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FREE
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Texas Roadhouse Grill Hosted Lady Lake Chamber Luncheon Nothing But Networking. Pictured left to right Melissa Kelley in Marketing, Managing Partner Christopher Ugarte and Executive Director of Lady Lake Chamber Sue Kelley.

Pictured is one of the exhibits at Art in the Park by the Lady Lake Chamber. This artist spends months and months, sometime a year to create his work. The art is made out of hundreds of various types of wood, shaped and pieced in to form the pictures. It took many years of experience to learn this art form.

In This Issue Page 2 Shooting | Page 12 Murder

Cloud Looms Over Town...Chief Leaves

By TomL

On January 23 the normal Lady Lake commission was called to order and the floor was opened to public discussion. Before anyone from the public could respond, Commissioner Hannon asked for the floor. Mayor Richardsons said it was highly unusual but gave approval. Commissioner Hannon said he was saddened that Chief McKinstry quit. He said he had heard from many constituents asking him to do all he could to rehire the Chief.

Betty Salas then approached the podium with a petition of 168 names requesting the Chief be reinstated. Ms Salas also said that she knew the previous chief and that when the commission hired chief she was assured he was the right man for Lady Lake. She got to know him as did the businesses and residents of Lady Lake as well.

Town Manager Kris Kollgaard then read a statement that said she and the Chief have had professional differences in management styles for the last 6 years and that this was the last time. She contact the commissioners the night before and said the morning meeting would have only one of 2 outcomes. Up until this meeting the general public was told no one at town hall knew why the Chief quit, just that he did. Now we are finding out the truth.

After the statement was read by Town Manager Kollgaard, Commissioner Vincent challenged her management skills, saying she shows favoritism, and micro manages all departments, gives raises to those she likes and not to our police force, and called for her resignation. Kris Kollgaard response was "Go For It". Of course this created a stir among the commissioners as they had to see if they could even discuss this or if a special meeting had to be scheduled.

The next public comment was made by Phil Mathias who said he had spoken to 8

officers who have quit working at Lady Lake and the reason they left was due to the low pay scales and no other reason. Kollgaard tried to interrupt. Mathias was not letting her, saying he had the floor and it was his turn to talk. Phil then looked Kris in the eye and said "Kris it is time for you to go!"

The commissioners then discussed what they would have to talk to ex-town employees, officers and the Chief and that they felt the problem stemmed from different management styles and that the town charter allows the Town Manager to hire and fire all her employees without the commissioners' say so.

Public opinion is that the residents do not want to lose Chief and now it appears that one issue has turned into 2. Can Chief come back? Is Kris' management style still good for the town?

I believe there is a way out of this!

First, put the Lady Lake Police Department under the Town Council. Keep the Town Manger under the Town Council on an equal levels.

Second, review their Job descriptions, describing what you expect of them! Then review the complaints from past employees about being micro managed and work with the Town Manager to tweak her management style. There are training seminars that could help!

Betty Salas, left, a local business person standing up for Chief McKinstry, is holding a petition of 166 names of residents asking the Town Council to consider reinstating him. The meeting that followed blew everyone away. It was so much that a second meeting was set to discuss the issue and to discuss reviewing the Ex-Chief and Town Manager Kollgard's actions. Two Commissioners were not happy about the Chief being forced out! The others knew in advance and let it happen. Go to the meeting on the ***Feb 4 at 1 pm*** *to watch and listen!*

A.J. "Tony" Powell

As I See It

Q-"What is Brexit?

Q-"Who cares anyway?"

The 'UK' (United Kingdom) wants to leave Europe. They have 'Great Britain', the 'United Kingdom', the 'British Isles', 'Britain', England, Ireland, Scotland & Wales. It's one big mess over there.

Combine 'Britain' and 'Exit' and you get 'BREXIT". A while back it was Greece' and 'GREXIT'. England voted about 53%. Wales 52% to leave. But both Scotland and Northern Ireland voted to stay in.

The ruling British elite oppose Brexit and are behind all the controversy we see in the media. But ordinary people want to be free of European unelected dictators. It's 'States Rights' European Style.

But previous 'Exit' votes across Europe have either been ignored or revised into total ineffectiveness. Fox News quoted, "It's a long, dishonest tradition. They made the Danes vote again, they made the Irish vote twice, and the French and the Dutch they just ignored," "Europe does not take no for an answer," they said.

What is the European Union? The European Union (EU) began after WWII- and includes 28 European countries.

But it has become a "single market" allowing goods and people to move from country to country across borders without any control.

Brexit does not need the 'permission' or 'approval' of the other 27 countries, but they would have to pay about $50 Billion to get out. One major issue is the border between Northern Ireland and the Free Republic of Ireland to the south. (England conquered Northern Ireland about a thousand years ago and both sides are still ticked off about it). But neither side wants to go back to checkpoints, towers, customs posts and surveillance cameras at the border. Europe insists on no hard border between Northern & Southern Ireland. But this would keep the whole of the UK subject to European dictates and open to uncontrolled illegal invaders.

Originally, British Prime Minister, Theresa May was against Brexit which might explain why she concocted a 'Brexit Plan' which would never be accepted in the UK. Why 'BREXIT'? Europe robs its member countries of control over their own affairs.

Every day foreigners flee from their own chaotic countries and invade a defenseless Europe. Even England gets over a quarter-million, uninvited, illegal new charity-cases every year. 'Europe' has become a single country, "United States of Europe" (USE) but with an unelected parliament. Their 'laws' dictate what each country can do and cannot do. But the real resentment of the 'Britons' is the fact that, already, their economy is second to Germany. After two world wars, England is free, thanks only to their own courageous resistance to the Nazis and the overwhelming power of the United States of America, and no thanks to the French, who's leaders fled to Canada. Now those defeated powers control the 'USE' and every member country therein.

