



Lady Lake Chamber holds Ribbon Cuttings for Clear View Optics. Good luck Clear View Optics!



Lady Lake Chamber of Commerce held their monthly Nothing But Networking Luncheon. That is when forty to fifty business people assemble and learn

about each other's business. This last month it was held at Demshars Restaurant on the Square. Good food/good company/good business!

Thanks Lady Lake Chamber. Remember, don't keep your Chamber a secret.

Major Crimes Investigation

INVESTIGATION OF HOMICIDE AND ATTEMPTED HOMICIDE IN CITRA. 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.

UPDATE: On Wednesday, December 27, 2017, Marion County Sheriff's Office (MCSO) Major Crimes detectives arrested Billy Dee Johnson, (DOB:04/06/1978) for the Second Degree Murder of Alfred Jackson Jr., (DOB: 08/13/1952) and Attempted Second Degree Murder of Eclinton Thomas Jr., (DOB: 06/26/1963).

On Tuesday, December 26, 2017, at approximately 6:30 a.m., MCSO deputies were dispatched to a home located at 3105

Continued page 12

THE NEW YEAR IS HERE!

This year...

I'm going to start _____

I'm going to stop _____

I'm going to learn _____

I'm going to help _____

**PLEASE
SUPPORT
THE WOUNDED
WARRIORS!**



**God Bless our Troops
Support Our Veterans
We Endorse The Constitution**

by A.J.(Tony) Powell

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

TV Talkers Joe Scarborough and Mika Brzezinski shrieking that 'madman' Trump would get us into a 'nuclear showdown.' On another channel, TV co-host Joy Behar want him 'impeached' before he got us all nuked.

Even though his daughter and son-in-law are Jews, Trump is 'anti-Semitic' and 'America's first neo-Nazi president' according to TV Talkers, Terry Moran and Bob Moser. Then Brian Stelter and Carl Bernstein say that the Trump administration

is becoming one of the worst dictatorships in the world.

Don Lemon also says “He's unhinged, it's embarrassing for the country. This petty, small, person who's supposed to pull the country together?”

Then Jennifer Rubin was quoted as saying “Republican members are acknowledging that Trump is a basket case, that he cannot serve, he cannot lead the party.”

Ron Reagan Jr, "I think we have a dangerous individual in the Oval Office who is a national security threat. He's unfit, and he needs to be removed."

Reagan also said, "Donald Trump is a deeply damaged human being. He is a

sociopathic, malignant narcissist. The Electoral College has sort of vomited this thing up and it landed in the Oval Office. It's a stain. It's a big glob on the carpet there. It needs to be removed and that means impeachment or the 25th Amendment. This man is a danger to the world."

Even disgraced TV Old Timer Dan Rather added to the barrage of Trump-Trashing when he said, "We haven't had a president this psychologically troubled since at least Richard Nixon."

Former CNN host Reza Aslan said, “This piece of sh.. is not just an embarrassment to America and a stain on the presidency. He's an embarrassment to humankind.”

So-called 'Political commentator' Ana Navarro, chimed in, "Donald Trump was a coward. He didn't have the spine to stand-up as leader of the United States and I feel that to be shameful. I'm glad Republicans are calling him out. I'm glad leaders in the Republican Party finally confronting the fact that he's not fit to be president. In my book he's unfit to be human."

Joy Behar, again, "The thing about Trump is, the things he has said seriously about nuclear weapons is quite frightening like "Why do we make nukes if we wouldn't use them?" On a war between Japan and North Korea Trump said "It would be a terrible thing, but, if they do, they do."

Also Trump said, "I am open to nuking Europe because 'it's a big place.'" Behar concluded, "Trump needs to be taken out of office. He needs to be impeached. He is a menace. You say Kim Jong Yum Yum-yum is crazy? So is Trump. He's nuts!"

Another TV mouthpiece, Joe

Scarborough said, “We are headed towards a nuclear showdown. We are going to have a ground war in Korea. Donald Trump is completely detached from reality. You have somebody inside the White House that is mentally unfit, that people close to him during the campaign said he had the early stages of dementia.”

As I See It, it's fortunate for these muck-rakers and slanderers that the First Amendment to the US Constitution includes, in part "Congress shall make no law abridging the freedom of speech or of the press".

'til next time ..

Gaming Establishments

**LAKE SHERIFF'S UNDERCOVER
DETECTIVES BUST 10 GAMING
ESTABLISHMENTS; OVER \$200,000
SEIZED**

The Lake County Sheriff's Office Special Investigations Unit wrapped up a two-month operation yesterday evening that targeted illegal gambling establishments throughout the county. During the investigation, which detectives dubbed Operation Jackpot, detectives obtained search warrants for 10 business and made 4 arrests on various charges

The investigation was initiated after receiving multiple citizen complaints about several of the businesses possibly being illegal gambling establishments, as well as similar tips received through Central Florida CRIMELINE

As the investigation progressed, detectives were able to establish that all 10 locations were engaging in illegal gambling activities, and as a result, search warrants for each location were obtained

Agents seized over \$200,000.00 in currency, multiple televisions, and cash machines, and arrested 3 on gambling charges and another for possession of a firearm by a convicted felon. Several additional arrests are expected in the near future

The Leesburg, Clermont, Tavares, and Mount Dora Police Departments assisted with the search warrants.

The target locations were as follows:

- Hot Seats, 25327 Highway 27, Leesburg; over \$20,000 seized
- Lucky U (aka Hot Spot), 25010 Highway 27, Suite C, Leesburg; over \$16,000 seized
- Dreamers, 25010 Highway 27, Suite A, Leesburg; over \$17,000 seized
- Fantasy Entertainment, 25010 Highway 27, Suite E, Leesburg; over \$10,000 and 3 televisions seized
- Winners of Leesburg, 4120 Highway 27, Leesburg; over \$21,000 and 4 televisions seized
- Hot Spot II (aka Lake Copy and Print), 37415 Highway 19, Dona Vista; over \$10,000 seized
- Stop N Play, 28333 Highway 27, Leesburg; over \$5,000 and a television seized
- Winners of Clermont, 1529 Sunrise Plaza Drive, Clermont; over \$4,000 seized
- Mega Play, 1213 Highway 27, Clermont; over \$85,000, 2 televisions, a cash counting machine, and 10 surveillance cameras seized
- Los Chiflados (aka Three Stooges), 1450 Sunrise Plaza Drive, Clermont; over \$15,000 and 7 televisions seized

An advertisement for Baseline Tire Service. The top section features the company logo, which consists of the word "Baseline" in a large, bold, sans-serif font, with "TIRE SERVICE" in a smaller, bold, sans-serif font below it, separated by two horizontal lines. To the right of the logo is the text "Since 1975". Below the logo is a horizontal line, followed by the address "10950 SE Hwy 441 • Belleview, FL 245-7070". Below the address is a list of services, organized into two columns. The first column lists: "• Tires", "• Brakes", "• Tire Rotation", "• Struts & Shocks", and "• Oil Change". The second column lists: "• Batteries (Interstate)", "• Wheel Balance", "• Alignments (2 & 4 Wheel)", "• Lubrication", and "• Custom & Performance Exhaust". To the right of the text is a stack of four tires, with the bottom tire mounted on a silver, multi-spoke wheel. The background is white, and the text is in black.

