

Nothing But Networking



The Lady Lake Chamber has an event each month that encourages Businesses to network. They call it "Nothing But Networking" and it is held at different area restaurants that can accommodate 40 to

50 people. Pictured here after I had just handed out free Village Spectator newspaper's to all attendees. This table playfully held up our papers, which made a great picture for me to promote the paper.

Thanks to all at the table! If you are interested in knowing more about the Lady Lake Chamber call 352-753-6029.

See page 9 for more.

Write Your Book!



Writers to Benefit from Editor's Expertise

Many writing workshops are taught by writers, but Ocala-based editor Karin Nicely will be approaching the process from a different point of view.

"A lot of programs encourage authors to just get their story down without structure or planning—in other words, utilizing freewriting techniques. But that can result in some serious issues, which often become time-consuming and costly to fix at the editing stage."

Ms. Nicely, who has worked with publishing houses such as Prentice Hall and Southwestern Collegiate, now works primarily with independent authors in several genres. With her writing workshops, to be held locally in The Villages, she hopes to make the road from concept to writing to publishing easier and more enjoyable for her clients.

Workshop attendees will benefit from on-site seminars prior to or during their writing process followed by personalized editing services for their finished manuscripts.

She commented, "Many people have important stories to tell, whether fiction or nonfiction, and it is wonderful to help them get those stories out to the public. My workshops will provide a relaxed, enjoyable atmosphere where even first-time authors can learn more about the writing process, ask questions, and talk with other writers." In addition, Ms. Nicely, owner of Writing Nicely, can connect attendees with page designers, cover artists, and publishers to help make their dream of publishing their own book or e-book a reality.

For more information on upcoming workshops, contact Karin Nicely at 352-390-4818 or knwrite435@gmail.com.



Lady Lake, FL July 6, 2018 - The Lady Lake Area Chamber of Commerce awarded Just Dandy Pet Parlor with The Chamber Super Hero Award in recognition of their work with the Town of Lady Lake animal control and other local adoptions agencies, fostering and adopting out homeless animals from their business.

Just Dandy Pet Parlor is owned and operated by Jean Oliver and is located at 978 Bichara Blvd. On any given day you will find cats or dogs in her lobby looking for their forever home. Just Dandy also accepts donations of all pet supplies that she then distributes to our local humane societies.

Pictured L to R: Leslie DeCesare, Marketing Lady Lake Area Chamber, Jean Oliver, owner of Just Dandy Pet Parlor, Donna Oates, Chamber Ambassador

ADVERTISERS SPEND MONEY ON PRINT

There's an old saying in advertising that money follows eyeballs. But that's not universally true. One of the charts from Statista shows advertisers spend the large majority of their dollars on ads targeted at television, mobile devices, and PC web browsers - the forms of media with which consumers are spending most of their time.

But the medium that ranks fourth in terms of ad **revenue** is print - good old fashioned newspapers.

The small town newspapers with a niche are surviving if they have a purpose to print opinions, information and cover family/business events. The under lying problem is most people look at a newspaper as a tool to promote events or businesses free. Newspapers can't make a living

running free stuff, so next time you are wanting to promote something consider a paid ad to help the newspapers survive.

You can subscribe to our newspapers free. Go online to www.TomLPublishing.com and you will find our papers. You will also find "Would you like to subscribe to our free digital papers?" Sign up today. Think about it this way: the more online subscribers we have, the less paper used, the less trees will be cut down and that would make me happy. Right now with all our papers together we have a very large circulation number, my goal is to have half of that online readers. Our papers are also mobile friendly.

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How Do Civil Wars Start?

By TomL

When two powerful groups of people like the Republican and the Democrats disagree with the results of an election and do everything they can to change the results, or bring down the sitting president. In this case an investigation of collusion was started against Trump and their collusion is not illegal. All this time, over a year, they have searched, finding no collusion so they are now trying to get him on moral grounds again not illegal. I never thought Trump was a goody goody. He was a hard working millionaire playboy who is now President of the United States and a hard working

married man. I think I heard him say once he was not perfect! Now our federal bureau is trying to prove he is not perfect.