Freedom for Europe from German domination lasted less that 70 years, a couple of generations. Yet many British aristocrats and their faithful followers still say 'No Brexit'.

In case you didn't know, the British Royal Family has German origins. They changed their name from "Saxe-Coburg and Gotha" to the English 'Windsor' (from "Windsor Castle"). Queen Elizabeth's car-wrecking husband, Prince Philip, is a 'Mountbatten' (from his mother) and 'Schleswig-Holstein-Sonderburg-Glücksburg' from his father. Not exactly 'Anglo-Saxon!

'til next time. . . .

Emails are welcome –

AsISeeItTP@GMail.com

Tragic Shooting

Governor DeSantis Statement Regarding Tragic Shooting in Sebring

Sebring, Fla. – Governor Ron DeSantis issued the following statement regarding the tragic shooting in Sebring, Florida:

"This is a terrible day for Sebring, Highlands County and for the state of Florida. Casey and I extend our most sincere condolences and sympathies to the families and loved ones of the victims. The people of Florida stand with the community of Sebring. In light of this tragic circumstance, I've directed FDLE to provide the necessary resources at the state level to assist with the ongoing investigation. This is an individual that needs to face very swift and exacting justice.

"I want to thank both the Sebring Police Department and the Highlands County Sheriff's Office for their response and continued efforts during this tragedy."

Publishers Note: My son was in that bank the day before!

Florida Dept of Veterans' Affairs

Florida Cabinet Approves Danny Burgess as Executive Director of the Florida Department of Veterans' Affairs

Tallahassee, Fla – Today, the Florida Cabinet unanimously approved Governor DeSantis' appointment of State Representative Danny Burgess to serve as the Executive Director of the Florida Department of Veterans' Affairs.

"I thank my fellow members of the Florida Cabinet for approving Danny to lead the Department of Veterans' Affairs," **said Governor Ron DeSantis.** "His unwavering commitment to our nation and support for our veterans during his time in the legislature make him the right man for the job and I could not be more excited to see what all he accomplishes for our veteran community in this new role going forward."

Danny Burgess is a Captain and Judge Advocate in the United States Army Reserve. He was elected to represent eastern Pasco County in the Florida House of Representatives in 2014, and was subsequently re-elected in 2016 and 2018. Prior to joining the Florida House of Representatives, Burgess served on the Zephyrhills City Council and as Mayor of Zephyrhills. He earned his undergraduate degree from the University of South Florida and his Juris Doctorate from the Barry University School of Law.

Florida State Senate

Dennis K. Baxley

The symbols for change and opportunity are the same symbol in Japanese (or so I've been told).

As we are returning for legislative committee weeks, that certainly rings true with new Florida Senate and House leaders. Many new legislators, new governor, new lieutenant governor, new cabinet members, new Secretary of State, new department heads, staff members, and new committee assignments with new looks at familiar issues and some new issues before us. Now is a great time to reach out to elected leaders with your concerns for the approaching 2019 Legislative Session.

It has been very refreshing and informative to be at home with "the people" since election season to hear how these public policies touch the ground and where the rubber meets the road. It has been inspiring to visit with so many people meeting the challenges and confronting realities as they engage to make our state the best place to visit, work, play, build a business, raise a family, gain education, and enjoy retirement. Despite our challenges, North Central Florida is a great place to do life—because of each of you. Thank you for doing your part. Remember, it's your government!

Onward and upward,
Dennis Baxley
Florida State Senate – District 12.

Florida's Support of Israel

Governor Ron DeSantis Announces Actions to Affirm Florida's Support of Israel

Boca Raton, Fla. – Today, surrounded by a group of bipartisan legislators and faith leaders, Governor Ron DeSantis announced several actions his administration is taking to affirm Florida's steadfast support of the State of Israel. At the event hosted by the Jewish Federation of South Palm Beach County, Governor DeSantis outlined three major steps Florida will take to stand with Israel.

"Florida is the most Israel-friendly state in the country and we will not stand for discrimination against the Israeli people of any kind," **said Governor Ron DeSantis.** "By calling for increased security for our Jewish Day Schools, punishing companies that participate in the Boycott, Divestment and Sanctions (BDS) movement and taking my first trade mission to Israel, the Israeli People can be assured that they have no greater friend than Florida. BDS is nothing more than a cloak for anti-Semitism, and as long as I'm Governor, BDS will be DOA. I cannot wait to strengthen the already unwavering bond between Florida and the great state of Israel."

Governor DeSantis is calling for a minimum of $2 million in recurring funding for security for Jewish Day Schools. Following the tragic anti-Semitic attack in Pittsburg in October 2018, Floridians should feel assured that students and staff are safe at Jewish Day Schools throughout the state. Parents should not feel worried about sending their children to a specific school based on their faith and Governor DeSantis looks forward to working with the Legislature on this important issue.

Governor DeSantis wrote a letter instructing the Department of Management Services (DMS) to prohibit state workers and contractors from being reimbursed for official travel expenses incurred through the services of vacation rental company Airbnb. On November 19, 2018, Airbnb issued a statement outlining a policy that would no longer allow the rental of approximately 200 listing in Israeli settlements in the West Bank, a clear discrimination against the Israeli people. In addition to the Governor's letter, the State Board of Administration (SBA) is reviewing whether Airbnb should be placed on the scrutinized company list. Once the review is completed, they will issue a report to SBA Trustees Governor DeSantis, Attorney General Ashley Moody and CFO Jimmy Patronis.

Governor DeSantis also wrote a **letter** to Florida Division of Emergency Management (DEM) Director Jared Moskowitz to ensure hurricane disaster survivors will not be impacted by this Airbnb directive.

