

# Abandoned Newborn Baby

**ABANDONED NEWBORN BABY LOCATED IN WOMAN'S RESTROOM**

At approximately 3:14 a.m. on Saturday December 23, 2017, Marion County Sheriff's Office (MCSO) deputies responded to a rest area located at 11400 SW Southbound I-75 in reference to an abandoned newborn baby (W/M) being located. The infant was transported to a local hospital and is currently in stable condition.

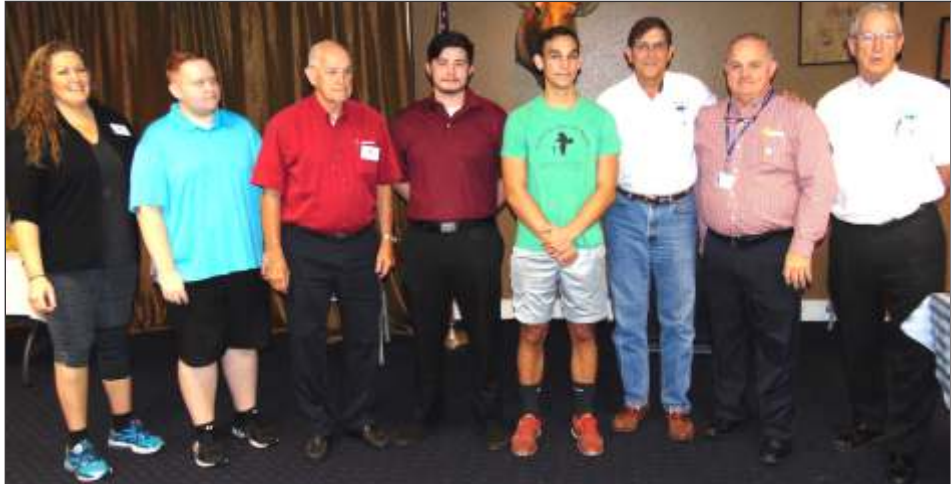
MCSO Major Crimes detectives are seeking information on the abandonment of this newborn baby boy and are asking if anyone has any information about this case, to please call Detective Billy

Burleson at 352-368-3542. If you wish to remain anonymous, please call Crime Stoppers of Marion County at 352-368-STOP. Tips can also be submitted at [www.ocalacrimestoppers.com](http://www.ocalacrimestoppers.com). For Crime Stoppers, please reference 17-145 in your tip.

A "Safe Haven" law was enacted in Florida to eliminate the tragedies resulting in the abandonment of newborn babies. This law allows parents to leave their unharmed newborn babies, who are not more than one week old, with an employee at any hospital, emergency medical services station or with a fire fighter at any fire station in Florida.



Art Meadows spoke at the Ocala Business Leaders breakfast about custom Jewelry. Pictured from left: Debbie Blando, Art Meadows and Leine Cheek.



Pictured are sponsors and recipients of the OBL Scholarships. They had the privilege of providing \$2,000 for local college students. Ocala Business Leaders were also honored to be able to provide a total of \$1,500 to help several veterans and their families.

# Investigating Homicide and Attempted Homicide

**MAJOR CRIMES DETECTIVES INVESTIGATING HOMICIDE AND ATTEMPTED HOMICIDE IN CITRA**

Marion County, Florida (December 26, 2017)- Marion County Sheriff's Office (MCSO) Major Crimes detectives are currently investigating a homicide and attempted homicide that occurred this morning in Citra. At approximately 6:30 a.m., on Tuesday, December 26, 2017, MCSO deputies were dispatched to a home located at 3105 Northeast 162nd Place in Citra in reference to a disturbance. When deputies arrived on scene, they located one male deceased inside the home and two other men wounded. Both wounded individuals were transported to the hospital.

At this time, MCSO Major Crimes detectives are actively investigating the incident and we will release more information as it becomes available. The identity of the victims will not be released until their next-of-kin have been notified.



Pictured is a few of the Select Business Lunch. Half were not in attendance and Associates celebrating their Christmas and doing other Christmas things!

