



Tallahassee, Fla. – Today, First Lady Casey DeSantis announced the 2019 Black History Month student contest winners and Excellence in Education Award

recipients. This year's theme was "Celebrating Public Service" and the winners were honored during the Black History Month awards ceremony at the

Florida Governor's Mansion. Black History Month is celebrated every year in Florida during the month of February.



Come meet the new Police Chief, Robert Tempesta. Chief Tempesta originally started his law enforcement career post 9/11 with the NYPD. He relocated to Florida with his wife, following family to the Lady Lake area. Chief Tempesta has worked for the Lady Lake Police Department for the past 14 years being promoting through the ranks. Chief Tempesta has a Bachelor's degree in Marketing and will be completing his Masters in Criminal Justice this April. Chief Tempesta is a graduate of the University of Louisville- Southern Police Institute- 72nd Command Officer Development Course. He has also attended the 17th session of the Florida Executive Development Seminar (FEDS) course as part of the FBINAA-LEEDA.

Town Charter

By TomL

You, as a resident of Lady Lake, should go and sit through some of these meetings. Now at a workshop the public cannot talk; they just listen, but that is the way you get informed. For instance, Commissioner Vincent mention that he was impressed by the Town Manager's interview that she let him sit through. Vincent said she did a good job. The Mayor was not happy. He said he should not have sat through the interview; that he had compromised all they have tried to do in letting the Town Manager how to do her job without interference. Vincent said he never said a word; just sat there and listened and was impressed by the interview. The Mayor was still not happy. It was almost like he was protecting the Town Manager from one of her bosses. SO MUCH FOR TRANSPARENCY!

Anyway the Council agreed to put the vote of the Town Charter review which has not been done in 40 years on the meeting agenda. Commissioner Hannon has been bringing the Town Charter discussion up for a long time. It is on record that several of the Commissioners have said that they have read the Town Charter. First the Town Charter is out dated; second I have been looking on the internet for a legal description for a Township and there are actual boundaries but it takes a legal mind to understand them. As I understand it, a Village and a Township are similar. That is why there are community Development Districts in the Villages. According to the state statues, if area or village is under a certain number of residents they don't have to come under certain state



Nothing But Networking: pictured are a few business people discussing the events they are sponsoring and schedule of Chamber events. This luncheon is held

every first Thursday of the month. If you are interested in attending call the Chamber at 352-753-6029 more picture on page 8.

reporting laws like monthly reports and all kinds of red tape. I am pretty sure a Township is similar, so a review of these things could be very important. Also in the Town Charter does it spell out how often the Charter must be reviewed? There are many questions on how the Charter should be reviewed, like who should be on the review committee. It was suggested just Lady Lake Residents. The review board would need to have an attorney. During the discussion the Mayor said if the board makes suggestions on changing something, what are you going to do? I would guess the Town Commissioners would vote to yah or nay it, but stop hiding behind something that has not been reviewed in 40 years. You could be doing something wrong that has changed years ago making the town liable for a stiff fine. Get it reviewed, ask for a legal ruling on how you are doing things and make sure you are doing your job right by today's

standards and not the good old days when life was a lot harder but more real!

NEW UPDATE:

The next meeting was held and a vote to review the Town Charter was made. The vote was three to two. The Commissioners started discussing who would review the Town Charter; many views come into play, but they finally decided to have seven on the committee: at least one from each district and at least two business owners. If you would like to attend any of these meetings and get involved in your community just call or go on the website or call city hall to get the schedule.

What say you? Your opinion is important; email your opinion to Commissioners if you like. Email me for sure at: tloury@att.net

WHAT SAY YOU?



Lady Lake Chamber Hob Nob is an event hosted by the Lady Lake Chamber and a local Restaurant. The last one was held at Demshar's near Spanish Springs in the Villages. Local business people come to communicate with each other about their businesses, get to know other business people and enjoy the event. Door prizes are given out, furnished by businesses attending. Usually 75 to 100 business people attend. Join the Chamber, stay in touch with your community and the events.

■ A.J. "Tony" Powell ■

AS I SEE IT

Special for APRIL 1st (Fools Day?)
by A.J.(Tony) Powell

It was the first day of April in Viola in Central Florida. A family from Canada had settled the area close to Lake Griffin. Viola was a small, but successful community of related family and a few close friends.

Arthur Monkton was not an educated man, but he was their respected leader. For whatever reason, he was also an avid diarist, who scratched down, just about every happening (hardy event) in the every-day life of that close-knit group. Fishing in the lake, he'd record the catch, however small. Going to the store, he'd write down what they bought and what it cost.

Arthur was not a 'creative' author – no

'embroidery', no thoughts, no reflections, no opinions. Just "This is what happened today."

So this entry seems out-of-place.

"Before dawn, Arto called me outside. I don't sleep good anyway. He seen a fireball in the sky. Me? I saw it too. Brighter than a star. It dropped out of that night sky down to the lake side. We went on down there."

"Smoking and hot, trees burned, branches broke, and a small, burned up water barrel. Come daylight, we tracted it up. Looked like two children inside, all burned and broke up."

"Some said they seen lights moving in that night sky. They saw it come down."

"Aker knows the law. Could be trouble.

Outsiders be down here. Best to keep this inside."

Later Arthur wrote, "Best of four hours to bury that thing."

His last entry was "Spring soon. Repaired roof on Bikas house, Widow, we do for her."

No more writings for weeks, then "Devil came that day. Going back to where we know."

Apparently a couple of the families stayed on in Florida, but moved far away from Viola.

It didn't take long for the abandoned buildings to be hauled off and 'recycled' by neighbors in nearby Slighville, and, later, Lady Lake.

Of course, they didn't know about the 'thing' which was (is?) buried under Bikas' barn.

'til next time . . .

people falsely claiming to be Social Security employees. Calls can even "spoof" Social Security's national customer service number as the incoming number on the caller ID. The new PSAs will air on TV and radio stations across the country to alert the public to remain vigilant against potential fraud.