The Democrats are trying to start a Civil War, partly to cover up crimes that some of their leaders have committed. They should be careful what they wish for. If you don't believe that transfer of power in this country is determined by elections. "That's a Civil War!"

President Trump declassify all the records in this investigation and let the chips fall where they may. Let the criminals go to jail. Start construction for a big prison right in Washington DC and fill it up!

■ A.J. "Tony" Powell ■

AS I SEE IT

by A.J.(Tony) Powell
"One And Done?"

Will 'The Donald' get a second term as President?

Will the actions and decisions of President Donald Trump survive?

Polls show that the American people trust 'The Donald' more than any Democrats and most Republicans in Washington D.C.

One pundit said, "It seems that a lot of President Donald Trump's policies, are likely to last longer than his critics".

The Liberals, are crying about 'Illegal Immigrants' being separated from the children with them, when they 'invade' the USA. But the fact is that many of those 'kids' are, in fact NOT the 'children' of the adults with them. Their 'real' parents down in Central & South America get good money

for 'renting' out their children to 'illegal invaders'. Trump is trying to 'terminate' that loophole.

Under the leadership of President Trump, the economy has surged. Unemployment is the lowest in decades, and our billion-dollar debts to foreigners will be a lot lower at the end of the 'Trump Term' than it was when he took over.

TAX REFORM? Most of the key elements of Trump's tax legacy are likely to remain in force regardless of who follows him into the White House.

Voters don't care about deficits, so why raise taxes?

FOREIGN POLICY? All of the so-called 'expert's, were against Trump's meeting with North Korean Dictator Kim Jong Un, but most Americans thought it was worth a try

AND was a success.

Despite the 'Fake News on T.V. 'Trump Trade' between the USA and Europe will not collapse.

In fact, neither Democrats nor Republicans see Europe in general or France or Germany as being important in the long run.

CHINA has been a rising world power since WWII, but, for whatever reason, until President Trump, American Presidents of both parties, have been ignoring the problem for decades.

Now, in fact the Chinese are relaxing their 'One-Child-Per-Couple' policy. Coupled with their Global ambitions, China will be 'exporting' people more than anything else. And because they are often well-educated, and skilled in technology, we'll see 'waves' of Asian immigrants being welcomed to every continent in the world in the coming years.

THE MIDDLE EAST? - Syria, Palestine,

Israel, Afghanistan are a mess, and will stay that way. Even Trump can't fix them.

Russia has always been a 'Wanna Be' world power. So this is an area where Trump appears to be hesitant.

And how much of Europe will Putin grab before Trump says "Enough"?

IMMIGRATION or INVASION?

Is the current U.S. government 'Anti-Immigrant'?

Fact is that Governments around the world, including left-wingers, now see 'Immigrants' as 'Invaders'. It might be that the intensity of anti-immigration sentiment in the USA has helped Republicans take control of all three branches of the federal government.

Most Americans think positively about welcoming 'immigrants', But that changes when they are Face-To-Face with an 'invader' who is taking their town, their home and their job.

Immigration is a major issue in Europe where they have been unable to come up with a solution.

Fact is, these people do not 'integrate'. Nor do they want to.

Go to most cities throughout the USA, and you'll find neighborhoods of these invaders, speaking their own language, eating their own food, practicing their own religions.

You might think that's 'OK', until you, an American, become a foreigner in your own country.

Uncontrolled 'immigration/invasion' didn't work out too well for the 'Indians' of the New World, did it?

'til next time

(Email AsISeeITP@GMail.com)

Alzheimer's Disease

Gov. Scott Appoints State Representative Scott Plakon to Alzheimer's Disease Advisory Committee

TALLAHASSEE, Fla. –

Governor Rick Scott announced the appointment of State Representative Scott Plakon to the Alzheimer's Disease Advisory Committee.

Governor Scott said, "Following the tragic loss of his wife, Susie, to Alzheimer's, I know that Representative Plakon will be a strong advocate and committed partner in the fight to end Alzheimer's in Florida. My wife Ann and I send our thoughts and prayers to Scott and his family during this difficult time, but we also know that this is a disease we must fight and that Scott will help lead Florida in this effort."

