

ocala

A free publication serving the people of the Ocala area

# DownTown

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Take Me Home!

**FREE**

Volume 6 Issue 2

February, 2015

## Ocala Business Leaders 2015 Board



Ocala Business Leaders 2015 Officers and Directors. From left: Mr. David Liner-Lifetime Director, Mr. Steven Claytor-President, Mr. Doug Bechtel- President Elect, Mr. Mike McKee-Vice President Membership, Ms. Jean Henning-Secretary, Ms. Diane Leaf-Treasurer, Ms. Beth Lewis-Director one year, Mr. Russ Moore-Director one year, Mr. Paul Joranlien-Director one year, Lt. Sandy Mandell-Director two years, Mr. Robert Heagy-Director two years, Not pictured: Mr. Kent Poimbouef- Vice President Marketing.

## Letter from DL

Dear Editor:

Indeed, people with guns do kill people. Absolutely.

I hope everyone saw that helpless French policeman lying on the sidewalk, waving his hands pleading for his life, while a terrorist with a gun walked over and shot him. A policeman without a gun? Why would anyone want to be a policeman in France? This is what happens when people are stripped of the means to defend themselves against terrorists. Think it will not happen here? I have a bridge for sale.

I still cry when I see the video of that policeman pleading for his life.

My heart is torn to shreds.

He was a sitting duck, and his killing was deliberate. Not an accident.

Equating terrorist killings with an accidental shooting? Logic?

Twelve people were assassinated, not one had a gun. If one had a gun, the 2 terrorists would be dead, and some of the 12 would be alive. Yes indeed, guns do kill people.

Why do some people have more worth than others? Cartoonists, and police do not matter? Only terrorists matter?

D. L.

## Slavery

By TomL

Many years ago slavery tore our country apart. The North wanted to free the slaves, the South did not. A great civil war erupted. The North was wealthy, had industry and the South had plantations where the slaves were used as laborers. Some plantation owners were good to their slaves and some were mean. But we must remember that half of the people fought to free slaves. Many died for that freedom, most of them white. Interesting enough it was the Republicans that freed the slaves. A President of the United States, Abraham Lincoln - a Republican - gave his life to free the slaves. When Congress voted to free the slaves it was probably one of the most bitter verbal battles every waged in the House of Congress.

After we passed the Thirteenth Amendment our country would later fight to free people enslaved all over the world until recently. Our country has believed in HONOR, HONESTY, INTEGRITY, FAMILY, HARD WORK, and RELIGION as a way of life. Now some of the people whose ancestors were enslaved have forgotten who freed them. It's not hard to do when there are still

(Continued on Page 2)

**Looking for  
Volunteer  
Writers**

**804-1223**

*Happy  
Valentine's  
Day*



Congratulations to Diane Leaf for being the recipient of the "Ocala Business Leaders Person of the Year Award of 2014."

**Tom's Picks:  
Building a Room,  
Flooring, Painting**



**GOD BLESS OUR  
TROOPS**

**SUPPORT OUR WOUNDED WARRIORS**

Florida House of Representatives

## DENNIS K. BAXLEY



It's a new year in Florida and our state continues to prosper. Florida TaxWatch's 2015 Economic Preview expects Florida's economic growth to outpace the nation's growth. Marion County is even expected to outpace most of the state's other metro areas as well. Morgan McCord, TaxWatch's communications coordinator, said metro areas with the highest growth generally are showing an increased demand for construction jobs. As Florida's housing

market continues its resurgence, the state's construction industry is expected to create more jobs than any other industry. Ocala and Marion County have continued to add jobs to our growing economy and foster a healthy business environment. Professional and business services, transportation, education and health services, and leisure and hospitality are all projected for significant job growth in Florida this year. Florida has also succeeded in keeping local, state, and federal government small. A strong economy is good for Florida families and businesses. It's a new day in North Central Florida; recovery from the recession is taking hold and we must fully engage to capture this moment of opportunity.

## Slavery

(Continued from Page 1)

pockets of prejudice throughout our country and people remember the worst events instead of the good things.

Now some of our leaders are inciting disrespect of the law and the people we choose to enforce the laws. More importantly they are trying to create racial unrest. It is probably to cover what they are doing somewhere else in the world, like Cuba or Iran.

