

## The Villages Hospital has Ribbon Cutting



Grand Opening and open house of the Villages Hospital Joint Institute. Dr. Williams is cutting the ribbon. Senator Daniel

Webster looking on, while the Lady Lake Chamber members and visitors enjoyed. The Joint Institute at the Villages Regional

Hospital executive team attended the event. Those attending received an exclusive first look at the technologically

advanced joint institute.

There was plenty of networking & heavy hors d'oeuvres!

## Man Charged With Attempted Murder

Marion County, Florida (August 23, 2017)- On Monday, August 21, 2017, Marion County Sheriff's Office Major Crimes detectives arrested and charged Wayne Frazier (DOB: 01/30/1992) for an Armed Home Invasion Robbery he committed on Thursday, May 18, 2017. In the early morning hours, Frazier approached the home, located in the Stonecrest subdivision, and attempted to open the door of the house. The homeowner saw this and opened the door to find Frazier standing there with a bandana covering his face, holding a handgun in one hand and a taser in the other. Frazier robbed the victim of the money in his wallet and demanded the keys

to the victim's vehicle. The homeowner then shut and locked the door on Frazier and Frazier told the victim, "Now I'm gonna have to shoot you, now I'm gonna have to kill you." Frazier shot one round through the door, missing the victim. The victim's wife called 911 and Frazier fled the location.

On June 6, 2017, Frazier was apprehended after he committed an occupied burglary in the Stonecrest neighborhood. During that investigation, Frazier was connected to several burglaries in the area, and he was arrested and charged with multiple felonies. Major Crimes Detective Travis O'Cull asked him if he was responsible for the armed home invasion

*Continued page 2*

## Home Invasion

### Suspect Shot and Killed by Victim 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 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](http://www.ocalacrimestoppers.com). For Crime Stoppers, please reference 17-106 in your tip.

**UPDATE:** The decedent's next of kin has been notified and he has been identified as Shawn Michael King (DOB: 05/31/1985).

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■ A.J. "Tony" Powell ■

## AS I SEE IT

by A.J.(Tony) Powell

AS I SEE IT by A.J.(Tony) Powell

"Opioid Epidemic" – Real or Imagined?

Tom Price, was chosen by 'The Donald' to head up 'Health and Human Services'. Talking about addicts, recently he claimed that, "Folks need to be cured so they can be productive members of society."

He continued, "If we're just substituting one opioid for another, we're not moving the dial much."

Seems like he should know that there is currently no cure for addiction.

Even his own government colleagues agree that "Addiction is manageable, but can't be cured."

And using 'milder', non-lethal drugs, does, at least keep addicts alive and (relatively) healthy.

Opioid-related deaths have more than

tripled over the past 15 years.

That means that over 35,000 people effectively killed themselves last year.

Over time, an addict needs more and more drugs to get the same 'high'.

That makes withdrawal even more agonizing.

Tragically, these young people don't realize that opioids actually change their brain.

"Once an addict, always an addict."

The Mayo Clinic says "Handling an addiction and staying drug-free requires persistent effort."

"Most States do not offer any effective treatment for an opioid use disorder."

But, the fact is that, "Addicts have at least double the chance of becoming opioid-free if they are offered medications like methadone, buprenorphine or naltrexone."

This is the only way that addicts can start recovery.

What do the 'experts' say?

According to the International Journal of Environmental Research and Public Health "Opioid abuse and dependence are most effectively treated through a set of comprehensive medical, social, psychological and rehabilitative services that address all the needs of the individual,"

For whatever reason, our government believes that tobacco and alcohol addicts need help, but drug addicts need jail!

The result is that tobacco and alcohol are 'regulated', that means 'clean' and free of obvious poisons.

But drug addicts (from the derelict on the street to the millionaire in a penthouse), don't know what they are using.

Of the thousands of deaths each year we are not told how many overdose and how many are killed by 'poisoned' drugs.

As I see it, drug use should be decriminalized. Convert the jails to

treatment centers. Give the addicts all the drugs and treatments they need.

This would save millions of dollars in law-enforcement, make our streets safer and reduce the crime rate because no-one is going to buy what they can get for free.

