

■ Kevin Sheilley ■

OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



Over the next several weeks, you are going to be frequently seeing and hearing Vote Yes! from the CEP. Our Board has formally endorsed the renewal of the 1 Mil School Referendum. This renewal is incredibly significant to the continued growth of our community. It is important to me that our community understands why you should Vote Yes!

The revenue collected from the 1 Mil are dedicated to several key areas: classroom size reduction, art, music, PE, library, and Career/Technical Education. Additionally, the renewal will allow the School System to fund vital safety measures such as school resource officers. All expenditures are carefully reviewed by an independent Oversight Committee. All of these are important initiatives but I want to highlight Career/Technical Education and Safety.

Over the last two years, the CEP and the business community have been partnering closely with the Schools to reimagine and reinvigorate Career/Technical Education. I hear every day from our businesses on the challenges of finding skilled workers. These are viable, living wage careers that have been overlooked for too long. I think we are realizing that the emphasis on everyone attending University not only robbed our community of desperately needed skills but robbed students of the opportunity to truly pursue their passions. We are changing that thanks to the 1 Mil.

Today, we have more than doubled the number of students in Career/Technical programs. Our efforts were recently lauded as a national model of innovation. The new

Career Choice Academies are setting kids up for success by teaching in-demand skills and providing pathways for both work and continuing education. Recently, a major employer approached us to begin discussions on an internship program for Logistics Academy students when they are seniors. It will be two years before we have any seniors in this program but this company already sees the potential. However, it doesn't stop there. They not only want interns but want to create a pipeline for these students to graduate high school and be ready to move into 2nd level supervisor positions! These are truly CAREER academies.

As the parent of a Forest High School student, I especially appreciate the impact of our school resource officers. Expanding this program to every school is not only state-mandated but it is the right thing to do. But this deployment is not inexpensive. Systems across the state are struggling with how they will fund these costs. Thankfully, we have a mechanism which accomplish this without moving resources away from teaching.

In fact, none of these initiatives is inexpensive. Without the 1 Mil, most of these programs will be scaled back if not eliminated. The mandated efforts (such as safety) will continue but now must pull resources away from teaching and classrooms. As a result, not only would we be going backwards with larger classes, fewer arts/music/PE classes, and limited Career/Technical education programs but these and other programs would be further reduced to fund safety.

A Vote Yes on August 28 is not only a vote for our schools but it is a vote for our students, for our businesses, and for our future.

The Rule of Ablaut Reduplication

HUH???

Ever wonder why 'tock-tick' does not sound right to your ears.

Ever wondered why we say:

tick-tock, not tock-tick,
or ding-dong, not dong ding;
King Kong, not Kong King...?

Turns out it is one of the unwritten rules of English that native speakers know without knowing.

The rule, explains a BBC article, is: "If there are three words then the order has to go...I, A, O. If there are two words then the first is I and the second is either A or O."

Mish-mash, Chit-chat, Dilly-dally, hilly-shally, Tip-top, Hip-hop, Flip-flop, Tic-tac, Sing-song, Ding-dong, King Kong, Ping-pong."

There's another unwritten rule at work in the name Little Red Riding Hood, says the article.

"Adjectives in English absolutely have to be in this order: Opinion - Size - Age - Shape - Colour - Origin - Material - Purpose - Noun."

So you can have a lovely little old rectangular green French silver whittling

knife. But if you mess with that word order in the slightest... you'll sound like a maniac."

That explains why we say "little green men" not "green little men,"

But "Big Bad Wolf" sounds like a gross violation of the "opinion (bad)-size (big) noun (wolf)" order. Bad Big Wolf sounds very very wrong, right? Actually, though, if you recall the first rule about the I-A-O order, it's right on target. Got it...? That rule seems inviolable.

"All four of a horse's feet make exactly the same sound. But we always, always say clip-clop, never clop-clip."

So there you go... a technical name for something we instinctively know...! If you care to know it...*the Rule of Ablaut Reduplication...!*

But then...

Life is Simpler, Knowing that we Know the Rule... Without Knowing It...!

*Paraphrased from
"The Elements of Eloquence"
by Mark Forsyth*

Ocala Paramedic Earns Critical Care Certificate

(OCALA, Fla.) July 17, 2018 – After months of seemingly endless practical and theoretical sessions, Ashley Andrews, Ocala Fire Rescue Firefighter/Paramedic, has become a certified Critical Care Paramedic (CCP).

Seeking a challenge and further knowledge of the field, Andrews, a 10-year department veteran, enrolled in the University of Florida's Critical Care Paramedic program. "I have never been more academically challenged," said Andrews of the immersive program. "Although [the certificate] was difficult to attain, it was certainly worth it."

During the five-month program, topics

ranging from biomechanics of ventilation and ventilator management to invasive blood pressure monitoring, and neonatal care, were covered through didactic and hands-on sessions. Despite requiring that program participants be experienced paramedics, the volume of material covered tests each student's desire to obtain the CCP certification. Only those who learn the material as second nature successfully complete the program.

Andrews is the fourth department member to earn the Critical Care Paramedic Certification. Other Ocala Fire Rescue CCP's include Jesse Blaire, Tim Carver, and Robert Moore.



Cracker Jack and Lane Loury getting used to each other. Lane is 18 months and is getting his second lesson from his mother Lindsay. Photo taken by Debbie Sykes, grandmother.

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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

"WITH-IT-NESS"

This is a term created by Jacob Kounin – an educational theorist and author of "Discipline and Group management in Classrooms" (1977) – to describe a teacher's ability to know everything that was happening in his/her classroom at all times. Or, as my mother used to say when I would get busted for something seemingly impossible for her to know, "I have eyes in the back of my head".

While Kounin's focus was classroom management, I believe this theory is even more relevant today in terms of the general population and our behaviors as they relate to being present, in the moment....WITH IT!

For those who are actually with it, you'll probably agree with some following

examples of people living in their own little bubble. For those who aren't, well, here's your wake up call.

I'll start with the most benign: the grocery store. There are too many highlights to discuss, but one (almost a certainty) is that I'll find at least one cart abandoned in the middle of the aisle with its owner five feet away. "Excuse me," I say while I gently nudge their lane blocker out of everyone's way. And right on cue comes the reply, "Oh, gosh. Sorry."

sigh

Now for the bigger picture: the road. This is where I really do wish people had eyes in the backs of their heads. But a rearview mirror will work just as well. Use it! When you actually use your rearview mirror and see nine cars lined up behind you

in the left lane, take a glance at your speedometer. Now that you realize you're traveling 40 mph in a 55 zone, please use your turn signal (another neglected feature) and move over to let others pass. If you were paying attention to anything other than the dotted lines ahead of you, I wouldn't be extolling the importance of "withitness". Paying attention is not just being polite. It's also about being safe.

