



## Governor DeSantis Endorses AARP

**Governor Ron DeSantis and AARP Announce Florida's Designation as an Age-Friendly State**

*Florida Becomes the Fourth State in the Nation to Join the AARP Network of Age-Friendly States and Communities*

**Tallahassee, Fla.** – Today, Governor Ron DeSantis joined American Association of Retired Persons (AARP) CEO Jo Ann Jenkins to announce that Florida has been designated an Age-Friendly State, making Florida the fourth state in the nation to join the AARP Network of Age-Friendly States and Communities. They were joined by Secretary of the Florida Department of Elder Affairs Richard Prudom and AARP Florida State Director Jeff Johnson.

“In Florida, we are taking tangible steps to make our state more livable for residents of all ages – especially our senior population,” said **Governor DeSantis**. “As our state continues to grow, we must ensure that we do all that we can to meet the needs of our residents. I am proud that Florida is leading by becoming the largest state to commit to this important effort.

“Florida joining the AARP Network of Age-Friendly States and Communities is a very significant step in the growing movement to make communities more livable, for people of all ages,” said **AARP CEO Jo Ann Jenkins**. “We want to thank Gov. DeSantis, Lt. Gov. Nunez and Elder Affairs Secretary Prudom for their

leadership on this important issue.”

“We are proud to receive the significant designation as an Age-Friendly State,” said **Florida Department of Elder Affairs Secretary Richard Prudom**. “Throughout the next decade, the population of older Floridians is expected to increase by nearly 40 percent, so it is essential that communities are prepared. Our efforts continue as we work to make Florida a place where we can all live and live well.”

“This designation opens the way for important partnerships in many parts of state, city and county government, and in the private sector, to make Florida an even better place to live for people of every age,” said **AARP Florida State Director Jeff Johnson**. “For the more than 8 million Floridians age 50-plus and the 2.8 million AARP members statewide, this is a big step forward.”

Florida's designation as an Age-Friendly State demonstrates Florida's commitment to building livable communities that enrich the lives of people of all ages. Member states develop and implement plans that address any or all of the eight Age-Friendly domains: Transportation, Housing, Public Spaces, Respect and Social Inclusion, Civic Participation and Employment, Social Participation, Community and Health Services, and Communication and Information.



Pictured are a few of the business representatives attending a business luncheon sponsored by the Lady Lake Chamber. It is called the “Nothing but Networking”. Bring door prizes and a friend. Call Sue Kelley RSVP 352-753-6029 and tell them Tom Loury sent you!

## Targeting Your Audience



At TomL Publishing we have 4 monthly Newspapers: two in Ocala (Ocala Downtown which covers Silver Springs Blvd & Seniors Voice of Ocala which covers HWY 200). In and near the Villages we have the Lady Lake Magazine which covers Lady Lake Villages & North of 466 we have Village Spectator covering where Lake & Sumter & Marion county come together.

Our Newspapers are print and thrown to the yards, but we are also online at TomLpublishing.com, VillageSpectator.com and OcalaDowntown.com, which are all mobile friendly. On the sites' Home page we have rotating banners and quick links to the latest news, events, columns. On the sites we also publish advertising rates and circulation. For our customers we will put your thirty second video on our Facebook free.

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The columns we have are Florida Senator Baxley, Gov Desantis, & Attorney General Moody in Tallahassee. Local contributors are Tony Powell's “As I See It!”, Tom Loury's Publisher's Notes. We also publish letters to the editor, schedule of upcoming events, local news and some Town Hall information.

The newspapers are free and if you go online you can subscribe free to get a digital version. We cover many Lady Lake Chamber Events. We support the Constitution and Support our Veterans. We support the March of Dimes / Marchforbabies.org.

Last but not least we believe that every person has the right to see their opinion in print.

Send me you opinion tloury@att.net  
TomL

**memorial DAY**  
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## AS I SEE IT

by A.J.(Tony) Powell

A wall or not a wall? That is (still) the question!

Another question is "Does a country, any country, have a 'Right-To-Exist'?"

Or you could ask, "Do the people of any country have a right to protect their way of life from invaders?"

The so-called 'Indians' of the Americas and the Caribbean had open, unprotected borders didn't they? How did uncontrolled 'immigration' work out for them? They lost their land, they lost their culture, they lost their language.

Why? Because they were unable to protect themselves against 'illegal invaders'!

I heard a (legal USA immigrant) student from India on Public Radio claim that "Immigration is a Human Right." Meaning that, every human in the world should be able to go anywhere they choose, with no control or protection for the people they are 'invading'.

I remember President Donald Trump saying "Israel has a wall. But everyone said walls don't work"

As I see it, as much as any country in the world, Israel has to defend its borders against terrorists, smugglers and illegal immigrants. So, is the border wall in Israel working or not? Fact is that over 90% of that construction is not a concrete wall at all. There are different 'barriers' for different problems. Mostly double chain link fencing with sophisticated electronic sensors

In the USA most television, newspapers and magazine focus on the self-inflicted

hardships suffered by these uninvited invaders from central and south America. But, at the same time, they support Israel's self-protection of their so-called Jewish State.

Even the liberals in Israel support border protection. It was former Labor Party chairman, Isaac Herzog, who opined that, with the wall: "Once there is less terrorism there is more ability to talk."

More recently, Israel's' border defenses are being modified with sensors to detect the invaders tunnels.

The USA has the same problem with the Mexican drug cartels who use similar cross-border tunnels for smuggling people, drugs and 'who-knows-what-else?'

The 250-mile security barrier on Israel's' southern border compares to the USA-Mexico situation. That is:- Stop illegals!

Apparently these invaders of Israel are mostly Muslims.

The question to be answered is "Has the 'wall' worked?"

Fact is Israeli security used to apprehend hundreds of 'illegals' every month. But, as recently as 2016 the number was down to 11 for the whole year!

That sounds like success to me!

Israel has shown the world how to build a wall/barrier quickly, effectively and affordably.

So, if the Israeli 'wall' has proven to be almost 100 percent effective why would the USA not do the same?

'til next time....

