

New Sheriff Sworn In



BILLYWOODS
Born and raised in Marion County, Sheriff-Elect Woods has devoted his life to serving his community. He spent 26 years at the Ocala Police Department, holding various positions within the department, and retired as a Lieutenant and Watch Commander. During these years of service, he received multiple commendations and was also a Medal of Valor and Medal of Distinction recipient. He holds a B.S. in Criminal Justice Administration /Business Management from Columbia Southern University. Woods has already selected former Chiefland Police Chief and retired MCSO Major Robert Douglas to serve as his Chief of Staff and has issued a revamped organizational chart that streamlines operations.

Taken Into Custody



The year has just begun and sadly our state has already lost two brave law enforcement officers. Master Sergeant Debra Clayton of the Orlando Police Department and Orange County Sheriff's Deputy Norman Lewis died in the line of duty this week.

Master Sgt. Clayton was a dedicated law enforcement officer and a friend. She



worked tirelessly to help children from low-income families and advocated for preventing crime in the black community. Sgt. Clayton touched many lives and I am heartbroken at the loss of such a courageous, dedicated law enforcement hero.

Deputy Lewis was also a dedicated law enforcement officer who worked to improve

Meet Butch Green



Butch Green of Green & Growing Landscape reminded us how landscaping is the first thing people see when they pull up to a business or a home. Butch specializes in landscape design and renovation for homes and businesses and has been doing so for 45 years. Many older buildings may need to have plants cut back or pulled. He explained how he specializes in low maintenance installation. He always keeps things as natural as possible, using organic materials when he can. Always consult with Butch before removing plants or shrubs. It may be an option to relocate the greenery. Contact Butch today, at 352-427-7916, for a free consultation.

the lives of the people he was sworn to protect and serve. Deputy Lewis made friends everywhere he went and was known for his positive attitude and commitment to ensuring Floridians and our visitors were safe on the road.

Tragically, Deputy Lewis lost his life in a traffic crash while participating in the manhunt for the suspect in Sgt. Clayton's murder.

I will be forever grateful for both of these brave officers who selflessly put their lives on the line. My deepest condolences are with the families and friends of Sgt. Clayton and Deputy Lewis, and our entire law

enforcement community.

Another Orlando Police Officer suffered serious injuries participating in the manhunt, and as the search continues, my prayers and gratitude are with all law enforcement officers who willingly risk their lives daily to protect their communities.

At press time the suspect has been taken into custody. He got a few bumps and bruises from resisting arrest. When he was taken into custody he was cuffed by the officers with handcuffs that had belonged to the fallen officer Master Sgt. Clayton

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Kevin Sheilley OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



The importance of the equine industry to Ocala/Marion County is no secret. We are, after all, the Horse Capital of the World with good reason. With more than 57 breeds of horses, hundreds of farms, and a vibrant equine tourism sector, it does not take long to see the impact. The CEP commissioned an economic impact analysis of the equine

industry on Marion County in 2015 which showed this incredible industry contributes more than \$2.6 BILLION annually to the local economy. The equine industry impacts nearly every aspect of the local economy. From farms to realtors to banking to automobile sales, it is difficult to imagine a sector which is not impacted by this industry.

Despite this significance, many in the business community struggle to understand how to connect with our equine community. For the outsider, it can be daunting. With its own unique needs and jargon, it can be a

very confusing industry. Additionally, the diversity of the local equine market also results in complexity. Each breed can be its own silo and when one then adds in the various disciplines one realizes that our great equine sector is very fragmented. With all of this fragmentation how can a business engage with the industry?

CEP Equine Engagement

The CEP has begun the process of developing a comprehensive plan on engaging the equine sector with the business community. Over the last few years, we have begun building strong partnerships with several of our key equine leaders including Florida Thoroughbred Breeders and Owners Association, HITS, Ocala Breeders Sales, Petersen & Smith, Ocala Jockey Club, and others.

Another piece of the strategy included the creation of a central website for all things equine—www.theHorseCapital.com. The goal for this site is to be a central location to 1) educate the public on the various aspects of the local equine sector; 2) connect the industry with local businesses; and 3) communicate upcoming events and opportunities. Two keys components of this site will be a directory of businesses serving the equine community and an equine calendar of events.