Additionally, Governor DeSantis announced that his first international trade mission will be to the State of Israel, keeping a promise made during his campaign for Governor. The trip will take place after the Legislative Session in May, and members of both parties in the Florida House and Florida Senate will be invited. The focus of the trip will be to expand commercial ties between Florida and Israel as well as to learn from innovative research from Israeli scientists to combat issues facing Florida such as red tide.

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

Tom Davis from **Blood South Blood Bank** said "The accident claiming all those lives on I-75 recently wiped out their supply of blood." "Please give blood!"

I see Marco Rubio was in town visiting. Not my favorite Politician. Ask me why? tloury@att.net

Dunnellon Fl., Lake Tropicana: There is still a cloud over a report of a missing husband and wife and of human remains being found at deadline. They found the car and the relative driving the car in Omaha! Marion County MCSO is going to pick him up with a warrant. There are a lot of unanswered questions. We will report on our websites when we get press releases.

Lady Lake Florida: a battle between the residents and the Town Manager is going on over the Chief of Police allegedly being forced out. The statement being given for his reason for quitting is to take on new challenges. The Town Manager sent that same statement to me when I ask why the Chief quit. I have made the statement that I think "It is an insult to my intelligence to make that statement!" Also part of the statement from Town Manager was that he did a good job! I suspect he did not leave for those reasons. The Chief will not go on record with any statement. Hmmmm! I suspect he did not want his reputation to be toxic, because he does need to find another job. The truth is coming out, but probably too late to save the chief's job. They might fit the same mold! Maybe Lady Lake needs to look at what they did there.

I recently heard that Wildwood's Police Department, which does not answer to the Town Manager. I suspect they were in the same boat. They are a "Small Town" being surrounded by a huge development. The Police Department has to provide safety for a large amount of homes that were built in just a short period of time. The sleepy little town turned into large community overnight (two or three years). The taxes from those homes and residents make the town financially well, but it imposes a strain on the services. The Police Department should be a standalone division and answering to the Council. As for the Town Charter, it has not been changed in 40 years. When a Town changes as rapidly as this area has you need to stay on top of things. The Charter is one of those things. It was written when there were just a few Police Officers writing tickets so the town would have some extra revenue. AAA had it advertised as a speed trap. I know firsthand. Now the LLPD responsibilities have change.

Watch our website, www.TomLPublishing.com for Feb 5th updates after town meeting on the 4th and the Lady Lake Magazine website, www.LadyLakeMagazine.com.

It is interesting that three local Chiefs of police have left their positions recently for various reasons: Tavares, Wildwood and Lady Lake!

National news: Opioid Overdoses kill more Americans than car crashes! Wow, what a statement, it is apparently growing in size. If the wall slows the deaths down by half, the wall would be worth the investment. We are talking American lives here. Of course all lives matter!

I think the President is going to give Pam Bondi a job in Washington. Not positive, but I suspect. She is very talented in her field.

What is the border answer? I ask you to respond by email tloury@att.net. The government is shut down and half the politicians don't care. They plan trips out of the country on tax payers' money. I'm glad the Pentagon shut down their trip. They should stay here until the crisis is over and work out a deal.

Please check out our website, www.tomlpublishing.com Just look around inside, go to the home page, go to the back issues. There are ads, pictures, story, crossword puzzles, health and safety tips and more. Let us know what you think! tloury@att.net

WHAT SAY YOU?

Governor Retracts 46 Appointments

Governor Ron DeSantis Retracts 46 Appointments Requiring Florida Senate Confirmation

Tallahassee, Fla – Today, Governor Ron DeSantis sent a letter to Florida Senate President Bill Galvano informing him of the decision to retract 46 appointments made on January 4 and 7, 2019 by the previous administration. The retracted appointments only apply to those requiring Senate confirmation.

"I agree many of these individuals are outstanding citizens who are experts in their respected fields," **said Governor Ron DeSantis.** "I thank these individuals for their willingness to serve our state. They will be afforded every consideration as my office re-opens the application process to fill these critical appointment vacancies."

A PDF copy of the letter from Governor Ron DeSantis to Florida Senate President Bill Galvano, which includes a list of the 46 retracted appointments, may be found at www.flgov.com/wp-content/uploads/2019/01/Appointments.pdf.

Newspaper Deadlines

Editorial & Ad Copy for March

Seniors Voice & Ocala DownTown
12am, February 13th
Lady Lake Magazine & Village Spectator
12am, February 20th

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Lady Lake Area Chamber of Commerce

Invest In Success

Please join the Lady Lake Area Chamber of Commerce. Check out our web site www.ladylakechamber.com, or call 352-753 6029 for more information
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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

To the Editor

This sounds like an excellent idea to me! I like the poetic justice of it—use drug cartel money to fund a means of distrupting drug cartel activities coming across our border. I guess it's just too logical and pragmatic to be considered by the career politicians. I'm urging my senators to get behind this. It costs the American taxpayer nothing…I like that!

"This bill requires the forfeited profits of Joaquin Archivaldo Guzman Loera (El Chapo) from his illicit drug trafficking enterprise to be reserved for border security measures between the United States and Mexico, including the completion of a wall. Additionally, it requires the forfeited funds from the felony conviction of a member of a drug cartel to be reserved for border security measures between the United States and Mexico, including the completion of a wall."

RC

Response to Recycling Cartons:

Why are the residents in The Villages unable to use recycling cartons . The Villages have approximately 140,000 residence, who recycle once weekly, even if many households have only one resident, this would use anywhere from 7,280,000 to 10,000,00 TEN MILLION BAGS A YEAR. This figure does not reflect a twice a week pickup of garbage, which would bring the figure in ACCESS of TWENTY ONE MILLION PLASTIC BAGS YEARLY. We in The Villages do so much to help our community, we collect bottles and cans, We have yearly sales to raise money for the schools, the churches, the Veterans, send packages to the military, I could go on and on. Why cannot The Villages do something to change using PLASTIC BAGS, and change the original reason why we are unable to have garbage cans to use, like millions upon millions in this Wonderful United States of America. Please advise if there is something I and others could get together to try and change the above.