Thank you,

Blanca Taylor, Public Affairs Specialist

Hemp, Krill And Salmon Oil

The Benefits Of Hemp, Krill And Salmon Oil

(NAPSI)—If yours is among the nearly seven in 10 U.S. households with pets, you may be glad to learn of a good way to keep them healthy. Hemp seed, krill and salmon oil are some of nature's best sources of natural essential fatty acids: omega-3 and omega-6 (EPA and DHA).

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Public Service Announcement



The Social Security Administration (SSA) and its Office of the Inspector General (OIG) launched a joint Public Service Announcement (PSA) campaign addressing a nationwide telephone impersonation scheme. Social Security and the OIG continue to receive reports from across the country about fraudulent phone calls from



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Tom Loury
352-804-1223

Wendy Netherclift

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Dunnellon, FL 34430
tloury@att.net | 352-804-1223

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Florida State Senate

DENNIS K. BAXLEY



her dramatic road to conversion from the youngest Planned Parenthood Clinic Director to a leading Pro-Life advocate.

Friends, This past week I had the pleasure of attending a private early showing, thanks to my good friend Senator Kelli Stargel, of the new major motion picture "Unplanned". The movie tells the true story of Abby Johnson and

This powerful film exposes viewers to the truth of what happens in the abortion industry, and the emotional, physical and mental damage that can trap women (and men) in a prison of pain and guilt. The story also offer its viewers, whether they've been touched by abortion or not, a story of love, forgiveness and a hope for our future. Since the passing of Roe v. Wade in 1973, it has been estimated that there have been over 60



million legal abortions in the United States. Even just one is heart wrenching enough for me, but to think that we have extinguished the lives of millions of our own offspring is devastating.

This year, in New York and Virginia, we have seen the far left liberals, under the guise of being "progressive", take some of the most extreme positions on abortion law that is nothing short of infanticide. However, I am optimistic that these radical proposals are beginning to further open the eyes of the American people to the true agenda of these "progressives", and the consequences that they will have on our society. In Florida, we have a Governor who is staunchly pro-life and our court system is ripe for new

legislation to combat the liberal agenda. Here in the Florida Legislature, there are three big pro-life proposals that I want to highlight for you.

SB 792, also known as the "Heartbeat Bill", is the legislation that your Senator has filed for this year. Along with a companion bill in the House, filed by Rep. Hill, this legislation would prohibit the termination of a pregnancy once a fetal heartbeat can be detected. SB 792 also requires a physician to perform an examination for, and inform a woman seeking to obtain an abortion of the presence of a fetal heartbeat. I think that this legislation is one that the left fears the most, because it is so real, simple, and convincing. In the history of humankind, the heartbeat has always been the clear signal that life is present. It is a signal that connects us so well to our own human emotion and conscience, because it can be physically seen, felt and heard.

SB 1774, known as the "Parental Consent for Abortion Act", filed by Senator Stargel, prohibits a physician from performing an abortion on a minor unless the physician has been presented with consent from the minor's parent or guardian. Your Senator as also co-sponsored this bill.

SB 558, the "Florida Pain-Capable Unborn Child Protection Act" filed by Senator Joe Gruters, prohibits a physician from performing the abortion of an unborn child that is deemed capable of feeling of pain. In the bill, an unborn child is defined as being pain capable at 20 weeks post-fertilization.

I am excited about the opportunity that we have to protect innocent life, and each of these pieces of legislation has the potential to make a big difference in our fight against abortion. It is an honor to be your Senator, thank you for allowing me to be "the man in the ring" and for sending me to Tallahassee to protect innocent life.

Onward & Upward,
Dennis Baxley

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

PUBLISHER'S NOTES



Late Breaking News: The Trump / Russia Collusion? The DOJ Russia collusion Investigation is over. There are some sealed indictments whatever that means, but there will be

no more indictment filed. They say there was no collusion between Trump and Russia. There were some of Trump's past employees found guilty of various things that happened before the election. The original charges that started this whole thing were bogus so anything found after that should be expunged. They were found guilty of being Trump's friend! Now the DOJ needs to prosecute the people on the other side, probably most of people working for Obama. Let's investigate the person not the crime Obama might have committed. Talk about collusion! I guess we will find out soon enough. It turns out that John McCain was the one that turn in the fake dossier to

the DOJ. I feel bad about that. He was a hero and served our country! He spent his last days hating that much, it should be a time for family, God, love and reflection. May he rest in peace.

I talked sometimes about reflecting some info from last year and some from further back in the past. Right now in the present we have probably one of the most important times in American history. The moral fabric of our country is eroding terribly. I think some of the erosion is fabricated and some is true. With the internet added to our fast paced world, people are misusing the internet to guide the uniformed to their power structure. Today you can reach millions of people in an instant and a large portion is for this use: bring down a famous person, bring down a powerful person, expose a nasty person, praise a good person but it is seldom used for that.

Today hackers are busy stealing our information for all of the above reasons and

for financial gain. I personally have been hacked a number of times. I had to shut down my Facebook because of the abuse of the system. My phone number has been used for a credit card scam and just recently I had a woman call me and ask who I was and why my phone number shows up on her phone. I looked back to see if the number appeared on my phone. It did not. So I suggested that the lady tell the Sheriff Department because it a violation of the law to use my phone number and obviously they were up to no good! Back to the credit card scamming thing, I had people calling me and threatening me because they apparently got scammed. The Marion County Sheriff Department was happy to help me with the person threatening me by notifying them by phone and explaining to them what was going on. I think the solution to cure this problem is, that all hackers get ten years in prison and a \$10,000 fine! All persons buying or using information from these hackers get five years in jail and a \$5,000 fine. Take the money from the fines and offer rewards for information leading to the arrest of such hackers. Also never let them own a smart phone or a computer for life!

