



The Lady Lake Chamber had a Ribbon Cutting this month at Sam's Club. The Lady Lake Chamber had Board members, friends. Sam's Club is located at Lady Lake, 755 North Hwy 27/441, Lady Lake, FL, 32159



The Lady Lake Chamber had a Ribbon Cutting this month at Suncoast Skin Solution. It was well attended by Chamber members, Suncoast Skin Solutions employees and friends. They are located at 8564 Cr 466, Suite 206, The Villages, FL 32162. Sue Kelly executive Director of the Lady Lake Chamber says "Don't keep your Chamber a Secret!"



**Daddy's Home** This is Lane Loury watching for his daddy coming home from work. He does the same thing when his mother is coming in the driveway. He figured out at about 9 months he could push the stool to the window and stand on it and he could get a good view out the window. Mommy and daddy both drive big dodge diesel trucks so he can hear them coming. All the animals start making a racket because they know it's feeding time at the Loury Farm.

# School Shootings, Gun Safety, Bullying

By TomL

Let me start from the beginning. I believe the school shootings are because of something that happened at school to set it off but it started at home! Most school shootings are about bullying and belittling a child or teenager in front of others. I am an eye witness to the bullying that goes on at school. I went to school in Broward County School system 100 years ago, time frame

slightly off, but it has not changed.

In the school shooting incident in Broward County the officials were sufficiently warned: Law Enforcement was warned, FBI was warned, School Officials were warned, School Officials warned others, everyone was warned. In this case they simply needed to enforce the law. They did not! There are many suggestions on why they did not stop this young man. They are

excuses. One reason given was local law enforcement stop making a lot of arrests so it would look like crime went down. Now isn't that interesting? Someone wanted to get re-elected, instead they should be put in jail.

When I went to school in Broward County it was many years ago. I went to school first five grades in a school that had all twelve grades. You want to talk about bullying. Actually I witnessed a couple of teachers

getting bullied, one deserved it.

Bullying is the 2nd stage and part of the beginning of the problem and worse yet is when it happens to a child that is prone to mental health and does not know how to deal with a bully, they get belittled in front of others time after time and eventually snap. What they do when they snap has a lot to do with their home life and how they live prior to snapping.

*Continued page 9*

A.J. "Tony" Powell

## AS I SEE IT

By Tony Powell

"No free man shall ever be debarred the use of arms." — Proposed Virginia Constitution, 1776.

"The Second Amendment is really about state militias being strong enough to resist any attempt by the Federal government to destroy us. Reading the debates and legal wranglings from the time of the Constitution's drafting makes this very clear.

Last month (March 2018) we talked about 'The Second Amendment to the United States Constitution' which says. "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed."

Seems simple enough, but, apparently, there are as many opinions as to its meaning as there are people who have read it. (And, of course plenty who have never read it, but they have an opinion anyway.

There are very few countries which, by law, guaranteed a citizens right own and carry a weapon.

Those include Bolivia, Colombia, Costa Rica, Guatemala, Honduras, Liberia, Mexico and Nicaragua.

I'm not sure that any of those countries would be considered 'safe' for the sole reason that people have guns.

And, I'm not sure that the United States of America is proud to be named in the same context of any of them.

If the laws in modern countries refer to arms at all, it might say, that the government regulates their use or for mandatory military service. But still no legal right bear arms.

For example, in the United Kingdom, gun ownership is not legally or constitutionally protected. In fact, most handguns, automatic and semi-automatic weapons are illegal.

And, it is a fact that, since the passing of the Firearms Act back in 1920, the UK has one of the lowest firearm death rates among the worlds developed nations.

Conversely, in Switzerland all able-bodied male citizens, are required to keep fully automatic firearms at home in case of a call-up from the military.

Interestingly, after active duty, they will join a militia which lasts most of their adult life.

Along with soldiers 50 rounds of government-issued ammunition storage at home.

So, the Swiss have one of the highest personal gun ownership rates in the world.

But, a very low overall crime rates.

I guess criminals are reluctant to break into a house where the owner has an AK-47 on the mantelpiece. So it might not be surprising that they have one of the lowest murder rates in the world.

Last year there were at least 77 shootings in primary and secondary schools in the USA.

More than 900 children aged 12 and younger are shot each year.

Every cloud has a silver lining (for someone) – For example, the medical profession, including hospitals earn over \$622 million per year. The lawyers rake in million\$ regardless of winning or losing. The politicians, both Republicans and Democrats, receive million\$ in donations from the NRA and their opponents. The media, television and newspapers earn million\$ because murder videos generate more viewers. That probably adds up to 'billion\$'

So the naive kids you see on TV don't stand a chance with their campaign for gun control.

One Billion dollar\$ for about 30,000 shooting deaths each year works out to be about \$30,000 for each man, woman or child who gets killed.

As I See It, you have to decide if that price 'affordable'?

Always good to hear from you at AsISeeltTP@GMail.com

Hernando, Lady Lake, Lecanto, Leesburg, Mt. Dora, Ocala, Starke, Summerfield, The Villages and Wildwood.

The organization has flown more than 1000 veterans since our first flight in May 2012. While in Washington, the veterans will visit Arlington National Cemetery and various war and service memorials. Villages Honor Flight serves veterans from the Central Florida counties of Citrus, Hernando, Lake, Marion, and Sumter. Each veteran has a volunteer guardian to assist him/her. The trip is free for veterans, guardians and staff pay their own way.

The flight begins with an early morning send-off at the Lady Lake American Legion Post on Rolling Acres Road. The day-long trip concludes with a Welcome Home celebration at the American Legion Post at 12.15 a.m. Thursday, depending on arrival time at Orlando International Airport. The public is invited to participate in the Welcome Home celebration and is encouraged to bring a lawn chair and an American Flag. Entertainment for the crowd begins at 10 p.m. including the Village Cheerleaders, Village Twirlers, Clown Alley 179, and Ralph DiNome and his Flashback band.

For further information, veteran and volunteer applications, go to [www.villageshonorflight.org](http://www.villageshonorflight.org).