To help draw attention to the importance of the industry and to build opportunities for the equine and business community to network, the CEP is making February a focus month on equine. With so much happening in our equine community during this month, it was only natural to focus in February. Our exCEptional Mornings

breakfast on 15 February will feature Chester Weber of Live Oak Plantation. Weber is America's most celebrated combined driver, having earned numerous accolades, championships and prestigious recognition for his accomplishments throughout the world. If you are not familiar with Weber or Live Oak International, you will want to make plans now to attend this exciting breakfast.

HITS will again be hosting Nation's Cup at Post Time Farm. This major international competition brings teams from throughout the world to compete. You will have a chance to meet the competitors and celebrate the event on the evening of the 15th on the downtown square. This Parade of Nations will also feature representatives from the area's many different breeds. This exciting event will begin at 6 pm. More events are planned for the month, but the most significant news for our equine efforts is the creation of our new Equine Engagement Committee presented by the Brian Cox Team - New Millennium Realty. This committee, led by recently-hired Louisa Barton as our Director of Equine Engagement. This committee will work to develop a comprehensive plan for engaging the equine community. We are extremely excited about this effort and greatly appreciate the underwriting support from Brian Cox and New Millennium.

Engaging and connecting is one of the central roles of the CEP and the equine industry is incredibly important to the economic health of our area. By working together, we can create an even brighter future for everyone.

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Florida State Senate

DENNIS K. BAXLEY



Preparation for the 2017 Florida Legislative Session has begun!

Committee Meetings were held the second week of January and already

important legislation has been filed. Education and Health Care will remain two of the most important issues that we deal with in the legislature, and ones that continue to require revising each year.

Two important pieces of legislation

were filed as a part of the Senate's comprehensive higher education agenda for the 2017 Legislative Session. This package of legislation will boost the strength and competitiveness of our state universities as our primary economic engine to drive vibrant, sustainable economic development and growth in high-paying jobs.

Senate Bill 2, the "Florida Excellence in Higher Education Act," promotes on-time graduation by expanding student financial assistance and support, establishes tuition and fee incentives, streamlines 2+2 articulation, and strengthens mechanisms that keep colleges and

universities accountable to Florida taxpayers. Senate Bill 2 also reinstates the highest Bright Futures Scholarship Program Award (Florida Academic Scholar) to cover 100 percent of tuition and certain tuition-indexed fees, including the summer term, plus \$300 for textbooks and college-related expenses during the fall and spring terms.

Senate Bill 4, Recruit and Retain Elite Faculty, expands and enhances policy and funding tools state universities can leverage to recruit and retain the very best faculty, enrich professional and graduate school strength and viability, and bring aging infrastructure and research laboratories into the 21st century. Recruiting and retaining elite faculty, improving our university facilities, and enhancing our

professional schools will dramatically enhance the national reputation of Florida's universities.

Additionally, the Senate Committee on Appropriations received an update on Florida's Medicaid Program. The committee discussed the possibility of working with new leadership in Washington to pursue a block-grant program, which would allow Florida the freedom to determine how best to run our own Medicaid program so we can best meet the needs of Floridians.

We will continue to work hard for the people of Florida!

Onward and Upward!



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

PUBLISHER'S NOTES



The Presidency.
Majority in the House of Representatives.
Majority in the Senate.

Small Town America is awakening!
Mainstream America is awakening!
White House, to the State House, to Hometown America are awakening! Our best days are ahead of us for the first time in years.

Two-thirds of the governorships.
Control of the state houses in two-thirds of all the states.

In the next few years Republicans will be able to seat a majority of the Supreme Court.

All of the above spells disaster for the Democratic Party. As far as the leaks effecting the election, if it had something to do with the outcome of the election it will be the first time I have seen the truth used against a person or organization and win. I have been preaching for years that people who play Corporate politics and lie their way to the top, telling management what

they want to hear, and they win the top jobs! Humpty Dumpty???

