office and no matter how many emails, guilty of any wrong doing!'

I wonder why our new Sheriff Billy Woods did not stickup for his Deputy. I find it interesting when I use the name Brad King to an Officer. They lower their voice and are very careful what they say.

Do you notice the pattern? Sheriff Blair was a witness that did not say what they wanted him to say and they manipulated the time frame on a video to bully him into a plea out. Later when Blair saw the video he realized he had been the victim of the State Attorney's office manipulating the video!

The Governor is a part of the mix also because he helped take Sheriff Blair out of phone calls, written letters stating they saw
Continued on page 4

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



# AS I SEE IT

"Protectionism'-Yes? Or No?

'Protectionism' is the opposite of so-called 'Free Trade'.

Many economists say that every industrialized major country in history, had some degree of economic protection.

Apparently American importers of lumber from Canada and steel from China as well as thousands of other products, are pocketing millions of dollars every day by gouging the American consumer. And exporting American jobs to foreign countries.

The Prez is getting a lot of criticism for protecting the USA. But the fact is protectionism is not a new idea at all.

Alexander Hamilton, advocated tariffs to

protect America from foreign speculators.

George Washington signed the Tariff Act in 1789

Just like Trump, Washington and Hamilton believed in economic independence and supporting

American industry, which, even back then, it was seen as a matter of national security

Thomas Jefferson said something like "Industry is as necessary to our independence as it is to our comfort".

Even advocating a 'boycott', He said, "I will purchase nothing foreign where a similar domestic product is available, without regard to price."

Abraham Lincoln strongly opposed free

trade. This policy was continued by Presidents Grant, Roosevelt and McKinley.

Quote:- "Protection is but the law of nature, the law of self-preservation, of self-development, of securing our highest and best destiny."

Fortunately Trumps' talk of tariffs is immediately discouraging the moneygrabbing American importers from buying timber from Canada, thus saving thousands of American jobs in the lumber industry.

Candidate Trump promised to expand American industry and "put new American steel into the spine of this country."

Now, President Trump said, "Steel is critical to both our economy and our military. This is not an area where we can afford to become dependent on foreign countries,"

Big business and even trade unions said this will "Lure our companies back".

My question is "What do you mean by "Lure Back"?

As I see it, it's the billionaire owners of big business who are guilty of sacrificing American workers, so they can haul in bigger and bigger profits.

The media says that imported products are cheaper for American consumers.

But, of course it just another lie.

You'd think that, by now, these supersmart money grabbers would have figured out that your employees, are my customers. (And Vice-Versa).

If you lay off a million workers, that's a million less buyers for the rest of us.

Instead of fighting with Canada, China and many other foreign manufacturers, I want to know the names of these people, and ask them why they don't "Buy American"?

'til next time . . .

# Oklawaha Valley Audubon Society

The Oklawaha Valley Audubon Society of Lake County, FL will host a program on Eagle Watch 2 p.m. Sunday May 7th at Trout Lake Nature Center 520 E County Rd 44 Eustis, FL.

Shanwlei Breeding Eagle Watch Coordinator of the Audubon Center for Birds of Prey in Maitland, FL and volunteers will discuss this 25 yr citizen science program that monitors bald eagles in central Florida. Volunteer training for Eagle Watch will be held in late summer.

Registration and refreshments will begin at 1:30 pm. the meeting is free and open to the public. Details: www.oklawaha-audubon.com or call 407-230-5404







# DENNIS K. BAXLEY



on the finish line of 2 0 1 7 t h e Legislative Session. We have worked this session to better our state and its residents, and to protect faith, family, freedom, and opportunity.

This session, The Florida Senate passed Senate Bill 10, authorizing a significant increase in southern water storage to further the goal of reducing, and eventually eliminating, harmful discharges from Lake Okeechobee. This bill dramatically expands southern storage by leveraging existing water infrastructure, and utilizing a combination of state, local, and private land, in a manner that respects the interests of the agricultural community and private landowners.

We also passed Senate Bill 374, the College Competitiveness Act of 2017. This legislation will further elevate Florida's nationally ranked community colleges through a renewed focus on their core mission, which is promoting on-time completion of vital associate degrees and workforce credentials that prepare students for jobs in communities across our state.