If your child, grandchild, spouse, friend or neighbor is an addict, do you want them to continue to destroy their lives, go to jail or, even worse, kill themselves intentionally or otherwise?

Or, is it better for the cops to take them directly to rehab?

An addict needs help not punishment.

Prohibition didn't work then, and it's not working now!

'til next time . .

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On 'Competing against your friends':- "If we both play good, it doesn't much matter who wins – But then again, if we both play bad – it doesn't much matter either!"

## Rent a Mob!

by TomL

Please Google the following

Crowds on Demand

Crowds to Hire

Protest Rallies

Recruiting \$25 Hour "Political Activists"

Rent a Mob

It goes on and gets worse and worse

A Publicity firm that provides clients with the ability to hire actors to pose as fans, paparazzi and security guards and professional paid protesters. The company is in Los Angeles, San Francisco, Las Vegas, New York City, and Washington DC.

Can you imagine hiring a bunch of THUGS to break up a Rally. I have a wish for our Government officials in Tallahassee and Washington. Make it against the law to hire crowds whose sole purpose is to disrupt so that people can no longer have "Freedom of Speech". If they are paid, put them in jail and put the person responsible for hiring them in put them in jail.

## Attempted Murder

Continued from page 1

robbery, to which Frazier stated, "Sir, honestly that sounds exactly like something I would do, but the firearm thing, I'm not that person." Additionally, the victim was able to positively identify Frazier out of a photo line-up as the man who robbed and shot at him at his residence.

In addition to his original charges, Frazier is now facing charges of re-meditated-Attempted First Degree Murder, Home Invasion Robbery with a Deadly Weapon and Shooting into an Occupied Dwelling. He remains in the Marion County Jail on \$141,000.00 bond.



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Florida State Senate

## DENNIS K. BAXLEY



### Summer is Almost Over!

This is a short summer for the legislature as we will already be starting Committee Meetings 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 19<sup>th</sup>.

I have traveled a lot this summer and

attended many conferences from Miami to Boston. I attended the National Conference 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!

## Honor Flight

Villages Honor Flight's fourth flight for 2017 will depart Sept. 6 taking 40 area veterans to Washington, DC. While in Washington, the veterans will visit Arlington National Cemetery and various war and service memorials. Since the first flight in May 2012, Villages Honor Flight has flown 925 veterans to Washington, D.C.

This flight, the organization's 35th, includes one WWII veteran, 28 Korean War veterans, eight Korea-era and three Vietnam veterans. (15 Army, 14 Navy, four Marines, and seven Air Force) They live in The Villages, Belleview, Brooksville, Fruitland Park, Lady Lake, Leesburg, Melrose, Mount Dora, Ocala, Silver Springs, Summerfield, and Wildwood. Villages Honor Flight serves veterans from the Central Florida counties of Lake, Sumter, Marion, Citrus and Hernando. Each veteran has a volunteer guardian to assist him/her during the trip.

The flight begins with an early morning send-off at the Lady Lake American Legion Post on Rolling Acres Road. The day-long trip concludes with a Welcome Home celebration at the American Legion Post between 11:30 p.m. and 12:30 a.m., depending on arrival time at Orlando International Airport. The public is invited to participate in the Welcome Home celebration and is encouraged to bring a lawn chair and an American Flag. Entertainment for the crowd begins at 10 p.m. including the Village Cheerleaders, Village Twirlers, Clown Alley 179, and Ralph DiNome and his Flashback band.

John E. Peters, The Villages, Fla.

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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."

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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



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,

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!

## All-Time Tourism Record

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

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

*Continued page 10*

## Newspaper Deadlines

*Editorial & Ad Copy for October*

**Seniors Voice & Ocala DownTown**

**12am, September 20th**

**Lady Lake Magazine & Village Spectator**

**12am, September 27th**

## Lady Lake Magazine/Village Spectator

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## YOUR HEALTH

### Better Health

Do you suffer from deep muscle pain, painful tender points, and morning stiffness? If the answer is yes, then you may have fibromyalgia, which is a medical condition characterized by chronic widespread pain and an increased pain response to pressure. Other symptoms of fibromyalgia include feeling tired to a degree that normal activities are affected, sleep problems, and memory issues. Some people also report restless leg syndrome, bowel or bladder problems, numbness and tingling, and sensitivity to noise, lights or temperature. Fibromyalgia is frequently associated with depression, anxiety, and post traumatic stress disorder.