Thank you Barbara J.

Sweet Potato Chili

(NAPSI)—Here's a new take on an old favorite. Loaded with fiber, vitamins and minerals, it's easy to make. Serve with an array of garnishes, allowing diners to customize their bowls.

California Sweet Potato Chili

Serves 6

2 T oil
1 lb ground beef, turkey, chicken or pork
Salt and pepper
1 onion, diced
1 red bell pepper, diced
3 cloves garlic, minced
2 T chili powder
1 T smoked paprika
1 tsp ground coriander
1 tsp ground cumin
1 tsp dried oregano
¼ tsp ground cayenne pepper
¼ tsp ground cinnamon
2 14.5-oz cans diced tomatoes
2 c low-sodium chicken or vegetable broth
2 15-oz cans kidney or pinto beans (with their juices)
1½ lb orange- or yellow-fleshed sweet potatoes, or a combination, diced

In large saucepan or small stockpot over medium-high, warm 1 T oil. Add meat and cook until brown. Add salt and pepper, transfer to bowl, set aside. Return to medium-high. Add 1 T oil. Add onion and bell pepper, cook until crisp-tender, 2 minutes. Add garlic, spices, and 1 tsp salt and cook, stirring, 1 minute. Add remaining ingredients. Bring to a boil. Reduce heat. Simmer until sweet potatoes are tender, 25 to 30 minutes.

California Sweet Potatoes

RIDICULOUSLY TASTY

It's one of life's biggest questions: How can something this super-nutritious be this profusely delicious? We're happy to ponder it while enjoying a vegetable so sweet it makes the other veggies jealous.

REMARKABLY VERSATILE

Bake them, boil them, broil them, grill them, fry them, steam them, roast them, sauté them, puree them or just wrap them in a paper towel and pop 'em in the microwave—savory or sweet, they're the clever cook's favorite vegetable.

EASY AS PIE

Well, actually even easier. When it comes to preparation, California Sweetpotatoes are equally comfortable totally dressed up or wearing next to nothing at all. Try one baked with a little olive oil and sea salt.

Hurricane Michael Recovery

Photos Credit: Governor Ron DeSantis Press Office

Governor Ron DeSantis Tours Hurricane Michael Recovery Efforts with FEMA Administrator Brock Long

Governor DeSantis also announced an additional $2.8 million in matching funds for debris removal in Mexico Beach

Bay County, Fla. – Today, Governor Ron DeSantis and Federal Emergency Management Agency (FEMA) Administrator Brock Long visited local communities in the Florida Panhandle that were heavily impacted by Hurricane Michael. Stops included Panama City, Mexico Beach and Port St. Joe.

Governor DeSantis and Administrator Long, along with Florida Chief Financial Officer Jimmy Patronis and Florida Division of Emergency Management Director Jared Moskowitz, also received a full briefing on recovery efforts at the Calhoun County Emergency Operations Center.

"Today marks my second trip to the Panhandle since taking office. Hurricane Michael may be gone but the emergency remains," **said Governor Ron DeSantis.** "We thank Administrator Long for recognizing the recovery effort is far from over. We will continue to work diligently with our federal, state and local partners to support Florida families as they rebuild."

"I am also pleased to announce that we are providing $2.8 million in matching funds for debris removal in Mexico Beach. Mexico Beach is ground zero for hurricane recovery and we will never stop fighting for Floridians that need our support."

Please see the below statements from state and local officials on the Governor's visit to the Panhandle:

"After meeting with federal, state and local leadership today, I am so grateful for Governor DeSantis' commitment to Hurricane Michael recovery by visiting the area twice during his first week in office. The Panhandle has been forever changed by the devastation, and while we are making great progress, we must continue our work to rebuild these communities better and stronger than before," **said Florida Chief Financial Officer Jimmy Patronis.**

"With this being the Governor's second visit to the area already, he has shown my constituents and I that Hurricane Michael recovery is at the top of his priority list. We appreciate him continuing to shine a light on the Panhandle and look forward to working with him further during this recovery process," **said State Senator George Gainer.**

"Our Community has sustained one of the most significant disasters in recent history. I am proud of the fact that we have worked diligently to recover on our own, knowing there is much to do. I appreciate Governor DeSantis making this recovery a top priority of his administration. We thank him for visiting twice within his first week in office and appreciate knowing that he is fully committed to helping Northwest Florida families in the Panhandle recover," **said State Representative Jay Trumbull.**

"I just want to thank the Governor and his staff. They were here last week, we told them what we needed and things are already starting to happen so we are very appreciative of that. Thank you again for putting things in motion. It was a great meeting last week and I was glad to have him back today," **said Mexico Beach City Administrator Tanya Castro.**

"I'm pleased to see officials from all levels of government focused on this critical issue and I commend Governor DeSantis for his persistence on recovery efforts. The Governor is someone who understands the challenges this community is facing and just how catastrophic this hurricane was. I'm looking forward to working with him to ensure we move forward with all aspects of recovery," **said Panama City Mayor Greg Brudnicki.**

"Governor DeSantis' visit today shows that he is fully committed to helping those in the Panhandle recover from Hurricane Michael. The City of Callaway appreciates his and Administrator Long's support in this effort," **said Callaway Mayor Pamn Henderson.**

"We greatly appreciate Governor DeSantis' visit with Administrator Long today. Having already been here twice since he was sworn in, it's clear that he is a problem solver looking for solutions to bring Bay County back stronger than ever,"

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WHAT'S ON YOUR MIND?
Email
tloury@att.net

Tips For Finding Good Nutrition

(NAPSI)—According to the U.S. Department of Agriculture, one out of every eight U.S. households experiences food insecurity. Access to healthy food is an important factor in your health, and for millions of Americans, it remains elusive.

