



Designs by Debbi, a local crafter/designer showing some of her creations at a street market in Dunnellon Florida. Dunnellon, FL is known for its festivals held on the downtown streets.



This is a photo of Charlie. Charlie came by to see me at my table at the Shop Lady Lake Expo. He seemed to like the attention and was actually posing for the camera. Here he is standing on top of my newspapers posing.

'Twas The Day Before Thanksgiving!

By TomL

'Twas the day before Thanksgiving at the Loury Farm. I had made a quick trip to the store. My wife was working in the kitchen making pies for the next day. Coming home up the driveway I saw a bunch of cars and trucks. I could not imagine who was there and why they were there. It was my niece and most of her family.

They like to come and see the animals and show their children the animals. It's interesting that a lot of children have never touched a cow, a donkey, a horse, a bull and various other animals that we have around. An occasional peacock will visit from the neighbor's farm. They won't let you touch them for survival reasons.

Anyway, while we were out by the pasture my great nephew, who is in the military, said when he was in Africa and

Kuwait he read my paper. He explained they received packages from people in The Villages. The packages contained greatly needed supplies not available in their area. Some of the packages had our newspapers in them. Do we get around or what? We have had some great stories about people receiving our paper in other places but this one was probably one of the best because we can say our circulation reaches the most important people on earth: the people protecting our country!

At the end of the day, my son, his wife and our grandson came home and there we were the night before Thanksgiving at the Loury Farm sharing memories around the table by having a last minute meal for about a dozen family members. That's what I'm thankful for!

Gov. Scott Suspends Supervisor of Elections

Gov. Scott Suspends Supervisor of Elections Brenda Snipes from Office, Appoints Replacement

TALLAHASSEE, Fla. – Following widespread issues with voting in Broward County, Governor Rick Scott today issued [Executive Order 18-342](#) to immediately suspend Supervisor of Elections Brenda Snipes from office for misfeasance, incompetence and neglect of duty. The authority for the Governor to take this action is outlined in Article IV Section 7 of the Florida Constitution. The Governor has appointed Peter Antonacci to serve as Supervisor of Elections in Broward County. Mr. Antonacci will serve for the remainder of the term until a replacement can be chosen by voters in November 2020. During the 2018 General Election, Broward County election officials missed deadlines, lost ballots and couldn't report basic information to the public, which resulted in multiple violations of Florida law. This follows multiple documented instances throughout Ms. Snipes' term where Florida laws were broken including posting election results before polls closed and authorizing the improper destruction of ballots.

Governor Scott said, "Every eligible voter in Florida deserves their vote to be counted and should have confidence in Florida's elections process. After a series

of inexcusable actions, it's clear that there needs to be an immediate change in Broward County and taxpayers should no longer be burdened by paying a salary for a Supervisor of Elections who has already announced resignation. I know that Pete will be solely focused on running free and fair elections, will not be running for election and will bring order and integrity back to this office."

Peter Antonacci currently serves as the President and CEO of Enterprise Florida. Prior to that, he served as Executive Director of the South Florida Water Management District and as General Counsel for the Governor. Previously, Mr. Antonacci served as State Attorney in Palm Beach County. He has also served as a governing board member of the Northwest Florida Water Management District, a member of the Florida Ethics Commission, Statewide Prosecutor of Florida and Deputy Attorney General. Mr. Antonacci has also served on multiple Judicial Nominating Commissions.

Raised in Hialeah, Mr. Antonacci attended Hialeah High School and Miami Dade College. He earned a Bachelor of Arts and Master's degree in Urban and Regional Planning from Florida State University as well as a Juris Doctorate from Florida State University College of Law.



Kevin Sheilley
OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



Where do you work?
 During this holiday season, I am often asked at parties "Where do you work?" While many people are aware of the CEP, I find a number of people are confused by our initials and who we are. It is easy to assume everyone knows who we

are and what we do, but that is not always the case. The CEP is an acronym for the Ocala/Marion County Chamber & Economic Partnership (now you know why we use CEP!). We are the community's chamber of commerce as well as its official economic development organization. The CEP was formed just over six years ago with the merger of the former Chamber and Economic Development Council. While this version is only six years old, our roots go back 130 years to the founding of the Ocala Board of Trade in 1887.

The driving factor behind the merger of the two organizations was to create a unified, single voice for the business community. One entity that could assist businesses locating to our community, growing in our community, starting in our community, and thriving in our community. In fact, the basic structure of the CEP is with teams dedicated to Business Attraction, Business Retention, Business Creation, Business Advocacy, and Business Services. It was this approach in part which led to the CEP being named Florida's Chamber of the Year 2018 and a finalist last year for National Chamber of the Year.

While you might not recognize these names, you may recognize some of companies and projects we have assisted. The CEP was the lead entity in recruiting new companies to our community such as FedEx Ground, McLane, AutoZone, Chewy.com, Mestizo Foods, and eResources among others (Business Attraction). We have assisted existing local companies to grow and expand here such as Cardinal LG, Wells Pharmaceuticals, and RealTruck (Business Retention). We lead the very successful Power Plant Business Incubator and the Ocala Downtown Market (Business Creation). The CEP led the effort to successfully pass the renewal of the 1 mil for the School System which funds classroom reduction, school safety, and Career & Technical Education among other areas (Business Advocacy). Programs such as Leadership Ocala Marion, Leadership Ocala Marion Youth, Young Professionals of Ocala, and Business After Hours are among the staples of our efforts to provide training and networking for our business community (Business Services).

Attracting new businesses, helping existing businesses grow and expand, and nurturing start-ups are key activities of the CEP as well as actively working to engage and involve our community. Together, we can work to keep our community Moving Forward!

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Gerry Dietrich TVS LLC, talked about his Mobile Directory, how it worked and how to activate it. This is new technology that puts your ad in front of the customer when you get near them. Good talk lots of questions.



Gerry Winton, a local Handyman spoke at the Ocala Business Breakfast, describing what he does and took a lot of questions. It was a good talk.



Pictured is OBL Founder David Liner, left, in coming president Connie Pendleton, right, and OBL's official waitress, "Denise", receiving a Christmas Cheer!

Clark Yandle was in charge of that project. OBL also adopted Senior Citizens who live locally by buying gifts from their wish list. Diane Leaf helped coordinate that and Mr & Mrs Yandle helped make sure everyone had a gift. Great Christmas Spirit OBL!

Ocala Business Leaders spread Christmas Cheers to a number of people. They partnered with the Salvation Army by Ringing the Bell for two weeks.



Tom Loury
352-804-1223



Wendy Netherclift

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

PUBLISHER'S NOTES



A Veteran at work!

Once in a while I like to help give a business a boost by highlighting the owner with a picture or some comments. This month's spotlight is on George Marshal owner of

SIGNS44. I have known George for many years, selling his flags as publisher of the newspapers I believe we should do business with guys like this. He has always been a patriot and likes to be a part of the local business scene. Let me list what I like about George.

You can count on what he says!

He believes in buying USA supplies!

These Flags are made in America. Many of the Flags are made by Veterans!

The Flagpoles are made in USA!

The man that sets up the flag pole is a Veteran!

So thank you for helping the Veterans! And thank you for helping a veteran!

Shop at Signs44 on Hwy 441 in downtown Lady Lake. See the ad in this paper!

Not a good thing!

Have you ever heard: "I run my business by hearsay or word of mouth"?

Here is what experts say: Not advertising is like a person that stops the clock to save time???. The business that considers itself immune to the necessity for ADVERTISING sooner or later finds itself immune to business.

Word of mouth is good because it shows a string of satisfied customers but there should be an ad mix in there somewhere.