Fibromyalgia is believed to be caused by genetics and / or environmental factors.

Environmental factors may include psychological stress, trauma, and certain infections. The pain appears to result from processes in the central nervous system which heighten senses and the condition is referred to as a "central sensitization syndrome". Inflammation plays a role in the nervous system's hyper-excitatory state. Other types of chronic pain are also frequently present such as elbow or knee inflammation and pain.

The most important question to be answered is "What can be done about it?". Mild to moderate exercises such as walking, bicycling and swimming are important. A common mistake is to attempt a level of exercise not achieved in over a year or more and then to give up because of the

exacerbation this may cause. Moderation and the gradual increase in level of exertion, as well as consistency in frequency, are the keys to a successful exercise program for fibromyalgia. Regular exercise frequency of at least three times per week -- and preferably daily -- increases energy level and downgrades inflammation, thereby decreasing the overly excited nervous system state.

Gentle chiropractic care reduces stress on the nervous system. This type of manipulation may involve use of electronic adjusting tools or very light force drop table adjusting. Neck and back pain are among the most common signs of fibromyalgia, while gentle chiropractic care combined with gentle massage offer the best alternatives to medication for the pain of fibromyalgia. Detoxification of your system, instead of adding toxic medications to it, is important as well. At Better Health Chiropractic, we offer natural whole food supplements with a detoxification program

by "Standard Process, Inc. ". As a Medical Laboratory Scientist, I offer functional integrative medicine, meaning that I use lab testing to help the nutrition patient to heal their own body with nutraceuticals instead of medications. Call 352-750-NECK for a chiropractic or nutrition appointment.

### SilverSneakers Celebrates



#### SilverSneakers Celebrates 25 Years of Health and Happiness

(NAPSI)—While the fitness industry has changed over the decades with workout "fads" that have come and gone, one exercise program has stood the test of time—SilverSneakers®. As the nation's leading community fitness program designed for older Americans, SilverSneakers has changed thousands of lives through fitness for the past 25 years. What began in 1992 as a first-of-its-kind fitness class for older adults has evolved to inspire a health revolution that is shattering stereotypes of aging and health, supporting member transformations and creating countless friendships.

From weight loss and flexibility to strength and endurance, SilverSneakers guides members through all aspects of their fitness journey. Marvin Bradley, a participating member, began running marathons at age 52. Now at 78 years old, Bradley trains five days a week, and has completed more than 240 marathons. Training through the SilverSneakers program, Bradley accomplished his fitness goals while breaking age stereotypes.

Bradley's story is one of thousands from members who have reached their fitness and personal goals—whether that be running a marathon, taking a dream vacation, or playing actively with grandchildren. SilverSneakers offers a vibrant and welcoming community, offering its 14.5 million eligible members fitness opportunities that allow them to live their fullest life.

If you are looking to embark on your own fitness journey, consider the following tips to get started:

- Seek out an exercise that you enjoy
- Find a workout partner to help you stick with the routine
- Write down your fitness goals to ensure accountability
- Consider any limitations and share those with your instructor
- Start slow so that you don't risk injury.

SilverSneakers partners with more than 13,000 participating locations and fitness centers, giving members access to the site's basic amenities, including weights, treadmills, pools and other facilities, as well as specialized SilverSneakers exercise classes led by a certified SilverSneakers instructor. The SilverSneakers benefit is offered at no additional charge through the nation's leading Medicare Supplement, Medicare Advantage and group retiree plans—saving members money on a fitness membership.

To learn more about SilverSneakers history, legacy and member transformations, visit

[www.SilverSneakers.com](http://www.SilverSneakers.com).