## Gov DeSantis Signs 10 Bills

Tallahassee, Fla. – Today, Governor Ron DeSantis signed the following bills:

- CS/CS/SB 96 – Police, Fire, and Search and Rescue Dogs and Police Horses
- CS/SB 124 – Dependent Children
- CS/SB 184 – Aging Programs
- CS/CS/CS/SB 248 – Public Records/Civilian Personnel Employed by a Law Enforcement Agency
- CS/SB 7006 – Uniform Interstate

Depositions and Discovery Act

- CS/SB 7012 – Vaping
- CS/SB 7014 – Government Accountability
- SB 7034 – OGSR/Automated License Plate Recognition System
- SB 7036 – OGSR/Payment of Toll on Toll Facilities/Identifying Information
- SB 7060 – Termination of the Working Capital Trust Fund within the Department of Highway Safety and



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Florida State Senate

## DENNIS K. BAXLEY



Friends,  
Just a few weeks ago, a pro-life, pro-veteran press conference with the Freedom Speaks Coalition and Phyllis Schlafly Constitution Center was held on the 4th floor of the Capitol in Tallahassee. At the center of the discussion were two bills filed by your Senator and Representative Mike Hill of Pensacola. The first bill is one that

wrote about last week, the Heartbeat Bill, and the other was a veteran's monuments and memorials protection bill. You may think that it was a strange choice to highlight these two bills together, considering that they address two very different issues. They do, however, address key foundations of American culture that are extremely important.  
At this press conference, I shared my deep



concern of the radical globalist push to dismantle anything representing American ideals and culture. For them, what better place to start than with our history and the history of our ancestors. While far from perfect, our ancestors do not deserve to be demonized or have their memorials desecrated because a university student might feel offended. I do not wish to hide their faults, but I do not want us to go down this road because none of us lived in the time of those who came before us.

As discussed in my last column, the globalist, socialist agenda has now taken an even more extreme position on the issue of life itself. It isn't enough to abort a child in the womb, now, some have begun

suggesting that a woman should have the right to decide they want to keep their child after the doctor has delivered the child.

These viewpoints are the symptoms of a group of people that have lost the "why" in their life. Why do we honor our ancestors and be grateful for the role they played in giving us life? Why do we protect innocent life? Because of the fundamental principles that have been the bedrock of this nation since our founding fathers affirmed (through our U.S. Constitution) that our creator endowed our rights and that we will be a nation under God.

We have begun to see what happens to a country that loses its purpose and ideals that made it so great, in the first place. Suddenly, no one knows which bathroom they belong in and that desecrating a stone statue of someone's ancestor is not helpful and does nothing to change the past. Yes, even our mothers and fathers are opting to extinguish the life of their own offspring, rather than accept the great responsibility that they have received, as a result of their actions.

My friends, that is why I'm here. I wake every morning and wonder what kind of America I'm leaving to my five children and eight grandchildren. Thank you for allowing me to serve you, and for giving me that responsibility to protect faith, family, freedom, opportunity and even life itself.

Onward & Upward,  
Senator 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



For some reason we are getting everything backward. Is it Politics??? Let's put everyone we don't like under oath and ask questions and see if they incriminate anyone, then they scare them with prison time, and offer them immunity to turn on others they want to imprison.

"In this country, if you cheat to get into college you go to jail. But if you cheat to get into this country, you go to college for free. Make sense?"

Instead of investigating a crime we swear people into the Grand Jury and ask them gotcha questions. We try to create a crime. If they lie they go to jail, if they do not find anything they investigate their spouses and their children. In this country we are supposed to be innocent until proven guilty. In case of investigating the President and many others, they have it backwards. For some reason Congress thinks they have the

authority to demand to see what they had not been privileged to see in the past.

Attorney General Barr was a standup guy until he said NO COLLUSION and NO OBSTRUCTION that broke laws for showing intent? Where will this stop? No President in history has had to endure what the current President has endured. One person remarked on TV "Not only have you wasted all that money, but you have weaponized the TV stations. They make money reporting lies. You have wasted the Tax Payer's time and money. Personally I think the people that broke the law are trying to keep in a defensive mode to slow down the investigation of crimes they committed

Are you wondering why there are as many candidates announcing as did? There is a lot of money in Campaigns. Do you see the number these unknown candidates are raising? I wonder why and how they do that and who do they have to do favors for? Most of Congress are millionaires. Do you really believe they are going to tax the rich and

give up their bankroll? If you do I have a bridge I want to sell you.

I could not stay for the Queen and King of the Rainbow but I attended the little Mister and Miss contestants of Little King and Queen of the Rainbow. They were cute and the proud Moms, Dads, Grandmas and Grandpas had big smiles on their faces. I enjoyed watching the crowd's expressions. The children were priceless! If I were Judge I would have chosen different than they did but so would half the people attending.

A lot went on this month in my world. My wife was injured in a bad fall, doing extensive damage to her teeth, \$1700 worth. Second the transmission on my truck went out. We had a coyote attack a miniature horse one night. While in the waiting room with my wife I caught the bug and was down for at least a week. So I won't forget April 2019 for a while.

We have a customer running in our Ocala papers. We welcome Columbia Bank & Felicia Judge to our list of advertisers. The bank says they are an old fashion bank with all the new technology. Thanks for being a valued customer. I can never stop thanking Bob and the people from Bob's Coin and Jewelry for advertising. Walt from Walt's Brake has been a valued friend for a number of years and advertises monthly and many more. I have to mention Kevin Sheilley CEP and Senator Dennis Baxley for writing their columns. These guys bring you a lot of good information.

## Death Warrant

### Death Warrant for Robert Joseph Long

The attached letter was transmitted on April 23, 2019 to Warden Barry Reddish of Florida State Prison, pertaining to Robert Joseph Long, who was sentenced to death for the 1984 murder of Michelle Simms.

On or about May 27, 1984, Long approached Simms, and she entered his car. Long drove Simms to a remote location, forced her to undress at knife point, and tied her to the car seat. Long then raped Simms and attempted to strangle her. When his attempts failed, he hit her head with a club

and pushed her from the car. Long slit her throat and left her on the side of the road to die. Deputies from the Hillsborough County Sheriff's Office found Simms's nude body. Her face was bloodied, her hands and body were tied, and she suffered rope burns on her neck and chin. Fibers located near her body matched fibers found in Long's car.

Long confessed to murdering Simms after he was apprehended for the kidnapping and sexual battery of Lisa McVey in November 1984. In addition to confessing to Simms's murder, Long admitted to killing eight other women in Hillsborough and Pasco Counties. He also claimed to have raped approximately 40 women in three different states. Long eventually pled guilty to eight homicides, and he received a sentence of death for murdering Simms.

The execution date has been set for Thursday, May 23, 2019, at 6:00 PM EST.