The wisdom of the Electoral College is to prevent the vote of any one state from overwhelming the vote of the others. Trump had the popular vote in 31 states to Hillary's 19 and in DC. 62% to her 38%. California really gave Hillary a boost, but it was not enough.

What is hard to believe is the Democrats are blaming everyone except themselves. They took the country in a direction the people did not like and they got body slammed for it. If you say I did a great job 15 times people are not going to just believe it; only the uninformed believe it. Now the leaders in the Black Lives Matter are trying to stir up the folks on that side when there should not be a side, "All Lives Matter"! We should be educating the people who are shooting Police officers that they are there to help you not hurt you. Give them a chance to do their job and help you. They won't run from trouble, they run towards it to help our citizens black or white.

Marion County has a new Sheriff Billy Woods. He will do a good job. There are a lot of good Police officers on duty to back him

up. My first choice was the ex-sheriff Blair and I still think he was innocent of what the States Attorney's office accused him of. That is an awful feeling when you have 25 Attorneys jump on you at once and your Legal fees could run upwards of half a million to defend yourself. That's what it was going to cost Blair when he decided Family first and dropped out. Anyway I sure hope someone clears his name.

Reports of print media's demise may be exaggerated, judging by the results of a new study from Neilson Scarborough, which shows that over half of all newspaper readers in the U.S. prefer and consume newspaper content via print editions.

By the time this paper comes out we will have a new President. For those who are nonbelievers stop and think why all the turmoil is happening? It is because the Dems lost and they can't believe it. It can't be because they did a bad job or the citizens believed they did a bad job??? I covered this word perception last year and I covered it with a Corporation I once worked for. It has nothing to do with the truth or a lie. It comes down to how do the people perceive it?





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First Christian Church DOC Invites You!

First Christian Church DOC 1908 SE Ft. King St Ocala invites you!
The Weaver Believers family will hold a free concert on Saturday March 18th, 2017 at 2:00 p.m. A good will offering will be collected. Questions call 867-7202.

Newspaper Deadlines

Editorial & Ad Copy for March

Seniors Voice & Ocala DownTown

12am, February 15th

Lady Lake Magazine & Village Spectator

12am, February 22nd

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A recent Pulse of America survey shows that*
print classifieds still work!



<u>Classified Print Opportunity:</u>	<u>Classified Print Results:</u>
Read Classifieds..... 84%	Sold what they advertised.. 38%
Placed Classified Ads..... 15%	Sold or had many calls..... 73%
<u>Bought Print Ad Last 30 Days:</u>	<u>Craigslist:</u>
Real Estate..... 2.5%	Visited Last 30 Days..... 38%
New/Used Vehicle..... 11%	Placed Ad on Craigslist..... 17%
Home Contractor..... 3%	Responded to Craigslist Ad.. 21%
Job change ads..... 12%	

* Survey Conducted June 30, 2013

Call us today to place your ad!

SENIOR SCHEDULE OF EVENTS

AARPTAXAIDE

Eighth Avenue Adult Activity Center | 828 NE Eighth Ave.

Mondays, Wednesdays, Fridays | Feb. 1-Apr. 17 | 9 a.m.-1 p.m.

This program has nearly 32,000 volunteers staffing 8,500 sites across the United States. These IRS certified volunteers provide tax counseling and preparation service to low and middle income taxpayers with special attention to those ages 60 and older.

FLORIDA STATE FAIR

Charter bus departs Eighth Avenue Adult Activity Center (828 NE Eighth Ave.) at 8:30 a.m. and returns from Tampa at 7 p.m. Wednesday Feb. 9-20

Excitement is in the air and all over the fairgrounds with plenty of entertainment,

shows, music, displays, rides, food and shopping. It's a salute to the state's best agriculture and equine industry. \$35/person and includes transportation. Pre-register at 352-629-8357.

AUDUBON WILD BIRD HIKE

Fort King National Historic Landmark | 3925 E. Fort King St.

Saturdays | Feb. 11 | March 11 | April 8 | 9 a.m.

Join the Marion Audubon Society for a Saturday morning hike. Remember to bring your binoculars! For details, please contact Keifer at 352-368-5533.

