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Volume 20 Issue 9

September 2017



Senator Dennis Baxley spoke to Ocala Business Leaders. Mr Baxley has run in 15 races and lost two. He stated that he had learned most from his losses. He believes failure is a part of success.

Mr Baxley believes strong families make a strong Florida. He is committed to his own family. He and his wife, Ginette, have been married for 43 years. They are the proud parents and grandparents of five children and 7 grandchildren.

Mr Baxley believes in the power of free enterprise to grow our economy and provide opportunity for both businesses and employees. While supporting job training and other truly helpful programs, he will work to keep government out of the way as much as possible so that innovation can flourish. He stated that people need encouragement and we shouldn't be too hard on ourselves.

During Armed Home Invasion In Summerfield

On Monday, August 14, 2017, at approximately 10:30 p.m., Marion County Sheriff's Office (MCSO) deputies responded to a residence located at 10420 SE 158th Place in Summerfield in reference to an armed home invasion. When deputies arrived on scene, they made contact with the victim, who stated that a suspect armed with a handgun entered the home and injured his dog. The victim told deputies that he barricaded himself in a room in the house to get away from the suspect and the suspect attempted to forcefully enter the room. The victim stated that he then shot the suspect and the suspect fled the residence. Soon after

Suspect Shot and Killed by Victim the home invasion, the suspect was dropped off by unknown persons outside the Ocala Health Summerfield Emergency Room, where he was later pronounced deceased.

MCSO Major Crimes detectives are in the preliminary stages of this investigation and are not releasing the identities of those involved at this time due to next of kin notification. If you have any information about this incident, you are encouraged to contact Detective Larry McArdle at 352-369-3535, or citizens can call in anonymous tips to the Crime Stoppers of Marion County at 352-368-STOP or 352-368-7867. Tips can also be submitted at

www.ocalacrimestoppers.com. For Crime Stoppers, please reference 17-106 in vour tip.



the opening of a new wing in their Hospital. The new addition will be for service women and veterans. Picture are some of the staff along the CEO of Vines Hospital. The program is called the Meadows H.O.P.E. Program, Healing,

The Vines Hospital recently announced Overcome, Persevere, Empower. They are providing inpatient and residential care for active-duty servicewomen and veterans. Their mission is to give women tools needed to recover from trauma and addiction. More pictures on page 7.

United Way Speaker

Guest Natalie McComb spoke to the Ocala Business Leaders about the United Way Reading Pals Program. This is an opportunity for you or your business to partner with a local Elementary school and promote childhood literacy. Children can read to learn until they learn to read! Please call the United Way's Literacy Manager to sign up as a ReadingPal Volunteer today! 352-732-9696 x 212 Just image the impact that you can make on the life of a child.





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Kevin Sheilley

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



At the CEP, things are always changing. We are looking for ways to provide an ever greater return on investment for community. We are excited to announce a new program to encourage entrepreneurs and two new team

members who have recently join us.

1 Million Cups-Ocala

Ocala soon will be the newest home of a national program to engage, educate and connect local entrepreneurs. 1 Million Cups - based on the notion that entrepreneurs our partners and for the network and discover solutions over a million cups of coffee — is a free, weekly gathering that helps to build startup communities on a grassroots level.

Beginning Wednesday, September 20, 2017, entrepreneurs, innovators, funders and other interested community members are invited to attend each Wednesday from former team member and to welcome a new 9:30am to 10:30 a.m. at the CEP's Power Plant Business Incubator - 2nd Floor, located at 405 SE Osceola Ave. Ocala.

The program's model is consistent in each city: Every Wednesday morning, two earlystage startups present their companies to an audience of mentors, advisers and other entrepreneurs. Each founder presents for six minutes, followed by a 20-minute questionand-answer session with the audience.

View the national website at www.1millioncups.com and access the Ocala microsite at

www.1millioncups.com/ocala.

New Team Members

The CEP is excited to welcome back a

member.

Joe Reichel previously was part of the CEP as Director of Partner Relations. He has been an active part of the Ocala for more than 20 years. Joe is now back as the Director of Ocala Main Street where he will implement and run programs that focus on the national Main Street's 4-Point Approach: Economic Vitality, Design, Promotion, and Organization.