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■ Kevin Sheilley ■

## OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



Hopefully, at some point you have heard someone discuss or read about "The CEP." While we sometimes assume everyone knows who we are and what we do, we are reminded that is not always the case. The CEP is an acronym for the

Ocala/Marion County Chamber & Economic Partnership (now you know why we use CEP!). We are the community's chamber of commerce as well as its official economic development organization. The CEP was formed just over five years ago with the merger of the former Chamber and Economic Development Council. While this version is only five years old, our roots go back 130 years to the founding of the Ocala Board of Trade in 1887.

The driving factor behind the merger of the two organizations was to create a unified, single voice for the business community. One entity that could assist businesses locating to our community, growing in our community, starting in our community, and thriving in our community. In fact, the basic structure of the CEP is with teams dedicated to Business Attraction, Business Retention, Business Creation, Business Advocacy, and Business Services. It was this approach in part which lead to the CEP being a finalist this summer for National Chamber of the

Year.

While you might not recognize these names, you may recognize some of companies and projects we have assisted. The CEP was the lead entity in recruiting new companies to our community such as FedEx Ground, AutoZone, Chewy.com, Mestizo Foods, and eResources among others (Business Attraction). We have assisted existing local companies to grow and expand here such as Cardinal LG and Wells Pharmaceuticals (Business Retention). We lead the very successful Power Plant Business Incubator and the Ocala Downtown Market (Business Creation). The CEP led the effort to successfully pass the local sales tax referendum which will generate more than \$160 million over the next four years for transportation and first responders (Business Advocacy). Programs such as Leadership Ocala Marion, Leadership Ocala Marion Youth, Young Professionals of Ocala, and Business After Hours are among the staples of our efforts to provide training and networking for our business community (Business Services).

Attracting new businesses, helping existing businesses grow and expand, and nurturing start-ups are key activities of the CEP as well as actively working to engage and involve our community. Together, we can work to keep our community *Moving Forward!*

## Oklawaha Valley Audubon Society

Birding is the fastest growing new activity and January is peak birding time in central Florida so join Oklawaha Valley Audubon Society for a field trip and start 2018 off right. On Friday, January 5, 2018, 8:00 am - 12:00 pm they will be doing Golf Cart Birding with the Villages Birding Club which is free. On Sunday, January 14, 2018, 8:00 am - 2:00 pm they will be going to Circle B Reserve Birding and the cost is \$10 for members and \$15 for non members. Both trips will have expert guides and everyone is welcome no matter what your level of experience. Attendees are encouraged to bring binoculars, cameras, hats, water, snacks and wear comfortable hiking clothes and shoes. Email [rayesm105@aol.com](mailto:rayesm105@aol.com) or call/text 609-553-0757 for details to register in advance.

## Marion County Genealogical Soc.

Marion County Genealogical Society Meeting

The Marion County Genealogical Society will meet Thursday January 18, 2018 at 2 PM at the Marion County Public Library located at 2720 E. Silver Springs Blvd. in Ocala. A brief business meeting will be followed by the January program "Understanding and Using Your Autosomal DNA Test Results" by Drew Smith. For further information, contact Joel Swanson at (352)897-0840

or [president@mcgsocala.org](mailto:president@mcgsocala.org).

## Tackle Tinnitus

(NAPSI)—Approximately 80 percent of people with hearing loss also suffer from tinnitus—a ringing, buzzing, whistling or other noises in the ear. It can disrupt life and interfere with your enjoyment of everyday activities, but you can find relief.

Hearing aids have proven helpful for people with hearing loss who also experience tinnitus. That's because with better hearing, the brain has other external sounds to listen to, making tinnitus less disturbing. Improved hearing also takes away the strain of listening, especially in difficult listening situations, and may help to reduce the stress associated with tinnitus.

### Refocusing the Brain

There are many ways to take control of your tinnitus and reduce its impact on your life. Oticon Opn™ hearing aids offer the benefits of a balanced and rich sound experience that doesn't overload the brain and a powerful solution for tinnitus relief. With built-in Tinnitus SoundSupport, the hearing aids allow you benefit from a range of soothing relief sounds, including popular ocean and nature sounds. You can adjust the sounds until they give the relief you need—wherever you find yourself needing it. You can also wirelessly stream alternative tinnitus relief options, such as your favorite music, audio books, podcasts, or even relaxation guides directly to your hearing aids.

### Hearing Care Is Health Care

It makes good sense to take care of your hearing health, just as you do the rest of your health. You owe it to yourself to schedule a visit with a hearing care professional for a hearing evaluation.