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## CHIEF CHRIS MCKINSTRY

### School's Open – Drive Carefully



No matter where in Florida you may live, keeping our children and students safe is a community responsibility. There are many guidelines put in place to ensure that our students arrive to and from school safely every single day - designated crosswalks, Community Service Aides, seat belt laws, and so on. But one law that is absolutely crucial - and yet often gets ignored - is ALWAYS stopping behind a school bus.

The State of Florida has enacted laws that require every single driver to stop when a school bus has its "Stop" sign extended and its red lights flashing. But sometimes impatient drivers may think to themselves, "There are no children crossing the street, and I'll drive very slowly so I can stop if I see one. I don't have time to sit and wait for this bus!" Drivers like these should think again: the penalties for passing stopped school bus could literally stop you in your tracks for quite a long time.

#### What Will Happen If I Pass a Bus?

Anyone caught passing a stopped school bus or speeding in a school zone can expect to get a costly fine. The State of Florida pulls no punches when it comes to the safety of its students and the Lady Lake Police Department simply will not tolerate violations that could harm a child.

We also take into account which side of the bus you chose when violating the law. While neither side is necessarily "safer," the amount of danger to kids sharply increases if you pass the bus on the right-hand side, as this is the side that the children use to step off of the bus, and therefore are more likely to be struck by your car.

- If you pass the bus on the right-hand side, you will pay a minimum fine of \$265 for your first offense. A second offense within 5 years of this nature carries an additional \$265 fine, as well as the suspension of your license for 180 days to one year and a mandatory court hearing.
- Drivers who pass on the left-hand side are no less culpable for their actions. Your first offense will cost you \$165, and a second offense will add another \$165 to that total, along with license suspension of 90 days to 6 months.

You will also be required to attend and successfully complete a basic driver improvement course and you must complete the course within the time allotted by the court which has dealt with your citation. Submission of successful completion proves to the state that you have reviewed and refreshed your knowledge of Florida traffic laws, including those dealing with school zones and school buses.

#### Remember - Kids are Just Kids!

Although any parent whose child takes the bus to and from school has no doubt cautioned them about the dangers of traffic,

we need to remember that children are still young and still learning. With all of the distractions and noises that are abundant on school busses, it's easy to imagine a child stepping off of the bus and not being able to hear oncoming traffic. We are the adults; it is our duty to abide by the laws put in place and give our children a safe environment in which to learn, play, and grow.

On behalf of the men and women of the Lady Lake Police Department, we wish everyone a productive and safe school year.

## Credit Card Transactions

### What To Do If You See A Suspicious Credit Card Transaction

(NAPSI)—You scan your monthly credit card bill, only to find a suspicious transaction. Don't panic. Fortunately, credit card companies largely shoulder the financial burden of unauthorized credit card charges. By law, you're only on the hook for \$50, and it's unlikely you'll even be dinged for that much.

Now it's time to take action through these four steps.

#### Let Your Issuer Know, And Fast

If you find a peculiar transaction, call your credit card issuer right away to report it—that's if your issuer didn't alert you first. Your issuer will ask you to verify the most recent transactions to make sure no other suspicious activity was recorded.

Your issuer will close your current credit card and issue another one with a new

number within days. If your account has any authorized users on it, the issuer may send them new cards, too. Confirm that the new card is linked to the payment history of the old card account, so they appear as one on your credit history. Update any recurring bills with the new card number.

#### Stay Vigilant

When you place a fraud alert on your credit report, you'll get a free report as well. This doesn't count toward your annual free credit report under federal law. Check your credit report for any unauthorized accounts and for the accuracy of your personal information. If anything looks funny, report it to the credit bureaus. File a police report if you find an account that you didn't open. Often, companies that experienced data breaches will offer free credit monitoring to victims. Use it.

#### Be Proactive

In the future, use best practices with your credit card. Opt for two-factor authentication when available while shopping online to make it more difficult for scammers to take over your accounts. Consistently update your online passwords to protect your financial information from data breaches. Always check the security credentials of online retailers before making a purchase with your credit card.

#### Be On The Lookout

Regularly and carefully check your recent transaction history for any fraudulent charges. A fraudster only needs your card number to make purchases, so fraud can happen even if your card is in your wallet. Signing up for alerts—either via e-mail or text message—is another way you and your issuer can flag any odd transactions in real time.



