

"Your community newspaper since 1981"

Volume 36 Issue 11

November 2017

Take Me Home!

Award Winning



Every year for the last ten years TomL Publishing has entered the state wide contest for the best of the best. We have won our share of awards. In the last two years Chris Boody has won three awards.

This year she won special honors for the home page on our website. Type in TomLpublishing.com and let our website work for you.



Kevin Shelley introduced Senator Denise Grimsley to an Ocala audience at the Marion County Extension Auditorium. Denise is running for the Secretary of

Agriculture. She comes from an Agriculture back ground in citrus, cattle and more. She is a longtime friend of Dennis Baxley.

Not So Scarey Halloween



"Not So Scary" Halloween Day is put on every year by the Town of Lady Lake and the Lady Lake Chamber is involved. Local Business people volunteer to run booths

with games for the children to enjoy free. A safe place for them to have fun with their parents.

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

■ A.J. "Tony" Powell

AS I SEE IT

by A.J. (Tony) Powell
Why Immigration?

Published reports say that 75% of the most wanted criminals out west are illegal aliens. More than half of the burglaries in California, New Mexico, Nevada, Arizona, and Texas are perpetrated by illegal aliens. Thanks to the incompetence of the Government in Washington DC, Republican and Democrat alike, foreigners have gone up from about 8% to over 13% of the US population.

And 'illegals' more than tripled from 3.5 million to over 11 million over the past 20 years. Now even the Republicans are planning to offer 'amnesty' to over 3 million of them. Apparently House, Speaker Paul Ryan has said that he will 'slip an amnesty' into a spending bill later this year. This, of course, ignores President Trump's campaign promise to protect America from this ongoing 'invasion'.

What happened to his priorities?

A protective wall along the Mexican border?

Getting alien criminals off tax-payers funded 'benefits'?

Weeding out illegal aliens who are taking jobs from Americans?

Eliminating the visa lottery which shuts out qualified, educated contributing people in favor of people from every/any country in the world?

Make overstaying a visa a crime?

Surveys prove that most Americans agree

that it is important to stop the uncontrolled flood of illegal immigrants. For whatever reason, the Republicans continue to refuse to stop big business from hiring illegal aliens over Americans, and are ignoring President Trump's demand for an end to the family-based permitting of over 1.5 million every year.

One poll reported that almost 70% of Americans want to stop employers, by law, from hiring illegal aliens. Obviously the current Republican leadership is ignoring the wishes of the American people. Why is it that most non-European countries protect their borders and their people? But the media slanders patriots, who say 'America-for-Americans' as 'xenophobic'.

As I See It, immigrants need to earn the right to come to America, and you don't do that by being a criminal. I see no good reason for granting citizenship to any alien-er. It's crazy to have a thousand people in a room who are granted citizenship, when they are not fluent in the American language, and know nothing of American culture and traditions. Should 'foreigners' be permitted to stay in the USA at all?

I think there's always a welcome in America for people who want to work and contribute, but, a 'permit' like a 'Green Card' does the job. A serious felon, needs a one-way ticket to China, Cuba or Russia. Not free recreation time in jail and not a American Passport.

'til next time...

Expert Advice On How To Turn Out A Terrific Turkey



(NAPSI)—To help you save time and trouble and turn out a beautiful bird (or two), "Mastering the Art of Southern Cooking" author

and television host Nathalie Dupree offers these clever turkey time tricks.

"I rarely cook a turkey larger than 14 pounds, and find it easier to roast two smaller ones than one larger one. A large turkey takes longer to cook, and is more difficult to handle and store. Two small turkeys allows one of them to be roasted and carved ahead of time, and the other to be the 'showpiece' on the table," she explains.

"Rather than stuff the turkey," she adds, "I flavor it with an onion, carrot and a few herbs. Herbs enhance the flavor of the turkey, when tucked inside the cavity. If a rack is not available, the onions and carrots can form a resting place for the turkey. I add stock to keep the bottom from burning and to ensure a scrumptious gravy. This creates a bit of steam, so take care when opening and closing the oven."

As for thawing a frozen turkey, she says, it's best to do so in a refrigerator that's at 40 degrees or cooler. Allow 24 hours of thawing time for every four to five pounds of turkey.

Apple Cider-Brined Turkey

Serves 8 to 10

- 1 (12- to 14-pound) turkey, fresh or

thawed

- 1 quart apple cider
- Salt
- ½ cup brown sugar
- ½ cup melted butter
- 3 onions, quartered, divided
- 3 carrots, divided
- 3 red cooking apples, cut in quarters
- Chopped fresh herbs to taste, such as rosemary, sage, thyme, optional

Preheat oven to 450° F. Remove any parts that are in the interior of the turkey. Bring apple cider, one tablespoon of salt per pound of turkey and the ½ cup of brown sugar to boil in large pot. Add 1 quart water. Cool to room temperature. Add turkey to the liquid in the pot, making sure it is submerged. Cover and refrigerate overnight. The next day, remove from brine and pat dry with paper towels. If a crisper skin is desired, leave uncovered in the refrigerator for several hours or overnight. Oil a large roasting pan and rack, set aside. Add half the onions, carrots and apples, with the herbs, to turkey cavity. If using a rack, put the remaining apples and vegetables UNDERNEATH in the roasting pan. If not, put the carrots in the center of the pan, with the onions surrounding them. Truss bird or tie its legs together and move to the rack or on top of the vegetables. Brush turkey with butter or oil, particularly the breast. Add enough stock to come 1-2 inches up the sides of bird. Turn turkey breast side down and roast for 1 hour. When removing turkey

Continued on page 10

3rd Annual SHOP Lady Lake EXPO

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Wednesday, November 8, 2017

10:00am - 3:00pm

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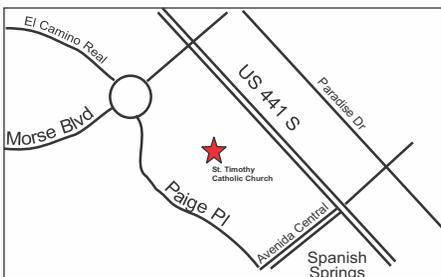
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Lady Lake Police

CHIEF CHRIS MCKINSTRY

HELP THE LADY LAKE POLICE DEPARTMENT HELP YOU



HELP THE LADY LAKE POLICE DEPARTMENT HELP YOU

The Lady Lake Police Department cannot function effectively without the assistance of

concerned, responsible residents. We are depending on YOU to call and tell us whenever you see suspicious persons or activity.

