



Lieutenant Claude McQuaig Speaking to Ocala Business Leaders on "Safety Tips". All of the information given is available through the Sheriff's Department. Be aware of your surroundings and if you see something, say someone to authorities.



From the Office of THE MARION COUNTY SHERIFF



A YEAR IN REVIEW

By Sheriff Chris Blair

I am proud to say that we have accomplished a great deal in 2015 here in Marion County. Crime in Marion County has been re-

duced by 8.9 percent in the last two years and we've saved enough money to put our hard-working, dedicated deputies in new



Holiday Food and Toy Drive Shows Just How Much Ocala Cares

By Ashley Lopez

(OCALA, Fla.) December 11, 2015 – After five weeks of collecting food and toys for local charities, Ocala Fire Rescue has distributed the last of the donations gathered from citizens and fire personnel. Boxes filled with stuffed animals, and games have gone to Marion County's Toys for Tots, while non-perishables were distributed between Interfaith, and Pay It Forward.

In the photo (from left to right, top row) Captain Michael Calhoun, Firefighter Jimmie Smith, Firefighter Chris Pavlos, and Firefighter David Osteen, (left to right, bottom row) Captain Michael Anderson, Firefighter Jagger Maguire, and Firefighter Tommy Taylor, share smiles after realizing the number of items received, once donations from all six fire station where combined.

BUY LOCAL

zens have attended. I also hold and teach a concealed weapons class – which close to 600 Marion County citizens have attended – in order to make sure our citizens who want to be armed can lawfully do so.

But recently, I have been concerned with certain things I see happening outside of our county borders. The increase in gun violence and terrorist activity we've recently seen in our country has me worried for my citizens here at home.

If you are certified to carry a gun, I would like to encourage you to do so. Those who

(Continued on Page 2)



Meet Tina Champagne

Background: She moved to Florida from New Hampshire, nearly 14 years ago. She was a high school Math teacher and loved working in the education field. Tina decided to follow a completely different path when she moved south, so for the next 4 years she was the owner, operator of Champagne Limousine Service. She was thankful for having this opportunity because she learned her way around Marion County before navigation systems were a standard feature in cars or on our phones. Her next career move was working with her husband selling water meters and AMR systems and gained experience from the different companies that she worked for. Tina has always been interested in real estate so she decided to make her final career move this year and says that she honestly believes that she saved the best for last.

Over the past decade the real estate market has rivaled the Cheetah Hunt from Busch Gardens with its extreme ups and downs but it is once again stable and experts predict that another imminent crash is unlikely. Some of the factors that were taken into consideration when making this determination are as follows:

- Loans in foreclosure are at the lowest level since 2007.

- Lenders are more stringent than ever on their loan approvals and first-time buyer assistance programs are helping to educate

(Continued on Page 2)

Tom's Picks will help you find the services you need. Call 804-1223



God Bless our Troops
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From the Office of

THE MARION COUNTY SHERIFF

(Continued from Page 1)

carry firearms responsibly and are confident in their abilities can---and should---be our first line of defense in an active shooter situation such as what we recently saw in San Bernardino, California. A lot can happen in the minutes it may take for us to respond to those in need and to have someone there to bring the fight to the attacker will help save lives.

The Florida Department of Law Enforcement re-launched its "If You See Something, Say Something" campaign. This is a

reminder to our citizens that if you observe something suspicious or if something just doesn't seem right, call 911 – it is always better to be safe than sorry. I would much rather send a deputy to make sure everything is safe than have something go unreported that leads to something much more serious.

Whatever your opinion may be of law enforcement, we are here to protect you with honor and to serve you with pride. Our solemn vow is to be there in your hour of need. We will always be there.

Meet Tina Champagne

(Continued from Page 1)

and lure new buyers into the market.

- Interest rates remain at historically low levels and most Americans have refinanced to fixed rate loans.

- The average residential home prices have risen at a slow, steady pace and job

creation indicates the economy is getting stronger.

Tina offers a free market analysis on homes and can help find your first home, new home or investment property today, call 352-351-0011.

Representative Dennis K. Baxley Endorses Governor Scott's Proposed Reforms for Enterprise Florida

Ocala, Fla.— Representative Dennis K. Baxley, HD 23, announced his support for Governor Scott's proposed reforms for Enterprise Florida, including the creation of the Florida Enterprise Fund.