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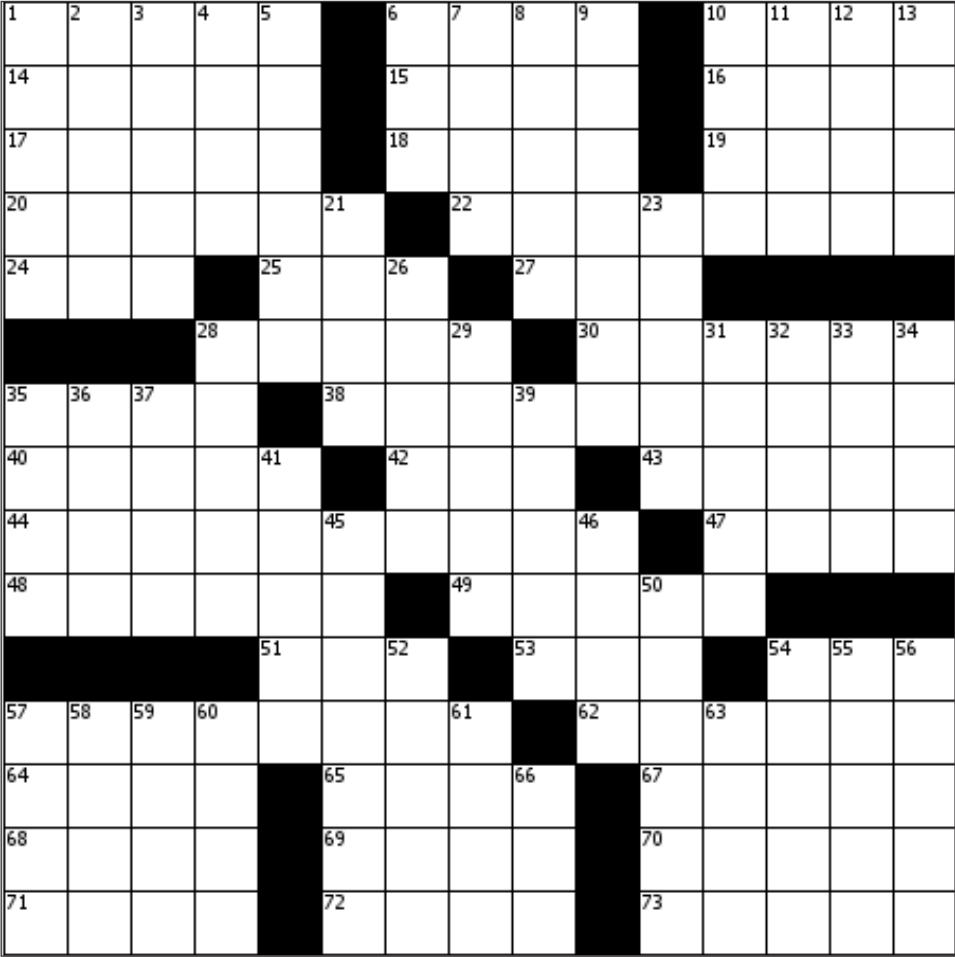


- Across**
1. Postage mark
  6. Ancient Peruvian
  10. Went by plane
  14. Hero's award
  15. Part of speech
  16. \_\_\_\_ Ness monster
  17. Love, Italian-style
  18. Water container
  19. Feel bad
  20. Butter or jam
  22. Chef's measure
  24. Deary
  25. Harden
  27. Greek letter
  28. Large trucks
  30. Church features
  35. Skier's surface
  38. Time \_\_\_\_ (long ago)
  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
  6. "\_\_\_\_ Lost You"
  7. Politician \_\_\_\_ Gingrich
  8. Crawl
  9. President \_\_\_\_ Lincoln
  10. Flutter
  11. Loony
  12. Repeat

13. What time?
21. Actress \_\_\_\_ Moore
23. Grain towers
26. Kitchen gadget
28. \_\_\_\_ 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 \_\_\_\_ John
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.)