Some residents fail to call the police simply because they are not aware of what seemingly innocent activities should be considered suspicious. Others may recognize suspicious activity and be

hesitant to call for fear of being thought of as the neighborhood "busy-body." Yet others simply assume that someone else has already called the police.

Call the police immediately about all suspicious activity - and do it yourself. Don't worry about "bothering" the police; it is part of our job to investigate suspicious matters. Do not worry about feeling embarrassed if your suspicions are wrong; think instead about what could happen if your suspicions are right and you don't call.

WHAT IS SUSPICIOUS?

Generally, anything that seems even slightly out of the ordinary for your area or for the time of day may signal criminal activity. Some of the most obvious things to watch for and report include:

- A stranger entering your neighbor's home or property when the neighbor is not home.
- Screaming or shouting may signal a fight, robbery, rape, etc.
- Offers of merchandise at ridiculously low prices could mean stolen property.
- Someone removing car parts, license plates, or gasoline are considered suspicious.
- A person looking into parked cars may be looking for a car to steal or for valuables left in plain view inside.
- Persons entering or leaving a business place after hours may be burglars.
- The sound of breaking glass or other loud noises could mean an accident, break-in, or vandalism.
- Persons loitering around schools, parks, secluded areas, or in the neighborhood may be sex offenders, may be "casing" for crime, or may be acting as a look-out.
- Persons claiming to be representatives of utilities (gas, phone, water, electric, cable),

but who are not in uniform or have no company identification may be burglars or scammers.

SOME NOT-SO-OBVIOUS THINGS TO WATCH FOR

Not every stranger who comes into your neighborhood is a criminal. There are many perfectly legitimate service people conducting business in Lady Lake every day. Criminals, however, take advantage of this by pretending to be legitimate business representatives. After all, if criminals looked like criminals, none of us would have any trouble spotting them...

The following are some situations you might see and what they might mean:

- Persons going door-to-door in your neighborhood. Watch for a while. If they look into windows, appear to be trying doors to see if they are unlocked, or go to a side- or back-yard, they may be burglars.
- A person loitering in front of a home or business is suspicious if the residents are away or if the business is closed. There may be a burglary in progress.
- Anyone tampering with or forcing entry into a building or vehicle is suspicious anytime, anywhere.
- A person who is running and does not appear to be exercising, especially if carrying property could be fleeing the scene of a crime.
- Simply carrying property may be regarded as suspicious if it is at an unusual hour, in an unusual place, if the person appears to be trying to conceal the property, or if the property is not wrapped as if it was just purchased.
- A person exhibiting unusual mental or physical behavior may be injured, under the influence of drugs and/or alcohol or in need of psychiatric help.
- Heavy foot traffic to and from a certain residence may indicate narcotics activity or a "fencing" operation (buying and selling stolen property), if it occurs on a regular basis, especially during unusual hours.

THINGS TO WATCH FOR INVOLVING VEHICLES

- Any vehicle without lights at night, cruising slowly, or following a course that seems aimless or repetitive is suspicious in any location, but particularly so in areas of schools, parks, and playgrounds.
- Parked, occupied vehicles are worth noting, especially if seen at unusual hours. It could be a possible lookout for a crime.
- Vehicles being loaded with valuables are suspicious if parked at a closed business or residence where the occupants are away, even if the vehicle appears to be a legitimate commercial unit. Professional thieves will often take the time and trouble to customize their vehicles with special signs in order to move freely without attracting attention and raising suspicion.
- Apparent business transactions conducted from a vehicle, especially around schools or parks and if juveniles are involved, may be indicative of drug sales.
- Persons being forced into vehicles, especially if female and/or juvenile, may mean a possible kidnapping.
- The unfamiliar abandoned vehicle parked on your block may be stolen.

OTHER UNUSUAL SITUATIONS YOU SHOULD REPORT

- On-going vehicle "repair" operations at a non-business location could mean a "chop shop" where stolen cars or golf carts are stripped, repainted, or otherwise altered.

Continued on page 7

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

PUBLISHER'S NOTES



Where is our country going!

This new scandal if it's true will not only shake our country but it will shake the world. How could this happen you ask? GREED! Hidden

documents, hidden foundation money, lies, our own government watch dogs committing crime, taking money, unlawfully surveilling American citizens and using the IRS to intimidate a political section of people. WOW!

Almost 3,000 died on 9-11. Many have forgotten. We let factions of people push us around about being patriotic. 16 years ago after 9-11 everyone was flying flags on their cars at home and at their businesses. Today we are being challenged when we fly a flag at a baseball game. At Football games we are disrespected during the national Anthem. Some of the people who attack us on 9-11 were illegal aliens. Today we are challenged when we want to check their legal status.



We have a president that is trying to make things right and is getting many road blocks put up by the left faction. There are a lot of powerful people in the swamp he is trying to drain. Most of those people are trying to obstruct. We the people must not allow them to undermine our Government, our Constitution and the American way of life. Every day they are uncovering Graft's payoffs. I say put them in jail. A couple of the real bad crooks go to jail and the others will say I don't like that retirement program and either quit or straighten up.

NFL hmmm...They are getting tax incentive. The Football players are getting some tax incentives. The taxpayers pay a big portion to have stadiums built and taxpayers have to pay for advertising signs at the stadiums. We buy tickets to the games, which are not cheap. And don't forget all the money the vendors make for shirts, stickers and etc. Not me. Not any more. I'm finished!

The other day I was going through some old magazines. Hugh Hefner had just died. I came across a PlayBoy magazine from the past: September 2008. Hugh Hefner was not just a playboy but also an editor. There was a story about John McCain. Very interesting... Page 37 of September 2008. You might have a different view of the John McCain today.



At the Not So Scary Halloween celebration for many years. Pictured here you see the United Southern Bank has been a sponsor enthusiasm they have to be involved.



CORRECTION!

Last month in a bio about Glenn Cove Gallery, owned by Paul Tester (designer), I said it was located in Six Gun Plaza. It is not! It is located in Chelsea Square Plaza and it is normally by appointment only. To make an appointment call business 352-789-6562 or cell 352-615-7435.

YOUR OPINION MATTERS!
Let your voice be heard!
email tloury@att.net

Newspaper Deadlines

Editorial & Ad Copy for December

Seniors Voice & Ocala DownTown

12am, November 15th

Lady Lake Magazine & Village Spectator

12am, November 22nd

Lady Lake Magazine/Village Spectator

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YOUR HEALTH

Sciatica

Back pain sufferers have often been told that they have spinal arthritis, disc degeneration and spinal stenosis. They also may have buttock, thigh or leg pain which is termed sciatica. The afore-mentioned words describe the opening between the spinal bones being closed by spur formation and decreased disc height. The hole between the bones is large enough when the disc is plump and healthy but decreases with loss of discs and the growth of bony spurs. This causes low back and often leg pain.

