



Photo by Janet Fraley

Ribbon Cutting & Grand Opening Celebration for Edward Jones. Pictured cutting the Ribbon is Luke Emerson and his wife Joy at his left side. Many friends, customers, Chamber members attended. Luke says when it comes to investing, we're in your corner - and now just around the corner! Come visit Luke at 1150 Paige Place, The Villages FL 32159.

## Impeachment Research

Research from the internet...Plus my opinion!

How does the impeachment trial work?

After hearing the charges, the Senate usually deliberates in private. The Constitution requires a two-thirds supermajority to convict a person being **impeached**. The Senate enters judgment on its decision, whether that be to convict or acquit, and a copy of the judgment is filed with the Secretary of State.

\*\*\*\*

**Impeachment** charges must be drafted in the House of Representatives. The **trial** for the person undergoing such occurs in the Senate, requiring two-thirds of the members present (currently 67 out of 100 senators, assuming all present) to successfully remove a public official from office.

**Impeachment in the United States** is the process by which a legislature (usually in the form of the lower house) brings charges against a civil officer of government for crimes alleged to have been committed, analogous to the bringing of an indictment by a grand jury. Impeachment may occur at the federal level or the state level. The federal House of Representatives can impeach federal officials, including the president, and each state's legislature can impeach state officials, including the governor, in accordance with their respective federal or state constitution.

Most impeachments have concerned alleged crimes committed while in office, though there have been a few cases in which officials have been impeached and subsequently convicted for crimes committed prior to taking office.<sup>[1]</sup> The impeached official remains in office until a trial is held. That trial, and removal from office if convicted, is separate from the act of impeachment itself.

In impeachment proceedings, the defendant does not risk forfeiture of life, liberty, or property. According to the Constitution, the only penalties allowed to be imposed by the Senate are removal from office and disqualification from holding any federal office in the future.

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Why is President Trump being impeached?

On December 16, the House Judiciary Committee released a report specifying criminal bribery and wire fraud charges as part of the abuse of power charge. On December 18, the House voted mostly along party lines to **impeach** the **president** on both charges.

\*\*\*\*\*

This Impeachment proceedings are of a political nature. Democrats are afraid of his success. Trump says: Being impeach "By these radical left lunatics, I get impeached. But that's okay, the farmers are sticking with Trump."

Continued page 2



Lady Lake Area Chamber of Commerce held their annual Installation of officers. Pictured are new Board members for 2020. The Ambassadors for 2020 were also inducted at the installation. The Chamber of Commerce is active in the Lady Lake / Villages area. Businesses at Chamber events are there to share information about how they could help each other or do business with each other. New President Dennis McGee pictured center of photo. Photo by Janet Fraley.

A.J. "Tony" Powell

AS I SEE IT

by A.J.(Tony) Powell

Will Nancy Pelosi soon be the President of the United States of America ?

Will Mike Pence have to decline the Presidency?

Will President Trump "take the fifth?"

The Democrats are accusing Trump of obstructing Congress because he has refused to let his staff testify.

But the 5th Amendment to the Constitution of United States of America says, in part:- "No person shall be compelled in any criminal case to be a witness against himself."

Is it reasonable that President Trump has made that choice? Or, another way of asking is "Why would Trump 'witness against himself' whether it is him or someone speaking for him?

How likely is it that 'The Donald' will be forced out of office.

Impeachment of Bill Clinton

If the U.S. Senate trial of President Bill Clinton is anything to go by, a 'conviction' is

very unlikely.

Clinton was charged with Obstruction of Justice and Abuse of Power similar to Trump, but what I see as his worst offense was 'Perjury', which, as I understand it, means lying to Congress while under oath.

Clinton was impeached by the The United States House of Representatives for "High Crimes and Misdemeanors".

But he was acquitted on all counts by the U.S. Senate, so he remained in office.

As I See It, lying under oath is a lot worse than anything Trump is accused of.

But, if Trump is forced out, that would bring Vice-President Mike Pence into the White House.

How would the Democrats get him out?

Here is some history which Pence would have to explain:-

Believe it or not, he voted for Democrat President Jimmie Carter. But, later, switched to Republican Ronald Reagan.

Pence spoken out against women and gays serving in the military. He said

"Homosexuality is incompatible with military services because the presence of homosexuals in the ranks weakens unit cohesion".

Pence would not sign legislation to prohibit discriminatory against the LGBTQ community.

Pence is a hardliner on women's rights, and would 'outlaw' abortion.

Pence would appoint Supreme Court justices to get rid of the 'Roe V. Wade' High Court decision.

Pence will be "OK" with illegal immigration where he once said 'A hard line on immigration would not prevent drugs and drug dealers, but it would keep 'the gardeners' out".

Pence would demolish Trumps wall.

More recently Pence refused to confirm or deny whether he knew of Trump's scheme against the Bidens.

