

Hob Nob



Lady Lake Chamber held a Hob Nob event. Pictured from left is Sharon Grodzicki, Dennis Dempshar and Sue Kelley of the Lady Lake Chamber at Dempshar's

Restaurant in the Spanish Springs Square. I sampled the food and it was all chef prepared and very tasty. See page seven for more.

Nothing But Networking



Pictured is some of the staff at Eatons Beach were the Lady Lake Chamber held their recent networking event. The food is

always great and there is always a sellout crowd. Good job Eatons Beach and Lady Lake Chamber.



The Artist

Publishers Note: I first met Glen when he attended a Select Business Associates meeting. I could immediately see the talent. I went to his Gallery in the Six Gun Plaza which is by appointment only. You would be amazed by his metal sculptures. Take the time to check this out, especially if you want something special or different or your trying to decorate your office with that special look. Many years ago I bought a sculpture of a fishing boat made of copper. It turns out it

was a Glen Cove creation. I was please that I found that connection.

The following is information I saw on a brochure and a fair business profile.

Glen Cove Metal sculptures is an independently owned metal craft business owned by Air Force veteran, Paul Tester. Paul retired from the USAF as an aircraft structural repair technician who also trained many other Japanese and German military personnel in metal working techniques. He eventually resided in Florida and started teaching in the Marion County School

Continued page 13

Moldy House, Moldy Car, Mold in General

By TomL

Humans and mold don't get along too well in the same house. If you start sneezing, coughing, runny nose, sore throat, skin irritation, sore or irritated eyes, headaches, diarrhea, nausea or you just don't feel right, they could be symptoms of mold exposure. What do you do? Well I looked it up on the internet. There is so much info there, even methods of getting rid of or "do it yourself" eliminating the mold.

One fix is household bleach, (internet formula) and to mix 1 cup bleach to a gallon of water, protect your eyes, nose and skin and apply with a spray bottle. Another fix is vinegar. It's all natural and can't really hurt you. It will kill 75% of the different types of mold, but never mix vinegar with bleach for it will create a toxic effect. But you can mix hydrogen peroxide and/or baking soda, other

mold deterrents with vinegar, but use the vinegar straight, no water, don't dilute it. Spray it on and let it sit. It is actually better to leave it on if you can stand the odor, otherwise you can wipe it off after an hour using plain water or with some regular detergent. If you vacuum the mold wear a mask and use a special filter that is designed for that. It has a special real fine mesh filter.

If the mold comes back, repeat the process as many times as needed. You can use the same vinegar solution on clothes that you were wearing when spray and treating the mold.

Check all this information on the internet or consult with a specialist. I am not a chemist and not responsible for this information being wrong or misused.

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■ A.J. "Tony" Powell ■

AS I SEE IT

FREE SPEECH for you or me?

By A.J.(Tony) Powell

First Amendment - Religion and Expression. Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

But attacks on religious freedom have more than doubled in the last few years. Last year there were thousands of hostile attacks in the USA.

These days we are not safe even in public places, schools, churches or even the military.

Not all hostility is physical. People have been fired, refused employment, or fined for speaking out about their beliefs.

Even State Legislatures have been sued for starting their day with a prayer. A high school coach was fired for praying after a football game. He lost his lawsuit trying to get his job back.

The heathen judges said that he knelt and prayed on the 50-yard line after a game ended while students and parents still were in the stadium.

They said, his 'speech' was directed to those students and spectators and not "directed to God."

Then there was the navy chaplain who made the mistake of speaking about his views on extramarital sex.

Then we have the huge 'conflagration' about football players disrespecting the National Anthem, Lecturers being shouted down and even physically attacked on college campuses and President Trump being told to quit his crazy postings on 'Twitter'

(By-the-way-I looked up the word 'TWIT' it said, "The kind of person that makes a retarded chimp look smart."

For most people, 'Free Speech' means only that they demand the right to say anything they want to.

But they have no respect for other peoples right to express their views and opinions.

During the recent 'White Supremacist' conflict on TV, the PBS commentator described 'Heavily armed racists parading down the street.' (But I don't think that they shot anyone).

Then one of the protestors said, "They want to parade, I'll break their legs. Then we'll see if they want to pay the price." The TV Host let that go without comment even though the topic of his program was 'Free Speech'.

In America and most of Europe, you can say that your President is a 'twit' - But, in the rest of the world, that's probably not a good idea, if you want to stay alive.

But, even in Europe, you can go to jail, for example, not only for denying the holocaust, but for saying that '6 million Jews' is not the 'whole truth'.

When, in fact, most historians estimate

that about 11 million humans were exterminated including gays, priests, the mentally and physically disabled, communists, trade unionists, Jehovah's Witnesses, anarchists, Poles and other Slavic peoples, about 1 million 'gypsies' and of course resistance fighters.