A good sign!

TALLAHASSEE, Fla. - Following widespread issues with voting in Broward County, Governor Rick Scott issued [Executive Order 18-342](#) to immediately suspend Supervisor of Elections Brenda Snipes from office for misfeasance, incompetence and neglect of duty.

A Bad sign!

The Muller team has forced Flynn into a guilty plea to stop them from investigating his son and stop the investigation into himself. Flynn is not a rich man. He is a war hero, spent 32 years serving this country and was awarded the Silver Star for some of his acts of heroism. He does not have enough money for big time legal fees. He has sold his house to raise money and at some point you just want it to stop. I have even seen this process at work in this area. Just run up legal fees until the defendant just wants it to stop and the defendant folds.

Not a good thing!

The US Government is prosecuting Major Mathew Golsteyn for murder in Afghanistan for killing a bomb maker. The bomb maker was taken into custody and released because the paper work that should have been filled out was not done (remember this is in a war zone). First what are we doing filling out paper work in a war zone. Here is how it went down. We ask the Afghanistan people in a villages to give us information about who the enemy is? They trust us! Our government says Oops! Someone did not fill out the proper papers and they released the enemy. They go back and kill the villagers that turned them in. The bomb maker killed a number of people including two of Golsteyn's friends and informants. He was found in an Afghanistan village and was killed. Now the US government is charging him for murder. War is not a game! Not where you document things on paper. Give this man justice!

A Good sign!

A federal Judge that is supposed to sentence Flynn has requested information proving Flynn lied. Information and documents proving the extent of involvement and is taking a good look at the case at the urging of Flynn's attorneys. Flynn probably has a cleaner record than Mueller!

A Good Thing!

My Nephew who is in the military received a package from people in The Villages. It contained some very important items needed and unavailable in the region. In with those items was the Village Spectator, one of our papers. He was in Africa! What a circulation claim, worldwide?

Many of the papers will be reflecting on 2018. I want to give it a month extra to think about it. If there is something you want me to add email me at tloury@att.net

Let's start the year out right and be positive!

Heart Breaking!

A friend sent a video paying forward! A young boy found a \$20 dollar bill in the parking lot going into Cracker Barrel. He thought hard about what to spend it on. He saw a soldier with his family in the restaurant. Here is what he did. He wrote the soldier a note saying he want to pay \$20 for his meal, thanking him for his service. The

boy explained that his daddy was a soldier too. He is in heaven now! The boy's mother said the boy wanted to see his father. She drove him to the cemetery. He wanted to go alone. Mom took a picture from the car. You could see the two little lone footprints going to the grave site. That is what freedom cost so don't ever forget those who serve and their families.

My question of the month? What is Pam Bondi going to do next year? FEDERAL GOVERNMENT JOB? Remember you heard it here!

TomL

Ocala Events

See [Ocalafl.org](#) for more details.

January 11 - 6pm

Art Park Music Series KINDO

Tuscawilla Art Park

223 NE 5th St

Live music by Kindo.

January 12 - 4pm

Faith Hope and Charity Concert

Downtown Square

100 E 1st Ave

Free Concert

January 13 - 7am

Ocala Half Marathon, 15K, 10K, 5K Run

Paddock Mall

3100 College Rd

Start and finish at the Paddock Mall;

Course runs through Ocala

January 16 - 6pm

Walk of Fame

Marion Theatre

50 S. Magnolia Ave.

Celebrate the installation of Ocala's Walk of Fame honoring a local legend.

January 18 - 7pm

After Dark in the Park

THE GOONIES (pg)

Scott Springs Park

2525 SW 24th Ave

Free movie with popcorn, hot dogs and drinks for a small fee. Bring lawn chairs and blankets!

January 19 - 11am

Dr. Martin Luther King Jr Wreath Ceremony

595 SW Martin Luther King Jr Blvd

Wreath ceremony. Call 352-209-2973 for details.

Newspaper Deadlines

Editorial & Ad Copy for February

Seniors Voice & Ocala DownTown

12am, January 16th

Lady Lake Magazine & Village Spectator

12am, January 23rd

Seniors Voice of Ocala/Ocala Downtown Products of TomL Publishing, LLC

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SEND US YOUR EVENTS

tloury@att.net

God Bless our Troops
Support Our Veterans
We Endorse The Constitution

Florida State Senate

DENNIS K. BAXLEY



Dear Friends,
Quick update for you. Constituent service remains our number one priority. Our office has three staff members located in Tallahassee, Lake County, and Marion County that are

always ready to serve you and answer any questions or concerns that you may have. I am your Senator, and I work for you. As always, I am available to meet with you personally, please don't hesitate to reach out to my office to schedule an appointment.

This past month, we completed our first week of committee meetings (along with some Senator training sessions) and we also received our assignments from Senate President Galvano. I am happy to report that your Senator was named Chairman of the Committee on Ethics and Elections. With the passage of Amendment 4 and the elections debacle in Broward and Palm Beach counties, we anticipate that this committee chairmanship will allow us to play a key role in protecting the integrity of Florida's elections. I am committed to defending our elections process by making it easy to vote and hard to cheat.

Your Senator was also assigned to the full

Education committee, under Senator Manny Diaz, as well as the Appropriations Subcommittee on Education, under Senator Stargel. This year, unlike the previous two, we will see much more emphasis placed on career and technical education. I am very excited to be a part of these two committees that will shape this policy moving forward and I am particularly looking forward to the work that our team will do under the leadership of Chairs Diaz and Stargel.

Along with those three committees, your Senator was also assigned to the Committee's on Finance and Tax, Health Policy, Judiciary, and the Joint Legislative Auditing Committee. Each of these committees all have great leadership and good teams in place. President Galvano has a real eye for good, talented people and he is doing an excellent job utilizing that talent. Majority Leader, Kathleen Passidomo, is our team leader and we couldn't be happier to serve with a woman of her intelligence and ability.

Thank you for sending me, and thank you for letting me serve you in the Florida Senate.

Onward & Upward,
Senator Dennis Baxley



The Fight Against Cancer



Cancer Research Focuses on Growing Tumor Cells Outside the Human Body

(NewsUSA) – One of the great barriers to improving the fight against cancer has been the problem of growing human cancer cells for drug testing so they behave as if they were inside the patient. To answer this, pharmaceutical companies are beginning to grow human tumors in mice. But mice are not human, so the tests often lead to dead ends. And while it's possible to grow tumor cells in petri dishes, they rarely behave like actual cancers. But now this problem is being solved by a company called Precision Therapeutics Inc (NASDAQ:AIPT), formerly Skyline Medical Inc (NASDAQ:SKLN), and its partner, Helomics. Precision Therapeutics and Helomics, through a subsidiary named TumorGenesis, are pioneering an approach that takes cancer cells from a patient, then analyzes the tumors' genes and proteins. That information is crucial because it guides the selection of nutrients and other substances that the cells need. The final step is putting the cancer cells not in a petri dish, but rather on a special scaffold that's bathed in the nutrient-rich media. The result: "For the first time, it will be possible to grow tumors outside the body that closely mimic those in the body," explains Dr. Carl Schwartz, CEO of Precision Therapeutics. That, in turn, will bring major benefits for cancer treatment and drug

discovery. Cancer is actually many thousands of different diseases, each with different underlying DNA mutations. That's why drugs that are effective against one person's ovarian cancer may fail utterly against another's. But with the ability to grow the cancer cells from patients outside the body, doctors will be able to test drug combinations to discover what works before treating the patient, thus saving people from debilitating side effects from ineffective drugs. Equally important, pharmaceutical companies will have a far better and lower-cost way to test drug candidates than testing on mice. It's yet another key step towards personalized cancer treatment that will give every patient a much better chance of long-term survival.