The problem with people attacking other people on the internet, Twitter, Facebook or any vehicle is people believe what they see in the papers, internet, see on TV, hear on the radio. The theory behind the political battle with the current President is if you tell someone the same story day after day there are some that will cave under the pressure and agree. Getting a vote by lying day after day will certainly take a toll on the person lying.

About every other year for the last eight years I predicted a new party would emerge. I thought the tea party was it but when the IRS attack them and they almost folded that was lost. Now I see a faint image of the Tea Party gaining strength. I hope if they do recover they will get a little more organized. I could not see a nucleus in the party. Their membership was Dems, Reps and Independents. They need to have a cause, raise money and all agree on the same issue. Form committees to pick out people they are going to endorse, not based on money but

based on what they have accomplished and what they have stood for over a prolong period of time. We need to make it against the law to investigate a person and stick to investigating a crime. When the investigation of a crime leads us to a person then look at them. It is time to determine a standard law on what infringement of the law can be brought up in public.

I know of many cases for instance where teenagers were in love. The boy is just of legal age and the girl was one year under age. They elope. The girl's parents have charges brought against the boy as a sex crime. They will carry that for the rest of their lives. On cases like this there should be a review maybe in 5 years and see if anything else has occurred or the couple later got married and see if it was the intent to commit a crime.

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Read the story about the happiest place on earth. Finland's socialist government has collapsed because of the rising cost of healthcare leaving all of the people with no services or free stuff at all. What's Bernie

Continued page 5

Newspaper Deadlines

Editorial & Ad Copy for May

Seniors Voice & Ocala DownTown

12am, April 17th

Lady Lake Magazine & Village Spectator

12am, April 24th

Lady Lake Magazine/Village Spectator

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P.O Box 1698, Dunnellon FL 34430

Publisher

Tom Loury

352-804-1223

Fax: 352-489-7208

tloury@att.net

General Manager

Wendy Netherclift

Ocala Office 352-895-4168

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Counterfeit Flags

By TomL

Flags made in America??? Recent information has come to light that some Corporations had labels from companies on American Flags that lead you believe that they were made in America and they were not. The Corporations have subcontractor that have denied the allegations but recently three more subcontractor were uncovered counterfeiting made in the USA Flags.

The company that has been overseeing the Flag Manufacturers is FMMA. They are challenging subcontractors that are suspected of buying and selling counterfeit flags in the United States.

The Flag Manufacturers Association of America (FMAA) is a non-profit trade association, established in 2003, representing the leading United States flag manufacturers and suppliers dedicated to educating and promoting the quality, variety and proper use of flags manufactured in the United States.

FMAA is currently comprised of manufacturers and related industry members who believe in keeping American flags Made in the U.S.A.

First, I don't know about you, but I don't want to pledge to an American flag made in a foreign country, especially made in China. Second, the products are inferior, the material does not last long and the color

fades. Yes, usually they are cheaper but you get what you pay for. I have heard stories about people saying I don't care where the flag is made. Well you better care! That is the flag that our troops died for and represents our Country and Freedom. Some of these flags are being purchased through Amazon and they have a made in the USA or FMMA label on them. FMMA is challenging every one of their subcontractors to honesty, Integrity and make sure made in the USA means just that!



Remain Mentally Sharp



Four Ways To Remain Mentally Sharp In Retirement

(NAPSI)—Many retirees share a fear of gradually losing their ability to think as clearly as they used to or remember simple information such as other people's names. And while everyone has the occasional "senior moment," medical research indicates that aging by itself is generally not a cause of cognitive decline.

"Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits," according to Harvard Medical School's Healthbeat newsletter.

Here are four simple steps to keep your mind sharp at any age:

1. Exercise: It's important to stay physically active. Simple routines such as taking exercise classes at your health club or taking walks in your neighborhood every day can do wonders for your mental health. Just get moving. "The cognitive benefits of exercise have been understood for so long," notes the Center for Retirement Research at Boston College.

2. Serve: Research published by the American Psychological Association found that volunteering in later life "is associated with significant psychosocial, physical, cognitive and functional benefits for healthy older adults." Science is now confirming what many have learned by experience: People often feel better after they have served others and enjoyed the time spent helping

Continued Page 9

Publisher's

Continued from page 4

going to do now? I got an idea, "Bernie how about you bail out Finland?" You have been using it as an example of the happiest place on earth. This could happen to us if you vote for socialist candidates.

Read the letter reader about ending the Federal Reserve to end the corruption. This person has made me think about the Federal Reserve and its power. Who gains, who loses, who is really in charge? Follow the money!

I heard of a young man who is trying to start a business. He is giving private smartphone lessons for a fee. Great idea. I have heard so many people say I don't understand this @#\$%^&* thing talking about their new smart phone. This young man will give you someone to go to. Call Jonathan DeLong 352-410-2139 or email jdelong1987@gmail.com. I don't know Jonathan personally, but his mother asked me to give him a plug. There it is. Try him and let me know how it works out.

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Does Socialism The SSA Work?

By TomL

The question is does Socialism work? I say it works temporarily as long as they have someone else's money to work with. Remember when you tax the rich too much they will move to another country that won't tax them too heavily. Then you don't have their money to work with. They will continue moving or taxing until nothing is left.

Bernie Sanders and some of the leaders in the Democratic government have been touting look at Finland! Finland's government has just collapsed because of the rising cost of universal Healthcare. The Prime minister of Finland and the cabinet have all resigned. Similar problems are occurring in Sweden and Denmark.

America Wake Up - Socialism Does Not Work!

Cuba which is under dictatorship has been propped up by different countries for a number of years. Actually I think Cuba was at one time a beautiful country. I visited as a boy the last few months of Batista's rule. Today if one of the citizens does something wrong the government turns off the electricity to the whole neighborhood and lets the neighborhood take care of what the citizen did, guilty or not. The Socialism in that country is controlled by the dictator and as we know that can sometimes be brutal.