Keren Sewell is the CEP's new Director of Communications. She comes to the CEP with over 10 years of experience as a freelance journalist. Keren is a graduate of the University of Central Florida with a degree in Television/Radio. During college she served as president of the National Association of Black Journalist UCF

Joe and Keren join the rest of the CEP's very talented team who are truly dedicated to working to see our community grow and prosper. Our mission of acting as a catalyst for a prosperous community by serving as the voice of business community, providing a positive return on investment for our partners and working to create and retain jobs for our community is carried out every day by this dedicated team.

Marion County Genealogical Society

The Marion County Genealogical Society will meet Thursday September 21, 2017 at 2 PM at the Marion County Public Library located at 2720 E. Silver Springs Blvd. in Ocala. A brief business meeting will be followed by the September program, "DNA Before You Test" by Drew Smith.

Fun Twist Of a Classic Childhood **Favorite**



(NAPSI)—Whether the weather has shut down your camping trip or backyard barbecue, you're taking a staycation this year or you just want a dessert

with a difference one night, you and your family may adore this version of a classic treat that's easy to make, delightful to eat and may well have everyone asking for, well,

Banana Chocolate S'mores

Prep Time: 10 minutes, Cook Time: 5 minutes, Total Time: 15 minutes

24 CrunchmasterTM Multi-Seed Crackers

12 squares milk chocolate (about 3 g each) 12 slices banana

6 marshmallows, halved crosswise

Preheat oven to 375° F. Place 12 crackers on baking sheet. Top with chocolate, banana and marshmallows. Bake for 3 to 5 minutes or until chocolate is melted and marshmallows are puffed and golden brown. Top with remaining crackers, pressing down slightly. Serve warm.

Per 1 s'more: Calories 60, Fat 1.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 20mg, Carbohydrate 10g, Fiber 1g, Sugars 5g, Protein 1g.





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DENNIS K. BAXLEY



Summer is Almost Over!

This is a short summer for the legislature as we will already be starting Committee Meetings

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next month. Already we are starting to look at new legislation and beginning to plan delegation meetings so we may hear from our constituents on their issues and ideas. Marion County will be having their Legislative Delegation Meeting on October 19th.

I have traveled a lot this summer and attended many conferences from Miami to Boston. I attended the National Conference Property Appraisers Association. I am

of State Legislatures in Boston and was able to hear from Frank Luntz, one of the nation's foremost political commentators and pollsters, about how many American's trust their local and state officials much more than their federal counterparts. My office is always open and available to constituents for help or comment. Please do not hesitate to reach out.

Among all of my travels, I have been privileged to be named Legislator of the Year for Florida Coalition of Children, Florida Bail Bonds Agents Association, and the Florida Police Chief's Association for my work during the 2017 Legislative Session. I received an "A+" from the Foundation for Florida's Future and American's For Prosperity. I also received awards from PACE Marion and the Florida Property Appraisers Association. I am



honored to have received such recognition from my first year in the Senate.

As we begin looking toward the 2018 Session, remember to stay engaged with your legislators and let them know your thoughts and concerns.

It's your government! Onward and Upward!

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Passenger Extricated from Pick Up After I-75 Motor Vehicle Accident



(OCALA, Fla.) August 16, 2017 –

A motor vehicle accident reported at 6:26 AM, on the south-bound lanes of I-75, left one passenger trapped.

Ocala Fire Rescue was dispatched to an area between mile markers 352 and 354, where a collision between a pick-up truck and a semi was reported. Upon arrival, firefighters found a crew cab pick-up truck, upright, with severe front-end damage, rendering the passenger trapped. With the assistance of extrication tools, firefighters removed the patient. Once freed from the vehicle, the patient was trauma alerted to the hospital.

Two children, a dog, and the driver of the pick-up truck had no injuries to report. The driver, sole occupant, of the semi was unharmed

Ocala Fire Rescue reminds everyone to remain alert and responsive while on the road. Being aware of your surroundings can be the differentiating factor between an accident and a near-miss.