Additionally, the Senate unanimously passed Senate Bill 78, Public School Recess. The legislation requires each district school board to provide at least 100

We are closing in minutes of supervised, safe, and unstructured free-play recess each week for students in kindergarten through 5th grade. Such recess must involve at least 20 consecutive minutes of free-play per day in the public elementary school setting. Senate Bill 78 ensures that recess time is kept separate from standard physical education course time.

> We will continue to work hard for the good people of Florida. We will land the plane and ensure that all Floridians are cared for and protected.

# Picking A Paint Color Is As Easy As 1-2-3

(NAPS)—Whether it's the sifting through mountains of swatches or trying to remember unique names for the color blue, selecting a new paint color for your home can be a daunting task. However, Chris Stigliano, merchandising director at Lowe's, says there are three stress-free steps you can take to ensure you choose the right color.

### **Step 1: Size Up Your Room**

Consider its shape and size: A lighter color can make a small room feel more spacious, while a darker color can help an immense room seem cozier.

Take architectural details into account: Think molding, trim, columns and

brackets. What's attractive and what's not? Varied intensities and hues can complement architecture, furnishings and art. The right paint can accentuate a room's features or hide them.

Factor in function: Will the main purpose of the room be eating, sleeping, working, entertaining or something else entirely? A warm color in the living room or family room creates a more comfortable and inviting atmosphere for guests than a cooler one.

### **Step 2: Determine Color Palette**

Consider yourself: Paint color should reflect your mood and personality. What are your favorite colors? If you're having trouble selecting a shade, try looking in your closet. The colors you enjoy wearing are the ones that make you feel good. You're the one who has to live in the space so live with the shades you love.

Emotional response: Studies show that room color can affect your mood. Hues of blue, green and neutrals—such as beige, gray and white—can create an overall sense of calm. On the other hand, shades of red, orange and bright yellow provoke high energy. Find out the colors that work best in each area of your home.

Work with what's already there: If you've already chosen an interior decor or if you're working with a room that's already furnished, focus on a favorite fabric color, piece of art or furniture, or other object. Bring a pillow, piece of fabric or even a favorite pair of shoes to Lowe's and an associate will custom blend a paint shade to match.

# **Step 3: Get Samples**

Ask for a color wheel: The color wheel has thousands of hues to choose from so bear in mind that paint is generally divided



into two groups: bolds-reds, greens, pinks, blues, greens and purples-and neutrals—pastels, beiges, grays and whites. Neutrals are generally considered to be a safer choice because they blend with many different decor styles, meaning if you plan to change your decor later, you can often keep the same color walls.

Get three or four colors you like: Colors in the store often look different at home because of the changes in light. Rather than running the risk of getting a gallon of paint you don't like, try a few samples first. Samples are an inexpensive way to ensure you're making a good choice.

**Test:** Paint a one-foot square in each color on your wall. Over several days, watch the colors at different times of day, comparing natural sunlight and artificial light.

By following these simple steps, you will increase you color confidence. So don't be afraid to paint bold and bright. If you love a vibrant color such as peacock blue or fuchsia, go for it!

### Learn More

If you buy your paint from Lowe's and aren't in love with the color once your room is finished, Stigliano reminds us that you can simply return the unused paint to your local store and they will replace it with another color. For more painting ideas, tips and product solutions, visit Lowes.com/Paint.





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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

# State Attorney's Office Marion County Sheriff's Department, one of

Continued from page 1



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# **Crossword Puzzle**

### Across

- 1. Highway exits
- 6. Mr. Gershwin et al.
- 10. Ewes' mates
- 14. In flames
- 15. Designate
- 16. PDQ's kin
- 17. Beauty shop
- 18. Happen
- 20. High blood
- 22. Achieve
- 23. Mexican money
- 24. Amtrak depot (abbr.) 25. Fish trap
- 26. Hinder

- 29. Vegas machine
- 30. Powder mineral
- 31. Go to bed
- 33. Psychic letters
- 36. Thicken
- 37. Free (of)
- 38. Ground grain
- 39. "You there!"
- 40. Hi-fi system
- 43. Model
- Macpherson
- 44. Ĉircle segments 45. What Moses parted (2
- wds.)
- 47. Maple's fluid

- 50. Pecan, e.g.
  - 51. Surrealist painter
  - Salvador
  - 52. Warnings
  - 54. Transmit a TV show
  - 58. Change
  - 60. A la
  - 61. Give forth
  - Shade trees
  - 63. Staircase part
  - 64. Part
  - 65. If not
  - 66. Scorches