ROTARY DISCOVERY FEST CRACKER CATTLE DRIVE & COWBOY ROUND UP

Downtown Ocala to Tusawilla Park -500 NE Sanchez Ave.

Saturday | Feb. 11 | 10 a.m.-4 p.m.

Join us as we celebrate our ranching heritage. Watch modern day ranchers drive cattle through downtown Ocala to a festival with live entertainment, food, vendors, kid's coral and more! Bring the entire family!

LUNCH N' LEARN SERIES

Eighth Avenue Adult Activity Center | 828 NE Eighth Ave.

Thursdays | 11 a.m.-Noon

Feb. 23 | Memory Care/Assisted Living Independent Living

Mar. 23 | Short Term Rehabilitation and Long Term Care

Apr. 20 | Veterans' Benefits

May 25 | 5 Wishes, Advanced Care Planning

Join professionals during a complimentary lunch for informational discussions on topics that may affect the lives of our adult community. Pre-registration required at

352-401-3916.

SCULPTURE WALK AND EDUCATIONAL SCAVENGER HUNT

Tusawilla Park

500 NE Sanchez Ave.

Now-Sept. 17 | Sunrise-Sunset

Take a stroll in Tusawilla Park and enjoy the sculptures on display. Complete the sculpture scavenger hunt (sponsored by Family Times Magazine and Philip D. Breske Photography) and receive your complimentary family admission to the Appleton Museum. Download your brochure at www.ocalafl.org/outdoorsculpture or pick up a copy when you start your walk at the Discovery Center (701 NE Sanchez Ave.), Eighth Avenue Adult Activity Center (830 NE Eighth Ave.) or at the Recreation and Parks Administration building (828 NE Sanchez Ave.)

FIRST FRIDAY ART WALK

Downtown Ocala

First Friday of each month | Now through May 5 | 6-9 p.m.

Enjoy the creative works of visual and performing artists whose talents are presented throughout historic downtown Ocala at this monthly art event. Plus enjoy complimentary family art activities on the downtown square and extended shopping hours throughout downtown.

OCALA DOWNTOWN MARKET

Visit the market at its new location at 403 SE Osceola Ave.

Wednesdays | 3-7 p.m.

Saturdays | 9 a.m.-2 p.m.

Enjoy the market at its new location. It's convenient and it's all under one roof! Reap locally grown farm fresh seasonal produce, homemade jellies and jams, delicious kettle corn, boiled peanuts, homemade crafts and plants.

LET'S ALL GO TO THE MOVIES!

Reservations must be made at the hosting center. Seating is limited to eight persons/movie. Tuesday and Wednesday | Feb. 7 and 8 | 1:30 p.m.

"SULLY"

STARRING: TOM HANKS, ARON ECKART, LAURA LINNEY, ANNA GUNN AND JERRY FERRARA

Eighth Avenue Adult Activity Center | 830 NE Eighth Ave. | 352-629-8545

Tuesday and Wednesday | Feb. 7 and 8 | 1:30 p.m.

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation. **PG13**

"COMING THROUGH THE RYE"

STARRING: ALEX WOLFF, STEFANIA OWEN, CHRIS COOPER, SEPHYR BENSON AND ADRIAN PASDAR

Eighth Avenue Adult Activity Center | 830 NE Eighth Ave. | 352-629-8545

Tuesday and Wednesday | Feb. 21 and 22 |

Continued on page 9



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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

FAKE STORIES the issue of the week. I have been caught in the web myself.

An Email said three presidents deported millions of Illegal immigrants, and I ran with the story. Well a few things need clarification. That story was NOT entirely true. If one did a little research they would easily find the government website: Immigration Laws Passed in the US: History and Timeline.

Illegal immigrants have been deported in the 100,000 of thousands, NOT millions as the story states. And there have been exclusions to certain ethnic groups over the years. Chinese exclusion act passed May 6, 1882. There are others. It is on the government website.

However, the cry that "this is a nation of immigrants" is not a correct statement from the opposite side, and their motives are less than pure. They conveniently leave out the "IL". We have not been a nation of illegal immigrants. One could write an entire book about what a bad idea that is. Illegal immigrants are an infringement on my freedom, let me count the ways. No time to elaborate here.