John E. Peters, The Villages, Fla. 352-561-4604

## Villages Honor Flight

Villages Honor Flight's first flight for 2018 will depart Wednesday April 4 taking 42 area veterans to Washington, DC. Of the 42 veterans, ten are World War II veterans, 27 Korean War, four Korea and Viet Nam, and one Viet Nam veteran. Seventeen served in the Army, 15 in the Navy, three in the Air Force, six in the Marine Corps and one in the Coast Guard. They come from Bronson, Gainesville, Groveland,

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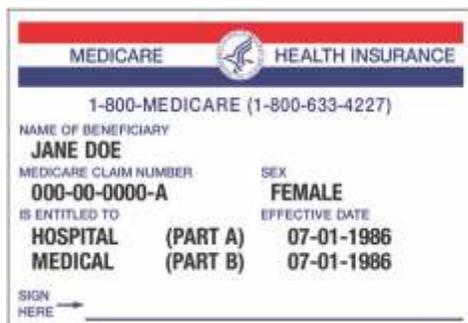
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Tom Loury Long time member of CEP/Ocala Chamber of Commerce, Past President of the Ocala Business Leaders, Co-Founder and President of Select Business Associates, Past President of the Lady Lake Chamber.

### PUBLISHER'S NOTES



"You cannot help the poor by destroying the rich.

You cannot strengthen the weak by weakening the strong.

You cannot bring about prosperity by discouraging thrift.

You cannot lift the wage earner up by pulling the wage payer down.

You cannot further the brotherhood of man by inciting class hatred.

You cannot build character and courage by taking away people's initiative and independence.

You cannot help people permanently by doing for them, what they could and should do for themselves."

~Abraham Lincoln

"Any man who thinks he can be happy and prosperous by letting the government take care of him had better take a much closer look at the American Indian."

~Henry Ford

SENIOR FISHING DERBY: It's that

time of year again. The Marion County/City of Ocala Recreation Department will host the Senior fishing derby on Monday, April 30<sup>th</sup> from 9am – 12pm. There will be door prizes, fishing and lots of good food. Every year the Seniors catch and release hundreds of Catfish, a few Brim, a few Bass. The big fish gets a trophy and the oldest fisher person gets a trophy. Let's hope April 30 brings us good weather. I'll be there taking pictures. They do usually need a few volunteers and they could use some door prizes. Clay Electric will be cooking for those who are registered to fish. There will be visitors from many of the senior retirement homes in Marion County and many visitors that frequent the Senior Center.

In this paper I had a lot to say about school safety, bullying in any school and how a child can snap if they are an introvert or have certain problems dealing with things. Being belittled by a bully in front of their peers is very embarrassing and causes them to want to retaliate. The school systems are not trained to handle bullies and

if the teacher does handle them, someone wants to sue them. The teacher is caught in the middle. Go back and read the story on page one.

I saw our State Senator Dennis Baxley on Fox one night late. He did not agree with some of the remedies that were being suggested early in the discussion. I am anxious to see what he has to say in the near future. He has a good head on his shoulders and will approach it with a common sense side of things.

Trump is being Trump! He is a master at pulling peoples' chain and setting things up prior to negotiating a deal. He is about ten steps ahead of most and appears to be unpredictable but is very predictable. When he does something, he is preparing for a deal for next month. That is the sign of a great business negotiator (strategist).

### AG Bills Passed

Tom,

For the past eight weeks, I have been fighting for Florida's consumers and rural communities in the legislature.

I have fought tirelessly for the Farmers And Ranchers Matter (or "FARM") Act - a bill I filed aimed at hurricane disaster relief for farming communities. While the FARM Act did not pass in full, we did pass MANY of the most critical provisions:

We've created rebates for sales taxes paid on materials used to repair barns and agricultural fencing during a designated period after Hurricane Irma - expected to deliver over \$10 million in tax savings.

Some farmland takes time to replant and regrow to make it productive again. So we've made it clear that agriculture lands affected by the hurricane can retain the Greenbelt classification for up to five years.

We codified the work of the State Agricultural Response Team (SART) to be sure we've got resources ready to help the agriculture community before and after the next disaster strikes.

We also passed legislation to protect the citizens of Florida from scams with the Florida Call-Blocking Act. This bill allows carriers to offer call-blocking software to stop telemarketers from unnecessary and illegal calls!

As a nurse, women's health was a strong priority of mine and we successfully passed the Mammogram/Women's Health act that requires health care providers to notify patients susceptible to increased risk of breast cancer in certain conditions.

It was a long and challenging session, but now that it's over I'm energized to be back on the campaign trail! We must keep making strides in protecting Floridians and helping the sunshine state grow.

Denise Grimsley

## Newspaper Deadlines

Editorial & Ad Copy for May

Seniors Voice & Ocala Downtown

12am, April 18th

Lady Lake Magazine & Village Spectator

12am, April 25th

## Lady Lake Magazine/Village Spectator

A Product of TomL Publishing LLC

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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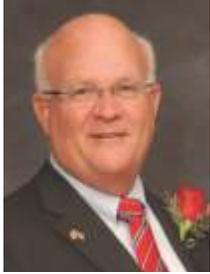
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Florida State Senate

DENNIS K. BAXLEY



The 2018 Legislative Session has come to an end! We have worked hard to secure good policy for our constituents and the people of

We worked hard on protecting Free Speech on our college and university campuses. Senate Bill 4 includes The "Campus Free Expression Act," will ensure that our taxpayer-funded college and university campuses remain open for the free, safe, and respectful expression of differing points of view. We need to teach our youth to have respectful civil discourse and be able to interact with those of varying beliefs. This provision will prohibit public institutions of higher education from designating any physical area of campus as a "free speech zone", and instead states that all outdoor areas shall be open for free speech.

In this year's budget, The Florida Legislature reinstated full funding of the Bright Futures Florida Academic Scholars award at 100 percent of tuition and fees for spring, summer and fall semesters, plus \$300 in fall and spring semesters to cover instructional materials and other



Florida. During our time in Tallahassee this year, some big issues were addressed: protecting our schools and seniors, more clarity on our freedom of speech, permanent increase for bright futures funding, and increased focus on mental health and the opioid crisis.

As a result of the terrible tragedy that occurred at Marjory Stoneman Douglas High School on February 14<sup>th</sup>, the legislature was forced to take a very serious look at how our schools and students are protected. After weeks of talking with those on the front lines in education, law enforcement, our court system, and mental health experts, the Florida Legislature passed and Governor Rick Scott signed into law the Marjory Stoneman Douglas School Safety Act, a comprehensive plan to address mental health issues and implement safety measures to protect our students. This bill, SB 726, creates the Office of School Safety within in the Department of Education, permits a sheriff to establish a Coach Aaron Feis Guardian Program, and creates the mental health assistance allocation to assist school districts in establishing or expanding school-based mental health care, among several other provisions.