# Down

- 1. Grating sound
- Not nearby
- Distance measure
- Possibility
- 5. Felt
- 6. Beginning part
- Seldom seen
- 8. Doctors' org.
- Ted Kennedy, e.g.
- 10. Entranced
- 11. Chinese, e.g.
- Antoinette
- 13. Paid out

- 19. Declare
- 21. Operator 24. Glide
- 26. Restless desire
- 27. Gender
- 28. Scheme
- 29. Mixes
- 32. Upright
- 33. Slithery swimmers
- 34. Shopper's delight
- 35. Guilty, e.g. 38. Government health
- program 40. Yule visitor

- 41. Board member
- 42. Voiced
- 46. Votes in 47. Screen
- 48. San Antonio shrine
- 49. Hazard
- 51. Thickly populated
- 53. Ceremony54. Cruise and Hanks
- 55. Vicinity
- 56. Celebrity
- 57. Williams and Koppel 59. Unwell

Answers on page 15

# **Newspaper Deadlines**

Editorial & Ad Copy for June

Seniors Voice & Ocala DownTown 12am, May 17th Lady Lake Magazine & Village Spectator

# Lady Lake Magazine/Village Spectator

12am, May 24th

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**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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Fill out the membership application, pay your dues by check or credit card.

Become actively involved in our many networking events. When a consumer knows that you are a member of the chamber of commerce, they are more likely to patronize your business.

# CHIEF CHRIS MCKINSTRY

# Move Over And Make Way For Emergency Vehicles



approached an intersection and heard a siren? Perhaps you have looked in your rearview mirror and saw flashing lights behind you. Chances are that you have passed an emergency

worker or a law enforcement officer who pulled off the roadway with his or her lights flashing. You should be aware that in Florida the law requires that you move over, make way and slow down when approaching all emergency and law enforcement vehicles

Have you ever stopped on the roadway. The law, known as the Move Over Act, is designed to protect law enforcement officers, firefighters and other emergency workers from needless, accidental tragedy.

> After 40 years in law enforcement and public safety, I have learned that driving, especially when responding to calls for service, is the most hazardous duty performed by law enforcement officers, firefighters and emergency service professionals. Many fatalities and injuries to emergency service workers could have been avoided had the driver simply slowed down and moved over.

> The Lady Lake Police Department strictly enforces the Move Over Law to help keep

you and all public safety professionals safe. While on the roadway, please be alert, pay attention and remember the following:

- If an emergency vehicle is approaching from behind, put on your turn signal, yield to the right-of-way, slow down or pull over. Once the emergency vehicle has passed, use your turn signal and carefully re-enter the roadway.
- On a two-lane roadway, you are required to slow to a speed that is 20 miles per hour less than the posted speed limit. If the speed limit is 20 miles per hour or less, you must slow down to five miles per hour.
- If you are driving on an interstate or roadway with multiple lanes of travel in the same direction and you approach an emergency or law enforcement vehicle parked along the roadway, you must vacate the lane closest to that vehicle as soon as it is safe to do so.
- When arriving at an intersection where

an emergency vehicle is approaching from the cross street, come to a complete stop and wait until all emergency vehicles have safely passed before continuing.

If you are a driver who violates the Move Over Law, you can be charged with a moving violation, which results in a fine and points on your license. More importantly, by violating this important law, you would be putting both yourself and a dedicated "first responder" at risk.

On behalf of the men and women of the Lady Lake Police Department, I urge you to help protect those who are sworn to serve and protect you. Always remember to make way, slow down and MOVE OVER when approaching an emergency or law enforcement vehicle - it's the law.

# **Create A Great Guacamole Dip**

(NAPS) Here's a treat just about everyone is sure to adore. Loaded with fresh herbs, it's a



guacamole that's a nutritious snack anytime of the day.