## A Dose Of Vitamin N(ature)



### Ten Easy Ways To Get A Dose Of Vitamin N(ature) In Just Ten Minutes

(NAPSI)—A growing body of scientific evidence proves getting outside (i.e., being an "outsider") is good for our health and well-being. Exploring and appreciating nature—in our own backyards, community parks and school yards—reduces stress, improves memory, boosts heart health, and

*Continued page 13*

## Newspaper Deadlines

*Editorial & Ad Copy for June*

**Seniors Voice & Ocala DownTown**

**12am, May 22nd**

**Lady Lake Magazine & Village Spectator**

**12am, May 29th**

## Lady Lake Magazine/Village Spectator

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# Lawyers Assisting Warriors

## Governor DeSantis Announces Lawyers Assisting Warriors

**Eglin AFB, Fla.** – Today, Governor Ron DeSantis announced the **Governor's Initiative on Lawyers Assisting Warriors (GI LAW)**, an initiative to leverage the talent of Florida's leading law firms to provide pro bono services to military members.

Joined by Florida Department of Veterans' Affairs Executive Director Danny Burgess, Enterprise Florida President and CEO Jamal Sowell, U.S Coast Guard Chief of Legal Assistance Chris Dunne and several of the state's most prominent legal professionals, Governor DeSantis unveiled the new program as well as its leadership.

To spearhead the initiative, the Governor announced Chuck Faircloth, General Counsel of the Florida Department of Veterans' Affairs, will serve as Executive Director. Steering Committee members include: Major General James O. Eifert, Adjutant General of the Florida National Guard, Danny Burgess, Executive Director of the Florida Department of Veterans Affairs', Bruce Grant, Vice President of Military and Defense Programs at Enterprise Florida, partners from Greenberg Traurig, partners from Holland & Knight, partners from Shutts & Bowen and partners from the Gunster law firm.

"I'm proud to be able to lead this remarkable effort to provide our active duty service members free legal services from some of the best law firms in our state," **said Governor Ron DeSantis.** "This is a big win for our service members and our military here in Florida and I commend all those involved for their commitment to our military."

"I am honored to have been named as one of the steering committee members for Gov. DeSantis' new initiative to provide service members pro bono legal services," **said Major General James Eifert.** "This program is simply one example of the Governor's commitment to military issues, and I am confident that it will provide an invaluable service to our Florida servicemembers."

Through GI LAW, our state's men and women in uniform will receive free legal counsel in a variety of civil manners, including actions in local courts. Participating attorneys will dedicate time and expertise to ensure prompt and fair resolution of the legal matters of our service men and women. The Governor also announced GI LAW has secured the commitment of four of Florida's top law firms: Greenberg Traurig, Holland & Knight, Shutts & Bowen and Gunster.

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## A Sweet And Savory Side

(NAPSI)—Here's a delicious twist on an old favorite: creamy, cheesy, scalloped sweet potatoes, an easy-to-make casserole that will wow everyone at the table. High in fiber and loaded with vitamins and minerals, California sweet potatoes add just a hint of sweetness to this rich and savory dish. Serve it next to your Easter ham, your Thanksgiving turkey or with a store-bought roasted chicken on a regular old Wednesday night. Deliciously indulgent, it'll be your new favorite side dish.

### Creamy, Cheesy, Scalloped Sweet Potatoes

*Serves 8 to 10*

**1½ pounds each orange-fleshed and yellow/white-fleshed sweet potatoes, peeled and cut into ¼-inch-thick slices, divided**

**2 cups shredded Gruyère cheese, divided**

**2½ cups heavy cream**  
**2 tablespoons chopped fresh thyme**  
**1 ½ teaspoons each salt and pepper**  
**1 teaspoon dry mustard**  
**½ teaspoon ground nutmeg**  
**¼ teaspoon each garlic and onion powder**

Preheat oven to 400° F. Oil 9-by-13-inch baking pan or 2½- to 3-quart casserole dish. Layer half of sweet potatoes in dish, mixing colors. Sprinkle with half of cheese. Add remaining sweet potatoes and set aside. In small saucepan over medium-high heat, combine cream with herbs and spices. Cook until bubbles appear at edges of saucepan. Pour cream mixture over sweet potatoes. Sprinkle with remaining cheese, cover loosely and bake until almost tender, about 45 minutes. Uncover and continue baking until tender, about 15 minutes.



# 29,000 Hospital Deaths Each Year

## Pressure Ulcers Cost U.S. Healthcare \$10.2 Billion and Contribute to Nearly 29,000 Hospital Deaths Each Year

*But new technology can dramatically curb the pressure ulcer pandemic by Margaret Doucette, D.O.*

(NAPSI)—American healthcare, renowned for pioneering new technology to save lives, has all but ignored one of the most costly and deadly Hospital-Acquired Conditions (HACs), which the federal government defines as preventable patient injuries.

While the number of other HACs has decreased by 8 percent, pressure ulcers have been resistant to improvement efforts. They continue to grow by 10 percent annually.

Pressure ulcers are both costly and deadly.

The U.S. Agency for Healthcare Research and Quality (AHRQ) reports that pressure ulcers add \$10.2 billion to U.S. healthcare costs. As the chart above shows, pressure ulcers are associated with more than 45 percent of the nation's 63,619 HAC-related deaths and are the leading contributor to HAC-related deaths.

### Costly, deadly problem

Averaging the impact among the nation's 5,534 hospitals means that each will treat more than 127 pressure ulcers, write off

more than \$1.8 million in unreimbursed treatment costs and see more than five pressure ulcer patients die every year.

Medicine has wrestled with the problem of pressure ulcers for generations. Their prevention relies on physically moving or turning a patient at frequent intervals to relieve pressure on different parts of the body. Unfortunately, turning a patient can slip on the priority list of busy hospital staff.

Technology that monitors patient movement and notifies nurses when a patient needs to be turned exists and is available throughout the United States. Dozens of studies presented in public medical forums demonstrate that a wearable patient-monitoring technology helps hospitals prevent pressure ulcers, reduce their medical costs and save lives. These studies all monitored patients at risk for pressure ulcers using the Leaf Patient Monitoring System, the only system on the market designed exclusively to help providers prevent pressure ulcers.

One randomized trial of more than 1,200 patients at a large California academic medical center concluded that the pressure ulcer incidence rate was 74 percent lower among patients monitored by the wearable monitoring system.

### Tech can save lives, money

Applying the same rate of reduction to the national problem, the deployment of wearable technology could save more than 21,000 lives and nearly \$7.5 billion in unreimbursed healthcare costs each year. For the average hospital, that would mean \$1.36 million in annual savings.

Technology can help our understaffed clinical teams reduce the risk of very preventable pressure ulcers. For the sake of our patients' well-being—and our healthcare institutions' financial stability—we need to seriously consider the benefits new technology can provide.