Contact: Ashley Lopez, Public Information Officer Telephone: (352) 629-8306 Mobile: (352) 817-5914

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Lunch With President Donald Trump

Please see the information below regarding Governor Rick Scott's lunch with President Donald Trump.

"Governor Scott had lunch today with President Trump following an invitation from the White House last week. Governor Scott was solely there to promote Florida. They discussed a wide range of topics including the President's commitment to partner with Florida on needed repairs to the federally-operated Herbert Hoover Dike at Lake Okeechobee. Governor Scott wants to do all he can to protect Florida's environment and President Trump is very supportive to help. Additionally, they discussed the terror attack in Barcelona and the efforts President Trump is taking to keep America safe."

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



Man, is the left putting pressure on the right. President Trump condemned the violence and they're picking apart what he said as if he never said it. I think there are factions out there wanting to

destroy our country and our way of life. The economy is on a tremendous up swing. I say if the left thinks Trump is so bad and he will destroy himself, let him go. I think he is on the right track. Caution, don't let anyone use you as a tool to achieve their own agenda. Work your own agenda and listen closely to the facts not propaganda and take your time to make a decision about what is right and wrong.

I am all for supporting Law Enforcement but I look at it a little different. I endorse the person not the department. Yes they have to be a Team. I think that you can't teach men and women to be Warriors and expect them to be perfect. You teach them to back up their fellow deputies then you ask them to testify against them in court (NOT POSSIBLE!). That is like telling someone never to lie and then in the next breath call them a liar...that doesn't work! When a Sheriff or the Chief of police goes all out for their men and women,

Man, is the left defending them against all, yes I said all on comers including the State Attorney, then they have done their job. But if they wimp out they are not doing their job and can't build the respect they need from the officers.

Dennis Baxley spoke at the Ocala Business Leaders on the 16th of the month. He did a good job telling the members about what was happening in Tallahassee. He also said the violence has to stop. I told him I had a wish list. I would like to see legislation passed that says anyone paying thugs to attend a Rally and cause trouble should be put in jail. The Thug and the person that paid them. I think Dennis Baxley is doing a good job representing us in the State Senate. Marion County has not had that in a long time.

Buy Local and buy person to person. When buying local also buy person to person. Things will always go smoother when you know someone working at the business you are buying from. For example I met and connected with a marketing person at an expo. I called the following week to get prices. They said "I'm not a sales person I'm a marketing person". He introduced me to a salesperson of his choice. Now I know someone inside. The gate keeper will no longer stop me, I have a name. Business to Business, Person to person, try it. I'll bet it will work well for you. Also if you are

paying a finder's fee and you are running an ad. Do you think the person answering the phone is going to tell you it was call from the ad when they can get a finder's fee? I have had that happen many times.

We have several new advertisers. One is Daniel Hightower, Attorney. He is known for being very effective in the courtroom and for his work for Charities. He gives back to the community that endorses him. Good man!

Also we have a hidden talent in our mist. GLENN COVE, a metal sculpturer. He makes art sculptures out of metal, mostly copper. You should see it. If you call him, he would be more than glad to open his gallery for you to enjoy. Bring some friends. They have some very small pieces and some very big pieces. Great to decorate your living room with something different, a working of art

I was honored to be invited to a meet and greet to introduce Denise Grimsley who will be running for Florida Commissioner of Agriculture. I'm guessing Putnam is going to run for Governor. Being part of the AG world it did not take long to understand her love of Agriculture. She spoke about an incident that helped her decide Agriculture needs help. The meeting was held at Myron and Cindy Bowlin's home. In the group were State Senator Dennis Baxley and Representative Stan McClain. I went to get my first look at the new candidate Denise Grimsley. I am impressed!



Helping The Helpers

(NAPSI)—According to a recent Rand report, there are 5.5 million caregivers—family and friends—who look after those who are wounded, ill or injured as a result of their service to the country.