Representative Baxley said, "Gov. Scott has stayed laser focused on diversifying Florida's economy, making Florida the best place to do business, facilitating jobs, jobs, jobs in the private sector raising the path of opportunity for all Floridians. Enterprise Florida has been a major tool for this success, putting Florida on a sound footing. Legislators should give high priority to this initiative to invigorate this effort with the revamp of Enterprise Florida for maximum success. Below please find details of this plan. Gov. Scott is leading and he has my full support."

Our proposed economic reforms which have been endorsed by the Enterprise Florida Executive Board include:

Creating a new \$250 million competitive fund called the "Florida Enterprise Fund."

Making the Florida Enterprise Fund a state trust fund to replace the existing escrow account to allow the state's investment to accrue more interest.

Increasing the Legislature's role in competing for job creation projects by requiring that any deal over \$1 million have the approval of the Speaker of the House and the Senate President, as well as the Governor.

Reforming the return on investment requirements by eliminating the use of waivers and requiring a 10 percent annualized return on top of the original amount invested in a company.

Streamline the state's approval process while continuing to ensure that NO tax dollars leave the state trust fund until a company meets specific job creation goals spelled out in their contract.



Tom Loury
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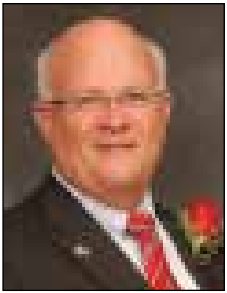
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Florida House of Representatives

DENNIS K. BAXLEY

Holiday celebrations abound as we focus on faith and family, the foundation for our lives. These are times for us to encourage and inspire. It is also an important time to share with those in need and to

reach out to those facing great challenges. Be quick to encourage and share our compassion. Burdens shared can lift our spirits as we demonstrate love and care in tangible ways, sharing hope.

Meanwhile in Tallahassee, Legislative Session 2016 comes early, beginning January 12th due to the election year. This session will start with a favorable economic recovery picture as Florida continues to heal from The Great Recession. Our upcoming debates will center on tax cut options and healthcare alternatives. Enterprise Florida reform to fuel private sector job growth will also be a central topic, in addition to education funding, government regulation, and water issues. Add to that self-defense, open carry, and campus carry along with public safety concerns and you have a good start on the many issues of public policy that will be discussed. Make sure to stay alert to

the issues in motion and communicate with your legislators. Remember, it's your government.

Onward and upward,
Dennis Baxley

Helping Older People to Maintain Independence

(NAPSI)—For most older adults, the ability to live independently is associated with the ability to drive. That's one reason the prospect of eventually "giving up the keys" can be a frightening one.

To help, the experts on aging at the National Association of Area Agencies on Aging (n4a) developed a brochure called "Before You Give Up the Keys: Create a Roadmap for Transportation Independence" that may lessen those fears by empowering older adults to evaluate their mobility needs,

identify the transportation options in their community and develop a plan customized to their unique circumstances.

"A too-familiar scenario is that older adults wait until they're involved in some sort of emergency, like a traffic accident, before they really think about their driving ability and the other transportation options available to them in their community," said n4a CEO Sandy Markwood. "Our goal is to shed light on a critical issue that will likely affect most families with an older loved one who may need to limit or eliminate their driving, and to provide a catalyst for discussion, and hopefully, action," Markwood also noted.

The n4a represents America's national network of 623 Area Agencies on Aging (AAAs). It helps older adults and people with disabilities live with dignity and choices in their homes and communities for as long as possible.

To that end, it created the Eldercare Locator. This serves as an essential, trusted gateway to help older adults, caregivers and health professionals navigate the maze of aging programs and services, as well as to assist them in identifying and accessing the resources that match their needs best. The National Call Center operates five days a week from 9 a.m. to 8 p.m. ET and can be reached at 800-677-1116 or www.eldercare.gov.

According to recent research by the Federal Transit Administration, the National Highway Traffic Safety Administration, n4a and the National Aging and Disability Transportation Center, the rise in the 65-plus population—some 45 million and growing—has triggered a corresponding spike in the number of nondrivers of more than 1.1 million between 2001 and 2009.

"This is a major issue for older adults because when they lack access to transportation, they can't get to the doctor, the grocery store or see friends and family as much, which means their overall well-being is likely to suffer," added Kathy Greenlee, Assistant Secretary for Aging.