"Congress shall make no law abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble."

As I See It, stupidity was never intended to be illegal.

America - The land of the brave and the home of the free!

'til next time.....

measures now need to include a backup power plan.

Is backup power supply an option?

Two basic options exist for homeowners: portable generators and home standby generator systems. Both solutions can keep the house lights on, appliances working and, in the event of a weather-related power outage or other emergency, will keep the home the safest place to ride out the storm. Understanding the differences and capabilities between these two options makes selecting the best backup power plan much easier.

Portable generators: An instant but temporary backup power supply

Portable gasoline generators are available at just about any home improvement retailer and work well as a quick solution to roll out during an outage. Generally, a portable unit is low maintenance, but during National Preparedness Month, Generac Power Systems reminds users that they should check and run their generator and even refresh the tank of gasoline to be ready for the season. Additionally, Generac advises on portable generator safety: These units need to be taken outside and kept 25 feet away from an opening to the home to keep carbon monoxide fumes outside.

Home standby generators: The permanent backup power supply

When outages happen, the home standby generator is the automatic solution. A unit like the Generac Guardian plumbs into the home's existing natural gas or propane line, turning on automatically when utility power fails.

These generators are installed just outside

Continued page 6



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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



What America Is Made Of!

The hurricane that hit Texas was devastating. The section of the state could not withstand the amount of water dumped on it.

Thousands of people were in trouble, thousands of people responded. Private citizens brought out their boats, tall trucks, anything that could withstand the flood waters and started rescuing people. They say the fastest

response during a disaster comes from your neighbors. People came together helping. There was no racial divide just pure good deeds, life saving deeds. No one is asking for a thank you. They picked up the elderly and the young and carried them to safety. Got them dried out, made sure they were alright and went back for more.

The Federal Government sent response teams. The state had response teams, but they were just overwhelmed. With the private sector and the response teams they did it together. How refreshing to see that people can come together and work together for a common cause.

Meanwhile in Florida while Irma is coming at Florida, Governor Scott and President Trump were assessing our first responders and acting quickly to get ready. The local first responders were as ready as they could be for what was coming. Florida being a peninsula creates a unique problem. There is only one way out and that's north. The major roadways were bumper to bumper, gas shortages did not help, but all in all everyone went north and most were safe. Some could not evacuate because of the lack of gas. The storm is over and recovery has started, the gas lines are no more, the prices are up a little but I am told they will go back down. My concern now is the people who had to spend all that extra money to get ready for the storm may have trouble recovering financially.

President Trump says he is cutting aid in other countries for HIV treatments. It's costing the United States millions of dollars per year. The USA has a opioid drug problem to deal with. Some of the problem has been created by Doctors over prescribing pain meds.

I think we need more education out there for all youth, teaching the police are not their enemy, what to do if stopped by the police. The big word is co-operate to the fullest. There are some big money people trying to drive a wedge between Blacks and Whites. I think there is a plot to divide and conquer. Racial divide serves a political agenda.

Teach the youth and new citizens about the Constitution in a simple form. Teach them there is Civil and Criminal court. In Civil court when your found innocent you can sue for your legal fees and court cost. As I understand in Criminal court you can't sue for your legal fees in most cases.

Helping Kids

(NAPSI)—There's a pleasant, easy way parents and teachers can improve their own memory and mental development and help their children do the same. How? Simply by reading at least 15 Pages A Day in print.

Expert Advice

"Reading, like playing a musical instrument or exercising, involves habit," explains Dr. Naomi Baron, professor of linguistics at American University. She studied students in the United States and found students who read digitally are more distracted. "Ninety-two percent of U.S. students found it easiest to concentrate when reading a hard copy," said Dr. Baron. "Students tell us they remember more when reading in print, spend more time when reading print and read more carefully than with digital texts." Adds Daniel Willingham, professor of psychology at the University of Virginia, there's a "cost to comprehension when students read from a screen."

What To Do

To exercise your brain, pledge to read at least 15 Pages A Day in print. Share your involvement and invite friends to take the pledge using #15Pages on social media.

Why It Matters

- The American Library Association says "students who read independently become better readers, score higher on achievement tests in all subject areas, and have greater content knowledge than those who do not."
- Reading aloud for 15 minutes a day aids language development, instills a love of reading, and increases understanding of how knowledge is gained and shared.
- Current research indicates that taking notes by hand on paper aids memory and recollection.

According to another recent study, "people who regularly read and write have a markedly slower decline in memory than people who don't."

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Lady Lake Magazine & Village Spectator

12am, October 25th

Lady Lake Magazine/Village Spectator

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Hurricane Irma has had an unprecedented impact on our state. She has tested our emergency systems, our state leadership, our utility companies, and our commitment to our communities.