Plakon, 59, of Sanford, serves as a member of the Florida House of Representatives, representing the 29th District, and he is the chief executive officer of ShredPro Secure. He fills a vacant seat and is appointed for a term beginning July 28, 2018, and ending February 13, 2022.

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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 he 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 8

Newspaper Deadlines

Editorial & Ad Copy for September

Seniors Voice & Ocala DownTown

12am, August 15th

Lady Lake Magazine & Village Spectator

12am, August 22nd

Lady Lake Magazine/Village Spectator

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Florida State Senate

DENNIS K. BAXLEY



Friends, 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



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CHIEF CHRIS MCKINSTRY



PREVENT HEAT-RELATED ILLNESS

As the mercury climbs as we head into summer, I thought it appropriate to discuss heat-related illness for this edition of the newsletter. In Central Florida, we enjoy warm weather almost year-round, but during the summer months, heat can cause serious health issues especially for the very young and the not-so-very young, too. Across the United States, many people die from heat-related illnesses, and many more are hospitalized with life-threatening conditions. Heat stroke and heat exhaustion are two heat-related illnesses that are both emergencies. The good news is that heat-related illness can be prevented. Practicing a few simple tips can help keep you cool and healthy during the hot spells. But first, let's explore the difference between heat stroke and heat exhaustion with a little consultation from our Emergency Medical Services partners from Lake County and the Villages Public Safety Department.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and not taking in enough fluids. The warning signs of heat exhaustion include dizziness, headache,

tiredness or weakness, paleness, excessive sweating, muscle cramps, nausea and vomiting. Heat stroke is a more serious condition and can be deadly. The body's cooling mechanism shuts down and body temperature can rise rapidly - to 106°F or higher within 10 to 15 minutes. Some warning signs of heat stroke are nausea, dizziness, confusion, high temperature (over 103 degrees), throbbing headache, rapid pulse and red, hot and dry skin. If someone is exhibiting signs of heat stroke, call 9-1-1 immediately. Fire Rescue and EMS providers are well-trained to treat heat-related calls. Remove the victim from the heat and get him to air conditioning if possible, or to a shaded area. Cool them off with a garden hose, bottles of water or a bucket of water. If the victim can move, place him in a bathtub or shower with cool water running. If the victim is conscious, provide him with cold non-alcoholic, non-caffeinated beverages such as water, juice or sports drinks. If the victim is unconscious, don't give them anything by mouth.

Prevention is key in avoiding heat-related illness. Monitor the heat index and avoid going out in the heat as much as possible. Being in direct sunlight can increase the heat index by up to 15 degrees. Keep your home cool. For seniors, during extreme heat set your thermostat to 78° or cooler. Fans help circulate the cool air but do nothing to

circulate hot air. If you feel warm, take a cool bath or shower. If you're hot in your home, visit a friend or relative with A/C, or go to a public place like the library, grocery store or other public facility with good air conditioning. Make sure you stay hydrated by drinking enough fluids. You need to increase your fluid intake regardless of your daily activity when it's hot. Don't wait until you are thirsty to drink cool fluids. Stay away from drinks containing alcohol, caffeine or large amounts of sugar as they can cause you to actually lose body fluid. Check with your doctor if you take a "water pill" or other medication and ask them how much cool fluid you should be drinking daily. If you must venture outside, try to go

out in the early morning or early evening when it's cooler. Avoid outside activity in the midday sun. Use sunscreen and wear lightweight, light colored, loose fitting clothing. A wide-brimmed hat can help keep you cooler. It's a good idea that senior citizens 65 years of age and older should have a friend or relative check on them twice daily. Good communication can be the key to early detection of a heat-related emergency. At the Lady Lake Police Department, we're concerned about your health and safety. Visit our website at

www.ladylake.org/departments/police-department, or contact us if you need any assistance. Have a safe and enjoyable summer.