Rising cost and longer life span have taken a toll on Universal Healthcare. Bernie Sanders, who took to twitter shortly before Finland's collapse, said, "In the United State it costs on average, \$12,000 to have a baby. In Finland it costs \$60. We've got to end the disgrace of our profit driven health care system and pass Medicare for all." Bernie can no longer tout Finland is the happiest place in the world! The free stuff has ended and their country is in serious trouble. I ask, will you vote for Socialism? Millennials, you're smart. You have been educated to think for yourself. Look at the countries that have failed because of socialism. Vote by being smart, not going along with the others that are not thinking. Under our current type of government the sky is the limit! Under socialism you just join the ranks of the working class and stay there for the rest of your life.

You can't give Universal Health care to the people of a country and then think you can take it away. When they started Universal Health Care it was an experiment and yes it works for a while but sooner or later it fails. We do not want to fail! We need to work on dropping Health care cost and prescription drug cost and that would be the best solution. What do you think?

Email me your opinion tloury@att.net



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The Social Security Administration (SSA) and its Office of the Inspector General (OIG) launched a joint Public Service Announcement (PSA) campaign addressing a nationwide telephone impersonation scheme. Social Security and the OIG continue to receive reports from across the country about fraudulent phone calls from people falsely claiming to be Social Security employees. Calls can even "spoof" Social Security's national customer service number as the incoming number on the caller ID. The new PSAs will air on TV and radio stations across the country to alert the public to remain vigilant against potential fraud.

Thank you,
Blanca Taylor
Public Affairs Specialist

Trump Says



After more than 2 YEARS, and \$25 MILLION taxpayer dollars spent, the Mueller Report proves what I have been saying since Day One: NO COLLUSION, NO OBSTRUCTION -- COMPLETE EXONERATION.

Democrats worked with the Fake News Media for 2 years orchestrating this Nasty Witch Hunt to use our government as a weapon to take away the votes of 63 MILLION Americans.

After they lied to the American people, Nancy Pelosi, Democratic leadership, and all of the 2020 Democratic candidates raised MILLIONS of dollars off of their phony Witch Hunt!

Democrats and the Fake News media have proven that there is no line they won't cross, so we need to fight back BIGGER AND BETTER THAN EVER BEFORE.



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Earthquake in Florida

It is said by seismic activity specialist the quakes could be related to natural or human activity but did not confirm or deny that they were connected to oil drilling in the area.

Local meteorologist provided earthquake coverage said they had been in contact with USGS geophysicists, and that it is next to impossible that oil drilling or fracking directly caused the earthquakes.

"Our area lies along a normally inactive fault line known as the Bahama Fracture Zone. Earthquakes generally don't happen along this fault. Seeing minor activity like this is not uncommon. It happened about 30 years ago. We are told they are part of normal seismic activity."

Sandy Ebersole, who heads the division of the Geological Survey of Alabama that



documents and studies earthquakes, said it's not uncommon to have multiple small-scale earthquakes back-to-back.

"We do have episodes of this kind of seismic activity clusters once in a while," Ebersole said in the article. "That's normal seismic activity for our area."



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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

End the Fed and end corruption

Dear Editor

What exactly is the Federal Reserve and why is the United States in perpetual debt with itself?

The Fed, simply the United States' central bank, was created in 1913 by the Federal Reserve Act under President Woodrow Wilson. The Fed is independent from the government as far as "ownership", but was established by Congress as a means to end the stronghold of private bankers. That's the official, short historical origin.

A more sinister version purports it was created out of pure greed by private bankers themselves after President Andrew Jackson closed down the (second) Bank of the United States and America was not only debt-free, but ran a surplus. Naturally this was problematic for bankers, so a devious scheme was hatched to undermine the president and create mistrust by the American people.

It is thought the financial crisis of 1907 stemmed from a rumor by J.P. Morgan against one of his competitors. This created a domino effect when people rushed the banks, demanding back their funds and sending the stock market into dangerous waters. In order to right the ship, both political parties agreed that the system needed to be reformed. Enter the creation of the National Monetary Commission. The Chairman of the newly formed Commission,

ironically the father-in-law of J.D. Rockefeller, invited seven individuals, under an oath of secrecy, to a "duck hunting" retreat at Jekyll Island, Georgia. These special guests included a senior partner from J.P. Morgan and a representative of the Rothschild banking dynasty in Europe. Coincidence?

Consider the phrase "If you can't beat them, join them." These competing private bankers banded together and drafted a Congressional bill to enact the Federal Reserve Act. This bill was conveniently presented when most of Congress had already left for Christmas break, leaving just a handful of Senators to vote. Not surprising it was unanimously passed. Congress was duped by the very people they were trying to disallow, and today America is \$22 trillion in debt to the successors of these bankers, or in short, the Fed.

America's debt grew exponentially after 2009 when the economy collapsed and the Fed bailed out big banks across the country, essentially preserving their own family fortunes. There are deeper layers associated with the founders' actions, such as media manipulation for massive programming, warmongering, and other nefarious motives, but that will be another story for another day.

There are still people today who want to abolish the Fed and return to the Gold Standard, but this would be a mammoth and exercise. John F. Kennedy actually tried to

back U.S. currency with silver in June of 1963 (Executive Order 11110, and we all know how that story sadly ends...coincidentally.

Until such a day America can escape the Fed's restraint, give your bank a second look. Believe it or not, there are banks that survived the economic collapse without asking for, or using, Federal bailout funds. These small, community banks are who I trust and with whom I choose to do business. As a small dot on the American canvas, I have no power to change history or enact change, but I can support those who didn't fall prey to the metastatic corruption of an oppressive entity and its gluttonous architects.

Cheers!

RRM

Tom,

I always enjoy reading the *Village Spectator*.

Especially the articles on *Special Town Meeting* and *As I See It*.

~ Bud P., Lady Lake, the Villages.

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LadyLakeChamber HobHob

Lady Lake Chamber Hob Nob is an event hosted by the Lady Lake Chamber and a local Restaurant. The last one was held at Demshar's near Spanish Springs in the Villages. Local business people come to communicate with each other about their businesses, get to know other business people and enjoy the event. Door prizes are given out, furnished by businesses attending. Usually 75 to 100 business people attend. Join the Chamber, stay in touch with your community and the events.