*To be the catalyst for a prosperous community.*

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

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

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

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

### "GET GOING! New Partner Orientation"

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

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

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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



### Wild Fires In California:

One death was an elderly woman who had a wreck while evacuating. Another death was a Fire fighter while trying to save lives. A horse trainer said he saw 10 horses

die, including his own horse. The Santa Anna Winds moved the fire so fast that there was no time. One minute you're OK and the next you're not. The residents are being told to be ready to leave at a moment's notice. If the Santa Anna Winds would just slow down and give the Fire Team a chance to fight it!

This is the time of year we usually look back to reflect about what happened. Well I met a lot of new business people and learned about their businesses. I met Chris Boody our new Graphic Artist last year. She helped us win some Best of the Best State wide awards. Chris is doing wonders for us on the Internet. If we continue to do what we are doing right now we will do well in 2018. We are not there yet but I see it coming together.

I don't know what to say about what is going on in Washington. Trump says he is draining the Swamp. A newscaster that used to be on the Presidential Guard said that they have marched a bunch of Trump-hating

swamp rats into place to investigate him! I don't know if that is true but it certainly looks like that. It also looks very much like there is a double standard between the two political parties.

### Media and It's reputation

First let me say all media is not guilty of "FAKE NEWS". Some fall into it by trying to scoop their competitors. Others do it because of sloppy habits. Some just don't have the funds to compete but try and some do it to further a cause. It's the last of them all that is the worst. The doing it to further a cause falls into many category but the worst first. It is the spur of the moment and they are mad at someone and make up something to hurt a person, swear it's true and it gets picked up by the media. If you are lucky they will retract it on page 62 below the fold (at the bottom).

On the other hand they keep uncovering facts that don't look good for the left. Other reports about media say that media buyers are still getting good results with print. As the internet gets bigger it is getting increasingly hard to get in a position that people can see your ad. Print is a way to target the reader and get your product seen. People who are buying cars do look at the newspaper, and if the deal is there they will buy. Some people think that if they can raise the price of an item large or small and then offer a discount on that same item people will buy it, NOT! Using print right is an art,

You just have to find the print that can get you results.

### Media Reputation:

Reputation is important to me but the most important is respect. People can like or hate you but still respect you. Respect is something you earn usually over a long period of time and it only takes a couple of words in an article or from the right person and you have lost the respect of someone.

### Marketing Gurus:

I heard about this guy that was teaching marketing at the college (not in this county) so I went to hear him talk. He said that one of the things that he found effective was having little signs made up and he put them in the median. I thought oh no, I must save these people that are learning this. I said "excuse me, did you know those signs are illegal in most counties?" He said "yes but if they pick them up you really don't have anything in them." I said "another thing, I have never been able to read those little signs. if I can't read them how would they be effective in selling something?" He said "I say they work!" I said "that's why you are the Guru and I'm just listening on the side." Later he said I embarrassed him. I said you are not qualified to teach Marketing. Check the teacher's qualifications! So beware of what is said. If it makes sense try it and if it doesn't work go on to the next thing, but no little sign in the median.

Some media think their job is to teach the reader. Some do that with bias. Some feed the readers with propaganda / rumors. We are not here to teach! We are not here to spread rumors and propaganda. We are not here to strategically ruin people's careers

and or hurt their political efforts. We are here to report what happened and not what we think happened. We are here to print the public records that are released to us.

NBC reporter was suspended for several weeks for releasing Fake News and the Stock Market went into a downward spiral. The reporter apologized. People lost a lot of money in one day. After the apology the Stock Market started back up. NBC should have to pay for the losses of those people and the reporter needs be gone!

### Is Alcohol bad for you?

Well it seems that one study shows that contaminated ice is what is bad for you and can make you sick. This is an added danger of using ice away from home. My son and I were in a fast food restaurant last week (not named). He noticed something in the ice he was getting for his drink. He filled the cup three times and black stuff kept coming out with the ice. I believe it was mold so he reported it to the employees and bought an unopened bottle of soda. I looked around and there were at least six people drinking with that ice in it including me. Check your food and drinks.

I was beginning to think that our previous Government would rather write welfare checks than create jobs for people to work and earn a living. Earning a check gives you a feeling of pride! Let's put people to work.