"An inability to access healthy food, and the important nutrients they contain, can cause both immediate and long-term health problems, especially for children. For many Americans of lesser means, this problem can stem from a lack of healthy food sources in their neighborhood and means of transportation to access sources in other communities," said Dr. Andrea Gelzer, senior vice president of medical affairs for AmeriHealth Caritas, a national leader in Medicaid managed care and other health care solutions for those most in need. "As a Medicaid managed care organization (MCO), we are placing an increasing emphasis on helping our members find and access sources of fresh produce, grains and other nutritious foods."

Resources that Americans most in need can turn to for finding and obtaining healthy food include:

Grocery Store Programs

An increasing number of grocery stores have nutritionists on staff. They meet with customers, explain how to make their diets healthier, and even teach them how to find healthy foods. Some grocery stores also offer cooking demonstrations. Some supermarket companies specialize in offering products, programs and services that better meet the needs of people with limited financial resources. At the very least, large grocery stores offer a much wider variety of fresh produce, whole grains and other healthy foods than are often available in small neighborhood stores.

Many low-income communities lack such grocery stores, and people without their own transportation may have difficulty accessing healthy food sources. Medicaid enrollees who are eligible for home and community-based services (HCBS) can get transportation for nonmedical services such as grocery shopping. Senior citizens may also be able to access paratransit services. Medicaid enrollees who are covered by a managed care plan but don't qualify for HCBS or senior citizen services can check with their health plan to see what resources might be available.

Organizations in the Community

If your challenge is less about finding sources of healthy food than getting to them, there are options that can help you shop for groceries, or even do it completely on your behalf. There are also food banks, some of which have off-site distributions, even in rural areas. If you are a senior citizen, you can find out about them by contact?ing your area agency on aging.

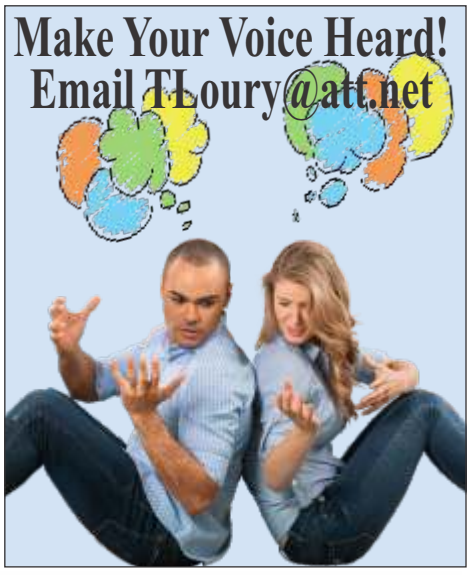
Look for Faith-Based Groups

Religious institutions of all faiths generally have it in their mission to provide aid to those in need. Some organize food drives or even prepare meals for the neediest. They may also help find other organizations that provide such services.

AmeriHealth Caritas is part of the Independence Health Group in partnership with Blue Cross Blue Shield of Michigan. Ameri?Health Caritas is one of the nation's leaders in health care solutions for those most in need.

Learn More

For further information, visit www.amerihealthcaritas.com



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Lady Lake Area Chamber Of Commerce
Gateway To The Villages

Nothing But Networking

.....Grow Your Business Face-to-Face

Nothing But Networking a Lady Lake Chamber event was held at the Texas Road House Grill. Feedback from the 70 who attended was "it was real good". I was sick with the bug so I stayed away from everyone except when I took these pictures. They had so much fun they ask if we could have the Texas Road House Grill again. So it will be there again in February the first Thursday. If you would like to attend call the Chamber 352-753-6029 to make arrangements. Tell them Tom sent you!

Arts IN THE PARK

Art in the Park was a great success again. The weather was great. Lot's of visitors strolling through the park, looking at the exhibits in amazements. There food vendors so you could enjoy the event, eat lunch and just relax. Art in the Park is hosted and put on by the Lady Lake Chamber. It is an annual event you don't want to miss. Watch this newspaper for the next announcement in 11 months. Put it on your calendar!

ART IN THE PARK

Protecting Your Vision

(NAPSI)—Diabetes kills more Americans each year than AIDS and breast cancer combined—and can cause serious problems throughout the body. According to the National Eye Institute, eye health, for example, can become critically compromised.

Around 30.3 million Americans, or 9.4 percent of the population, are living with diabetes, with about 1.5 million more being diagnosed every year. The longer someone has diabetes, the greater his or her chances are of developing diabetic retinopathy, or damage to the blood vessels in the retina. According to the National Eye Institute, between 40 and 45 percent of people diagnosed with diabetes have some degree of diabetic retinopathy.

While being overweight and leading a sedentary lifestyle are certainly linked to diabetes, social and environmental factors such as poverty, stress, and lack of safe housing and access to a healthy diet can also compromise your health and ultimately contribute to the development of type 2 diabetes. According to America's Health Insurance Plans, addressing these social determinants of health has become a top priority for Medicaid programs.