Low-Cost Internet Program



(NewsUSA) – Most of us can't imagine life without Internet service at home. We use it every day for news and entertainment, as well as to research healthcare options for our families; to connect with friends and family; to search and apply for jobs, scholarships, or schools; or to shop and save time. Unfortunately, many low-income households in this country aren't connected and they're missing out on the life-changing resources the Internet has to offer. According

Continued page 14

LOOKING AHEAD TO VALENTINE'S DAY
cookie card **crayon hearts** **dipped pretzels**

Happy Valentine's Day!
 Sugar Cookie recipe, baked as rectangles
 Colored Icing
 EDIBLE Markers

Heart Silicone Mold
 Broken crayons (get all the paper off)
 Bake in preheated 250 oven for 20 min
 Let cool completely

Candy Melts (follow manufacturer's instructions)
 Wax paper to dry on
 Sprinkles

**NO NEED TO GO OUT ON A LIMB...
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- Print Advertising
- Web Advertising
- Ad in Digital Papers
- Thrown into Driveways

**Ocala Downtown - Seniors Voice of Ocala
 Village Spectator - Lady Lake Magazine**

Call/Email Tom: 352-804-1223 • tloury@att.net

ONE PERSON'S OPINION

LETTERS TO THE EDITOR

TomL Publishing LLC, Publishing Village Spectator / Lady Lake Magazine / Ocala DownTown / Seniors Voice of Ocala
To our valued customers and Readers:

TomL Publishing LLC, DBA Village Spectator, Lady Lake Magazine, Ocala DownTown and the Seniors Voice of Ocala, are determined not to go up on our advertising prices. Actually we are offering more coverage and free services. Right now we are home delivery and cover the Villages north of SR 466. We are a small publication so you won't get lost in it.

We have very reasonable rates especially for the mom and pop business owners. Here is what we have to offer:

- First we are an Award Winning Community Newspaper. We have won five state wide awards in 2018.
- Second we are once a month so you won't get billed weekly or daily.
- When you buy an ad in one of our newspapers, you will automatically go

into the second newspaper free in that geographic area, Villages or Ocala.

- Also the newspaper will be online for months to come.
- If you are running a half page or full page ad you will receive a free banner on our TomLpublishing.com, VillageSpectator.com and DowntownOcala.com home pages.

If you just starting out, talk the publisher Tom Loury (352-804-1223) about our free website offer!

Remember our rates stay the same and our free service go up. So prime the pump by advertising in the Village Spectator, Lady Lake Magazine, the Ocala DownTown and the Seniors Voice of Ocala and increase your flow of revenue.

Tom Loury, Publisher
TomL Publishing LLC
PS Go online to TomLpublishing.com and subscribe to our free digital newspaper!

Gov. Scott: Florida's Graduation Rate Hits All-Time High

TALLAHASSEE, Fla. – Today, Governor Rick Scott announced that Florida's high school graduation rate has reached a 15-year high according to data released today by the Florida Department of Education. For the 2017-18 school year, Florida's statewide graduation rate rose to 86.1 percent, an increase of 3.8 percentage points over last year and 17.1 since the school year before Governor Scott took office.

Governor Scott said, "I am proud to announce that Florida's high school graduation rate has once again risen and has reached an all-time high. Access to quality public education played a critical role in my life, and as a father and grandfather, it has

always been important to me that every Florida student has the opportunity to pursue their goals and achieve the American Dream. This accomplishment would not be possible without the hard work and dedication of Florida's teachers and school administrators. I'm also proud of the work we've done to provide record amounts of funding to Florida schools so they can continue to deliver results. I will never stop working to ensure students are prepared to succeed."

Commissioner of Education Pam Stewart said, "I could not be more proud of Florida's students and their educators who have demonstrated unrivaled dedication to excellence. As commissioner, I vowed to be a voice for the voiceless, and that often meant

advocating for minority and low-income students whose performance historically fell below that of their white counterparts. Today's announcement is particularly important because it not only shows across-the-board progress, it highlights success in closing the achievement gap and leveling the playing field for all students."

Florida's Graduation Rates, 2003-04 through 2017-18

Florida's graduation rates vary by race/ethnicity. All but one group increased their graduation rates over the past year. The subgroups with the highest percentage point increase over the last five years are as follows:

- The statewide graduation rate among Black/African American students increased by 16.2 percentage points over the last five years, rising from 64.7 percent in 2013-14 to 80.9 percent in 2017-18.
- The graduation rate gap between white and African American students narrowed by 3.3 percentage points compared to 2016-17; the gap in 2016-17 was 11.4 percentage points, and the gap in 2017-18 is 8.1 percentage points.
- The statewide graduation rate among Hispanic students increased by 10.1 percentage points over the last five years, rising from 75 percent in 2013-14 to 85.1 percent in 2017-18.
- The statewide graduation rate among students with disabilities increased by 21.9 percentage points, rising from 55.1 percent in 2013-14 to 77.0 percent in 2017-18.
- The statewide graduation rate among economically disadvantaged students increased by 14.3 percentage points, rising from 67.7 percent in 2013-14 to 82 percent in 2017-18.

For more information about the 2017-18 graduation rates, visit <http://www.fldoe.org/accountability/data-sys/edu-info-accountability-services/pk-12-public-school-data-pubs-reports/students.stml>.

Florida Unemployment

Florida Unemployment Rate Drops to 3.3 Percent

TALLAHASSEE, Fla. — Today, Governor Rick Scott announced that Florida's unemployment rate dropped in November from 3.4 to 3.3 percent, the lowest level in 12 years. Every county in Florida has experienced a drop in the unemployment rate since December 2010. Florida businesses have created more than 1.67 million private-sector jobs since December 2010, including 23,000 private-sector jobs in November. Over the past year, 251,200 new private-sector jobs were created in Florida. Florida's annual job growth rate has outpaced the nation for 79 of the past 80 months. The only month that Florida did not exceed the nation was due to Hurricane Irma.

Governor Scott said, "Being Governor is the best job in the world, and I am excited about the economic success that Florida has been able to achieve over the past eight years. Our unemployment rate being at 3.3 percent and nearly 1.7 million jobs being created since December 2010 has allowed so many Floridians the opportunity to live their dreams in the Sunshine State. I will never stop working on what's important to Floridians – jobs, a great education and safe communities."

Florida's unemployment rate of 3.3 percent represents a drop of 7.5 percentage points since December 2010; this drop is faster than the national decline of 5.6 percentage points. This is while 116,000 people entered Florida's labor force, a growth of 1.1 percent in the past year. Florida's annual job growth rate of 3.3 percent continues to exceed the nation's rate of 1.9 percent.

Cissy Proctor, Executive Director of the Florida Department of Economic Opportunity said, "Florida has remained

Continued page 14

CEP Ocala / Marion County Chamber & Economic Partnership
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- INCREASE YOUR VISIBILITY**: Listings in our online & printed directory, mailing lists, and advertising opportunities. Be seen!
- IMPROVE YOUR SKILLS**: The CEP offers 3 monthly skill building opportunities and multiple workshops each year. Gain knowledge!
- EARN CREDIBILITY**: Research shows businesses who belong to a chamber are more successful. Raise your reputation!
- ATTEND OUR EVENTS**: The CEP produces over 100 events per year, including networking, educational, forums, and more... Get engaged!
- EXPAND YOUR NETWORK**: Join the CEP & add hundreds of professionals to your network instantly. Get involved!
- GAIN AN ADVOCATE**: The CEP is a single, strong, unified voice that advocates politically for your business. Gain support!
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- EXPAND YOUR NETWORK**: Join the CEP & add hundreds of professionals to your network instantly. Get involved!