### **Green Goddess Guacamole**

With Harvest Stone® Organic Crackers Prep Time: 15 minutes. Total Time: 20 minutes. Serves: 4

- 2ripe avocados, peeled and pitted
- 1/4 cup light sour cream
- 2Tbsp lime juice
- 2Tbsp finely chopped shallot
- 2Tbsp each finely chopped fresh parsley and cilantro
- 1Tbsp finely chopped fresh chives
- 2tsp finely chopped fresh tarragon
- 1 small jalapeño pepper, seeded and diced (optional)
- 1 clove garlic, minced
- 1/4 tsp each salt and pepper
- 1/4 tsp ground cumin
- 1pkg (3.54 oz) Harvest Stone® Original Crackers

Mash together avocados, sour cream and lime juice until smooth. Stir in shallot, parsley, cilantro, chives, tarragon, jalapeño, garlic, salt, pepper and cumin until blended. Transfer to serving dish or bowl; serve with crackers for dipping.

Nutrition Facts Per 1/4 recipe: Calories 280, Fat 15g, Cholesterol Omg, Sodium 270mg, Carbohydrate 30g, Fiber 4g, Sugars 2g, Protein 6g

Harvest Stone crackers are known for containing simple ingredients such as whole grains, seeds and that's about it. They are also organic, non-GMO Project Verified, low in sugar, and free of saturated and trans fats.

Harvest Stone crackers are the perfect canvas for your wholesome creations, including new organic Sprouted Hummus crackers in Roasted Garlic & Herb and Taste of Za'atar flavors, and organic Sprouted-Native Grains crackers in Simply Olive Oil & Salt and Peruvian Aji Amarillo flavors.

They're available in a variety of grocery, natural and club stores. For a store locator, more recipes or to download a coupon, visit www.HarvestStone.com.



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# How To Keep Your Garden Growing



(NAPS)—When it comes to creating a yard that makes the neighbors green with envy, many Americans are saving time and trouble by turning to a surprising "garden

The driving force behind the latest in backyard maintenance is a utility task vehicle (UTV).

### Your UTV And You

A hardworking and smooth-riding vehicle, not only is it good for pulling out stumps and hauling rocks, mulch and heavy

equipment, but a variety of attachments are available to turn it into a sprayer, tiller, rake or mower. Plus, when your yard work is done, you can use it for off-road adventures.

The No. 1-selling UTV lineup is that of the Polaris RANGER. The new XP 1000, available in base, EPS and new special editions, offers an industry-leading 1,000 ccs and 80-horsepower ProStar engine with gobs of torque, and a Three-Mode Throttle Control switch on the dash to enhance the driving experience. The Performance mode offers maximum and instant throttle response for snappier acceleration and is used predominantly for recreational purposes. For a traditional blend of torque and high-speed performance, the operator would select the Standard mode. The Work mode provides lengthened low-RPM band for better slow-speed control, which is

navigating tight spaces.

The limited-edition HVAC vehicles are the first gas-powered UTVs to offer an HVAC system for all-weather comfort. The Ranch Edition offers an innovative, selfleveling, rear suspension with Nivomat shocks that automatically adjust the suspension depending on load, for a higherloaded ground clearance and a smoother

## What Else You Can Do

Here are five more tips to help your garden grow:

- 1. When you're dealing with Mother Nature, remember Father Time. Plant as early and as late in the season as you can with the help of row covers, cold frames, tunnels and similar devices.
- 2. Go for perennials—let your crops plant themselves. Plants that come back

perfect for towing a trailer or when year after year save time and maintenance, usually limited to annual weeding, fertilizing and mulching.

- 3. Resist rows. According to Colorado State University, you can quadruple persquare-foot production of many vegetables such as lettuce, carrots and beets by planting them in blocks within wide beds rather than in rows. Block planting makes efficient use of space by keeping the spacing between plants tight and eliminating unnecessary pathways.
- **4. Be bright about bulbs.** Keep the local wildlife from dining on your daffodils and onions by staking netting over the bed. Cut holes in the cloth to let the plants grow through.
- 5. Be a good egg to your garden. Give your plants a calcium boost by grinding up empty egg shells and sprinkling them on the plants.

### Learn More

For further facts, visit www.Polaris.com.

# Fresh Food At 65



(NAPS)—When a brand reaches 65 years in business and is still growing, the general assumption is that it's offering a superior product. While that's certainly true in the case of Church's Chicken, which turns hand-battered, double-breaded chicken, fresh-cooked fried chicken and delicious scratch-made honey-butter biscuits into great chicken experiences that guests love, the food is only half of the story. The other half could prove inspiring to many younger firms.