Apparently, Pence met with Ukraine's president while the controversial 'Arms Aid' was being withheld. Several 'insiders' have said that Pence knew all about it.

Also, just like Hilary Clinton, former State Governor, Mike Pence is refusing to release his emails.

But it was Pence and Trump who led the persecution of Hilary's email scandal in the first place.

Some say that the first thing President Pence would do is pardon Trump and all his co-conspirators.

The Democrats also know that, if Trump is removed from the Presidency, Pence would immediately assume the most powerful post in the country because the president ceases to be president immediately upon conviction.

Then who would be our next President?

None other than Nancy Pelosi, Speaker of the United States House of Representatives 'Til next time . . .

## Research

*Continued from page 1*

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Publishers Note: Many years ago I predicted a third party would emerge. The Democratic Party doesn't know what to do They have been taken over by radical Socialist that are "Far Left". Citizens of this country don't seem to like far left. Now there is talk about a third party by the new young politicians. They think they can just change the Constitution and the moderate Democrats are falling right into the trap. It's not that easy, for instance if Sanders loses and they run him as a third party candidate, it will almost insure Trump a victory by splitting the Democratic voter in half. As far as I can see no laws have been broken. Presidents and leaders of our country negotiate like this all the time but it has never been called a high crime! They have to prove intent! It is ridiculous! I looked up the rules of impeachment and the charges described were the first two articles named in the Constitution. It also says they will have an investigation after a crime to prove that a crime has been committed, not before the crime is committed. I believe the House is putting pressure on Trump in hopes he will react and say or do something to make it worse.

What say you??? [tloury@att.net](mailto:tloury@att.net)

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Florida State Senate

DENNIS K. BAXLEY



Friends, Legislative discussion in Tallahassee continues, and I have been encouraged by a lot of what our leadership has accomplished so far. Vigilance from you, the voter, is still very important at this stage as we are beginning to see which bills are running out of time, and those (which we may or may not like) that are still pressing

forward through the committee process. Quick update on the SB 404, the Parental Consent for Abortion Act that I have written about previously. The bill has just made it through its second committee of referral and only faces one more hurdle before being sent to the Senate floor for a vote. Thank you to all of you who traveled to Tallahassee to advocate and support this good legislation, and for those you back home who supported us through word-of-



mouth and more importantly, prayer. I am very optimistic that we will get this passed, and parents' rights will be restored.

Also, I am very happy to report that your Senator's bill, SB 864 Surrendered Newborn Infants passed through its first committee of reference. This good bill expands Florida's current safe haven law, allowing hospitals, fire, and EMS stations to utilize a "newborn safety device" as a means of accepting surrendered infants. Current law requires that an infant to be handed directly to emergency personnel or hospital staff, thus requiring the mother to be seen, possibly by someone who might recognize her. This might discourage women from legally surrendering their infant and encourage

more illegal abandonments. This bill fixes that issue of anonymity. The device, called a "baby box", is located on the outside wall of a building, with one outside facing door for someone to place the infant in, and an inside door for staff or personnel to accept the surrendered child. The bill requires a dual alarm system that activates once an infant is placed inside, and staff is required to periodically check the device and ensure that the alarm system is operable at all times. This bill is not mandating that these devices be used, but just allows for one more tool to be used to help someone in distress who feels that they have no other option. The message that we can send with a bill like this is that we do care about every life, and every little baby deserves a chance to live.

Another piece of legislation that your Senator filed is SB 682, Florida Guide to a Healthy Marriage. This bill authorizes the creation of the Marriage Education Committee, within the Department of Children and Families, for the purpose of creating the Florida Guide to a Healthy Marriage. Current State law requires, as a prerequisite to receiving a marriage license, acknowledgement by couples that they have read either the Florida Family Law Handbook or other marriage-related information. The 19 page handbook offers little positive introduction and instead, 16 of its pages focus on child-related issues after divorce, how the court divides assets and liabilities upon divorce, and the actual steps to take to end a marriage. The Committee will consist of six marriage education and family advocates appointed by the Governor (2), Speaker of the House (2), and Senate President (2). The Florida Guide to a Healthy Marriage will focus on elements not expanded upon in the Family Law Handbook, such as conflict management, communication skills, family expectations, financial responsibilities, and parenting responsibilities – items of benefit to any married couple.

I hope you were encouraged by this update, and excited about the good things happening in the Florida Senate. Thank you for letting me serve you.

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



By TomL  
First I want to acknowledge the spelling of Harold Schwarz name. For years I have seen people spell it different ways and now I have done the same thing...SORRY!

I wonder? Remember North Korea Kim said he had a Christmas present for Trump and everyone jumped at it saying he was going to do something evil??? Maybe not. Someone had to tell Trump about the terrorist, another plot to kill our people and do Cyber attacks. Someone had to tell Trump that the number one terrorist was where he was when they got him??? I wonder???