*Margaret Doucette, D.O. is chief of Physical Medicine and Rehabilitation at the Boise VA Medical Center, where she oversees wound prevention and care efforts. The founder and former medical director of the Elks/St. Luke's Wound Care Center and a co-founder of the Idaho Pressure Ulcer Prevention Coalition, Dr. Doucette has been instrumental in developing wound care programs across the continuum of care in Idaho. She is published and presents nationally and internationally. She is adjunct faculty at several universities and a clinical associate professor at the University of Washington.*

Hospital-Acquired Condition (HAC)	Total number in 2016	Excess mortality rate (95% CI)	Estimated HAC-related deaths / year	% of total HAC-related deaths / year
Pressure Ulcers / Injuries	704,906	0.041	28,901	45.4
Falls	218,399	0.05	10,920	17.2
Adverse Drug Effects	845,400	0.012	10,145	15.9
Catheter-Associated Urinary Tract Infections	175,032	0.036	6,301	9.9
Ventilator-Associated Pneumonia	24,194	0.14	3,387	5.3
Surgical Site Infections	73,212	0.026	1,904	3.0
Central Line Associated Blood Stream Infections	5,848	0.15	877	1.4
(Post-Op) Venous Thromboembolisms	20,103	0.043	864	1.4
OB Adverse Events	64,077	0.005	320	0.05



## Veterans Advantage

Military Veterans, Service Men, and Service Women are heroes in this country and deserve more than a salute for their bravery — wouldn't you agree? Several companies in the United States show how thankful they are for Veterans and Active Duty service members in the form of discounts and rebates. There are even federal programs available just for you that many Veterans don't know about.

There are a wide variety of companies, such as restaurants, retail stores, etc., who offer special discounts to Veterans and Active Duty Military Members year round. We've compiled a list of 16 discounts you should be taking advantage of if you're not already.

More than 21 million Veterans and Service Members live in the United States today. Sadly, only about 6% of them have purchased a home using a VA loan in the past five years, and even fewer have refinanced. Those percentages should be WAY higher. A lot of Veterans don't use the VA home loan and instead get more expensive traditional loans. For most, that's a very costly mistake. Still unknown to many, this brilliant government program could save millions of Veterans like you and help you save \$42,000.

For other Veteran homeowners, the VA refinance allows you to get rid of mortgage insurance, drop your rate, or even turn home equity into cash. The official VA Survey tells you in under two minutes if you qualify. These programs are completely free to see if you're eligible.

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## FairTax Chairman's Report

FairTax Chairman's Report - April 26, 2019

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

THE OPPORTUNITY ZONE--HOW THE SWAMP BRIBES THE WEALTHY

The 2017 Tax Cut and Jobs Act created opportunity zone investments and tax benefits for those investing in them. While this sounds good—use the income tax code

to help bring investments to needy areas-- it is really designed to bribe higher income people.

This [information](#) is provided by the IRS:

- An Opportunity Zone is an economically-distressed community where new investments, under certain conditions, may be eligible for preferential tax treatment. Localities qualify as Opportunity Zones if they have been nominated for that designation by the state and that nomination has been certified by the Secretary of the U.S. Treasury via his delegation of authority to the Internal Revenue Service.
- Opportunity Zones are designed to spur economic development and job creation in distressed communities.
- Opportunity Zones provide tax benefits to investors. First, investors can defer tax on any prior gains invested in a Qualified Opportunity Fund (QOF) until the earlier of the date on which the investment in a QOF is sold or exchanged, or December 31, 2026. If the QOF investment is held for longer than 5 years, there is a 10% exclusion of the deferred gain. If held for more than 7 years, the 10% becomes 15%. Second, if the investor holds the investment in the Opportunity Fund for at least ten years, the investor is eligible for an increase in basis of the QOF investment equal to its fair market value on the date that the QOF investment is sold or exchanged.

WHO INVESTS IN OPPORTUNITY ZONES AND WHAT DO THEY RECEIVE?

The question to ask when you look at gifts from the Swamp and their allies in Congress, like the opportunity zone legislation, is, "Who benefits?" This is an easy answer.

The people who benefit are the people who have made sales of assets and have capital gains. For example, a person selling Apple stock in April of 2019 and receiving a \$10 million capital gain will ordinarily owe approximately \$2 million in U.S. capital gains tax. Then the person will have \$8 million to reinvest.

This same person can invest the \$10 million in an opportunity zone property in May of 2019 has these results...



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## Classic Egg Salad Sandwich

(NAPSI)—We all know the real star of the Easter season. No, not the Easter bunny—it's eggs! In fact, in 2018 there were 242 million dozen eggs sold during Easter; that's 2.9 billion eggs eaten during the Easter season alone!

But what happens to all those beautifully decorated eggs after Easter? It would be a shame to let them go to waste! Leftover hard-boiled Easter eggs are delicious and nutritious—and they're perfect for celebrating National Egg Salad Week, April 22–April 28!

This was top of mind at one of the biggest Easter traditions in America—the White House Easter Egg Roll! This year, out of 74,000 eggs donated by America's egg farmers for the annual event, 10,000 unused eggs were donated to local Washington, D.C. food banks, allowing more families to enjoy National Egg Salad Week!

So, go ahead and turn the fruits of your Easter labor into some delicious, creamy egg salad this week! But remember: think safety first! While all your decorated hard-boiled eggs are of course beautiful, eat only those that were colored with food-safe decorating materials. And, after the egg hunt ends, throw out any eggs that are cracked or have been out at room temperature for more than two hours.

### Ingredients:

- o 6 HARD-BOILED EGGS, peeled
- o 1 Tbsp. lemon juice
- o ¼ cup mayonnaise
- o 1 Tbsp. yellow mustard
- o ¼ tsp. salt
- o ¼ tsp. pepper
- o ½ cup finely chopped celery
- o ¼ cup thinly sliced green onions
- o 8 slices rustic wheat bread
- o 4 lettuce leaves

### Directions:

- 1. CHOP eggs.
- 2. MIX lemon juice, mayonnaise, mustard, salt and pepper in medium bowl.
- 3. ADD chopped eggs, celery and green onions; mix well.
- 4. REFRIGERATE, covered to blend flavors.
- 5. SERVE on wheat bread with

Keep this recipe for next year!



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## Outbreak of Hepatitis A

### Outbreak of Hepatitis A in Marion County

Christy Jergens, APR

There has been an outbreak of hepatitis A in our state, and Marion County has now seen 54 cases of the virus just this year. This makes us fifth in the state for the number of hepatitis A cases that we have seen.