The equally important flip side of the company's recipe for success is a commitment to connecting with customers, franchisees and team members. Church's CEO, Joe Christina, explains: "At the heart of any restaurant business is a relationship with guests," he says. "We've been proud to make connections with our community since Mr. George Church founded the brand in 1952. That's only possible through hardworking team members and terrific franchisees around the world who are all dedicated to delivering on that heritage.'

Unlike many places, Church's has built its heritage status through meaningful connections and uniting people and communities over quality fried chicken. It calls it "chicken passionates serving other chicken passionates" and it plays out across multiple initiatives.

The company supports scholarships for deserving high school students and donates millions of meals yearly to No Kid Hungry. It's also one of the first brands to embrace video storytelling through its Church's Loves Community video series: www.youtube.com/user/churchschicken.

"Guests and loyal fans don't simply visit Church's for our delicious fried chicken and honey-butter biscuits, but also because of memories made here and how we support our communities," Christina finished.

# Learn More

For further information about Church's Chicken and the brand's 65th anniversary year, or how it's grown to more than 1,600 restaurants globally, visit www.churchs.com.



# Volunteer Opportunity For Veterans



(NAPS)—The nation's nearly 22 million veterans may not be aware of a volunteer opportunity that continues on the tradition of purpose, camaraderie and service to the country and community: becoming a volunteer firefighter.

Why Volunteer in the Fire Service

Many veterans find joining a local fire department involves values they can uniquely appreciate, such as loyalty, honor, courage, discipline, teamwork and respect.

Plus, the need is great. Seven out of 10 firefighters and emergency responders are volunteers, and volunteer firefighters save communities nationwide an estimated \$140 billion a year. However, many local departments are struggling to meet staffing needs as call volume has tripled in the last 30 years and departments' roles in communities continue to expand. Many community members are unaware of this need. A National Volunteer Fire Council (NVFC) survey found 41 percent of respondents did not know that their department used volunteers and 79 percent did not know their department was looking for more

membership association representing the than a veteran? interests of the volunteer fire, EMS and rescue services.

### How To Volunteer

Fortunately, anyone can become a volunteer firefighter—they come from all types of backgrounds and professions and encompass all ages, genders, races and ethnicities. Veterans are especially well equipped to volunteer as emergency responders, and it provides a sense of purpose, commitment, and lifesaving service to the community that few other volunteer opportunities can offer. Certain departments may have specific requirements, such as a high school degree, a physical or a background check, but when it comes down to it, volunteering as a first responder is all about having the heart and

volunteers. The NVFC is drive to make a difference where it's needed the leading nonprofit most. And who can understand that better

> New recruits are trained by the department. Skills to learn vary based on the department's response requirements, but training may cover a wide array of emergency situations such as fires, emergency medical incidents, terrorist events, natural disasters, hazardous materials incidents, water rescue emergencies and other public service calls.

### Where To Learn More About Becoming A Volunteer

For further information and to find a nearby fire service volunteer opportunity, visit www.MakeMeAFirefighter.org.

# **RV Maintenance**

Tips

In order to truly enjoy the great outdoors. routine RV maintenance is essential. These three tasks will



help extend the life of your RV, quiet squeaking parts and prevent breakdowns. Check your owner's manual because timing and instructions vary by vehicle.

# **Ouiet Squeaks and Prevent Sticking**

Here's a good way to tell your rig's slideouts, windows and doors aren't getting the care they need—they squeak and stick! Avoid wear and tear by regularly lubricating your rig's moving parts to prevent costly repairs.

Restore quiet to the campground by using the new 3-IN-ONE RV care Slide-Out Silicone Lube to lubricate, waterproof and protect against rust, corrosion and squeaks! The 3-IN-ONE RV care Window & Track Dry Lube leaves a clear, protective film that reduces friction without attracting dirt and debris, which can clog tracks over time. Both products are safe to use on metal, wood, vinyl and most plastics.

# **Inspect the Generator**

If your generator isn't working, it's likely because it sat unused for too long. Inspect and run your generator each month. First, check for fuel or oil leaks and check the oil level and the filter as both may need to be changed. Then run the generator with a 50 percent load-which means running the heater or air conditioner. Review the owner's manual for further instructions.

## **Check Awnings**

Your awning provides respite from the sun, so before you hit the road, roll it out and inspect the fabric for holes, tears and to determine if anything has detached. If the awning won't extend or has rips, it should be replaced.