The preparation engulfed the news cycle for weeks, and now the recovery will do the same. This storm has revealed character within our local and state officials and reminded many Floridians why it is so important to listen to their direction. She tested our ability to prepare and obstructed power supply and fuel supplies in a way that many had forgotten a hurricane could. She caused the cancellation

of a committee week of the Florida Legislature and of school in many areas. And yet she also forced us together in amazing ways; reminding us of all those things that matter most like life, health, safety, home, family, community, service, and liberty to go meet challenges with one another. As we begin to recover in our own communities and as a state, we must remember to continue to engage in our community and help those around us that are in need.

We owe a great debt of gratitude to all those who serve and protect us in so many ways for going far beyond the extra mile. We also thank Governor Rick Scott and the many local officials who stepped up to lead. Ultimately, we must thank our Creator for blunting this mighty force as it came over

our entire state with impacts that could have been far more devastating. We have a great deal of work ahead to restore our State and we must not forget many will still struggle to reach restoration.

Keep helping! Keep serving!
Keep sharing! Keep giving thanks!
Onward and upward!



TOGETHER WE CAN DO MORE

Stay informed on relevant resources and volunteer opportunities available for you to help the ongoing rebuilding efforts of local and national organizations after natural disasters. Your support will have a positive effect on those in need of assistance but also on your personal life. Make sure the organizations you choose are worthy of your support.

Power Plan

Continued from page 2

the house like an air-conditioning unit. They can be set to exercise weekly and can even send the homeowner updates using a service like Mobile Link™ about its successful exercise, change in status or low battery, as well as maintenance reminders or fault alerts. Unlike portable generators, home standby generators need to be professionally installed and sized to fit the home, so homeowners should allow for an installation process.

Prep Your Home For Fall

(NAPSI)—As the days get shorter and the kids go back to school, prepare for the cooler weather by getting organized and completing basic maintenance. You'll save money, time and space!

Keep It Moving

After heavy summer use, clean out gunk from sliding glass door tracks. Then apply WD-40® Multi-Use Product, available in an easy-to-store 3-oz handy can, to lubricate and prevent sticking and squeaking.

The handy can is also great for lubricating zippers and suitcase wheels, and removing crayon from walls and sticky residue from metal and glass.

Clothing Exchange

As the temperature cools, wash summer must-haves like beach towels, swimsuits and summer clothing. Then donate gently used pieces your family has outgrown; toss stained, ripped or broken items; and store the rest in airtight containers.

Now you'll have more room in closets and drawers for fall must-haves like umbrellas, coats and sweaters.

Cut The Cost

Most people only think to run their ceiling fans during the summer, but many units come with a switch that reverses the direction of the blades. Switching the blades' rotation to clockwise from counterclockwise makes the room warmer.

Air pooled to the ceiling is circulated back into the living space, which can cut your heating costs as much as 10 percent.

Protect Your Investment

Furnace maintenance is key to ensuring it stays in good condition throughout the heating season. Dirty filters restrict airflow and increase energy demand. To prevent expensive problems, check filters once a month and replace or clean as needed.

If replacing your filter once a month is a hassle, consider switching to a permanent filter, such as an electrostatic or HEPA filter, which can remove 99 percent of airborne particles.



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Hob Nob

Continued from page 1



Pictured are some of the business people at the Lady Lake Chamber Hob Nob event. What is a Hob Nob you say??? It is a group of local businesses assembled by the Lady Lake Chamber, getting together and visiting with each other and talking about their businesses, sharing information while enjoying the hospitality of Dempshar's Restaurant in the Village. They are located in Spanish Springs on the Square. The sponsors for the event were Villages-News and Villages Plus.



When Disasters Strike

When Disasters Strike, You Can Be Part Of The Solution

(NAPSM)—Every 24 seconds, somewhere in America, a fire department responds to a fire and firefighters are on the job, saving life and property. What many people may not realize is that most of these firefighters are volunteers. Seven out of 10 firefighters and emergency responders are volunteers, protecting their communities from a variety of hazards and saving taxpayers nationwide an estimated \$140 billion a year. They come from all backgrounds, professions, ages, genders, races and ethnicities.

The Problem

Many local departments are struggling to meet staffing needs. Call volume has tripled in the last 30 years as fire departments' roles in communities continue to expand, making the need for volunteers greater than ever. Yet many community members are unaware of this need. A survey by the National Volunteer Fire Council (NVFC) found 41 percent of respondents did not know that their department used volunteers and 79 percent did not know their department was looking for more volunteers.

An Answer

Volunteering in the fire service provides a unique way for people to give back to the community while developing skills and experience that can contribute greatly to many aspects of their personal and professional life. It also provides

camaraderie, a sense of purpose, and community impact to those who serve in this extraordinary way.

