



Les Singleton made a presentation in front of the Ocala Business Leaders this month talking about his Send Out Cards. Les said

this is the time of year Send Out Cards is a big business. Don't get miss. Get your Christmas Cards, Thank You Cards, etc.

Charlie's Garden



Nicholas Holmes, a senior in the EMIT (Engineering and Manufacturing Institute of Technology) program at Forest High School, has achieved the rank of Eagle Scout, the highest rank in Boy Scouts. This accomplishment is the culmination of over six years of adventure, fun, work, and dedication to the Boy Scout program for Holmes, a member of Troop 200 in Ocala.

For his Eagle Project, Holmes worked in conjunction with other community volunteers to build "Charlie's Garden" at Interfaith Emergency Services' "Center for Life."

The concept for Charlie's Garden, a place for parents to honor the memory of their unborn children, came about because the

father of a child who was aborted without his consent wanted a place to grieve the loss of the child he called "Charlie." When the old abortion clinic in downtown Ocala came up for sale, he donated funds to purchase it and convert it into a "Center for Life."

Holmes led his group of over 25 volunteers in the building of three planter benches, a fountain and a free-standing circular waterfall wall. His project involved a total of 273 volunteer hours and over \$1,400 worth of materials and supplies.

Holmes and his volunteers didn't stop upon completion of his approved Eagle Project. They also pitched in to help ready Charlie's Garden for its dedication by planting new bushes and flowers to replace ones killed by frost, building the archway entrance to the garden, pressure washing the sidewalks and seating areas in the garden, and refinishing the donated cast iron tables and chairs.

Along his trail to the rank of Eagle Scout, Holmes has performed countless hours of community service, while simultaneously providing service and leadership to his troop and his church. He has earned 26 merit badges along the way, from camping to wood carving.

Holmes will be formally presented the Eagle Scout award at a Court of Honor ceremony on November 9 at 7:00 p.m. at The Church of Jesus Christ of Latter-day Saints in Ocala.

For additional information, please contact:

Barbara Holmes

352-598-3500

CPFDisplayAds@aol.com



November CEP, Ocala Chamber after hours was held at Badcock furniture at 2211 SW 19th Ave Road. Pictured is Tom James of

Badcock receiving a coupon certificate at the Event. The vibrating chairs were wonderful, the food was great and the people were friendly. Great Job!



Attorney General Pam Bondi

Working with the Hillsborough County Sheriff's Office this week, we stopped a massive smash and grab theft ring responsible for nearly one million dollars in property loss. Members of the crime organization face charges connected to burglaries of at least 14 businesses, spanning several Florida counties.

According to a multi-agency investigation, the crimes occurred from May through September and followed a similar pattern. The method of operation involved members of the ring smashing a

hole in the wall of a business, rushing inside, disabling the security system and fleeing with thousands of dollars' worth of merchandise.

The investigation estimates the ring is responsible for more than \$830,000 in stolen goods and property damage. Businesses targeted include boating, discount, liquor and tire stores among others. The burglaries occurred in Hillsborough, Manatee, Pinellas and Polk counties. Most of the defendants reside in Miami. Stolen items include cigarettes, liquor, tires, a hand gun, boating

Continued page 4

Kevin Sheilley

OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



One of the goals and primary focuses of the CEP from its inception has been to raise the wage level in our community. From our initial 5-year strategic plan (Moving Forward), one of the three BIG goals has been to not only attract new jobs but

jobs which pay an average wage which is 15% higher than the county average. We evaluate every project we are working against this measure and we ask local government to only incent those businesses and jobs which will meet this standard.

The Census Bureau and various other economic entities provide a variety of ways for us to track this growth. The primary metric we use is the Average Weekly Wage as reported in the Quarterly Census of Employment and Wages. Today, the average wage which is required for us to incent a project is over \$42,000/year. This is a 27% increase over the initial target wage just a few years ago.

A report was recently released comparing growth of the Average Weekly Wage over the last five years in every metro area in the US. Nationally, the AWW grew 4.5% over this period and it grew 5% in Florida. In the Ocala Metro, it grew by 14.8%! Compared to our ten benchmark cities (similar size communities from throughout the Southeastern US against whom the CEP measures a number of

stats), we ranked number two in growth.

Another way to track this is Median Household Income. Many economists and statisticians prefer medians over averages to balance out the extremes. In August, the US Census Bureau released new data from the American Community Survey. From 2016 to 2017, the Median Household Income in the US grew by 1.8%. In Florida it grew by a more robust 3.4%. In Marion County, it ballooned by an incredible 11.5%! This is a truly remarkable number. Again, when compared against our ten benchmark cities, this growth ranked first.

The CEP is committed to continuing to grow wages and opportunities in our community by focusing on businesses and jobs which contribute to this growth. To continue this wage growth, we know that we must continue to diversify our economy and to attract more technology-related opportunities. In the new year we will be beginning the work to identify and research two niche sectors where we think we can grow. Longer term, this will require the commitment of additional resources, but it is imperative if we are to continue to positively impact wages.

The Ocala Metro is not a good community or a great one. It is an incredible one and we are committed to seeing our community becoming even more dynamic. As a result, we will continue to aggressively attract businesses which support this effort; proactively seek to retain and support existing businesses including our dynamic healthcare sector;

encourage entrepreneurship; engage businesses with education to ensure students have the skills necessarily for these opportunities; and partner with local government so we have a business climate which supports all these efforts.

The mission of the CEP is to be the catalyst for a prosperous community. *By partnering together, we can keep this community Moving Forward!*

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Donations to Local Charities



Ocala Fire Rescue is Accepting Donations for Local Charities

Ocala Fire Rescue (OFR) stations will serve as donation collection sites for food, toiletries and toys, all benefiting local charities. Donations will be accepted until Friday, Dec. 14.

During this time of year, the demand for aid and donations at food banks and charities increases. Below is a list of donations that will be accepted, as well as addresses to OFR stations where donations can be dropped off.

Accepted Items:

- Canned items (*meats, fruits, vegetables, soup*)
- Dry goods (*pasta, rice, dried beans,*

cereal)

- Other non-perishables (*fruit cups, juice boxes, peanut butter, crackers*)
- Toiletries (*soap, shampoo, deodorant, toothpaste, toothbrushes*)
- Baby items (*baby food, diapers, wipes*)
- New, unwrapped toys in original packaging

Drop Off Locations:

- Station #1 – 410 NE Third St.
- Station #2 – 2701 SE 36th Ave.
- Station #3 – 737 SW Martin Luther King Jr. Blvd.
- Station #4 – 3300 SW 20th St.
- Station #5 – 2340 NE 25th Ave.
- Station #6 – 5220 SW 50th Ct.
- Station #7 – 885 SE 31st St.