Mentally Sharp

Continued from page 5
someone else.

3. Learn: Experts think that ongoing education and learning new things may help keep you mentally sharp simply by getting you in the habit of staying mentally active. Take a class from a senior center or community college, make it a habit to visit the library and pick up a new book each week. "Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them,"

according to Harvard Medical School.

4. Finances: A study published by The Journals of Gerontology found that "financial strain was a strong and robust predictor of worsening mental health" among older adults, including anxiety and depression symptoms. Another way to help keep yourself mentally healthy in retirement is to make sure you have ample cash on hand to help pay off unexpected health care bills or fund any renovations that might need to be made to your home. Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy.

A life insurance policy is considered your

personal property and—as such—you have the right to sell that policy anytime you like. When a consumer sells a policy in a "life settlement" transaction, the policy owner receives a cash payment and the purchaser of the policy assumes all future premium payments—then receives the death benefit upon the death of the insured. Candidates for life settlements are typically aged 70 years or older, with a life insurance policy that has a death benefit of at least \$100,000.

To learn more about life settlements, visit www.LISA.org or call the LISA office at (888) 672-3917.

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**Ocala Downtown - Seniors Voice of Ocala
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Lady Lake Police

CHIEF ROBERT TEMPESTA.



The Lady Lake Police Department is co-hosting the Seventh Annual Scam Jam Shred-a-thon along with Citizens First Bank on April 27, 2019 from 9:00 am to 12:00 pm. This will take place in the

north front parking lot of Target located at 716 N. Hwy 27 in Lady Lake. This program is designed to increase public awareness with regard to current trends in criminal scams affecting our community.

Additionally, the Lady Lake Police Department will have educational information available to help citizens protect their identity and personal financial information from being compromised. Residents will be able to bring documents that are no longer needed to be destroyed at this event. Several shredding trucks are being made available courtesy of Citizens First Bank. Community partners for this event are Citizens First Bank, Target, Seniors vs Crime, and the Sumter County Sheriff's Office. There is a 3 box/bag maximum.

Attorney General Moody



Senior Day

This week, we celebrated Senior Day at the Florida Capitol. More than five million seniors call Florida home. Some are lifelong Floridians. Others moved here to retire and enjoy our warm weather, great economy and beautiful beaches.

Seniors also play an important role in our efforts to fight fraud aimed at older Floridians. In recognition of the day, I invited members of our Seniors v. Crime Program to our office to thank them for the work they do to protect Floridians.

These volunteers, called Senior Sleuths, helped recover more than a million dollars last year. They recovered an additional value of \$986,327 through realized gains, such as a contractor returning to finish promised work or credits applied to a future purchase.

Protecting Florida's seniors is a top priority of our office, and these Senior Sleuths volunteer their time to help fight

fraud and protect older Floridians from scams. They are also now playing an important role on ['Floridas new Senior Protection Team.](#)

The team is comprised of leading members from our Office of Statewide Prosecution, Consumer Protection Division and Medicaid Fraud Control Unit. Seniors v. Crime and the Florida Department of Law Enforcement are actively assisting the team with investigations and outreach efforts.

The goal is to bring attorneys and investigators specialized in fighting civil, criminal and health care fraud together to develop strategies to protect Floridians 60 and older.

For more information about our Senior Protection Team, click <http://myfloridalegal.com/pages.nsf/Main>. To report senior fraud, call 1(866) 9NO-SCAM or visit MyFloridaLegal.com.

Ending the opioid crisis in Florida is a top priority of our office, and this week, we received great news from the Florida Legislature. A bill to create the Statewide Task Force on Opioid Drug Abuse passed its first committee. The Senate Health Policy Committee voted 10-0 in favor of SB 1658.

The following day, the House companion bill, HB 875, passed the House Criminal Justice Subcommittee without a single no vote. There is not a corner of the state that has not felt the grave effects of the opioid crisis. Establishing a statewide task force solely focused on stopping opioid abuse is vital to our mission of combating the crisis and saving lives.

Florida's Statewide Task Force on Opioid

Drug Abuse would:

Study the cost of the crisis on state and local governments;

Identify available programs that have been successful in combating opioid abuse; Work to better understand the sources of addiction;

Explore whether there is need for additional regulatory activity; and, among other things,

Evaluate and identify ways to reduce the demand for opioids and decrease the supply.

I want to thank the House and Senate this week for their hard work. And, I will continue each day fighting to end the opioid epidemic.

Use Online Reviews



How To Use Online Reviews To Invest In The Best Technology For Your Office

by Mark DiGiammarino(NAPSI)—

Anyone who's in charge of purchasing

technology for a small business knows there's a bit of alchemy in the procurement process: You apply instinct. You ask your colleagues for advice. You research what the critics in the magazines say. Increasingly, you're also reading the online reviews on specialized sites.

Reading online reviews is a logical extension of how people once bought goods—through word of mouth. Technology, however, is even better, because it provides access to many more experienced.

Online reviews give depth and breadth. They explain the pros and cons of any product or experience. At their best, they're incredible tools, perhaps the best thing to have happened for consumers in decades. At their worst, they're a scam.

Consider this: A London journalist once created numerous fake reviews on a restaurant site and made his humble garden shed an opening-night restaurant hit.

As the manager of reviews for Capterra—a free site for software buyers to read objective and insightful reviews—I've learned how to navigate the world of online

reviews. Here are four top tips:

Check to see if the site monitors its review: Confirm the site has an FAQ page with transparent policy statements. Does it clearly state how the site makes money? Check to see if there's a way to report fake reviews. Make sure the site screens and reads all reviews before they go live. If it doesn't monitor reviews—or offer a way to report the fakes—the site isn't there to help you.