New recruits are trained by the department. Skills to learn vary based on the department's response requirements, but training may cover a wide array of emergency situations such as fires, emergency medical incidents, terrorist events, natural disasters, hazardous materials incidents and other public service calls. Certain departments may have specific requirements, such as a high school degree, a physical and a background check, but when it comes down to it, volunteering as a first responder is all about having the heart and drive to make a difference where it's needed most.

Learn More

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

Progress Against Cancer

(NAPSI)—Significant advances against cancer have resulted in a steadily declining cancer death rate for Americans over the past 25 years, according to the seventh annual American Association for Cancer Research (AACR) Cancer Progress Report.

The 2017 report, which provides an overview of the latest advances in cancer research, prevention and treatment, calls for robust government funding of biomedical research so that the research community can continue to make progress against cancer.

Researchers have found new ways to combat cancer.

"This is an incredibly exciting time for the cancer community," said Margaret Foti, Ph.D., M.D. (hc), chief executive officer of the AACR. "Research has fueled advances across the continuum of cancer care that are saving lives around the world, and we have the scientific knowledge and capability to deliver more lifesaving progress in the future."

According to the report, the U.S. cancer death rate declined by 25 percent between 1991 and 2014. The cancer death rate for children declined by 35 percent during the same time.

Numerous factors have contributed to improved survival, including earlier detection and many new treatment options. In the past year alone, the U.S. Food and Drug Administration (FDA) approved nine new anticancer drugs. Also, it expanded approval of eight previously approved drugs, allowing them to be used to treat additional types of cancer.

One of the approvals was for a drug for patients with any type of solid tumor containing a certain biomarker or genetic feature. All previous approvals had been based on the location of cancer in the body. The drug, Keytruda (pembrolizumab), is an immunotherapeutic that has brought significant benefit to many patients, including former U.S. President Jimmy Carter.

AACR leaders cautioned that while new drug approvals and improving survival rates are signs of tremendous progress against cancer, there is still much work to be done. More than 600,920 people in the United States are projected to die from cancer in

Continued page 12



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ACROSS

1. Tip
5. Wharves
10. Trigonometry, e.g.
14. China's locale
15. Improper
16. Balm
17. Walk heavily
18. Diamond substitute
20. Camper's home
21. Rodent
22. Actor Harvey ____
23. Double curves
25. Make less tight
27. Enrages
29. Judges
33. Dreary
36. Like a fox
38. Famous canal
39. Ingested
40. Glutton
42. "Wow!"
44. Lyric poem
45. Summer shirts
47. Marsh
49. Dried grape
51. Television awards

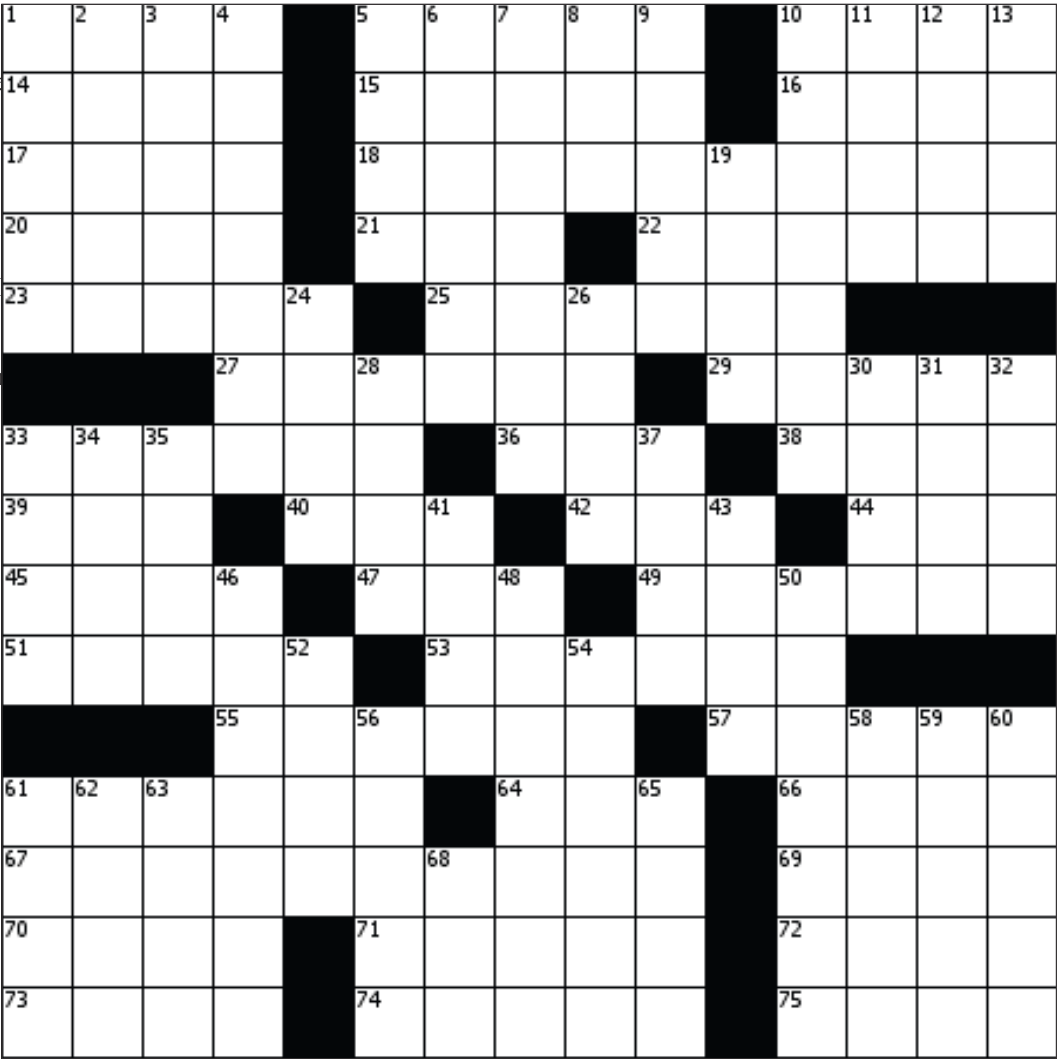
53. Apprehend
55. Sofa
57. Actress ____ Berry
61. John, Paul, George or Ringo
64. Wind dir.
66. Perjurer
67. Speed up
69. Andean mountain native
70. Bleak
71. Military award
72. Matures
73. Foam
74. Witch's charm
75. Sniffer