For information on the holiday donation drive, please call OFR's administration office at (352) 629-8306.

4th ANNUAL SHOP Lady Lake EXPO

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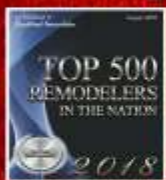


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— Tom Loury *Long time member of CEP/Ocala Chamber of Commerce, Past President of the Ocala Business Leaders, Co-Founder and President of Select Business Associates, Past President of the Lady Lake Chamber.* —

PUBLISHER'S NOTES



Illegal Immigrants: If they don't show up for the hearing then don't release them until the hearing is over. If they are released into the United States, give them working permits.

Release them to areas that fit their skills. Send factory workers to industry area, farmers to pick crops. Those that don't have skills, teach them construction and put them to work building the wall and housing for those working on the wall. Tell them if they ever move to a sanctuary city they will be deported instantly when caught. No hearings, no court dates instantly!

Furthermore, any employer caught employing an illegal without a permit should be fined \$5,000 the first offense per person. Give the employer all the work permits they need and they have to register them or pay the fine every month they must be accounted for. Then the people without

work permits may apply without being arrested if they have not committed a crime (in other words make it legal for them to work in this country with a registered permit). They may not have voting right until they spend two years in our Military.

Voting rights: South Florida, Broward County and Palm Beach County have always been hard core Democratic. The ones that are not, Dems might get their votes lost. Sound a little strange? I was raised in Broward County. They have always been corrupt: losing votes, buying votes, raising people from their grave to vote, if there is a birth certificate they can vote even if they no longer exist. If they are allowed to steal the election away from the winners there will be hell to pay.

I got a lot of feedback about the picture on the front page of the Lady Lake Magazine/Villages Spectator. It was a picture of the caravan of many thousand people march. If you look at the picture there are young men. They are carrying a flag

from their country of origin, not the US flag. Some confronted the Mexican military police by throwing rocks. I just think we have to be careful.

I stood up for an immigrant who wanted very much to be a citizen. He got his citizenship papers and is a fine upstanding American. But he did not cross the border illegally. He ask for a work permit and worked for me. I taught him a trade. While working at his trade he went to college and got a degree, finishing top in his class. He bettered himself and his family. That is what I think an immigrant should show: the desire to be a good American. Crashing the border with a large group is not right!

I don't agree with everything President Trump does and says but he is the best tool to cleanup corruption in Washington and worldwide deals that our past politicians screwed up. I am for immigration but let's do it right.

Pam Bondi

Continued from page 1

and fishing equipment, and a digital video recorder system.

Law enforcement arrested multiple suspects in this case. All face charges of armed burglary, conspiracy, grand theft, grand theft firearm, grand theft motor vehicle and RICO. My Assistant Statewide Prosecutor Rita Peters will prosecute these defendants.

For more about this case, go to www.myfloridalegal.com/newsrel.nsf/newsreleases/1EFE07536C6EF1878525834500722080.

Burglaries can wreak havoc on businesses but there are steps owners and employees can take to protect their property. For tips about preventing business burglaries, please visit my <http://myfloridalegal.com>.

Marion County Genealogical Society Meeting

The Marion County Genealogical Society will meet Thursday December 20, 2018 at 2 PM at the Marion County Public Library located at 2720 E. Silver Springs Blvd. in Ocala. A brief business meeting will be followed by the Holiday Party. For further information, contact Joel Swanson at (352)897-0840 or president@mcgsocala.org.

Newspaper Deadlines

Editorial & Ad Copy for January

Seniors Voice & Ocala DownTown

12am, December 19th

Lady Lake Magazine & Village Spectator

12am, December 26th

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Florida State Senate

DENNIS K. BAXLEY



Friends,
Despite much anxiety over the recent election, we have many reasons to be thankful. First, we were given by our forefathers a system of self-government where we can select

our own leaders, none of whom can appoint themselves. Secondly, I am extremely grateful to the voters of Senate District 12 for providing a clear statement of confirmation for me to continue to be their Senator. Thirdly, we are grateful that 65 of 67 counties of Florida have been able to conduct with fairness and professionalism a clear tabulation of our elections. Fourth, we have a clear set of law for resolving remaining questions in close elections. We also have a court system to resolve any

remaining issues in a timely manner. Finally, I am extremely grateful that no remaining issues will delay the timely convening of the organizational session of the Florida Legislature on November 20th. This session is our opportunity to organize our government for the next two years. We will move onward and upward!

Thanks to all who have participated in so many ways in the election process. The turnout shows that Florida still values self-government and there are still many who know how important it is to stay involved in decisions that shape our future. Elections have consequences and every vote matters. Thanks to all, now let's move forward and build a great future for Florida.

Senator Dennis Baxley



Medicare Advantage: Broader Mix Of Benefits

Medicare Advantage Plans Offer A Broader Mix Of Benefits



(NAPSI)—Whether you're new to Medicare or an established beneficiary, take a close look at Medicare Advantage plans during this year's open enrollment period. Those policies may offer the best mix of benefits to meet your health needs.

Medicare Advantage plans provide Medicare benefits through private health insurance companies. These plans, which currently cover approximately 21 million people, typically include extra benefits and services not available on original Medicare.

Medicare.com, a popular non-government health insurance resource, looked at benefits offered by more than 2,500 Medicare Advantage plans available through Medicare.com for 2019. Here are some key benefits available and the percentage of Medicare Advantage plans offering them:

- \$0 monthly premiums: 45 percent of all plans;
- Dental: 88 percent of plans;
- Vision exam: 98 percent of plans;

- Vision glasses: 84 percent of plans;
- Hearing: 90 percent of plans;
- Fitness: 99 percent of plans;
- Routine transportation: 37 percent of plans; and
- Meals: 50 percent of plans.

Early in 2018, the government paved the way for Medicare Advantage plans to offer even more benefits, including adult day care services, respite care for caregivers, and in-home assistance with activities such as dressing, bathing and managing medications. Health insurers will also be able to provide safety devices to help prevent injuries in the home, including stair rails, grab bars and temporary mobility ramps.

Although most insurers won't offer the next wave of benefits until 2020, some of the services may be available during this year's open enrollment period, which runs through December 7, 2018.