It's essential to report fake reviews because the reviews community depends on honest participation. When users share reviews, they help you to learn from their discoveries. Fake reviews tear at the fundamental trust everyone in the community must have in each other when they read and share online reviews.

Look for verified reviewers: Reviewers should be verified as being real people and actual customers. You'll also need to know if they're buying products for large enterprises or small businesses like yours. Knowing who's writing the reviews matters. As an example, think about when you're in the market for a new car, and you get a recommendation from a neighbor on the best vehicle to buy. Isn't it important to know if that neighbor prefers a plush, magisterial ride—or a sports car with tight handling for the side roads?

Verified reviewers should also be actual customers of the products they write about. No one likes a rubbernecker standing at the sidelines, making unqualified assessments. When users have either bought or demoed the product, however, they have something

Continued page 11

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Online Reviews

Continued from page 10

to say. They know the product's pros and cons. They're often passionate about the product and want to share their experiences with you.

Read the negative reviews but read them fairly: Make sure to understand what's truly behind a negative review—it could be that one person's lemon is your lemonade on a hot day. For example, a honeymooner might not like a hotel that you, with kids, would consider a perfect vacation destination.

Negative reviews are most useful when you can find specific patterns: If most of the reviews say the company has an excellent product but substandard customer service, then take that into account before you decide to buy or move on.

Also, look for a vendor response: If the vendor hasn't responded to the negative reviews, then that's useful to know. When

the business responds to the reviews—if, for example, it says it's working to improve customer service consider that a point in its favor.

Remember that negative reviews are also a snapshot in time. Take into account recency and don't fault a vendor for something that occurred two years ago, especially if the vendor has responded to the negative review.

Be open to discovering new product: At Capterra, it's common for a user to come to the site looking for a marquee-name software product. But after some research, that user may then decide upon software from a smaller, less well-known provider. Often, it's because the product is better priced and better suited to the user's business. And usually, it's because others in the reviews community thought it was a better product.

Those software vendors that have a smaller footprint in the marketplace may have more utility and suitability for you. Be

open to the unexpected when you read reviews.

Finding the best reviews in a sea of bad ones is no small challenge, but online reviews offer you a chance to avoid the mistakes of others and gain from the wisdom inherent in online reviews. Use these tips to learn from reviewers who have honestly shared their positive and negative experiences. Use reviews to discover new products and services that can take your business to a new level.

Plant-Based Nutrition

(NAPSI)—As people continue to look for ways to live healthier lifestyles, the plant-based diet continues to gain momentum. A plant-based diet describes a way of eating in which there is an emphasis on plant foods in the form of colorful fruits and vegetables, legumes and whole grains.

Supporting Your Health with Plant-Based Foods

Benefits of eating more plant foods are numerous. Plant foods are nutrient dense, which means that they provide an abundance of nutrients relative to their calorie cost. Fruits, veggies, beans and whole grains are terrific sources of vitamins, minerals and phytonutrients and they're naturally cholesterol-free. Most contribute a fair amount of fiber, too, so they help to fill you up and keep your digestive tract running smoothly. When you include plenty of these nutritious, filling foods in your diet, it leaves less room in your stomach for less healthy fare.

That said, as the proportion of U.S. consumers who adhere to a vegan diet grows, so does the desire for these people to get more protein. In fact, a Nielsen HomeScan survey recently found that 39 percent of Americans are actively trying to eat more plant-based foods and 60 percent want to get more protein in their diets.

Identifying Sources of Plant-Based Proteins

The major sources of plant-based protein include beans, peas and lentils but whole grains are also important. You may think of whole grains as more of a carb than a protein and that's true--most grains have more carbohydrate calories than protein calories. But whole grains contribute important essential amino acids to the diet. Most vegans know that in order to get the full complement of essential amino acids (the building blocks of proteins in the body), it's important to consume both legumes (beans, peas, lentils) and whole grains. Soy is one of the few complete plant-based proteins, meaning it contains the nine essential amino acids that your body cannot produce on its own.

How Much Protein Is Right For You?

Protein is important for maintaining lean body mass. Susan Bowerman, Registered Dietitian and Senior Director of Worldwide Nutrition Education and Training at Herbalife Nutrition says the Institute of Medicine recommends you eat 10 to 35 percent of your total daily calories from protein.

You can estimate your protein needs based on your current body weight. Simply, multiply your body weight by 0.7. The number you get is a reasonable target for the amount of protein, in grams, that you should eat each day. For instance, a woman who weighs 140 pounds should aim for about 100g of protein a day. A 220-pound man should shoot for at least 150g of protein.

Introducing Other Plant-Based Proteins

While most plant-based diets place an emphasis on whole foods, other plant-based foods that are derived from these whole foods can be included. So, in addition to legumes and whole grains (brown or wild rice, oats, quinoa, millet and the like), other sources of plant-based protein include soy milk, soy cheese, soy yogurt, tofu, tempeh, and protein powders made from plant sources such as soy, pea, rice, hemp, oats or quinoa.

To help, Herbalife Nutrition's Formula 1 Select and Protein Drink Mix Select are two new plant-based nutrition mixes specially formulated with a high-quality blend of pea, quinoa and rice proteins. Formula 1 Select is specially formulated to provide an excellent balance of protein and other key nutrients for optimal nutrition, is an easily digestible source of high-quality plant protein and fiber, and contains no artificial flavors or sweeteners.