DOWN

1. A sense
2. The British ____
3. Maned felines
4. Wrestling duo (2 wds.)
5. Feline sound
6. Take a breath
7. Magazine officials
8. Jog
9. Looks for
10. Afternoon movie
11. Great deal (2 wds.)
12. Musical sound
13. Foot part
19. Grain
24. Break sharply
26. Scandinavian capital
28. Talkative
30. Greek Cupid

31. Average skirt
32. Noticed
33. Calendar number
34. Article
35. Look
37. Time past
41. Bearded animal
43. Leftover dish
46. Methods
48. Small bomb
50. Rome
52. Vend
54. Leased apartment
56. Swarms
58. Jargon
59. Shoestrings
60. Wipe clean
61. Sacks
62. Light tan
63. Vinegary
65. Water source
68. Agent (abbr.)

Answers
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Sunset Before Irma



"IRMA"



Sunset After Irma



Linemen Encampment

by Sebrina Hensley

I asked for 100 desserts and you DELIVERED 170+ in 24 hours!! WOW!!! Colby Lynn Smith and I were there until after 9:30 (Sept 17) so we were able to see most of the lineman and crew! They were sooooo overwhelmed. Many said they had worked these for 15-20-30 years and they had never received a gift like this!! They were so grateful and appreciative! They were taking pictures and sending home and of course Facebook!! They said they have received snacks or drinks on the road but had NEVER come back to homemade desserts thanking them!!!

We also got a first class tour of the entire facility and honorary vests!! This was an amazing experience that I will never forget!! So many made a point to specifically thank Colby



and I. And I promised to relay it back to you!!!

I was just blown away by them and by their entire facility and crew. What an amazing set up they have. Here are some facts for you:

1. 1800 to 2200 crew at anytime
2. They have portable showers and laundry that go around the clock
3. Once trucks are parked they are

refueled at night

4. They sleep in 65 degree tents with cots. Some have campers - tents- sleeping trailers. A few prefer their truck!
5. They serve breakfast and dinner and they have to-go boxes for lunch ready every night
6. When all trucks are in, they line up for one mile, 7 DEEP!!! That's a lot of trucks!!!
7. Most have not been home in 6-8

weeks!!

8. Most come from more northern states, are not accustomed to our humidity. So it is doubly hard for them breathe and work!!
9. They are averaging 6 hours of sleep, 18 hours working and getting ready for the next day!

The Encampment is gone now, the Linemen are on their way to another area. Lineman, **"Be Safe!" Thank You!**



CHIEF CHRIS MCKINSTRY

Witch-ing you a spook-tacular Halloween!



Let's make it a safe one.