It's important to look at costs when shopping for Medicare Advantage plans too. That's true even if you already have Medicare Advantage, since premiums, deductibles and co-pays change from year to year. Insurance companies often tweak their list of covered drug and prices, too, for Medicare Advantage plans that cover prescription drugs, and that can mean higher out-of-pocket expenses for you.

Learn More

For further insights, go to www.medicare.com.

Drink To Your Health

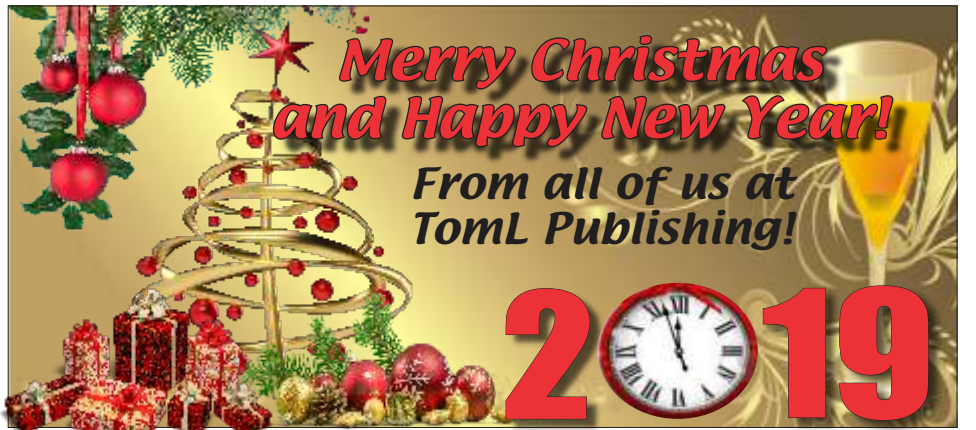


(NAPSI)—If you're like 64 percent of Americans, you drink a cup of coffee every day.

While many coffee drinkers still prefer their coffee black in its most natural form, coffee tastes have evolved over the years. Today, the market offers many caffeinated beverages formulated with sugar and fat that add calories and can offset the inherent benefits of caffeine, such as alertness and a feeling of increased energy.

Health-conscious consumers, however, are making dramatic changes to their diet and choosing food and beverages that not only taste good but offer nutritional benefits as well. There is an almost endless number of

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OCALA / MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP

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IMPROVE YOUR SKILLS

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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

Mr. TLoury:
When is it time for our turn at middle class privilege?
Some of us have been working for 3-4-5-6 generations trying to escape poverty. Just as we are nearing the top of the whole and are peeping over the edge into the middle class, lawbreaker's barge in and step on us and usurp our turn, our dream, and push us right back, and take our middle class promise. NOT FAIR. We are law abiding citizens. We deserve middle class stature; we have paid the dues in blood and sweat.

While breaking the law is not enough, they tell us how to run our country. It is in NO way their country, they have NO say. They are lawbreakers. America was ours long, long, long before they decided to break the law.

What is the reason the Democrat party is siding with lawbreakers against citizens? POWER, POWER, POWER!!!!!! Power to implement their GLOBALIST world? Are you willing to give up your turn at a middle class life to lawbreakers?

Why do Democrats need these lawbreakers? To vote. Since Roe vs Wade passed 560 million children have been

aborted. Since abortion is a liberal issue, one must surmise that most of the abortions were liberal. Hence, the need for replacement voters. These lawbreakers are their answer.

They are not needed for work, but rather for VOTES, and Democrat power.

And, ergo your child's chance at college, or a job may be usurped. Citizens' think of their own first .That is what citizen means. Illegal does not mean citizen. OR? Are lawbreakers dearer to you?

D.I.L, Ocala, FL

Thank you, Tom-
I wanted to take a moment and thank you for being so hospitable. You have went out of your way to be inviting, encouraging and thoughtful. Bob and I really appreciate all you have done. From your heart. We have noticed a very warming feeling these past few weeks and feel we will easily see Ocala as home.

Thank you again. Please feel free to continue to invite us and inform us about Ocala.

Best Regards!
Andrea Bargains by the Pallets

Drink to Health

continued from page 5

new drink products that provide more than great taste—they help people reduce calorie intake and fuel their day. Recently, the coffee category has started growing with novel alternatives to sugary coffeehouse beverages with healthy ways to start the day or provide an afternoon pick-me-up.

While people drink coffee throughout the day, they are, increasingly, seeking something more than a caffeine pick-me-up. Alternatives are available that are great tasting, low fat, packed with protein and deliver a feeling of energy all in one. Coffee drinkers who want alternatives to sugary drinks, as well as something that offers nutritional benefits, are turning to Herbalife Nutrition High Protein Iced Coffee. It contains two grams of sugar and no artificial flavors or added colors. The 100-calorie drink mix is big on taste and provides 15 grams of protein and 80 mg of caffeine per serving.

“Everyone loves the refreshing taste of iced coffee but not the calories and sugar that come with many coffeehouse options,” said Susan Bowerman, MS, RD, CSSD, CSOWM, FAND, Senior Director of Worldwide Nutrition Education and Training at Herbalife Nutrition. “Our high-protein iced coffee is the perfect healthy snack and is a great alternative that can be enjoyed at home or on the go.”

Bowerman offered some additional delicious and nutritious beverage suggestions:

Digestive Health

Gut health is a hot topic as people try to find new ways to keep the body in balance by consuming foods and beverages that support a healthy digestive system. Kombucha, vinegar and probiotic-enhanced drinks continue to garner a lot of interest to support a healthy gut. However, many probiotic drinks are filled with sugar to counter the taste of yogurt. A healthy, old-fashioned option to aid digestion is to keep hydrated by drinking a lot of water. Drinking too little water slows down the digestive system. Perhaps best of all—water has zero calories.

Homemade Kefir

By Chris Boody
One alternative to Kombucha is Kefir

The kefir “grains” initiating the fermentation are a combination of lactic acid bacteria and yeasts in a matrix of proteins, lipids, and sugars. This symbiotic culture of bacteria and yeast forms “grains” that resemble cauliflower. A complex and highly variable community of lactic acid bacteria and yeasts can be found in these grains, although some predominate; *Lactobacillus* species are always present.

The final product tastes like thinner yogurt. Research suggests that there are more probiotics in kefir than yogurt. The culturing process is similar to yogurt. Start out with a culture, add whole milk and sit on the counter for the fermentation process. As with yogurt, kefir is a great addition to fruit or vegetable smoothies.