Thanks to the American Red Cross, these caregivers can now get some help themselves. "Being a caregiver is so often a daunting job," said Melissa Comeau, Director of the Military and Veteran Caregiver Network (MVCN). Caregivers often experience many challenges without access to adequate support, which can lead to declining personal health, a greater strain on family relationships, or employment issues.

"Many times, caregivers find themselves alone—in need of guidance and advice or wanting to engage with someone who has shared similar experiences. That's where the MVCN comes in," Comeau explained.

To help, the Red Cross added the MVCN to its Hero Care Network. This platform helps military families experiencing a crisis. The free, online, self-service tool lets them quickly communicate emergency messages 24/7 via computer, tablet or smartphone.

Through the MVCN, caregivers can reduce their isolation and increase their hopefulness, wellness, knowledge and skills. The network offers access to a peer mentor program, peer support groups online or in person, a resource library, a caregiver master calendar and an online magazine.

Learn More Caregivers can visit www.MilVetCaregiverNetwork.org or contact a Red Cross office. Assistance is also available through partner agencies such as Blue Star Families and the Elizabeth Dole Foundation.

Newspaper Deadlines Editorial & Ad Copy for October

Seniors Voice & Ocala DownTown 12am, September 20th Lady Lake Magazine & Village Spectator 12am, September 27th

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LETTERS TO THE EDITOR

I'm exasperated listening to all the Talking Heads bleat about Trump's bombastic, reckless rhetoric being like nothing ever heard before. The idea of meeting serious threats from another nation with strong talk and a willingness to back it up is nothing new at all. In fact, "peace through strength" is as old as time. If you want your adversary to back down, you need to stand with steely spine and present your points with strong conviction.

Here's a bit of history that the "pusillanimous purveyors of doom" (love Agnew's ability with words) yammering all over the media seems to have forgotten:

"Si vis pacem, para bellum," translated as "If you want peace, prepare for war" has

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been traced to an author in the late 4th century, while the more concise "peace through strength" goes back even further, attributed to Roman Emperor Hadrian (AD

George Washington noted, "To be prepared for war is one of the most effective means of preserving peace."

Truman told the Japanese that "if they do not now accept our terms they may expect a rain of ruin from the air, the like of which has never been seen on this Earth.'

In 1983, Time Magazine noted, "Publicopinion polls showed that confidence in Reagan's handling of foreign and defense policies had actually fallen during his month long hard-sell campaign on behalf of those

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policies" and that some White House officials called it his "Darth Vader speech." But, in the end, Reagan got what he wanted: the end of the empire in question.

In the midst of the Cuban Missile Crisis, President John F. Kennedy gave the following warning during an address to the nation on October 22, 1962: "It shall be the policy of this nation to regard any nuclear missile launched from Cuba against any nation in the Western Hemisphere as an attack by the Soviet Union on the United States, requiring a full retaliatory response upon the Soviet Union."

And just for the record—Washington, Truman, Reagan, and Kennedy prevailed!

Now they want Trump to be more like Obama. Turn your head when it is your people rioting and trashing the town. Turn it over to him Attorney General who has made it known he will not prosecute blacks. Only this time it wasn't blacks it was white nationalist and Nazi's.

Neo Nazis and White Supremacists and Antifa's, Unfortunately I watched this on TV and both sides of this mess paraded down the streets with clubs and other



weapons was this suppose to be a peaceful protest? Really. I watched as they clubbed one another and the police could not stop this?. Now they are mad because Trump named what they were and they say he should have done something about it, then they could say he shouldn't have.

What do they want him to do, he is fighting the Dems and the spineless republican congress. He finally told that crazy shrimp in N Korea off and he is criticized for doing so. He shouldn't have had to do it but no one else would, Obama would have shined his shoes while he apologized for the US. It worked didn't it. He is damned if he does and he is damned if he doesn't??? This man has B --- s and he is the only one in a long time that isn't afraid to tell you what is happening, then he has to take a beating for it. Shame shame! Some people are never satisfied. It is a shame his ratings are not higher but then he isn't some pompous ass or celebrity. All these crybabies who lost and are unhappy should get the heck out of this Country.