Your partnership in the CEP is an investment in your business and your community. By taking advantage of the CEP's many programs, events, and services available exclusively to CEP partners, we are confident that you will find a substantial return on your CEP investment.

Ready to Move Your Business Forward?
Jennifer Madden, Director of Partner Relations
352.629.8051 Jennifer@OcalaCEP.com
Visit us online at www.OcalaCEP.com

Print Classifieds Still Work!
See page 15 for Classifieds.
Email us today to place your ad:
tloury@att.net

Florida Atty General Pam Bondi



Florida Fish and Wildlife Conservation Commission

This week, working with the Florida Fish and Wildlife Conservation Commission, we arrested nine individuals on numerous felony and misdemeanor charges associated with the illegal baiting, taking and molestation of black bears by use of dogs for commercial and recreational purposes.

According to the year-long investigation, the defendants lured black bears by placing drums of dog food, doughnuts, pastries and peanut butter in various areas throughout Baker, Flagler, Marion and Union counties. The defendants used large packs of dogs to chase bears up trees. They would then beat the trees, some higher than 50 feet, causing bears to fall to the ground, where they would force dogs to maul the bears.

Following some of the attacks, the defendants posted numerous videos of the acts on Facebook, Instagram and Snapchat. In some of the videos, defendants can be seen forcing the bears to a waiting pack of approximately a dozen dogs that then repeatedly bit the bears. None of the individuals involved tried to call off the

dogs or stop the attacks. My Office of Statewide Prosecution obtained warrants for social media accounts where the defendants posted these disgusting videos.

Not only were their actions gruesome and repulsive, they were recorded and posted to social media for their amusement. I doubt they are laughing any longer now that they have been arrested for serious crimes.

I want to thank FWC and my Assistant Statewide Prosecutors Kelly McKnight and Diane Croff for their great work on this case.

Attorney General Bondi, Other State Attorneys General and Federal Government Announce \$625 Million Settlement

TALLAHASSEE, Fla.—Attorney General Pam Bondi today announced a \$625 million multistate and federal settlement with a major pharmaceutical distributor. The settlement resolves allegations that AmerisourceBergen Corporations introduced adulterated drugs into interstate commerce. As a result, ABC, a Delaware corporation headquartered in Chesterbrook, Pennsylvania, will pay the states and the federal government \$625 million dollars—including nearly \$100 million going directly the state Medicaid programs.

As part of the massive national litigation, ABC subsidiary AmerisourceBergen Specialty Group pled guilty to illegally distributing misbranded drugs in September 2017. ABSG is the parent entity for companies in the specialty pharmaceutical market, including biotechnology and

oncology, in addition to pharmaceutical manufacturers and providers. ABSG agreed to pay \$260 million in criminal fines and forfeitures.

The national federal and state civil settlement resolves allegations concerning conduct of a purported pharmacy ABSG opened in Dothan, Alabama named Medical Initiatives, Inc. MII pooled vials of oncology supportive care drugs used during chemotherapy to create Pre-filled Syringes to sell to practitioners. The drugs involved in the scheme include Aloxi®, Anzemet®, Kytril®, Neupogen®, Procrit®, as well as the generic version of Kytril®. The investigation revealed that MII was not a pharmacy, but a repackager, and as such, required to apply for a New Drug Application for the PFS. To prepare the PFS, MII broke the seal of the FDA-approved drug vials and repackaged them into plastic syringes that allowed MII to sell the excess

drug product in the vials, known as overfill. The PFS, that were prepared in an unsterile environment and often contained particles of foreign matter, were then shipped to providers through another branch of ABSG, Oncology Supply Company.

MII was neither a pharmacy in producing and selling the PFS nor did it comply with pharmacy regulations in any state where it was licensed. Additionally, since there was no new NDA, the drugs were unapproved by the FDA and adulterated, therefore not eligible for reimbursement by government healthcare programs. The civil settlement also resolves double billing for the same vial of drug as a result of using the overfill drug product and unlawful kickbacks provided to physicians to induce them to purchase Procrit® in PFS rather than vials.

The investigation resulted from three qui tam actions originally filed in 2010, 2012

Continued page 11

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Hire Veterans With Disabilities



Why It's Wise To Hire Veterans With Disabilities

(NAPSI)—“Today, nearly 4 million Americans have a service-connected disability. At a time when many employers are struggling to fill positions, hiring veterans with disabilities can boost diversity and inclusion efforts,” explained Jeff Hall, national employment director for DAV (Disabled American Veterans).

For example, Dave Ellis found it difficult to get a job after receiving an honorable discharge from the Army. “I had a severe back injury, but I also carried mental scars from active duty,” he said. After six months of searching, he was able to find a supportive company that understands and values the traits that come from military training, including job-ready skills, tested leadership abilities and a mission-focused work ethic.

For others, however, it can be a struggle. In fact, a survey in *The Journal of Vocational Rehabilitation* found that 57 percent of veterans with disabilities transitioning to the civilian workforce feared hiring discrimination due to their disability.

“The reality is that many of America’s businesses, big and small alike, recognize the importance of hiring veterans with disabilities, but often don’t know where to begin,” added Hall.

To address this need, DAV has published “The Veteran Advantage: DAV Guide to Hiring and Retaining Veterans with Disabilities.” This free, comprehensive guide is the result of more than four years of study about what the veteran community contributes to the workforce and how hiring veterans, especially disabled ones, can improve a company’s bottom line.

The 36-page publication, which can be downloaded at <http://dav.la/jobs>, offers best practices and helpful tools for employers. But it goes further, helping to correct misperceptions and inspire more organizations to hire from this talent pool. Content includes statistics about veterans with disabilities, in-depth onboarding and retention strategies, a practical checklist for employers, and explanations of financial incentives, tax credits and other support.

The Guide also highlights powerful testimonials of veterans thriving in successful careers, and case studies from employers who benefit from having disabled veterans in their workplace. Nationally

respected companies such as First Data and USAA apply the findings within their own internal human resources departments and hiring teams.

There are also free and helpful resources that veterans themselves can take advantage of to help with the transition into a civilian career. For example, DAV holds free career fairs throughout the country for veterans and their spouses. Details are available at <http://dav.la/jobs>.

“While our nation’s veterans, particularly those who have been injured in service, are faced with unique challenges, they also offer the skill sets, loyalty and dedication needed to help successfully power America’s economy,” said Hall.

1891 Ocala Fire Department



(OCALA, FL) A devastating fire downtown on Thanksgiving Day, 1883, led to the formation of an organized fire department. In just a few short years the agency became one of the best equipped and efficient fire departments in the State of Florida according to a book published by J.O.D. Clarke in 1891. At the time the fire department consisted of three hand pulled hose reels, one horse pulled hose reel, one hook & ladder truck, 1,800 feet of rubber hose, and 60 firemen. The firehouse locations have been identified on period Sanborn maps, according to Brian Stoothoff, researcher and HOPS board member.

The locations of the firehouses were as follows: Marion Hose Company No.1 with bell tower (seen in left of photo) at Fort King Street and Osceola Avenue; Protective Hose Company No.2 (seen on bottom right of photo) on Northeast First Avenue just north of East Silver Springs Boulevard; Young America Hose Company No.3 (seen at top left of photo) in the 600 block of Southeast Second Street.

Marti City which was established primarily due to the cigar industry in the late 19th Century just west of Ocala maintained their own fire stations.

HOPS appreciates the Marion County Museum of History and Archaeology for their assistance with this article.