Arm yourself with the right tools and save money by tackling easy RV maintenance projects. For more information about 3-IN-ONE RV care Slide-Out Silicone Lube and Window & Track Dry Lube, visit 3INONE.com and get both products at



# Eight Tips For Hiring A Quality Contractor

For Your Next Digging Project

(NAPS)—An excellent way to celebrate the season is with an outdoor home improvement project: a pool, perhaps, or professional landscaping.

Many such home improvements, including planting trees, involve some type of digging. Selecting a quality contractor will help ensure workers follow proper digging practices while completing the project safely, on time and on budget.

### What To Look For

Here are eight tips to help you select the right professional:

• Verify that safety is the contractor's top priority. Because many outdoor home improvement projects involve digging, confirm the contractor will follow the practice of calling 811 at least 48 hours before breaking ground. In some places,

such as the state of Ohio, it's the law, and utilities—including Columbia Gas—will send personnel to mark line locations at no cost. "We urge our contractors to always call 811 to keep everyone safe," said Sandy Munley, executive director, Ohio Landscape Association. "Workers and homeowners should never assume they know where gas and other utility lines are located."

• Consider a specialist for your type of project. Contractor specialists have the knowledge, equipment and tools for certain projects. You'll want a pool contractor, for example, to build the inground pool with vinyl liner. You'll want a concrete professional to install that winding walkway. Contractor specialists are listed online or you can contact professional associations such as the

Better Business Bureau.

- Request and check references thoroughly. Family, friends and other businesses can provide contractor names. When contacting contractors, ask each to supply at least three references—and then call those people. Ask questions. Was the contractor on time and on budget? Were you pleased with the results? Request photos or visit completed jobs.
- Confirm the contractor is licensed, bonded and insured. A contractor should provide copies of current licenses and insurance certificates—make sure all workers are bonded and insured. Personal liability, worker's compensation and property damage insurance protect you from liability in the event of injuries or accidents.
- Ask if the contractor will handle trash removal. You may have containers, wood, plants and other debris that must be hauled from your property. Verify the contractor will manage this task and will include a dumpster or other trash removal costs in the estimate.
- Select a contractor who'll commit to a timeline. It should include when work will begin, when materials will arrive and when most of the work will be completed. Include extra time for unexpected problems or delays.
- Realize you get what you pay for. Cheaper isn't always better and, in most instances, you should stay away from the contractor with the lowest bid. Instead, know your needs and prioritize what's most important. You may be able to remove less significant frills to keep your project within budget.



• Avoid contractors requiring more than 30 percent up front. Instead, work with one who lets you establish a payment schedule that follows the project's progress. Make the final payment after you thoroughly inspect the finished project and are completely satisfied with the results.

"A professionally designed and installed landscaping project will provide years of enjoyment for you and your family," Munley said. "Additionally, the project can increase the value of your home while improving curb appeal."

### Learn More

For further advice about safe digging practices and what types of home projects require a call to 811, visit www.columbiagasohio.com/811.

Selecting a quality contractor will help ensure a home improvement project is completed safely, on time and on budget.



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(NAPS)—Although National Teacher Appreciation Week begins on Sunday, May 7, 2017, any time is a good time to acknowledge all the teachers who make a positive impact on children's lives.

## Send A Free Thank-You Video E-card

To help facilitate giving thanks to our nation's often undervalued K-12 teachers, the national nonprofit

Thank A Teacher AdoptAClassroom.org offers a free and easy way to thank teachers. Kicking off April 17, it allows people to preschedule free digital video thank-you e-cards, which the nonprofit will automatically send out during Teacher Appreciation Week.

"We wanted to make it easy for people to shower their teachers with gratitude during Teacher Appreciation Week," says Ann Ness, executive director of AdoptAClassroom.org. "We believe our video e-cards will put smiles on the faces of our nation's teachers."

To preschedule free video e-cards, go to adoptaclassroom.org/ThankATeacher, enter your teacher's name and e-mail address, select your favorite video e-card and add a personal message. AdoptAClassroom.org will automatically send all e-cards out

beginning May 7.

### Join Sheryl Crow

Nine-time Grammy Award-winning singer-songwriter Sheryl Crow wants everyone to understand the importance of thanking teachers.

"We need to support the teachers who changed our lives for the better; teaching is the most important job that exists," said Crow. "Join me and AdoptAClassroom.org in letting teachers know how important and appreciated they are for the work they do."