Frequently, these pain sufferers are told that there is nothing short of injections and surgery that can help. This is not true. Spinal adjustments, combined with mechanical traction, are very effective in relieving the pain of neuropathy caused by herniated discs. Lumbar disc herniation can cause back pain and/or leg pain, tingling, numbness, and burning. Combining computerized decompression/traction with spinal adjustments and exercise will bring about the longest lasting results. This

computerized traction is superior to sustained traction of inversion tables because the computerized traction is on and off -- it waxes and wanes in tension -- thereby overcoming the body's natural tendency to resist the pull with muscle tension. This takes the pressure off the irritated nerve(s) and allows the disc bulge to go back into a more normal position and joint fluid to enter and re-hydrate the disc. If a month of this procedure has failed to bring improvement, then an epidural injection may be the next option to consider. Surgery should be a last resort because of the risks of anesthesia and possible scar tissue formation.

Physical therapy offered at Better Health Chiropractic includes spinal stabilizing exercises to strengthen core muscles, massage and computerized spinal decompression. We have the full range of adjusting techniques mentioned above as well. If you have degenerating, bulging or herniated discs, call (352)750-6325 today for a complimentary telephone consultation.

MEMORY BANK???

By TomL

As time goes on you need to store what is going on right now in Washington. What will go as lies and as deceit get worse or as politicians lose their memory, you'll hear "I don't remember" or "I don't recall" or "I was not aware of that" or take the 5th! Some will face up, but I predict 5 or 6 will take the heat for all of this but none will go to jail. A number of these politicians involved are just flat not being seen. If they say there were not involved and their signature appears on a document proving otherwise, I say put them in jail.

They can get around the law by hiring an attorney to handle something and then there is Lawyer client privileges. I say through all this dirt and scandal, find out where the information pops up, what did they use it for and then go after them with all you got. Don't go after the people they put between you and the truth. But remember it all! If you can't remember like some of our politicians, write it down or store it in your computer to pop up some time before the election.

Remember what our President said about the Swamp, stand up for him, give him your strength! He needs it now and will need it tomorrow and the next day and on and on. We let the politicians do this and it can't be fixed by one. If the President were to come to town tomorrow I would stand with him and for him. Meanwhile I will voice my opinion in my four newspapers.

Again "Remember" you have to stand for something or you are nothing!

Just one more thing! FEMA is doing a great job on all these Hurricane projects, I commend them!

SEND US YOUR FAVORITE HOLIDAY RECIPE.

We will draw one or two to publish in our December issue. Please submit by November 22nd and indicate if you'd like your name published also.

Email recipe to Chris@TomLPublishing.com



TOGETHER WE CAN DO MORE

Stay informed on relevant resources and volunteer opportunities available for you to help the ongoing rebuilding efforts of local and national organizations after natural disasters. Your support will have a positive effect on those in need of assistance but also on your personal life. Make sure the organizations you choose are worthy of your support.



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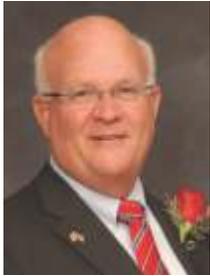


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BIG SALE

Florida State Senate

DENNIS K. BAXLEY



Floridians are finally starting to return to life as normal after Hurricane Irma wreaked havoc in our state for almost two weeks. Irma delivered a blow to millions of people throughout the Caribbean and the southeastern United States, leaving many left to piece their lives back together in its wake. Hurricane Irma's furious march through Florida not only darkened millions of homes, it also flooded roads and piled them with debris, blocking off access to neighborhoods. This has presented more problems for local governments to figure out the best way to clean up and begin recovery efforts. Yet Florida, undoubtedly, has proven its resilience after Irma. Tap water is drinkable. Trash has been picked up. Public transit has slowly come back online. At airports, flights are regularly taking off. We must be grateful for the careful leadership and preparation that Governor Rick Scott and all our elected officials provided before and after the storm. Florida has never seen such widespread effects from a hurricane like this before, and were it not for the tireless efforts of so many, it could have been much worse.

Not only have our infrastructures taken a beating, our agriculture industry faced enormous damage from Hurricane Irma.



The storm has ruined what was expected to be the best season for citrus in years. Agriculture makes up roughly 20 percent of Florida's economy, and FL growers are usually preparing these crops for harvest this time of year. Instead, fruit growers and farmers fear the damage Irma wrought on the state's citrus, sugar cane and vegetable crops will be catastrophic. Florida farmers suffered 80 to 90 percent losses in parts of the state after Hurricane Irma flattened greenhouses, toppled trees and flooded pastures as it tore through the state. This not only effects the crops in the short term, but can also have long term consequences as damaged to land could prevent farmers from being able to plant their next crop to keep up with the cycle.

Above all, we have learned that Florida remains as resilient as ever. Our citizens are prepared to rebuild and Florida will be stronger as we embrace this challenge together.

Lady Lake PD

Continued from page 3

- Open or broken windows and doors at a home or business could mean a burglary still in-progress or already completed.
- Gunshots, screaming, the sounds of a fight, persons chasing others on foot or in cars, unusual barking of dogs - anything suggesting foul play, danger, disturbance of the peace, or criminal activity - should be reported.

While some, if not all, of the suspicious circumstances described above could have logical and legitimate explanations, the Lady Lake Police Department would rather investigate a potential criminal situation and find nothing, than be called after it is already too late and someone has been victimized. Your call could stop a criminal act, prevent an injury, or possibly even save a life!!

WHAT HAPPENS WHEN I CALL THE POLICE?

All calls to the Lady Lake Police Department are prioritized according to the seriousness of the situation, NOT simply according to the order in which they are received. If you call the police, please be prepared to provide as much of the following information as possible:

- What are you reporting?
- When did it happen?
- Where did it happen?
- Is anyone injured?
- Vehicle description (including license number)
- Suspect description, including race, sex, age, height, weight, hair, eyes, facial hair, clothing, & any other identifying characteristics.
- Direction of flight or travel (street and direction)
- Weapons involved (gun, knife, bats, etc.)
- Where are you calling from?