The Florida Senate continues to prioritize the needs of our seniors so they are able to spend their golden years living healthy, active, and independent lives. This year, we increased funding to nursing homes across the state that provide care to our most vulnerable seniors who can no longer live independently. By this summer, all nursing homes will be required to have back-up generators capable of cooling the facility in the event of a power outage. The budget also includes increased funding for respite care for caregiver relief by \$800,000 to provide 66 additional slots for patients. Many Alzheimer's patients require care 24 hours a day and this additional funding will allow more caregivers of loved ones to receive respite relief while the patient continues to be cared for.

costs. We are also funding the Bright Futures Florida Medallion Scholars award at 75 percent of tuition and fees for spring, summer, and fall semesters, beginning in fall semester of the 2018-2019 academic year.

This year, we worked toward the goal of preventing people from becoming addicted to opioids, and helping provide relief to those individuals and families who are already dealing with addiction. The opioid epidemic is impacting

families across the state, on average claiming 16 lives per day. By investing more than \$53 million for outpatient and residential treatment services, we will provide individuals and families the tools for recovery that they so desperately need.

We have worked hard this year for the people of Florida, to ensure our liberties and freedom remain protected. Our constituents are always our priority.



Ambassadors and board members don't need a reason to celebrate they are always happy. Here they are outside the Log Cabin home of the Lady Lake Chamber and posing for a picture and as you can see they are celebrating the fact that they have plenty of ambassador's, a very capable Board, with the leadership of their president/board and Sue Kelly Executive Director.

The collage features a young child in a plaid shirt and hat shouting into a megaphone. To the right is a crossword puzzle. Below the puzzle are several advertisements, including one for 'c Design' and another for 'DOCTORS'. On the right side of the collage are several photographs: a sunset, a hurricane, a road with a large white cross, a large white building, and a group of people gathered around a table. At the bottom right, there is a small sign for 'Loury' and a contact number '3134'.

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Lady Lake Police

## CHIEF CHRIS MCKINSTRY



### WHY 20 IS PLENTY ON NEIGHBORHOOD STREETS

Next time you are in a car driving through a residential neighborhood, try this experiment: glance at your speedometer when you're in the middle of a block. You will probably find it is pretty easy to reach or top 25 mph.

To someone on foot or in a golf cart, navigating narrow streets and unprotected intersections, it feels like you're driving too fast. And they're probably not wrong. As you cruise up to 25 mph (on streets outside a school zone), try to imagine that a golf cart swerves into your lane, or a ball rolls right in front of you with a kid chasing it. Or that someone with an armful of groceries opened

a car door without looking, or that a pedestrian in dark clothes stepped into a poorly lit intersection. Would you be able to stop in time? Maybe, maybe not. It would depend on how soon you saw whatever you were about to hit.

Then drop your speed to 20 mph. With that small change, it becomes much easier to halt the momentum of 3,000 pounds of metal.

When you drive through a neighborhood at 20 mph, what reaction do you get from golf carts and pedestrians? Smiles? Polite waves as you stop easily to let them cross in front of you? Like you were a safe, respectful driver who isn't in a hurry? So why not do that?

Here are four reasons to drive slower:

- 1. Save lives.** Driving fast can kill people (including the driver). Two stats: Traffic is the biggest single killer of 12-16 year olds. Surprisingly, at 35 mph you are twice as likely to kill someone you hit as at 30 mph. Faster driving gives you a shorter amount of time to respond to something in your path, and even a fraction of a second can mean the difference between life and death. Drive slower for your safety and that of those around you... especially drive slow around golf carts, runners, cyclists, schools, and neighborhoods with kids on the streets.
- 2. Save time.** While you think you are saving time by driving faster, it's not a lot of time. That small amount of time you're saving isn't worth it, considering the other factors on this list. Better yet, start out a few minutes early and you'll arrive at the same time as someone who drove faster but started later, and you'll arrive much happier than that person to boot.
- 3. Save your sanity.** The above two

reasons are very important ones, but the most noticeable difference will be the huge drop in stress levels when you drive. Far from being a crazy experience, driving can actually be a relaxing and pleasant experience now. You are no longer at risk of road rage, because you simply won't care whether other drivers are going slow or cutting you off.

**4. Simplify your life.** This is related to the one above, but expanded. In addition to saving your stress levels, driving slower can reduce many other complications as well — the headache of crashes and speeding tickets, but also the hectic pace of life. Why rush through life? Slow down and enjoy life more. If you're always in a hurry to get places, when will you get to your destination and finally be happy? Life is a journey — make it a pleasant one.

OK, assuming that you want to drive slower, here are some of the tips that may work for you:

- **Play relaxing music.** Whatever you choose, enjoy it, and relax.
- **Ignore other drivers.** If you care so much about what other drivers are doing that it stresses you out, it may cause you to drive faster to spite other drivers. Just ignore them.
- **Leave early.** If you speed because you're running late, make it a habit of getting ready early and leaving early. Now you don't have to worry about being late, and you can enjoy the ride.
- **Brainstorm.** Use your drive time for contemplation. Think about your day (either the day to come or the day in review), or think about where you want to go.
- **Keep to the right.** PLEASE. If you drive slower than the other crazy drivers out there, it's wise to keep out of their way if possible and keep to the right. It is also the law and it's good to be polite.
- **Enjoy the drive.** Most of all, make your drive a pleasant experience — whether that's through music or contemplation or however you want to enjoy the ride, remember that the ride is just as important as the destination.

Continued page 7

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# Chief McKinstry

Continued from page 6

Speed limits are in place for a variety of reasons, most importantly safety, your safety and the safety of others. It is simply common sense, for the sake of a few minutes, to avoid a crash and not possibly kill or injure someone.

The men and women of the Lady Lake Police Department are committed to making

our roadways as safe as possible. So I would recommend that you resist the urge to exceed the speed limit or drive dangerously because if you do, we will see you before you see us. Traffic tickets are expensive and getting one will cause your insurance premiums to rise.

But just in case, here are some financial reasons to slow down.

On behalf of the Lady Lake Police Department, we wish you safe and less stressful, travels.

# High-Profile Credit Breaches

(NAPSI)—Last year saw a number of high-profile data breaches that caused major headaches for consumers, and that's not likely to change. The Equifax data breach, for example, compromised the personal information of approximately 147.9 million Americans (basically all U.S. adults with credit reports), impacting credit scores and peace of mind. Uber's data breach exposed the information of as many as 57 million Uber users, and the breach involving Alteryx and Experian affected more than 120 million American households, just to name a few.