Halloween is fast approaching, and while children anticipate the annual celebration of fun and fantasy, it's a good time for the rest of us to think about safety. As part of our ongoing commitment to protect children, all of us at the Lady Lake Police Department will be

passing along Halloween safety advice. We have all heard stories about pins and razors hidden in Halloween treats. Even though sabotaged candy is unlikely to appear, we should still exercise good common sense and err on the side of caution. Children should be instructed not to eat any treats until they're back at home and mom or dad has inspected them. Parents should make sure that candy wrappers are sealed. Fruit or homemade items should be

thoroughly examined. **If in doubt, throw it out.**

When little ghosts and goblins take to the streets, the biggest threat they face is motor vehicle traffic – something for parents and drivers to keep in mind.

For motorists, extreme caution is the rule for Halloween night. Expect children to run across the street, coming out of nowhere, oblivious to traffic. Children should be accompanied by adults when trick-or-treating. A responsible grown-up will be the person with a flashlight, leading the way when there's a need to cross the street. It's always best to stay close to home and to visit neighbors and friends that you know. Make sure children only approach homes that are well lit. Treats should be

handed out at the door so that youngsters don't have to enter the homes of strangers.

Surprisingly, simply falling down is also a leading cause of accidental injury on Halloween, the result of children tripping on their own costumes. Make sure their costume fits well and check that the child can see through any mask that he or she might be wearing.

Older children and teenagers need to be reminded that Halloween trick-or-treating is okay but vandalism will not be tolerated. Any deliberate act that damages property or causes harm to another person is a crime and police officers will treat it as such. Remind teens to never wear a mask in public, especially when visiting a store or similar establishment. It is actually against the law and it could lead to tragic consequences if a fun-loving young person were mistaken for a robbery suspect.

In addition to protecting children this Halloween, it is also important to protect property as well. Battery powered lights are always a safer alternative to candles inside pumpkins. If you decide to use candles, never leave them unattended, and make sure children are never left unsupervised around them.

I urge all parents to keep these few, common sense safety tips in mind this season. Let's all make sure our children stay safe this Halloween. Don't forget about the Town of Lady Lake's Halloween event, **Not So Scary Halloween**, on Saturday, October 21, 2017 from 6:00 pm to 8:00 pm at the Guava Street Athletic Complex. Everyone is welcome to attend. I hope to see you there.

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The causes of poor balance are varied but one result is certainly predominant. After a hip fracture there is an 50% risk of loss of independence and about 1/3 of people die within a year after the hip fracture. Since poor balance leads to falls and fractures, then better balance should be of utmost importance. Just as there are several possible causes of poor balance, there are also several therapies and exercises that may help to improve it.

One contributing factor to poor balance is a lack of proper nerve function in the upper cervical spine. The cranial nerve which gives the brain feedback as to the body's position in relation to space is cranial nerve 8 and it receives nerve fibers from the upper cervical / neck nerves. This nerve also supplies the middle ear and it is involved in vertigo.

Misalignment of the upper cervical spine causes poor function of these nerves and dizziness results. The dizziness is worse with prolonged misalignment that results in spinal arthritis. The longer the condition


progresses, the harder it is to correct and the more treatment it takes. The treatment is spinal manipulation which may be gently performed with instrument adjusting, with drop table or manually after examination and we have successfully treated many vertigo cases.

To do a self-check for upper cervical misalignment, turn your head from side to side. Your chin should almost reach your shoulder in each direction. If one direction is more restricted than the other, this may be an indication of a lack of joint motion due to a poor position of an upper neck bone. Another test is to gently press the mid to upper neck from the back of the neck and sides towards the front, checking each side for stiffness, feel if there is a difference from one side vs the other. Another check that can be done at home is to lay face up on a hard surface and have someone check the

alignment of your head compared to your body. Raise and then lower your head and then while keeping eyes closed have the check done to see if there is head tilt or rotation. If you have neck stiffness and discomfort upon turning your head, then you need to have mobility restored to optimize balance and have your neck cared for by a chiropractor to increase joint motion and reduce misalignment causing the stiffness.

Another cause or contributing factor to poor balance may be a lack of sensation in the feet or a foot. This lack of sensation may be diagnosed as neuropathy and its' causes are varied including a lack of nerve supply from the low back, diabetes and toxic conditions such as due to medications and other chemicals or metal poisoning. If the cause of neuropathy is from the low back, then chiropractic and spinal decompression may help. If the cause of the neuropathy is diabetes, then nutrition counseling / supplements, laser therapy and pulsed electromagnetic frequency may help; we have achieved improvement using these therapies for these conditions.

Keep your cardiovascular system fit with diet low in carbohydrates, free of sugar and corn syrup; keep fit and retain balance with stability exercises, keeping the nervous system free of interference with chiropractic care and especially the upper cervical spine to prevent or reduce dizziness and you may reduce the risk of falls, fractures and the morbidity that follows. At Better Health Chiropractic, we would be honored to be a part of your health care team and to help you achieve your goals! Call 352-795-8911 or 352-750-6325.