The photo shown above is from the J.O.D. Clarke book published in 1891.

Long-Distance Caregiving



(NAPSI)—Chances are, at some point you will be a caregiver to a friend or family member. Providing care and support can be challenging in any circumstance, but caring for a loved one who lives far away presents a unique set of challenges.

When providing care for loved ones who do not live nearby, keep the following three tips in mind.

Plan ahead. Learn your loved one’s medical wishes, contact information for doctors as well as important financial and insurance information.

Research community options. Many older adults need a little help to stay healthy and independent. Area Agencies on Aging and other community-based organizations can connect caregivers to programs that help with transportation, personal care services, nutrition, home modification and repairs, legal services, falls prevention programs and more.

Care for yourself. The Eldercare Locator can connect caregivers to local resources that can help, including caregiver support programs that can provide training, and support groups and other resources that help caregivers better support their loved ones—and themselves.

The Eldercare Locator can help both care recipients and their long-distance caregivers. Through its website, www.eldercare.acl.gov, and national Call Center at (800) 677-1116, the Eldercare Locator connects long-distance caregivers to resources that can provide assistance where it is needed most—in the care recipient’s own community. The Eldercare Locator is funded by the U.S. Administration for Community Living and is administered by the National Association of Area Agencies on Aging.

Recycling

Myths And Facts About Recycling Cartons

(NAPSI)—Recycling is one of the easiest ways the average person can help the

environment. Not only does recycling prevent items from ending up in landfills, it reduces the amount of raw materials used to make new products. Here are some myths and facts about recycling commonly used food and beverage cartons:

Myth: Cartons can't be recycled.

Fact: Cartons are certainly recyclable. They can be turned into new products, such as paper towels, tissues and writing paper. They can also be turned into environmentally friendly building materials, in a process that uses no water or chemicals.

Myth: If a package doesn't have a recycling logo on it, it's not recyclable.

Fact: What can and can't be recycled varies by community and is primarily dependent on the recycling facility. Cartons can carry the standard “Please Recycle” logo under the Federal Trade Commission's green guidelines. It's best to contact your community or check its website to find out what can and can't be recycled.

Myth: You have to put your recyclables in a plastic bag and then in your recycling bin.

Fact: Plastic bags can jam up equipment at recycling centers, slowing everything down and potentially preventing recyclables from getting recycled. Instead, place materials loosely in recycling bins or carts.

Myth: You have to crush cartons and remove the caps and straws before recycling them.

Fact: Just empty any remaining product. No crushing is required, and the caps can be left on. You may want to stuff the straws back into the carton to make sure they don't become litter.

Myth: Cartons have a waxy coating and therefore can't be recycled.

Fact: Food and beverage cartons don't contain any wax. Cartons are made mainly from paper with thin layers of plastic and, in some cases, aluminum.

Myth: Cartons have multiple layers that prevent them from being recycled.

Fact: The multiple layers in cartons are broken down during the recycling process. The paper is used to make new paper products and the aluminum or plastic can be used to generate energy or become binding. In some cases, the entire carton is used to make building materials.

Myth: Most places don't accept cartons for recycling.

Fact: Carton recycling is now available for 62 percent of U.S. households—more than 72.5 million homes—through curbside and drop-off programs. To find out where cartons are accepted, go to www.RecycleCartons.com.



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Bringing Families Together



American Red Crosser Elissa Maish (left) uses a Red Cross phone to call Lydia's daughter Odette after Lydia spent months not knowing whether Odette was even alive.

(NAPSI)—With all the sad stories of conflict and desperation from around the world, it can be heartening to hear of loved ones reunited.

Here are just two of the happy examples:

Lydia spent months wondering if her daughter Odette was alive. Conflict in the Democratic Republic of the Congo forced Lydia to seek asylum in the U.S., leaving her far away from her family and with a heavy heart. With the help of the Red Cross, Lydia located her daughter and sent her a message through the Restoring Family Links (RFL) program. Odette responded to her mom—she was indeed alive. “I don't

know how the Red Cross managed to connect me with someone who I thought was dead. There was no other way for me to talk to her. There was no other way.”

Conflict in Burundi forced Fidele to flee and lose touch with his loved ones, including his father. After living in Tucson, Arizona, for some time, he connected with the Red Cross RFL program to open up a search for his father to help give him peace of mind. After months of searching, Fidele finally received the welcome message: His father was alive and well.

Armed conflict, international disasters and migration leave millions of people around the globe in urgent need of humanitarian assistance every year. As the world's largest humanitarian network, Red Cross and Red Crescent teams help reconnect families separated by international crises.

How It Works

Red Cross Restoring Family Links services are free and confidential and help reconnect loved ones when:

1. Families are separated as a result of disaster, migration or other humanitarian emergency.
2. Families have already tried normal channels of communication to reconnect.
3. The family member making the inquiry is able to provide essential information on the sought person.
4. The family member making the inquiry is a relative who had been in direct contact with the sought person before the crisis occurred.

Learn More

For more info, to help the Red Cross or to ask for help, go to

www.redcross.org/international.

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Heroes Across Our Nation Winning Attitudes



Nearly 1,000 former patients and family members participating in the 2018 St. Jude Memphis Marathon give other runners a unique, emotional lift across the finish line.

by Tom Charlier

(NAPSI)—Amid thousands of other runners at the St. Jude Memphis Marathon, James Eversull was determined to build on his story, though he has no memory of it.

It began in 1964, when Eversull, all of a year and a half old, became a patient at St. Jude Children's Research Hospital, which had opened just two years earlier. Diagnosed with acute lymphoblastic leukemia—a virtual death sentence back then with a survival rate of only 4

percent—he was part of a group receiving a treatment regimen involving chemotherapy and radiation.

“They gave it to five of us, and I was the only survivor,” said the now-55-year-old Texan, who cites the experience as a reason for running the full marathon benefiting St. Jude. “Anything I can do to help kids is something I want to do. God saved me for a reason.”

While Eversull was among the oldest St.

Jude survivors running, 8-year-olds Kinlee Johnson and Alexander Bolding are new to their journey. They became best friends a year ago while undergoing treatment for medulloblastoma, a type of brain tumor.

“We're so excited to be part of this,” Kinlee's mom, Nicole Johnson, said. “St. Jude has been the biggest blessing for me, because they saved my daughter's life.”

“They're a package deal,” Alexander's mom, Jillian Bolding, said. Because they used wheelchairs part of the way on the 5K, the two youngsters were the first participants out on the course. Diagnosed last November, Kinlee underwent 30 rounds of proton therapy at St. Jude, which has the world's only proton therapy center dedicated just to children, and four months of chemo to treat her brain tumor. Like Alexander, she's finished treatment but is struggling to get stronger.

“I'm bringing her wheelchair, but she's going to walk as much as her little heart will let her,” Kinlee's mom said. “She still has a long road ahead of her.”

Along that road, she'll find Eversull, who came to St. Jude decades earlier and completed his fifth marathon.

Long after his treatment ended, Eversull became one of the first to sign up for the St. Jude LIFE Study, which tracks the health of childhood cancer survivors to help them deal with further problems and provides researchers insight into the late effects of treatment.

“It's good to help other kids,” he said.

Among the record 26,000 runners, nearly 1,000 entrants were St. Jude patients or family members and friends. Many wore an armband—yellow for those in treatment or survivors and purple to honor deceased

patients.

The involvement of patients and their families is one of the distinguishing components of the annual St. Jude race. Another is the jaunt that runners take through the hospital's 65-acre campus, where staff, caregivers and patients, many of them in wheelchairs, line the course waving pom-poms and signs and ringing cowbells.