However, if you would like to be polite, the turn lane is a great place to start. I cannot even count how many times the turn light switches to green and only two or three cars get through because each one leaves a two car-length gap. Why? You're only going 3mph and there are a dozen other cars hoping to catch the light, too, so pay attention, close the gap and consider others behind you!

On the topic of safety, PLEASE put your phone away. The person on the other end of the line is likely much safer than the cyclist

you almost ran into when you veered into the bike lane. And the person you're texting would probably prefer to hear from you a couple of minutes late than learn you caused a terrible accident because you weren't paying attention to the road.

Conversely, if you're stopped at a light (the only acceptable time to *glance* at your phone) and it turns green but you're still chin-to-chest, don't get your feathers ruffled when I honk my horn to snap you into withitness.

Finally (you're welcome), if people would simply give their full attention to where they are, what they're doing, and who or what is around them, it might not only make for a safer environment for themselves, but just might also lower the raging temperatures of their victims.

Cheers,
RRM

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Tom Loury Long time member of CEP/Ocala Chamber of Commerce, Past President of the Ocala Business Leaders, Co-Founder and President of Select Business Associates, Past President of the Lady Lake Chamber.

PUBLISHER'S NOTES



By TomL

Do a google search that says "Did Obama ever have a job in the private sector?" Some claim his was the front man for an investment group run by two of his close friends.

The federal government would attack a certain industry, knock the business to its knees, devalue it and the investment group would step in and buy it dirt cheap. There are a number of deals like that about the time that Obama was re-elected. A couple of names involved were a Biden name and Kerry name in a deal where a University was acquired for penny on the dollar. The University was attack by the Federal Government for supplying student loans. The Scandals go on and on in a book on a site if you just look! Do you know what the real shame of all this is? The HUGE media machine knew about most of this and would not print anything about it!

I have been listening to fake news talk about ICE agents so I got on the internet and looked up what is ICE agent job description. Here is what the internet says: **ICE agents** may either be involved with customs issues or immigration issues and may be assigned a variety of tasks in such areas as border patrol, human trafficking and child exploitation, cyber crimes, deportation, and intelligence gathering.

Publishers Note: How could we do without them? They are a very important part of our Nation's Law Enforcement, especially with what is going on in the DOJ leadership.

Anyone that wants to get rid of them is a fool!

The Social Security Fund will be depleted during our children's time. The Federal Government claims the fund is losing ground. I paid 15% of my income my whole working life. My employer paid in 15% to

match what I paid in. Here is what an investment calculator came up with: If you invest 30% of \$30,000 every year for 30 years (15% your money and 15% your employers matching funds) you'd have \$636,847 at the end of those 30 years. That would mean you could draw 1,769 every month for the next 30 years.

Instead of investing the money so it would draw interest, the Federal Government has borrowed from the fund, used it for politicians' projects and did not pay it back. We the tax payers become the victims! I started paying in when I was 14 years old. Some of the numbers above are approximates but as you can see the fund has been mismanaged.

Tariffs on Canadian Newsprint will no doubt have a troubling effect on United States newspapers. It is no secret that the internet is taking revenue from all media but print seems to be holding its own at about 40%. My largest expense is the printing of the newspaper. We are working hard to reach as many people as we can by internet and print so that we can give our customers good results. Right now newspapers advertising revenue is number four in the nation on money spent in advertising. In the north there are many car dealers finding out that a good mix with print mixed in does

produce sales. So there is hope for us yet! Right now if you run an ad in all four newspapers we have one of the largest circulations in the area and the newspapers go online so that means you have a second form of advertising. If you go to tomlpublishing.com you can subscribe to the digital paper free.

If you don't stand for something then you won't stand for anything... have you ever heard that? The quote is right but if you stand up for the wrong things it could be expensive. The way I see it is if I stand up with the Republicans I have lost half my customers or if I stand with the Democrats I lose the other half my business. So here I am trending back and fourth between issues I believe in. I have been verbally attacked by the atheist, the Gay rights people, Republicans, Democrats but they seem to come to terms with what I am trying to do. This one guy wrote a letter demeaning me. I printed it. He called me and commended me for giving him opinion space in my paper. That is what I do. If I did not do it then I would not be doing my job. I do not get everything right but I'm not going to be someone's patsy. As anyone who knows me, I stand up for the count when it is important.

Continued on page 6

Newspaper Deadlines

Editorial & Ad Copy for September

Seniors Voice & Ocala DownTown

12am, August 15th

Lady Lake Magazine & Village Spectator

12am, August 22nd

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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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Florida State Senate

DENNIS K. BAXLEY



F r i e n d s , Washington D.C. may be in turmoil and dysfunction, but hometown America is alive and well! In the State of Florida and Senate District 12, we remain committed to those core values of

faith, family, freedom and opportunity. This is your government and I work for you. As promised, I will continue this series of letters to you, highlighting all that we have done together and some of the recognitions we have received along the way.

The Florida Bail Agents Association (FBAA) is an advocacy organization that works with policy makers to advocate continued high standards for all bail agents, works to defeat serious threats to eliminate bail in Florida, and pushes to improve

professional standards of bail agents through licensing and educational requirements. In 2017, your Senator was recognized as the Legislator of the Year by the FBAA for our work on SB 680, which passed as HB 361 and was signed into law by Gov. Scott. This bill amends several provisions related to bail and bail bonds agents and received unanimous support in the House and Senate.

That same year, we were given the Religious Liberties Courage Award by the Christian Family Coalition of Florida for our huge victory in passing SB 436, the "Florida Student and School Personnel Religious Liberties Act". I was recently told by a member of the University of Florida - College Republicans, that this has been a major game changer in allowing more



students the freedom to express their viewpoint without having to stand in University mandated "Free Speech Zones". Big win for 1st amendment rights in Florida!

Last year, it was an honor to receive an award of appreciation from the Florida Center for the Blind. As a father to a blind son, this is an organization that I am very familiar with and I truly believe in their vision and mission. We are proud to work with, and support this organization in helping rehabilitate individuals who are blind or vision impaired.

Also in 2018, we worked on some legislation titled, "The Eyewitness Identification Reform Act". This bill received overwhelming support in the Senate and House, was passed unanimously in the Senate and signed into law by Gov. Scott. This bill sets forth specific procedures that state, county, municipal, or other law enforcement agencies must implement when conducting lineups in Florida. The bill also provides certain alternative procedures that will benefit smaller law enforcement agencies with staffing issues related to conducting lineups. For our efforts, the Innocence Project of Florida recognized your Senator with an Advocate for Innocence award.