For the 50 years I resided in Dade county, and was aware we had

MIGRANT laborers come in to pick the crops, then go home with their wages. What happened to that? There were abuses, and complaints, but why not fix the system? It worked, not perfectly, but it did work.

Both sides do fake stories, and hope no one does any research on the topic. We need to check, check, check.

WHY CAN'T PEOPLE BE HONEST??????? D.I. L.



Understanding AFib (Atrial Fibrillation)



(NAPS)—If you or someone you care about is among the estimated 46 million Americans age 65 or older—or hope to be someday—here's something you should know. Seniors are at the highest risk for developing an irregular heartbeat, called atrial fibrillation or AFib, that, left untreated, could increase their risk for stroke by five times and doubles the chance of heart-related death—but you can protect yourself.

The Condition

AFib is an increasingly common condition, affecting more than 2.7 million Americans. The chances of developing AFib increase with age, affecting about 9 percent of people over age 65. Other risk factors include uncontrolled high blood pressure, underlying heart disease, family history, obesity and sleep apnea.

Lifestyle factors that could increase your risk include excessive consumption of alcohol, smoking and prolonged athletic training.

AFib occurs when electrical signals in the upper chambers of the heart become chaotic, disrupting the regular rhythm of the heart and its ability to efficiently move blood through its chambers; that is, AFib causes the heart's upper chamber to quiver rather than to pump. When blood collects in the upper chambers or moves slowly, a clot can form and potentially cause a stroke if it is pumped out of the heart and travels to the brain.

While technology has made it easier for medical professionals to detect AFib, older patients may not experience or fail to recognize

symptoms, which can include a fluttering heartbeat, heart palpitations, light-headedness or feeling winded even while at rest.

Other, less common symptoms include chest pain or fainting.

"For many people, stroke is their first symptom of AFib," says Patrick T. Ellinor, M.D., Ph.D., Director of the Cardiac Arrhythmia Service at Massachusetts General Hospital.

What To Do

The good news is that recognizing the symptoms of AFib and getting treatment can significantly reduce the risk of stroke.

"AFib is a leading cause of stroke but it is treatable. That's why it's so important to understand your risks and recognize any symptoms you may have," Dr. Ellinor said.

Treatment for AFib using blood thinners has also become easier, thanks to new medications that don't require repeated blood tests and are more effective at stroke prevention. For some people, a surgical procedure in which the disruptive heart tissue is destroyed, called a cardiac ablation, can also be effective in preventing future occurrences of AFib.

If you suspect you have AFib, meet with your doctor and continue with any treatment, even if you no longer experience symptoms, Dr. Ellinor said.

Learn More

For further facts about AFib, including risk factors, symptoms and treatment, visit the American Heart Association at www.heart.org/afibawareness.

The American Heart Association's AFib awareness campaign is made possible with funding from the Bristol-Myers Squibb/Pfizer Alliance.

Older Americans are more susceptible to the dangers of atrial fibrillation but there are ways to reduce your risk.



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FLORIDA HEALTH IN MARION COUNTY URGES VACCINATION AS FLU SEASON INTENSIFIES

Contact

Craig Ackerman
 Craig.Ackerman@FLHealth.gov
 352-629-0137, ext. 2054

Ocala, Fla.—With the 2016-2017 flu season in full swing and influenza activity increasing across the state, it is critical that all Floridians get the flu vaccine to protect against infection and help prevent the spread of seasonal flu to others. It is never too late to get your flu shot. While most cases of flu are mild, there are exceptions.

“The flu vaccine is the best way to prevent flu,” said Florida Department of Health in Marion County Health Officer Erin Hess. “With Marion County in peak flu season,

now is the time to get vaccinated.”

Flu activity is on the rise in Florida, particularly in groups at high risk for severe illness such as children, pregnant women, people with underlying chronic conditions and people over the age of 65. Visits to emergency departments for influenza are also increasing in these high risk groups. The department continues to urge residents to reduce their risk of severe illness from infection by getting vaccinated against influenza. This is especially important for individuals at high-risk for severe illness.