## Newspaper Deadlines

*Editorial & Ad Copy for February*

**Seniors Voice & Ocala DownTown**

**12am, January 17th**

**Lady Lake Magazine & Village Spectator**

**12am, January 24th**

## Seniors Voice of Ocala/Ocala Downtown

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P.O Box 1698, Dunnellon FL 34430

**Publisher**

**Tom Loury**

**352-804-1223**

**Fax: 352-489-7208**

**tloury@att.net**

**General Manager**

**Wendy Netherclift**

**Ocala Office 352-895-4168**

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## DENNIS K. BAXLEY



"Wreaths Across America" provided a highlight of inspiration this week as hundreds of volunteers and veterans spread out over Highland Memorial Park to place a wreath with a salute and gratitude for each fallen soldier. This is spreading all across the country at the Christmas season as we honor all those who have selflessly served, and remember them with honor and dignity.

We believe in remembering. America is strong and the world is safer when America is strong. All of these dedicated men and women, who took the oath of sacrifice for others, must be remembered. They were not

policy makers. They were simply ordinary people ready to protect and serve in defense of others.

Over the history of America, many may not have understood our commitment to ensuring freedom. However, there has always been the few, which are now many who were willing to step up and lead the way into the future protecting faith, family, freedom, and opportunity for all of us.

Let us give thanks and honor in this blessed Christmas season as we remember the greatest gift.

Merry Christmas!



## Hospice of Marion County

### E.L. Foster, Jr. Volunteer Program named at Hospice of Marion County

The Volunteer Services Program at Hospice of Marion County (HMC) has been aptly named for a former mayor and staunch supporter of philanthropic efforts in Ocala. E. L. Foster, Jr. who served as mayor from 1995-2002 was also on the HMC Board of Directors from 2003-2005. A longtime financial supporter of HMC, Foster's legacy as a volunteer will live on among HMC's 700 volunteers, who provide patient support, fundraising and administrative assistance to the area's only non-profit hospice.

His wife Jo says the recognition is a tribute to her husband's philosophy of giving back: "In the early days of Hospice of Marion County, we were on the giving end. In E.L.'s last days, we were on the receiving



Photo Caption: Jo Foster, left, and her daughter-in-law, Pam Foster, unveil the bronze plaque commemorating the dedication of the E. L. Foster, Jr. Volunteer Services Program at a celebration at Hospice of Marion County on December 5, 2017.

end. We came full circle and I can tell you it is a wonderful organization. E. L. loved Hospice of Marion County." Foster died last year at the age of 82.

"He also loved this community," Mrs. Foster said. "He may not have been born here, but he felt like it was his home." This commitment factored into his decision to run for office and serve in various ways throughout his residency here. Described by his wife as a "people person," Foster remained heavily involved in the community with ties to the Appleton Museum of Art, the College of Central Florida, the March of Dimes, the Ocala Civic Theatre, the Historic Ocala Preservation Society, the American Cancer Society, Munroe Regional Medical Center and, of course, Hospice of Marion County.

Connie Storms, Director, Volunteer Services at HMC, is delighted that the program she oversees now has a powerful name before it: "We are so pleased to carry Mr. Foster's name. He was a model of the volunteer spirit and catalyst for others to improve our community. This tribute will live on in the lives of hundreds of volunteers who follow his example of selfless and dedicated service."



About HMC: Hospice of Marion County is a non-profit agency providing compassionate end-of-life care for families since 1983.

Patients receive hospice at home, assisted living facilities, nursing homes or at three hospice houses. Accredited with Deemed Status by the Joint Commission, the nation's highest standard in quality medical care, HMC offers extensive community-wide support programs, many at no charge.



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## Governor's Desk

**Florida Businesses Created Nearly 14,000 Private-Sector Jobs in November**  
*Unemployment Rate Remains at 10-Year Low of 3.6 Percent*

**NAPLES, Fla.** — Today, Governor Rick Scott announced that Florida businesses created nearly 14,000 private-sector jobs across the state in November. The state's unemployment rate also remained at a 10-year low of 3.6 percent. Since December 2010, Florida businesses have created 1,465,800 jobs. Florida's annual job growth rate of 2.5 percent continues to exceed the nation's rate of 1.6 percent.