By the way my husband was a great, great nephew to Robert E. Lee, maybe some of these people should read about him. I hate to even say this because some sicko will want to do it but Arlington Cemetery was Robert E. Lee's homestead maybe we should just close it down? Free Speech is fine as long as it does not interfere with mine and it does not bad mouth the US. Like I said don't like it leave.

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Florida Sets All-Time Tourism Record in First Half of 2017

Gov. Scott:

TAMPA, Fla. – Today, Governor Rick Scott announced that Florida set another record by welcoming the highest number of visitors of any six months in the state's history with 60.7 million visitors, according to VISIT FLORIDA. This represents a 4.1 percent increase over the same period in 2016, and includes 53.2 million domestic visitors, 5.3 million overseas visitors and 2.2 million Canadian visitors.

Governor Scott said, "I am proud to announce today that Florida has continued its record breaking success by welcoming more than 60 million visitors to our state over the first half of 2017- the highest number of visitors of any six months in our state's history. This means back-to-back record quarters for our state. Now, with the investments made in VISIT FLORIDA during this year's Special Legislative Session, we can continue to break records and work toward our goal of 120 million visitors this year. Florida's booming tourism industry supports 1.4 million jobs across the state, and I know that VISIT FLORIDA and their many local partners are continuing to focus on breaking more records in order to help create even more opportunities for our families."

VISIT FLORIDA estimates that a record 29.9 million visitors traveled to Florida in the second quarter of 2017 (April-June), an increase of 6.8 percent over the same period last year. This Q2 number breaks down to

26.4 million domestic visitors, 2.6 million overseas visitors and 899,000 Canadians coming to Florida. Total enplanements at Florida's 18 major airports in Q2 2017 increased 6.1 percent over the same period the previous year, with a record 22.8 million enplaned passengers. The number of hotel rooms sold in Florida during quarter two of 2017 grew by 4.2 percent compared to quarter two 2016. During the same period, Florida's average daily room rate (ADR) increased by 4.0 percent and occupancy by 2.5 percent.

Ken Lawson, President and CEO of VISIT FLORIDA, said, "With more than 60 million visitors to the state so far this year, this is an exciting and historic time for the Florida tourism industry. VISIT FLORIDA is committed to continuing to create cuttingedge marketing programs for our industry partners of all sizes that showcase the state to visitors and help make Florida the number one vacation destination in the world."

The Florida Aquarium President and CEO Roger Germann said, "I am proud to join Governor Scott for this exciting announcement today. Our team at The Florida Aquarium welcomes hundreds of thousands of Tampa Bay residents and guests from around the world every year, and we are incredibly proud of our economic and educational impact in the community and our state. I look forward to working with Governor Scott, VISIT FLORIDA and our partners across the state to continue Florida's

thriving tourism industry and create even more opportunities at The Florida Florida Attractions Association Nick Aquarium."

Sales Manager and Board Chair of the Florida Attractions Association Nick Romeo said, "With another quarter of record

The Florida Aquarium Chief Operating Officer Scott Rose said, "The news that Florida tourism has had another record quarter and the biggest six months in our history is no surprise to me. Florida is an incredible state with so many things to see and experience, especially right here in Tampa Bay, including The Florida Aquarium. Our partnership with VISIT FLORIDA contributes significantly to our success and we look forward to continuing to work with them to share our mission and vision with others."

Florida Restaurant & Lodging Association President and CEO Carol Dover said, "Florida continues to set record tourism numbers, which supports our economy and the 1.4 million industry jobs across the state. As ambassadors of Florida's tourism industry, we will continue to work diligently to attract even more visitors to enjoy our incredible state. The Florida Restaurant & Lodging Association is proud to be a champion of the tourism industry and honored to share Florida's world-renowned hospitality with residents and visitors alike."

Mise en Place President and CEO Maryann Ferenc said, "Six consecutive years of record visitation and now two more record quarters to start off the year do not happen by accident. It's the result of really smart marketing by VISIT FLORIDA and the entire Florida tourism industry. Now is the time for all of us - big, small, public, private, DMO, commercial entity - to work together so that we can achieve our goal of 120 million visitors this year and make Florida the number one travel destination in the world."