Thank you for the opportunity to serve you in the Florida Senate. Without your support, we could not have accomplished so much. Next month I will share more with you about our work in Tallahassee during the 2018 session, and my hope is that this will be encouraging and inspiring. It is still a great country!

Onward & Upward,
Dennis Baxley

Florida Cell Phone Laws

Here's the short version:

1. Talking on a cell phone while driving is not illegal in Florida

2. [Texting while driving is illegal in Florida](#)

Driving and talking on a cell phone is perfectly legal in Florida. But should you do it - NO? We've all seen drivers with cell phones glued to their ears changing lanes too close to you, rolling through stop signs, or just not driving well at all. One of the biggest causes of accidents in Florida is distracted drivers.

By now everyone should know that [texting while driving is extremely dangerous](#). Texting while driving is illegal in Florida and can result in points on your license. **But what about talking on a cell phone while driving?**

Cell Phone Conversations Are Distracted Driving

Talking on a cell phone is not illegal in Florida but it does distract you from driving and is a cause of thousands of car accidents a year in Florida. In 2017 there were over 3,700 accidents attributed to drivers distracted by cell phone conversations.

Talking on Your Cell Phone Reduces Your Reaction Time by 40%

the [National Institute of Health did a study with drivers age 21 to 26 using an advanced driving simulator](#). The study focused on a distraction that originates in your peripheral vision - a pedestrian entering the crosswalk - while you are having a phone conversation.

Drivers reaction times were 40% longer

when they were talking on a cell phone.

Florida Highway Patrol Tips

This is why the Florida Highway Patrol has issued their Cell Phone Tips for drivers. If you want to avoid a traffic ticket and keep your drivers license in good status, you need to read on to avoid bad driving habits. You can easily get a ticket in Florida if you become a distracted driver and break road rules, or worse, cause an accident.

Cell Phone Tips...To Call or Not to Call?

Make safe driving your first priority. If talking on your cell phone is going to distract you, don't use it while driving. If you are behind the wheel and you get a call, just let it ring! If the caller wants to talk to you, he will leave a message. If you suddenly need to make a call, pull over and stop your car as soon as you can.

Keep Your Eyes on the Road

If you are expecting calls or know that you will be placing calls while you are behind the wheel, make preparations. Don't take notes or look up numbers while driving. Again, keep your eyes on the road. Use speed dial or keep all numbers handy.

Limit Conversation.

A cell phone is useful in emergencies and is definitely convenient. However, it can be abused. Drivers who engage in lengthy or involved conversations are just asking for trouble. It is very hard to concentrate on driving while you are trying to make vacation plans or comfort a friend in the hospital. You should not engage in stressful or emotional conversations that may distract you from your primary task - driving your car!

Use Common Sense

Know when it is safe to talk on your cell phone. You should not talk on the cell phone during hazardous driving conditions. If [road conditions are not safe, traffic is heavy](#), or weather is severe, don't use your cell phone - it is simply not worth risking a crash...or your life!

If you must use your cell phone while driving -- DO keep these things in mind.

- **DO...**Get to know your phone and its features.
- **DO...**Use a hands-free device if possible.
- **DO...**Make sure your phone is in easy reach.
- **DO...**Reserve phone usage for emergencies or important calls.

This information has been provided by the Florida Highway Patrol. Even though talking on a cell phone while driving is legal in Florida, it can result in a traffic ticket if you break a road rule or cause an accident. Keep your drivers license in good status and keep your cell phone use for emergencies only when driving a car!

Note: see more at www.dmvflorida.org



Erin Jackson spending time at the Boys and Girls Club. Erin Jackson is a world champion inline speed skater and the first African-American woman to qualify for the U.S. Olympic Long Track Speed Skating Team.

Support your local
COMMUNITY

Publisher's

Continued from page 4

I run into people every couple of years just during election time. I wonder why that is? I wonder where they are the rest of the time. Where do they go? What do they do??? It's my job to ask questions and bring you the answers that I find out. I can tell you one thing. If you have a business or a career it's pretty much gone when you run for political office.

The County Commissioners are doing a good job. On the Coastal Corridor project, it's hard to stand up against a State Agency like the Florida Turnpike Authority Enterprise, but they have and the document was worded perfectly in my estimation. These agencies like the FTPAE spend a lot of time spinning their wheels and when they get caught they will spin the conversation. The latest is the Coastal Corridor project. If you go to Citrus County you will see a 500 ft wide corridor for miles. Do you realize how

much land that is and the state will own it. They use the same engineering right-away lines that were used by so many. First the Turnpike extension wanted to go through my farm 30 years ago, then the Sabal Trail Gas line which did go through my farm, now the Coastal Corridor wants the same route. It's kind of funny that they proposed one of the extensions routes on top of the Gas line. Bright bunch of guys and gals. I mentioned that and they said we'll just move it over!

Land clearing is making Animals relocate. As we take their habitat they become more visible. We have not had deer in our neighborhood for years and low and behold, we had deer. Wait just for a short time. Everyone wanted to be a hunter in a residential area, come hunting season they hunted them. The land developing on 484 in the Dunnellon area got the rattlesnakes moving, I have heard of several dogs being bit. Most the time they don't survive.

Has anyone seen my ads that I'm running on other media?

Honey Garlic Baked Cauliflower



Ingredients:

- 1 small head of cauliflower, cut into bite sized florets
- 2 cups panko bread crumbs (I use these)
- cooking oil spray
- 2 large eggs, whisked
- 2 scallions, finely sliced

for the sauce: (double if needed, see notes)

6 tbsp honey

4 garlic cloves, minced

1 tsp onion powder

6 tbsp water + 2 tsp cornstarch

1 1/2 tbsp low sodium soy sauce

1/2 tbsp sriracha sauce

Directions:

Preheat oven to 350°F. Line a large baking sheet with parchment paper. Spread panko crumbs in a thin even layer across the surface of the baking sheet. Spray panko crumbs with cooking oil spray. Bake crumbs about 5-7 minutes or until golden brown.

Set whisked eggs aside in a small bowl. Line another large baking sheet with parchment paper.

Dip cauliflower in egg mixture and then shake a few times so that excess egg drips off. You don't want to dampen your breadcrumbs with excess egg because then they won't stick to the cauliflower. Then place into sheet with panko crumbs. Cover cauliflower with panko, pressing the crumbs gently against the cauliflower to help them stick. Place coated cauliflower on empty prepared baking sheet. Repeat until all cauliflower is coated.

Bake for about 15-20 minutes or until cauliflower is cooked and the coating is a dark golden brown.