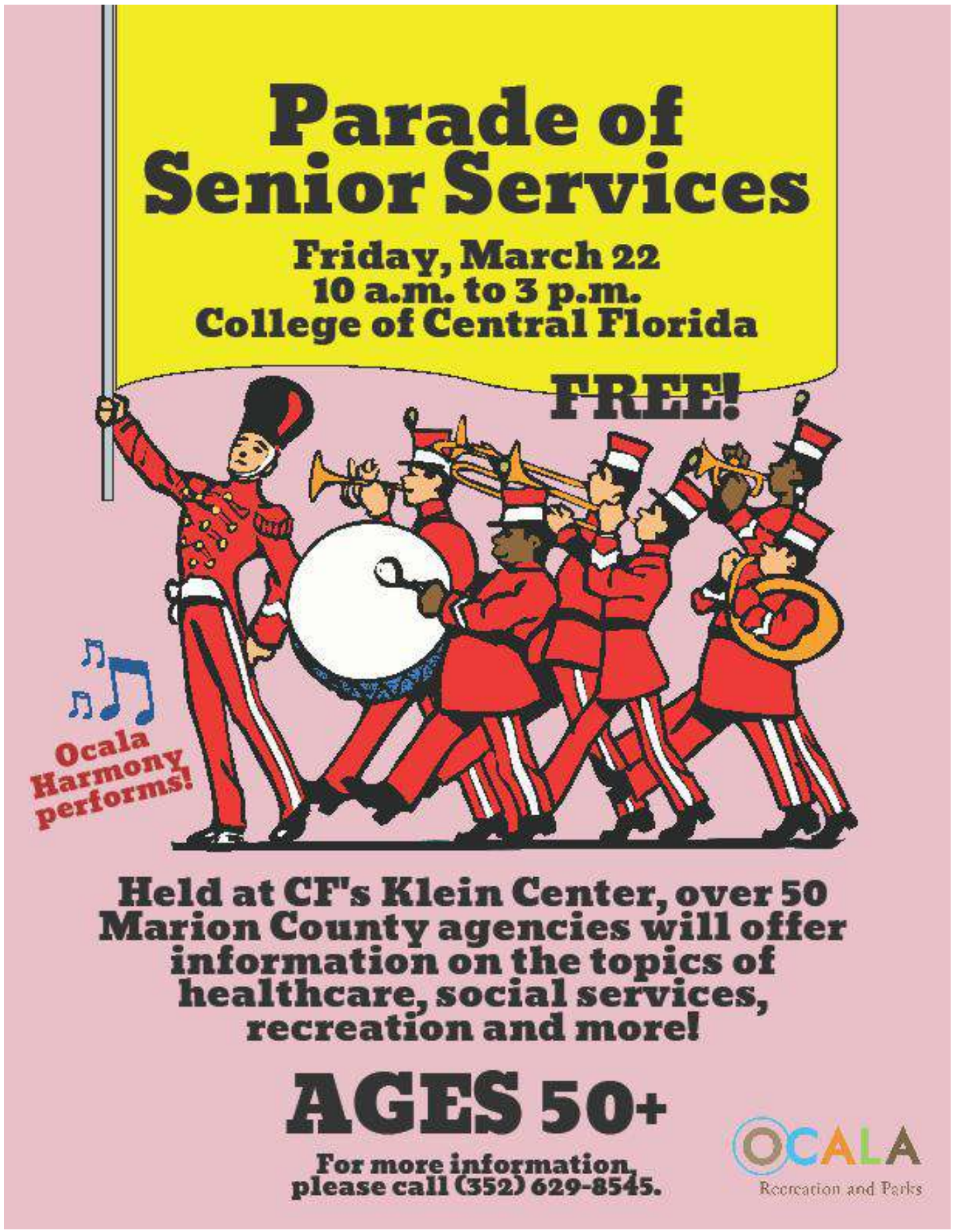
"We encourage our members with diabetes to have regular eye exams to rule out complications," said Dr. Andrea Gelzer, senior vice president of medical affairs at AmeriHealth Caritas, a national leader in Medicaid managed care and other health care solutions for those most in need. "We educate our members so they understand that living a healthy lifestyle, controlling their blood sugar and having regular eye exams can help save their vision."

Simple steps can help mitigate the effects of diabetes and may potentially delay complications from diabetic eye disease, including controlling your blood sugar and blood pressure, monitoring your cholesterol, seeing your doctor regularly, and having a dilated eye exam at least once per year—or more if recommended by your eye care professional.

AmeriHealth Caritas is part of the Independence Health Group in partnership with Blue Cross Blue Shield of Michigan and one of the nation's leaders in health care solutions for those most in need.

Learn More

For further information, visit www.amerihealthcaritas.com.



About Cholesterol

(NAPSI)—New cholesterol guidelines from the American Heart Association emphasize a personalized approach to preventing and treating high cholesterol and cardiovascular disease.

What Cholesterol Is

Cholesterol is a waxy substance that your body makes to build cells. Too much can pose a problem. Extra cholesterol comes from foods including meat, poultry, dairy and tropical oils.

Why Cholesterol Matters

Cholesterol can slowly build up in your arteries and form a thick, hard deposit that narrows them and makes them less flexible. If a blood clot blocks a narrowed artery, a heart attack or stroke can result.

What To Do

Ask your doctor such questions as:

Q. What do cholesterol numbers mean?

A. Studies suggest optimal cholesterol levels are about 150 mg/dL and about 100 mg/dL for low-density lipoprotein cholesterol (LDL-C). Levels in this range are linked to lower rates of heart disease and stroke.

There's no ideal target for LDL-C but "lower is better." Assessment with a risk calculator helps your doctor determine your personal risk and treatment options. A coronary artery calcium test may also help with your assessment.

Q. How can I lower my risk for heart disease?

A. A healthy lifestyle is critical. Also, while statins are still the first choice of medication for lowering cholesterol, new drugs are available for people who have had a heart attack or stroke and are at risk for another. Your doctor will monitor your progress.

Q. How do I know if my medicine is working?

A. It may take a few tries to find the right medicine and dose.

"Finding the sweet spot for treatment is highly individualized," said Donald Lloyd-Jones, M.D., a member of the cholesterol guideline writing committee and chair of the Department of Preventive Medicine at Northwestern University in Chicago. "The latest guidelines strongly encourage patient

Continued page 13

Rubio was in town. He went to visit the Mojo Family, a great group of people. Here they are posing for this picture at one of the many locations. Rondo has done a great job!