Madame Tussauds Orlando Senior Trade

Sales Manager and Board Chair of the Florida Attractions Association Nick Romeo said, "With another quarter of record visitation numbers, it's clear to see why Florida is a top worldwide destination. Florida's world-class attractions play an important role in bringing people here, and we are working every day to market ourselves more aggressively. We look forward to continuing to work with VISIT FLORIDA to set more records and make Florida the number one global destination."

To view additional Florida visitor data, go the Research page on VISIT FLORIDA's media website.

**Preliminary estimates are issued 45 days
Florida Restaurant & Lodging Association resident and CEO Carol Dover said, estimates are released when final data are Florida continues to set record tourism received for all estimates in the report.





To be the catalyst for a prosperous community.

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

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

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

We invite you to get acquainted at a complimentary, no-obligation

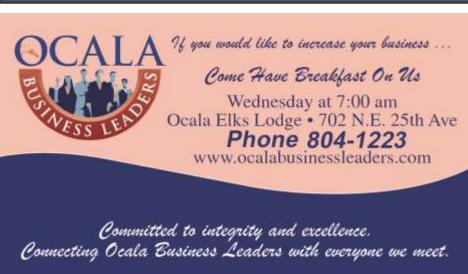
"GET GOING! New Partner Orientation"

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

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

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Spread The Word, Not The Flu



(NAPSI)—Here's good news about health: Flu vaccines are already available at doctor's offices, retail stores, pharmacies and flu clinics. In fact, Sanofi Pasteur, the largest provider of influenza vaccine to the U.S., sent its first vaccine shipment last

You hear it all the time: "It's just the flu."

But the flu can take on a serious and potentially life-threatening meaning, especially for vulnerable populations, including the elderly, young children and those with compromised immune systems. In the spirit of National Immunization Awareness Month, let's look at how flu impacts the U.S. and why it's important to help protect yourself and those around you by getting immunized annually.

The flu shouldn't be taken lightly. Influenza, combined with pneumonia, is one of the top 10 leading causes of death in older adults, says the Centers for Disease Control and Prevention (CDC).2 Every 4 minutes, someone 65 years of age and older is hospitalized due to the flu or flu-related complications, and every 12 minutes, someone dies from complications related to the flu, adds the CDC.^{2,3} During the 2015-2016 influenza season, 1.7 million estimated illnesses and 153,349 hospitalizations occurred among adults age 65 years and older.

The flu also causes more hospitalizations among young children than any other vaccine-preventable disease. Since 2010, flu-related hospitalizations among children younger than 5 years old ranged from 7,000 to 26,000 per season.⁵ Although the flu is especially harmful in these vulnerable populations, it can impact everyone. Even as a healthy adult, it is important to help protect yourself from this potentially debilitating

The single best way to help prevent influenza is to get an annual vaccination, which can help reduce the risk of getting sick with seasonal flu and spreading it to others.1 Certain vaccines are developed specifically to address the age-related weakening of the immune system, so adults ages 65 years and older should talk to their doctors about flu vaccines available for

Even though seasonal influenza activity typically occurs between October and May, the CDC recommends that people get vaccinated before influenza begins spreading in their community. This is important because it takes about two weeks after vaccination for antibodies to develop in the body that help protect against influenza.

This flu season, spread the word about the impact of the flu and the importance of annual vaccination. Remember, vaccination remains the best method to help prevent influenza and its potentially severe complications, and it is one of the most important things you can do to help prevent the spread of this potentially life-threatening illness to friends and loved ones.

Bring Back Memories, Not Invasive Species



(NAPSI)—Considering a trip to Hawaii or Puerto Rico? These exotic destinations offer adventure and beauty without the headache of passports, immunizations or foreign currency. While Hawaii and Puerto Rico are rich in unique plants, flowers and fruits, they are also home to insects and plant diseases-some invasive and not found in the continental United States. If your travel plans include these islands, the U.S. Department of Agriculture (USDA) is encouraging you to pack in the adventure and bring back the memories, not invasive pests.