[illegible]

LIFE COMES WITH DEMANDS. We are here to Help.....

- Are you turning 65?
- Do you qualify for Extra Help With Prescription Drugs?
- Did you move into the area recently?



The Choice is Yours! Know Your Options!

FMO Florida
MEDICARE OPTIONS

| MEDICARE | | HEALTH INSURANCE | |
|---|--|--|--|
| 1-800-MEDICARE (1-800-633-4227) | | | |
| NAME OF BENEFICIARY JANE DOE | | | |
| MEDICARE CLAIM NUMBER 000-00-0000-A | | SEX FEMALE | |
| IS ENTITLED TO HOSPITAL (PART A) MEDICAL (PART B) | | EFFECTIVE DATE 07-01-1986 07-01-1986 | |
| SIGN HERE → | | | |



Call 1-800-921-0442

**To speak with a Local, Licensed, Trained,
Certified and Insured Benefit Consultant Today!**

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

Lady Lake Magazine/Village Spectator

A Product of TomL Publishing LLC

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

Lady Lake Magazine (Newspaper), www.LadyLakeMagazine.com (Online product), Village Spectator (Newspaper) and www.VillagesSpectator.com (Online product) are owned and operated by TomL Publishing LLC, a sole proprietor Corp.

Its owners, editors, compositors, printers and publishers are not responsible or liable for typographical errors, misinformation, misprints, and the like, unintentionally contained herein. All letter hard copies or online received become the property of TomL Publishing LLC and may be reproduced without further consent. All above are independent contractors. LETTERS TO THE EDITOR reflect the opinion of the writer, not the opinion of these newspapers. Letters should be online typed and limited to 300 words or less. Letters must have the written signature of the author and the current telephone number. Signatures for publication may be withheld on request. Letters that are libelous, or considered in poor taste, or are personal in nature, will not be published.

COPYRIGHT NOTICE 1996. The contents of this publication are protected by the copyright laws of the United States of America. Any reproduction in part or in whole is forbidden without the express written consent of the publisher. Violators can be prosecuted to the fullest extent of the law.

COLUMNS are the opinions of the writer and do not necessarily reflect the opinion of the above named newspapers and online products. Writers are chosen to represent a diversity of views on local issues. The editorial on page 4 is the opinion of the Publisher only.



TRAVELNURSE/COMPANION

Home - Hospital - Facility
In-State / Out-of-State / Abroad
Medical - Non-Medical
"Bringing Families Together"

www.FlightNurseAssist.net
Fay Nichols, RN, BSN

210-896-1833



CHECKMATE MOVERS

Make Your next move your best move!

352-816-1205

Florida State Senate

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.

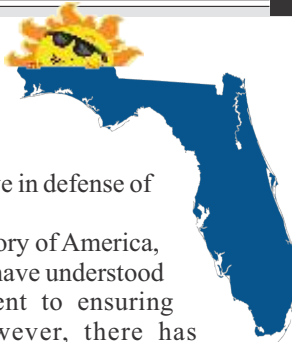
We believe in remembering. America is strong and the world is safer when America is strong. All of these dedicated men and women, who took the oath of sacrifice for others, must be remembered. They were not

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!



National Grange Charters

National Grange Charters New Chapter in Florida

The National Grange, headquartered in Washington DC has issued a charter for a new chapter of their Fraternal organization here in Florida. Named Tri County Grange #215 of Florida, it has been established in Lake County.

Barbara Borderieux, State Master/President recently presented the charter to Howard Sechler of Leesburg, who will serve as Master/President of the local group.

The Grange is a Fraternal organization, founded after the Civil War, in 1867, as a non profit, non partisan group with an agricultural base in history. The National Fraternity has just celebrated their 150th year in December. The Grange is part of nearly 2,000 hometowns across the United

States, and is the first national organization to give full voice and vote to women 50 years before Congress adopted the same. It stresses family values and community service in their activities and events. They have a strong legislative voice and each year contribute many volunteer hours to worthwhile projects.

As a Grange member you not only serve your community but cultivate life long friendships while having fun. The group is offering open membership opportunities by contacting Mildred Teisinger, Secretary at 740-819-4786 or Master/President Howard Sechler at 484-225-0780, or Craig Donnelly, Program director at 740-607-1787. If you currently have a membership with the Grange in another State you are welcome to participate in meetings here as an affiliate member and we strongly urge that you do so.

The group will meet on Thursday, January 11 at the Fruitland Park Library at 2:00 PM. with an open meeting. Plans will be finalized to participate and join with other Grangers in the Florida State Annual Conference in Kissimmee later in January.

By Mildred Teisinger, Secretary of Florida State Grange
(613 Second Ave., Lady Lake, FL 32159)

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.

Walt's Brake & More

"Guardian of Your Safety Since 1965"

Auto-RV-Truck-Repairs & Storage
Gas & Diesel-Covered & Uncovered



Walt Krumm Jr
walt@waltsbrake.com

www.waltsbrake.com
3890 NW Gainesville Rd
Ocala, FL 34475

Cell: 352.843.6215
Fax: 352.867.1911
Shop: 352.629.3134

YOUR HEALTH

New Year, Fresh Attitude, New Start

After a holiday season of food excesses -- including too many drinks and merriment while routine workouts and dietary restrictions are abandoned -- you probably find your clothes fitting too tightly and your energy level is lacking. If so, you would benefit from a nutritional consultation to give you the incentive to succeed in getting not just your old body back, but possibly an improved one over last year's version. I suggest jump-starting a weight loss program with a series of body wraps to decrease cellulite and to lose inches. The combination of herbs and minerals draw toxins out, which the body walls off with fat in the form of cellulite.

A balanced diet is a must, cutting out refined sugar and eating fruit, quinoa and steel cut oatmeal instead of grains and sweets. Eat sufficient good quality protein, such as free-range chicken, eggs and beef, dairy and wild caught salmon, steelhead trout, halibut, cod, flounder and sea bass. Avoid pork, tilapia, swai and fatty cuts of beef, such as rib eye. Trim fat from chicken, do not drink beverages with corn syrup and avoid it in other sweeteners, such a "maple flavored" syrup. Consume small meals and severely limit sugary and alcoholic drinks. Begin lunch and dinner with green vegetables, the more colorful the better, refrain from using iceberg lettuce, choose dark greens instead. Eat a few servings per week of brussel sprouts, cabbage or broccoli -- and several meals with onions or garlic.

The high fiber foods early in the meal will give you fullness sensations and decrease the amount of calorie dense food you consume.