While it may seem like you are being asked many questions, the information is for the safety of the responding officers. The call taker or dispatcher is attempting to gather as much information about the situation as possible so that the officers will have a clearer picture of what they may encounter when they arrive. A call taker may want to keep you on the line for many reasons even though police have already been dispatched to your call. For example responding officers may have questions while enroute, or you may be able to provide a "real time" update. Accurate information is essential for a safe and effective police response. The men and women of the Lady Lake Police Department strive to provide our residents the most professional and efficient service every day. Help us help you.

Please, remain calm and cooperate with the call taker or dispatcher.

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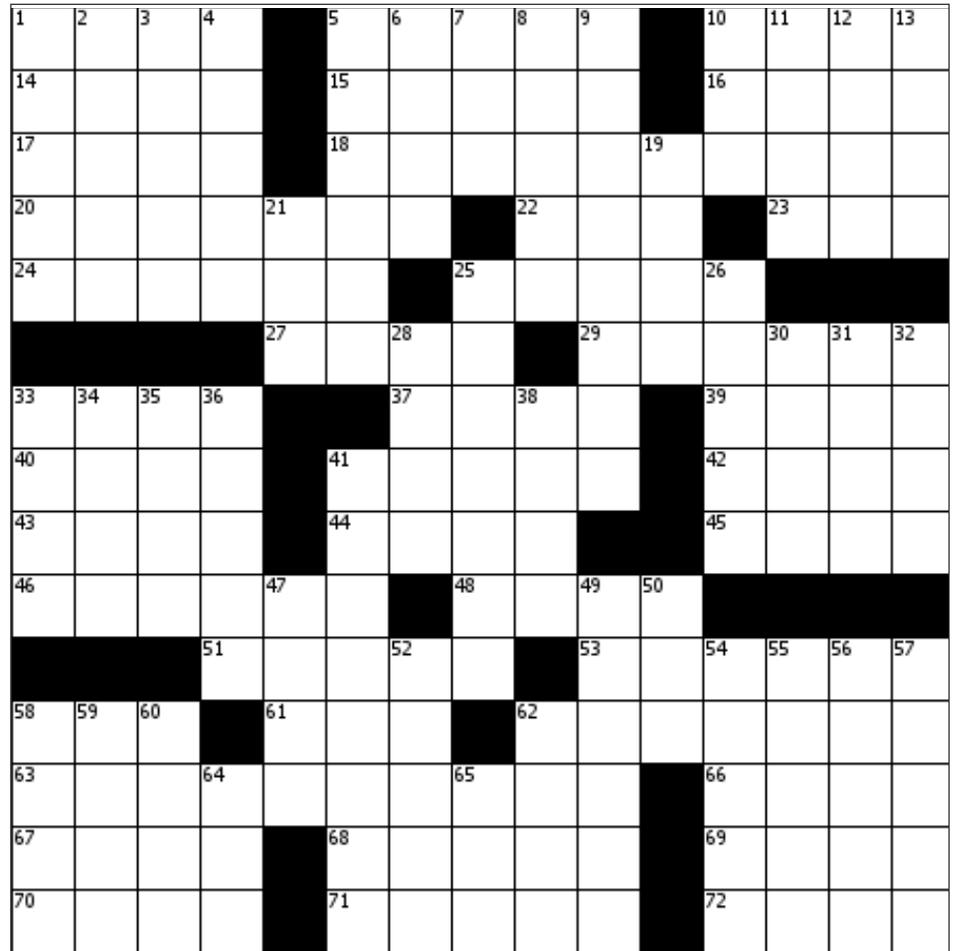
- 1. Entranced
- 5. Hinder
- 10. Highest point
- 14. Location
- 15. Wear away
- 16. Songbird
- 17. Coastal bird
- 18. Part of New York (2 wds.)
- 20. Mysteries
- 22. Wind direction (abbr.)
- 23. School vehicle
- 24. Cowboy bar
- 25. School assignment
- 27. Mail
- 29. Las Vegas bride, often
- 33. Took a dip
- 37. Blacken
- 39. Distribute
- 40. ____ Marie Presley
- 41. Canonized person
- 42. She, to Pierre

- 43. Client
- 44. At one time
- 45. Tree greenery
- 46. Bookworm
- 48. Not present
- 51. Perfect
- 53. Taunts
- 58. Knock sharply
- 61. Pen liquid
- 62. Frighten
- 63. Wipe out completely
- 66. Burrowing rodent
- 67. Malt brew
- 68. Fizzy beverages
- 69. Eternally
- 70. Depots (abbr.)
- 71. Scornful sound
- 72. Family rooms

DOWN

- 1. Fixed prices
- 2. Fight site
- 3. Jeopardy
- 4. Argentine dance
- 5. Part of FDR
- 6. Love deity
- 7. Freight weight
- 8. Margins
- 9. Put in again
- 10. Carpenter's tool
- 11. Crustacean

- 12. Diner list
- 13. Remnants
- 19. Embossed emblem
- 21. Floor cleaner
- 25. Moral
- 26. Alpine song
- 28. Glance at
- 30. Warsaw native
- 31. Jazz singer ____ Fitzgerald
- 32. Coral ridge
- 33. Defame
- 34. Sage
- 35. Yachting
- 36. ____ Gras
- 38. Over again
- 41. Pain
- 47. Correct copy
- 49. Vouch for
- 50. Nay's opposite
- 52. Ohio city
- 54. Carrying weapons
- 55. Range
- 56. Actress ____ Burstyn
- 57. Clairvoyants
- 58. Steals from
- 59. Egg on
- 60. Guilty, e.g.
- 62. Heavenly light
- 64. Taxing agcy.
- 65. Excitement



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OCALA AND THE VILLAGES

FIRST FRIDAY ART WALK RETURNS NOV. 3

Local artists will be working throughout this event creating artwork, portraits and caricature drawings on-site. Additional art activities will be available at Ocala Homes and Farms Realty located at 108 E Fort King St.

The First Friday Art Walk occurs from 6 to 9 p.m. on the first Friday of each month from September through May annually. Located within Ocala's historic downtown, event festivities include over 30 artist displays, live entertainment, free family art activities and extended shopping hours.

For more information, please contact the City of Ocala Cultural Arts Division at 352-629-8447 or artwalk@ocalafl.org or visit www.ocalafl.org/artwalk.

SENIOR FISHING DERBY MONDAY, NOV. 6

OCALA, Fla. (Oct. 25, 2017) – The City of Ocala Recreation and Parks Department will host a Senior Fishing Derby Monday, Nov. 6 from 9 a.m. to noon at Tusawilla Park located at 500 NE Sanchez Ave.