USDA protects America's agriculture and forests from invasive insects and plant diseases that can consume and kill many species of plants, trees and food crops. Invasive plant pests cost our nation about \$40 billion each year in damage and eradication costs, lost trade revenue, and higher food prices at home due to reduced crop yields.

Few people think about invasive pests when enjoying some rest and relaxation. But simply bringing back souvenirs like fresh produce, flowers, plants or crafts made from plants or wood can have devastating impacts on our farms, forests or backyards.

This year, when you make your travel plans, also plan to play it safe. Learn which items are safe to bring back by visiting USDA's "Traveler Information" page. And always declare any plants, soil, fruits, vegetables, fresh herbs, flowers or souvenirs made from plants or wood, so a USDA official can inspect them and make sure they're pest free.

Thinking about mailing a package of fruit, vegetables or plants to someone stateside? Call your local USDA office in Hawaii or Puerto Rico first to find out what's allowed.

Have fun when traveling to Hawaii and Puerto Rico. Know what's safe to bring back from your trip, so you don't pack a pest. Learn more by visiting www.aphis.usda.gov/

plant-health/predeparture.



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Across

- 1. Postage mark
- 6. Ancient Peruvian
- 10. Went by plane
- 14. Hero's award
- 15. Part of speech
- Ness monster
- 17. Love, Italian-style
- 18. Water container
- 19. Feel bad
- 20. Butter or jam
- 22. Chef's measure
- 24. Deary
- 25. Harden
- 27. Greek letter
- 28. Large trucks 30. Church features
- 35. Skier's surface
- 38. Time (long ago)

number one priority.

To advertise,

- 40. Prongs
- 42. Slippery fish
- 43. Yule visitor
- 44. Speed up

- 47. Detail
- 48. Wobble
- 49. Majestic
- 51. Distinctive time
- 53. Fresh
- 54. River blocker
- 57. Enter illegally
- 62. Harm
- 64. Healthy
- 65. Makes a knot
- 67. Seoul's country
- 68. Jobless
- 69. The of March
- 70. Happening
- 71. Incite
- 72. Surrender 73. Robins' homes

Down

- 1. Break
- 2. Musical speed
- 3. Embellish
- 4. Mother horse
- 5. Make glad
- Lost You"
- 7. Politician ___
- 8. Crawl
- 9. President Lincoln

Gingrich

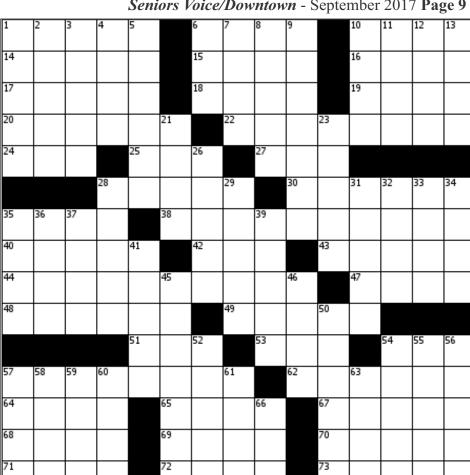
- 10. Flutter
- 11. Loony
- 12. Repeat

If you don't advertise, how do you expect people to know: Who you are? Where you are? What you sell? You may save money on the books, but will cost you money in sales. Advertising should be your

email TLoury@att.net

- 13. What time?
- 21. Actress Moore
- 23. Grain towers
- 26. Kitchen gadget _potato
- 29. Smudge
- 31. Forest path
- 32. Slangy negative
- 33. Fixed price
- 34. Shut loudly
- 35. RBI, e.g. 36. Kind
- 37. At one time
- 39. Rock star
- 41. Snooze
- 45. Irregular
- 46. Gazed at
- 50. Rouse
- 52. Stage remark
- 54. Is bold 55. Contract negotiator
- 56. Vegetarians' taboos
- 57. Tiny stick
- 58. Make over
- 59. Jazz's Fitzgerald
- 60. Toboggan
- 61. Plant's beginning
- 63. Budge
- 66. Compass point (abbr.)