Vaccination is the best form of prevention for this virus, so to help fight the spread of hepatitis A, we are encouraging people who are at risk and anyone who would want to be protected from hepatitis A to get the hepatitis A vaccination. Attached please find several promotional materials for the free hepatitis A vaccination event we are holding on Saturday, April 27, along with a general social media graphic promoting hepatitis A vaccination. I've also included a press release we sent out on April 1 for reference/background.

We are asking our community and media partners to share some of this content if possible in hopes to increase the overall vaccination rate of people in our community to ultimately help turn the tide in the local number of hepatitis A cases. Please let me know if you are able to share any of this content with your staff, clients/audiences, or social media followers. You can find additional information about hepatitis A in Florida by visiting [FloridaHealth.gov/HepA](http://FloridaHealth.gov/HepA).

Christy Jergens, APR, Public Information Officer, Florida Department of Health in Marion County

## Revitalize Your Vehicle



(NAPSI)—April is Car Care Month—bringing attention to the importance of preventative car maintenance. It's the perfect time for you and your mechanic to perform a checkup on your vehicle after snow, rain and cooler temperatures have taken their toll.

### Change Oil, Fluids and Air Filter

Professional mechanics recommend changing your oil every 5,000–10,000 miles to keep the engine running smoothly. Check the owner's manual for instructions before you get started.

Mechanics also recommend replacing your vehicle's air filter at least once a year. Check your vehicle's instruction manual to locate the filter, open its case and review how it's positioned. Remove the old air filter and insert the new one in the same position, before closing the metal clips.

If you don't feel comfortable changing your own oil and air filter, your mechanic can change them for you. While you're there, also have your power steering, brake, transmission and windshield washer fluid levels checked.

### Fix Windshield Wipers

Faulty windshield wipers can be dangerous during spring rainstorms. The good news is you can easily replace them on your own! Lift the wiper arm away from the windshield, press the small tab on its underside and slide the blade off the arm before attaching a new blade.

### Replace Headlights

Hazy headlights are not only an eyesore but decrease your visibility at night. Open your engine compartment, remove the headlight's power wires and disconnect the

old bulb. Handle the new bulb with tissues or gloves, before reinstalling and reconnecting the wires.

When you're finished with these tasks, you'll need more than the traditional hand soap to clean up. Lava<sup>®</sup> Soap has the power of the pumice to quickly break through the toughest grease and grime while leaving your hands moisturized!



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Nothing But Networking is a great event. Business people meet other business people to discuss what they do. Often they do business with each other or pass on the information to others that might do business with you. It's a great event hosted by the Chamber almost every month at a great

restaurant. Lately there has been over fifty attending and once in a while the one hundred mark will be broke. This Nothing But Networking was held at Texas Road House Grill and will be held there again on May 2nd 11:30. Call Sue Kelley to RSVP at 352-753-6029. Tell her Tom sent you!

**N**  
**Nothing  
But  
Networking**





ONE PERSON'S OPINION

LETTERS TO THE EDITOR

Letter to the editor

To destroy the Constitutional Republic socialist Democrats are using the Cloward/Piven Plan to overwhelm the economic system with impossible demands resulting in the collapse of government. They would then replace capitalism with a socialist/communist system as they have done in other areas of the world which has led to over 120 million deaths in the 20<sup>th</sup> century.

Some of their proposals are unlimited immigration, free college, free health care for everyone including illegals, guaranteed income and the elimination of fossil fuels. This would overwhelm the system and bring about the fall of [capitalism](#) by overloading the government with impossible demands, initiating economic collapse as it has in Venezuela and many other countries.

Tragically they have been very successful. According to recent studies 58% of millennials now prefer socialism!

RD

Dear Editor:

With freedom comes a corresponding responsibility. Citizens do not want the responsibility, and when the government takes over that responsibility, citizens relinquish the responsibilities gladly, without a whimper. They applaud it. OH, they make it so easy for me, without ever realizing what is going on. Power luster's are masters at getting you to relinquish your freedom. Inch by inch.

John Dewey told you they plan to keep you dumbed down through the education system, and you still applaud it. You keep demanding more money for education. When there is an alternative. Seek knowledge on your own. It is there in libraries and bookstores. But this is not a priority for citizens. They will listen and agree if you inform them, but they are too busy to try to acquire knowledge on their own. It is just not a priority. Corrupt governments are just too great a force to counterpunch and win. Citizens have no power or money, or sense of urgency, until enslavement becomes a reality. Power

luster's flock into bureaucracies, and they are satisfied with nothing less than complete power. Do you get the no airplanes, no cars, no meat, no anything else they decide. Are you willing to stand by and say and do nothing?

If you think life is difficult now, wait until they finish their takeover. There are books out there where they tell you how life will be structured, and they mean it. Trouble is you choose not to be forewarned and act to prevent what lies ahead.

Is this just another scare monger trying to frighten you. No this is the result of 50 years of reading more than 4000 nonfiction books, and participating in community outreach programs.

The earth is composed of two classes of people : Power Luster's, the superior people who are qualified to run the planet and everything on it, and the dunces who are to be utilized as beasts of burden to do their bidding, and a third group who tries to overcome these constrictions, but never seem to achieve that goal. The power luste'rs win, even now we are failing to recognize who these people are. It is so blatantly clear who they are and we fail to see these greedy monsters, to our detriment. Their greed is as much for power, or possibly even more for power, than it is for money.

Are you willing to lose your freedom for the promise of free stuff? Realize this is just a promise, when they attain complete power, the narrative, and reality will change, and then is too late to wake up. No one gives up power once they have it. That is why the creation of America was such a phenomenal event.

Once freedom is gone your goose is cooked. Happy free stuff.

D.I.L.

Letter to the editor

Don't you think it is ironic that people whose development is stranded in the 7<sup>th</sup> century are trying to force people, who have been making progress for the past 1400 hundred years, how they must live their lives.? The retarded, those with arrested development are the smart people. How do

you justify that? Why have humans wasted all that time and energy looking for better ways to live on this planet? Why is it called progress?

The battle is between progress and barbarism. We still have a great distance to travel. This is the age of greed and corruption. Boomer Boobs, Gen x'ers, and E.H. {empty Heads, formally known as Millennial's} have ushered in the era of selfishness and indolence. They want it all for free. John Dewey's agenda has been successful beyond his wildest dreams. These groups have been so successfully brainwashed, and propagandized, Dewey gets an A+++.

Two groups are vying for control of the planet. The Globalists , and the Islamists. However, a few can see the course they are trying fo force history to take and are resisting. Have you decided what your choice will be? Have you made a choice which world you want to live in? A sane world, a barbaric world, or an enslaved world? Those are your choices. Stand up and be counted now, or live with the consequences of your indolence.