\*\*\*\*\*

### Information from the net...

Joe Biden lives in the biggest Mansion in his state and he just bought another mansion in DC. Bernie Sanders has four houses. Obama just bought his third Mansion.

It is said that all this money was made from them lecturing you on income equality!

\*\*\*\*

The left voted that you had to buy insurance or pay a fine. Now they have offered free Healthcare Insurance to the Illegals...

\*\*\*\*\*

The Judiciary Committee just offered an amendment that requires ICE be notified when an illegal immigrant tries to buy a firearm. Dems voted NO. That means the Dems have no problem with people owning guns even if they're not American Citizens.

\*\*\*\*\*

"You need to vote for the Democrats. Otherwise the illegal aliens will lose their rights"! ~ Nancy Pelosi.....2019

\*\*\*\*\*

Speaking of which... "We are all born ignorant, but one must work very hard to remain STUPID!" ~Benjamin Franklin~ (1706-1790)

\*\*\*\*\*

### WHO SAID THIS???

"The Democratic debates are millionaires arguing with other millionaires about how evil millionaires are."

Mike Rowe from Dirty Jobs!

TRUE OR FALSE???

\*\*\*\*\*

Politics is all consuming right now and it sound like it will be even more all-consuming after the next election, when I hear Nancy Pelosi say we will stop Donald Trump from serving another term one way or another??? That sounds to me like a threat!!! This no longer the party my Dad belong to. How far will this party go with hatred motivating them? This is not the average Democrat in the USA. It is a mix of people that are consumed, not a good way, to live, thrives and survive.

The alternative if a Socialist gets in it will be different than a Democrat; things will be devastating for life in America as we know it, because rich people will move their money out of the country. The middle class will down grade to poverty level because they are going to pay a heavy tax. Poverty level people will get a free ride to middle class whether they are working or not. What about our healthcare? What about the farmers? What about our country? Every one of the people that are trying to take down Donald Trump is a millionaire or billionaire.

I still say the Democratic Party has allowed the Socialist to take over the Party and there is only a slight window of opportunity to get it back. You better take it!!!

Last but not least...I am confused. Right after the death of the Terrorist Soleimani, the TV news showed people in the streets say death to America and now they are protesting against their own government. Was it because they lied about the accidental shooting down of the Commercial Airline? What is your opinion?

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## Military Caregiver



### Hollywood Legends Recruit Military Caregiver Champions

(NAPSI)—Academy Award winner Tom Hanks is rallying the nation behind America's military caregivers with help from the legacy of a legend, Bob Hope. Hanks launched the Military Caregiver Champion program with the Elizabeth Dole Foundation to fund resources for the 5.5 million Americans voluntarily caring for a loved one who was wounded, made ill or injured through military service. Hope's daughter, Linda Hope, was the first to join the campaign, donating \$1 million on behalf of the Bob and Dolores Hope Foundation.

"My dad, Bob Hope, dedicated so much of his life to connecting members of our military to the nation they served and their loved ones waiting at home. He would be so proud to join another passionate entertainer like Tom Hanks in making that same connection between America's military caregivers and the country that owes them such a debt of gratitude and support," said Hope.

Military caregivers provide \$14 billion of unpaid care to veterans every year. They devote their lives to their loved ones, often sacrificing their own health, jobs and financial security.

"As Senator Elizabeth Dole says, our military caregivers are hidden heroes and I am honored to have the spirit of Bob Hope helping us support them," said Hanks. "There has never been, nor will there ever be, a greater ambassador between the military community and us Americans than Bob Hope."

All Americans are invited to become Caregiver Champions. Supporters will receive a Caring Tag, which reimagines the honored symbol of the military dog tag and includes the name and story of a military caregiver.

All administrative costs have been sponsored. One hundred percent of donations will support the Elizabeth Dole Foundation's resources for caregivers.

"We cannot take away the injuries or the illnesses but we can ensure our caregivers do not walk this difficult journey alone," said Hanks.

To become a Caregiver Champion, visit [www.hiddenheroes.org/champion](http://www.hiddenheroes.org/champion).

## Newspaper Deadlines

*Editorial & Ad Copy for March*

**Seniors Voice & Ocala DownTown**

**12am, February 12th**

**Lady Lake Magazine & Village Spectator**

**12am, February 19th**

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## Good Health Reset

(NAPSI)—A good health reset can happen any time of the year. It simply takes a commitment to making small, sustainable changes that add up to impactful, healthy habits. Dr. Samara Sterling with The Peanut Institute says it's best to begin by concentrating on the good habits you already follow.

“Set yourself up for success by building on the healthy things you like to do,” says Sterling. “For example, if you typically eat one serving of fruit a day, figure out a way to increase that to two servings.”