Following these breaches, there's been no shortage of advice on how consumers can safeguard their personal data, and rightfully so. Put simply, if you're an adult with a credit report, you should be looking at ways to protect yourself. Recent breaches have exposed a host of information, including

names, addresses, Social Security numbers, birth dates, driver's license numbers and credit card numbers—all of which can be used to steal your identity and open lines of credit in your name.

Social Security numbers and credit reports are the gold standard on which financial institutions, organizations and lenders base decisions. Keeping this in mind, it's especially important to take steps to protect yourself following large data breaches. That way, if something unexpected shows up while you're applying for a mortgage or getting a background check for a new job, your credit report can be corrected.

If you're concerned about identity theft following a data breach, placing a credit freeze on your report is an ideal option for protecting your information.

### What is a credit freeze?

Backed by federal law (and many state laws as well), a credit freeze is the most effective solution to help combat identity theft following a security breach. A credit freeze lets you restrict access to your credit report. This makes it more difficult for thieves to open new accounts in your name.

### How does it work?

To place a freeze on your credit report, you need to call each of the three credit bureaus—Equifax, Experian and TransUnion—to make the request. You'll then get a letter from each bureau confirming the freeze and providing a personal identification number (PIN) or password. Keep these in a safe place, as you will need them to lift the freeze.

Once you freeze your credit report, no new creditors can view it unless you provide your unique PIN number. That means everyone from your landlord or employer to your new loan provider is restricted from accessing your report. It costs only \$10 per credit bureau to freeze your credit report (in some states it costs even less). Perhaps best of all, you don't have to worry about restoring access to the accounts you already trust. Current credit accounts created before the credit freeze can continue to pull credit reports as needed.

In some states, credit freezes expire after seven years. However, in most states, a freeze remains in place until the consumer asks for it to be temporarily lifted or removed altogether. A credit reporting company must lift a freeze no later than three business days after getting your request. The cost to lift a freeze varies by state.

Credit and data breaches show no signs of slowing down, but by going through the simple process of freezing your credit, you can be confident your personal information is secure.

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## LETTERS TO THE EDITOR

Dear Editor:

There is a battle about what constitutes Education, in letters to the Editors of several papers.

Education is defined as systematic instruction. Hitler, Mao, Stalin, and other dictators did this. It consisted of brain washing, and propaganda, the very thing John Dewey advocated in his educational program for American children. A little research on Dewey will enlighten anyone to Dewey's motives.

Education and Knowledge are two different things. Which do we want for our children? Knowledge is defined as a body of facts, or familiar with information. Do we

want brainwashed kids, or children with knowledge? Know-nothing kids who spout 3 word chants, or know constructive researched ideas. Please read John Dewey?

I have had a copy of Mao's Little red book, and one of his comic books for about 50 years, text from a history class. The people of China read, and probably still read propaganda, and brainwashing material. Must be kept dumbed down. The children of America are being propagandized, and brainwashed. Is that O.K. with you?

Please look up: Phonics vs. Whole word reading. Try to read some of it. There are many examples on the net.

The goal is to dumb down America. There

is always a group who considers themselves superior, capable of manipulating how the sheeple should live. See what they have in store for you. They can always find a way to enslave by one means or another. There is no end to their deviousness. Evil finds a way to succeed.

Example of Whole Word text:

<http://www.foxnews.com/story/2009/03/31/if-can-raed-tihs-msut-be-raelly-smrat.html>

I hope this shocks you into action. Take a good look at our schools. What are they doing to our kids?

D.I.L.

## Keep The Spring In Your Step

(NAPSI)—For many older adults, growing older seems to involve an inevitable loss of strength, energy and vigor—but that need not be, says the Centers for Disease Control and Prevention (CDC). The frailty and decreased energy associated with aging are largely due to muscle loss due to inactivity. And when it comes to muscle, the old saying is true: “Use it or lose it.”

### What To Do

One of the best ways to keep muscles healthy and strong, the CDC advises, is through exercises called strength training.

### Why To Do It

Done regularly, strength training builds bone and muscle and helps to preserve strength, independence and energy. These exercises are safe and effective for women

and men of all ages, including those who are not in perfect health. In fact, people with health concerns—such as arthritis or heart disease—often benefit the most from lifting weights a few times each week.

Strength training, the CDC adds, can also reduce the signs and symptoms of:

Arthritis—It reduces pain and stiffness and increases strength and flexibility.

Diabetes—It improves glycemic control.

Osteoporosis—It builds bone density and reduces risk for falls.

Heart disease—It reduces cardiovascular risk by improving lipid profile and overall fitness.

Obesity—It increases metabolism, which helps burn more calories and helps with long-term weight control.

Back pain—It strengthens back and abdominal muscles to reduce stress on the spine.

What's more, studies have shown that people who exercise regularly sleep better and have less depression, more self-confidence and self-esteem, and a greater sense of well-being.

Fortunately, strength training exercises are easy to learn, and have been proven safe and effective through years of thorough research. What's more, you may be relieved to learn, there are ways to train without undo strain, aches and pains.

### Doctor's Advice

To help, Bob Arnot, M.D., an award-winning journalist, author of 12 books on nutrition and health, host of the “Dr. Danger” reality TV series, previously Chief Medical Correspondent for NBC and CBS News, and Chief Foreign Correspondent for MSNBC and NBC, offers this advice:

Find a few

*Continued page 11*



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# School Shootings

Continued from page 1

"That school system does not help stop the problem!" If you are a child, you are being bullied you complain to the teacher, the teacher turns it in to the Dean, the Dean calls you in and says "suck it up" and go back to class or he will bring the accused bully in the office with you. Now you are face to face with your bully and you are very uncomfortable. The Dean walks out of the office and the bully says "now you've done it, I'm going to ... ". Just then the Dean walks back in. You want to go home and never come back and some do just that. I witnessed several cases that the child left school and never went back! On weekends while at home you are thinking about the bully and what he is going to do to you the next day. You play your war games on your computer where you are shooting people and blowing them up. You take your frustration out on the game.

The next weekend your dad takes you to the Paintball court or a Paintball course in the woods where they play war games with the paintball equipment. The idea is to shoot the other person. Then they are out of the game. Your dad has more fun than you!