Answers page 15



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## ONE PERSON'S OPINION

### 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 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 76-138).

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, "Public-opinion 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 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.

Pat

## 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](http://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. For facts about the Hero Care Network, go to

[RedCross.org/HeroCareNetwork](http://RedCross.org/HeroCareNetwork)



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# Florida Tourism Record

Continued from page 4

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 cutting-edge 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 Aquarium."

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 after the end of each calendar quarter. Final estimates are released when final data are received for all estimates in the report.*

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# Secrets Behind Your Smile

**Six Amazing Secrets Behind Your Smile** (NAPSI)—Each smile is unique. What 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 varies in shape and size.

## 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 Your Help

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 dentist who will work with you to help protect one of your most unique features—your smile.

# Bring Back Memories

## Visiting Hawaii Or Puerto Rico? 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.

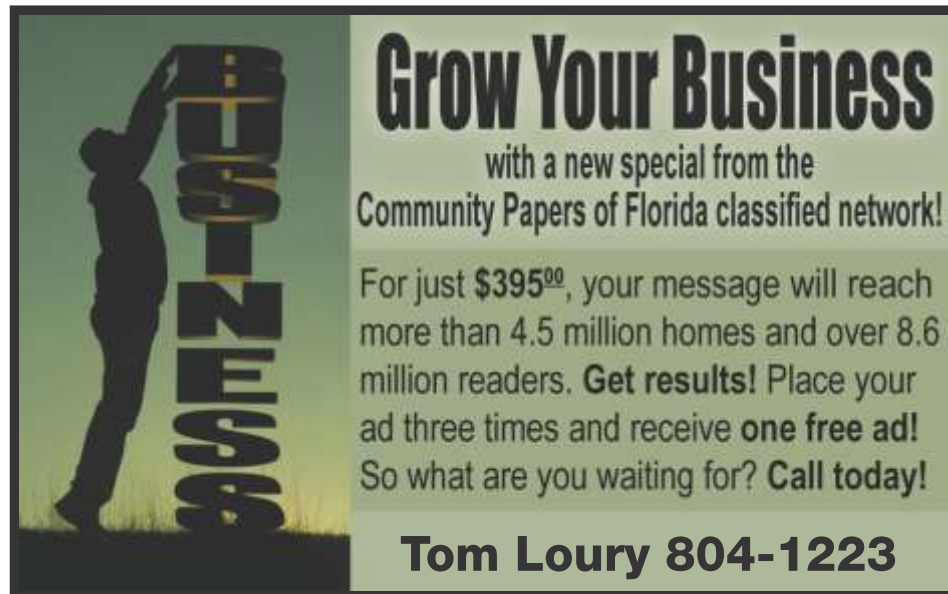
Few people think about invasive pests when enjoying some rest and relaxation. But simply bringing back souvenirs like fresh produce, flowers, plants or crafts made from plants or wood can have devastating impacts on our farms, forests or backyards.

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](http://www.aphis.usda.gov/plant-health/predeparture).



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## Veterans' Caregivers

(NAPSI)—Dave Riley doesn't take a step without his wife, literally.

"In the morning, he needs help putting on his shirt and his prosthetics—both his legs and arms. Then, I brush his teeth and shave him," said Yvonne Riley, who serves as her husband's primary caregiver. At night, Yvonne reverses that routine to get Dave into bed.

Dave is an Army and Coast Guard veteran; he served as a helicopter rescue swimmer. He is also a quadruple amputee. In 1997, he contracted a rare bacterial infection when swimming—septic shock pneumococcus sepsis. The infection essentially stopped the blood flow inside his body. As a result, doctors advised Yvonne that they would need to have all four of his limbs amputated and several internal organs removed. It was the only thing that could be done to save Dave's life.

"As I lay in the hospital bed recovering, I was devastated to find both my arms and legs had been amputated. All I could feel was despair," Dave recalled. "I couldn't imagine how the rest of my life would have any value or happiness."

But thanks to his wife's continuous care and support from the Department of Veterans Affairs (VA) and others, Dave was able to rebuild his life and start a new career in IT. Over the years, he has learned to ski and golf, he has competed in cycling races, and he has honed his skills as a woodworker. Dave has also risen through the ranks to become the National Commander of the 1.3 million-member veteran service organization DAV (Disabled American Veterans).