I don't know where all this will come to a head but I worry that more lives will be lost and we have already lost too many of any denomination. Let's take our country back to believing in HONOR, HONESTY, INTEGRITY, FAMILY, HARD WORK, and RELIGION as a way of life, that will be a good place to start.

How this happens in Government, big

business, State and County politics. Clubs, organizations who because they are in charge they know what is best for the little people. It is the little people that elect the Boards, Commissioners, Governors, Presidents and etc. I was told once and it stuck in my mind, "this is a Board driven group and if you let everyone vote or give their opinion you will never get anything done." I say wrong, if you get two thirds majority for the rules that are made they will stick, others will change again later. All I can draw on is things that happened to me. In the corporate world liars climb the ladder faster than people who face the truth. If you tell upper corporate leaders what they want to hear then they report to the investors with less than truthful reports. If the corporate leaders care they will be found out. This kind of leadership will show a greater growth pattern and hard work will be rewarded and loyal, truthful employees will grow. Be honorable, trustworthy, believe that management is there to help - not hurt - and in the long run it will pay off.

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## Exploring the Link Between Obesity and Cancer

(NAPSI)—Emerging research suggests a link between obesity and the risk of developing and dying from many common cancers. Obesity is quickly overtaking tobacco as the leading preventable cause of cancer, with as many as 84,000 cancer diagnoses attributed to obesity each year in the United States. It is also estimated that obesity or excess weight contributes to as many as one in five cancer-related deaths.

The good news is that scientists are beginning to understand potential biological explanations for why obesity contributes to the development and progression of cancer. For example, current research shows a relationship between higher levels of insulin in a person's blood, which is common in people who are obese, and the development of certain types of cancer.

In addition, hormones produced in fat cells have been shown to stimulate the growth of tumors, and it is also not unusual for people who are obese to have low-level chronic inflammation in tissues in the body. Chronic inflammation is a confirmed risk factor for certain types of cancers.

There is also existing data linking obesity, inactivity and poor diet to poorer outcomes in patients with cancer. Obesity is caused by a combination of factors, but it is never too late to take steps to improve your health.

#### Making Lifestyle Changes

The best time to start a weight loss program or focus on making healthy lifestyle changes varies for each person. For some, a cancer diagnosis may spur a patient's decision to focus on his or her health beyond cancer, encouraging healthy eating choices and increasing activity.

The first step is to talk with your doctor. Your doctor can calculate your body mass index (BMI) and evaluate your overall health and fitness level to find out if you would benefit from losing weight or making lifestyle changes to maintain your current weight.

(Continued on Page 5)

## CEP/OCALA CHAMBER OF COMMERCE NEWS

### CEP Connection

One of the most exciting announcements of 2014 was that Coates Golf was bringing the LPGA to Ocala. Much has been written about the Coates Golf Championship presented by R+L Carriers. The tournament will be held at Golden Ocala Golf and Equestrian Club on January 28-31. It will be broadcast live on the Golf Channel and NBC. The Championship will serve as the inaugural event of the LPGA season for at least the next three years and will attract the top players in the world. The CEP hosted Randy Coates at an exCEptional morning breakfast to share with our partners about the significance of this event.

In addition to generating a lot of enthusiasm, the event has produced a number of questions. Through various articles and events most of those have been answered. But two questions that many have had and we have not been able to discuss until now are “Who is Coates Golf and what do they do?”

### Coates Golf

Despite its stature as one of the most watched and participated sporting activities

in the world, golf has continued to be male focused. Today, millions of women around the globe play golf but there is no company focusing exclusively on developing and building equipment, apparel, and accessories for the female player. That is until now. Coates Golf will be manufacturing and marketing high performance clubs designed exclusively for the female player.

As exciting as this new company is, the most exciting part is where they will be located. Coates Golf will call Ocala, Marion County, home. The company has renovated a facility into a beautiful new office and showroom that will also serve as their initial assembly and distribution center. The total capital investment in this new endeavor is more than \$15 million and the new headquarters will result in the creation of at least 45 new jobs. These are jobs that will offer pay and benefits which are more than 40% above the county average.