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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TALLAHASSEE, Fla. – Today, Governor Rick Scott announced the release of the 2018 Florida Military-Friendly Guide. The annual guide, created by the Florida Defense Support Task Force, offers a summary of Florida's laws, programs and services benefitting military service members and their families. It also highlights Florida's low tax and financial advantages, educational benefits, professional licensure opportunities and fee waivers for service men, women and their families stationed in Florida. A digital copy of the 2018 Florida Military-Friendly Guide is available

Governor Scott said, “As a proud Navy veteran, and the son of a World War II veteran, I want to make sure our military and their families have access to the services they need. Florida is the most military and veteran friendly state in the nation, and since I took office, we've invested hundreds of millions in funding for services and benefits for our military and veterans. Our Florida Military-Friendly Guide is another great resource for our military members to learn more about these great benefits and everything Florida has to offer to those who serve.”

Representative Jay Trumbull of Panama City, Chair of the Florida Defense Support Task Force, said, “The Florida Military-Friendly Guide is a great resource for military service men, women and their

The defense industry provides an annual economic impact of \$84.9 billion and accounts for more than 801,000 jobs in Florida. Defense continues to be the fourth largest contributor to the state economy behind agriculture and tourism. The Florida Military-Friendly Guide is distributed annually to Florida's military bases and defense communities.

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Nothing But Networking



Pictured are business owners, managers and Chamber members discussing with other business people about their business, how it works, what is a good referral for them, exchanging business cards and getting to know the Chamber and its many ambassadors. Usually there is at least one ambassador at each table to answer questions about the Chamber and while people are networking before the lunch, the ambassadors take new people around and introduce them to other business people.



The Rule of Ablaut Reduplication

Ever wondered why we say :

Tick-tock, not tock-tick, or ding-dong, not dong ding; or 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.

It won't, though, if you recall the first rule

about the I-A-O order....!! 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."

This rule even has a Technical Name...! 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...!



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Attorney General Bondi



July 27, 2018
The days of Florida being called the Pill Mill Capital of the Country are now behind us and we are making significant strides to combat the national opioid crisis. As a state and nation, we still face significant challenges exacerbated by heroin, fentanyl and other deadly drugs. Illegally sold prescription pills also continue to fuel addiction in our country.

This week, my office and the Drug Enforcement Administration arrested Dr. Armando Falcon and two office managers following a lengthy undercover investigation. According to the investigation, Dr. Falcon operated a pill mill at the Pain Center of Cutler Bay, a pain management center in South Florida. The investigation determined that Dr. Falcon met with patients for less than two minutes before prescribing in many cases approximately 150, 30 mg, oxycodone pills—earning millions as a result of his criminal enterprise.

Dr. Falcon sponsored a lavish lifestyle while writing scripts for addictive prescription pills, but many times, doctors are not the sole contributors to these criminal operations—staff members are sometimes culpable too. Whether it's a doctor illegally prescribing opioids or a staff member engaging in the illegal behavior, they will be

held responsible.
One life lost to a drug overdose is too many, and I will continue the fight to stop the national opioid crisis. Thanks to my partners in the Florida Legislature, we have seen tremendous progress in our fight to save lives. My office is also taking legal action with our recent filing in state court against some of the nation's largest opioid manufacturers and distributions for their role in the opioid crisis.

As former state prosecutor and Florida's Attorney General, I have spent my entire career fighting drug abuse and trying to save lives. As your Attorney General I will do everything I can to protect Floridians from this epidemic.

Traffic Tickets and Cell Phones

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!

See more at

<https://www.dmvflorida.org/florida-traffic-laws/cell-phone-distractions>

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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

EASY 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.

INGREDIENTS

- 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.

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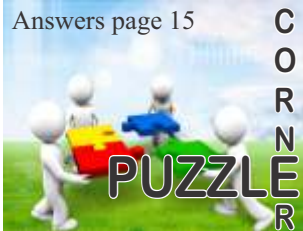
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Answers page 15