Checking your food allergies or sensitivities is wise to decrease inflammation, which results in bloating, aching joints and a poorly functioning immune system. Avoiding foods that you are sensitive or allergic to will help you feel better in every way. After I have your allergy testing performed, I'll customize a nutrition plan for you. I would have testing done for both sensitivities and for allergies, which translates to IgG, IgM and possibly IgA -- which are the different kinds of antibodies. They are released by different types of immune cells in the body and in different time sequences -- such as upon encountering the mouth, the gut and immediately vs. delayed response. The immediate response can eventually become anaphylactic; the delayed response can result in heartburn, bloating, abdominal pain, loose stool and excessive gas. This is followed by an over-excited immune response, in which the body reacts to similar food proteins and may eventually result in the body's own proteins in its tissues eliciting an auto-immune response. This can result in rheumatoid arthritis, systemic Lupus, Hashimotos disease, Psoriatic arthritis and psoriasis, Sjogren's syndrome and Chron's disease to name a few. These auto-immune diseases are accompanied by swelling that causes weight gain and

generalized pain.

By making needed dietary changes and adding gentle exercise to your routine -- even if you suffer from fibromyalgia, as well as the above-mentioned diseases -- you can lose weight and feel much better. Even if you have not been diagnosed with auto-immunity, the customized nutrition with nutraceutical supplementation such as Apex energetics will revitalize you with adaptogens. I test patients for food intolerances and the tests need not be painful allergy tests, but can be done with gentle muscle testing -- called applied kinesiology -- and nutrition response testing, or I can order blood tests for antibodies to different food groups and / or blood tests for Candida antigen and other pathogens that trigger immune dysfunction. Call for a functional medicine / nutrition appointment and receive a \$50 discount, from \$150 to \$100, within the next month: 352-750-6325!

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.

To find out if you are eligible or to find a class in your area, visit www.SilverSneakers.com.




Better Health

CHIROPRACTIC


Therapeutic Massage | Chiropractic
Functional Integrative Medicine
Anti-Aging | Chinese Medicine


Natural Healing, non-surgical spinal decompression "Triton" computerized spinal traction for neck and back pain, sciatica, herniated or bulging discs, pre-/post surgery.



Dr. Cheryl Bryant


- Computerized Spinal decompression/Traction for neck & back pain, sciatica, pre and post surgery.
- Activator Method, Palmer Methods, Drop Table, Diversified Techniques
- Massage, Rehabilitative Exercise, Laser, PEMFT, Cranio-Sacral, Active Release Technique
- Natural Weight Loss & Addiction Cessation Using Microcurrent Acupuncture
- Functional Integrative Medicine
- Certified DOT & Work Physicals
- Distributor — Young Living Essential Oils
- Nutrition, laboratory testing





The Villages Office:
2524 Burnsed Blvd (Pinellas Plaza)
OFFICE (352) 750-6325 (NECK)
Open Monday thru Friday
www.CrystalRiverChiropractic.com

Office also located in Crystal River:
6166 W Gulf to Lake Hwy | OFFICE (352) 795-8911




HELP WANTED

To Deliver complimentary newspapers to businesses in The Villages



- Part time help
- One day per month
- Golf Cart is a plus

Call Tom 352-804-1223



Invest In Success

Please join the Lady Lake Area Chamber of Commerce. Check out our web site www.ladylakechamber.com, or call 352-753 6029 for more information

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

Become actively involved in our many networking events.

When a consumer knows that you are a member of the chamber of commerce, they are more likely to patronize your business.

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.

Let's Talk About Sympathy

(NAPSI)—When someone you know loses a friend or family member, it's not easy deciding when and how best to respond. You may find yourself unsure of what to say or do. Sometimes, a simple phrase such as "I'm sorry for your loss" can be extraordinarily meaningful. Here are six more helpful tips on how to approach someone who is grieving:

Listen

Allowing a grieving person to express how he or she feels can be a huge help. Try to listen without offering advice or interrupting. Letting people share memories and talk about their loved one can be a part of the healing process.

Be Specific When Offering Help

Make a specific commitment to being with the person who needs you. Offering assistance with day-to-day matters can be very comforting but be sure to offer something specific, such as "I'm coming over with groceries on Saturday." That way, you're offering help without placing the burden on the grieving person to figure out what to bring and when.

Navigate Social Media Appropriately

When acknowledging the news of a loss, stick with the communication medium through which you initially received the information. If the news came by phone, return the call. If you learned about the death through social media, it is appropriate to reply on social media; just be sure to keep your message brief on public pages. More-detailed expressions of sympathy should be conveyed in private posts.

Be Patient

It is normal for people who are grieving to experience a range of emotions. It takes time to heal, so be patient and allow them to grieve at their own pace.

Send a Card

Show your concern and support by sending a card. You can even put your own personal message inside.

Don't Minimize Their Pain

It is important to keep the focus on the grieving person. Resist the urge to share stories of times when you've lost a loved one. Let your friend or family member share his or her own stories and memories and listen.

To further help, 1-800-Flowers.com has created an online sympathy hub for tips and advice, directly from experts, on how best to express sympathy and condolences. Topics include Appropriate Sympathy Etiquette Across Different Religions, How to Write a Eulogy, How to Create a Memory Garden and How to Cope With Grief Around the Holidays.

This is a resource for people in their time of need and making their experience a little easier to manage. The goal is for people to have a greater understanding of how to help their friends, family and co-workers in coping with a loss.



WALKING TOGETHER
FOR STRONGER,
HEALTHIER
BABIES

march of dimes
march for babies



start your team at marchforbabies.org

www. **Lady Lake**
MAGAZINE.com
"Your community newspaper since 1981"

FREE

Take Me Home!

www. **VILLAGE**
SPECTATOR.com

• The Villages, Sumter County, FL

FREE

CHIEF CHRIS MCKINSTRY



SECURE YOUR VEHICLE - SAVE YOUR IDENTITY!

Now that the holidays are over and we get back to a regular routine it is still important to remain vigilant. I know I have discussed identity theft before, but it is such an important and timely topic I want to keep people thinking about it. Gone are the days when burglars simply stole belongings out of your vehicle and that was the end of it. Now, they steal your identity. These thieves move swiftly, often without being noticed, because it takes only seconds to commit this type of crime.

Unfortunately, the crime doesn't stop after your belongings are stolen. This can lead to hundreds of more offenses. Once a criminal steals your purse, briefcase or laptop – all of which usually contain your personal information – the door is open to swiping your identity.

Cleaning-up your name and credit score after becoming an identity theft victim often takes months or even years. According to the National Crime Prevention Council, victims spend an average of 30 hours repairing their credit and name after an identity theft crime.

It's important to keep in mind that criminals target drivers who leave personal items in their vehicles while completing

daily chores. This includes pumping gas at a local gas station, shopping, and running other errands.

Those who drive large vehicles, such as minivans and SUVs, are even easier targets because their view to the other side is often obstructed.

I want you to be aware of a few easy steps that will help keep your personal items and your identity safe:

- As soon as you enter your vehicle, lock your doors.
- Always pay attention to your surroundings and the people around you.
- Do not leave valuables such as your purse, briefcase or cell phone in plain view. Place the items under your seat or in the trunk before you arrive at your destination.
- Keep your windows rolled-up. This will prevent a thief from reaching into your vehicle.

The men and women of the Lady Lake Police Department are working hard to catch these criminals, but we need your help to thwart the crime before it happens. I urge you to add these simple crime prevention tips to your daily life. Doing so will help us protect you, your property and your identity.