For free recipe on making kefir and online resources for the “grains”, please email Chris at TomLPubseo@gmail.com

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Sexual Assault Kits Processed



Attorney General Pam Bondi News Release

More than 7,000 Previously Untested Sexual Assault Kits Processed

TALLAHASSEE, Fla.—Attorney General Bondi today announced the state is nearing its goal in the campaign to process thousands of previously unprocessed sexual assault kits. According to the latest Sexual Assault Kit Progress Report released by the Florida Department of Law Enforcement, 7,042 backlogged kits have been tested so far.

The tests produced 1,316 hits in the Combined DNA Index System. CODIS is a forensic science and computer technology tool used by law enforcement to help link crimes. State and private labs are testing the kits as part of an ongoing effort to eliminate Florida's backlog of previously untested kits.

The state legislature approved initial funding to eliminate the backlog during Florida's 2016 Legislative Session. During the session, Attorney General Bondi worked with law enforcement, prosecutors, survivors and state lawmakers to secure \$2.3 million for testing, and additional funding to raise the wages of lab analysts to reduce turnover, purchase new forensic testing

equipment and upgrade existing lab equipment.

Attorney General Bondi also supported legislation to help expedite the testing of all DNA evidence, including sexual assault kits. Now, Florida law requires all newly collected kits to be processed within 120 days of receipt. According to the latest report, FDLE has a 99.9 percent compliance rate with an average turnaround time of 85 days for newly received kits.

To view the latest report see MyFloridaLegal.com. Or contact: Whitney Ray, Phone: (850) 245-0150

###

CODIS is the Combined DNA Index System. CODIS blends forensic science and computer technology into a tool for linking crimes. It enables federal, state, and local forensic laboratories to exchange and compare DNA profiles electronically, thereby linking crimes to each other and to known offenders. A CODIS hit occurs when DNA evidence is matched to a sample in the DNA system. Not all CODIS hits are actionable. An "actionable hit" is a match that provides new information to the investigation. For example, a hit to an offender who was already convicted in the associated case is not an "actionable hit."

Aging Parents Need More Help



Warning Signs Your Aging Parents Need More Help

(NAPSI)—Home care agencies often see a surge in calls in late December and early January. Why? Many grown children head home for the holidays and notice their aging parents need some help.

"We see a big uptick in demand for in-home

care around the holidays when adult children spot changes in their parents' well-being and realize they need more support to stay safe and independent," said Austin Harkness, head of care for Honor, one of the fastest-growing home care companies in the country. Here are ways to tell:

Take The Sniff Test

Breathe in that holiday hug. If you notice unclean clothes or an uncharacteristic body odor, that could signal that a parent is having trouble bathing, maintaining personal hygiene or keeping up with household chores such as laundry.

Next, follow your nose to the kitchen. Open the fridge. You'll notice pretty quickly if there's spoiled food—but your parents may not. The sense of smell diminishes with age,

Continued page 9

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Community Blood Centers

Blood Mobile Schedule

LifeSouth Community Blood Centers
1607 E. Silver Springs Blvd.
Ocala, FL 34470
352-622-3544

Center Hours

Monday, Thursday and Friday
9:00a.m. to 5:00p.m.
Tuesday and Wednesday
9:00a.m. to 7:00p.m.
Saturday and Sunday
9:00a.m. to 2:00p.m.

Wednesday, November 28

Wildwood RV Village Campground
882 E. SR 44 Wildwood
9:00a.m. to 1:00p.m.

Marion Correctional Institute
3269 NW 105th St. Ocala
11:00a.m. to 8:00p.m.

Walmart
4085 Wedgewood Ln. The Villages
2:00p.m. to 7:00p.m.

Thursday, November 29

Ocala North RV Park
16905 NW Hwy 225 Reddick

10:00a.m. to 3:00p.m.

Winn-Dixie Market
11310 S US Hwy 301 Belleview
11:00a.m. to 6:00p.m.

Friday, November 30

Walmart
11012 N. Williams St. Dunnellon
9:00a.m. to 6:00p.m.

Alliance Coach
4505 Monaco Way
10:00a.m. to 6:00p.m.

Saturday, December 1

The Tack Shack
481 SW 60th Ave. Ocala
8:00a.m. to 5:00p.m.

WarHorse Harley-Davidson
5331 N. US Hwy 441 Ocala
8:00a.m. to 12:00p.m.

Light Up Belleview at Lake Lillian
3095 SE 112th St. Belleview
2:30p.m. to 6:30p.m.

Sunday, December 2

Joy Evangelical Lutheran Church
7045 SW 83rd Pl Ocala
7:45a.m. to 1:00p.m.

Walmart
11012 N. Williams St. Dunnellon
9:00a.m. to 5:00p.m.

Walmart Neighborhood Market
7855 SW SR200 Ocala
11:00a.m. to 5:00p.m.

Monday, December 3

Walmart
17861 S US Hwy 441 Summerfield
10:00a.m. to 6:00p.m.

Publix Market
4963 NW Blichton Rd. Ocala
10:00a.m. to 6:30p.m.

Tuesday, December 4

The Springs of Lady Lake
620 Griffin Ave. Lady Lake
9:30a.m. to 3:30p.m.

The Veterans Club of Stonecrest
Stonecrest Community Center
Summerfield
10:00a.m. to 2:30p.m.

Frank Deluca YMCA
3200 SE 17th St. Ocala
4:00p.m. to 8:00p.m.

Zone Health & Fitness
524 S. Pine Ave. Ocala
4:30p.m. to 8:30p.m.

Wednesday, December 5

Trinity Catholic High School
2600 SW 42nd St. Ocala
8:00a.m. to 2:30p.m.

Walmart Neighborhood Market
7855 SW SR200 Ocala
3:30p.m. to 8:00p.m.

Thursday, December 6

The Bridge of Ocala
2800 SW 41st St. Ocala
10:00a.m. to 3:00p.m.

The Centers
5664 SW 60th Ave. Ocala
11:00a.m. to 5:00p.m.

Cricket Wireless
312 Shopping Center Dr. Wildwood
4:00p.m. to 7:00p.m.

Tom Davis
LifeSouth Community Blood Center
District Community Development
Coordinator
352-425-9743



Tom Lorry
352-804-1223



Wendy Netherclift

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Aging Parents

Continued from page 7

expecially after 70. Many seniors can't detect unpleasant odors that would normally tell them it's time to toss last week's meat loaf.

If the sniff test reveals some olfactory oddities, it might not just be "normal aging." Diminished sense of smell can be an early indicator of Alzheimer's and Parkinson's diseases. If you sense something isn't quite right, help Mom or Dad to set up a doctor's visit to see if there's something else going on.