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Happy
New Year!

■=Tom Loury

PUBLISHER'S NOTES



The IRS has returned the Tax Return to a man in New York City after he apparently answered one of the questions incorrectly. In response to the question, ...

“Do you have any dependants?” the man wrote: ... “2.1 million illegal immigrants, 1.1 million crack-heads, 4.4 million unemployable, 80,000 criminals in over 85 prisons, plus 450 idiots in Congress and a group that call themselves Politicians.”

This is a funny that came off the internet that was sent by a reader. Was it funny or was it true???

Some of the new reports coming out about community papers is encouraging. Over 40% of the public still read print, that must mean 60% is split between radio, TV, Online. Now online one of the things I have not heard mentioned is the fact that bar top and bottom ads streaming and along side can be blocked. I'm not sure how that would effect the percentages but print ads can not be blocked.

We are facing the expenses Ryan had to bring forth to keep the Government operating. It looks bad but I think Ryan has an ace somewhere that he has not played yet. But

with this phase out of the way he can start on the budget cuts for the next year.

Here is something I found on the web.

PAUL RYAN'S PROPOSED BUDGET CUTS

A List of Republican Budget Cuts

Notice S.S. And the military are NOT on this list.

These are all the programs that the new Republican House has proposed cutting.

Read to the end.

* Corporation for Public Broadcasting Subsidy -- \$445 million annual savings.

* Save America 's Treasures Program -- \$25 million annual savings.

* International Fund for Ireland -- \$17 million annual savings.

* Legal Services Corporation -- \$420 million annual savings.

* National Endowment for the Arts -- \$167.5 million annual savings.

* National Endowment for the Humanities -- \$167.5 million annual savings.

* Hope VI Program -- \$250 million annual savings.

* Amtrak Subsidies -- \$1.565 billion annual savings.

* Eliminate duplicating education programs -- H.R. 2274 (in last Congress), authored by Rep. McKeon, eliminates 68 at a savings of \$1.3 billion annually.

* U.S. Trade Development Agency -- \$55 million annual savings.

* Woodrow Wilson Center Subsidy --

\$20 million annual savings.

* Cut in half funding for congressional printing and binding -- \$47 million annual savings.

* John C. Stennis Center Subsidy -- \$430,000 annual savings.

* Community Development Fund -- \$4.5 billion annual savings.

* Heritage Area Grants and Statutory Aid -- \$24 million annual savings.

* Cut Federal Travel Budget in Half -- \$7.5 billion annual savings

* Trim Federal Vehicle Budget by 20% -- \$600 million annual savings.

* Essential Air Service -- \$150 million annual savings.

* Technology Innovation Program -- \$70 million annual savings.

* Manufacturing Extension Partnership (MEP) Program -- \$125 million annual savings..

* Department of Energy Grants to States for Weatherization -- \$530 million annual savings.

* Beach Replenishment -- \$95 million annual savings.

* New Starts Transit -- \$2 billion annual savings.

* Exchange Programs for Alaska Natives, Native Hawaiians, and Their Historical Trading Partners in Massachusetts -- \$9 million annual savings

* Intercity and High Speed Rail Grants -- \$2.5 billion annual savings.

* Title X Family Planning -- \$318 million annual savings.

* Appalachian Regional Commission --

\$76 million annual savings.

* Economic Development Administration -- \$293 million annual savings.

* Programs under the National and Community Services Act -- \$1.15 billion annual savings.

* Applied Research at Department of Energy -- \$1.27 billion annual savings.

* Freedom CAR and Fuel Partnership -- \$200 million annual savings..

* Energy Star Program -- \$52 million annual savings.

* Economic Assistance to Egypt -- \$250 million annually.

* U.S. Agency for International Development -- \$1.39 billion annual savings.

* General Assistance to District of Columbia -- \$210 million annual savings.

* Subsidy for Washington Metropolitan Area Transit Authority -- \$150 million annual savings.

* Presidential Campaign Fund -- \$775 million savings over ten years.

* No funding for federal office space acquisition -- \$864 million annual savings.

* End prohibitions on competitive sourcing of government services.

* Repeal the Davis-Bacon Act -- More than \$1 billion annually.