As a former teacher who comes from a family of teachers, Crow understands just how challenging the profession can be.

On average, U.S. teachers spend \$600 a year purchasing school supplies for their classrooms and students. Twenty percent of teachers spend more than \$1,000 annually.

Give teachers your support this Teacher Appreciation Week. In addition to sending a meaningful thank-you e-card, you can make a donation to your favorite teacher on AdoptAClassroom.org to show your gratitude.

As an award-winning 501(c)(3), AdoptAClassroom.org makes it easy for individual donors and corporate sponsors to donate funds to K-12 classrooms in public, private and charter schools throughout the United States. To date, AdoptAClassroom.org has donated more than \$30 million to teachers and their classrooms.

### Learn More

To send a teacher an e-card or for more information, you can visit adoptaclassroom.org/ThankATeacher.

# Dreamers And Dragons

(NAPS)—Fantasy and science fiction fans don't need to rely on magic wishes anymore. The eagerly awaited latest edition of a delightful collection is available again.

The 33rd volume of "L. Ron Hubbard Presents Writers of the Future" features the work of the 24 award-winning new authors and illustrators and two published finalists. Jake Marley, a writer from California, and Michael Michera, an illustrator from Poland, were Grand Prize Winners of "Dreamers and Dragons," at the 33rd Annual L. Ron Hubbard Achievement Awards for Writers and Illustrators of the Future Contests in Science Fiction and Fantasy.

Edited by David Farland, with cover artwork by Larry Elmore, the book also features stories by such renowned writers as Anne McCaffrey, Robert J. Sawyer, Todd McCaffrey and L. Ron Hubbard and nonfiction essays by Larry Elmore and Bob Eggleton.

L. Ron Hubbard, author of the novel "Battlefield Earth", created the Writers of the Future Contest in 1983 to provide a means for aspiring writers of speculative fiction to get that much-needed break. Due to the success of the writing contest, the Illustrators of the Future Contest was eated in 1988.

The new anthology is available from Amazon.com, BN.com,

booksamillion.com, in Barnes & Noble tores, Books A Million and GalaxyPress.com

### Learn More

For further facts about the book or the contest, go to www.writersofthefuture.com and www.galaxypress.com.





# Understanding Head **And Neck Cancers**

(NAPS)—According to the Centers for Disease Control and Prevention, some 42,000 Americans develop head and neck

cancers every year. Here's a look at one of them:



Lewis was a busy man. He and his wife, Amy, were running an aerobic exercise group in their community and also volunteering throughout the north Florida area. On a hot and dry day in June of 2011, when the air was filled with smoke from nearby wildfires, Lewis came home from tennis coughing and clearing his throat. He also had sores in his mouth, so he decided to



go to his doctor.

"The doctor looked at my tonsil and told ranges from 25 to 45 people. me, 'That's either the worst case of tonsillitis I've ever seen in an adult...or it's something else," Lewis says. The doctor recommended more testing. After the tests, Lewis was told that it was a malignant (cancerous) tumor.

"When you hear the word 'cancer,' your world changes in an instant," says Lewis.

More testing showed that it was an advanced stage of cancer—Stage IV—and to have surgery on it would require breaking his jawbone and taking out a lot of tissue, permanently changing his appearance and ability to swallow and eat. Oncologists told him that there was just as good a chance that the tumor would shrink with radiation and life," Lewis says. chemotherapy as it would with surgery. Lewis had seven chemotherapy treatments and 35 radiation treatments over the course of the next seven weeks. By the end of treatment, he could no longer swallow and had to use a feeding tube. But the tumor had shrunk to the point that doctors could no longer detect cancer.

Out of a sense of gratitude for all the help they got, Lewis and Amy decided to start a support group for people with head and neck cancers. They contacted a national organization and got the materials to start a chapter where they live. Lewis and Amy handed out flyers to local doctors' offices and hospitals. At the first meeting, six people showed up—including some they already knew but had no idea were dealing with head and neck cancers. Now, meeting attendance

Then, in December of 2015, Lewis found a sore on his tongue that wouldn't go away, even with steroid treatment. His oncologist did a biopsy and found another tumor. He was scheduled for surgery right away, because he was told that he was not a good candidate for more radiation, as he'd had very high doses during the last round four years before. Additional oncologists who reviewed his case thought he might lose his tongue and part of his jaw. But a biopsy after surgery showed no cancer cells remaining on his tongue.