The addition of Coates Golf to our community is about more than just good jobs and investment. With their sponsorship of the Coates Golf Championship it provides the

nucleus to building a new unique industrial cluster. Imagine the possibilities of building our community as a center for Women’s Golf. Just as we are known as a center for the Fire Apparatus Industry and the Horse Capital of the World, we could one day be the go to place for Women’s Golf.

### Moving Forward

At the end of the day, the CEP is all about job creation and retention. Helping businesses grow and prosper so our com-

munity grows and prospers is our mission. Being able to partner with incredible entrepreneurs like Randy and Mollie Coates is one of the great opportunities we have to build a strong future for Ocala and Marion County. By working to help our burgeoning entrepreneurial community, attracting growing established firms, and assisting existing businesses we can create opportunities for both now and the future.

## Rainbow Springs State Park

Mark your calendar for Feb. 13, 2015. Rainbow Springs State Park and The Butterfly Garden crew will be hosting a talk “Native Plants and Wildlife in your yard” presented by the president of the Paynes Prairie Chapter of the Florida Native Plant Society at 10:30 a.m., in the Felburn Pavilion. Please R.S.V.P. to jonbrainard@gmail.com to reserve a place and to give him a count for refreshments. This talk is free but as always there is a \$2 park admission.

Cracker Days will again present the pioneer skills of late 1800’s central Florida. Again it will include demonstrators, musicians and a Cracker Camp, with transportation to that area of the park, food, vendors

and a native plant sale.

Fred Hileman, president of the Citrus Audubon will lead the monthly Bird Walk. The walk will be Jan. 31, 2015, starting in the Head Springs parking lot at 8:00 a.m.

Ranger lead garden walks are held the first Wednesday of each month at 11:00 a.m., meet on the Veranda.

For questions and information call the park at 352- 465- 8555.



**Tom Loury**  
352-804-1223



**Wendy Netherclift**  
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Tom Loury

## PUBLISHER'S NOTES



### Villages

Is the Newspaper publishing business dangerous? I would say at times it is. I have seen danger a few times with tempers flaring but in most cases people say things they don't mean. I have been threatened a few times with cold calculated effort. In most cases you have a

feeling who it is. It happened to me three times that is worth mentioning. Once my attorney and I handled it and once with the police we confronted the bad guy. Both of those turned out good. A third time nothing was done. I was driving on 441 when a threatening call came in on my cell phone. I did not handle it very well because I ran my mouth at the person. I called 911 and got the Sumter County Sheriff's office which I think I was in Sumter on 441. Dispatch said "are you sure you are in Sumter County?" I said "hell I don't know for sure", this would be

a good time for me to lie and say yes, I'm sure. I said thanks for helping and hung up. By the way, I have gone to Sumter several times over the years and got no satisfaction and no help.

### Washington

The current administration just won't learn. The federal Government describes the wages of the middle class as flat. Not true. They have declined 25 % in many cases because of ObamaCare. Many businesses across the country have cut their work to 30 hours a week so they don't have to pay for the federally imposed insurance. The Democrats are now trying to pass a bill that will make the full time workweek 30 hours for purposes of ObamaCare. The businesses surviving so far will just have to cut their employees' hours to 25 hours a week. Again, a blow to the middle class workers. The businesses could keep dropping the hours to whatever it takes. Ten people working 20 hours a week or five people working 40 hours a weekly won't matter to the business. It will make the unemployment drop and they will say jobs are up, but the pay

scale is half.

Quote of the day by Dianne Feinstein: "All vets are mentally ill in some way and government should prevent them from owning firearms." I'm told she really said that in a meeting in front of the Senate Judiciary Committee. Kurt Nimmo said: "Senator Feinstein insults all U.S. Veterans as she flays about in a vain attempt to save her anti-firearms bill." It is interesting that no one has ever seen the likes of these four women, Barbara Boxer, Dianne Feinstein, Maxine Waters, and Nancy Pelosi, with their gift of gab and blessed with stupidity. How could people like this get into high positions like they are?

Robin Hood took from the rich and gave to the poor. Does that sound familiar? Remember this, Robin Hood was a bandit!. Let's take this a little further. The King was taxing the life out of people for the ends to his own means.