CORNER

Across

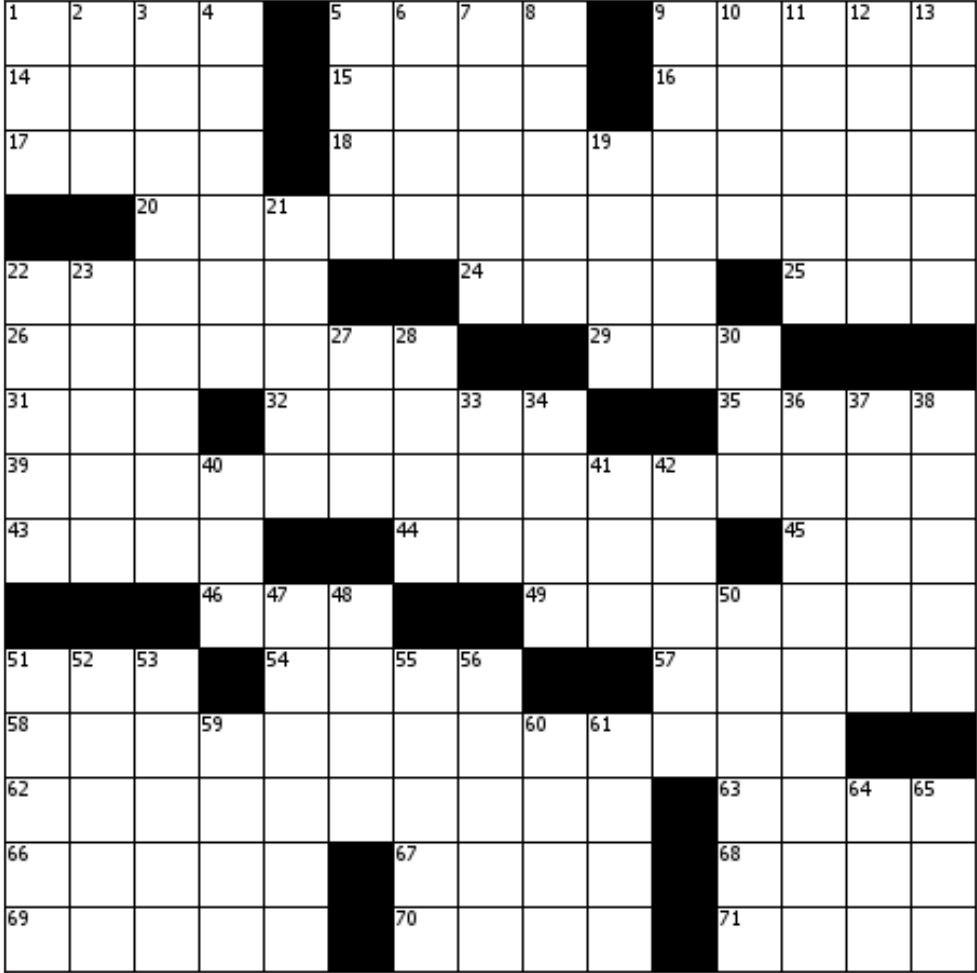
1. E.g., e.g.
5. Pieces of two-pieces
9. Fancy hairnet
14. Philanderer
15. Hang in the hammock
16. Day care adhesive
17. Scum may loiter here
18. Remove from the face of the earth
20. "Let's Twist Again" singer
22. Sing like Crosby
24. Don't just want
25. Is for you?
26. Competed at the rodeo, perhaps
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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Veterans Today CDC - Be Antibiotics Aware



(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.



(NAPSI)—The Centers for Disease Control and Prevention (CDC) encourages the public to [Be Antibiotics Aware](http://www.cdc.gov/antibiotic-use) 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.

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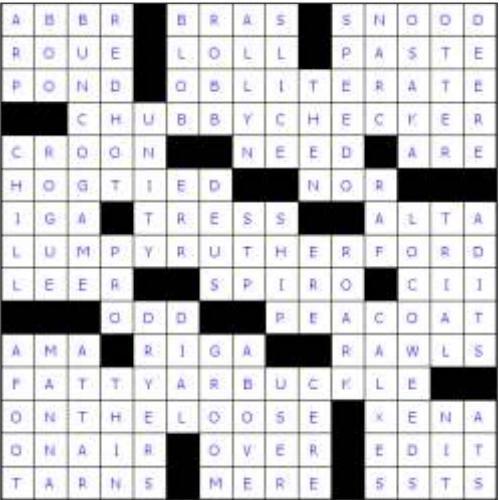
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