While the cauliflower is cooking, make sauce on the stove. In a small bowl, completely dissolve cornstarch in water and set aside. Add all sauce ingredients except the cornstarch + water to a small pot or saucepan. Bring to a gentle simmer and stir a few times until ingredients are mixed. This should only take a few seconds. Then add cornstarch water to the sauce. Stir immediately to dissolve cornstarch into the sauce. Stir occasionally and let sauce come to a simmer (make sure to stir otherwise the cornstarch will clump up) and cook until sauce starts to thicken (about 2 minutes). Allow sauce to cool a few minutes and thicken even more. Drizzle over cauliflower. If you wish to completely coat cauliflower in sauce, it's best to double the sauce and brush it on with a pastry brush. Garnish with scallions.



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Veterans Today



(NAPSI)—If you or someone you care about is among America's more than 20 million veterans, here are a few facts and figures you may find interesting:

About one in 10 Americans is a veteran.

About three-quarters of veterans have served during wartime.

Gulf War-era veterans now account for the largest share of all U.S. veterans.

More than a million veterans are legally blind or have low vision.

Employing Our Nation's Veterans

National Industries for the Blind (NIB) and its network of associated nonprofit agencies employ more than 5,800 people who are blind, including nearly 600 of our nation's veterans.

These dedicated men and women working in NIB's network support our nation's veterans by manufacturing products and providing essential services for the federal government and U.S. military, including the U.S. Department of Veterans Affairs (VA). People who are blind also produce hundreds of products available to veterans and their families in military commissaries and

exchanges.

One Vet's Story

U.S. Navy veteran Antonio Arbelo is one of the 27 employees who are blind or visually impaired who work around the clock to make, pack and ship medicine bottles at Alphapointe. Headquartered in Kansas City, Missouri, Alphapointe has manufactured nearly 1 billion medicine bottles for the VA since the mid-1990s.

Arbelo enlisted in the U.S. Navy in 1985. After basic and advanced training, he was assigned to an Explosive Ordnance Disposal Unit. Wounded on a mission, he lost sight in one eye and was medically discharged in 1992.

After his discharge, Arbelo joined Alphapointe full-time as packer and machinist in the plastics department in support of the VA medicine bottles contract. "I'm pretty sure I've made a lot of the bottles in my medicine cabinet," he says with a laugh.

Learn More

NIB and its associated agencies are the nation's largest employer of people who are blind. For more information, visit www.NIB.org.

Stop Summer Brain Drain

(NAPSI)—If any of the estimated 51 million schoolkids in America is one you care about, here's something that is important for you to know: While your children are enjoying a vacation from school, they may be forgetting some of what they learned, according to the U.S.

Department of Education. Fortunately, there are ways to prevent the "summer brain drain."

What You Can Do

1. Take advantage of free activity kits from Wonder Workshop.

One great way to keep your kids learning and entertained is to download free, printable activity kits from Wonder Workshop, the developer of fun, interactive robots that teach kids to code. Each packet contains online and offline activities for the entire family, with a mix of challenges for Wonder Workshop's toy robots [Dash](#) and [Cue](#), as well as puzzles and reading list recommendations that will keep your kids engaged throughout the summer.

The toys and games balance fun and learning, promote collaboration and provide enduring value to both girls and boys. To help kids unplug for a while, each kit also includes a printable challenge. New packets are available every two weeks through August 13th.

2. Show that you value reading.

Make sure that your home has lots of reading materials that are appropriate for your child. Keep books, magazines and newspapers in the house.

And if you need some help, take a trip to the library and help your kids pick out their new favorite book. You can even create a summer reading list with your kids and then reward them as they finish each book.

Most important of all, let your child see you reading for pleasure as well as for performing your routine activities as an adult—reading letters and recipes, directions and instructions, newspapers, computer screens and so forth. Set aside quiet time for family reading or read aloud to

one another, with each family member choosing a book, story, poem or article to read to the others.

3. Volunteer.

Volunteering can be a great option for older kids. Youth-oriented summer camps, local museums, animal shelters and libraries often look for extra help. This experience is not only valuable for personal and professional development, but it often looks good on college applications.

4. Let your child shadow you for the day.

As you go about your daily tasks—shopping, cooking, home repairs—have your child shadow you and see how math, science and reading are useful every day. Real-life applications can do wonders for keeping kids engaged!

Learn More

Wonder Workshop inspires inventors of all ages by giving them the tools to imagine and create the future. Its adorable robots and other award-winning products are used in millions of schools and homes.

For a look at some of the activities in Wonder Workshop's kits or to order the series, you can go to

www.makewonder.com/summer. While the kits are available, parents can connect, learn and share with others on social media by using the hashtag #FunWithWonder.



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Attorney General Bondi



July 20, 2018

This week, pivotal legislation in our fight against the national opioid crisis went into effect in Florida. HB 21 places limits on the volume of prescription opioids doctors can write patients for acute pain, in an effort to prevent the deadly cycle of addiction.

I am proud that Florida is a leader in this ongoing fight to end addiction. Sadly, 175 Americans die a day at the hands of this crisis. If our country continues on this tragic path, it is hard to imagine a family not affected by this epidemic. Working with Florida leaders we have made fighting this crisis a top priority and our collaborative efforts with the passage of this legislation represents our state's continued commitment to tackling this sad reality and saving lives. As a member of the President's Commission on Combating Drug Addiction and the Opioid Crisis, I am proud to also support national efforts in developing a comprehensive approach to combating the opioid crisis.

Recently, my office filed legal action against some of the nation's largest opioid manufacturers and distributors for their role in the opioid crisis. This action seeks to hold some of the defendants accountable for

profiting from the pain and suffering of Floridians. My office also continues to prosecute drug traffickers who bring fentanyl, heroin, opioids and other addictive drugs into our state.

In closing, I want to thank Representative Jim Boyd and Senator Lizbeth Benacquisto for sponsoring this legislation and Governor Rick Scott for supporting our efforts to fight the opioid crisis and save lives. With HB 21, now Florida law, all doctors should be on notice that these new restrictions will be strictly enforced—if any doctor prescribes you anything over the legal limit, please contact my office at 1(866)9NO-SCAM.

Student Loan Debt Relief Scammers

TALLAHASSEE, Fla.—Attorney General Pam Bondi has filed a court action against several companies allegedly involved in a student loan debt relief scam. According to the complaint, Integrity Group US Inc.; OnlineDoc Prep Inc.; Online Student Loan.Org Inc.; Students Loan Services.Org Inc.; and owner Thomas H. Rohan, induced consumers into paying upfront fees for student loan debt consolidation, loan forgiveness and other debt relief services never provided or not performed as promised.

The complaint alleges that, Integrity Group US Inc. and the other corporate defendants operated the unlawful enterprise primarily out of Boynton Beach, but offered debt management services to consumers throughout Florida and the United States. The complaint further alleges that Rohan specifically targeted public-sector workers,

including teachers in Palm Beach County, and collected upfront fees of up to \$999 from unsuspecting consumers.