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), 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

Continued Page 13



Tough Economic Times?

Tavares Chamber of Commerce members are offering you **DISCOUNT COUPONS.**

Go to www.TavaresChamber.com and click the **RED DISCOUNT COUPON** button and view and print the coupons of your choice.





“Read all about it! Get free classifieds on Villages4sale.com!”

Real estate • Furniture • Cars
Golf Carts • Garage Sales • RVs
Pets • Electronics • Antiques
Appliances • And more!

Visit Villages4sale.com today or call (352) 633-4623 for assistance.

Isolation And Loneliness



Overcoming Isolation And Loneliness

(NAPSI)—If you've ever felt lonely, you're not alone. Researchers at the University of Chicago found that nearly half of older adults in America experience some degree of loneliness.

The University of Chicago study is part of Connect2Affect, a collaborative effort spearheaded by AARP Foundation to learn more about isolation and loneliness in older adults and to work toward practical solutions to reconnect older adults to their communities.

One thing the study highlighted that may seem surprising to many is that loneliness and isolation are not the same.

Loneliness and Isolation

Loneliness or subjective isolation denotes how people perceive their experience and whether they feel isolated.

Objective isolation involves quantifiable measurements, such as the size of the person's social network (and the frequency of engagement with it), availability of transportation, and ability to access

resources and information.

The Problem

Together, loneliness and isolation create a growing health epidemic. The health risks of prolonged isolation—in its broadest sense, including both objective isolation and loneliness—are equivalent to smoking 15 cigarettes a day. More than 8 million adults age 50 and older are affected by it.

Why Isolation Happens

Often, there are multiple causes, including poor physical and mental health, poorly designed communities, and major life events such as loss and retirement.

Socioeconomic status stands out as a differentiator between nonlonely and lonely individuals. Lonely older adults are significantly more likely to have an annual household income of less than \$25,000 and assets less than \$10,000, and are more likely overall to be in the lowest income group.

Marital status is another strong indicator of loneliness. Both married and unmarried older adults can be lonely—but the lonely are less likely to be married and more likely to be divorced, separated or widowed. Fourteen percent of married older adults and 30 percent of unmarried older adults fall into the lonely group. While married women are at a higher risk of loneliness than married men, unmarried women are at a lower risk of loneliness than unmarried men. In both cases, those with more support and less strain in their marital relationship are at lower risk of loneliness.

Some Answers

Fortunately, isolation can be overcome. Here are 12 ideas to try:

- Nurture and strengthen existing relationships. Ask people over for coffee,

or invite them to join you for a trip to a museum or a movie.

- Schedule a time each day to call a friend or visit someone.
- Meet your neighbors—young or old.
- Use social media such as Facebook to stay in touch with long-distance friends, or write an old-fashioned letter.
- Stay physically active and include group exercise as a fun way to socialize while staying healthy.
- Take a class to learn something new and expand your circle of friends.
- Revisit an old hobby and connect with others who share your interests.
- Volunteer to deepen your sense of purpose and help others.
- Visit a senior or community center to find a wide range of activities and opportunities to meet people.
- Check out faith-based organizations. Many offer outreach to help isolated community members.
- Don't let being a nondriver keep you from staying active. Find out about your transportation options. Many communities have free or low-cost services, and ride-hailing apps are an affordable option for many.
- Get involved in a cause.

Learn More

For further advice about isolation, check out the Connect2Affect website at <http://connect2affect.org/>. The website includes a searchable directory of local resources to help people connect with their communities and a fast, easy self-assessment test to identify isolation risk. For information about AARP Foundation, visit www.aarpfoundation.org.

Give The Gift Of Sight

(NAPSI)—It's a fact of life. When people reach their senior years, they are at high risk for developing age-related eye diseases that can lead to blindness if not caught and treated in time. The good news is, people can take steps to protect themselves through a simple eye exam.

What You Can Do

During the holiday season or at any time, you can give the gift of sight by connecting an older loved one with an ophthalmologist who can provide eye exams, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America program.

This year-round program is designed for those age 65 and older who have not seen an ophthalmologist, a physician who specializes in medical and surgical eye care, in three or more years. Eligible patients are matched with a nearby volunteer ophthalmologist and receive a medical eye examination and up to one year of care for any condition diagnosed during the initial visit.

Connecting friends and family members with an eye exam may be the most lasting gift you can give. Give the gift of sight to a special senior.

Who Can Help

EyeCare America has helped nearly 2 million people since 1985. Its sight-saving services are made possible through the generous support of the Knights Templar Eye Foundation, Inc., with additional support provided by Alcon.



Across

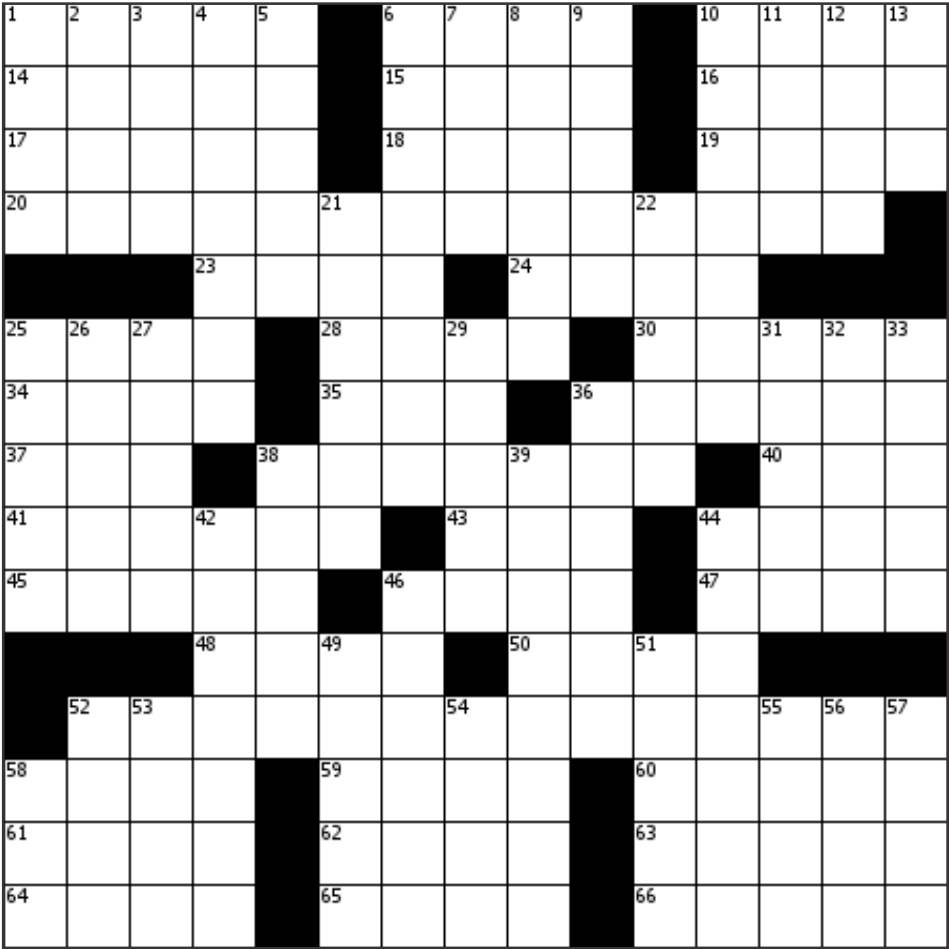
1. Receipts, sometimes
6. Large quantity
10. Political alliance
14. "The Maltese Falcon" actor
15. Homeowner's hangover?
16. Valentine's Day sentiment
17. Enthusiasm
18. Type of hand
19. Baker's buy, perhaps
20. Film starring 25-Down
23. Enthusiasm
24. Word with six or sea
25. Sharpen
28. Sphagnum, for one
30. Buzzless brew, briefly
34. Nephew of Cain and Abel
35. It could give one a snug feeling
36. Producer of fine wool
37. Corp. to check out?
38. Starring role for 25-Down