The world is bigger than just your personal tiny little circle, but the bigger world does affect your life. You can ignore or deny it at your peril. Like it or not you will be caught in the whirlpool of what occurs.

The human brain needs more study. When humans have striven for thousands of years to achieve Freedom, and then are willing to see it taken away for few baubles, the brain needs an overhaul, scrutiny. I will die; soon, you will suffer if you let this happen. Your choice.

D.I.L.

## Age Healthier Five Tips

(NAPSI)—As your wisdom grows with age, so can the number of pill bottles in your medicine cabinet. For those “young-at-heart” seniors, sticking to healthy habits is the key to aging well. With some simple steps, you can keep a healthy routine that also gives you more time to do the things you love. Joe Koren, pharmacy manager at Walgreens, shares his top five tips for managing your health with a busy schedule:

### 1. Consult the experts

You know to go for regular checkups with your general practitioner, but don't forget that pharmacists can also be accessible experts to answer questions about your health. In fact, your pharmacist is a licensed professional who provides different health care services including immunizations and can help you understand why and how to take your medications to support effective treatment. Some pharmacies offer extended hours, and 24-hour chat with pharmacy staff is available whenever you need it. Many locations also have health care clinics to treat minor injuries and illness, which can be a convenient and cost-efficient alternative to a doctor's visit.

### 2. Let your smartphone help you

With a packed list of to-dos, friends to meet and grandchildren to watch, medication routines can easily slip the mind. Luckily, your mobile phone is a helpful tool to keep track of your medications, right in the palm of your hand. For example, the Walgreens app can help you set daily pill reminder notifications, so you never miss a dose. You can also find close-by health care providers and arrange a video call for a face-to-face consultation with a physician or specialist through the app. If using your smartphone comes with its challenges, ask one of the pharmacy staff or a family member to help set it up for you.

### 3. Simplify your prescription refills

Multiple prescriptions can mean multiple trips to the pharmacy each month. A trained pharmacist can recommend convenient refill options such as aligning multiple refill trips to one single date, switching to 90-day refills or having eligible prescriptions sent directly to your home. All these services can make it easier to stay on your medication schedule and help save time.

### 4. Find perks in your Medicare D plan

So you've signed up for your Medicare Part D plan, but are you using it to save money? Fortunately, many prescription drug plans include Walgreens in their preferred pharmacy network, which could mean a convenient way to lower your co-pays. A little bit of research into the right combination of plan, provider and pharmacy can go a long way to help you save money. Walgreens pharmacies even conduct senior days, giving you extra advice

Continued page 11

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## Attorney General Moody



We have reached the 100-day mark of our new administration. It has been an exciting, challenging first 100 days, but in this short period of time, our office achieved several major victories and implemented important changes to better protect Floridians.

While campaigning to serve as Florida's Attorney General, I made fighting the opioid crisis a top priority. From my first day in office, I fought for a Statewide Opioid Task Force to establish a formalized structure to meet this crisis head-on. I am proud to now chair the new [Statewide Task Force on Opioid Drug Abuse](#) and look forward to working through this task force to end this crisis.

Fighting fraud and protecting seniors is another major focus of our new administration. To accomplish this mission, we formed [Florida's new Senior Protection Team](#). Our team is comprised of leading experts from the Attorney General's Office

of Statewide Prosecution, Consumer Protection Division, Medicaid Fraud Control Unit and the Criminal Justice Programs Unit, as well as specifically designated FDLE agents from around the state. This team is working together to fight senior fraud and abuse statewide. Expect to hear more from them soon.

Supporting law enforcement and fostering a trust between law enforcement and the communities they serve is another important focus. As the wife of a federal law enforcement officer, I know intimately the sacrifices Florida law enforcement officers make to keep us safe. To bolster support for law enforcement, I launched the [Back the Blue Award Campaign](#). This campaign highlights the brave and selfless service of law enforcement officers, and those officers, citizens and organizations taking extraordinary steps to forge positive relationships between law enforcement and the communities they serve.

These are just a few of the highlights so far. Our team is also fighting human trafficking, taking action against online scams, shutting down sham charities and so much more. For more about our first 100 days in office, go to our website.

There are still a lot of challenges before us, and I vow to continue to approach this job every day with a sense of urgency and passion for protecting the vulnerable, prosecuting criminals and defending the rule of law.

Thank you, fellow Floridians for this opportunity. I am humbled to be your Attorney General.

## Opioid Crisis

We are fighting the opioid crisis on many fronts. Soon, our Statewide Task Force on Opioid Drug Abuse will begin meeting to identify innovative strategies for prevention, treatment and interdiction. State litigation to hold the nation's largest opioid distributors, manufacturers and pharmacies responsible for their roles in this crisis is in full swing. And our Office of

Statewide Prosecution continues drug interdiction efforts with local, state and federal law enforcement agencies to lock up heroin and fentanyl traffickers.

Now we need your help. This Saturday, the Drug Enforcement Administration is hosting the 17th National Prescription Drug Take-Back Day. The biannual event is a safe and responsible way to properly dispose of unused or expired prescription drugs or controlled substances. Disposing of unwanted or expired pharmaceuticals can help prevent drug abuse, addiction and overdose deaths.

Drug Take-Back Day will take place this Saturday, April 27, from 10 a.m. to 2 p.m. at locations across Florida. To find a take-back location near you, see our website.

The opioid crisis is claiming 17 lives a day in our state. Please help us fight back. Take a moment to check your medicine cabinet for expired or unused prescription drugs. If you find any, bring them to the nearest take-back location. Doing this simple task will keep these drugs from falling into the wrong hands and could save the life of someone close to you.



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## Keep Your Home Vacation Safe



### Going Away? Tips To Keep Your Home Safe While You're On Vacation

(NAPSI)—Peace of mind is important to just about all homeowners, including when they're away on a hard-earned vacation. When warm weather arrives, however,

crime rates increase, according to a study published by the National Center for Biotechnology Information.

Fortunately, you may be able to reduce any vacation time stress by taking five steps to improve security—protect your windows, monitor your doors, secure your AC, make your house a difficult target and stay in the loop about what's happening at home.

**How to make it look like someone is home, even when you're away**

**Stop your mail.** Nothing says “there's nobody home” like an overstuffed mailbox and a pile of newspapers on the front porch. You can fill out a simple form with the United States Postal Service asking it to hold your mail. Or, perhaps better yet, have a trusted neighbor stop by to pick it up.