Over time, as you amp up your healthy habits, the detrimental ones tend to fade away more easily.

As part of a good health reset, Dr. Sterling recommends incorporating more protein, especially plant-based proteins, into a daily diet.

“Proteins and healthy fats make you feel fuller for longer and can help eliminate the urge to snack and consume empty calories,” explains Sterling.

Peanuts are an example of a powerful plant protein. Just one serving of peanuts delivers seven grams of protein, 19 vitamins and minerals and heart-healthy fats.

“Peanuts are categorized as a superfood because they're nutrient-dense and deliver superior health benefits in a very small serving,” says Dr. Sterling. “If you combine superfoods, like kale and peanuts or quinoa and peanuts, you're really maximizing your nutritional intake.”

There's more good news because peanut butter also packs protein.

“Research has shown that the consumption of small amounts of peanuts or peanut butter has been associated with a reduced risk of cancer, heart disease and diabetes,” says Sterling. “It's easy to incorporate peanuts and peanut butter into breakfast, lunch or dinner.”

### Mediterranean Grain Medley with Peanuts

3 Tbsp. peanut oil  
2 garlic cloves, minced  
½ tsp. hot pepper flakes  
½ red bell pepper, diced  
1 yellow squash, diced  
8 oz. snap peas  
2 cups beluga lentils or brown lentils, pre-cooked  
1 cup jasmine rice, pre-cooked  
2-inch piece of ginger, grated  
1 cup peanuts, plain, roasted  
1 bunch green onions, chopped  
Salt to taste  
Lime juice to taste  
Cilantro as garnish

Heat a sauté pan and add peanut oil. Add garlic and pepper flakes, cook for 30 seconds. Add bell pepper and squash, sauté for 3–4 minutes. Add snap peas, cook for an additional minute. Add lentils, rice, ginger, lime juice and salt, mix well. Heat the grains for 1 minute then toss in the peanuts and green onions. Serve warm, enjoy!

## Trees Not Tombstones



### Trees Not Tombstones: New Options For End-of-Life

(NAPSI)—The vast majority of Americans have not completed their end-of-life planning. In fact, over half of those age 45-plus have done no end-of-life planning at all, according to a recent survey conducted by Better Place Forests, the

*Continued page 10*



Visiting the ribbon cutting for Edward Jones / Luke Emerson was Senator Dennis Baxley. Pictured from left Dennis Baxley, Joy and Luke Emerson. Photo taken by Janet Fraley

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### Hit and Run Awareness: Value Safety- Stay at the Scene

According to the Department of Florida Highway Safety and Motor Vehicles, there have been 102,756 total hit and run crashes in the State of Florida between January 1, 2018 and December 31, 2018. These hit and run crashes resulted in 21,511 injuries and 215 fatalities. The Lady Lake Police Department has responded to 61 hit and run crashes in 2019, three involving injuries and one fatality.

In Florida, anyone driving a vehicle involved in a crash is legally required to stop at the scene of an accident and provide the following information to the other driver or anyone else involved. You must provide this information whether the other person is a passenger, pedestrian or cyclist.

- Name
- Address
- Vehicle registration number
- Driver's license or permit, if available

Florida's laws also require drivers to provide their licenses to police on the scene and provide "reasonable aid" if necessary. This may include physically carrying an injured person away from the crash, if possible, calling 911 or transporting someone to the hospital (See Florida State Statute 316.062).

If a driver fails to do any of the above before leaving the scene of an accident, they have committed a hit-and-run.

The consequences of fleeing the scene of an accident are dependent on the severity of the accident. Leaving the scene of a crash that caused property damage is a second-degree misdemeanor and carries a maximum sentence of up to 60 days in jail and a \$500 fine. Leaving the scene of a crash with injuries can be classified as a second- or third-degree felony punishable by a revoked license for at least three years, up to five years in prison and a \$5,000 fine.

The worst-case scenario, a death, is a first-degree felony punishable by a revoked license for at least three years, a mandatory minimum of four years in prison, a maximum of 30 years in prison, and a \$10,000 fine.

If you're the victim of a hit-and-run, your first concern should be your safety and the safety of your passengers: Make sure everyone is safe, move your car to a safe location out of the flow of traffic and call the police to report the hit-and-run.

Under no circumstances should you pursue someone who has committed a hit-and-run. The dangers of a car chase far outweigh the benefits of identifying them. However, it is a good idea to make note of every detail you can about the incident, including the following:

- Car make, model and color
- Unique or identifying marks on the car, like bumper stickers or dents.
- Car's license plate number.

- Driver's appearance.
- Circumstances of the crash.

Do your best to gather information even if the other car has already fled when you arrive. For example, look for a piece of their car that has broken off, like a mirror or bumper. You should also ask any nearby businesses if they have security cameras that may have captured the incident. When the police arrive, they will likely ask for you for the same information in order to investigate the crash.