The race is the largest single-day fundraiser for St. Jude, generating some \$11.2 million. The money helps St. Jude treat children with cancer and other catastrophic childhood diseases for which families never receive a bill for treatment, travel, housing or food, and it supports research that has helped boost survival rates for childhood cancer from 20 percent when St. Jude opened in 1962 to 80 percent today.

This year's participants came from 45 states and six countries. Some 6,500 were “St. Jude Heroes,” meaning they raised money on their own for the race.

Tom Charlier is a writer for ALSAC, the fund-raising and awareness organization for St. Jude Children's Research Hospital. He previously worked as a journalist in Memphis for more than 25 years.



Brody left his friends to catch up on the news.



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5 Biggest Myths About Diabetes

(NAPSI)—For 30 million Americans, diabetes is an everyday reality. Diabetes can affect every decision, including what they eat, wear and do. Yet the 24/7 management of diabetes is often misunderstood, carrying a social burden, as too many Americans wrongfully assume the disease is the result of poor choices.

The American Diabetes Association is setting the record straight. Here's what's real and what's not when it comes to diabetes:

Myth: Being overweight causes diabetes.

Fact: Being overweight is a risk factor for developing type 2 diabetes but it's not the only one. Family history, ethnicity and age also play a significant role. In fact, people with type 2 diabetes are often at a normal weight or only moderately overweight.

Myth: Diabetes is caused by eating sugar.

Fact: Type 1 diabetes is a disease, in which the immune system attacks insulin-

producing beta cells. Type 2 diabetes is caused by the body's inability to use the insulin it produces and progresses so that less insulin is produced over time. Eating sugar doesn't cause either type, though a diet high in calories can contribute to weight gain, which increases one's risk of developing type 2 diabetes.

Myth: Taking insulin means you have failed to manage your diabetes properly.

Fact: Type 2 diabetes is a progressive disease. Over time, the body gradually produces less and less of its own insulin to keep blood glucose levels in a healthy range, so insulin is needed. People with type 1 diabetes require insulin to survive.

Myth: People with diabetes need to eat special foods and can't eat sweets.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy eating plan for anyone: low in saturated fat

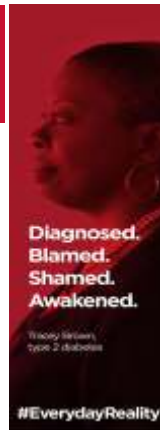


and moderate in salt and sugar, with meals based on lean protein, nonstarchy vegetables, whole grains, healthy fats and fruit. People with diabetes can eat sweets and desserts. The key to sweets for everyone is small portions.

Myth: Diabetes isn't that serious.

Fact: Diabetes causes more deaths per year than breast cancer and AIDS combined, and nearly doubles your chance of having a heart attack. The good news is that managing diabetes can reduce your risk of such complications.

For more information, go to www.diabetes.org/everydayreality.



Bondi

Continued from page 7

and 2014 in the United States District Court for the Eastern District of New York under the federal False Claims Act and various state false claims statutes. As part of the settlement Florida will receive nearly five million dollars in restitution and other recoveries.

A National Association of Medicaid Fraud Control Units Team participated in the investigation and conducted the settlement negotiations with ABC on behalf of the states. The Team included representatives from the Offices of the Attorneys General for the states of California, Florida, Illinois, New York and Oregon.

Attorney General Bondi Co-Leads Bipartisan Coalition of Attorneys General Supporting Criminal Justice Reform

TALLAHASSEE, Fla.—Attorney General Pam Bondi is co-leading a bipartisan group of 38 state attorneys general supporting criminal justice reform in the federal prison system. Today, the coalition sent a letter, co-authored by Attorney General Bondi, to Congress asking legislative leaders to fully consider criminal justice reforms like those contained in the First Step Act.

“I am proud to co-sponsor this letter supporting a true bipartisan compromise concerning much needed prison reform in our country. The First Step Act will keep so many individuals from returning to prison and help them lead productive lives,” said Attorney General Bondi.

The letter explains that many states have experienced success through state criminal justice reforms similar to those in the First Step Act. The First Step Act would create programs that incentivize federal inmates to participate in recidivism-reducing programs including vocational training and academic courses. The act would also put more tools in the hands of prosecutors.

“This legislation provides additional tools and flexibility to the Federal Bureau of Prisons, better equipping our correctional system to ensure that people coming back into our communities are prepared to do so as responsible citizens who do not pose a risk to our communities,” the attorneys general wrote in the letter to Congress.

View a copy of the letter <http://myfloridalegal.com/>

Attorney General Bondi co-lead the letter to Congressional leaders with the attorneys general from the District of Columbia, North Carolina, Texas and Utah.



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Answers page 15



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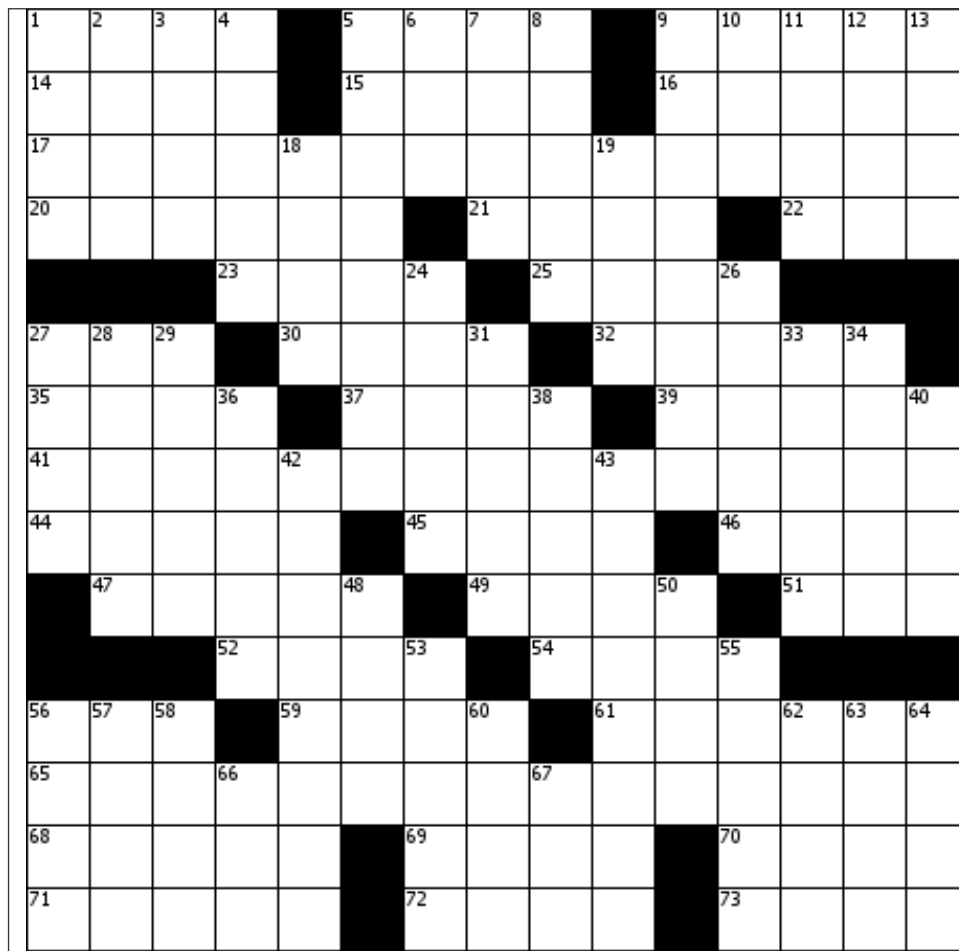
- 1. Zinging remark
- 5. Tarzan's friends
- 9. Less desirable berth, perhaps
- 14. Two-tone treat
- 15. Harmless prank
- 16. Born yesterday
- 17. Nightgown wearer of rhyme
- 20. Nonchalant syllables
- 21. Chicken recipe
- 22. Benevolent one
- 23. Bioelectric creatures
- 25. It can be pressing
- 27. Kind of burglar
- 30. Skywalker cohort
- 32. Fodder for a shrink
- 35. Diva's delivery
- 37. Canonical hour
- 39. "Hit the road!"
- 41. Film about a boy inheriting the Twins
- 44. Gal's guy
- 45. Touchy
- 46. Zero, in a sport
- 47. Lists
- 49. Fit inside
- 51. After taxes
- 52. Rectangular boat