Monday morning, back to school to face the bully. That's all that is on your mind, you try to blend in, take routes to avoid the bully but sooner or later he is standing in front of you. The kids around you know something is going down and they scatter, but if three or four of them walked up and stood with you the bully would probably back off. Meanwhile the school had been totally

ineffective and actually made it worse. Some of it is because they don't know how you feel. There are laws protecting children good and bad so what can you do? Some teachers just tell you grow up and be a Man or Woman, but that should not be their call. They are there to educate you and keep you safe, anything else is a distraction. The week goes slow because you are worried and won't let your guard down. The term Thank God It's Friday was invented by you the person that was being bullied.

A new weekend and some mental rest from worrying about the bully. Your Dad takes you on a father, son gun safety course that tells you never ever point a gun at another person, even if it's a toy gun. You say "dad I'm confused" and your mind goes in circles. Last weekend it was OK to shoot at each other playing paintball but the Gun safety class says NO, NEVER!

Do you see what is happening in our society? Young people get confused sometimes because of the grown up leading them through life recklessly and sending mixed messages. Put that together with being bullied five days a week and that is where the snap comes in.

I got lucky early in my junior high school years. I complained to my dad about a bully, the guy who was much bigger and had the locker above mine. The bully would wait until I went into my locker and normally it was just before lunch to get my lunch and he would push me head first into the locker to show off in front of the other kids. The night before the incident, I told my dad I could not handle it any more. He said OK do what you have to do. The next day when I went to my locker he was nowhere to be seen. I thought I

was safe and then he appeared. He came up behind me and shoved my head into the locker with a thunk. It hurt and I heard the other kids laughing, I snapped. I actually had tunnel vision, I came out of the locker with my lunch in my hand, I swung and hit him hard with my handful of lunch, hitting him in the temple with a red delicious apple. He almost did a side flip. Back up and shook his head and said I'm going to get you. I screamed "let's do it now!" He walked away and never bothered me again.

I did not know it at the time, but my dad got to thinking about me getting in trouble for fighting and went to the school to talk to the principle. The principle said it was lunch time in 5 minutes. He suggested they go watch and see for themselves. They witness most of it through a classroom window close by. When the guy shoved my head into the locker my dad started to go outside and the principle said wait. My dad came back to the window in time to see what I did.

The next weekend my dad came out with some boxing gloves and started teaching me some self-defense fighting moves. He had been a boxing coach. Later I would find out in real life you are better off talking your way out of the fight. I also learned the first hard punch really gives you the advantage. SORRY! It does not sound right but it might save you from getting your butt kicked. Once you start, don't stop until the other person says enough or yields. Remember most of the hurt is in your mind before the fight. After the fight you think why did I wait this long? In some of the cases children quit school. I had friend some years back whose daughter came home one day and refused to go back to school. She said if you try to make

me I'll run away. She was a "A" honor roll student and went from that to home school. It was never said why! The school system needs to get good answers why a child like this quits school and fix it. If the school won't fix it go to authorities. City first, Sheriffs office, State Juvenile Authority or the Attorney General's office. It sounds extreme but you have seen the end results!

If you say something and the authorities don't do something, complain about that to higher authorities. Don't be silenced!

My story was a true story about a bully and a skinny kid many years ago, but it's happening today in your child's school and maybe to your child. Pay attention!

[floury@att.net](mailto:floury@att.net)

## Oklawaha Valley Audubon Society

Oklawaha Valley Audubon Society of Lake County will host a program on "Living with Sandhill Cranes" by expert Tim Dellinger Florida Fish and Wildlife officer on Saturday March 31st at Trout Lake Nature Center 520 East CR 44 Eustis, FL . Tim will discuss typical Sandhill Crane behaviors, habitat preference, what we can do for the cranes, and the research FWC is doing that helps us live together. This program is open to the public and everyone is asked to bring a dessert or snack to share. The program is free but donations are appreciated. For more information call 407-230-5404 or visit their website [www.oklawaha-valley-audubon.org](http://www.oklawaha-valley-audubon.org) and follow them on Facebook.

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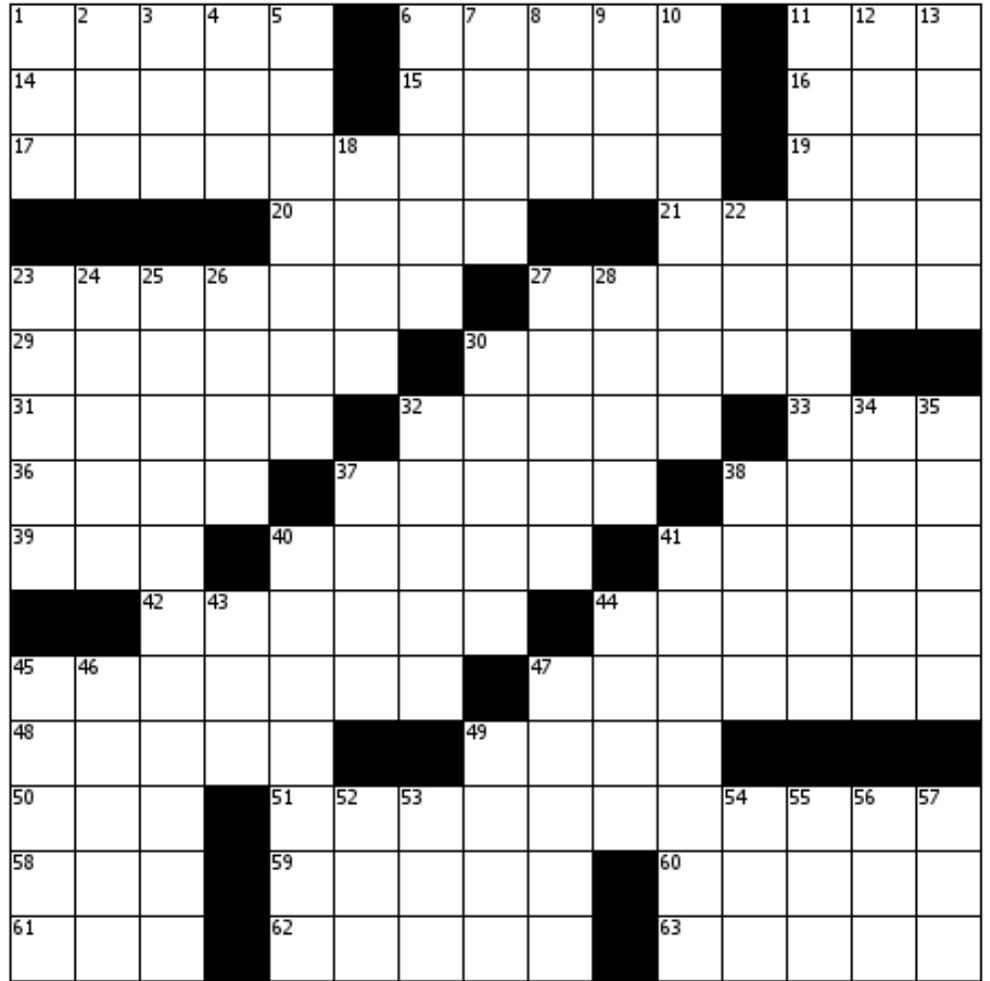
Across