One last question to you the reader, does Cuba have some golf courses?

What do you think? tloury@att.net

### Newspaper Deadlines

*Editorial & Ad Copy for March*  
**Seniors Voice & Ocala DownTown**  
 12am, February 18th  
**Lady Lake Magazine & Village Spectator**  
 12am, February 25th

## Ocala DownTown

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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

To the editor

Well here it is Jan 7, 2015 the first week of the New Year and France is the target of the savage Muslims. Outside of Australia when are the other countries going to step up and straighten these people out.

Marseille is the second largest city in France and their second language is FRENCH? The first is Arabic this will soon be the future of every country that let them run rampant.

Here it will be Spanish, Arabic and then English at the rate things are going.

I wonder how many of the terrorists in this happening just got back from Gitmo thanks to Obama?

Where are the politicians with the b---s to stand up and say enough is enough. Are

there any out there?

When are we going to take our Country back, when you come to this country you are suppose to have allegiance to us not the country you left behind. It is our Flag you must fly and honor. No wonder people are getting so disgusted. We have laws and Obama and the justice Dept refuse to enforce them. We do not need new immigration laws we just have to enforce the ones we have is that so hard to understand. Send them all back and start from scratch come legally and take your turn.

I think the next county will be England it also has let them run rampant. I pray it doesn't happen.

PL  
\*\*\*\*\*

Letter to the Editor

Well I received an e-mail from the white house asking me to watch the movie of POTUS on how he is going to improve the internet. Really! Here is my response I mailed to him:

I received the email urging me to watch your movie on how important it is to have faster internet,

Good God and little green apples, radical Muslims and Jihadists are shooting and beheading people in the streets everywhere but here so far and you want to improve the

internet.

These people are coming here across the Mexican border and setting up their little villages without any interference from you or anyone else in your administration. I can only come to one conclusion why you are able to get away with this and I am not a racist yet, because you are the first black President. Shame, shame on the other powers that be! Before you fix the internet start enforcing the laws of our borders.

P. L.

Exploring the Link Between Obesity and Cancer

(Continued from Page 2)

Here are some additional tips from Cancer.Net for making healthy lifestyle changes:

- Eat and drink only as many calories as you need to maintain a healthy weight and support your level of physical activity. Talk to your health care provider about ways to reduce calories if your BMI shows that you are overweight or obese.
- Increase levels of physical activity. Even a small increase in physical activity has benefits.
- Get support. Most weight loss programs include more than one session with a dietitian or weight loss specialist to help

you make healthy lifestyle changes and stick with them over time.

For more information and to download additional resources for patients and caregivers, visit [www.cancer.net/obesity](http://www.cancer.net/obesity). Cancer.Net is the patient information website of the American Society of Clinical Oncology (ASCO), the world's leading professional organization representing physicians who care for people with cancer. Cancer.Net is supported by the Conquer Cancer Foundation.

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Your **Opinion** matters to us!

Let us know what you think about the Seniors Voice and DownTown. 804-1223



Select Business Associates

SBA of Ocala is an Association of non-competing, professional business people who meet on a weekly basis to share information pertaining to the local business communities as well as each individual business. The purpose of SBA is to bring together like-minded professionals to increase their business through building relationships and sharing knowledge.

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## SENIOR SCHEDULE OF EVENTS

### MOVIES FOR FEBRUARY, 2015

8th AVENUE – TUESDAY AND WEDNESDAY, FEBRUARY 10TH & 11TH, 2015 AT 1:30 PM

BARBARA G. WASHINGTON – THURSDAY AND FRIDAY, FEBRUARY 12TH & 13TH, AT 1:00 PM

“MOMS’ NIGHT OUT” STARRING: SARAH DREW, SEAN ASTIN, PATRICIA HEATON, TRACE ADKINS, DAVID HUNT AND OTHERS

All Allyson and her friends want is a peaceful, grown-up evening of dinner and conversation – a long-needed moms’ night

out. But in order to enjoy high heels, adult conversation and food not served in a paper bag, they need their husbands to watch the kids for three hours. What could go wrong? RATED PG