Governor Scott said, "I am proud to announce that Florida's unemployment rate

is at a 10-year low and that nearly 14,000 jobs were created for families across the state last month. As we near the end of the year, it is important to reflect on how far our state has come and how we must continue to fight every day to build on this success. Over the past seven years, we have turned around Florida's economy which has allowed us to make record investments in education, transportation and environmental protection. I look forward to kicking off 2018 by working to continue cutting taxes, supporting job creation and education opportunities, and doing all we can to help secure Florida's future for every family. Florida is a national leader in job creation and the rest of the nation should follow our lead."

As of November, Florida's unemployment rate had dropped 7.1 percentage points since December 2010, faster than the national

decline of 5.2 percentage points. In the last year, 199,000 people entered Florida's labor force, a growth of 2.0 percent, which is nearly three times the national labor force growth rate of only 0.7 percent.

Cissy Proctor, Executive Director of the Florida Department of Economic Opportunity, said, "Florida is ending the year on a good economic note as the unemployment rate remains at a 10-year low of 3.6 percent and businesses continue to recover from Hurricane Irma. More people are entering the labor force and jobs are being created in diverse industries. The Sunshine State remains the best place for families to live the American Dream."

**Other positive economic indicators include:**

- Private-sector industries gaining the most jobs over-the-year were:

- Construction with 41,800 new jobs;
- Professional and business services with 41,000 new jobs;
- Trade, transportation and utilities with 33,500 new jobs;
- Financial activities with 15,500 new jobs; and
- Education and health services with 15,200 new jobs.

- Florida job postings showed 254,611 openings in November 2017.

- In November, Florida's 24 regional workforce boards reported 16,990 Floridians, including 944 veterans, were placed in jobs.

To view the November 2017 employment data visit [www.floridajobs.org/labor-market-information/labor-market-information-press-releases/monthly-press-releases](http://www.floridajobs.org/labor-market-information/labor-market-information-press-releases/monthly-press-releases).

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# Finding Help for Medications

## Finding Help With Expensive Medications

(NAPSI)—If you or someone you love is one of the millions of Americans with a chronic disease or a life-threatening condition, pharmaceutical manufacturers and their partners offer you a gift of hope this holiday season.

Pharmaceutical manufacturers are criticized as Scrooge or the Grinch in our country's health care system. Elected officials and advocacy organizations want to blame somebody for rising Rx costs, and the most obvious target is the Big Pharma.

But in this blame game, very little attention is given to the help the pharmaceutical industry and its partners quietly provide to patients in need through a variety of programs.

Such programs are often based on the patient's household income, but not always. Patients with no health insurance coverage are often the first group considered eligible. Likewise, those with one or more chronic or life-threatening conditions are a high priority.

If you fall into one of these categories, check out the Patient Assistance Programs (PAPs) found on individual pharmaceutical company websites or through Partnership for Prescription Assistance ([www.pparx.org](http://www.pparx.org)), the website created by PhRMA, the trade association representing pharmaceutical manufacturers, linking patients to more than 475 different assistance programs.

On most of these websites, you can be connected with a customer support team

member who can help determine if you are eligible and get you enrolled. You will be asked to verify that you are insured or uninsured and, in some cases, provide proof of income. You may need your physician to validate your condition. But once approved, access to medication is almost immediate.

(Note: Patients enrolled in Medicare or Medicaid may not be eligible.)

Pharmaceutical manufacturers also offer co-pay assistance, in which the patient is offered help with the cost of medication co-payments. Some co-pay assistance programs do not limit who is eligible. And, it is important to know that some co-pay assistance programs will not help people on Medicare. Each program sets its own rules.

People searching for an online provider should check out [www.RxAssist.org](http://www.RxAssist.org). This site was developed by AstraZeneca, a pharmaceutical manufacturer, with the sole purpose of helping people access needed medications. It is one of the best sites available.

The California Chronic Care Coalition (CCCC) launched the website [www.mypatientrights.com](http://www.mypatientrights.com) in California and is taking it nationwide to help people who have been denied treatment or medicines, experienced delays or are dissatisfied with the decisions made by their health plan. Today, this program is operating in 17 states. It helps patients get the care or treatment they need if denied, or if their plans don't cover their meds and force them to pay full price. The program is available in 17 states—check the website to see if your state has a program.