* IRS Direct Deposit: Require the IRS to deposit fees for some services it offers (such as processing payment plans for taxpayers) to the Treasury, instead of allowing it to remain as part of its budget -- \$1.8 billion savings over ten years.

* Require collection of unpaid taxes by

(Continued on Page 6)

Newspaper Deadlines

Editorial & Ad Copy for February

Seniors Voice & Ocala DownTown

12am, January 20th

Lady Lake Magazine & Village Spectator

12am, January 27th

Seniors Voice of Ocala

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Kevin Sheilley

OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



As we begin the New Year, the CEP has much to celebrate as we look back over the last year. The CEP will celebrate 2015 and the year's accomplishments at our Annual Luncheon on February 10th at Circle Square Cultural Center, but I wanted to take a moment and relay some of the highlights. This month we will focus on the great success and strides our Business Attraction and Business Retention efforts have

made and will focus on Business Creation, Business Services and Business Advocacy next month.

What a year it has been! Last January in front of the largest crowd of business and industry leaders ever gathered in our community, the CEP outlined how we are working to meet our Moving Forward goals by the end of 2017. That plan includes three strategic goals to be met over five years (impact the creation of 3500 new jobs, which on average pay 15% above the average county wage, and result in a capital investment of \$225 million) and the two guiding principles to reach those goals (does it create or retain jobs, does it provide a return for our inves-

tors). The plan outlines the five program areas and the staff and investment needed to accomplish those goals. While we will not announce the official progress on these goals until the Annual Luncheon, we will state that we are ahead of schedule on all three strategic goals!

Business Attraction

This year has seen a nice mix of manufacturing, logistics and office projects. The year began with the announcement that Coates Golf would be locating their headquarters and distribution facility here. Other significant projects include eResources moving their headquarters and network operations center to Ocala, the purchase of the former Merillat facility by Paramount Transportation Logistics, and The REV Group, Inc. establishing an ambulance manufacturing center.

The Ocala MSA continued to see its un-

employment rate plummet while the job growth rate has been among the highest in the state. Forbes again named the Ocala MSA to its list of Top 10 Metros for Job Growth and Bloomberg included the area on its list of Fastest Growing Economies.

Business Retention

A focus of the CEP is to have the best business retention program in the state of Florida and we believe we are certainly among the best. Our team has worked with approximately 200 existing businesses this year working to identify barriers to their growth and ways to remove those barriers. We are still finalizing the numbers but the CEP has directly assisted existing companies, which has led to the announced creation of nearly 400 jobs and approximately \$10 million in capital investment. What a great endorsement of our community to have companies currently doing business here growing and expanding!

This year at the CEP has been a great one and we are excited about the opportunities in store for our community in 2016. Thank you for your partnership and desire to help keep our community Moving Forward!



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Happy 2016

SENIOR SCHEDULE OF EVENTS

MOVIES FOR JANUARY, 2016

8TH AVENUE – TUESDAY AND WEDNESDAY, JANUARY 12TH & 13th, 2016 AT 1:30 PM

BARBARA G. WASHINGTON – THURSDAY & FRIDAY, JANUARY 14th & 15TH, 2016 AT 1:00 PM

“LOVE & MERCY” STARRING: ELIZABETH BANKS, JOHN CUSACK, PAUL GIAMATTI, PAUL DANO AND JAKE ABEL This biopic presents an unconventional portrait of Brian Wilson, the mercurial singer, songwriter and leader of The Beach Boys. Set against the era-defining catalog of Wilson’s music, the film intimately examines the personal voyage and ultimate salvation of the icon whose success came at extraordinary personal cost. RATED PG13

8TH AVENUE – TUESDAY AND WEDNESDAY, JANUARY 19TH & 20TH, 2016 AT 1:30 PM

BARBARA G. WASHINGTON – THURSDAY AND FRIDAY, JANUARY 21st & 22nd, 2016 AT 1:00 PM

“LITTLE BOY” STARRING: JAKOB SALVATI, EMILY WATSON, CARY-HIROYUKI TAGAWA, MICHAEL RAPAPORT, AND DAVID HENRIE

In this tale of the indescribable bond of love between a father and son, a 7-year-old boy is willing to do whatever it takes to end World War II so he can bring his father

home. RATED PG 13

Reservations must be made at the Center of your choice. Seating is limited to 8 persons per video. Please call the 8th Avenue Center at 629-8545 or Barbara G. Washington Center at 629-8357 to reserve your seat.