The Lady Lake Police Department is urging drivers that are involved in a crash to remain at the scene and provide their information or call for help. The most important thing a driver can do when they are involved in a crash is to stay at the scene and call for help.

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# Restaurant Reviews

**WOW my taste buds are working over time**

## Blue Highway Pizzeria

Let's just make one thing clear: you won't be *blue* when your tastebuds thank you for a delicious meal at Blue Highway. Fortunately, I work very close to the location on E. Silver Springs Boulevard and I grab lunch there about twice a month, but my husband's work commute is about an hour from our home and this nearby treat so it's literally a treat when he gets to enjoy dinner or a weekend lunch there.

Some of our favorites are their signature Blue Highway salad, complete with toasted pecans, feta, and Kalamata olives, and the Funghi pizza with mushrooms and parmesan and a white cream sauce. Those are two of our staples, but I also recommend their hot tuna panini with a side of herbed Tuscan fries, washed down with a hoppy IPA beer! Literally everything on the menu is delicious and we've always had excellent service to make it that much more enjoyable. And don't forget to sign up for their rewards program, too. It's a winner for dinner!

RRM

## Ivy on the Square

Even if you're not ravenous, it's worth a visit to Ivy on the Square in downtown Ocala if only to admire the impeccable décor. It's as if you walked onto a set at HGTV. But aside from the beautiful ambience, they offer, and deliver, the best

old-fashioned, southern comfort food imaginable.

One of my favorite starters is the classic dish of fried green tomatoes. But the tomato caprese salad is nothing to pass up, either. Both are always on point and never disappoint. It's almost impossible to choose a main course at lunch (or dinner) and I seem to stick to my tried and true Baked Krispy Chicken Salad. I mean, it's eating healthy, right? A salad? But I have a feeling that the corny cornbread and croissant that's served with it may not meet today's keto friendly list of approved dishes, but it's absolutely worth a cheat day to treat yourself to this.

From salads, to burgers, to wings, to seafood, Ivy on the Square has something for almost everyone. Even picky toddlers will crave their mac & cheese! It's worth a visit...or several.

RRM

**Send Us YOUR Review. TLowry@att.net**

# Healthy for Life

## Healthy Eating And Physical Activity For Life

(NAPSI)—No matter what stage of life you're in—whether you're an adult, an older person, a pregnant woman or a parent—consuming healthy foods and beverages, combined with getting regular physical activity, stress relief and adequate sleep, may help you or your children stay healthy for life!

The recently updated National Institute of

Diabetes and Digestive and Kidney Diseases' (NIIDDK) *Healthy Eating & Physical Activity for Life* series offers tips for developing and maintaining healthy habits for many stages of life.

## Health Tips for Adults

Reaching and maintaining a healthy body weight as an adult may help prevent future health problems. Some tips to follow include making healthier food choices, being aware of food portions and the kinds of foods and beverages you consume, and how often you have them.

It's also important to engage in regular physical activity. Try to get at least 150 minutes a week of moderate-intensity aerobic activity, such as biking or brisk walking. Aim for at least two days a week of muscle-strengthening activities, such as heavy gardening. If your time is limited, work in small amounts of activity throughout your day.

Finally, get enough sleep and manage your stress to stay on track with improving your health.

## Health Tips for Older Persons

As you grow older, good nutrition and staying active are as important as ever. Your lifestyle choices may prevent some health problems, such as diabetes, heart disease and some cancers. For example, focus on eating nutrient-dense foods and drinking fluids throughout the day, including those with added vitamin D and calcium.

As you get older, it's also important to engage in physical activities you enjoy—either on your own or with a friend. Ask your healthcare professional about whether and how you can safely become active or increase your physical activity.



Also talk with your healthcare professional if you feel that changes in your home life, health, medicines, income, mobility or sense of smell and taste are affecting your interest in consuming healthy foods and drinks and engaging in physical activity.

## Health Tips for Pregnant Women

Whether you're ready to try for a baby or are already pregnant, you may be inspired to get healthy. Developing and following a healthier eating plan may help you have a safe pregnancy and delivery and a healthy baby.

Think about new, healthful foods and beverages you can try—such as berries or a banana with hot or cold cereal for breakfast; a salad with beans, tofu or other non-meat protein for lunch; and a lean serving of meat, chicken, turkey or fish and steamed vegetables for dinner.

It's also important to engage in physical activities while pregnant. Most women need the same amount of physical activity as they did before they became pregnant.

## Helping Your Child: Tips for Parents

As a parent, it's important to share tips with your children on what to eat and drink to fuel their bodies and get them moving. Healthy habits may help children grow, learn and

*Continued page 13*

# Nothing But Networking

*GROW YOUR BUSINESS FACE TO FACE*

January's Nothing but Networking people attending. The food was good, the people were friendly, it was well organized, free door prizes and a great atmosphere. Photos by Tom Louny.