Have A Look Around

Your childhood home may look the same as ever—but it may not work as well for older adults. As people age, their environment typically needs simple upgrades to keep them safe. You can significantly reduce fall

risks by taping down throw rugs, removing extra furniture, securing electrical cords out of pathways and adding grab bars in the bathroom.

Pay attention to clutter as well. Stacks of unopened mail, broken appliances or drooping houseplants may also signal a need for help. Being unable to manage everyday activities can be a symptom of depression or of cognitive impairment, which often presents like depression.

If you see any of the above warning signs, you may want to arrange for your parent to see a doctor and for family members or professional caregivers to stop by and help with projects and chores. Just knowing your parents have help and resources can relieve worry, both yours and theirs.

Listen Up

Is the TV or radio volume blaring? Are conversations repeated? Does Mom keep

asking "what?" or just smiling and nodding instead of participating? Don't brush it off. Difficulty following conversations may be a sign of hearing loss, cognitive impairment or both.

Seniors who begin losing their hearing are at greater risk of developing dementia over time since hearing is a brain function. Sometimes, hearing aids stimulate the sounds needed for the brain to restore organization and correctly process sounds.

Making Sense Of Your Senses

Talking to parents about warning signs you've noticed isn't fun. But do it anyway. Let them know you want to be involved to help them stay independent for as long as possible. Even if you live far away there's a lot you can do, such as scheduling appointments and finding help with transportation, chores and projects. Talk to nearby family members about how they can

help out or set up a visit with a home care agency that can provide ongoing support. Fear of losing independence keeps a lot of seniors tight lipped. If your parents are open and honest about their changing needs, consider it a generous holiday gift. They trust you'll know what to do with it.

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From the Desk of Governor Rick Scott

Hurricane Michael

Today, following a request from Governor Rick Scott to ensure all counties impacted by Hurricane Michael are receiving the federal assistance needed to fully recover, the Federal Emergency Management Agency (FEMA) has approved additional Public Assistance (PA) for 10 counties. Please see more information on FEMA's PA approval below:

-Okaloosa and Walton counties are approved for Public Assistance categories A-G.

-Franklin, Holmes, Jefferson, Leon, Madison, Taylor, Wakulla and Washington counties are approved for Public Assistance categories C-G (already designated for Individual Assistance and PA categories A and B).

For reference:

Category A: Debris removal

Category B: Emergency protective measures

Category C: Road Systems and Bridges

Category D: Water control facilities

Category E: Public buildings and contents

Category F: Public utilities

Category G: Parks, recreational, and other items

Thank you,

Governor Rick Scott's Communications Office

Florida Unemployment Rate Continues to Drop, Lowest Since January 2007

TALLAHASSEE, Fla. — Today, Governor Rick Scott announced that

Florida businesses have created more than 1.64 million jobs since December 2010, including 21,200 private-sector jobs in October. Over the past year, 241,500 new private-sector jobs were created in Florida. Florida's annual job growth rate has outpaced the nation for 78 of the past 79 months. The only month that Florida did not exceed the nation was due to Hurricane Irma. Florida's unemployment rate continued to drop in October, down from 3.5 percent to 3.4 percent, and is now the lowest since January 2007.

Governor Scott said, "Over the last eight years, we have recovered from a recession and rebuilt a strong and resilient economy that attracts businesses from all industries to create great jobs for Floridians. Every Floridian can be proud of our state's incredible success, which has now driven down unemployment to just 3.4 percent – the lowest it has been since January 2007. Today, with more than 1.64 million jobs created since December 2010, we all see the importance of continuing to cut taxes and attract companies to Florida so people can live their dreams and support their families in the Sunshine State."

In October, Florida's unemployment rate dropped to a low 3.4 percent, a drop of 7.4 percentage points since December 2010; this drop is faster than the national decline of 5.6 percentage points.

Florida's annual job growth rate of 3.2 percent continues to exceed the nation's rate of 2 percent. In the past year, 107,000 people entered Florida's labor force, a growth of 1.1 percent.

Cissy Proctor, Executive Director of the

Florida Department of Economic Opportunity said, "Florida's economy is strong and growing. Governor Scott's leadership and commitment to job creation in our state has helped millions of Floridians live the American Dream."

Other positive economic indicators include:

- Private-sector industries gaining the most jobs over-the-year were:
- Education and health services with 51,300 new jobs;
- Leisure and hospitality with 51,100 new jobs;
- Construction with 43,400 new jobs;
- Professional and business services with 30,100 new jobs;
- Trade, transportation and utilities with 25,300 new jobs; and
- Financial activities with 16,700 new jobs.
- Florida job postings showed 226,300 openings in October 2018.
- Consumer Sentiment Index is 97.8, up from 70.2 in December 2010.

Sweet Potato Casserole

(NAPSI)—Perfect with a Thanksgiving turkey, for sure—yet easy enough for a weeknight dinner. Try this for a change of pace from sweeter sweet potato casseroles.

Serves 8 to 12

INGREDIENTS

5 lb. orange- or yellow-fleshed sweet potatoes, or a combination, halved lengthwise



- ½ c. butter
- 2 shallots, chopped
- ¼ c. fresh sage leaves
- 2 T. fresh rosemary leaves
- 2 T. fresh thyme leaves
- 1½ c. cream
- 1 c. shredded Asiago cheese
- Salt and pepper
- 2 large eggs, lightly beaten
- ½ c. chopped walnuts
- ¼ c. panko

Preheat oven to 350° F. Arrange sweet potatoes on two large rimmed baking sheets, cut side down, and bake until tender, 1 to 1½ hours. Set aside. Increase oven to 400° F. In medium saucepan over medium heat, combine butter, shallots and herbs. Cook, stirring occasionally, until butter browns, shallots are tender, and herbs are crisped, about 6 minutes. Scoop flesh from sweet potatoes into large bowl. Add half of butter mixture, mash. Add cream, cheese, and salt and pepper to taste. Stir in eggs. Transfer to 2-qt. baking dish and bake until almost heated through, 20 to 25 minutes. Stir walnuts and panko into remaining butter mixture, sprinkle on casserole, and continue baking until heated through and browned on top, 5 to 10 minutes.

Brody left his friends to catch up on the news.