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16-year Old Indicted For 1st Degree Murder

16-YEAR OLD INDICTED FOR FIRST DEGREE MURDER IN OCTOBER 2018 SHOOTING

MARION COUNTY, Florida (January 18, 2019) – On Tuesday, January 15, 2019, Marion County Sheriff's Office (MCSO) Major Crimes detectives arrested and charged 16-year old Luis Ortega (DOB: 09/19/2002) with First Degree Premeditated Murder for the homicide of 18-year old Brandon Hammett (DOB: 04/27/2000). Hammett was shot and killed by Ortega during an attempted robbery on October 26, 2018.

On Friday, October 26th, at approximately 6:30 p.m., multiple MCSO deputies and Ocala Police Department officers responded to the area of 3200th block of SW 43rd Court in reference to a shooting. When units arrived on scene, they found Hammett in a vehicle suffering from gunshot wounds. He was transported to the hospital, where he later passed away from his injuries.

MCSO Major Crimes detectives conducted a thorough investigation and discovered that Dalton Purvis (DOB: 06/10/1999), felt that he had been cut short on the last batch of marijuana Hammett sold him. Purvis gathered Denver Sutter (DOB: 11/22/1999) and Carlos Flores-Renteria (DOB: 01/29/2002) together and developed a plan with them to rob Hammett. Purvis also asked if Flores-Renteria could invite Ortega to come along, because he knew Ortega had a gun. Purvis, Sutter and Flores-Renteria told detectives that they intended on Ortega's presence to serve for security and intimidation purposes.

The four suspects then met Hammett at the incident location in order to "buy more marijuana." However, when Hammett arrived, the suspects told Hammett to hand over everything he had to them. According to suspects' statements, it was at this time when Hammett put his vehicle in reverse in an attempt to flee the scene. Ortega then shot Hammett while he was backing up.

Purvis, Sutter and Flores-Renteria were arrested and charged with Felony Murder in the days following the shooting. A grand jury was convened on Tuesday, January 15, 2019, and a grand jury indicted Ortega for the charge of First Degree Premediated Murder and later that same day, Ortega was located and arrested for the grand jury's warrant. During his interview with detectives on Tuesday, Ortega confessed to shooting and killing Hammett. Ortega is currently being held in the Marion County Jail on no bond.

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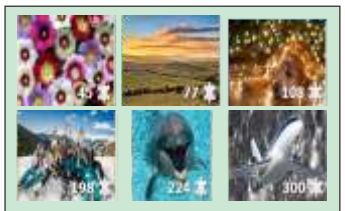
Answers page 15



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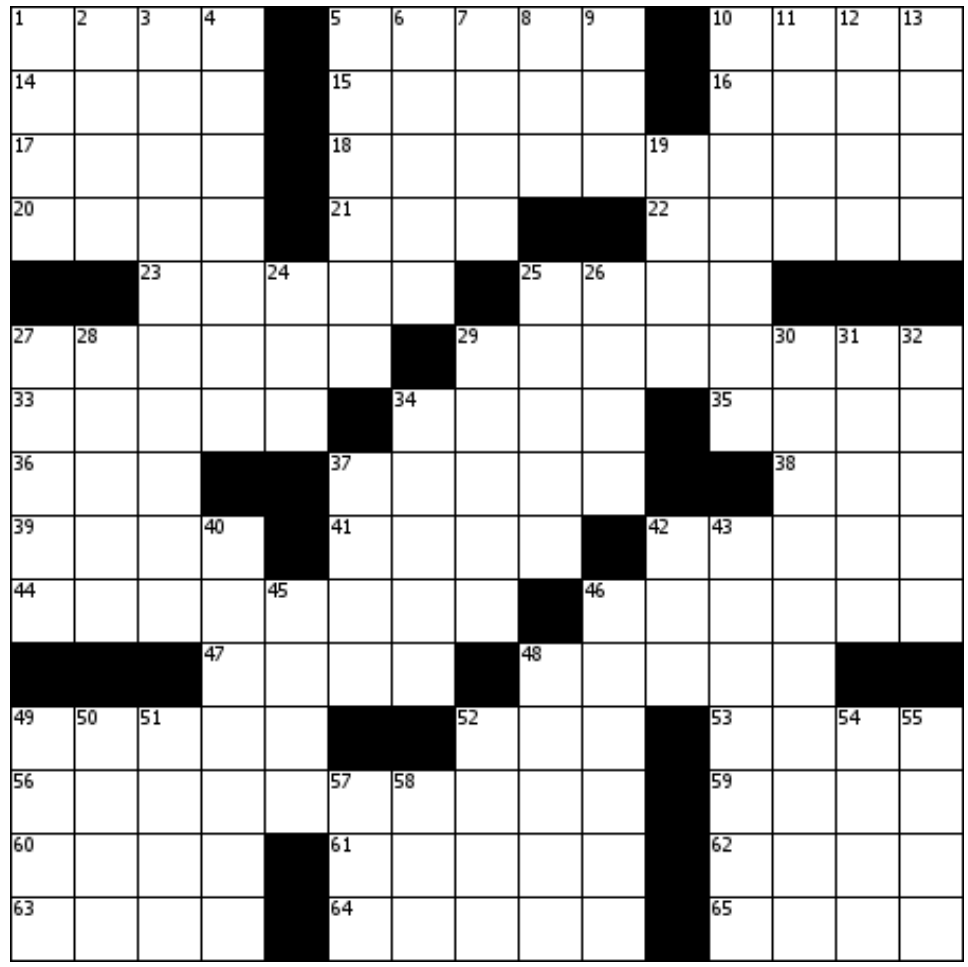