40. Wasn't brave
41. Cuban dances
43. Every little bit
44. Digestive aid
45. Acquiescent answers
46. Comic vignette
47. Hopi village sites
48. Grand celebration
50. Security Council power
52. Subject of a one-man show by 25-Down
58. Place to make a splash
59. Without help
60. Temperamental
61. Planetary path, e.g.
62. Couch potato's aid
63. Russia's second president
64. Takes the plunge
65. Small boat that is rowed
66. Visibly shaken

Down

1. Bump off
2. Corrida menace
3. Language of Islamabad
4. Statues like "The Thinker"
5. Twilled fabric
6. Treasured hand-me-down
7. Viscount's superior
8. Eschews

9. Cheap-sounding pasta
10. Gaffe
11. Hang in the hammock, e.g.
12. Type of mitt or rack
13. Executive letters?
21. Latin American dances
22. Yielded, as territory
25. With 33-Down, actor born May 16, 1905
26. Just when expected
27. Testing standards
29. Master of spin?
31. "The Odyssey" enchantress
32. Diarist Nin
33. See 25-Down
36. Fountain fare
38. It's stunning!
39. Toothpick-shaped cartoon sweetheart
42. Happens to
44. Passionate
46. Mrs. Fox, for one
49. Thin-skinned
51. St. Petersburg neighbor
52. Pirates' refuge
53. Supported weight
54. Nail puller
55. "Portnoy's Complaint" author
56. Garfield's foil
57. Actor Ed or Keenan
58. Sound of a sock



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

email TLoury@att.net  

BUY LOCAL



Brody left his friends to catch up on the news.



www.LadyLakeMAGAZINE.com
 "Your community newspaper since 1981"

www.VILLAGE SPECTATOR.com
 • The Villages, Sumter County, FL

[ocalaDowntown.com](http://www.ocalaDowntown.com)
 A free publication serving the people of the Ocala area
BUY LOCAL! Take Me Home! FREE

www.SENIORS VOICE OF OCALA.com
 DELIVERED TO THE SR 200 CORRIDOR
BUY LOCAL! Take Me Home! FREE

Call TomL at 352-804-1223

Safeguard Your Information



Three Simple Ways To Keep Your Information Safer

(NAPSI)—It seems as though data breaches affecting millions of Americans are constantly in the news these days. If this makes you anxious about the safety of your personal information, that's understandable.

You can protect your data by using secure internet connections rather than public Wi-Fi when you're providing sensitive information such as financial account numbers online; sending bill payments from public mailboxes and collecting your mail promptly; shredding documents that contain your personal information when they're no longer needed; keeping your computer and mobile device safe against malware that may be lurking in email attachments, pop-ups and banner ads; downloading apps and other programs only from trusted sources; and being wary of anyone who contacts you unexpectedly asking for it. You can also use the security settings on social media sites to restrict who can see your posts. But when businesses have your data, you can't control how well it's safeguarded.

According to Consumer Federation of

America, there are some easy steps that you can take to make it harder for fraudsters to use your personal information.

Create separate passwords for your most sensitive accounts. While it's convenient to use the same password for everything, crooks know that, so if they get your password for one account, they'll try it to log into accounts on other websites. Any account that has your financial information, Social Security number or other sensitive data should have a unique, strong password to keep would-be intruders guessing.

Beef up your authentication. If your user name, which is often your email address, and a password is all it takes to access your accounts, your defenses are relatively weak. Two-factor authentication—your password plus something that only you have, such as a one-time code that is sent to you as part of the log-in process—provides much stronger protection.

Freeze your credit file. This prevents identity thieves from opening new credit accounts in your name because the lenders won't be able to access your credit record. Since some landlords and employers also check applicants' credit records, freezes can also stop fraudulent attempts to get jobs or rent apartments using your identity. Contact the three major credit-reporting agencies—Equifax, Experian and TransUnion—to request a security freeze. You can lift the freeze anytime you need to and reset it. In some situations, you may be able to do this free; otherwise, there will be a small fee.

Get Help Taking Your Medicine



(NAPSI)—According to the American Medical Association (AMA), about one in four new prescriptions is never filled, and about half the time patients don't take the medications they do have.

The Problem

People give eight basic reasons for not complying, the AMA adds:

1. Fear. People may be frightened of potential side effects. They may have witnessed side effects experienced by someone else who was taking the same or a similar medication and believe the medication caused the problems.

2. Cost. People may ration what they have to extend their supply.

3. Misunderstanding. People may not understand the need for the medicine, the nature of the side effects or the time it will take to see results. This is particularly true for those with chronic illness, because taking a medication every day to reduce the risk of something bad happening can be confusing. Failure to see immediate improvement may lead to premature discontinuation.

4. Too many medications. The greater the number of different medicines prescribed and the higher the dosing frequency, the more likely someone is to not take some or any.

5. Lack of symptoms. People who don't feel any different when they start or stop their medicine might see no reason to take it.

6. Worry. Concerns about becoming dependent on a medication can also lead to nonadherence.

7. Depression. People suffering from depression are less likely to take their medications as prescribed.

8. Mistrust. Some people are suspicious of their doctor's motives for prescribing certain medications because of stories about pharmaceutical companies influencing physician prescribing patterns.

Doctor's Advice

"Fifty percent of patients struggle with understanding how and when to take their prescription medications, and for those with complex prescription regimens it can be even more challenging," said Troyen Brennan, M.D., M.P.H.

A Solution

Fortunately, you can now get special assistance when it comes to compliance. To help people understand the best time of day to take their prescribed medications for greater safety and efficacy, the new ScriptPath Prescription Schedule was created for CVS Pharmacy customers who manage multiple prescription medications. It features all of a patient's current CVS Pharmacy prescription information in one place—including which medications the patient takes, when he or she should take

Continued page 12



Tom Loury
352-804-1223



Wendy Netherclift
352-895-4168

TomL Publishing LLC

Serving Communities in Marion, Lake & Sumter County Florida

ADVERTISING RATES Including Color

| | |
|-----------|--------|
| Full Page | \$ 558 |
| 1/2 Page | 414 |
| 1/4 Page | 254 |
| 1/8 Page | 142 |

TomL Publishing, LLC
P.O. Box 1698

Dunnellon, FL 34430

tloury@att.net | 352-804-1223



Visit Us Online:

www.TomLPublishing.com

www.LadyLakeMagazine.com

www.VillageSpectator.com

www.SeniorsVoiceOfOcala.com

www.OcalaDowntown.com



Connect with us on
Facebook at
OcalaVillagesNews

Taking Your Medicine

Continued from page 11
 them, and how much of each medication should be taken in each dose. Using easy-to-understand icons, the new schedule was designed to improve understanding and enhance safety by simplifying how people take medications and how caregivers give them.