The annual flu vaccine is safe and is the most effective way to protect yourself and your loved ones. The flu vaccine is recommended for everyone six months and

older, including pregnant women. It takes about two weeks after vaccination for your body to develop protection against the flu. The Centers for Disease Control and Prevention recommends people get injectable flu shots. Nasal spray vaccine is not recommended for this flu season because of concerns about its effectiveness.

It is also essential to practice good hygiene by properly and frequently washing your hands to help prevent the spread of seasonal flu. Make it a habit to clean and disinfect commonly used surfaces in your home, school or office. You can take additional steps to ward off the flu by coughing or sneezing into a tissue or your elbow and avoiding touching your face.

Immunizations are free for people ages 18 and younger and no appointment is needed at the department's Ocala office. 1801 SE 32nd Ave. The immunization clinic is open weekdays from 8 a.m.—4:15 p.m. Adults pay \$31 for flu shots, but the cost may be covered by insurance or other programs.

The flu vaccine is offered in many other convenient locations, including doctor's offices, clinics, retail stores, pharmacies, health centers and by many employers and schools. Visit the department's flu shot locator page to search for a flu vaccine location near you.

For further information regarding influenza surveillance information, messaging and guidance, visit the influenza homepage at

www.floridahealth.gov/floridaflu.

About the Florida Department of Health

The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at @HealthyFla and on Facebook. For more information about the Florida Department of Health please visit Marion.FloridaHealth.gov.

Registering With The Selective Service Is A 'No-Brainer'

(NAPS)—Once young men know the opportunities that registration with the Selective Service System can bring, and the high personal cost of not registering, they can see that registration is a “No-Brainer.”

Here are a few facts that may help young men take a positive step for their future while dispelling the myths that sometimes circulate about registration.

Q. Who needs to register?

A. Male U.S. citizens and male immigrants, no matter their status, who are 18 through 25 are required to register with Selective Service. It's the law!

Q. Why does it matter if I don't register?

A. Failure to register is a felony punishable by a fine of up to \$250,000 or a prison term of up to five years or both. In addition, a man needs to register to be eligible for federal student financial aid, state-funded student financial aid in many places, federal employment, many state and municipal employments, security clearances for government contractors, job training programs under the Workforce Investment Act, and U.S. citizenship if you're an immigrant.

Q. Does registration mean I'll be drafted?

A. No, there hasn't been a military draft in over 40 years in the U.S. The American military is currently entirely voluntary. Rather, it's a current database of men, 18 through 25, who could be available for service in a dire national emergency. Maintaining the Selective Service System registration database provides an insurance policy against an underestimation of a threat against our country in case a draft is ever reinstated.

Q. Do conscientious objectors need to register?

A. Yes, for men 18 through 25 years old. There's no official classification for conscientious objection until Congress and

Continued on page 8

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For Data Privacy, Set Your Sights On Visual Hackers



(NAPS)—You've probably felt it when checking your e-mail or working in a public space: the leering eyes of strangers on your device screen.

The glimpses that others get of your screens—whether on an airplane, in a coffee shop or on a train—may be fleeting and harmless. After all, humans are curious creatures.

But these views may also be much more than curiosity. Especially as cyber defenses become ever stronger, device screens can be luring targets for hackers seeking new ways to obtain valuable data from people and organizations.

And it only takes one quick glance—or a stealthy snap of a smartphone camera—to capture your personal account details or sensitive company information, such as unreleased financial numbers or confidential communications.

This act is known as visual hacking. It involves the viewing or capturing of private, sensitive or confidential information for

unauthorized use. And the opportunity for it to occur is much greater than you may think. Nearly nine in 10 mobile workers recently surveyed by Ponemon Institute said they've caught someone looking at their screen in public spaces. At the same time, more than half of those surveyed also said they took no steps to protect information when working in public.*

Given the lack of action to prevent visual hacking, what better time than Data Privacy Day to make visual privacy a priority in your life? Data Privacy Day is an international effort annually held on Jan. 28 to create awareness about the importance of privacy and protecting personal information.