8TH AVENUE – TUESDAY AND WEDNESDAY, FEBRUARY 24TH AND 25TH, 2015 AT 1:30 PM

BARBARA G. WASHINGTON – THURSDAY AND FRIDAY, FEBRUARY 26TH & 27TH, AT 1:00 PM

“THE HUNDRED FOOT JOURNEY” STARRING: HELEN MIRREN, OMPURI, JUHI CHAWLA,

MANISH DAYAL, CHARLOTTE LeBON AND OTHERS

The famous chef at a three-star French restaurant reluctantly begins mentoring an Indian boy whose family owns a rival establishment in the neighborhood. RATED PG

Reservations must be made at the Center of your choice. Seating is limited to 8 persons per video.

Please call the 8th Avenue Center at 629-8545 or Barbara G. Washington Center at 629-8357 to reserve your seat.

### COMING EVENTS FOR FEBRUARY 2015

#### INCOME TAX HELP

When: Mondays, Wednesdays and Fridays starting February 2nd, 2015 thru April 15th, 2015

Time: 9:00 AM to 12:30 PM

Cost: FREE

Where: 8th Avenue Adult Recreation

Center, 830 NE 8th Avenue, Ocala

What: AARP Tax Help is available on these days. Please bring all your necessary documents including SS Card, W-2 Forms, 1099 Forms, last year’s taxes, driver’s license and some form of ID.

**SENIOR TRIP: STATE FAIR TAMPA**  
When: Thursday, February 12th, 2015  
Leave 8th Ave. Sr. Center 8:00 AM, Return 7:00 PM

Where: Tampa, Florida

Cost: \$35.00 per person. Lunch on your own.

What: The fair is a salute to the state’s best agriculture and equine industry. Excitement is in the air and all over the fairgrounds with plenty of free entertainment. Enjoy an abundance of shows, music, displays, rides and shopping. Pre-registration is required. Seating is limited to 45 persons. For more information call 629-8357.

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# Eat Healthy, Live Healthy

EAT HEALTHY, LIVE HEALTHY  
Top 10 Pantry Essentials for Fast, Healthful Cooking  
(NAPSI)—Stock your kitchen with these

basic building blocks for a wide variety of good-for-you recipes that are quick and easy to create.  
“Keeping healthy foods on hand is one of

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the easiest ways to get started with a healthy eating plan,” said registered dietitian Sarah-Jane Bedwell, author of “Schedule Me Skinny.”

1. Canola Oil—This kitchen workhorse is one of the most healthful cooking oils available and excellent for almost any kind of recipe. It contains the least saturated fat and most plant-based omega-3 fat of all common cooking oils, plus its neutral flavor and light texture work well with many different dishes and cooking styles.

2. Vinegar—The acid in vinegar, including white wine, red wine or balsamic, brightens and balances flavors. It’s key to salad vinaigrette, and a splash can add depth and sweetness to soups and sautés.

3. Peanut Butter—An inexpensive source of protein, peanut butter is a healthful addition to baked goods. It’s also a quick base for Asian-style peanut sauce on noodles or meat.

4. Lower—Sodium Chicken or Vegetable Broth—Boost flavor by using broth for homemade soup in a flash, whole grains or a

braised dish. Store-bought broth tends to be higher in salt, so look for the lower-sodium varieties.

5. Honey or Brown Sugar—Sweetener isn’t just for baked goods. Use a touch to help caramelize foods and bring out the natural sweetness in vegetables.

6. Whole Wheat Flour—Essential for baking, flour is also useful for thickening sauces, binding veggie pancakes and more. The white whole wheat variety can be a great way to add extra whole grains but maintain a light texture.

7. Basic Spices—No need to buy a whole rack’s worth of spices. For most dishes, you’ll be good to go with pepper, cinnamon, cumin, chili powder, garlic flakes, thyme and an Italian herb blend.

8. Whole Grains—Brown rice, whole grain pasta, oats, barley and quinoa are packed with nutrition and nicely filling. Keep them on hand to round out any meal.

9. Quick Protein—Canned or dried beans and lentils as well as canned salmon and tuna are excellent pantry staples: nutritious, affordable and versatile. Toss them into salads, mix with whole grains or mash them into burgers.