This holiday season, if you need help with your medications, you are not alone. Go to the websites cited throughout this article. They can help connect you with low-cost

and free alternatives. It is worth your time to explore these options. Feel free to e-mail me with your questions.

Jeffrey Lewis, CEO of Legacy Health Endowment in Turlock, can be reached at [jeffrey@legacyhealthendowment.org](mailto:jeffrey@legacyhealthendowment.org). The views expressed are his own.

# HOMICIDE IN OCALA

MARION COUNTY, Florida (December 24, 2017)- Marion County Sheriff's Office (MCSO) Major Crimes detectives are currently investigating an early morning shooting in Ocala that left one man dead. At approximately 12:00 a.m., on Sunday, December 24, 2017, MCSO deputies were dispatched to the Queens Garden Resort located at 3330 South Pine Avenue in Ocala

in reference to a shooting. When deputies arrived on scene, they found a black male victim lying on the ground suffering from gunshot wounds. Deputies began performing life-saving measures on the victim until paramedics arrived. The victim was transported to the hospital, where he later succumbed to his injuries.

MCSO Major Crimes detectives responded and are actively investigating the incident. The identity of the victim will not be released until his next-of-kin have been notified. If you have any information on this incident, you are encouraged to call Detective Billy Bursleson at 352-368-3542. If you wish to remain anonymous, please call Crime Stoppers of Marion County at 352-368-STOP. Tips can also be submitted at [www.ocalacrimestoppers.com](http://www.ocalacrimestoppers.com).

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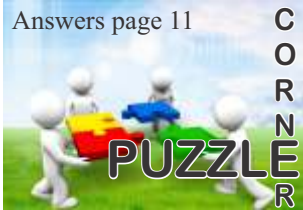
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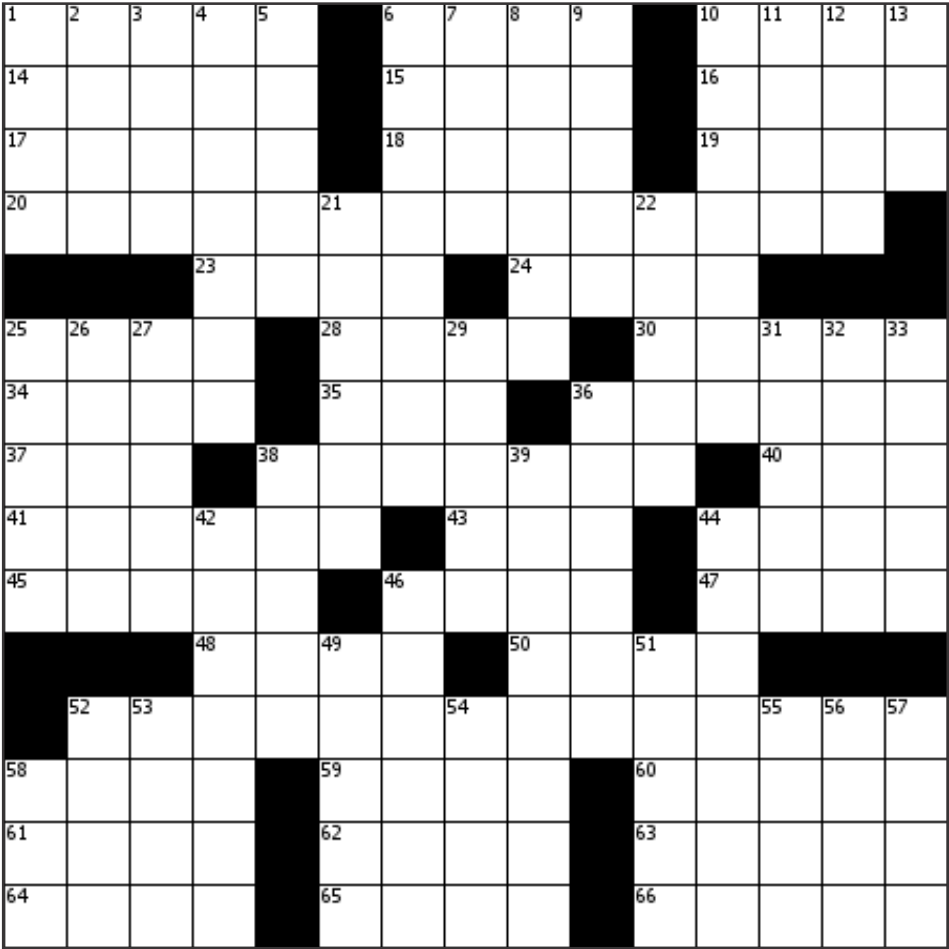
- Receipts, sometimes
- Large quantity
- Political alliance
- "The Maltese Falcon" actor
- Homeowner's hangover?
- Valentine's Day sentiment
- Enthusiasm
- Type of hand
- Baker's buy, perhaps
- Film starring 25-Down
- Enthusiasm
- Word with six or sea
- Sharpen
- Sphagnum, for one
- Buzzless brew, briefly
- Nephew of Cain and Abel
- It could give one a snug feeling
- Producer of fine wool
- Corp. to check out?
- Starring role for 25-Down