This free catch-and-release event is open to adults ages 50 and older. A limited supply of fishing poles and bait will be available, however, participants are encouraged to bring their own. A complimentary lunch will also be

provided. Prizes will be awarded for the smallest fish, biggest fish, the most fish caught and more.

Registration is required to participate in this event and must be completed by Wednesday, Nov. 1. To register, please call 352-629-8545.

For more information, please call 352-368-5517 or follow the City of Ocala Recreation and Parks Department on [Facebook @OcalaRecPark](https://www.facebook.com/OcalaRecPark).

West ocala wellness community garden day - saturday, nov. 11

The City of Ocala will host a West Ocala Wellness Community Garden Day Saturday, Nov. 11 from 10 a.m. to noon at the community garden located at 2200 W Highway 40, between SW 21st and SW 23rd Avenue.

Community members are encouraged to attend and replant their crops for the spring, or start a new garden plot. Plots are available for \$10 per year. The goal of the West Ocala Wellness Community Garden is to educate and provide an opportunity for citizens to plant, cultivate and harvest vegetables for their families.

For more information, or to reserve a plot, please contact the City of Ocala Recreation and Parks Department at 352-368-5540 or follow the West Ocala Wellness Community Garden on

www.facebook.com/WOWcommunitygarden/

HOLIDAY BAZAAR Saturday, November 18, 2017

First Christian Church, DOC, 1908 E. Ft. King St., Ocala FL

Garage Sale opens at 8:00 a.m. - 2:00 p.m. Bazaar opens at 8:30 a.m. - 2:00 p.m.

There will be bake goods; crafts; collectables; jewelry and much more to buy!!!! There will be food for sale so you can sit, eat and enjoy the holiday!!!

Contact Linda at 867-7202 if you have any questions!!!

'AN ARTIST'S LIFE: PAINTINGS BY ROBERT STEBLETON' EXHIBIT ON DISPLAY NOV. 7 THROUGH JAN. 10

OCALA, Fla. (Oct. 26, 2017) – 'An Artist's Life: Paintings by Robert Stebleton' will be on display at City Hall, 110 SE Watula Ave., beginning Tuesday, Nov. 7. This art exhibit is open to the public weekdays from 8 a.m. to 5 p.m. and will be on display through Wednesday, Jan. 10.

An opening reception for this exhibit will be held Thursday, Nov. 9 from 5:30 to 7 p.m. at City Hall. The artist, Robert Stebleton, will be in attendance to engage with guests and provide unique perspectives into his artwork. Light refreshments will be provided.

For more information, please contact the City of Ocala Cultural Arts Division at 352-629-8447 or artinfo@ocalafl.org.

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Improve Your Cell Reception

Improve Your Cell Reception In 10 Simple Steps

(NAPSI)—If your home is like most, you no longer have a landline. According to the Centers for Disease Control and Prevention, 51 percent of U.S. homes rely on cell phones alone for a telephone connection. So a reliable cellular signal is more crucial than ever.



The Problem

Unfortunately, bad cell reception can happen in urban areas, thanks to all the obstacles that block cell tower signals from reaching your phone. And it can be even worse in rural areas, which make up more than 72 percent of the U.S. land area.

In fact, most cell phone users have used a number of creative ways to make or receive a mobile call, including going outside, standing near a window, finding the one spot in the house with a signal, standing like a statue and even moving like a ninja.

An Answer

If that doesn't work, you may want to try these 10 signal-boosting tips that cost nothing.

Tips To Improve Your Cell Signal

1. If you're moving, stop. When you're stationary, your phone and the network don't have to constantly adjust for your changing

continued page 10

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Turkey

Continued from page 2

from oven, open door carefully, watching out for steam. If stock has boiled down to less than 1 inch up the sides, add more to bring it up to 2 inches. Flip the turkey, breast side up and return it to oven and roast for another hour. (Cover with foil if browning too much.) Check for doneness with an instant-read thermometer—it should read 170° F inserted in the thigh—or remove when juices run clear when a knife is inserted in the flesh of the thigh.

For Gravy Recipe and Nathalie's Apple, Sausage, Greens and Biscuit Dressing, go to Chefschoice.com/recipes/.

Turkey-Carving Tips

“Be sure to sharpen your knife before carving your bird. Sharp knives are safer, prevent shredding and save time. I use the Chef'sChoice XV because it is easy and reliable,” says Dupree.

Step 1

Fortunately, you don't have to be an expert to put a razor-sharp edge on your knife. The Chef'sChoice highly acclaimed electric sharpener XV Edge Select applies a flawless, durable, triple-bevel Trizor XV edge while precision guides eliminate guesswork. Cook's Illustrated, published by America's Test Kitchen, “Highly Recommended” the Chef'sChoice Trizor XV model. For help finding a sharpener that's right for you, call (800) 342-3255 or visit Chefschoice.com.

Step 2

After the turkey is cooked (meat thermometer should read 170° F when inserted in the thickest part of the turkey),

cool the bird for 15 minutes. Cooling makes the meat firmer and easier to slice. Remove and set aside the turkey legs and the last joint of each wing. Make a long, deep (to the bone) horizontal “base cut” into the breast just above the wing.

Step 3

Slice down vertically through the breast until you meet the original base cut. This will release perfect, even slices. Following these preparations and carving tips can help make your Thanksgiving a meal to remember.

Cell Reception

Continued from page 9

location.

2. If there's a case on your phone, remove it. A case can block cell signals from reaching your phone's internal antenna.

3. Don't block the internal antenna by holding your phone. Try a different hand position to see if reception improves.

4. Go outside or get clear of any obstructions. Building materials block cell signals, so if you're in a building, go outside to get better reception. If you're already outside, find an open area such as a plaza or a park.

5. Keep your battery charged up. A low battery can hurt your phone's ability to get and keep a cell signal.

6. Change your location. If you're inside, move to another room of the house or into your office corridor. Or move next to a window, where the cell signal may better penetrate the exterior walls. If in a vehicle, try driving a mile down the road.

7. Increase your elevation. By moving to

the top floor, you reduce the chance of obstructions blocking the cell signal. If you're driving, find a high spot and park there.

8. Use the Wi-Fi network. All newer smartphones allow native Wi-Fi calling and texting, which is supported by all major U.S. cell carriers. There are also a bunch of messaging apps now for audio and video calling. Solid Wi-Fi may be a good substitute for a spotty network.

9. Locate the nearest cell tower. When you know where the [cell tower](#) is, you know which direction your signal comes from. Then, move to the side of the building nearest the tower. If you're outside, try to get clear of any signal-blocking obstructions between you and the tower.