The filing is the latest in a string of legal actions taken by Attorney General Bondi's Office regarding student loan fraud. In October 2017, Attorney General Bondi announced Florida's participation in the first coordinated federal-state civil enforcement crackdown involving student loan debt relief scams. At the time, the scams unlawfully took a combined total of more than \$95 million in upfront fees from students nationwide. For more information on the 2017 cases, click here.

This most recent complaint alleges violation of Florida's Deceptive and Unfair Trade Practices Act and the Attorney General is seeking permanent injunctive relief, full restitution, and the imposition of civil penalties and fees. To view the complaint, click here.

Anyone who encounters a debt relief scam or any other scam can file a complaint by calling (866) 9NO-SCAM or by visiting MyFloridaLegal.com.

Salt Around the House

Salt was surely the first food seasoning. Prehistoric people got all the salt they needed from the meat that made up a large portion of their diet. When people began turning to agriculture as a more reliable food source, they discovered that salt—most likely from the sea—gave vegetables that salty taste they craved. As the millennia passed, salt gradually made life more comfortable and certain as people learned to use it to preserve



food, cure hides and heal wounds. Salt is an indispensable ingredient when you are cooking. Food is inedible without salt. But salt has many

more purposes. You will be surprised at the following tips using salt.

You can run out of elbow grease trying to scrub burnt-on stains off enamel pans. Skip the sweat. Soak the pan overnight in salt water. The stains should lift right off.

Make short work of the clean-up after you've rolled out dough or kneaded breads. Sprinkle your floury benchtop with salt. Now you can neatly wipe away everything with a sponge. No more sticky lumps.

Tea and coffee leave stains on cups and in pots. You can easily scrub away these unattractive rings by sprinkling salt unto a sponge and rubbing in little circles across the ring. If the stain persists, mix white vinegar with salt in equal proportions and rub with a sponge.

Water marks on tables will disappear by mixing 1 teaspoon of salt with a few drops of water to form a paste. Gently rub the paste unto the ring with a soft cloth or sponge and work it over the spot until it's gone. Restore the lustre of your wood with furniture polish.

If ants are bearing a path to your home, intercept them by sprinkling salt across the door frame or directly on their paths. Ants will be discouraged from crossing this barrier.

Keep fleas from infesting your pet's

Continued page 9

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Salt

Continued from page 8

home by washing down the interior walls and floor every few weeks with a solution of salt water.

Do you need to prepare leafy salad in advance of a dinner party? Lightly salt the salad immediately after you prepare it and it will remain crisp for several hours. For fruit salad you'll want to make sure your freshly cut fruit looks appetising when you serve the dish. To ensure that cut apples and pears retain their colour, soak them briefly in a bowl of lightly salted water.

Apples need a facelift? Soak them in mildly salted water to make the skin smooth again.

Cheese is much too expensive to throw away because it has become mouldy. Prevent the mould by wrapping the cheese in a serviette soaked in salt water before storing it in the refrigerator.

Not only can you test eggs for freshness by adding salt in a cup of water and gently placing the egg in the cup (fresh egg will sink) but if you ever dropped an uncooked egg, you know what a mess it is to clean up. Cover the spill with salt. It will draw the egg together and you can easily wipe it up with a sponge or paper towel.

Life made easier with a little salt... don't you agree?

Article Source:

http://EzineArticles.com/expert/Phia_Redman/2087147

Extraordinary Aspirin

By Phia Redman



Extraordinary Uses for Ordinary Things: Aspirin

Revive dead car batteries:

If you get behind the wheel only to discover that your car's battery has given up the ghost - and there's no one around to give you a jump, you may be able to get your vehicle started by dropping 2 Aspirin tablets to the battery itself. The Aspirin's acetylsalicylic acid will combine with the battery's sulphuric acid to produce one last charge. Just make sure that you then drive to your nearest service station to find a longer-term solution.

Remove respiration stains:

Before you give up all hope of ever getting that perspiration stain out of your white dress shirt, try this: crush 2 Aspirin and mix the powder in 1/2 cup of warm water. Soak the stained part of the garment in the solution for around 2 to 3 hours.

Apply to insect bites and stings:

Control inflammation caused by mosquito bites or bee stings caused by mosquito bites or bee stings by wetting your skin and rubbing an Aspirin over the spot. Of course, if you are allergic to bee stings - seek medical help.

Help cut flowers last longer:

It's a tried-and-true way to keep roses and other cut flowers fresher longer, put a crushed Aspirin in the water before adding your flowers. Other household items that

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CDC: Be Antibiotics Aware



Antibiotics And Your Dentist—CDC Urges You To Be Antibiotics Aware (NAPSI)—The Centers for Disease Control and Prevention (CDC) encourages the public to [Be Antibiotics Aware](#) by talking with their dentists about when antibiotics are needed for their oral health. While antibiotics have a role to play, they should only be used when needed. Any time antibiotics are used, they can cause side effects and lead to antibiotic resistance.

Dentists Can Help You Be Antibiotics Aware

Your dentist will tell you if you need antibiotics for an oral infection or before you have dental work. It is important to take antibiotics exactly as prescribed. Your dentist can talk to you about when antibiotics are needed, what they do and do not treat, and why you should not share your antibiotics or save them for a future illness.

Understanding Antibiotic Resistance

Antibiotic resistance is one of the most urgent threats to the public's health. Always remember:

Antibiotic resistance does not mean the body

is becoming resistant to antibiotics; it means bacteria have developed the ability to defeat the antibiotics designed to kill them.

When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.

Some resistant bacteria can be harder to treat and can spread to other people.

When You Need Antibiotics from a Dentist

Antibiotics are needed for treating certain oral infections caused by bacteria—especially if fever or swelling is present. Antibiotic prophylaxis—when antibiotics are prescribed as a precaution to prevent infection—is sometimes used before a patient gets dental work. Before having dental work, talk to your dentist about any drug allergies or medical conditions that you have.

Always Take Antibiotics the Right Way

Your dentist can explain what dose needs to be taken, how long the antibiotic needs to be taken, at what times it should be taken, and if it needs to be taken with food and water. If your dentist prescribes an antibiotic, ask if it is the recommended antibiotic for your condition.

When Antibiotics Aren't Needed

Antibiotics do not work for oral infections caused by a virus, cold sores or fungal infections. They will also not cure a toothache. Your dentist must examine your mouth and determine what is causing the pain. Your dentist will decide if antibiotics are appropriate for your dental problem.

Possible Side Effects of Antibiotics

Antibiotics save lives. When you need antibiotics, the benefits usually outweigh the risks of side effects or antibiotic resistance.