Yvonne—like many other caregivers of veterans severely injured while serving their country—has made a lifetime of personal sacrifices to help manage her husband's care. These sacrifices not only benefit Dave,

but serve the country as well.

Statistics show that family caregivers save the federal government significant dollars, when compared to treating disabled veterans through institutions. For example, veterans with catastrophic injuries such as Dave's, who are eligible for nursing home care, could cost taxpayers upward of \$300,000 per year.

However, by providing support to the family member caregiver through VA's Program of Comprehensive Assistance for Family Caregivers, the average cost per veteran is under \$30,000 annually. And the care is generally better for the veteran's health and quality of life. It's shown that family caregivers help reduce overall health care costs through care that minimizes medical complications and lowers the number of hospital admissions for veteran patients.

Yet Yvonne and Dave do not qualify for all of VA's caregiver benefits.

Surprisingly, only veterans injured after

September 11, 2001, are eligible for the complete comprehensive caregiver benefit package through the VA—which includes education and training, respite care and mental health services, and, perhaps most importantly, monthly stipends and health care coverage for the caregiver.

Organizations such as DAV, veterans such as Dave Riley, and Veterans Service Organization partners and caregiver advocacy groups are working hard to change these laws and correct this inequity. Many Americans, concerned about fair treatment for every veteran who needs a caregiver, are calling (202) 224-3121 to ask their legislators where they stand on the issue.

"Caregivers are really America's unsung heroes," said Dave. "It's only right that we ensure they are honored with the support they earned and deserve."

For more information about support and resources for veterans' caregivers, visit [www.DAV.org/veterans/resources](http://www.DAV.org/veterans/resources).

## 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 low-dose CT scan is key to finding lung cancer early, when more treatment options are available and the chances of survival are higher.

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

*Continued page 13*

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# How To Spot A Phishing Scam

## How To Spot A Phishing Scam And Avoid Getting Hooked

(NAPSI)—It could happen to you: You open your e-mail and see a message that seems to come from your bank asking you to reconfirm your online banking profile because of “some unusual activity on your account.” Reading it, you notice a couple of things, however. The e-mail begins with a simple “Hello,” not a personal greeting. A couple of words are misspelled and the grammar is a little off. Next, you roll your mouse over the link you’re asked to connect to and you notice it’s clearly not from your bank, because the link misspells the bank’s name.

Nice work. You’ve just avoided being hooked by a phishing scam, where online thieves use false website links and other schemes to gain access to people’s private information or install harmful software on their computers.

“This is what comes to mind when you hear ‘phishing’ and these low-skill attacks definitely still exist,” says Peleus Uhley, lead security strategist at Adobe. “However, phishing attacks have improved and have become more sophisticated over the years. In order to be less obvious, they will often illegally include corporate logos and messaging. They will even use recent events to make the e-mail seem more legitimate,” he adds.

For example, at least 2 million people received an e-mail notifying them that an order they had placed on a large U.S. retailer’s website was being processed,

though none of them had actually done so. Still, thousands of people clicked on the link in the e-mail, and they downloaded malware that infected their computers, putting them in the control of the hackers.

Some phishing scams purport to offer the latest updates to popular software such as Adobe Reader and Adobe Flash Player. “These scams can mislead some users to install malware that harms their computers and attempts to capture their sensitive personal information,” says Uhley. In truth, updates to Adobe products are available only on its website. The company never makes software updates available through third parties.

“If you think you have been a victim of a phishing e-mail claiming to be from Adobe, then send a copy of the offending e-mail to our customer support team so that we can investigate,” Uhley advises.

### Recognizing Phishing E-mail

A request for personal information. No legitimate company will ask for personal or account information via e-mail. For example, a recent phishing scam, this time supposedly from a major bank’s customer service group, warned recipients that someone tried to log into their accounts and they must now “confirm” their account info. The phishing spam took recipients to a very convincing copy of the bank’s log-in page, including a Web address that looked like it ended with the bank’s website link, but in fact went to a website in Russia.