10. Try switching from 4G to 3G. Turn off your LTE service. See if you get a better connection with the 3G or even the 2G network.

How To Protect Your Data



(NAPSI)—Chances are your data, whether personal or at work, has been

compromised. Even before half the adults in America had their information stolen from a major credit-reporting agency, there were about 178 million personal records exposed in 2015 and it's estimated that number rose to more than 200 million in 2016.

The technology you use every day—computers at work or home, printers and your mobile phone—needs to be protected. By 2020 there are projected to be 20.8 billion Internet-connected things—and they'll all need protection.

Fortunately, however, you can go a long way toward protecting your data with seven simple steps.

1. Back up all critical data saved on your personal machines.

2. Keep dynamic and different passwords across applications; consider using a password manager.

3. Be very diligent whenever clicking on a link or attachment in any e-mail—don't get phished.

4. Be very cautious about entering data into a pop-up window.

5. Review your privacy settings on all social media tools.

6. Shred your bills, medical records and the like before discarding them. You can also have them shredded at a trusted retailer such as Staples, which, in October, will shred up to two pounds for you at no charge.

7. Get your electronic devices professionally reviewed and updated.



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Holiday Cards With A Difference



(NAPSI)—Sending greetings cards has been an integral part of the Christmas tradition for generations.

The Past: It began in Britain in 1843, when Sir Henry Cole commissioned an artist to design a card that would enable him to share his Christmas message with others living in distant parts of the country. It soon became popular in America, too.

The Present: Greetings cards are still a great way to tell people you're thinking of them. A personal, handwritten message

inside a card says so much more than an electronic message ever could. Plus, it's something they can proudly display on the mantelpiece or around the house, where it serves as a constant reminder of how much you care.

A Special Greetings Card

The Christmas card is particularly important to a group of talented, disabled artists called the [Mouth and Foot Painting Artists \(MFPA\)](#), this year celebrating its 60th anniversary. It began in 1957, when Erich Stegmann, who painted by mouth from childhood due to polio, decided to create a unique, international self-help group of disabled commercial artists who work without the use of their hands to achieve financial independence and a fulfilling life through art. Their motto is [“Self-Help. Not Charity.”](#) and they sell reproductions of their mouth- and foot-painted images directly to the public in the form of [Christmas cards](#), calendars and a range of seasonal items.

One of these talented artists is Californian Alana Tillman, who creates her art by holding a paintbrush in her mouth. Born with arthrogryposis, Tillman was left without the use of her arms and hands and she took up painting while in hospital as a child.

“The MFPA has been life changing and a big part of my independence and motivation,” said the artist.

How To Purchase

Tillman's beautiful greetings card is one of many you can buy online at [www.mfpausa.com](#) and (877) MFPA-USA.



Gen Z And The Bees

(NAPSI)—Nearly everyone born between 1996 and 2010—Gen Z, as they're known—owns a smartphone, Mediakix research shows. What many people don't know, however, is that these young people are often as much into nature as they are into technology.

Fourteen-year-old Jake Reisdorf of California is a shining example. The subject for a school project was the impetus that turned an initial interest in bees into a full-fledged hobby and business, and the young entrepreneur now serves as founder and CEO of Carmel Honey Company.

He had taken a beekeeping course and used that information to create a website for a class project. His fellow students, however, seemed more interested in learning about honey bees than about website design. So Reisdorf procured a hive and began rescuing wild swarms. He now manages nearly 100 hives.

While Reisdorf enjoys selling honey and honeycomb to specialty food stores and restaurant chefs, he also uses his company to raise awareness about how important honey bees are to the food system, speaking at schools, giving out seed packets, and even educating adults at Kiwanis and garden club meetings.

He also places hives on properties for those looking to support honey bees without becoming beekeepers themselves.

“We place hives on both residential and commercial properties,” said Reisdorf. “That way, people are able to let the honey bees pollinate their garden beds or flowers, but they don't have to be involved in hive



management. It's a great way to raise awareness about pollinators and get the local community involved.”

Reisdorf's support of pollinators recently caught the attention of the Bayer Bee Care Program as the company searched for its next recipient of the Community Leadership Award, which recognizes outstanding beekeepers and partner organizations making a difference in their communities. Reisdorf was awarded the first-ever Young Beekeeper Community Leadership Award for his work as a future key player in an otherwise aging beekeeping industry.

Fortunately, he isn't the only Gen Z member who cares about pollinator health. This year's award garnered applications from nearly two dozen teens from across the country who are making pollinator health a priority.

Though these young naturalists certainly participate in the digital landscape, many of today's Gen Z kids are using social media and other forms of technology to spread the word: Bees are cool, and each individual can play a vital role in determining their fate.

Staying Fit And Fantastic



Staying Fit And Fantastic After Age 50

(NAPSI)—About one in every three Americans is age 50 or older. If you or someone you care about is among them—or hopes to be someday—it may be wise to heed these five hints on keeping healthy, active and pain-free as you age. They come from Dr. Bob Arnot, an award-winning author of 12 books on nutrition and health, and former chief medical correspondent for CBS and NBC.

Healthy Aging Ideas

- 1. Give good health a shot.** Get your flu, shingles and pneumonia immunizations. Follow your doctor's advice about regular cancer screening tests, stress tests and bone density measurements. Head off some of the problems of aging before they occur.
- 2. Stay mentally alert.** Read the newspaper every day. Do the crossword puzzle. Play bridge or chess. Take—or teach—a class. Keeping your mind engaged could ward off the brain changes that lead to Alzheimer's

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Artifacts at Army Museum



Photo credit: Frank Lee Ruggles

First Artifacts in Place at National Army Museum

(NAPSI)—The National Museum of the United States Army is under construction, and four artifacts are already in place. These unique pieces of Army history are so large that crews pre-positioned them early in the construction process so the Museum's walls could be built around them.

The first two artifacts were the M3 Bradley Cavalry Fighting Vehicle that led the 2003 charge from Kuwait to Baghdad, and the M4A3E2 Sherman "Jumbo" Tank, known as "Cobra King," which was the first tank to break through German lines during World War II's Battle of the Bulge. Crews then installed an LCVP, one of the few remaining Higgins boats certified to have carried troops ashore at Normandy on D-Day.

The fourth artifact, a Renault FT-17 Tank known as "5 of Hearts," made history in World War I when it led an attack on enemy lines near Exermont, France. It is the only known surviving Renault FT-17 Tank used in combat by U.S. personnel.