When antibiotics aren't needed, they

won't help you and the side effects could still hurt you.

Talk with your dentist if you develop any side effects, especially diarrhea, since that could be *Clostridioides* (formerly called *Clostridium*) *difficile* infection (also called *C. difficile* or *C. diff*), which needs to be treated immediately. *C. difficile* can lead to severe colon damage and death.

Reactions from antibiotics cause one out of six medication-related visits to the emergency department.

Other side effects from antibiotics can include:

- Rash
- Dizziness
- Nausea
- Yeast infections
- Life-threatening allergic reactions

Keep Your Mouth Healthy

You can keep your mouth healthy by:

- Brushing your teeth with a fluoride toothpaste and flossing
- Visiting your dentist regularly, even if you have no natural teeth or have dentures
- Limiting alcoholic drinks
- Drinking fluoridated water, especially if you have dry mouth
- Not using any tobacco products or quitting smoking if you currently smoke
- Managing chronic conditions

Improving the way dentists prescribe antibiotics, and the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance, and ensures that these lifesaving drugs will be available for future generations.

Learn more about antibiotic prescribing and use at www.cdc.gov/antibiotic-use.

Keep Pets Safe



Six Tips To Keep Pets Safe During Storm Season

(NAPSI)—While no one is immune from the devastation of a natural disaster, preparing before a storm hits is key to keeping everyone in your family—including your pets—safe.

Here are six ideas to keep in mind for your pet as you map out your disaster preparedness plan.

Have your pet microchipped. In the event of an emergency—natural or otherwise—you want to ensure your pet can get back to you if you're separated. Collars and ID tags, though important, can break or detach. Microchips—computerized and scannable implants about the size of a grain of rice—are more fool-proof since they're inserted under your pet's skin.

Bring your pets inside at the first sign of danger. Disasters can be disorienting for pets, and they could run away or hurt themselves reacting to loud noises and strange changes to their landscape. Also,

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Brody left his friends to catch up on the news.

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Pets

Continued from page 10



rain, flying debris and high winds pose a danger.

If you have to leave, keep your pet with you. Leaving your pets behind during

a natural disaster is never a good idea because they could escape or become exposed to a number of life-threatening hazards. Keep them on a leash or in a pet carrier so they don't escape even in a "familiar" neighborhood.

Determine where you'll go. Coordinate, in advance, to stay with friends or family members, or find a pet-friendly hotel outside the disaster area. Have those conversations and do your research well

ahead of time so you have a plan in place when needed.

Create a pet-friendly resource list. Not all emergency shelters will accept pets, so you need a Plan B. Develop a list of the pet-friendly hotels outside your immediate area. Research a list of veterinarians in the area should your pet need medical care (your regular vet may have some recommendations). Also, figure out which boarding facilities are nearby in case you need to separate from your pet for a time.

Pack an emergency bag. You'll want emergency provisions packed for your pet well in advance of a catastrophe so you can evacuate your home quickly if needed. Choose an easy-to-carry bag, label it and keep it where everyone in the family can find it quickly. The bag should include a pet first aid kit; enough food and bottled water for a week (rotate this every couple of months to keep it from going bad); medications (check periodically to ensure medicines in your emergency bag don't

expire); cleanup supplies; food and water dishes; bags (or litter for cats) for collecting waste; an extra collar and leash; photocopies of medical records; towels; recent photos of your pets; and a favorite toy or chewy for comfort. It's also a good idea to have a sturdy carrier or crate for each pet.

"What's good for us is good for our pets," said Kris Kiser, president and CEO of the Outdoor Power Equipment Institute (OPEI), the international trade association representing more than 100 power equipment, engine and utility vehicle manufacturers and suppliers. "My dog Lucky the TurfMutt is a member of the family, so we have a plan for keeping him safe in the event of an emergency, and we encourage all pet parents to do the same." By having all this in place, you can immediately put your pet preparedness plan into action when you know a storm is coming instead of spending valuable time trying to determine what needs to be done to best protect your pet.

Flossing in the Strangest Places



(NewsUSA) - Where have you flossed other than your bathroom? If you're like nearly 40 percent of Americans, the answer is... in a car.

How about on a date? Seven percent admitted to flossing on a date. Another six percent said on an airplane, and then there was the five percent who said in a work meeting.

While experts agree that even some flossing - no matter where - beats none at all, the survey by Atomik Research for the American Academy of Periodontology (AAP) illustrates a bit of a dichotomy: Only seven percent of Americans name flossing as most important to their personal care routines when it comes to perfecting their smiles, revealing that adults can be better educated about healthy smiles and gums.

"Healthy gums are the foundation of a great smile," said Steven R. Daniel, DDS, president of the AAP and a practicing periodontist in Murfreesboro, Tenn. "Taking care of your gums means more than just flossing when there's popcorn stuck in your teeth or when you're killing time in traffic. It also requires integrating diligent at-home care into your personal care routine and regular visits to a periodontist to ensure your mouth is healthy and free of periodontal disease."

So when it comes to our personal care routines, how much of a priority do we place on flossing?

Among those surveyed who said they do floss, only 23 percent rated it the single most important part of their personal care routine, as opposed to:

- * Brushing their hair (48 percent)
- * Applying moisturizer (38 percent)
- * Shaving (32 percent)
- * Cleaning their ears (25 percent)

The good news is periodontal disease is preventable and actually reversible by rethinking your oral health regimen. Follow the advice of periodontists - dentistry's experts in the treatment and prevention of periodontal disease - by brushing twice a day, flossing daily, and having an annual comprehensive periodontal evaluation. Taking these steps will soon give you that strong smile we all crave.

Visit Gumbler.org for more information, including articles and quizzes, and to find a periodontist near you who can create a personalized plan to help support a life-long commitment to healthy gums.