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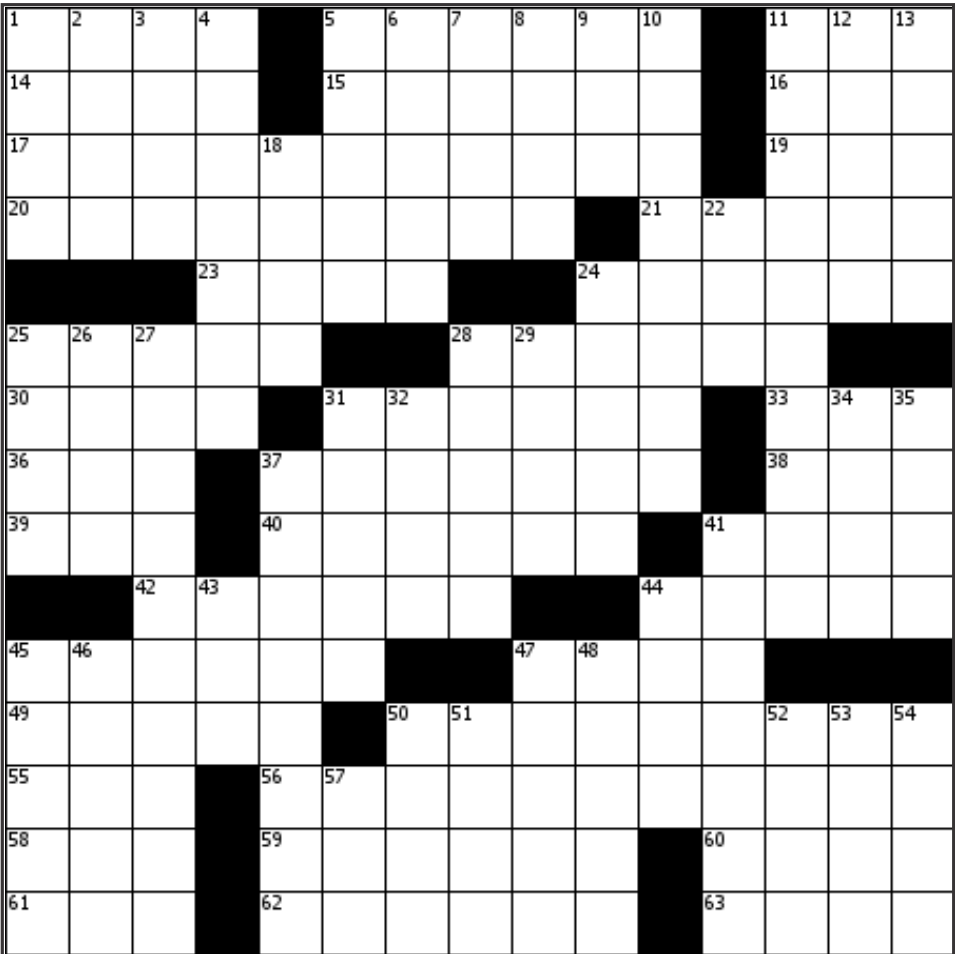
1. Leftists
5. First-rate, in Rugby
11. Displeased cluck
14. Vicinity
15. Francis Drake, for one
16. "Star Wars" name
17. Temporary solutions
19. Comic Philips
20. Edge
21. "Bam!"
23. Rackets
24. Some horoscope readers
25. Hide
28. Equality word
30. Well-ventilated
31. Oil industry leaders
33. Tippler
36. Go downhill fast
37. With 56-Across, use every available means (and instructions regarding 17-Across and 11- and 27-Down)
38. Military address
39. Classified ad no.
40. Fraternal groups
41. Editor's mark

42. Makes known
44. Like older siblings, at times
45. Jump ship
47. Slippery __ eel
49. Leaping fish
50. "Not likely"
55. It bruises easily
56. See 37-Across
58. "Evil Woman" gp.
59. "... __, O Ship of State!": Longfellow
60. Maine, to Marcel
61. Quinella, e.g.
62. Data entry person
63. Pinch

Down

1. Pizza Quick Sauce maker
2. Give __: care
3. "Ed Wood" star
4. Like some dry-cleaning service
5. Hall of Famer Warren
6. Actress Kudrow et al.
7. __ of good luck
8. Ranch mate
9. Shoshonean

10. Most irritating
11. Editor's order
12. Tonga neighbor
13. Doesn't have to guess
18. The phantom of the opera
22. "Alias" network
24. Thumb-sucking comics kid
25. Players
26. Saying, in teenspeak
27. Cop's warning
28. "That Old Black Magic" composer
29. Subpar
31. Rupture
32. "A Sand County Almanac" author __ Leopold
34. Some Met works
35. Rare trick taker
37. Sunday dinner choice
41. Given
43. Fair-hiring abbr.
44. Scornful sounds
45. Loser
46. Apollo 11 module
47. A Musketeer
48. A hound may pick it up
50. Go crazy (over)
51. Gudrun's husband
52. "__ pretty picture"
53. Co. auditors
54. Bk. after Nehemiah
57. Set down



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Major Changes Headed To A Product Label Near You



Major Changes Headed To A Product Label Near You

(NAPSI)—If you're like 90 percent of shoppers, you consult the Nutrition Facts panel on food packages before you buy. To make it easier to make informed food choices, the U.S. Food and Drug Administration (FDA) has developed a new Nutrition Facts label. Here are the seven major new features:

1. Increased print size for "Calories."

Calorie counts will be easier to see.

2. Inclusion of "Added Sugars."

The FDA currently defines *added sugars* as "sugars that are either added during the processing of foods, or are packaged as such, and include sugars (free, mono- and disaccharides), sugars from syrups and honey, and sugars from concentrated fruit or

vegetable juices that are in excess of what would be expected from the same volume of 100 percent fruit or vegetable juice of the same type." Sugar alcohols, or polyols, provide sweetness but aren't counted as "added sugars" because they're not sugar. These low-digestible carbohydrates can replace sugar as a lower-calorie alternative. Common polyols include erythritol, maltitol, sorbitol, mannitol, xylitol, lactitol, isomalt and hydrogenated starch hydrolysates.

3. Changing "Sugars" to "Total Sugars."

Sugar can be present in healthy foods. This change can help consumers understand the amount of sugar the product contains from any source.

4. Removal of "Calories from Total

Fat."

Research shows the *type* of fat (for example, polyunsaturated) is more important than the total calories from fat. Labels still include "Total Fat," "Saturated Fat" and "Trans Fat."