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## LETTERS TO THE EDITOR

Dear Editor:

Cargo on the Mayflower: Religion and Politics. Reasons America was founded. Reason why the Pilgrims undertook the perilous journey. They were not on a cruise. Today our government is a shambles, since religion has been tossed in the trash can, and politics is in shambles, corrupted to the nth degree.

Inequality of income is the mantra of the day. How can equality of income ever be fair, just? We all start out with an inequality of talent. It would have to be equality of talent, ambition, skill, knowledge. If you are unable to make change for a dollar, why do you deserve equal pay? What warrants equal pay? On what grounds is this equableness predicated? Does breathing qualify you for equal pay? Should you receive a Bezos { not even Bezos deserves it} size paycheck, just for breathing? Can we have a little common sense?

The people calling for this equal pay naturally will want to be the ones in charge of doling out this equableness, but somehow their equal slice will be larger than anyone else's equal share, and their buddies as well. We [you and I] will still be

getting the short end of the stick. We need a better fairer solution.

Smaller entities are better, easier to manage, and monitor. Look at the behemoth in D.C. Looks like the Anti-Federalists were right.

Solution: Divide the country, California and New York, Illinois, Washington and Oregon in one country, and the rest of us in another. See who prospers.

We will start off much better: no excrement on the streets, nor needles, nor beds, nor stench, vs. pedestrians only, as intended. Common sense vs. uncommon sense? This way everyone is happy, we all have a choice, we can move if we do not like our situation. If piggish conditions are your thing have at it. Move.

The Pilgrims need to see this mess, and whip us into shape, get us back on track. It was their country, their idea. They knew the troubles governments cause. They did something about it. They tried the share the work and wealth shtick, and it did not work. Only when they began to work for themselves did things begin to click. Experience teaches.

D. I. L.

## Trees

*Continued from page 5*

country's first sustainable alternative to cemeteries for families that choose cremation.

Better Place Forests hopes the idea of a beautiful, sustainable final resting place will encourage people to create those plans. Instead of tombstones, the company incorporates ashes into the base of beautiful trees in permanently protected forests. The company performs spreading ceremonies in the forest, where families can gather to say goodbye. Currently, there are two forests in California, in Point Arena in Mendocino County and in Santa Cruz, and the company plans to open more across the country.

There is a growing trend toward greener burial options in the United States. According to the National Funeral Directors Association, nearly 54 percent of Americans are considering a green burial and 72 percent of cemeteries report an increased demand for green burials. Thousands of people have already reserved trees for themselves.

"Making plans and establishing guidelines for the end of your life means that loved ones don't have to guess about your wishes and you can give them the experience you'd like them to have when you pass," explained Sandy Gibson, CEO of Better Place Forests. "At Better Place Forests, we talk to people every day who

find peace in knowing they have created a beautiful experience for their loved ones by selecting a family tree."

Beyond providing a more beautiful final resting place, choosing a tree in one of these memorial forests means you are leaving a legacy of conservation. The company performs spreading ceremonies in the forest, where families can gather to say goodbye and continue to visit—a feature current cremation options can't provide. The trusts also actively manage the land to ensure that it's less susceptible to forest fires. They hire forestry experts to keep the trees healthy and the forests free of invasive species. In addition, more trees are planted in areas in need for every tree a customer chooses. Thousands of trees have already been planted in forests devastated by the California wildfires.

Learn More

For further facts, visit

[www.betterplaceforests.com](http://www.betterplaceforests.com).

## Beneficial Microbes

### Beneficial Microbes In Our Everyday Lives

(NAPSI)—The last few years have seen a substantial increase in the number of products containing microbes in the market. Microbes are living organisms, such as bacteria or fungi, that are too small for the naked eye. They are found all around us and present rich opportunities to advance our lives.

These tiny living beings are increasingly being found in another place important to our livelihoods: on the farm. While microorganisms occur naturally in the soil (in fact, the USDA's Natural Resources Conservation Service reports there are more microorganisms in a teaspoon of soil than people on Earth<sup>1</sup>), America's farmers are adding microbes to crops to grow healthier plants.

While other seed treatments may protect against diseases and fungi, biological products protect against environmental

stressors, such as nutrient or moisture deficiency. Powered by microbes, these products live in symbiosis with the plant's roots to help increase nutrient availability and uptake. These products are also vital to help protect plants from moisture scarcity in a drought situation or overabundance following a flood.

The Acceleron® brand, providing products developed by a leading agriculture science company, delivers biological products — also known as bio-enhancers — on corn, soybean and cotton seeds. Acceleron brand helps crops the moment farmers plant them by increasing the nutrient uptake. By combining biological products with the power of fungicides, insecticides and nematicides, Acceleron brand provides relief on multiple fronts for farmers and their crops.