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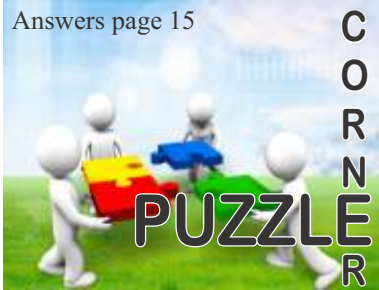
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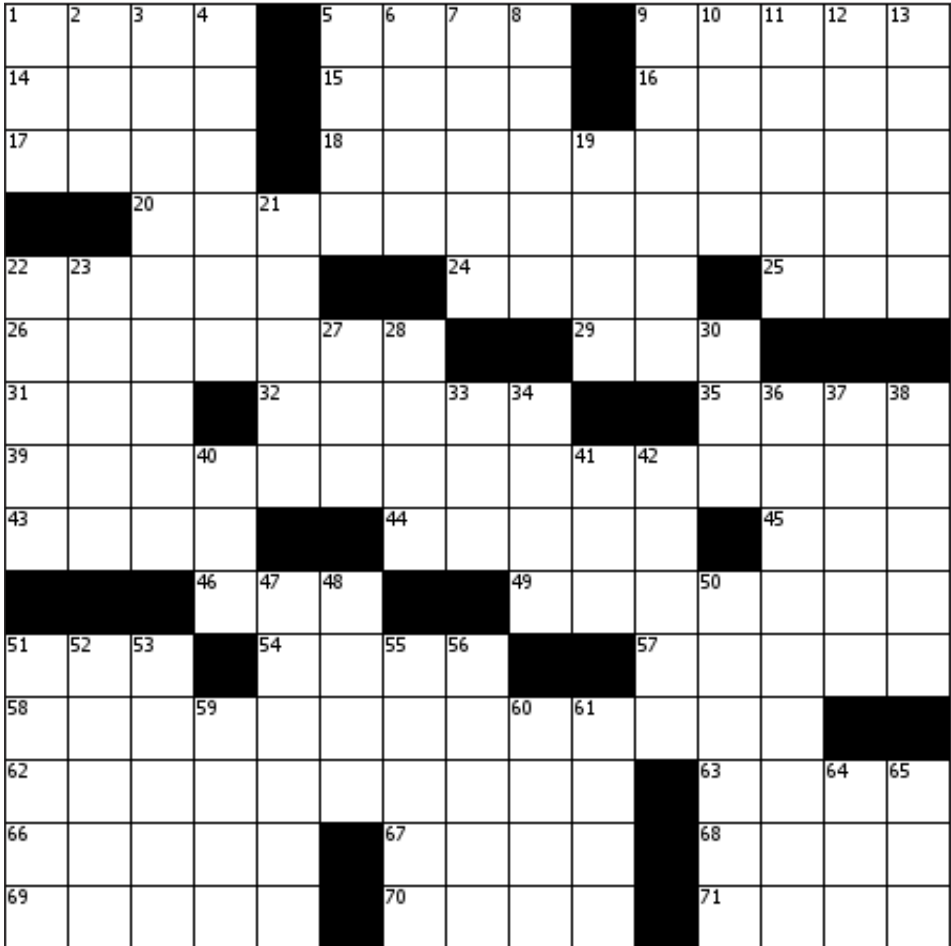
1. E.g., e.g.
5. Pieces of two-pieces
9. Fancy hairnet
14. Philanderer
15. Hang in the hammock
16. Day care adhesive
17. Scum may loiter here
18. Remove from the face of the earth
20. "Let's Twist Again" singer
22. Sing like Crosby
24. Don't just want
25. Is for you?
26. Competed at the rodeo, perhaps
29. Neither's partner
31. Grocers' org.
32. Conditioner target
35. Utah ski resort
39. "Leave It to Beaver" sidekick
43. Unpleasant look
44. Richard's Veep

45. VI x XVII
46. Like some jobs
49. Seafarer's jacket
51. Group of Drs.
54. Capital where Lettish is spoken
57. "Stormy Monday" singer Lou
58. Silents star
62. Running free
63. TV's warrior princess
66. TV studio sign
67. "___ the Rainbow"
68. Make changes in Time?
69. Mountain pools
70. Type of coincidence
71. Concordes, e.g.

Down

1. Dada figure
2. It may give you a start
3. Scammer's work
4. Much in demand
5. Oozing monster of 1958
6. ___ Report (luxury magazine)
7. ___ & Bacon (publishing giant)
8. Bad shot on the links
9. Swimsuit brand
10. Drug agt.
11. Industrial city of Japan

12. Playful river creature
13. Big name in tractors
19. "What happened next ..."
21. Kwanzaa principle
22. Nip in the air
23. Knave
27. Be human?
28. "___ ex machina"
30. Brit. flying group
33. Indy 500 advertiser
34. Use UPS, perhaps
36. Plants that make cattle crazy
37. Due-process process
38. Mine entrances
40. What some amateurs turn
41. Before, to Byron
42. "The Fountainhead" hero
47. Parts of them tumble
48. Former phone part
50. Mineral residues
51. Going on, to Sherlock
52. Food from heaven
53. Perfume ingredient
55. Brush a horse
56. ___ and beyond
59. Like a rail
60. Friendly intro?
61. Part of a bird's beak
64. Future louse
65. 100 equal a kip



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Computer Problems?



If you are a compute owner, you would know that everything doesn't continuously run perfectly. There are times that you will have to fix your computer, because every system runs into some sort of technical difficulties. These technical difficulties can consist of hardware and software malfunctions. Some of these problems will give you more headaches than others, and some of them will be an easy fix. Regardless, you need to be aware of some of the more frequent things that happen with the computers so that you will be able to fix the problem in a shortest amount of time, because we all know that the time we have is precious.

Easiest way to solve a problem with the computer is by just attempting to restart it. It is crazy how many little problems will be solved by just restarting the computer. After you restart your computer, make sure your operating system is up-to-date, and all your major software that you might be trying to use. Many of the problems occur when a person does not update the necessary files, with the update, and in return the computer does not run well, because the programs do not work well together when the files are too uncommon. This can be avoided by simply having the automatic Windows update on, or turning on the auto update option on any specific operating system that you own. This is how you fix the basic computer problems that might arise.

One of major problems that computer users run into is slow computer. Users need to be aware that when you are trying to use the internet, and the process is slow, then the computer is more than likely has nothing to do with that sort of problem. Instead, the network might have something to do with it, and thus you need to consider your specific provider for assistance. Computer being slow is something that occurs after you have owned your computer for a while. The first thing you need to do so fix this problem is to check how many programs are running in the background. Too many people open a lot of stuff at the same time, so the processor is overwhelmed with the number of things it needs to do. You will need to close out all the programs that you don't want to run in the background. If you also noticed that your computer takes a while to start up, you might want to disable certain programs to start in the process of your computer starting up. The way you can shut down the current programs that are running, and disable any programs from starting up when the computer first turns on, is by following these steps. *PUBLISHER'S NOTE: If you are not comfortable with computers, do not attempt these steps. We are not responsible if problem is compounded.*

#1 Click start, and in the search box type "msnconfig" (without quotes)

#2 Program will pop up and you will have to click on the Startup tab.

#3 Select all the programs that has nothing to do with your operating system, and click disable all. The programs that you should be looking for are the things that you use on the daily basis, but you don't need them to be running, unless you want them to run.

If you did everything correctly, you should be able to feel the difference in the processing power of the computer after the computer restarts.

The **second major problem** that the computer users can run into, and I've already mentioned it in a way while I was talking about the first problem, is the slow internet

connect. Internet allows us to connect to many different services that are offered online. If you have a bad internet connection, you might not be able to complete your daily tasks. Many different services are being moved online, so it is vital for you to have a stable internet connection.