What The Schedule Shows
 Available in English and Spanish at all of CVS Pharmacy's more than 9,700 locations, the schedule is generated by a robust scientific system that automatically reviews all of a patient's current CVS Pharmacy prescription information and prescriber's instructions, and then, using clinical data, provides a schedule of the most effective times of day to take the medications. People who take more than five medications a day can also have a special consultation with the pharmacist to be sure they understand what to do.
 Information highlighted on the new schedule includes:
 Personalized prescription information for each patient, including how much medication to take and when to take it
 Medications separated into sections for Routine, As Needed and Other
 Clear refill instructions
 A notes section for further personalization and to facilitate face-to-face pharmacist counseling.

On Track For Retirement



(NAPSI)—There's good news for anyone worried about saving for retirement—you already have what it takes to be a smart saver!
 A recent survey by AARP and the Ad Council revealed that Americans are getting the most out of every dollar in many areas in their lives, with 92 percent using money-saving hacks like comparison shopping, using coupons, and signing up for customer reward programs.
 Yet, fewer Americans have applied this savviness to their retirement savings. Two in five households headed by Americans age 55 to 64 have no assets saved for retirement, according to the National Institute on Retirement Security. Furthermore, while many companies will match their employees' retirement plan contributions up to a certain amount, only three out of 10 Americans are contributing enough to

maximize the company match—which means they're essentially leaving free money on the table.
 To address this savings shortfall, AARP and the Ad Council have launched a new campaign to help people save for retirement with a new free interactive online resource, AceYourRetirement.org, to empower people to take control of their financial futures.
 “Retirement planning can sometimes leave people anxious, confused or even paralyzed,” said Debra Whitman, executive vice president and chief public policy officer, AARP. “This campaign breaks down retirement savings into easy, actionable steps for all Americans.”
What You'll Find at AceYourRetirement.org
 AceYourRetirement.org features a friendly digital retirement coach named AvoSM, who guides you through a series of questions about your life, savings goals and retirement plans. In just a few minutes, Avo provides a personalized action plan that highlights your top three action items—the simple, practical things you can do right now to save for retirement. The tips cover a wide range of topics, including how to turn a hobby into a source of income during retirement and how to have a conversation with family members about getting on the same page financially.
Tips To Help You Get On Track With Your Retirement Savings:
 • Try to increase your contributions to your retirement savings plan every year, even if by only 1 percent.
 • If your employer offers matching funds for your retirement savings plan, contribute at least enough to get the full employer match. Don't turn down free money!
 • Brainstorm ideas for earning money in retirement, such as turning a hobby into a source of income, or taking on seasonal part-time work.
 • Wait as long as you can—up to age 70 if possible—to begin collecting Social Security. This increases your annual benefit.
 • Evaluate your budget to see if you can reduce some of your expenses. This can help you put away more money now, and also have a lower cost of living in retirement.

Catfish and Peppercorns



(NewsUSA) Tired of the same boring dinner, night in and night out? Don't let dull, tasteless meals become the norm. Instead, try this catfish recipe that is sure to spice up your night.
 Catfish with Peppercorns on a bed of Sautéed Spinach and Matchstick Vegetables subjects taste buds to flavors that are sure to entice any lover of spice. The U.S. Farm-Raised Catfish has a pleasing, mild taste that blends flawlessly with the pepper and vegetable flavors.

This simple catfish recipe boasts a long name with a simple preparation:
CATFISH WITH PEPPERCORNS ON A BED OF SAUTEED SPINACH AND MATCHSTICK VEGETABLES
 Six 7-ounce catfish fillets
 Salt to taste
 2 tablespoons black peppercorns
 2 tablespoons white peppercorns
 2 tablespoons green peppercorns
 2 tablespoons red peppercorns
 2 tablespoons mustard seeds
 3 tablespoons canola oil
 16 ounces fresh spinach
 1 clove garlic, minced
 1 teaspoon crushed red pepper flakes
 Matchstick vegetables
Instructions
 Season catfish fillets on both sides with salt.
 Grind all peppercorns and mustard seeds in a coffee or nut mill. Spread peppercorn mixture on a small plate. Press one side of each fillet into the peppercorn mixture.
 Heat oil in a large sauté pan over medium heat. When oil is hot, add fillets peppered side down, cooking no more than two or three at a time, depending on size of pan. Do not over crowd pan or allow pan to cool with each addition.
 Sauté catfish for about two minutes to form a crust. Carefully turn fillets and cook for two more minutes, or just until the fillets are semi-firm.
 Sauté spinach, garlic and crushed red peppers in one tablespoon canola oil.
 Arrange equal portions of sautéed spinach and matchstick vegetables on each of six plates to cover the bottom of the plates. Place catfish fillets peppercorn side up on top of vegetables.

WORDPRESS SITES \$400*

& Graphic Design

Brochures | Fliers | Newsletters | Business Cards

www.WebsiteDesignOcala.com

352.322.1945 | Chris@WebsiteDesignOcala.com

*Mention this code: TomL10-2017 (regularly \$550). Call or email for details.

We share news and events on Facebook

TomL Publishing LLC

TomL Publishing

@OcalaVillagesNews

Home

Posts

Reviews

Photos

About

Community

Events

Like Share Suggest Edits

Posts

TomL Publishing

October 27 at 11:58am

Learn More Message

Find us on Facebook

OcalaVillagesNews

Major Crimes

continued from page 1
 Northeast 162nd Place in Citra in reference to a disturbance. When deputies arrived on scene, they located Alfred Jackson Jr. and Eclinton Thomas Jr. with multiple stab wounds. Jackson was pronounced deceased at the scene and Thomas was transported to the hospital and is listed in critical condition. Billy Johnson was located with minor lacerations and transported to the hospital for treatment.
 Due to Johnson's admissions and inconsistent statements during interviews with MCSO Major Crimes detectives along with physical evidence, Johnson was arrested. He is currently being held at the Marion County Jail on no bond.

Robotics Innovation



(NewsUSA) – Life like animatronics, next-generation “surgeons” and mechanical warfighters — words that might

create visions of a Sci-Fi blockbuster. However, these innovations in high-tech robotics are real and you need look no further than Florida to find them. The history between the state and robotics is a long one. Since the birth of IBM PC in Boca Raton in 1981, the “Second Machine Age” has been thriving in the Sunshine State.

Florida’s robotics revolution covers a lot of ground, including mobility assistance and research, but a common theme found in the state’s innovation reliance on technology that defies human capabilities, including in the life sciences. Seamless procedures on the spine, cancer cells and more have been enhanced by robotics at the Florida Hospital Global Robotics Institute and Mazor Robotics, both in Orlando. Similarly, Kissimmee-based Photon-X explores the science of photonics, such as fiber optics, in applications for robotics surgery.