- 1. Type of ray, wave or wing
- 6. Sell illegally
- 11. Healthful getaway
- 14. Be in store
- 15. Adorable tot
- 16. Make it?
- 17. Substitute
- 19. Praiseful composition
- 20. Dark suit bane
- 21. Prickly irritant
- 23. Prehistoric
- 27. Uniform adornment
- 29. Fowl perches
- 30. Subsist on next to nothing
- 31. Small egg
- 32. It comes right after the hour
- 33. Some add it to impress
- 36. Ceremonial staff
- 37. Dressing may make it better
- 38. What seems like forever
- 39. Industrial pollutant
- 40. Have it coming
- 41. Round contents, sometimes
- 42. Looked searchingly
- 44. Sun's halo

- 45. Pooh-pooed
- 47. "Nonsense!"
- 48. Extreme
- 49. Drove
- 50. Kind of horse or cow
- 51. Presiding officer
- 58. Item for a bad hair day?
- 59. More than punctual
- 60. "Don't be a hog!"
- 61. "Who am \_\_\_ judge?"
- 62. Crestless wave
- 63. Schleppe
- 34. Jules of sci-fi fame
- 35. Test segment, perhaps
- 37. Parched
- 38. Prefix with dynamics
- 40. Endangers
- 41. Most venturesome
- 43. Be off base
- 44. Cavil
- 45. Japanese delicacy
- 46. Rope fastener
- 47. Blue-green stone
- 49. Congress setting
- 52. Hem companion
- 53. Have being
- 54. Pi follower
- 55. Pictured
- 56. Seam treasure
- 57. First name in the "Deliverance" cast

Down

- 1. Bit of hair gel
- 2. Flock member
- 3. Office computer link, for short
- 4. First X, maybe
- 5. Jock
- 6. Few and far between
- 7. A bit brusque
- 8. Bread machine?
- 9. You may get caught in it
- 10. Bear on
- 11. Snitch
- 12. Military chaplain
- 13. Celeb's hiree
- 18. Carries the day
- 22. Continuous sound
- 23. Bakery come-on
- 24. Bright stars
- 25. Remote expert?
- 26. Atlas dot
- 27. Brilliant success
- 28. Give a nudge
- 30. Unbroken, as a line
- 32. Didn't just shrug one's shoulders



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## Spring in Step

Continued from page 8

minutes at least two to three times a week to maintain general fitness. Try three or four five-minute bursts of activity such as walking or climbing the stairs at the office.

Take two or three more minutes a day for yoga breathing and movements to help your body maintain balance, usable strength, flexibility and muscular restoration.

Spend another few minutes every day and before any vigorous exercise doing calf stretches and forward bends.

Stay hydrated before, during and after your workout.

To reduce your risk of muscle soreness after exercise, consider a massage, an Epsom salts bath or intermittent hot and cold showers, as well as proper stretching and cooldown.

Muscle strains and muscle pulls are major health concerns for weekend athletes. Signs you should look for alerting you to rest your muscles and avoid overtraining are a higher than normal resting heart rate, disrupted sleep due to an elevated heart rate, muscle cramping and muscle twitching.

Eat right. In addition to lots of fruits and vegetables and a few lean meats, consume foods with magnesium, which helps fight inflammation, and with vitamin B12—especially if you're over 50—such as fortified cereals. Drink three cups of fat-free or low-fat milk throughout the day or consume the equivalent in yogurt, cheese or other dairy

products. Consider an anti-inflammatory diet—cut out sugar, potatoes, tomatoes and eggplant.

Go topical. Topical pain relievers such as creams, gels and patches work locally. For example, the Salonpas Lidocaine 4% Pain Relieving Gel-Patch provides the maximum strength of lidocaine available without a prescription.

According to the Center for Medicare Advocacy, “[Lidocaine] is a highly effective pain reliever and its unique non-narcotic and nonaddictive properties make it a benign alternative to opioids, without the risks and devastating side effects of opioids.”

These unscented patches can desensitize aggravated nerves and provide numbing relief generally within an hour of application.

## Hawaiian Plants Good Health

(NAPSI)—According to the Centers for Disease Control and Prevention (CDC), a growing body of scientific evidence suggests the air quality within homes and other buildings can be seriously more polluted than outdoor air, even in the largest and most industrialized cities. But there's an easy way to protect yourself and your family.

### The Problem

Research indicates people spend approximately 90 percent of their time indoors. Thus, for many, the risks to one's health from exposure to indoor air pollution may be greater than the risk from outdoor air

pollution.

In addition, the CDC says, people most exposed to indoor air pollutants are often those most susceptible to their effects. Such groups include the young, the elderly and the chronically ill, especially those suffering from respiratory or cardiovascular diseases.

### What To Do

When it comes to keeping your air breathable at home and at work, it really is rocket science. According to NASA researchers studying what it would take for humans to travel to other planets, you need at least one indoor plant for every 100 square feet. Plants naturally filter the air of chemicals and other toxins linked to health problems, such as headaches and eye irritation. For example, every 24 hours, plants remove up to 87 percent of indoor volatile organic compounds (VOCs) that otherwise tend to get trapped inside today's airtight, climate-controlled buildings. NASA's research found plants purify the trapped air by pulling contaminants into the soil, where microorganisms convert VOCs into food for the plant.

One NASA researcher, Dr. B. C. Wolverton, even went so far as to list the 50 plants best suited to purify your personal space.

Lucky for lovers of the lush and lovely, 11 of these come from Hawaii. Hawaiian-grown, premium-quality tropical potted foliage and flowers offer an "Aloha Advantage": They not only provide a beautiful, picturesque piece of paradise, but Hawaiian-grown plants also tend to be very difficult to kill and, therefore, require less overall maintenance and replacement costs. This is probably one of the main reasons designers throughout the nation choose

Hawaiian plants so often.