10. Canned Tomatoes—Essential for sauces, soups and stews, canned tomatoes are faster (and, at most times of the year, tastier) to use than peeling, seeding and chopping your own. Select those that are lower in sodium.

“These are ingredients I reach for again and again,” Bedwell added. “With a well-stocked pantry and a little bit of planning, it’s truly possible to prepare healthy meals in minutes.”

This entrée or appetizer is a delicious way to incorporate whole grain and other pantry essentials.

### Salmon and Quinoa Patties

Yield: 8 patties \_ Serving size: 1 patty

- 2 Tbsp canola oil, divided
- 1 cup minced onion
- \_ cup finely chopped celery
- 1 cup cooked quinoa
- 2 cans, 6.5 oz each, salmon, rinsed and drained
- 3 eggs
- 2 Tbsp green relish
- \_ tsp salt

In large nonstick pan, heat 1 Tbsp canola oil over medium heat. Add onion and celery and sauté for about 5 minutes. Remove from heat. In large bowl, combine prepared quinoa with cooked onions and celery. Add salmon, eggs, relish and salt. Stir well to combine. Shape mixture into 8 patties, about \_ cup mixture each. In saucepan, heat remaining canola oil over medium heat. Cook patties for 3 to 4 minutes, undisturbed, or until golden brown. Flip over and continue cooking for about 4 additional minutes.

Nutritional Analysis per Serving: calories: 150; total fat: 9 g; saturated fat: 1.5 g; cholesterol: 90 mg; sodium: 360 mg; carbohydrates: 7 g; fiber: 1 g; sugar: 1 g; protein: 10 g.



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# Step Back In Time

Cracker Days 2015 – Return to Yesterday

Step back into late 1800's pioneer and frontier Florida and come to Cracker Days at Rainbow Springs State Park on US 41 about 2 miles north of Dunnellon, Florida. FORS (the Friends of Rainbow Springs State Park), sponsors this educational, family friendly event which will be held Saturday and Sunday, February 21st and 22nd from 9 am to 4 pm each day. Park admission is \$2.00 per person with children 5 and under admitted free.

Your visit this year will bring you among quilters, beekeeper, wood carvers, weavers, authors, spinners, pine needle and gourd crafters, a metal worker and a paper maker, a cooper, a potter and beekeepers with a live

demonstration hive.

A tram will take you deeper into the park where the Cracker Camp within the large, fenced oval will offer the sights and sounds of camp life. See a fine collection of old saddles and camp gear and hear the stories that go with them. Watch laundry done the old fashioned way. Try your hand at churning butter in not one but 2 churns! Candles will be dipped, leather will be worked, turkey calls will accompany the crack of the whip, stories will be told by Boomtown Sam while the aroma of biscuits baking over an open fire will be in the air. Listen to the medicine woman and to the people who will help the way of life of the Seminole Indians come alive. Visit the blacksmith and, next door, watch how brooms are made.

Native plants will be for sale and the park's own Crafty Ladies will offer their excellent quality, clever creations for sale along the walkway into the park. Musicians will present a full schedule of instrumental and vocal offerings in the Felburn pavilion and

some will stroll among park visitors. Good eats will be available at the park concession stand. A host of demonstrators, musicians, volunteers and Park staff will be present to welcome you to Cracker Days, 2015.

## Health Bulletin

**Reducing Your Risk Of Stroke (NAPSI)**—While strokes are a leading cause of death and disability in adults in the United States, there are ways to reduce your risk of having one.

Sometimes called a “brain attack,” a stroke happens when blood flow is cut off to part of the brain, starving brain cells of oxygen. Within minutes, those cells begin to

die, which can lead to permanent damage if not treated quickly.

### Reducing Your Risk

Some of the common risk factors for stroke include high blood pressure, heart disease, diabetes, smoking and a family history of strokes. Fortunately, there are many steps you can take to reduce your risk of stroke (and other related diseases like heart attacks).

Engage in a healthy lifestyle by eating a healthy diet, being physically active and quitting smoking. Also, take steps to keep your blood pressure, blood cholesterol and blood sugar under control by visiting your doctor or nurse. He or she can be a valuable resource for helping you improve your health and treating any conditions that might raise your risk for stroke.