According to Photon-X President and CEO Blair Barbour, “Medical robotics is the next generation of surgery. The technology is perfected to eliminate human error from procedures, making it possible to enhance surgeries and surgeon capabilities with better hand-eye coordination. Tests have

proven that patients also heal faster through robotic surgery.”

The Florida Institute for Human & Machine Cognition (IHMC) in Pensacola takes a different approach to defying human capabilities. By pairing scientists and robots to develop systems using complicated human thought process and versatile machines, IHMC develops systems that save lives in situations where help is needed but the risk is too great for human response, including in nuclear meltdown sites and space exploration.

To develop the groundbreaking technology that Florida has become known for, the world’s most talented scientists are required, and the state has made it possible to attract and retain that talent. Says Julie Sheppard, general counsel of IHMC, “Being in Florida helps us with our recruitment. In addition to the exciting work, IHMC is able to hire top talent due to Florida’s weather, our affordable housing and all the access to waterways for recreational purposes. We are especially appealing to scientists from cities with a higher cost of living because we offer our employees a more attractive lifestyle.”

Homegrown talent is cultivated at colleges throughout the state, including the Tallahassee-based Center for Intelligent Systems, Control, and Robotics (CISCOR), a cooperative program between Florida A&M University and Florida State University. As one of the top schools in the country for development and implementation of robotics technology, CISCOR’s students focus on studying mechanical design and human-robot interaction, including mobility in complex environments.

In addition, the Army has collaborated with students to develop automated motion planning, terrain classification and design and modeling of four-legged robots.

For more information about high-tech robotics in Florida, visit www.enterpriseflorida.com

Virtual Military Training

(NewsUSA) – Sponsored News – Florida is no stranger to the entertainment industry. After all, it’s home to the most visited theme parks on Earth. What people may not know is that the Sunshine State’s entertainment expertise is also used to train our nation’s military.

At first glance, you wouldn’t think the two industries would have much in common. But, according to Forbes magazine, Florida ranks no. 6 in the country in video-game development, and when coupled with Central Florida’s High-Tech Corridor, the result is a community of defense contractors, government agencies, and universities that are loaded with engineers who understand how using entertainment components can transform military training.

The partnerships happen at a 1,000-plus-acre research park in Orlando that is home to the country’s largest cluster of training and simulation companies and agencies, including Lockheed Martin, Northrup Grumman Corp., General Dynamics Corp. and Honeywell International, as well as a host of military organizations. For more information, please visit www.simulationinformation.com.

Medications

Continued from page 8

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. 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 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. The views expressed are his own.

Running Short?



Let the Lady Lake Magazine and Village Spectator Expose your Business...to the Most Stable market in the World!

804-1223

Join the Cyber Highway...



*Advertise in
Ocala or The Villages
Get a 1 page website
FREE*
(a \$208 value)*

Including:

- Domain (www.name.com) of choice if available
- Domain registration for 1 year**
- Hosting on our server for a year**
- One page site with About Us, Services, Map of location, Simple contact form, some pictures all on one page.
- All designed and set up
- Colors and design of your choice
- Or allow us to create one for you

See a sample at
www.TomLFreeWebsite.com

*An advertising contract must be signed
Full page for 3 months or 1/2 page for 6 months



Ask for details:

Tom Loury, TomL Publishing, LLC
P.O. Box 1698, Dunnellon, FL 34430
tloury@att.net | 352-804-1223

**Domain and hosting fees will be subject to market price at end of one year, at which time you may continue, cancel or transfer to another hosting provider.

LADY LAKE REALTY, Inc

(352) 753-3531

A.J.Powell - Broker

Tony@LadyLakeRealty.com

VACANT LAND

Lady Lake

Building Lots

40150 ORANGE CIR

Two adjacent building lots, for either site built or manufactured home. Can be sold separately. Located on paved street directly across from Clearview Lake. Reasonable offer considered.

OAKRIDGE RD

Reasonably priced residential lot for site built or manufactured home. Just a few minutes walk to Clearview Lake and residents park in Carlton Village. Close to The Villages, stores and medical facilities.

DULGAR RD Lady Lake ACREAGE

Very nice treed 5.2 acre parcel with lovely view of Lake Hermosa on paved, private access road. Less than one mile East of Hwy.441, off Lake Griffin Rd. Close to The Villages, stores and medical facilities. Make Offer.

**4821 SUNNYSIDE DR
Fruitland Park
5 ACRES**

This five acre parcel in Fruitland Park is just off Eagles Nest Rd. It is fenced with some cross fencing and has several out buildings. Good grass for your horse. Has electricity and water. Make offer.



431 QUAIL ST Lady Lake

Well maintained furnished three bedroom, two bath home. Split plan doublewide built in 2007, 1,674 square feet heated. Large Family room w/wood burning fireplace. Sliding doors lead to covered, open porch. Detached 800 sq.ft Metal Work/Wood work Shop. Call for details.

RentTheVillages.com

Residential Rental Management

352-255-4363

(Call/Text)

Long Term Rentals



2/2 Furnished Patio Villa. Long term. No smoking. On SE 93rd Heyward Ave in Belle Meade. Available April 1st 2018



2/2+Den. Furnished Ranch, Long Term. No smoking, Golf Cart included on Camino Del Rey close to Hacienda. Available April 1st 2018



Available February 1st 2018. UNFURNISHED with Major Appliances. 3/2 Ranch 1527sqft on Privada Dr in Alhambra. Close to Hacienda Golf Course off Morse

Summer Lake Realty, Inc.

Email:- Tony@SummerLakeRealty.net

Statewide Classifieds

AUTOMOBILES

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-800-902-7815 (Place Under Autos Wanted) (m)

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1- 800-831-6309 (m)

FINANCIAL

Are you in Debt? Get help now with a 30 minute Phone debt analysis. Mon-Fri 9:00 am to 8:00 pm, Sat: 10:00 am to 2:00 pm. All Eastern time. 1-855-630-5331 (t)

Have 10K in Debt? National Debt Relief is rated A-Plus with the BBB. You could be debt free in 24-48 months. Call 1-866-465-4307 now for a free debt evaluation. (m)

Social Security Disability? Up to \$2,671/mo. (Based on paid-in amount.) FREE evaluation! Call Bill Gordon & Associates. 1-800-860-6175. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL., member TX/NM Bar. (m)

HEALTH & MEDICAL

Do you have chronic knee or back pain? If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! 1-800-862-8392 (t)

FDA-Registered Hearing Aids. 100% Risk-Free! 45-Day Home Trial. Comfort Fit. Crisp Clear Sound. If you decide to keep it, PAY ONLY \$299 per aid. FREE Shipping. Call Hearing Help Express 1- 877-442-6921 (m)

Lung Cancer? 60 or Older? If So, You and Your Family may Be Entitled To A Significant Cash Award. Call 855-839-6761 To Learn More. No Risk, No Money Out of Pocket (m)