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Florida Festivals

34th Annual Downtown Gainesville Festival & Art Show

Dec. 1-2, 2018, Gainesville

The historic downtown streets are filled with live music, performing arts, the works of 240 artists and an array of food, attracting 100,000 attendees. For more information go to www.gainesvilledowntownartfest.org/

Miami Art Week and Art Basel Miami Beach

Dec. 5-9, 2018. Art Basel, an international art fair, draws top tier galleries from around the world plus the rich and glamorous to South Florida. A far cry from the street art festivals that dot Florida, this is an event that is not cheap. (Tickets start at \$50.) Over the years, however, a variety of satellite events have developed, creating art-related events for regular folks, including Miami Art Week. Learn more about [Art Basel](http://www.artbasel.com/miami-beach) at www.artbasel.com/miami-beach and about

Miami Art Week at www.miamiartweek.art/.

Best holiday light displays in Old Florida, throughout December

Mount Dora, St. Augustine, Stephen Foster Cultural Center State Park

Art Deco Weekend Festival

Jan 18-20, 2019, Miami Beach
The 40-year-old festival offers guided tours, a street fair, performances, lectures, food and, among many other events, a dog parade.

Crystal River Manatee Festival

Jan. 19-20, 2019, Crystal River

Fellsmere Frog Leg Festival

Jan. 17-20, 2019, Fellsmere

This funky festival has been happening for 20 years. Frog leg and gator tail dinners. Hundreds of booths for unique gifts. Hear some great music and enjoy the fun rides. Free parking and shuttle from Mesa

Motocross Park, 100 Mesa Park Blvd. Hours: Thursday and Friday, 4 pm-11 pm; Saturday, 10 am-11 pm; Sunday, 11 am-6 pm. All-you-can-ride armband, \$20Food choices start with one frog leg (a frog "pop" on a stick for \$3) up to a gator-tail and frog leg dinner for \$14. Music, games, down-home goods.

Seafood Festivals

Nov. 30- Dec. 2, 2018

Siesta Beach Seafood and Music Festival

948 Beach Road, Siesta Key.

3rd Annual. A potpourri of delectable seafood creations and delicious drinks prepared by the top restaurants in Siesta Key and Sarasota. musical performances by local and regional musicians in a diversity of genres from rock-n-roll, jazz, calypso, R&B, and Caribbean. Arts and crafts. Friday 4-9 pm; Saturday and Sunday, 11am-6pm. Admission, \$5. 10 am-6 pm. Note additional date, admission and hours.

Jan. 19-20, 2019

Florida Keys Seafood Festival

Bayview Park, 1320 Truman Ave, Key West.

Fresh seafood caught, prepared and served by local fishermen and women. On the menu, fried fish baskets, fried clams baskets, grilled Spiny Lobster platters, sampler platters with fish, stone crab, conch fritter, conch ceviche, Key West pink shrimp, Stone Crab Claws with key lime mustard sauce, peel and eat Key West pinks, Smoked Fish Dip with crackers, Creamy Lobster Bisque, Bahamian-style Conch Chowder, Conch Ceviche, & Conch Fritters. Yum. Sponsored by the Florida Keys Commercial Fishermen's Association. Note date correction.

Jan. 19, 2019

Apalachicola Oyster Cook Off

Apalachicola. 9th annual.

Held every year on the Friday and Saturday before Martin Luther King, Jr. Day in Historic Apalachicola at Riverfront Park. Silent auction, oysters galore, shrimp, smoked mullet, hot dogs, hamburgers, local beer, live music, kids' activities, dancing performances and a 5K run! Hours: Saturday, 12-5 p.m. Note date correction.

Jan. 18-20, 2019

Sarasota Seafood & Music Festival

Downtown Sarasota on Gulfstream between Main and McAnsh. 4th Annual. Local restaurants serving grouper, mahi-mahi, stone crabs, oysters, shrimp, soft-shell crabs and more. Alcoholic and nonalcoholic drinks. Musical entertainment features R&B, rock, soul, jazz and Caribbean. Admission FREE. Friday, 4-10 pm; Saturday, 11 am-10 pm; Sunday, 11 am-6 pm.

Jan. 26-28, 2019

Goodland Mullet Festival and Buzzard Lope

Stan's Idle Hour Restaurant, 221 West Goodland Drive, Goodland (Marco Island). Usually the weekend before Super Bowl. Quirky and fun festival featuring fried and smoked mullet and lots of other fresh seafood and "good eats" from a variety of vendors along with arts and crafts. Buzzard Lope Queen and Princess events. Inspired by Stan Gober's song, Buzzard Lope, depicting the strange dance that buzzards do as they hover over roadkill.

Jan. 26, 2019

Port Salerno Seafood Festival

Waterfront area, Port Salerno. 13th annual. Sponsored by the Port Salerno Commercial Fishing Dock Authority. "The Fish is Fresh, the Beer is Cold, and the Smiles are Always Warm." Live Music, Arts & Crafts Vendors, a Kid's Fun Zone, Mermaids, Pirates. Admission: \$13. 10 am-8 pm. Parking is free. Parking and trolley locations: Indian River State College, 2400 SE Salerno Rd, Stuart; Corner of US-1 & Dominica Terrace, 4501 SE Federal Hwy, Stuart. Note date correction.

Jan. 26-27, 2019

Southwest Florida ClamJam.

German American Club, 2101 Pine Island Road, Cape Coral. Chowders, clams, lobster, crab, fish, shrimp, gator, conch and food for land lubbers. Entertainment, arts and crafts. Chowder cook-off, cooking demos. Free parking. Daily admission, \$10. Saturday, 10 am-7 pm; Sunday, 10 am-5 pm.