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Ocala 4sa



Marion County's Internet Marketplace

Saved By The Scan



(NAPSI)—So, you've stopped smoking. Congratulations! Take a deep breath and thank yourself for reducing your risk of lung cancer, the No. 1 cancer killer of both men and women.

What To Do Now

Take the next step. According to the experts at the American Lung Association, for some quitting is only half the battle. Speak to your doctor to see if you might qualify for lung cancer screening. A lowdose CT scan is key to finding lung cancer early, when more treatment options are

available and the chances of survival are

In fact, survival rates are five times higher when lung cancer is detected early, but most cases are not diagnosed until later stages. The new availability of screening for those at high risk can save lives and turn the tide against lung cancer. Approximately half of those considered high risk for lung cancer are former smokers, but many former smokers don't realize they may still be at risk. It's important for both smokers and former smokers to speak with their doctor about screening options.

New Campaign Seeks to Save Lives

To help current and former smokers learn more about screening, the American Lung Association's LUNG FORCE initiative and the Ad Council created the "Saved By The Scan" campaign. "Saved By The Scan" aims to raise awareness of the benefits of early detection through lung cancer screening and drive high-risk individuals to take an online lung cancer screening eligibility quiz. After all, if only half of the high-risk population were screened, more than 15,000 lives could be saved.

Those eligible for screening include anyone age 55 to 80 who is a former smoker and who quit in the last 15 years, and who has at least 30 "pack years" smoking history (that is, smoked a pack a day for 30 years, two packs for 15 years, or any combination of years and packs that comes to 30).

The campaign features a television spot directed by Academy Award nominee Rodrigo Prieto and shows a person climbing an enormous mountain of cigarettes, symbolic of the effort it took to overcome smoking addiction and the hundreds of

thousands of cigarettes smoked. After varies in shape and size. conquering the addiction, the protagonist has proactively taken the extra step to get screened for lung cancer, which is punctuated by the tagline: "You stopped smoking. Now start screening."

The American Lung Association has been improving lung health for more than 110 years and is the No. 1 organization associated with the fight against lung cancer.

Learn More

To take the quiz, go to www.SavedByTheScan.org.

For additional facts on healthy lungs, including tips on how to quit smoking and information on how to help others, visit Lung.org or call (800) LUNG-USA.

Six Amazing Secrets Behind Your Smile

(NAPSI)—Each smile is unique. What Your Help does yours say about you?

Your Teeth Tell Your Story

Scientists can learn a great deal about people based on their teeth. Teeth can reveal people's age, diet and where they live. Teeth can also display signs of stress or illness, providing researchers with a detailed history of a person's life and health.

Teeth Mark Your Individuality

Your teeth are as unique as your fingerprints. No two teeth—even two teeth in the same person's mouth—are the same. Each of your 20 baby teeth and 32 permanent teeth has its own profile and

They've Been With You Since Birth

Your teeth were always there—even if no one could see them at first. You are born with the crowns of your baby teeth beneath your gums. These teeth make their entrance when you're 3 to 6 months old. The crowns and roots of your permanent teeth form beneath your baby teeth, eventually pushing them out of the way and triggering a visit from the Tooth Fairy.

Teeth Survive Long After Death

The enamel on teeth is stronger than any other part of the body—so strong that it can remain intact for hundreds of years after someone dies. Studying the teeth of human ancestors has taught scientists some fascinating things about history. For example, studies of dental remains have found evidence that the first travelers to leave Africa for China set out about 80,000 years ago and that early humans used a simple form of aspirin for pain relief. Even the toughest substance in the body needs regular care, however.

Your Teeth Are Tough, But They Need

There are more than 300 different types of cavity-causing bacteria. They feed on leftover sugar in your mouth, creating acids that leave small holes in your teeth. Protect your teeth by brushing twice a day with a fluoride toothpaste, cleaning between your teeth once a day, and eating a healthy diet that limits sugary drinks.

Who Cares About Your Teeth?

Your dentist does. In addition to daily home care, your teeth need regular dental cleanings and checkups.

Visit https://findadentist.ada.org for a nearby American Dental Association.



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