The Hawaiian Export Nursery Association (HENA) reports the 11 plants that make the health list are Rhaps Excelsa (Lady Palm), Chamaedorea Seifrizii (Bamboo Palm), Dracaena Janet Craig, Ficus "Alii" ("Alii" means "royal" in Hawaiian), Dracaena Fragrans (Corn Plant), Dracaena Warneckii, Dracaena Marginata (Dragon Tree), Norfolk Island Pine, Dendrobium Orchids, Anthurium, and Phalaenopsis Orchids.

These and other hearty, pretty Hawaiian plants are available at major box stores and retailers such as Home Depot, Lowe's and Costco, and nearby nurseries and garden centers. To ensure you're purchasing a Hawaiian-grown plant, look for the unique lava rock soil, which is a main differentiator and reason these plants thrive and grow so healthfully.

### Further Flora Research

Houseplants have also been shown to help your health, wealth and happiness in other ways. Researchers at Kansas State University found people in hospital rooms with plants request less pain medication, have lower heart rates and blood pressure, experience less fatigue and anxiety, and were released from the hospital sooner compared to people in rooms without plants.

A Dutch study also discovered adding plants to the workplace decreases fatigue, colds, headaches, coughs, sore throats and flulike symptoms, which was further confirmed by the Agricultural University of Norway. England's Royal Agricultural University found that students were 70 percent more attentive when there are plants in the classroom.



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# Cybersecurity Spring-Cleaning



## How To Tidy Up Your Digital Footprint To Help Avoid Data Breaches

(NAPSI)—Similar to how dust collects in the nooks and crannies of homes during the winter, many people have accumulated years of data from old devices, e-mail accounts and online profiles. All this available information creates a digital footprint that could leave them exposed to unnecessary cybersecurity risks.

As many people look to refresh their living spaces each spring with a deep cleaning, cybersecurity experts also recommend that people take the time to clean their digital presence.

“In today’s world of connected devices, we often overlook the volume of data available online. All this information creates a digital footprint that cybercriminals can use to hack devices and accounts,” said Dennis Bonilla, executive dean, University of Phoenix® College of Information Systems and Technology, School of Business and College of Security and Criminal Justice. “It is a good practice to periodically purge old data to help reduce that footprint and decrease the likelihood of cyberattacks.”

According to a University of Phoenix survey,\* nearly half (43 percent) of U.S. adults have experienced a personal data breach in the past three years. As a result, 85 percent have adjusted their online habits, such as deleting suspicious e-mails (61 percent), avoiding clickbait (49 percent) and limiting personal information shared online (43 percent).

To help decrease data breaches, Bonilla suggests the following three steps to tidy up your digital footprint.

### 1. Create a secondary e-mail account

Many websites may require an e-mail address to register or access information. These sites can be hacked and allow cybercriminals access to login credentials that are shared with other websites. Bonilla uses a primary work e-mail but creates secondary e-mail accounts for mailing lists and profile-protected websites to help avoid spam or phishing attempts.

He warns not to use secondary e-mail accounts to sign up for things like social media sites or applications with companies or people who may share your information with third-party sites.

### 2. Remove unused social networks and mobile apps

Social media sites possess a wealth of personal information that can be stolen without proper security measures in place. Unused or old accounts should be deactivated and personal information should be removed.

Additionally, Bonilla encourages mobile users to delete apps they do not frequent from their smartphones, as these often collect and share data. Make sure to check the security settings before installing apps. If they require access to contacts, locations or other data, decide if the app is worth sharing that information.

### 3. Manage financial accounts

Similar to social media accounts, Americans should remove financial information from online vendor accounts. If you do not frequent an online retailer, Bonilla says to check out as a guest to reduce the number of websites that store your financial information.

While many companies have fraud and security settings in place, data can be at risk if a company experiences a breach. Using more-secure payment options like PayPal can also help keep your data secure.

These steps can help limit data breaches, but Bonilla said that Americans must be aware that any data shared online could be stolen.

“We can never truly remove content about us that is available online, nor can we fully prevent criminals from attempting to breach our data,” Bonilla said. “Consider limiting the amount of personal info you share online. The less information available, the

safer you can be.”

*\*This poll was conducted from May 25–30, 2017, among a national sample of 1991 registered voters. The interviews were conducted online and the data were weighted to approximate a target sample of registered voters based on age, race/ethnicity, gender, educational attainment, and region. Results from the full survey have a margin of error of plus or minus 2 percentage points.*

# Make The Most Of A Staycation

(NAPSI)—For a great vacation experience, travel is not required—you can make priceless family memories with a staycation.

Staying at home saves time and budget for busy families. There are many ways to be a “local tourist” and enjoy an entertaining staycation that’s healthy and active.

Dr. Sonali Ruder, spokesperson for the Blueberry Council (aka the Foodie Physician), offers this advice on crafting a staycation to remember: “Spending time together and keeping kids’ minds and bodies going are important for a meaningful staycation. It can be as simple as taking walks or going to the playground. Bad weather? Get crafty with an art project. Put your devices away and play a trivia game that gets you thinking during dinner. And, of course, get kids in the kitchen to be your little sous chefs. It’s fun for them, but they can also practice their math and motor skills and learn about healthy eating.”

Savvy parents use all the tools at their disposal to keep kids busy and entertained during vacation season, and blueberries are here to help. They’re available—fresh or frozen—year-round. No muss, no fuss—just rinse and go. You can buy them by the boxful and eat them by the handful.

### Ideas for Staycation Fun

Get the kids off the couch and into some entertaining activities.

Start your day by tossing blueberries into your oatmeal, or make a batch of Dr. Ruder’s Blueberry French Toast Muffins.

Invent your own scavenger hunt, indoors or outdoors.

Practice counting or making shapes with blueberries.

Explore “free days” at nearby museums.

Whip up blueberry lemonade for an afternoon tea party.

Picnic in the park or backyard with a basket of blueberries and healthy goodies.

Assemble pizzas on whole-grain English muffins—kids’ choice of toppings!