The first thing you need to do is check with your provider at how fast your internet needs to be. After you have figured this out, you need to make sure for yourself. You can do so by going to one of the most popular websites that allows you to check your internet download and upload speeds. This website is called speedtest.net. Your internet speed always needs to be at least fifty percent of what the internet provider says it needs to be. You should be getting your money worth, and if that's not happening, then you know the problem is not with your hardware, but with your provider. If after conducting the test on speedtest.net you think your internet speed is where it needs to be, then there might be some programs that are hogging your internet, and you are not able to do other things that you want. You can check if there are any programs that are running, by doing what you did to check why the computer was running slow. You also need to make sure that all your network drivers are update to the recent version of the software. There are not many things to do to fix the slow internet problem, but you can stay on top of this by updating the software and hardware.

These two are the most common problems that a computer user might run into, and to be honest, they are not that hard to fix. In the computer world, there might be other issues such as computer continuously restarting. Sometimes it gets annoying to have all the updates installing by themselves, but remember, it gives you an advantage of staying on top of the updating all the hardware for computer not acting slow. Sometimes computer will install so many new updates, so you might see your computer continuously restarting to install

those updates. If you ever want to change this and stop this from happening, just turn off the automatic updates on the computer and you should be able to do just that.

In the end, many of the computer problems can be fixed by staying on top of things, and you'd be surprised if you get them at all if you do so. You will not always be able to know how to fix a problem, but there are others that have ran into a problem before, so if you just look for the information on the internet, you should be able to find the necessary information to accomplish the task.

Article Source:

http://EzineArticles.com/expert/David_Mathes/2544802

Aspirin

Continued from page 9

you can put in the water to extend the life of your flower arrangements include a multi-vitamin, a teaspoon of sugar, a pinch of salt and bicarbonate of soda. Don't forget to change the vase water every few days.

Dry up pimples:

Put the kibosh on those annoying blemishes by crushing an Aspirin and moistening it with a bit of water. Apply the paste to the pimple and let it sit for a couple of minutes before washing it off with soap and water. The Aspirin paste will reduce the redness and soothe the sting.

Aspirin for hair growth:

Dissolve 3 Aspirin with little bit of water and put in your shampoo. It helps with destroying fungi and promotes better circulation.

It's also recommended for people who dye their hair and want to return to their natural color. Use 5 Aspirin tablets with 1/2 liter water.

Grind the Aspirin into a powder and mix it with a half liter of hot water. Pour this mixture into a spray bottle and spray your hair thoroughly with it.

Repeat this procedure every night. Be sure to shake the bottle well before each use,

Continued page 14



Aspirin

Continued from page 13

as the Aspirin powder will tend to sink to the bottom. The effects of these treatments with Aspirin will vary from person to person, depending on their hair type and daily habits.

To get the best results be sure to use them on a regular basis. It's also a good idea to increase your consumption of water, as well as foods that are rich in biotin, vitamin E, and protein. To avoid any allergic reactions it's important to test the product on a small area of your scalp before applying the full treatment. If you experience any irritation or itching, discontinue use immediately. Did you ever imagine you could care for your hair using Aspirin? Now that you know all the benefits it can have, don't hesitate to try some of these tricks.

Although you won't see the effects immediately, in a few days you'll find that your hair is cleaner, silkier, and free of damage.

Article Source:

http://EzineArticles.com/expert/Phia_Redman/2087147

Easy Peasy Cheesy Macaroni



For so many, macaroni and cheese is a hands-down favorite comfort food. A specialty dish that was introduced to America by Thomas Jefferson, it was his cousin Mary

Randolph who popularized it in her cookbook "The Virginia Housewife," published in 1824.

Whether you dress it up or down or enjoy it as a side or main dish, macaroni and cheese offers delicious versatility and partners perfectly with many meals. It travels well, too, for tailgating or bring-a-dish parties.

This particular macaroni and cheese recipe

uses three cheeses, giving it a rich, creamy texture and fantastic flavor. While curly pasta is pictured here, you can easily substitute elbow. With so many tasty possibilities, don't limit yourself to the variations below.

EASY PEASY CHEESY MACARONI

2 cups (8 ounces) curly or elbow style pasta
1/2 stick butter, divided
1/2 cup plain breadcrumbs
1/2 teaspoon paprika
3 tablespoons flour
3 cups milk
1 4-ounce log chevre (a fresh, soft un-ripened goat cheese)
2 cups coarsely shredded Jarlsberg cheese
1 cup cubed American cheese
Preheat oven to 350. Butter a 2-quart round ovenproof casserole dish. Cook pasta one minute less than package directions; transfer to colander, and drain. In same pot over very low heat, melt butter; remove from heat. Measure 2 tablespoons butter and, in small bowl, combine it with breadcrumbs and paprika. Set aside.

Return pot to heat. Whisk in flour and

simmer until bubbly (1 minute). Gradually add milk, goat cheese and shredded Jarlsberg. Cook over very low heat, stirring constantly until mixture is creamy and thickens slightly. Return pasta to the pot and toss until coated; mix in diced American cheese. Transfer to prepped casserole dish and sprinkle with buttered breadcrumbs. Bake 30 minutes or until center is bubbly-hot and crumbs are golden. Serves 8-10.

VARIATIONS

When combining pasta with cheese sauce, fold in:

2 cups cooked small shrimp (or one can of tuna, drained) with 1 cup frozen petite peas.

2 cups each chopped cooked beef and mushrooms.

2 cups each cubed kielbasa or ham and chopped grape tomatoes. Instead of buttered breadcrumb topping, top with crushed, lightly salted tortilla chips.

2 cups each chopped cooked chicken and broccoli florets.

2 cups cauliflower florets with 1 cup cooked crumbled bacon.



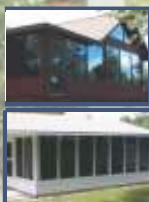
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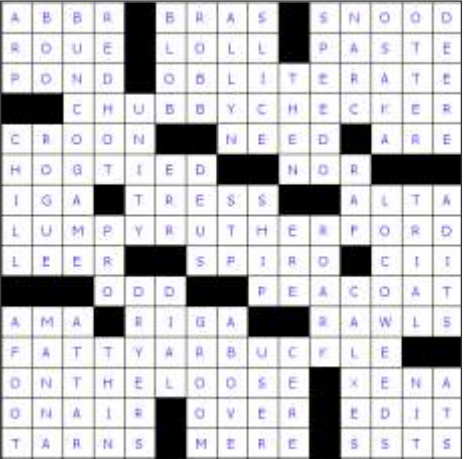
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