Across
1. Cat's weapon
5. Lighter igniter
10. Meal fit for a pig
14. Opera of note
15. Kind of feedback
16. Overcome trials
17. Reprieve
18. Polar ship or tension reliever
20. Makes a skirt a mini or midi
21. Fleur-de-___
22. Hardly straight
23. Readied the bow
25. Niagara Falls condition
27. Alit
29. It makes food seem good or bad
33. One with seniority
34. Icy shower
35. Pickable
36. Homophone for eight
37. Berry with Oscar
38. Restorative resort
39. Except
41. Some are behind glasses
42. None of the above
44. Supporting towers for a bridge
46. Animal trails
47. Outdoes
48. Gym iteration
49. Perpendicular to the keel
52. Mythical bird of prey
53. Ivan or Nicholas
56. Dairy product or Dale Evans' mount
59. Unbleached linen color
60. Like a certain eagle, wolf or ranger
61. Long and narrow strip of water
62. Type of forest
63. Nestling hawk
64. Agassi of tennis
65. Minor dispute

Down
1. Ready money
2. Label word for dieters
3. Famous couple or North American orchid
4. Inn for Longfellow
5. Didn't make the grade
6. Clear as a bell
7. Fateful day in March
8. Bird beak
9. Rocky spot
10. Send in different directions
11. God of discord and mischief
12. German automaker
13. Feeling one's oats
19. Dayspring direction
24. View from Marseille
25. Sends a letter
26. Maroon's locale, perhaps
27. Smallest possible
28. Church part
29. Fishy or fishing stories
30. Perennial herb or clergyman's headdress
31. Top bunk
32. Letter openers
34. Rutherford or Helen
37. Beatles album
40. Extensive properties
42. Make a choice
43. Promoters
45. Big book
46. Hook for cutting grass
48. Kind of energy
49. Up to the job
50. Float used to mark channels
51. Europe's highest volcano
52. Orange skin
54. Highlight for Sills
55. Smallest of the litter
57. Electronics brand
58. Fortify

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Chairman's Report

January 4, 2019
By Steve Hayes, Chairman and President - Americans for Fair Taxation

THE ELITE SEEK A REWARD FOR THEIR FAILURES

Most people in America still believe in the basic principle that to get more of something you should reward it. We know that if children find that they can get what they want by screaming and throwing a tantrum every time someone says no, they will use screaming and tantrums as a way of addressing anything they don't like.

If an employee who is habitually late, makes many errors and is more interested in looking at social media than working is given the same raise as other employees who are on-time, work hard and concentrate on their job—the company will be sending a message to the hard-working employee that they can get the same pay but are actually somehow stupid for working diligently.

In a more basic example, we want to stop people stealing and we have laws. Unfortunately, we are seeing that for most of us, if we are caught stealing then we are prosecuted. However, if we are part of the Elite then it becomes, as Bill Clinton famously said, "It depends on what the definition of "Is" is".

Cholesterol

Continued from page 10

and doctor to have detailed and personalized discussions about medication."

Ask your doctor about medicines, foods—such as grapefruit or pomegranate—or supplements that may interact with your cholesterol-lowering medication.

Q. When and how often should I follow up?

A. Have a follow-up visit one to three months after starting cholesterol-lowering medication to check that it's working, that you're taking it properly, and to monitor for side effects.

Learn More

The American Heart Association's Check.Change.**Control**.Cholesterol initiative, supported by Sanofi and Regeneron, has information and resources for managing cholesterol and other cardiovascular risk factors. Visit www.heart.org/cholesterol for further facts, and heart.org/MyCholesterolGuide to download the free guide.

Eggdrop Soup

Ingredients

4 cups chicken broth
1 tsp fresh ginger minced
1 clove garlic minced
½ tsp salt
¼ tsp black pepper
4 eggs
1 TBSP butter
3 green onions thinly sliced

Instructions

In a medium sauce pan, heat the chicken broth.
Add ginger and garlic and simmer for 5 minutes.
Add salt and pepper.
Whisk eggs in a small bowl.
Remove the broth from the heat and add the eggs, whisking slowly and gently to create little egg ribbons or drops.
Whisk in butter and sliced green onions.
Serve immediately. Top with additional green onions for garnish if desired.

Notes

If you like shorter egg pieces in your soup, whisk more quickly when adding the egg.
If you like longer ribbons, stir very slowly when adding.

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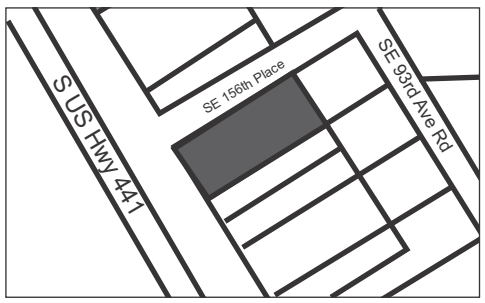

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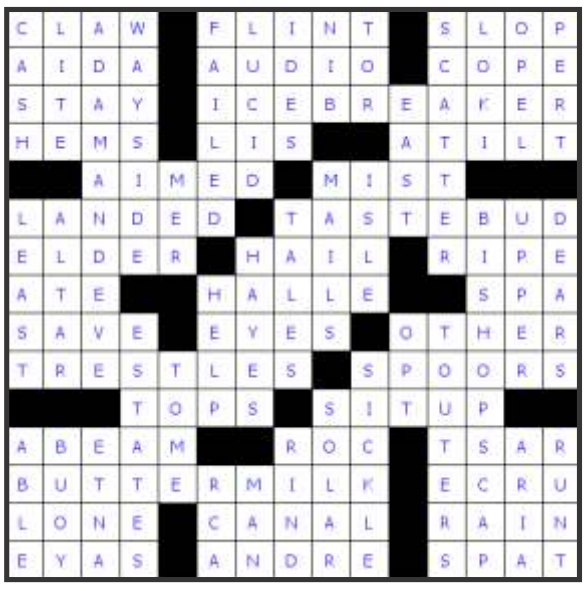

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