"I still have a high risk of the cancer coming back but I'm still going to live my

He recommends that if someone is diagnosed with a head or neck cancer, he or she should listen to the doctors very closely—and carry a notebook to write down details about treatment. He and Amy also say that support groups help both the person diagnosed and the caregiver.

### **Cancer Causes**

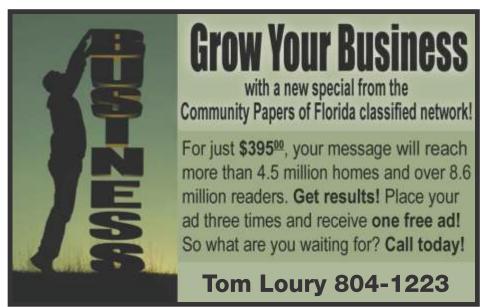
Smoking and alcohol use are major risk factors for head and neck cancers.

### Learn More

For further facts about head and neck

visit www.cdc.gov/cancer/headneck.





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# Get the Better of GERD



(NAPS)—Gastroesophageal reflux disease, or GERD, is abnormally frequent or chronic acid reflux. Acid reflux occurs when stomach fluid backs up, or refluxes, into the esophagus, exposing it to gastric acid and other contents. While occasional reflux is normal, for some, it can be frequent and severe enough to affect daily life.

In fact, it's estimated GERD causes pain for over 80 million Americans at least once a month.1 Left untreated, GERD can lead to

serious complications, such as changes to the esophageal structure, known as Barrett's esophagus, and even cancer. However, the good news is you don't have to put up with this burden

### What To Do

Treatment varies depending on the severity of symptoms, and you should always consult a health care professional. GERD is a chronic condition, because the valve is not mechanically functioning—it needs a repair, not a temporary fix from an antacid or proton pump inhibitor (PPI) pills.

For mild GERD sufferers, simple dietary and lifestyle changes may be enough to provide some relief. These can include avoiding foods that trigger symptoms, such as coffee, tea and carbonated beverages; fatty, fried or spicy foods; and citrus fruits,

chocolate. You may also eat smaller meals more often to avoid pressure on the valve between the stomach and the esophagus. Recommended lifestyle changes include watching your weight and avoiding lying down within three hours of eating. When you do go to sleep, raise the head of your bed six to eight inches. Don't smoke. Don't drink alcohol and do wear loose clothes. More tips are available at www.GERDhelp.com.

If that doesn't do the trick, you may have to turn to anti-reflux surgery to rebuild the barrier between the esophagus and the stomach. A gastroenterologist can see if you're a candidate for a minimally invasive, incisionless medical procedure that is not major stomach surgery. The Transoral  $Incisionless \ \ Fundoplication - TIF \\ @$ procedure—treats the underlying anatomical cause of GERD by reconstructing the valve between the

tomatoes, garlic, onions, peppermint and esophagus and the stomach to restore the body's natural protection against reflux. This eliminates both the acidic symptoms of reflux, such as heartburn and sore throat, and the non-acid, atypical symptoms, such as asthma, chronic cough and regurgitation.

> "Due to its unique approach, most GERD patients who receive the TIF procedure are less likely to experience long-term side effects commonly associated with traditional anti-reflux surgery, such as trouble swallowing, bloating and gas, and are able to return to normal day activities within a few days post-procedure," said Dr. Anthony Starpoli, associate director of esophageal endotherapy at Lenox Hill Hospital, New York City.

> Since the TIF procedure is performed through the mouth with no abdominal incisions, patients typically return to work in less than one week. Recently published data showed at the three-year postprocedure check-up that:

71 percent of patients completely stopped taking their PPIs,

90 percent of patients experienced a reduction of troublesome regurgitation,

And 88 percent of patients maintained elimination of all daily atypical symptoms.1

"Most importantly, these positive outcomes are a strong indicator of the TIF procedure's safety and durability, providing patients who no longer benefit from PPI therapy an effective alternative treatment option from chronic GERD symptoms," adds Dr. Lauren Gerson, director of clinical research, Gastroenterology Fellowship Program at California Pacific Medical Center.

### Learn More

For further facts about GERD, as well as the TIF procedure, and to find a nearby physician who can help you, visit www.GERDhelp.com.

<sup>1</sup>Data on file at EndoGastric Solutions.



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