A World War I Liberty Truck, Korean War-vintage Jeep, and Huey helicopter will be added on later dates.

The Museum's construction is being funded privately through a campaign led by the Army Historical Foundation, with nearly 158,000 Founding Sponsors to date. The Foundation is also raising funds through the Army Brick Program, which allows individuals and groups to order personalized bricks that will line the Museum's outdoor pathways. Time is running out to order a brick at

armyhistory.org/bricks that will be in place when the Museum opens in late 2019.

The U.S. Army has preserved and restored the artifacts that will be displayed in the Museum, which is being built at Fort Belvoir, just south of Washington, D.C. The Army is the only military service without a national museum dedicated to telling its entire history. For more information, visit armyhistory.org.

Be Car Care Aware

(NAPSI)—True or false: Until your vehicle is out of warranty, it must be serviced by the new-car dealer or the factory warranty will be void. Although many people would have answered "true," the correct answer is "false," according to the Car Care Council.

By law, independent repair shops can also provide services to maintain your new-car warranty. Consumers are protected by the Magnuson-Moss Warranty Act, enforced by the Federal Trade Commission (FTC), which prohibits a manufacturer from voiding the vehicle warranty because service was done by a nondealer.

According to the FTC, "It's illegal for a dealer to deny your warranty coverage simply because you had routine maintenance or repairs performed by someone else. Routine maintenance often includes oil changes, tire rotations, belt replacement, fluid checks and flushes, new brake pads and inspections." It's also important to note that the "Magnuson-Moss Warranty Act makes it illegal for companies to void your warranty or deny coverage under the warranty simply because you used an aftermarket or recycled part."

When using a nondealer, independent aftermarket shop to maintain your vehicle, the council strongly recommends you keep records and receipts for all maintenance done to the vehicle and adhere to scheduled maintenance requirements. If a warranty claim arises, these records will provide proof that maintenance has been performed in accordance with the manufacturer's recommendations and requirements.

"It's a common misconception that only

car dealers can perform the routine maintenance and repairs on a newer vehicle that is under warranty," said Rich White, executive director, Car Care Council. "The truth is that consumers can have routine repairs performed by their local independent repair shop or do the work themselves without affecting the warranty."

The nonprofit Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

Learn More

For information from the FTC about auto warranties and routine maintenance, visit www.consumer.ftc.gov/articles/0138-auto-warranties-routine-maintenance. For a copy of the council's "Car Care Guide" or for further facts, visit www.carcare.org.

Advice For Hearing Aid Wearers

(NAPSI)—Some disasters, such as hurricanes, can be tracked in advance so you have time to prepare before they actually strike. Others descend with little to no advance warning. If you have hearing loss, the wisest course is to put an emergency plan into place while there is no threat brewing. These four tips can help:

1. Register for all available emergency alert systems. Opt into all available alert systems and text notifications so if an urgent situation arises, you'll get the warning. For information on the various national level alerts, including Wireless Emergency Alerts (WEAs), visit www.ready.gov/alerts.

Your emergency plan should include the locations of nearby shelters. If you have a service dog, make sure you have all its identifying paperwork, tags or vest ready, along with bedding and at least three days' supply of food, water and medication.

2. Put together a list of your health and medical needs. Your emergency kit should include:

- Names and contact information for your doctors
- List of any allergies or other chronic

medical conditions

- List of any required medications and dosages
- Your blood type
- Any medical and communications devices you might require (hearing aids, hearing aid accessories)
- Health insurer name and full membership information (plan name, group number)
- Names and contact information for your preferred hospital and pharmacy
- Hearing aid make, model, and manufacturer information.

3. Assemble all possible communication methods. Figure out all the alternatives you can use to communicate, such as hearing aid accessories (assistive listening devices, or ALDs) that let you hand someone a microphone so you can hear what he or she says directly in your hearing aids. If your devices are equipped with telecoils (T-coils), make sure you know how to activate

Staying Fit and Fantastic After 50

Continued from page 11

and other forms of dementia. Stay socially active, too. If friends and family are far away, see if you can communicate electronically with computer programs such as Skype.

3. Don't smoke. You're never too old to quit.

4. Eat right. In addition to lots of fruits, vegetables and a few lean meats, older people should consume foods with vitamin B12, such as fortified cereals. Also, add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods. Drink three cups of fat-free or low-fat milk throughout the day or the equivalent in yogurt, cheese or other dairy products.

5. Be physically active. Regular activity can help delay, prevent or manage many costly chronic diseases faced by adults 50 years old or older. Try for at least 2½ hours of moderate-intensity physical activity a week. Do it in increments of 10 minutes or more. Bike, dance, walk for cardiovascular health. To help preserve your balance, add strength-building activities such as lifting small weights at least twice a week. Check with your doctor about the regimen that's best for you.

If you develop body pain, turn to topical pain relievers with lidocaine instead of over-the-counter pills.

According to the Center for Medicare Advocacy, "[Lidocaine] is a highly effective pain reliever and its unique nonnarcotic and nonaddictive properties make it a benign alternative to opioids, without the risks and devastating side effects of opioids."

For example, Salonpas Lidocaine Plus from the world's No. 1 (OTC Topical Analgesics Patch) brand contains two powerful anesthetics: 4 percent lidocaine, the maximum strength available without a prescription, and 10 percent benzyl alcohol. The benzyl alcohol is fast acting while the lidocaine is long lasting. Together, they desensitize aggravated nerves for temporary relief of back, neck, shoulder, knee or elbow pain.

Unscented for discreet relief, nonirritating and nongreasy, Salonpas Lidocaine Plus is available in two convenient forms: cream and roll-on

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Gov. Scott Appointments

TALLAHASSEE, Fla. – Today, Governor Rick Scott announced four reappointments and six appointments to the Medicaid Pharmaceutical and Therapeutics Committee.

Jennifer Lalani, 56, of Windermere, is a district pharmacy manager for CVS Pharmacy. Lalani received her bachelor of pharmacy from the Massachusetts College of Pharmacy. She is reappointed for a term beginning October 17, 2017, and ending June 30, 2019.

Dr. Alan Smith, 67, of Tampa, is the senior medical director for WellCare Health Plans, Inc. Dr. Smith received his doctor of medicine from the University of Chicago Pritzker School of Medicine. He is reappointed for a term beginning October 17, 2017, and ending June 30, 2019.

Dr. James Zenel, 57, of Trinity, is a physician at the James A. Haley VA Hospital. Dr. Zenel received his doctor of medicine from the Georgetown University School of Medicine. He is reappointed for a term beginning October 17, 2017, and ending June 30, 2019.