5. Increased print size for "Serving Size" and "Servings per Package/Container."

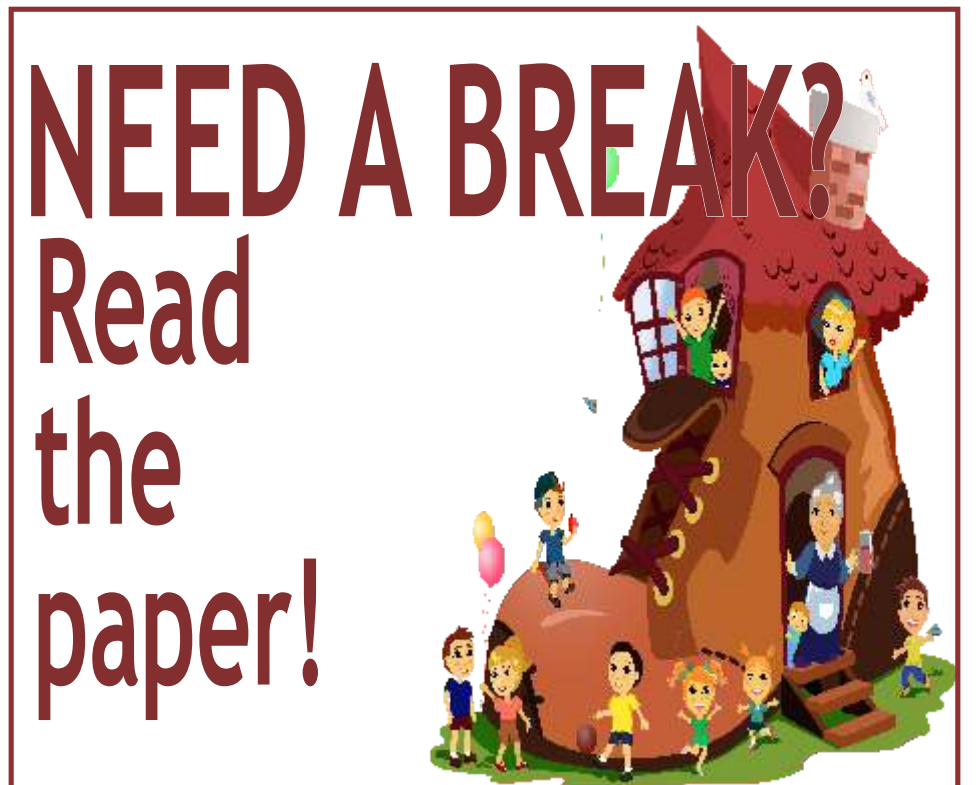
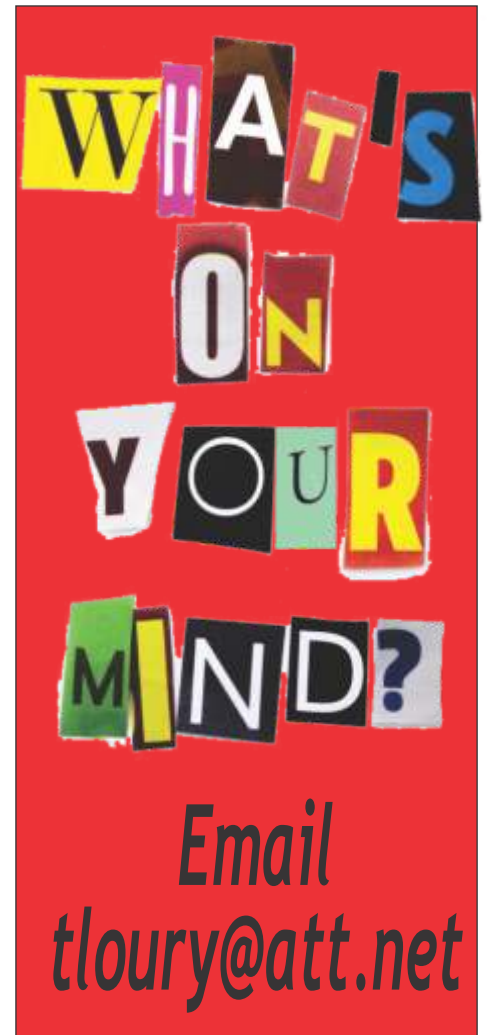
Portion control remains a problem for many. Increased visibility of recommended serving sizes can help people make better, more accurate decisions.

6. The amounts of vitamin D and potassium are now required, instead of vitamins A and C.

Based on research from the Institute of Medicine, the new labels will include this information to increase visibility of vitamin D and potassium requirements. Though voluntary, similar information for vitamins A and C may still be included.

7. Revision of "Percent Daily Value"

The new language will specifically state: "The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice." Experts at the Calorie Control Council, a nonprofit association that seeks to provide objective, science-based communications about low-calorie foods and beverages, suggest that this revision may help clarify the meaning of "Daily Value".



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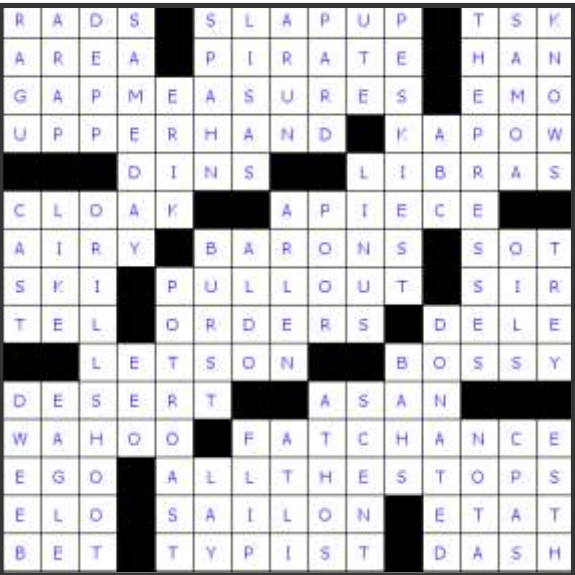
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