MALE ENLARGEMENT PUMP Get Stronger & Harder Erections Immediately. Gain 1-3 Inches Permanently & Safely. Guaranteed Results. FDA Licensed. Free Brochure. 1-800-354-3944 www.DrJoelKaplan.com

OXYGEN – Anytime. Anywhere. No tanks to refill. No deliveries. Only 2.8 pounds! FAA approved! FREE info kit. Call 1-888-572-4944 (t)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-397-7056 (m)

Smart Health Dental Insurance. Most Dental Procedures Covered. No waiting periods! Most Plans Start at About \$1 a Day! FREE No Obligation Quote. Call Now! 1-888-530-1670 (m)

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-844-359-3209 Promo Code CDC201725

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150. FREE shipping. Money back guaranteed! 1-800-726-2194 (t)

YOU or a loved one have an addiction? Very private and Confidential Inpatient care. Call NOW for immediate help! 800-756-1363 (t)

HELP WANTED

\$\$HELP WANTED\$\$\$ Earn Extra income assembling CD cases from Home. CALL OUR LIVE OPERATORS NOW! 1-800-405-7619 Ext 320 www.easywork-greatpay.com

Alquiler De Utero
\$25,000.00 y más par Manutencion
Ayudanos, No Podemos Tener Hijos.
Llama a Nuestra Abogada. 561-674-
6857 Fl. Bar #307084

SURROGATE MOTHER NEEDED
To Carry Our Baby! Generous
Compensation and Expenses Paid. Call
Attorney Charlotte Danciu 1-800-395-
5449 www.adoption-surrogacy.com FL
Bar #307084

MISCELLANEOUS

AT&T High Speed Internet Starting at \$40/month. Up to 45 Mbps! Over 99% Reliability! Bundle AT&T Digital TV or Phone Services & Internet Price Starts at \$30/month. Call 1-888-274-1454 (m)

Become a published author! Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-844-506-6434 (m)

Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-800-214-0166 (t)

DIRECTV. Call & Switch Now – Get NFL Sunday Ticket for FREE! Every Game. Every Sunday. CHOICE™ All-Included Package. Over 185 Channels. \$60/month (for 12 Months.) CALL – 877-808-9508 (m)

DISH Network Satellite Television Service. Now Over 190 channels for ONLY \$49.99/mo! FREE Installation, FREE Streaming, FREE HD. Add Internet for \$14.95 a month. 1-800-496-2603. (t)

DISH Network. 190+ channels. FREE Install. FREE Hopper HD-DVR. \$49.99/month (24 mos). Add High Speed Internet – \$14.95 (where avail.) CALL Today & SAVE 25%! 1-855-895-7245 (m)

Make a Connection. Real People, Flirty Chat. Meet Singles right now! Call LiveLinks. Try it FREE. Call NOW: 855-334-7726

Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-877-929-1176 (m)

ENJOY 100% guaranteed, delivered to-the-door Omaha Steaks! SAVE 75% PLUS get 4 more Burgers & 4 more Kielbasa FREE! Order The Family Gourmet Buffet - ONLY \$49.99. Call 1-844-275-9596 mention code 51689CZX or visit www.OmahaSteaks.com/good43 (m)

FAST Internet! HughesNet Satellite Internet. High-Speed. Avail Anywhere. Speeds to 15 mbps. Starting at \$59.99/mo. Call for Limited Time Price 1-800-958-6917 (m)

INVENTORS - FREE INFORMATION PACKAGE. Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-844-349-8351 for a Free Idea Starter Guide. Submit your idea for a free consultation. (m)

Spectrum Triple Play TV, Internet & Voice for \$29.99 ea. 60 MB per second speed. No contract or commitment. More Channels. Faster Internet. Unlimited Voice. 1-877-279-4652

SUPPORT our service members, veterans and their families in their time of need. For more information, visit the Fisher House website at www.fisherhouse.org.

Water Damage. Dealing with water damage requires immediate action. Local professionals that respond immediately. Nationwide and 24/7. No mold calls. Call today! 1-800-730-6976 (Place Under Home Services) (t)

SERVICES

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-855-836-8564

SPANISH SECTION

Canada Drug Center es tu mejor opcion para ordenar medicamentos seguros y economicos. Nuestros servicios de farmacia con licencia Canadiense e Internacional te proveeran con ahorros de hasta el 75 en todas las medicinas que necesites. Llama ahora al 1-855-836-0410 y obten \$10 de descuento con tu primer orden ademas de envio gratuito.

Improve Your Reach
with an ad in the
Community Papers of Florida classified network!

For just
\$395.00
your message will
reach more than
4.2 million homes
and over
8.1 million readers.
Get Results!
Place your ad three
times and receive
one free ad!
So what are you
waiting for?
Call today!

Email Tom Loury
TLoury@att.net

 **Connect with us!**

TomL Publishing
on Facebook:
OcalaVillagesNews

Scan with QR code app
To go to
www.TomLPublishing.com

SEND US YOUR EVENTS
We'll post on Facebook and websites.
Email Chris@TomLPublishing.com

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | T | U | B | S | | H | E | A | P | | B | L | O | C |
| L | O | R | R | E | | E | A | V | E | | L | O | V | E |
| A | R | D | O | R | | I | R | O | N | | D | L | E | O |
| Y | O | U | N | G | M | R | L | I | N | | C | O | L | N |
| | | | Z | E | A | L | | D | E | E | P | | | |
| H | O | N | E | | M | O | S | E | S | | D | E | C | A |
| E | N | O | S | | B | O | A | | M | E | R | I | N | O |
| N | C | R | | T | O | M | J | O | A | D | | R | A | N |
| R | U | M | B | A | S | | A | L | L | | A | C | I | D |
| Y | E | S | E | S | | S | K | I | T | | M | E | S | A |
| | | | F | E | T | E | | V | E | T | O | | | |
| | C | L | A | R | E | N | C | E | D | A | R | R | O | W |
| P | D | O | L | | S | O | L | O | | N | D | O | D | Y |
| O | V | A | L | | T | R | A | Y | | P | U | T | I | N |
| W | E | D | S | | Y | A | W | L | | A | S | H | E | N |


Advertise!
Call or email
Tom Loury
352-804-1223
TLoury@att.net

BOB'S COINS & JEWELRY, INC.

352.347.7900
bobscoinsandjewelry.com

17860 S.E. 109th Ave, Suite 629
Summerfield, FL 34491

Our Hours Are
Mon-Fri 9-5 & Sat 9-2

877.347.7900
facebook.com/bobscoinsandjewelry

Use Your Own Jewelry...



Before

To Make Something New!



After

We Buy Old Jewelry for Cash or Trade



Compare Our Prices

| Service | Us | | Them |
|-----------------------------------|-----------------------|-----|--------------------|
| Ring Sizing Starting Prices | \$35 Same/Next Day | Vs. | \$120 1-2 Weeks |
| Ring Guards While You Wait | \$5 | Vs. | \$55 |
| Watch Batteries While You Wait | \$6-\$12 | Vs. | \$10-\$20 |

All Repairs are Performed In House



Offer valid throughout January, 2018 and applies to new, in-stock jewelry. Excludes consignments.