From solutions in farm fields to products found in our daily lives, science-driven companies are just beginning to tap the potential found in microbes. The takeaway is clear though: Microbes are a valuable tool for those throughout our ecosystem.

## Loneliness



### The Public Health Threat No One Talks About: Loneliness

(NAPSI)—There is a public health threat looming across the United States that's not visible to most but affects nearly half of all Americans daily: loneliness. Social isolation is as bad for your health as smoking 15 cigarettes a day and is twice as harmful as obesity. Worst of all, loneliness is a contributing factor in senior suicides, which are rising in the U.S. While it is not

*Continued page 13*

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# FLORIDA GOVERNOR'S DESK



Ron Desantis

## Governor Ron DeSantis Gives State of the State Address

**Tallahassee, Fla.** – Today, Governor Ron DeSantis delivered the State of the State address to a joint session of the Florida Legislature and Floridians everywhere, highlighting Florida's strengths while reporting on the promising prospects for the future with the support of the House of Representatives and Senate.

**Governor DeSantis said**, “In 2019, we took bold steps to expand educational opportunities, protect our environment and

natural resources, reform health care, invest in infrastructure and bolster public safety – all while reducing taxes and adding to our budget reserves. While we should look with favor on these bold beginnings, we have much more to do.

“For everything there is a season, and this is Florida's season of opportunity – we have the chance to build on a strong foundation, the chance to face the challenges before us and the chance to leave a legacy of success that will benefit our people now and in the future. There is no reason why we can't seize this moment and deliver for the people of Florida.”

## Governor Ron DeSantis Announces Made In Space Corporate Headquarters Relocation from California to Florida

**Jacksonville, Fla.** – Today, Governor Ron DeSantis announced that Made In Space has decided to relocate their corporate headquarters and satellite manufacturing operations from California to Florida. The headquarters relocation and expansion effort will involve more than \$3 million in new capital investment for Jacksonville.

“As a global leader for in-space manufacturing and assembly, Made In Space has a proven track record of delivering innovative space technology demonstrations at an industry-leading pace,” **said Governor DeSantis**. “Made In Space's move to Florida is more evidence of

Florida's success and growth in the aerospace industry. My administration remains committed to supporting that growth and ensuring we maintain an economic climate that allows companies like Made In Space to prosper.”

*Photo Credit: Governor's Press Office*

“Made In Space, through its innovative in-space manufacturing segment and technology which improves life on earth and in space, is forging the way toward a bright new future,” **said Space Florida President and CEO Frank DiBello**. “We are pleased to have established a long-standing relationship with Made In Space and are proud to welcome the company to Jacksonville on Florida's First Coast. Space Florida looks forward to Made In Space's continued growth and success, expanding Florida's thriving aerospace economic footprint.”

“This is an exciting moment and relocating our headquarters to Jacksonville is a strategic step to position the company for long-term growth,” **said MIS President and CEO Andrew Rush**. “By expanding our presence in Florida, we can leverage a skilled aerospace workforce, large scale infrastructure to support our growth, and key strategic partners like Space Florida that will accelerate our momentum as we continue to develop world-class space technology.”

Founded in Silicon Valley in 2010, Made In Space has flown 8 different missions to the International Space Station. NASA awarded them a \$73.7 million contract to develop Archinaut One, the world's first self-assembling satellite and will help NASA with long-term goals for missions from the

Moon to Mars.

## Acquisition of 20,000 Acres

This purchase would be the largest wetland acquisition in a decade and will permanently save the land from oil drilling.

**Fort Lauderdale, Fla.** – Today, Governor Ron DeSantis announced the Florida Department of Environmental Protection (DEP) has reached an agreement with Kanter Real Estate LLC., that will allow for the purchase of 20,000 acres of critical wetlands in Water Conservation Area 3 (WCA 3) within the Everglades Protection Area located in Broward County. This acquisition would represent the largest wetland acquisition in a decade.

“One of my administration's top environmental priorities has been expediting Everglades restoration,” **said Governor DeSantis**. “Today we take another step in the right direction by reaching this agreement between DEP and Kanter Real Estate that will allow for the purchase of 20,000 acres of critical wetlands. This significant purchase will permanently save these lands from oil drilling. I'm proud of our progress but also recognize this is just the beginning. I will continue to fight every day for the Everglades and Florida's environment.”