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Cancer

Continued from page 7

2017, and the number of new cases of cancer in the United States is predicted to rise from 1.7 million in 2017 to 2.3 million in 2030.

"Cancer continues to exert an immense personal and economic toll," the authors wrote, adding that the burden is shouldered disproportionately by certain segments of the population, including racial and ethnic minorities, patients of lower socioeconomic status, residents of certain geographic locations, and the elderly. This gap, known as a health disparity, is an area of growing research.

To accelerate the pace of progress against cancer, the report calls for the United States government to support federal research funding for organizations including the National Institutes of Health (NIH), the National Cancer Institute (NCI) and the FDA. Specifically, the report asks Congress

to increase the NIH budget by \$2 billion to \$36.2 billion in fiscal year 2018 and the FDA budget by \$80 million to \$2.8 billion.

The Beau Biden Cancer Moonshot, an initiative launched by former Vice President Joe Biden with the guidance of numerous AACR leaders, must also receive support as it takes aim at reducing the nation's burden of cancer, the report said.

"As research has taught us more about the biology of cancer, we have been able to make incredible advances in cancer prevention and treatment that are saving lives today," said Michael A. Caligiuri, M.D., president of the AACR and chief executive officer of the Arthur G. James Cancer Hospital and Richard J. Solove Research Institute in Columbus, Ohio. "The opportunity to make more transformational breakthroughs will require a strong federal commitment to providing consistent, annual, above-inflation increases in the budgets for the NIH, NCI and FDA."

Buffalo Wing Dip And Crackers

Hot Party Idea: Buffalo Wing Dip And Crackers

(NAPSI)—Whether you're hosting a game-watching party, a holiday get-together, a birthday, anniversary or any occasion, a little planning and a delicious dip can help it all go smoothly.

Ten Party-Planning Tips

Here are 10 hints that can help:

1. It's OK to overbook: For a large cocktail party, invite 20 percent more people than you think can fit, since only about three out of four invitees actually show up.

2. Make foods you can eat anywhere: Guests should be able to mingle and snack at the same time so stick to finger foods.

3. Get help: Consider hiring a high school student or even a professional to do the cleaning, pass drinks and food, and keep



things moving in the kitchen.

4. Arrange the furniture so guests can move easily: Don't worry about not having enough chairs; that will encourage mingling. Set up a coffee table or sideboard for coffee and dessert.

5. It's a bright idea to decide on the lighting: Low-wattage bulbs or candlelight can create a romantic or convivial mood. Bright lights make it easier to see the person you're talking to.

6. Save time and trouble when it comes to drinks: Have plenty of nonalcohol beverages around and premix the cocktails you want to serve. Place them in pitchers so guests can pour their own.

7. Cool hacks for ice: Add a few drops of food coloring to ice cubes. Put a bit of sliced fruit in your ice trays before freezing or add a hint of juice or lemonade.

8. Keep the crowd moving: Spread out the food over a big space. Putting the same food in several bowls around the room will keep crowds from forming and helps make sure every guest gets what he or she wants.

9. Protect your assets: Tuck away things that could be in the way or easily broken.

10. Help the party take wing with this delightful dip:

Buffalo Wing Dip

¼ cup sour cream

½ cup spreadable cream cheese, soft

½ cup crumbled blue cheese

¼ cup celery, finely chopped

4 oz. precooked chicken breast, finely chopped

½ tsp. hot sauce (Cholula® or Tabasco®)

1 package Crunchmaster® Signature Buttermilk Ranch & Dill Multi-Seed Crackers (4.5 oz.)

In a small mixing bowl, combine sour cream and cream cheese. Blend together well. Mix in crumbled blue cheese and chopped celery. Set aside. Fold hot chicken into the dip. Serve immediately with Crunchmaster Signature Buttermilk Ranch & Dill Multi-Seed Crackers.

The crackers provide a cool, mild contrast to the spicy dip and because they're from Crunchmaster, they have no GMOs, gluten, or artificial colors and flavors. They're low in sugar, free of saturated and trans fats, kosher, and made with wholesome ingredients from trusted sources to fit every healthy lifestyle.

Crunchmaster crackers have a savory taste with the crunch you crave. Their special blend of sesame, quinoa, flax and amaranth seeds is what gives this cracker great crunch, wholesome goodness and superb flavor. So you can feel good about always having a couple of pouches in your kitchen, because everyone in the house will be looking for them.



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The Artist

Continued from page 1
system.

One day while disassembling a vehicle for repair with his students, Paul had an idea to make a metal ship sculpture from the scrap metal of the auto. Hence the idea of metal artwork was born, and Paul has been creating metal art pieces for hundreds of

customers ever since. He has created pieces for Universal Studios, Miller's ale house, as well as many other businesses, colleges and offices.