Whether you work on the go or are someone who needs to protect your personal information, there are a number of simple steps you can take to safeguard the display of information and help prevent visual hacking. Some of these steps include:

- Being mindful of your surroundings when working in public spaces. If you're working in a coffee shop, hotel lobby or airport, for example, seek out workspaces that provide the most privacy from prying eyes. This can reduce opportunities for a visual hacker to see and steal valuable information from your device's screen.
- Using privacy filters on your device screen to blacken out the angled view of onlookers. Privacy screens are available for all device types, including monitors,

laptops, tablets and smartphones. For those who travel or work on the go, these filters may be available from your workplace's IT department and are also available from popular online retailers.

- Adopting security best-practices from the workplace. One of the easiest practices you can adopt is a clean-desk policy—only applied to mobile devices. Think of it as a “clean screen” approach, with sensitive information being displayed on your screen only when it's needed. For example, don't leave confidential work data or private personal information up on your screen while you take a phone call or talk to your seatmate.

Visual hacking is already happening—and it might be targeting you if you use mobile devices or laptops in public spaces.

This Data Privacy Day, make a personal commitment to safeguarding your visual privacy and reducing opportunities for visual hackers. Taking small steps today can save you—or your company—significant costs and headaches down the road.

Learn more at www.3mscreens.com.

* Ponemon Institute, “Public Spaces Interview Study,” 2017, sponsored by 3M. Study based on responses from 46 professional mobile workers.

You can protect your personal and company data from prying eyes with a few simple precautions.

The Selective Service

Continued from page 7



the president vote for a return of the draft. Even then, conscientious objectors will be assigned to make a meaningful contribution to the maintenance of the health and safety of the country through noncombatant duties.

Q. Is it difficult to register?

A. It is easy to register and there are many ways to do so. Most men turning 18 get a Selective Service form in the mail that they can fill out and return. Some high schools have a faculty or staff member who serves as a Selective Service registrar who can help with the registration process. The form that is filled out is also available at any U.S. post office or can be completed online at www.sss.gov.

You can get additional information about registration and the Selective Service System, as well as review other frequently asked questions, at

<https://www.sss.gov/QA>

Sadly, some young men have failed to take an important step that could affect their whole life.



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For more information and the date of the next session, please contact:
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How To Handle Your Own Retirement



(NAPS)—Retirement is evolving. And if you're part of the baby boomer generation—an estimated 76 million Americans born between 1946 and 1964—you're seeing this evolution firsthand. Call it the Ònew retirement,Ó where it's increasingly likely your employer no longer provides you with a pension. This means it's up to you to take care of your golden years. Are you ready? If you are, you're ahead of many of your peers.

The Problem

Five years after the first wave of boomers turned 65, the Bankers Life Center for a Secure Retirement checked in with middle-income Americans to see how retirement is unfolding for this generation. Less than half feel they have a strong understanding of financial matters, and of the 84 percent who think of themselves as at least somewhat

financially literate, most haven't done enough to put that knowledge to good use.

Three-quarters have not calculated a monthly retirement income number goal they need to reach; nine in 10 don't have a written retirement plan; and nearly seven in 10 admit that they don't have, or don't know whether they have, the financial resources to live comfortably to age 85, the average life expectancy of a 65-year-old boomer today.

What You Can Do

Retirement planning can be challenging and complex. Fortunately, you can do five things to become more financially literate and to ensure a more secure retirement for your future.

1. Develop a plan: Even if you started preparing for retirement late, getting a plan in place will help you figure out what steps to take now and what steps you may need to take in the future.

2. Consider professional guidance: You don't need to be wealthy to benefit from financial professionals. Their experience in retirement planning can be an extremely valuable resource in helping you find savings products that can provide a reliable monthly income.

3. Don't be overly reliant on benefit programs: Retirement is becoming more dependent on individual contributions—only a third of nonretired boomers expect to get guaranteed post-employment income from an employer. Also, Social Security was never designed to

fully replace one's wages.

4. Educate yourself: Many products are available to help you plan and save for your retirement, provide income and protect your assets. Take the time to learn about mutual funds, IRAs, Roth IRAs, insurance and annuities.