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Answers page 15

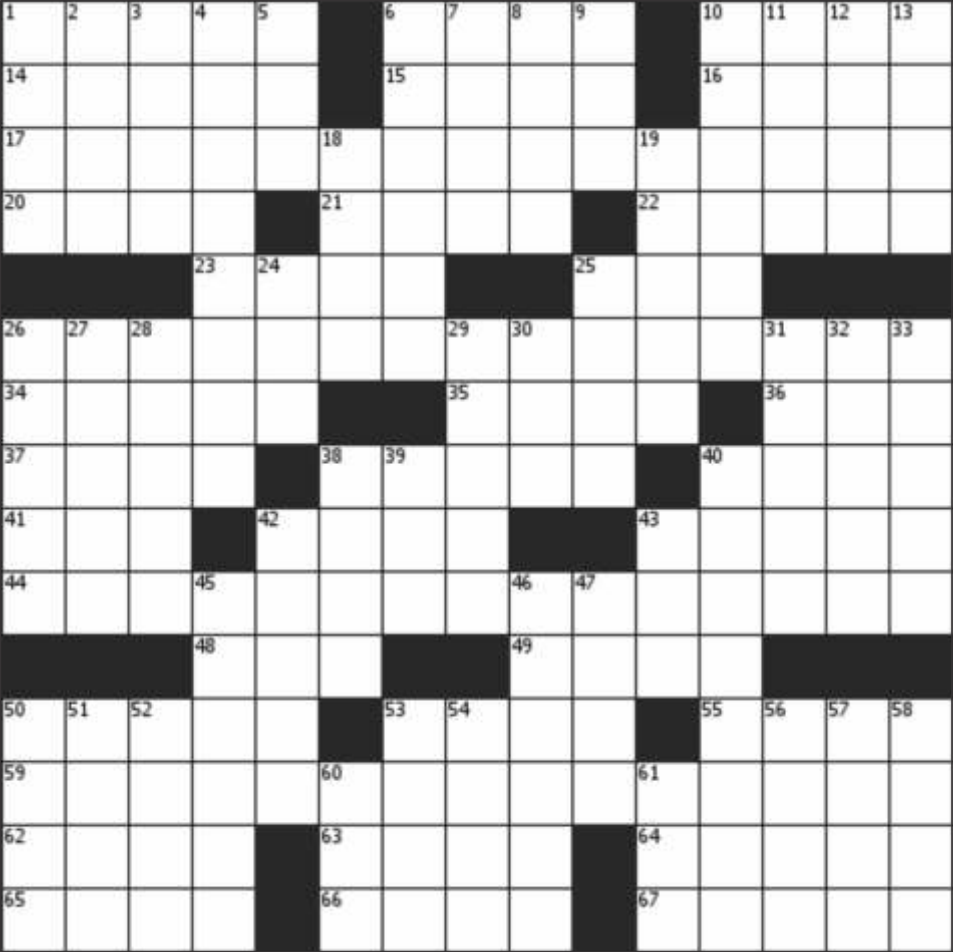
Across

1. Discarded piece
6. Beam
10. Pretenses
14. College town near Bangor
15. Quick or agile
16. Duel prelude, perhaps
17. Flash
20. Some meadow creatures
21. Tadpole cousins
22. WWII vessel
23. Grayish yellow
25. 23rd Greek letter
26. Flash
34. "You're ___ talk!"
35. Marking float
36. Marina ___ Rey, California
37. Problem for an oculist
38. Chorus member
40. Kind of iron
41. Curiosity victim
42. Editorial strikeout
43. Establish as the truth
44. Flash
48. Mother ptarmigan, e.g.
49. One of the Simpsons

Down

1. Unspecified
2. Unpleasant thing to eat
3. Travel randomly
4. Licorice-flavored liqueur
5. "Eldorado" poet
6. Beautiful sight to behold
7. Marketplace
8. Fleur-de-lis
9. Drink with crumpets
10. Cinders locale
11. Singer Laine
12. Place of Scarlett fever?

13. Lady Macbeth's bane
18. Feudal fellow
19. Like Rabelaisian writing
24. Dove noise
25. "This tastes horrible!"
26. Some pears
27. Ready to serve, as ale
28. Island of MacArthur's return
29. "Peer Gynt" creator
30. Astronaut Grissom
31. Bubblehead
32. Audacity
33. Aquafresh alternative
38. Vanilla, for one
39. More than most
40. Isosceles, for one
42. Zorro's first name
43. Letter afterthoughts
45. Friendly and talkative
46. Tick away
47. In the company of
50. Made time
51. Leave on the grill too long
52. Parks of history
53. Lobster pot
54. It's famous for its rapid transit
56. A very long period of time
57. Timer filler
58. Father of Fear and Panic
60. Turn right
61. Thanksgiving dinner veggie



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Plant City Strawberry Festival



The Florida Strawberry Festival rocks this normally quiet little agricultural town, attracting thousands of fans to the epicenter of strawberry fields — Plant City.

Folks have been harvesting strawberries near Plant City since the 19th Century, giving plenty of cred to its claim as the Winter Strawberry Capital of the World.

Every year since 1930, residents show off at harvest time with Florida's largest agricultural festival as more than a half-million people converge on Plant City for the 11-day party. The Florida Strawberry Festival in Plant City rivals any state fair in the country with its agricultural displays, livestock shows, arts and crafts, local food, headline music concerts and huge carnival midway.

The entertainment line-up, year after year, is extraordinary.

Last year's headliners include Brad

Paisley, Reba MacEntyre, Charley Pride, Jerry Lee Lewis, Josh Turner, Trace Adkins, Earth Wind and Fire, and many more.

When they become available in December, tickets can be purchased online at www.flstrawberryfestival.com, by phone at 813-754-1996, or in person at the Amscot Main Ticket Gate, 2209 West Oak Avenue in Plant City.

Festival admission is \$10 for adults (13+) and \$5 for children 6-12. Children under 6 are free. **Concert tickets are additional.**

For history buffs, read about ['Plant City's "strawberry schools"'](#) in the Florida Archives' Memory Blog.

2019 Entertainment Lineup

Concert tickets go on sale Dec. 6, 2018. All concerts also require a gate admission ticket. Free seating is no longer offered for concerts; all seats now require tickets.

Tickets Go On Sale December 6

Thursday, March 1

- 10:30 a.m. Jimmy Sturr
- 3:30 p.m. – Oak Ridge Boys, \$20
- 7:30 p.m. – Alabama, \$45

Friday, March 1

- 3:30 p.m. – Willie Nelson, \$45
- 7:30 p.m. – Brothers Osborne, \$40

Saturday, March 2

- 3:30 p.m. – Home Free, \$20
- 7:30 p.m. – Kool and the Gang, \$30

Sunday, March 3

- 3:30 p.m. – Chicks with Hits, \$25
- 7:30 p.m. – Steven Tyler and the Loving Mary Band, \$55

Monday, March 4

- 3:30 p.m. – Pat Boone, \$20
- 7:30 p.m. – Martina McBride, \$35

Tuesday, March 5

- 3:30 p.m. – The Drifters, Platters and Coasters, \$20
- 7:30 p.m. – NeedToBreathe, \$35

Wednesday, March 6

- 3:30 p.m. – Gene Watson, \$20
- 7:30 p.m. – STYX, \$35

Thursday, March 7

- 10:30 a.m. – Kingston Trio, free with gate admission
- 3:30 p.m. – The Letterman, \$20
- 7:30 p.m. – for King and Country, \$30

Friday, March 8

- 3:30 p.m. – Tanya Tucker, \$30
- 7:30 p.m. – Chris Janson, \$30

Saturday, March 9

- 3:30 p.m. – Battle of the Bands
- 7:30 p.m. – Keith Sweat, \$30

Sunday, March 10

- 3:30 p.m. – Bill Anderson and Bobby Bare, \$20
- 7:30 p.m. – Old Dominion, \$45

Concert tickets should be available in early December 2018 at www.flstrawberryfestival.com; by phone at 813-754-1996 or in person at the Amscot Main Ticket Gate at 2209 Oak Ave. in Plant City. (Service charges apply to Internet and phone orders.)