**Leave dog toys in the front yard.** Even if you don't own a dog, you can give a burglar pause by making him or her think that you do.

**Maintain a well-kept yard.** Remove tree

branches that give easy access to top floor windows and cut back tall shrubs that make it easy for burglars to hide behind.

**Add outdoor motion sensor lights** to scare away those trying to walk into your yard and peek inside. With smart lighting technology, you can program your lights to come on even when you aren't home. This feature has an advantage over automated timers because you can turn the lights in your home on or off as you please from anywhere with your Internet-connected device, or set routines through your home automation service, such as ADT.

**Integrate your wireless doorbell with your lights** for further security benefits. Have the doorbell trigger an inside light to give the illusion that someone is home, since burglars prefer dark areas for stealth.

While you're away, home security can act as your house-sitting service and provide real protection. Choose a security company that has 24/7 monitored protection, such as ADT, which has over 19,000 employees

who are always ready to help in case of an emergency. If you do choose to hire a house sitter when you're away, provide him or her with a unique pin code to disarm your security system. Not only will you be alerted when the system is disarmed, you can deactivate this code once you return.

With these steps, you'll have peace of mind on vacation.

## Age Healthier

*Continued from page 9*



on health care topics and special offers.

### 5. Maintain a healthy lifestyle

They say age is only a number, and when you're in control of your health, that's very true! With the time and money you'll save from these tips, think about how you can embark on and maintain an even healthier lifestyle. Why not challenge yourself to walk for at least 30 minutes a day, connect with friends and family, or take the time to prepare nutritious meals?

These five small steps can all contribute to a healthier life, and free up time and head space for the things you really love.



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# 39 SHOPLIFTERS ARRESTED

39 SHOPLIFTERS ARRESTED DURING TWO-DAY RETAIL THEFT STING

MARION COUNTY, Florida (April 9, 2019)- Detectives from the Marion County Sheriff's Office (MCSO) and the Ocala Police Department (OPD) conducted a two-day operation on April 4<sup>th</sup> and 5<sup>th</sup> targeting suspects involved in retail theft crimes. With the cooperation of Walmart and their loss prevention personnel, MCSO and OPD all worked together to help reduce retail theft in Marion County. After being observed committing retail theft crimes by loss prevention personnel and undercover detectives, 39 people were arrested with a combined total of 39 felony charges and 46 misdemeanor charges.

During the operation, as individuals were apprehended for theft, detectives conducted interviews with the suspects to determine if they were involved with any additional



crime in Marion County. Numerous individuals that were arrested also received charges for drug possession or had warrants for other crimes previously committed.

Not only do businesses suffer a loss when individuals like these strike, but so do the consumers. As consumers, we all end up paying higher prices. Due to the coordinated efforts between MCSO, OPD and the cooperation of Walmart the operation was a success.



- Across**

  - Some obligations
  - Very, musically
  - It's bleu on maps
  - Heavenly hunter
  - Rock that's pretty funny
  - Water cooler
  - Cell-phone user's query
  - Kind of presentation
  - Part of an inheritance?
  - "Walking on Sunshine" query
  - Loses magnetic flux
  - Closeout caveat
  - Pub round
  - Football helmet feature
  - Joke or choke
  - Kitchen query
  - Diarist Anaïs
  - End on \_\_\_ note
  - What some games end in
  - Inventory unit
  - One-third of a turkey
  - Cook's query
  - Concerning, to a lawyer
  - Valuable
  - Discussion query
  - The big picture? (Abbr.)
  - Chart anew
  - Not up
  - "Curious George" creator
  - Things to be filed
  - Subdues
- Down**

  - Grumpy companion
  - Diamond stat
  - Recycling receptacle
  - First car, for many
  - Stuck-up
  - Have \_\_\_ (talk)
  - Word with life or paper
  - Madrid Mrs.
  - You need some, really
  - Patriot follower?
  - Sal of "Exodus"
  - Low-budget prefix
  - Take new vows
  - "Topaz" author Leon
  - Word with fried and nest
  - New \_\_\_, India
  - It makes waves
  - Party animal artist
  - "War of the Worlds" world
  - Morales of "The Real Thing"
  - They may be read or sealed
  - The edge of night
  - Leveling wedges
  - Place to make a name for yourself
  - See
  - Very similar
  - Kind of club
  - Former Japanese prime minister
  - What you used to be
  - "War of the Worlds" world
  - Logical beginning?
  - Neither fold nor raise
  - Mammoth trapper
  - Participant in a kid's game
  - Two-\_\_\_ (fast break)
  - With dry humor
  - Unparalleled
  - Office subs
  - "Lean on a garden \_\_\_" (T.S. Eliot)
  - The deep
  - UK record label
  - "--- Clear Day" (Robert Goulet)
  - Creator of a chess champion
  - Born

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## Perk Up Your Kitchen



of the home and most-used room—and it can be easier than you may realize, if you heed these four suggestions.

### Helpful Hints

**1. Cabinet “magic”:** Instead of going through the trouble and expense of installing new, custom cabinets, give your current ones a coat of paint, new pulls and knobs or perhaps new doors.

**2. Light up your life:** It can be a bright idea to improve the lighting. Make sure overhead lighting is concentrated in those areas where you work the most, such as over the stove and sink. Under-cabinet lighting can also be a good idea.

**3. Be sink smart:** You needn't change every appliance if they're working well but one thing that can give any kitchen a new look is to change the sink, the most-used appliance. For example, BLANCO sinks save space on the counter and make

everyday cleaning and prepping easy. Those made of SILGRANIT are impervious to scratches, chips and stains while the company's newest stainless material, DURINOX, resists fingerprints and scratches. If you can, keep the plumbing in the same place it is now, to save time, trouble and money.

**4. Clever, convenient accessories:** A few little things can make a big difference. Sink accessories add functionality while letting you create your own personalized workstation. Custom stainless grids and elegant drain covers and strainers can make prep work more pleasing, cleanup less complicated, and entertaining an event reserved for graciously accepting compliments.

As one kitchen designer put it: “Most clients are particular about aesthetics, but all clients insist on functionality. People want spaces that convey their personality, but most of all want their kitchen to make their lives easier.”

In response, Blanco came up with grids that float inside the sink to dry dishes, elevate pots or wash vegetables; colanders and cutting boards that can sit on top of the sink or on a specially engineered ledge to save counter space and make prep work a dream. You have to set the colander inside the sink anyway, while using the cutting board in the sink is a sneaky way to get in more counter space and make the job of prepping easier, too.

## Vitamin N

*Continued from page 4*

offers a host of other benefits for our minds and bodies.