With the popularity of Glen Cove Metal sculptures increasing, Paul decided he would need assistants to help with the assembly of the artwork and customer service. Giovanna and Yesenia have been assisting Paul for over a decade, and Glen Cove Metal Sculptures has developed from one brilliant man's idea to a family of expert artists that bring creative ideas to life. Paul always says "two heads are better than one".

The Power Of the Supreme Court

What The Power Of The Supreme Court Means To You

(NAPSI)—From health care to civil rights, from abortion to marriage, the Supreme Court and its nine appointed members affect every major area of American life. Now, an insightful new book by best-selling author and Senior U.S. District Judge Ted Stewart explains just why that happened. The book shows the evolution of the Court's vastly expanded interpretation of law and illustrates the power of judicial review to make sweeping, often unforeseen changes in American society, decades Safter decisions are handed down.

Told through seven pivotal cases, it weaves the historical narrative into the legal basis for each decision and examines the far-reaching effects. Stewart explores such intriguing issues as the Court's role in sanctioning racism, why a nation founded by devout men and women banned religion from the public arena, and why justices can raise taxes, manage school districts and generally work their will.

Each chapter presents an easy-to-read brief on the case and explains what the decisions mean and how the Court ruling, often a 5-4 split, had long-term impact. For example, in *Lochner v. New York*, a widely accepted turn-of-the-20th-century New York State law limited excessive overtime for bakery workers. That law was overturned by the Court based on the due process clause of the Constitution. The very same precedents, Stewart points out, were used by the Court 70 years later and expanded to a new right to privacy in *Roe v. Wade*, making abortion legal in the nation.

A thought-provoking and easily accessible read, "Supreme Power: 7 Pivotal Supreme Court Decisions That Had a Major Impact on America" (Shadow Mountain) also examines how the Court became so supreme and unexpectedly influential in American society and considers whether this was the intent of our Founding Fathers.

In an endorsement of the book, Jason Chaffetz said, "As a former congressman and Chairman of the Oversight and Government Reform Committee, I saw again and again how the balance of power has been tilted much too far toward the judicial. This important book addresses the imbalance with powerful examples that are easily understood and very informative. Everyone should read it."

With such issues as voting rights, free speech, religious freedom, immigration, taxes and search-and-seizure coming before

the Court, the ideas the book provides can be more important to understand than ever.

Reasons To Know Math

Five Everyday Reasons You Need To Know Math

(NAPSI)—Many people may shy away from the subject of math, but it is important to understand math as it plays an instrumental role in making good financial decisions. A new University of Phoenix survey found that 28 percent of respondents reported they were not confident that their current math skills are strong enough to succeed in planning for retirement and 24 percent stated they are not confident in their skills to succeed in understanding tuition assistance and save or pay for college. Additionally, 35 percent are not confident that their math skills were solid enough to start a business.

Susan Hadley, Ph.D., program dean for general education at University of Phoenix, says that people could be taking a financial hit as a result of not understanding basic math and the role it plays in financial decision making.

"Having a foundational knowledge of math helps people make informed purchases for major investments and expenses as well as everyday spending and saving decisions," Dr. Hadley said. "Being comfortable with math is necessary and deeply relevant to our personal and professional lives. As a result, we've gone to great lengths to incorporate math into our undergraduate programs as it relates to everyday financial decisions."

Dr. Hadley provides financial tips for areas where math skills are important:

1. Building a budget—A monthly budget helps allot money for fixed expenses like mortgage payments as well as how to plan

for expenses that may vary from month to month, such as groceries. Also knowing how much to dedicate each month for long-term savings is helpful. Having this information can set the stage for making wise spending choices.

2. Renting vs. buying a home—There is no one-size-fits-all answer on whether to purchase a home or rent. Research the real estate market in the area where you want to live. Determine the mortgage or rent payment and the impact both options have on your lifestyle and short- and long-term financial goals. Review your budget to understand the financial implications of each choice.

3. Buying a car—People often assume that a vehicle is an investment. However, vehicles quickly depreciate. Be mindful of how much you are able to spend, financing options and, if you decide to take a loan to make the purchase, what you will pay in interest over the life of the loan.

4. Saving for college tuition—Start planning early if you intend to send your child to college and will assume responsibility for the cost or if you're planning on going back to school yourself. Knowing the tuition breakdown per semester, costs for materials and living expenses will help you factor them into your monthly budget and savings goals. Searching for scholarship and grant opportunities and researching student loan options will help with making sure you don't overleverage and can repay those loans in full and on time.

5. Planning for retirement—Review your budget regularly and determine what percentage of each paycheck you can contribute to a 401(k) or individual retirement account (IRA) to save for retirement. When determining the best strategy for building your retirement savings, consult a financial adviser.

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