- Wasn't brave
- Cuban dances
- Every little bit
- Digestive aid
- Acquiescent answers
- Comic vignette
- Hopi village sites
- Grand celebration
- Security Council power
- Subject of a one-man show by 25-Down
- Place to make a splash
- Without help
- Temperamental
- Planetary path, e.g.
- Couch potato's aid
- Russia's second president
- Takes the plunge
- Small boat that is rowed
- Visibly shaken

**Down**

- Bump off
- Corrida menace
- Language of Islamabad
- Statues like "The Thinker"
- Twilled fabric
- Treasured hand-me-down
- Viscount's superior
- Eschews

- Cheap-sounding pasta
- Gaffe
- Hang in the hammock, e.g.
- Type of mitt or rack
- Executive letters?
- Latin American dances
- Yielded, as territory
- With 33-Down, actor born May 16, 1905
- Just when expected
- Testing standards
- Master of spin?
- "The Odyssey" enchantress
- Diarist Nin
- See 25-Down
- Fountain fare
- It's stunning!
- Toothpick-shaped cartoon sweetheart
- Happens to
- Passionate
- Mrs. Fox, for one
- Thin-skinned
- St. Petersburg neighbor
- Pirates' refuge
- Supported weight
- Nail puller
- "Portnoy's Complaint" author
- Garfield's foil
- Actor Ed or Keenan
- Sound of a sock



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## Human Trafficking

The American Association of University Women (AAUW) Ocala Branch is sponsoring a Human Trafficking Forum on Tuesday, January 23, 2018 at 6:00 p.m. at the Ocala Police Department Community Room, 402 South Pine Avenue, Ocala 34471.

The speakers will include Deputy Zack Hughes of the Marion County Sheriff's Office, Human Trafficking Task Force and the F.B.I., and Jan Edwards from Paving the Way, a social service organization in Orlando.

All are invited to attend this free event to hear from the experts regarding this current serious social problem in our state and locally in our neighborhood. For more information about this upcoming forum contact 352-236-3926.



## Death Investigation

The Lake County Sheriff's Office is currently conducting a death investigation from an incident that occurred on December 21st, 2017. The Sheriff's Office Communication Center received a call from the Volusia County Sheriff's Office in reference to a pursuit headed into our county from the Deland area. The caller advised that their deputy was pursuing a vehicle that fit the description of a Missing and Endangered Person bulletin we had released.

The vehicle was disabled and came to a stop in the Royal trails subdivision where the suspect was tracked by K9 and arrested on the charges of Fleeing and Eluding and Storage, Preservation & Transportation of Human Remains. The body of the deceased, Elizabeth Hellstrom (9/30/1962) was discovered in the trunk of the suspect vehicle. The suspect is in the Lake County Jail on a no bond status, however he has NOT been charged with homicide as detectives are awaiting the outcome of the autopsy.

### Update

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**Update:** Detectives from the Lake County Sheriff's Office have charged William Roberts with 2nd Degree Murder in the death of Elizabeth Hellstrom. An autopsy conducted on today's date revealed

blunt trauma to the body and signs of strangulation.

Sergeant Fred Jones, Lake County Sheriff's Office; Professional Standards; Crisis Intervention Coordinator

Office: (352) 343-9534, Cell : (352) 267-3037

## Marion County Fire Rescue

Recruiting event set for January 10 in Ocala, classes begin in March.