“Having a living landscape of grass, trees, shrubs and flowering plants is good. Using this outdoor space to reap the health benefits it offers is even better,” said Kris Kiser, president and CEO of the Outdoor Power Equipment Institute (OPEI), whose Foundation created TurfMutt, an environmental education and stewardship program that teaches the value and benefits of the outdoors. “Getting outside, even for just 10 minutes, can do much to boost your mood, productivity, and quality of life.”

On its 10<sup>th</sup> anniversary, TurfMutt shares 10 easy ways you can enjoy nature in under 10 minutes.

**Take a walk.** Lace up your athletic shoes and head out for a walk around the block or to your neighborhood park. While you're out, commit to turning off your cell phone and enjoying the natural setting around you (it's just 10 minutes, after all!).

**Get your kids moving.** A rousing game of tag or hide-and-seek in the family yard is a great way to counter computer and screen time.

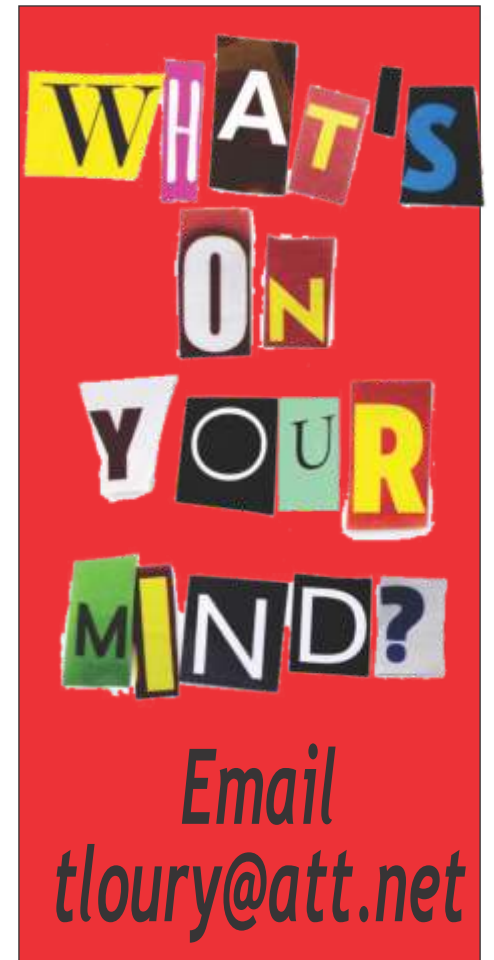
**Play with your dog.** A dog's favorite “room” of the house is your family yard. Take inspiration from your pooch and spend a few minutes outside playing Frisbee or fetch.

**Clean up your outdoor living room.** Make simple work of yard chores by breaking them up into smaller chunks. Ten minutes is enough time to put a serious dent in weeding a flower bed, sweeping off the back patio, or picking up debris from your lawn.

**Plant something.** It is spring planting season, so take 10 minutes to dig a hole and introduce a new plant or get started on your vegetable garden or flower beds.

**Dine alfresco.** Taking a meal outside is one of the easiest—and most nourishing—ways to enjoy the outdoor space around you. Have breakfast with the backyard birds. Lunch at a park near your office. Enjoy your coffee break under a shade tree.

**Study or read a book.** Take the “work” out of homework by moving study or



reading sessions to your backyard or community green space.

**Swap a (short) commute for walking or biking.** Do you typically use your car to run down to the mailbox, to a nearby convenience store, or to run other nearby daily errands? If it's not too far, take a short walk or ride your bike instead.

**Meet outside.** Fresh air can be a catalyst for fresh ideas, so take your next brainstorming session for work outdoors. Need to have a heart-to-heart with your child? Scientists have discovered that communication between parents and children is more connected when conducted outside.

**Sit back and relax.** Sometimes, the best thing to do is absolutely nothing at all. Spend some time in a hammock, spread a blanket out on the grass, or take a meditation break outside to soak up the nature around you.

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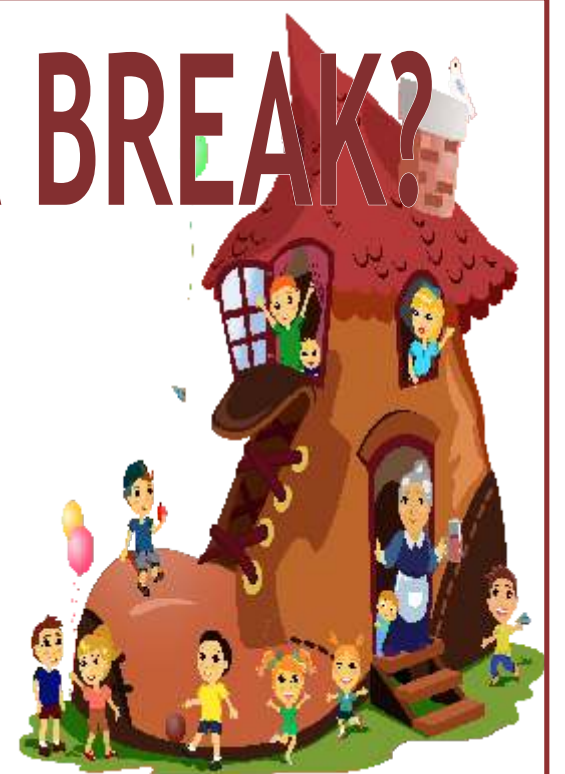
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**A.J. Powell - Broker**

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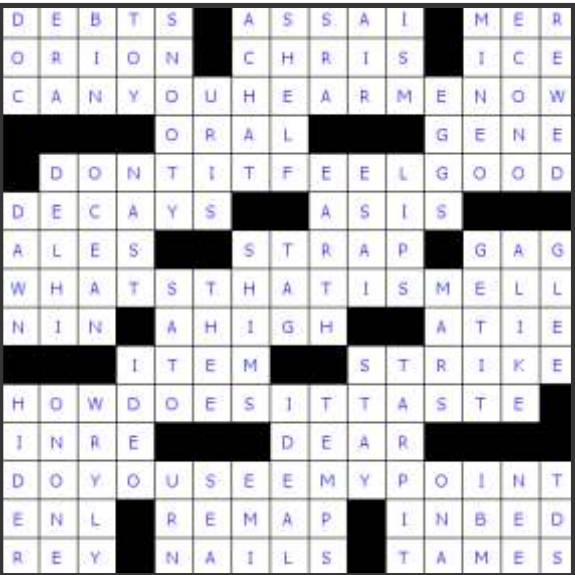
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