Urgency. Don’t ever feel pressured into divulging personal information. While there

are legitimate reasons for a company to ask you to do something right away—there’s been a security breach, for example—phishers often use scare tactics to fool you into updating certain information. Contact the company directly to confirm the authenticity of the request.

Incorrect spelling and bad grammar. Phishers often use misspelled words on purpose to get around spam filters that check for the legitimate spelling of a brand name, for example. Another reason is that many scams are run from overseas, where English isn’t the first language.

Impersonal greetings. Legitimate companies will use customer names or user names in the e-mail and banks will often include part of an account number. Phishing e-mails typically offer generic greetings.

Your e-mail is the “From” address. This is a sign of a fake e-mail message. Similarly, if the “To” field is a long list of recipients, you should also be cautious. Legitimate e-mails will most likely be sent directly to you and you only.

### Be Smartphone Smart

You should be just as wary on your smartphone as you would be on your desktop. Never give away a password or any personal information. If you’re unsure, go to the site directly or e-mail customer support directly. Never use the links or contacts within the e-mail itself.

### Learn More

For further facts and tips on phishing and how to protect yourself, visit

[www.adobe.com/security/prevent-phishing.html](http://www.adobe.com/security/prevent-phishing.html).

# The Scan

*Continued from page 12*

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

[www.SavedByTheScan.org](http://www.SavedByTheScan.org). or [Lung.org](http://Lung.org) or call (800) LUNG-USA.

# Banana S’mores

(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, s’more.

### Banana Chocolate S’mores

24 Crunchmaster™ Multi-Seed Crackers Original

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.

Brody left his friends to catch up on the news.



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Own your home and land too, no lot rent or HOA. This two bedroom, 2 bath doublewide mobile home is located close to Hwy 441 near the Villages. It has 1056 sq. ft. heated plus a 10' x 40' all-weather lanai, a big side screen porch w/utility room, and two storage sheds. Sits on a 75'x 135' lot fronting paved street. Public water system, cable available, septic. PENDING.

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### **COMMERCIAL ACREAGE**

**40248 CR 25 – Teague Trail**

6.4 Acres fronting CR 25/  
Teague Trail.

Across from Lady Lake Post Office.  
Zoned CP 'Planned Commercial'  
Town water and sewer available.  
\$900,000  
(No Value in Mobile Home on site)



### **431 QUAIL ST Lady Lake**

Well maintained furnished three bedroom, two bath home. Split plan doublewide built in 2007 with 1,674 square feet heated. Large Family room has wood burning fireplace. Sliding doors lead out to covered, open porch. Plus a Free- Standing 800 sq.ft Metal Work/Wood work Shop. Call for details. MLS #G4845007

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### **COMMERCIAL ZONED B-2**

**15600 HWY 441 - Summerfield**

Corner of 156th Pl  
and Hwy 441  
100 Feet Frontage  
.52 Acre – 100' x 230'  
\$185,000

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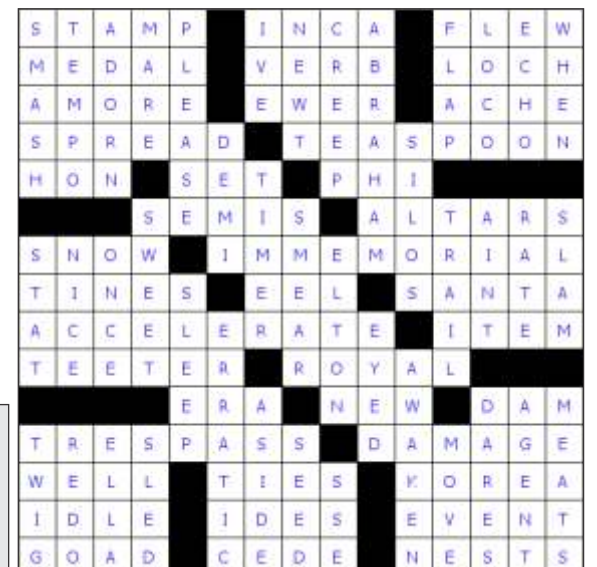
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