COMING EVENTS IN 2016

INCOME TAX HELP

When: Mondays, Wednesdays and Fridays starting February 1st, 2016 thru April 15th, 2016

Time: 9:00 AM to 12:30 PM Cost: FREE

Where: 8th Avenue Adult Recreation Center, 830 NE 8th Avenue, Ocala What: AARP Tax Help is available on these days. Please bring all your necessary documents including Social Security Card, W-2 Forms, 1099 Forms, last year’s taxes, driver’s license and some form of ID.

NEW ACTIVITY COMING SOON!

INDOOR PICKLEBALL

When: Mondays & Thursdays

Where: E.D. Croskey Recreation Center, 510 NW 4th Street, Ocala

Time: 9:00 AM to 12:00 PM

Cost: FREE

What: If you love to play pickleball or want to learn, come join us! Start date will be sometime after the first of the year. For more information or to register for the program call Diane Leaf @ 401-3916 or Kelsey Mears @ 401-3920

—Tom Loury

PUBLISHER’S NOTES

(Continued from Page 4)

federal employees -- \$1 billion total savings.

WHAT’S THIS ABOUT?

* Prohibit taxpayer funded union activities by federal employees -- \$1.2 billion savings over ten years.

* Sell excess federal properties the government does not make use of -- \$15 billion total savings.

* Eliminate death gratuity for Members of Congress. WHAT???

* Eliminate Mohair Subsidies -- \$1 million annual savings.

* Eliminate taxpayer subsidies to the United Nations Intergovernmental Panel on Climate Change -- \$12.5 million annual savings. WELL ISN’T THAT SPECIAL

* Eliminate Market Access Program -- \$200 million annual savings.

* USDA Sugar Program -- \$14 million annual savings.

* Subsidy to Organization for Economic Co-operation and Development (OECD) -- \$93 million annual savings.

* Eliminate the National Organic Certification Cost-Share Program -- \$56.2 million annual savings.

* Eliminate fund for Obamacare administrative costs -- \$900 million savings.

* Ready to Learn TV Program -- \$27 million savings..

* HUD Ph.D. Program.

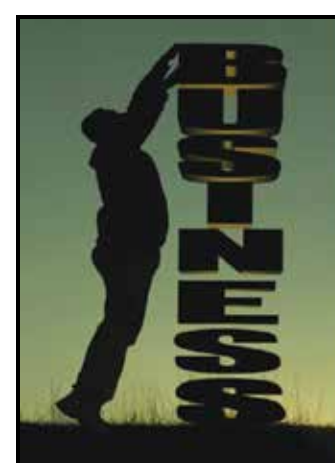
* Deficit Reduction Check-Off Act.

* TOTAL SAVINGS: \$2.5 Trillion over Ten Years

My question is, what is all this doing in the budget in the first place?!

Maybe this is why the Democrats are attacking Paul Ryan.

What say you??? tloury@att.net



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The CEP will serve as the central resource for all businesses in Marion County: new, relocating, existing, large, small and budding entrepreneurs!

The forward momentum of this vibrant organization will focus on economic growth while maintaining the beauty and quality of life in Ocala and Marion County.

We invite you to get acquainted at a complimentary, no-obligation

“GET GOING! New Partner Orientation”

This 60-minute overview is a casual format for you to learn more about the CEP and how partnership in this progressive organization will provide you with additional resources, connections, and advocacy to help in YOUR business development and growth initiatives.

For more information and the date of the next session, please contact:
Felecia Prather at 352-629-8051 or felecia@ocalacc.com

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Investing Wisdom

Doing Your Homework on an Investment?

Don't Overlook This Simple Step

(NAPSI)—It can happen to even the savviest and most experienced investor. You're so busy researching an opportunity that you forget to look into the background of the financial professional offering it.

Before you invest, checking the credentials and track record of your potential financial professional can help you make smarter choices. Even if you've worked with a financial professional before, it's a good practice to run checks annually on his or her registration status and disciplinary history. Doing this check may even help you avoid fraud.

Remember to check at least once each year to make sure there aren't any new disciplinary actions or other red flags. Pick a date

that you'll remember and put a reminder on your calendar.