There will also be **free entertainment** throughout the festival grounds.

It'll be a strawberry pickin' good time!

If you want to avoid the crowds during the Strawberry Festival, you can visit Plant City any time during the berry-picking season — January through April — and be immersed

in the strawberry culture. (Blueberries are also grown here, with the harvest's peak in May.)

Although most commercial growers in the area do not allow you to pick your own strawberries, there are a few family farms that do. Here's one that comes recommended by readers at pickyourown.org: Spivey Farms, 6101 South County Road 39, Plant City, FL 33567 (813) 650-8999 (Call for hours)

Picking your own strawberries:

- Dress comfortably. Wear loose fit clothing.
- Wear a hat or cap and bring sunscreen.
- Bring your own containers.
- If you plan to spend the day, take ice to keep berries cool.
- Select only firm ripe berries.
- Be careful not to remove the tops of the berries.
- Make an effort to pick every ripe berry on each plant rather than jumping from plant to plant and row to row.



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Tips for Stress Free Holidays



Postal Service Tips For A Less-Stressed Holiday

(NAPSI)—The U.S. Postal Service plans all year for the holiday season.

With more than 240 years of experience delivering the holidays, the Postal Service and local postal elves are ready to make this year the best one yet. Here are some tips designed to help postal customers have a happier, less-stressed holiday by getting those greeting cards and packages delivered on time and intact.

Know the deadlines: Mail cards and packages on or before the dates listed.

For military and international destination deadlines, please go to usps.com.

Get a Sneak Peek into Your Mailbox: With Informed Delivery, customers receive an e-mail every morning with images of incoming mail and packages. It allows packages to be rescheduled so they can be delivered when someone is home to receive them. Customers can:

Sign up for free services and customize the delivery of their package by going to informedelivery.com

Receive text messages or e-mail alerts notifying them that a package is en route and additional notifications when the package has been delivered

Provide delivery instructions online and authorize the carrier to leave the package in a specific location

Request the package be held at the post office by choosing the Hold for Pickup option

Redirect packages when they won't be home to receive it by choosing the USPS Package Intercept option for an additional fee.

Skip the Trip and Ship Online: The Postal Service is uniquely qualified to deliver the holidays—offering customers a variety of customized solutions designed specifically to make shipping holiday packages easy and convenient. Customers can stay home and avoid holiday hassles by:

Ordering free Priority Mail and Priority Mail Express boxes and envelopes at usps.com/freeboxes, or picking them up from the local post office

Using Click-N-Ship online at usps.com/ship to create shipping labels with USPS Tracking and pay for postage—and by using flat-rate shipping products, weighing isn't necessary

Getting packages picked up for free at home or in the office with Package Pickup. Just hand the package to the mail carrier on his or her regular delivery route. Pickups can also be scheduled at usps.com/pickup.

How to Avoid a Holiday Glitch: Here are some additional tips to help ensure a glitch-free holiday:

All of this information and more can be found at usps.com/holidaynews.

Accessing Cancer Care

(NAPSI)—Nearly double the number of Americans in rural areas versus nonrural areas reported having an insufficient number of cancer doctors near where they live. This is one of the many findings from the American Society of Clinical Oncology (ASCO)'s second annual National Cancer

Opinion Survey, which was conducted online by The Harris Poll.

According to the survey, rural Americans are the most concerned about the availability of cancer care near where they live:

Four in 10 rural Americans who have or had cancer say there aren't enough doctors specializing in cancer care near their home, compared to 22 percent of urban and suburban patients.

Rural patients spend an average of 50 minutes traveling one way to see their cancer doctor, versus 30 minutes for nonrural patients.

Thirty-six percent of patients in rural areas say they had to travel too far to see the doctor managing their cancer care versus 19 percent of nonrural patients.

"The unfortunate reality is that rural Americans routinely have to travel long distances for cancer care, which can lead to dangerous delays in their diagnosis and treatment," said ASCO President Monica Bertagnolli, M.D., FACS, FASCO. "As a result, rural counties have higher death rates from many common cancers than urban areas. Our health care system needs to address these disparities so that every patient, no matter where he or she lives, can access high-quality cancer care."

The survey also found that Americans from all parts of the country are worried about the cost of cancer care. If faced with a cancer diagnosis, 57 percent of Americans say they would be most concerned about the financial impact on their families or about paying for treatment, compared to 54 percent, each, who say they would be most concerned about dying or about cancer-related pain and suffering.

Even more than patients, family caregivers bear the brunt of the high cost of cancer treatment:

Among caregivers responsible for paying for cancer care, nearly three in four (74 percent) say they're concerned about affording it.

More than six in 10 caregivers (61 percent) say they or another relative has taken an extreme step to help pay for their loved one's care, including working extra hours (23 percent), postponing retirement (14 percent), taking on an additional job (13 percent) or selling family heirlooms (9 percent).

"Patients are right to be concerned about the financial impact of a cancer diagnosis on their families," said ASCO Chief Medical Officer Richard L. Schilsky, M.D., FACP, FASCO. "It's clear that high treatment costs are taking a serious toll not only on patients, but also on the people who care for them. If a family member has been diagnosed with cancer, the sole focus should be on helping him or her get well. Instead, Americans are worrying about affording treatment, and in many cases, they're making serious personal sacrifices to help pay for their loved ones' care."

Despite challenges accessing cancer care due to cost and travel time, the overwhelming majority of Americans are happy with the cancer care they have received: Nearly nine in 10 people with cancer believe they have gotten high-quality care and are satisfied with the quality of the doctors who specialize in cancer care near where they live (88–89 percent).

The national survey, commissioned by ASCO, was conducted online by The Harris Poll from July 10–August 10, 2017 among 4,887 U.S. adults ages 18 and older. Of these adults, 1,001 have or had cancer.

Further information is available at www.asco.org; use search term "National Cancer Opinion Survey."

A vibrant beach scene with two palm trees on the left and right sides. In the center, there's a large, colorful striped beach umbrella (yellow, orange, and red) over two matching striped lounge chairs. The background shows a blue ocean and a clear sky. The text is overlaid on this scene.

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