- 54. Erstwhile despot
- 56. Short whistle blower
- 59. Mark's replacement
- 61. Catch phrase
- 65. Jenner contribution of 1796
- 68. VCR part
- 69. Famous Diamond
- 70. Have no doubts
- 71. Cloth fold
- 72. Flying nuisance
- 73. Without

Down

- 1. Hit the lanes
- 2. Calculus calculation
- 3. Stalk by the river
- 4. Crockett compatriot
- 5. Completely deserted
- 6. Good buddy
- 7. "CHiPs" star Estrada
- 8. Yarn measure
- 9. Cosmologist's concern
- 10. Prospector's need
- 11. Peak discoverer Zebulon
- 12. Like Edmund in "King Lear"
- 13. Stench

- 18. One day in March
- 19. Unvalued growth
- 24. Ones guilty of disorderly conduct?
- 26. Window sticker
- 27. Shin's back
- 28. "The Little Mermaid"
- 29. Lord or Lady, e.g.
- 31. Frank option
- 33. Inert gas
- 34. Purplish hue
- 36. He bore a heavy load
- 38. Source of ornamental plumes
- 40. Track tourney
- 42. Lover of Guinevere
- 43. Health food ad claim, perhaps
- 48. Beginning course, perhaps
- 50. Powder type
- 53. Misguided
- 55. Ice, to a mixologist
- 56. Invitation letters
- 57. Famed runner Zatopek
- 58. Dim
- 60. Yoke pair
- 62. Ms. Lollobrigida
- 63. Shakespearean "soon"
- 64. Latest buzz
- 66. Pastoral expanse
- 67. By way of



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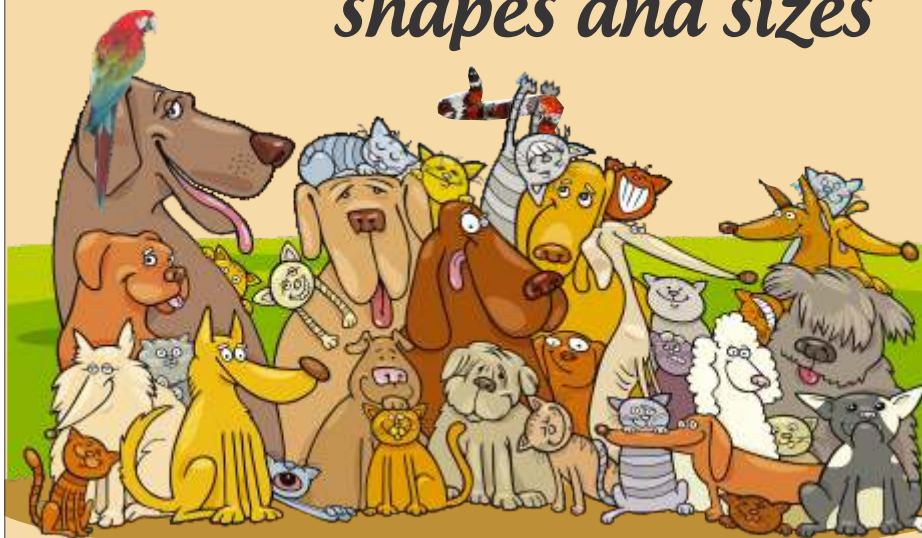
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Innovative School For Artists



(NAPSI)—Art classes have slowly but steadily all but disappeared from public schools over the years. Lack of funding has been the culprit, but educators tend to agree that the arts play a crucial role in the academic and creative development of our children.

One public school in Greenville, South Carolina is embracing a different model and provides a haven for young artists from across the state to discover, develop and hone their talents. The South Carolina Governor's School for the Arts and Humanities offers preprofessional training to its students in the areas of creative writing, dance, drama, music, and visual

arts. As a public, residential high school serving juniors and seniors, it helps students refine their talents in a master-apprentice community while receiving nationally recognized academic education.

The Governor's School also serves as a resource to all teachers and students in South Carolina, offering comprehensive outreach programs designed to bring together artists, educators, community organizations, and schools.

The school is supported by its own foundation—the South Carolina Governor's School for the Arts and Humanities Foundation—by raising revenues to bridge the gap between funds

provided to the school through government appropriation and the actual cost of the educational opportunities the school provides to its students.

This extraordinary school recently captured the attention of Ovation TV, a cable and digital channel that is dedicated to the arts. Ovation and local cable provider Spectrum acknowledged the school's contributions to the community and innovative approach to arts education and skills development with a \$10,000 award via its Stand for the Arts arts advocacy initiative. SC Governor's School for the Arts and Humanities' success provides a great lesson for communities across the country looking to support the arts and encourage the creative development of their youth.

Achieve A Healthy Weight

(NAPSI)—People often think of the New Year as a time to set new goals for healthy eating and physical activity. But weight management requires ongoing effort, during the holidays and every day. That's why the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health, is promoting simple tips and tools to help Americans start and maintain healthy habits.

"Why wait to start improving your health when you can start today?" NIDDK Director Dr. Griffin P. Rodgers said in a statement. "It's never too soon or too late to achieve a healthy weight."

Reaching and maintaining a healthy weight through healthy food choices and regular physical activity may help lower the risk of developing health problems associated with obesity, such as heart disease, kidney disease and Type 2 diabetes. About 40 percent of adults and 19 percent of children and teens in the United States have obesity, according to recent data from the Centers for Disease Control and Prevention.

Continue or establish healthier eating habits, such as reducing the overall calories you consume and limiting your intake of foods and beverages with added sugars, fats and salt. Bringing healthier versions of your favorite dishes to holiday gatherings, and choosing smaller portions of holiday treats and alcohol, may help with managing weight during this time of year.

The NIDDK recommends making physical activity a priority for the whole family. Choosing a set time for physical activity and sticking to it may help you manage stress, improve your mood, and give you the energy to tackle your busy schedule. If it's too cold to walk or run outdoors, take your workout to your favorite mall or indoor sports field. Even if you're pressed for time, doing some physical activity is better than skipping your workout and doing nothing.

Another tip to consider during the holiday season and every day to improve health and manage weight is to reduce screen time and time spent sitting. Watching TV for more than two hours a day has been linked to overweight and obesity. Try creating a holiday-themed playlist and having a dance party. You can have fun dancing alone or with family or friends.

To further encourage adults and youth to be active, the U.S. Department of Health

and Human Services also recently released new Physical Activity Guidelines for Americans. The new Guidelines recommend that adults aim for at least 150 minutes of moderate-intensity activity each week, such as brisk walking or dancing. Youth ages six through 17 need one hour each day, and children ages three through six should be active throughout the day.

By establishing and sticking to healthy habits, parents, caregivers and youth may achieve better health together during the holiday season and beyond.

To find more tips and resources for weight management and healthy living during the holidays and every day, visit the NIDDK website: <https://www.nidk.nih.gov/health-information/weight-management>.