Where can an investor find such information? The U.S. Commodity Futures Trading Commission (CFTC) launched SmartCheck.gov, with free tools that make it easier. The website also offers updates on fraud trends, interactive videos, and information about reporting fraud.

It can happen to me. Really?

Many savvy investors think fraudsters mostly target novices. In fact, research indicates that the typical defrauded investor is quite seasoned. The problem is that schemes are constantly changing and becoming increasingly sophisticated.

Between 2010 and 2014, the CFTC took action on fraudulent schemes affecting more than 37,000 investors, with losses totaling nearly \$1.15 billion. The majority of these schemes involved unregistered financial professionals.

Time to bookmark SmartCheck.gov

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(NAPSI)—Did you know that keeping your toothbrush clean is a simple way to help protect your health and the health of your loved ones year-round, and especially during flu season?

Dentists' Advice for the Entire Family

According to pediatric dentist Danielle Gilbert-Fowler, D.M.D., "Oral health is not just about your mouth, it's about your overall health. The mouth is a major doorway for all sorts of microorganisms, which can be linked to anything from the common cold to heart disease and diabetes. Hence, the importance of having a healthy mouth cannot be overstated."

"More than 300 kinds of microorganisms thrive in the human mouth," explains Astrid Shroetter, D.D.S. "What's more, the typical toothbrush is reused for months and never

cleaned thoroughly."

Research indicates that kids get sick on average about 10 times a year—that's almost once a month. While dentists and parents both encourage good oral hygiene, it would be nice to do so without worrying about potential reinfection caused by brushing teeth with contaminated toothbrushes. As Dr. Gilbert-Fowler puts it, "You wouldn't clean your house with a dirty washcloth. Why clean your teeth with a dirty toothbrush?"

A Solution

"It's important to keep toothbrushes in a clean environment and separate from other toothbrushes," recommends Gilbert-Fowler. "Use of a Steripod® clip-on toothbrush protector will help keep your toothbrush clean and protect against outside contaminants and cross contamination from other toothbrush-

es. It's important for kids and adults alike to replace toothbrushes every three months or more frequently after any illness."

Developed by doctors and independently tested for efficacy at an accredited lab, Steripod is a clip-on protector that fits any standard or electric toothbrush. Using a patented natural vapor shield of thymol, derived from the thyme plant, Steripod keeps toothbrushes fresh and clean for up to three months. Simply clip it on your electric or manual toothbrush and it goes to work; no cables or batteries are needed. You can use it at home, work, the gym, school or when you travel.

More Pearls of Wisdom for Your Pearly Whites:

To further put the bite on dental disease, heed these five tips from the experts at the American Dental Association:

1. Brush your teeth twice a day for two minutes with a soft-bristled brush.
2. Replace your toothbrush every three or four months, or if the bristles are frayed.
3. Use an ADA-accepted fluoride toothpaste.
4. Clean between teeth daily with floss.
5. Visit your dentist regularly for professional cleanings and oral exams.





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Dr. Thomas Lewis, RealHealth Clinics, Preventing and reversing Alzheimers 11:30 AM

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3 Steps to Kick Off a Year of Good Health

(Family Features) A fresh beginning with a new year is the perfect time for a health assessment to ensure you are ready to take on a full and active year ahead. Even if you're feeling great, it's a smart practice to take time to identify potential problems before they become more serious health concerns.

Early detection of ailments, such as cardiovascular disease, can significantly impact an individual's ability to cope with the disease, allowing you to make adjustments such as changes in diet and lifestyle, or when necessary, drug therapies and other medical treatments. Delaying detection of this serious disease until its more advanced stages can have dire consequences.

With these three steps, you can get a better picture of your cardiovascular health and identify silent, hidden risk factors (like plaque in your arteries) that you may not even know are there.

Get your blood pressure checked. Blood pressure measures how much force a person's blood is putting on the artery walls as the heart pumps. High blood pressure, or hypertension, occurs when your heart has to work extra hard to pump blood throughout the body. High blood pressure often happens when arteries lose their elasticity through hardening caused by cholesterol, plaque or scarring. Many people do not experience symptoms of high blood pressure, so it's im-

portant to have your blood pressure checked periodically. Screening for high blood pressure involves placing a pressure cuff around your upper arm to monitor both diastolic and systolic blood pressure. A normal systolic reading is between 90 and 119, and a normal diastolic reading is 60-79.