5. Be prepared: Plan to meet unexpected situations by creating or updating a will and power of attorney.

Learn More

For a free, downloadable booklet on Top Tips for Retirees, including safety and security, reducing falls, fighting loneliness, managing prescription drug costs and more, visit www.BankersLife.com/TopTips.

It can be a good idea to get professional help with planning for your retirement.

Seniors Events

Continued from page 5

Tuesday and Wednesday | Feb. 21 and 22 | 1:30 p.m.

Sixteen-year-old Jamie Schwartz is not the most popular kid at his all-boys' boarding school. Disconnected from students and teachers, he believes he is destined to play Holden Caulfield, the main character of "The Catcher in the Rye," and has adapted the book as a play. After a series of increasingly hostile altercations with the boys at school, Jamie runs away to search for author J.D. Salinger. On the way, he picks up Deedee Gorlin, a quirky girl from

town. Their odyssey to find Salinger becomes a journey of sexual awakening, the discovery of love and of the meaning of life. PG13

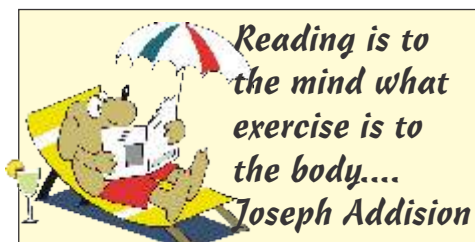
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Improve Your Sleep And Watch Your Life Get Better

(NAPS)—Here's eye-opening news: One simple lifestyle change can improve your cognitive functioning; decrease anxiety, depression, anger and irritability; and even improve your libido! Just one change and you'll have more energy, be more productive and likely improve the quality of your personal relationships. You could even improve your immune system and decrease your risk for weight gain, obesity, diabetes and heart disease, doctor visits and hospitalizations, leading to lower medical bills. Seem like a lot of work? Relax! The way to get all these benefits is simple. You just need to get more sleep.

For many Americans, that may seem easier said than done. Richard Shane, Ph.D., developer of the Sleep Easily All-in-One Sleep Kit, notes that behavior changes known as sleep hygiene can help. For occasional or moderate sleep problems, try these steps first:

First, follow a regular sleep schedule. That helps regulate your body clock so you can sleep.

Next, try to avoid stimulating substances like caffeine, including chocolate and caffeinated sodas, six hours before bedtime. Less obvious than caffeine is smoking and alcohol. If you smoke (don't!), avoid it close to bedtime, since nicotine is also a stimulant. Limit your alcohol consumption to one to

two drinks per day or less, and avoid alcohol altogether within three hours of bedtime. When you drink right before bed, the alcohol wears off in the middle of the night, causing you to wake up.

Remember to drink enough water during the day, so you're not very thirsty at bedtime. If you need to drink before bed or in the middle of the night, drink small sips instead of gulping. This way, you won't have to get up again to use the bathroom, further interrupting your sleep.

Give your body several hours to digest your last meal before bed. And during dinner or evening snacks, avoid any spicy foods or foods that can upset your stomach, especially close to bedtime.

During the day, try to nap less and exercise more, especially outdoors. Being out in the sunlight for at least 15 minutes a day can help you sleep better that night. Sunlight is especially important during the winter, when days are shorter.

When you do go to bed, keep these tips in mind to optimize your ability to get a good night's sleep.

Make sure your mattress is comfortable and less than eight years old.

Keep the room dark and cool—about 67 degrees is comfortable for most people. Keep computers, TVs and work materials out of your bedroom so you mostly



associate the place with sleep. Televisions, computers, cell phones and tablets emit a blue-white light that interferes with your brain's production of the sleep hormone melatonin. Stop using them half an hour or so before bed, wherever you keep them. Instead, slow down an hour before bed with a bath, a relaxing read or a little stretching to ease yourself into rest. Dimmer switches can help, too, to keep your house lights soft and low in the evening.

Worth the effort? Of course! One study by the AAA Foundation for Traffic Safety found that car crashes resulting in injuries were 1.9 times more likely if the driver missed two hours of sleep!

For real help for insomnia from the moment your head hits the pillow, visit www.sleepeasily.com.

Richard Shane, Ph.D.

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