It's a healthy idea for your whole family to get out and get active every day.

Hot Chocolate Yummy!



Milk Chocolate Peanut Butter Hot Chocolate

- Ingredients:**
- 1 cup milk
 - 1/4 cup half and half

- 1/4 cup milk chocolate chips
- 1 tablespoon creamy peanut butter
- 1/4 cup mini marshmallows

Directions:

Bring milk and cream to a simmer in a small saucepan over medium-low heat (do not boil).

When the milk begins to steam, add the chocolate. Stir until the chocolate melts.

Add the peanut butter and stir until just melted.

Pour into a large mug. Top with mini marshmallows.

Black Cherry Bourbon Hot Chocolate

- Ingredients**
- 1 1/2 cups Milk
 - 5 tbs Ghirardelli Double Chocolate Hot Chocolate Mix Or mix of your choice
 - 2 oz. Red Stag Black Cherry Bourbon by Jim Beam
 - Whipped Cream
 - Chocolate Shavings

Instructions

In a small saucepan, heat milk and hot chocolate mix over medium - high heat until it starts to steam (do not boil). Stir frequently.

Pour 1 oz. of black cherry bourbon into each cup.

Evenly divide hot chocolate between the two cups.

Top with whipped cream and chocolate shavings.



Continued page 14

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Low-Cost

Continued from page 5

to the U.S. Census American Community Survey, 81 percent of U.S. households have broadband Internet access, but only 63 percent of those with annual incomes of less than \$35,000 do. For the past seven years, Comcast has been on a mission to do something about this so-called "digital divide" through its acclaimed Internet Essentials program, which has become the largest broadband adoption program for low-income families across the U.S. The program has had an enormous impact on families and their children and, since its inception, more than six million low-income Americans have been connected. To put that in perspective, six million people is larger than the populations of each city in America except New York City. While the numbers can be numbing, the individuals who have benefitted all have their own stories to tell. "Low-income people face problems when it comes to accessing technology and a lot of people are left behind," says Pam Ogglesby, an Internet Essentials customer. "I signed up for the program and I now see what I was missing. I feel connected now and it's all because of Internet Essentials. I think this is going to change my life drastically. I intend to use the Internet to learn new things." In the beginning, Internet Essentials was offered to low-income families with children eligible to participate in the National School Lunch Program. Eligibility has also been extended to low-income seniors in more than a dozen markets, as well as to those households receiving HUD-housing assistance, which includes HUD's Public Housing, Housing Choice Voucher, and Multifamily programs. This year, the company is expanding eligibility again to

low-income veterans living within the Comcast service area. About a third of the veterans in the U.S. do not have Internet access at home, and only about 60 percent even own a computer, according to the U.S. Census American Community Survey, creating a need for better options for the veteran community. As a result, more than one million veterans across Comcast's footprint are estimated to be eligible. Comcast's Internet Essentials program works with community partners to break down the main barriers to Internet access – lack of affordable service; lack of a computer or other device; and lack of digital training by providing high-speed Internet service for \$9.95 a month plus tax, the option to purchase an Internet-ready computer for less than \$150, and free digital literacy training in print, in person, and online. To apply, visit www.internetessentials.com/apply, or call 1-855-846-8376. For Spanish-only speakers: call 1-855-765-6995.

Unemployment

Continued from page 6

committed to job creation under Governor Scott's leadership, providing opportunities for hardworking Floridians in all counties to find meaningful employment. Our state has built a strong diverse economy that has Florida families working, Florida communities growing and Florida businesses thriving and expanding."

Other positive economic indicators include:

- Private-sector industries gaining the most jobs over-the-year were:
- Leisure and hospitality with 53,200 new jobs;
- Education and health services with 50,700 new jobs;
- Professional and business services with

- 45,400 new jobs;
- Construction with 32,900 new jobs;
- Trade, transportation and utilities with 25,400 new jobs; and
- Financial activities with 17,900 new jobs.
- Florida job postings showed 265,337 openings in November 2018.
- Consumer Sentiment Index is 95.1, up from 70.2 in December 2010.

Hot Chocolate

Continued from page 13

Salted Caramel Hot Chocolate

Ingredients

- 1 1/2 cups granulated sugar
- 1/4 tsp lemon juice fresh
- 4 1/2 cups milk room temperature, (I used 1%—any fat percentage you enjoy drinking should work)
- 8 oz milk chocolate finely chopped
- 2 oz dark chocolate finely chopped
- Big pinch salt
- Whipped cream and caramel sauce to garnish (optional)

Instructions

In a small bowl, rub together the sugar and the lemon juice, until the sugar is damp and fragrant.

Place a medium saucepan over medium heat and let it preheat for several minutes until the pan is hot. Once the saucepan is hot, add the sugar. Begin stirring immediately and continuously. Because the pan was preheated, the sugar will start cooking very quickly. Soon after it liquefies it will start to take on color. Cook, stirring constantly, until it is a medium amber color.

Continue to stir while you stream in the milk. The caramel may seize and form small chunks of sugar, but continue to stir and heat the mixture, and by the time the milk is piping hot, the caramel will have melted and you will have a smooth liquid.

Once the milk is at a simmer (small bubbles forming along the sides of the pan) remove the pan from the heat. Don't let the milk come to a boil! Add the chopped chocolates to the pan and whisk until the mixture is smooth and the chocolate is melted. Add a pinch of salt, taste the milk, and add more salt if desired.

Serve Salted Caramel Hot Chocolate with whipped cream and caramel sauce. It can be made ahead of time and kept in the refrigerator for up to a week. Reheat it in the microwave or on the stove top.



Coconut Tres Leches Hot Chocolate

Ingredients

- 2 cups milk (anything from fat-free to whole milk)
- 1 (14-ounce) can unsweetened coconut milk, light or regular

- 2/3 cup sweetened condensed milk (about 1/2 of a 14-ounce can)
- 2 tablespoons unsweetened cocoa powder
- 1/2 teaspoon vanilla
- Sweetened whipped cream (optional)
- Chocolate shavings (optional)

Instructions

In a medium saucepan, combine the milk, coconut milk and sweetened condensed milk, whisking well to combine. Bring the mixture to a simmer over medium-low heat, stirring occasionally so the mixture doesn't scorch on the bottom of the pan. Once simmering, whisk in the cocoa powder until the mixture is smooth.

Remove the pan from the heat and stir in the vanilla. Serve the hot chocolate in mugs topped with sweetened whipped cream, chocolate shavings, marshmallows, or whatever else your little heart desires.

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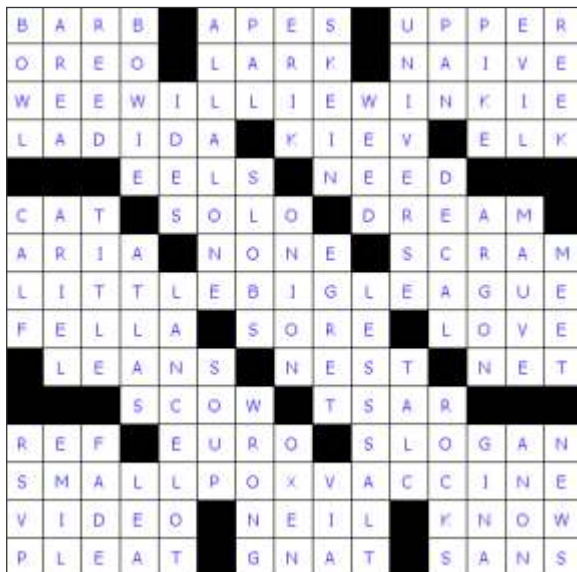
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