OCALA, Fla. (December 21, 2017) – Marion County Fire Rescue and the Marion County Board of County Commissioners are reigniting the Non-Certified Fire Academy, to fill 45 Firefighter, Paramedic and Emergency Medical Technician positions.

In collaboration with CareerSource Citrus Levy Marion, Marion Technical College and the Florida State Fire College, the program includes 22-weeks of paid training and guaranteed employment with MCFR upon certification. It is geared primarily for those with roots in Marion County but is open to candidates from Citrus and Levy counties as well.

A recruiting event will take place

*Continued page 10*

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## Fire Rescue

*Continued from page 9*

Wednesday, Jan. 10, 2018 from 9 a.m. to 11 a.m. and 4 p.m. to 6 p.m. at the College of Central Florida's Webber Conference Center, 3001 SW College Road, in Ocala. Informational sessions will be held every 30 minutes.

MCFR is a department of the Marion County Board of County Commissioners and is the second largest fire rescue department north of Orlando with more than 500 employees and volunteers housed in 31 fire stations. The department's full-time state certified firefighter/paramedics, firefighter/EMTs, EMTs and paramedics serve more than 300,000 citizens, cover 1,600 square miles (which is larger than the state of Rhode Island) and respond to an average of 210 emergencies a day.

MCFR Fire Chief James Banta, who is leading the program, said that by earning a paycheck while completing requirements,

the program affords those interested in first-responder careers the opportunity to "follow their dream."

Banta said the department experienced a high retention rate with its original graduates, adding that the academy results in "well-trained future firefighters who see Marion County and our surrounding communities as their home and want to give back to their fellow citizens."

In addition to Florida Firefighter 1 and 2 and EMT certifications, training includes the Emergency Vehicle Operators Course (EVOC) and Paramedic certification. All costs of training are covered.

Eligible trainee candidates must be US citizens at least 18 years old, have a high school diploma or GED, speak and read English and have a valid Florida driver's license. MCFR conducts drug and criminal background checks. Also, applicants must have abstained from tobacco use for at least 12 prior months and may not use tobacco products during employment with the

department.

Complete eligibility and program details can be found at <http://www.marioncountyfl.org/department-s-agencies/departments-a-n/fire-rescue/mcfr-recruiting>.

For more information about the program, call 352-291-8020. Information about the January 10 recruiting event can be found on CareerSource CLM's calendar of events or by calling 800-434-JOBS, ext. 1115.

## Keeping Your Resolutions

(NAPSI)—The New Year is a wonderful time to not only evaluate your past, but also explore your goals for the year ahead. While it is common that health and fitness resolutions land at the top of people's list, the truth is that achieving any goal in 2018 is dependent upon good health. Whether

planning that bucket list vacation, trying a new hobby or spending more time outdoors, a healthy fitness routine is the backbone of making these goals achievable.

This year, create an attainable health and fitness goal to help you reach all your resolutions. SilverSneakers, the nation's leading fitness community for older adults, offers the following tips on how to make resolutions that will help you live life well in 2018:

**1. Set a SMART goal:** SMART stands for Specific, Measurable, Action Oriented, Realistic and Time Bound. "Losing weight" is not a specific measurable goal; instead, say you want to lose 10 pounds in three months. That way, you have something to strive toward and measure against.

**2. Start small:** If you only focus on an ambitious long-term goal, you may be setting yourself up for failure. It is important to set weekly milestones that allow you to see progress and achieve success early and often.

**3. Bring a friend:** Knowing that you promised a friend you would join her for that 6 a.m. class keeps you accountable for showing up and doing your best. Having a friend to work out with also makes the experience more enjoyable.

**4. Track progress:** As you work toward your goals, make sure to track your activities and the progress you make along the way. Whether it be pounds lost or miles ran, it will be encouraging to see where you started and where you are now.

**5. Celebrate success:** Each milestone toward the end goal should be celebrated. Completing your resolution won't happen overnight and the journey should be an exciting time as you work toward a healthier you.

For more than 25 years, SilverSneakers has been helping older adults enjoy and get the most out of life by engaging participants in physical activity, as well as fostering new friendships with a welcoming member community. Through exercise, SilverSneakers helps people maximize their health and well-being, and maintain their active lifestyle in retirement.





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