Get your cholesterol checked. A simple finger-stick screening measures total cholesterol as well as three different kinds of lipids in your blood (HDL, LDL and triglycerides), which are important in determining your heart health. Low-density lipoprotein, or LDL, is known as the "bad" cholesterol and can build up in the walls of the arteries that feed the heart and brain. Along with other substances, it can form plaque – a thick, hard deposit that can clog those arteries. High-density lipoprotein, or HDL, is known as "good" cholesterol because it carries LDL away from the arteries and back to the liver, where it's passed from the body. A high HDL level helps prevent heart disease, while a low HDL level increases the risk of heart attack and stroke. Triglycerides are the most common type of fat. Like cholesterol, they circulate in blood but are stored in the body for extra energy. A high triglyceride level combined with a low HDL or high LDL can speed up the process of plaque formation in the arteries.



Learn about other risk factors for cardiovascular disease. Many people in the early stages of cardiovascular disease are asymptomatic, meaning they have no symptoms to indicate their health is at risk. Some common risk factors include age (55 and older), family history, tobacco use and high blood-pressure, other factors, such as high cholesterol, aren't as easily observed. Preventive health screenings, such as those provided by Life Line Screening, can give you a fuller picture of how risk factors may be stacking up. The screenings are designed by doctors and administered by trained professionals to help detect hidden health issues. Within a couple of weeks, you can receive easy-to-understand test results to share with your doctor so you can work together to prevent serious problems before they start.

To starting the year off right with a preventive health screening, visit lifeline-screening.com.

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Bring Big Flavor to Easy Weeknight Dining

(Family Features) There's no time like the present to begin incorporating healthier meals into your menus – but that doesn't mean you have to broadcast it to your family.

Deliver big taste with fewer calories and less sodium than you might expect with this Garlic Cream Elbows with Sun-Dried Tomatoes and Basil recipe. Pantry-friendly ingredients get the creamy Parmesan-enhanced pasta on your table in just 30 minutes.

Made with premium durum wheat semolina and added inulin, a prebiotic fiber from chicory root, Dreamfields pasta gives this recipe a nutritional boost providing 5 grams of fiber and 7 grams of protein per one-cup, cooked serving. Inulin helps promote healthy digestion and can help you feel full longer, which helps you keep up with your busy and healthy lifestyle without sacrificing taste or texture.

Pair it with a tasty side salad or grilled chicken breast for an extra boost of protein. It's a mouthwatering meal that's sure to become a staple at the dinner table all year round.

Look for Dreamfields' black box in the pasta aisle of supermarkets nationwide. For more information and pasta

salad recipes, visit dreamfieldsfoods.com.

Garlic Cream Elbows With Sun-Dried Tomatoes and Basil

Recipe courtesy of Mother Thyme

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

8 ounces (about 2 cups) Dreamfields Elbows

1 tablespoon unsalted butter

1/4 cup diced red onion

4 cloves garlic, minced

2 tablespoons all-purpose flour

1 cup 2% milk

1/2 cup (2 ounces) grated Parmesan cheese

1/2 cup low-sodium chicken broth

salt

pepper

1/3 cup julienne cut sun-dried tomatoes, not packed in oil, divided

1/3 cup chopped fresh basil, divided

Cook pasta according to package directions.

Meanwhile, in large, deep skillet, heat butter over medium heat until melted. Add onion; cook 5 minutes or until tender, stirring occasionally. Add garlic to skillet; cook 1 minute or until fragrant, stirring frequently.



Stir in flour; cook and stir 1 minute or until flour is dissolved and mixture is smooth and paste-like. Gradually whisk in milk, about 2 tablespoons at a time, until sauce thickens.

Stir in Parmesan cheese until well combined. Stir in chicken broth. Reduce heat; simmer 5 minutes, stirring occasionally. Season with salt and pepper, as desired. Remove from heat.

Add pasta to skillet; toss to combine.

Stir in 1/4 cup of the tomatoes and 1/4 cup of the basil. Season with salt and pepper, as desired. Top with remaining tomatoes and basil; serve immediately.

Nutritional information (1/4 of recipe): 340 calories; 16 g protein; 52 g carbohydrates; 9 g total fat; 5 g saturated fat; 25 mg cholesterol; 280 mg sodium; 6 g total dietary fiber.



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