Dr. John Bailey, 58, of Tallahassee, is a psychiatrist at John Bailey, D.O., LLC. Dr. Bailey received his doctor of osteopathy from the Southeastern College of Osteopathic Medicine. He is reappointed for a term beginning October 17, 2017, and ending June 30, 2019.

Dr. Holly Neal Moreau, 45, of Miramar, is the director of pharmacy for Prestige Health Choice. Dr. Moreau received her doctor of pharmacy from Florida A&M University. She succeeds Jill Hanson and is appointed for a term beginning October 17, 2017, and ending June 30, 2019.

Christopher Fuller, 58, of Gainesville, is the former pharmacy manager for Publix and Shands Hospital. Fuller received his bachelor of pharmacy from the Massachusetts College of Pharmacy. He succeeds Dr. Richard Foley and is appointed for a term beginning October 17, 2017, and ending June 30, 2019.

Dr. Deborah Smith, of Tampa, is the director of pharmacy for United Healthcare Community. Dr. Smith received her doctor of pharmacy from Idaho State University. She succeeds Dr. Seyed Kazerounian and is appointed for a term beginning October 17, 2017, and ending June 30, 2019.

Dr. Helene Jacobson, 34, of Coconut Creek, is an operations specialist for Optum. Dr. Jacobson received her doctor of pharmacy from Nova Southeastern University. She succeeds Dr. Natasha Robinson and is appointed for a term beginning October 17, 2017, and ending June 30, 2019.

Dr. Michael Diaz, 48, of Saint Petersburg, is a medical oncologist and hematologist for Florida Cancer Specialists. Dr. Diaz received his doctor of medicine from the University of Kentucky. He succeeds Dr. Mark Hudak and is appointed for a term beginning October 17, 2017, and ending June 30, 2019.

Dr. Jeffrey Biehler, 57, of Coral Gables, is the chair of pediatrics for the Florida International University College of Medicine. Dr. Biehler received his doctor of medicine from the University of Oklahoma. He fills a vacant seat and is appointed for a term beginning October 17, 2017, and ending June 30, 2019.

Medicare Open Enrollment



(NAPSI)—Each year, Medicare Open Enrollment begins on October 15 and ends on December 7. It's an important opportunity for eligible individuals to select a Medicare plan that best meets their current and potential health needs, and also offers crucial protection for unexpected costs.

Although it's been 10 years since the worst financial crisis since the Great Depression hit the U.S., most middle-income boomers say they still don't feel their finances have fully recovered. According to a recent study from the Bankers Life Center for a Secure Retirement, today, only 57 percent of middle-income boomers feel confident meeting their daily financial obligations, down from 65 percent before the crisis. Along with their smaller savings accounts, concerns about rising health care costs as they age could be feeding boomers' lack of confidence in their financial futures.

Today, boomers expect to carry more debt into retirement; only 34 percent expect to retire debt-free. One of the main drivers of debt for this demographic is the nationwide increase in health care costs. Boomers—an estimated 74.9 million Americans aged 53 to 71 in 2017—will likely live to around age 85, on average, according to the Social Security Administration, and unexpected health issues associated with age can drain savings and increase the risk of added debt.

During Medicare Open Enrollment, middle-income boomers can identify health care savings opportunities and prepare for unexpected costs related to illness or injury, with the goal of achieving a more personally satisfying retirement.

Here are four tips to consider as you plan for Medicare Open Enrollment:

1. Create a monthly budget to assist in managing your debt. Boomers are realizing they will not be as financially independent in retirement as they once expected. Examine your monthly financial obligations and create an achievable budget to manage your income and pay down debt.

2. Determine which Medicare coverage plan is right for you. Health needs vary by individual. Evaluate your personal health needs and research each plan to determine the right amount of coverage. For example, Original Medicare supplies beneficiaries with Parts A (hospital insurance) and B (medical insurance). However, some people may need more coverage. Medicare supplement plans are sold by private companies and can help pay some of the health care costs that Original Medicare doesn't cover, such as co-payments, co-insurance and deductibles. Medicare Part C, or Medicare Advantage, is an alternative to Original Medicare offered by private insurers, and provides Medicare Parts A and B, plus additional coverage to protect you against health care related debt. Knowing your options will help you choose the plan that's right for you.

3. Create a plan for monthly health care

payments. Estimate what your financial responsibility is under Medicare including premiums, co-pays, deductibles, and uncovered expenses like long-term care. Earmark a portion of your retirement savings and income to address these out-of-pocket costs.

4. Seek help. Navigating Medicare Open Enrollment can be difficult but you don't have to do it alone. Consult a trusted financial adviser for guidance on which plan is right for your needs and where you can identify savings opportunities.

You Can Help

(NAPSI)—The next time you open a food or beverage carton you could be opening the way to a better world, if you recycle it when the contents are gone. Recycled food and beverage cartons contain valuable material and can be turned into tissues, paper towels, stationery and even sustainable building materials.

The Benefits of Cartons

In fact, food and beverage cartons are one of the most sustainable packages available. They're made mainly from paper, a renewable resource from well-managed forests. As a lightweight packaging option, cartons have a low carbon footprint as well as a low package-to-product ratio at 94 percent product and just 6 percent packaging.

There are two basic types of cartons:

1. Shelf-stable are comprised of paper and thin layers of plastic and aluminum. They are found on grocery store shelves and are used for soups, water, milk, juice, beans,

wine and nutritional shakes.

2. Refrigerated (or gable-top) contain paper and a thin layer of plastic. They are found in the chilled section of the grocery store and are used to package milk, juice, cream and other beverages.

There are a few ways cartons are recycled after going into a recycling container. At paper mills, the fiber is extracted and separated in a machine called a hydropulper, which resembles a giant kitchen blender. It then goes on to make a variety of common paper products.

Another type of recycler uses the entire carton to make environmentally friendly building materials such as interior wallboards, roof cover board, ceiling tiles, exterior sheathing and floor underlayment.

What Robots Can Do

Clever engineers have created carton-plucking robots that can be used at recycling centers to separate food and beverage cartons from other recycled materials. These robots can grab 60 cartons a minute, learning as they go through artificial intelligence. Industry leaders consider the robots a cost-effective, long-term way to further expand carton recycling nationwide.

What You Can Do

Consumers should put empty food and beverage cartons in recycling containers instead of trash containers. With every carton you recycle, you are helping keep our environment greener.

Learn More

For more facts on recycling cartons, visit the Carton Council of North America at www.recyclecartons.com.

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