### Blueberry French Toast Muffins

Serves 12

4 large eggs

1 cup milk, any type

3 tablespoons pure maple syrup

1 teaspoon cinnamon

2 teaspoons vanilla

12 ounces whole grain bread, cut into small pieces (about 6 cups)

1 cup fresh or frozen blueberries

Optional toppings: maple syrup, powdered sugar

Preheat oven to 350° F. Whisk the eggs, milk, maple syrup, cinnamon and vanilla together in a large bowl. Add the bread and stir to combine well. Fold in the blueberries. Spray a 12-cup muffin pan with cooking spray. Spoon equal portions of the bread mixture into the muffin pan, filling the wells almost all the way to the top. Bake in the oven for 20–25 minutes until muffins are puffed up and cooked through. Remove from oven and cool. Serve muffins plain or top them with a little bit of maple syrup or powdered sugar.

Blueberries are amazingly versatile and taste great on their own or in baked goods, kid-friendly blueberry slushies, or parent-ready blueberry bourbon sours. They complement a variety of flavors, cuisines and dishes.

### The Healthy Part

Blueberries contain just 80 calories per cup, Dr. Ruder adds. They’re a good source of dietary fiber so you feel full longer, and they aid in digestion. They’re also a good source of vitamin C, which boosts the immune system and helps protect cells from damage caused by free radicals, and manganese, which helps process cholesterol and nutrients. Blueberries are also low in sodium and contain virtually no fat

# What To Do About Ducts

(NAPSI)—If your home is like most, it’s got a dirty little secret: your air ducts.

Through normal occupation, houses pick up an awful lot of contaminants and air pollutants, such as dander, dust and chemicals. These get pulled into the HVAC system and recirculated five to seven times a day, on average. Over time, this causes a buildup of contaminants in the ductwork.

While dirty ducts don’t necessarily mean unhealthy air, they can contribute to health issues, especially for people with respiratory health conditions, autoimmune disorders or allergies.

The National Air Duct Cleaners Association (NADCA) has a rule of thumb: “If your air ducts look dirty, they probably are,” and that dirty HVAC systems should be inspected by a reputable, certified HVAC professional.

That can not only help you breathe easier, it could save you money. When an HVAC system is clean, it doesn’t have to work as hard to maintain the temperature you desire. As a result, less energy is used, leading to improved cost effectiveness.

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## AG Bondi's Weekly Briefing



President Donald J. Trump, this week, announced a sweeping new initiative to combat the national opioid crisis claiming thousands of lives across our country and in Florida. The nationwide plan will help stop the influx of dangerous drugs, treat addiction, raise awareness and upend the spread of this deadly epidemic.

This comprehensive approach addresses major factors fueling the opioid crisis—overprescribing, illicit drug

supplies and limited access to prevention and recovery services. Reducing the supply of deadly opioids is a key component of the plan, with President Trump calling for increased drug interdiction efforts at land borders, ports of entry and water ways.

Stopping overprescribing is another crucial component in this nationwide effort. The President is committed to reducing opioid prescription fills nationwide by a third over the next three years. He is also supporting the research and development of innovative technologies designed to prevent addiction and decrease the use of opioids in pain management.

Finally, the President's plan will help Americans struggling with addiction. It calls for expanding access to evidence-based addiction treatments, increasing services for veterans fighting addiction and expanding drug courts to offer offenders treatment instead of prison, when appropriate.

As a member of the President's Commission on Combating Drug Addiction and the Opioid Crisis, I am pleased with the role we played in developing this nationwide initiative. This approach shows compassion for families hit by the crisis and zero-tolerance for those profiting from the death and destruction it causes.

I want to thank President Trump for his leadership combating the opioid crisis. Working together we can fight this epidemic and save lives across this great country.

## SNAP/EBT Fraud Investigation

### Dozens Arrested in Massive Multi-Million Dollar SNAP/EBT Fraud Investigation

TALLAHASSEE, Fla.—Attorney General Pam Bondi's Office of Statewide Prosecution joined the Jacksonville Sheriff's Office, the U.S. Department of Agriculture, the U.S. Secret Service, and other federal authorities in announcing the end of a lengthy investigation involving five million dollars in benefits fraud.

"Food stamp trafficking steals from Florida's hardworking taxpayers," said Attorney General Pam Bondi. "The SNAP/EBT program is designed to provide services to the most vulnerable among us and for anyone to take advantage of this system is shameful. I want to thank local and federal authorities for putting an end to this scheme and look forward to my Office of Statewide Prosecution holding these defendants accountable in a court of law."

The investigation focused on fraudulent transactions involving the Supplemental Nutritional Assistance Program and Electronic Benefits Transfer cards, commonly known as the SNAP/EBT throughout the Jacksonville area.

Many of these fraudulent transactions occurred when individuals took advantage of taxpayers and Floridians entitled to benefits offered by SNAP/EBT. The defendants allegedly traded personal benefit cards from beneficiaries to make phony food purchases or went through a middleman ultimately swapping benefits for cash at a

rate of 50 cents on the dollar. These fraudulent transactions occurred at fictitious seafood and meat shops established as part of the undercover operation. The Attorney General's Office of Statewide Prosecution will prosecute more than 115 felony cases relating to this massive investigation.

Throughout the investigation, law enforcement conducted multiple undercover operations and created fictitious businesses where the fraudulent transaction took place. During a six-month period, undercover detectives conducted approximately 390 undercover transactions at these business, meeting with more than 130 individuals. SNAP/EBT cards are explicitly required to be used strictly for the purchase of food. The SNAP program is USDA-funded and administered in Florida by the Florida Department of Children and Families. The program provides supplemental nutrition assistance to vulnerable populations, such as seniors, children and families in economic distress.

As a result of this investigation, more than 115 individuals have been charged with felonies and 61 others with misdemeanors. The following agencies also assisted in the investigation: the U.S. Drug Enforcement Agency, Homeland Security Investigators, Florida Fish and Wildlife, U.S. Attorney's Office and the Florida Department of Children and Families.

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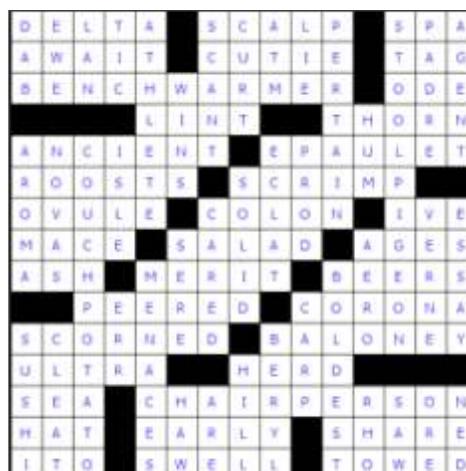
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