### An Uncommon Risk Factor

A less common risk factor for stroke is carotid artery stenosis, the narrowing of the arteries that run along the sides of the neck that carry blood from your heart to your brain. This condition affects only one half to 1 percent of the population and causes a relatively small percentage of strokes. You may be at increased risk of developing carotid artery stenosis if you have high blood pressure, high cholesterol, diabetes or a history of heart disease. Older age and smoking are also risk factors.

### More Harm Than Good

Screening for carotid artery stenosis is often done by listening to the neck with a stethoscope for unusual sounds from the arteries. Another method is to use ultrasound, a painless test that uses sound waves to create a picture of the arteries (similar to the ultrasound that pregnant women get to see the baby inside the womb). Health care professionals can look at the pictures to see whether the arteries are narrowed or blocked.

Carotid artery stenosis screening, however, has little or no overall benefit for preventing stroke for most adults. In fact, this screening can be harmful because it often leads to a cascade of follow-up testing and surgeries that themselves can cause stroke, heart attack or death. Because the condition is rare, screening all adults would also lead to many false-positives (test results that say a person has a disease when he or she does not) and can lead to unnecessary surgeries. As a result, the U.S. Preventive Services Task Force recommends against carotid artery stenosis screening for the general population.

Work with your doctor or nurse to talk about any concerns you may have about your risk for stroke and ask about ways that you can reduce your risk by exercising, eating well and managing any chronic diseases, including high blood pressure, diabetes and high cholesterol.

(Continued on Page 9)



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## Work Force Increases

TALLAHASSEE Fla. More Floridians Getting Back to Work

- Florida's annual job growth rate has exceeded that of the nation since April 2012.
- Florida's private sector job growth month-to-month has been positive for 46 of the last 49 months.
- December's private-sector job growth is an increase of 225,700 jobs over the year.
- All ten major industries experienced over the year job gains.
- Florida has created 728,500 new private sector jobs since December 2010.
- Florida job postings compiled by the Help Wanted OnLine data series from The Conference Board showed 269,810 open-

ings in December 2014.

Home Sales Robust

- Home sales remain robust as the backlog of existing homes on the market is down by 33.7 percent from December 2011 (Florida Realtors).

• Florida median home prices were up 3.5 percent over the year in November 2014.

Workforce Boards Assisting in Employment

- In December, Florida's 24 regional workforce boards reported more than 39,600 Floridians were placed in jobs. An individual who receives employment and training assistance through a CareerSource Center and finds a job within 180 days is deemed a

placement and may be reported by a regional workforce board. Of these individuals, 6,817 previously received Reemployment Assistance.

- In 2014, 470,534 individuals were placed into jobs through the regional work-

force board, including more than 23,986 veterans.

To view the December 2014 employment data, visit [www.floridajobs.org/labor-market-information/labor-market-information-press-releases/monthly-press-releases](http://www.floridajobs.org/labor-market-information/labor-market-information-press-releases/monthly-press-releases).

## Health Bulletin

(Continued from Page 8)

Stroke Symptoms: Time to Act

Even if you take steps to reduce your risk, it's important to know the signs and symptoms of stroke so you can act quickly and potentially avoid devastating consequences. These include:

- Sudden numbness or weakness of face, arm or leg—especially on one side of the body
- Sudden confusion or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.

If you notice any of these symptoms in yourself or in someone near you, call 911 and get immediate medical help. A stroke is an emergency and quick treatment can help prevent long-term brain damage or even death.

It is also important to tell your doctor if you have a history of stroke or transient ischemic attack, or TIA (a "ministroke"). If you have had TIA or a stroke, the Task Force recommendation on carotid artery stenosis screening does not apply to you. Your doctor can work with you to develop a plan based on your individual health to prevent a future stroke.

Protecting Your Health

The U.S. Preventive Services Task Force is an independent, volunteer panel of national experts in prevention and evidence-based medicine. The Task Force makes evidence-based recommendations on primary care services. Recently, the Task Force reviewed evidence on screening for carotid artery stenosis in the general adult population.

Learn More

For more information on the Task Force and to read the full report on carotid artery stenosis screening, visit [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org).

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