The Kanter property is in the heart of the Everglades in WCA 3, which is part of the Everglades Protection Area - one of the most important wetland systems in the Everglades ecosystem. With this acquisition, there would be nearly 600,000 acres of wetlands in WCA 3 that would be permanently protected in public ownership

*Continued page 13*

# FLORIDA STATE ATTORNEY GENERAL



Ashley Moody

## VIDEO CONSUMER ALERT: Attorney General Reminds Consumers of Deadline to File Claims for the Equifax Data Breach

**TALLAHASSEE, Fla.**—Attorney General Ashley Moody today issued a Consumer Alert to remind consumers affected by the massive Equifax data breach to file claims before the Jan. 22 deadline. The 2017 data breach affected nearly half of the U.S. population and Attorney General Moody's Office reached an agreement with Equifax creating a Consumer Restitution Fund of up to \$425 million. Attorney General Moody encourages all eligible consumers to file a claim before the deadline

by visiting [EquifaxBreachSettlement.com](http://EquifaxBreachSettlement.com) or calling 1(833) 759-2982.

Attorney General Ashley Moody said, “The massive Equifax data breach affected millions of consumers and there is relief available for victims, but the deadline to file a claim is quickly approaching. That is why I am encouraging all eligible consumers to please file a claim before the deadline on Wednesday, January 22.”

In July 2019, Attorney General Moody announced an agreement reached with Equifax over the company's failed security measures in a data breach that allowed attackers to penetrate the company's system that went unnoticed for 76 days. The agreement is the result of a multistate investigation into the breach that found Equifax failed to maintain a reasonable security system enabling hackers to penetrate its systems. Affected personal information included Social Security numbers, names, dates of birth, addresses, credit card numbers, and in some cases, driver's license numbers.

Along with the announcement of the claims process, came reports of phishing attacks related to the Equifax claims process. Attorney General Moody issued a previous Consumer Alert, warning consumers not to fall for scams attempting to steal consumer information using fake Equifax claims webpages. With the claims deadline quickly approaching, consumers should still be wary of these phishing attacks and use the following tips:

Do not open emails or attachments from an unfamiliar sender;  
Hover cursors over links in emails to see where the links lead to determine if the links

are known and trusted web addresses;

Study the email or attachment carefully for any spelling or grammar issues;

Verify the legitimacy of the email with its source by contacting the institution at the web address or phone number listed on a bill or statement; and

Notify the institution of any phishing attempts made in its name; it may wish to send an alert or warning to its customers.

Forward phishing and spam emails to the FTC at [FTC.gov/Complaint](http://FTC.gov/Complaint). Report fraud to the Florida Attorney General's Office by calling 1(866) 9NO-SCAM or by visiting [MyFloridaLegal.com](http://MyFloridaLegal.com).

## Attorney General Moody Presents Human Trafficking Awareness Month Resolution

**TALLAHASSEE, Fla.**—Attorney General Ashley Moody today presented a Cabinet resolution recognizing January as Human Trafficking Awareness Month in Florida to the Florida Alliance to End Human Trafficking. The Florida Alliance to End Human Trafficking is the new name of the Direct Support Organization of the Statewide Council on Human Trafficking. Attorney General Moody serves as Chair on the Council and will work with the DSO as it secures additional resources to further the mission of the Council. With major events, such as the Super Bowl, taking place in Florida in the coming weeks and months, it is imperative to ramp up efforts to combat human trafficking in the state.

Attorney General Ashley Moody said, “I am proud to present this resolution to the Florida Alliance to End Human Trafficking,

and to stand with our Direct Support Organization as they work to provide additional resources for our mission of ending this atrocious crime in Florida. Raising awareness of human trafficking is vitally important as our state prepares to host several large, high-profile events, such as the upcoming Super Bowl in Miami and Super Bowl LV in Tampa next year.”

It is especially important to recognize the signs of human trafficking now, before major events that can draw people from across the world to Florida and could create a temporary, illegal market for human trafficking.

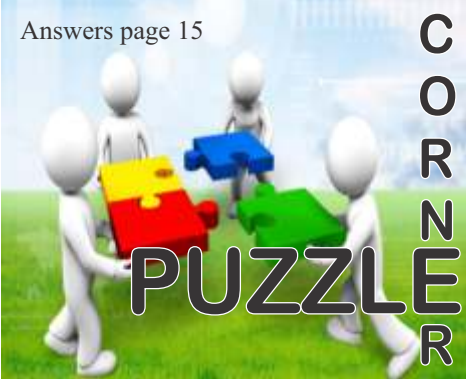
Attorney General Moody encourages everyone to learn how to spot human trafficking. Some of the significant signs of human trafficking to look out for include:

- Physical injuries, such as burns, branding, disorientation, scars, tattoos, etc.;
- Individuals displaying fear, anxiousness, paranoia or a reluctance to discuss injuries;
- Speaking as if coached or having someone else speak for them; and
- Suffering from drug addiction, infections or sleep deprivation.

Anyone who suspects or witnesses an occurrence of human trafficking should contact local law enforcement or call the National Human Trafficking Hotline at 1(888) 373-7888.

Earlier this month, Attorney General Moody issued a video recognizing January as Human Trafficking Awareness Month..

# STAY INFORMED!



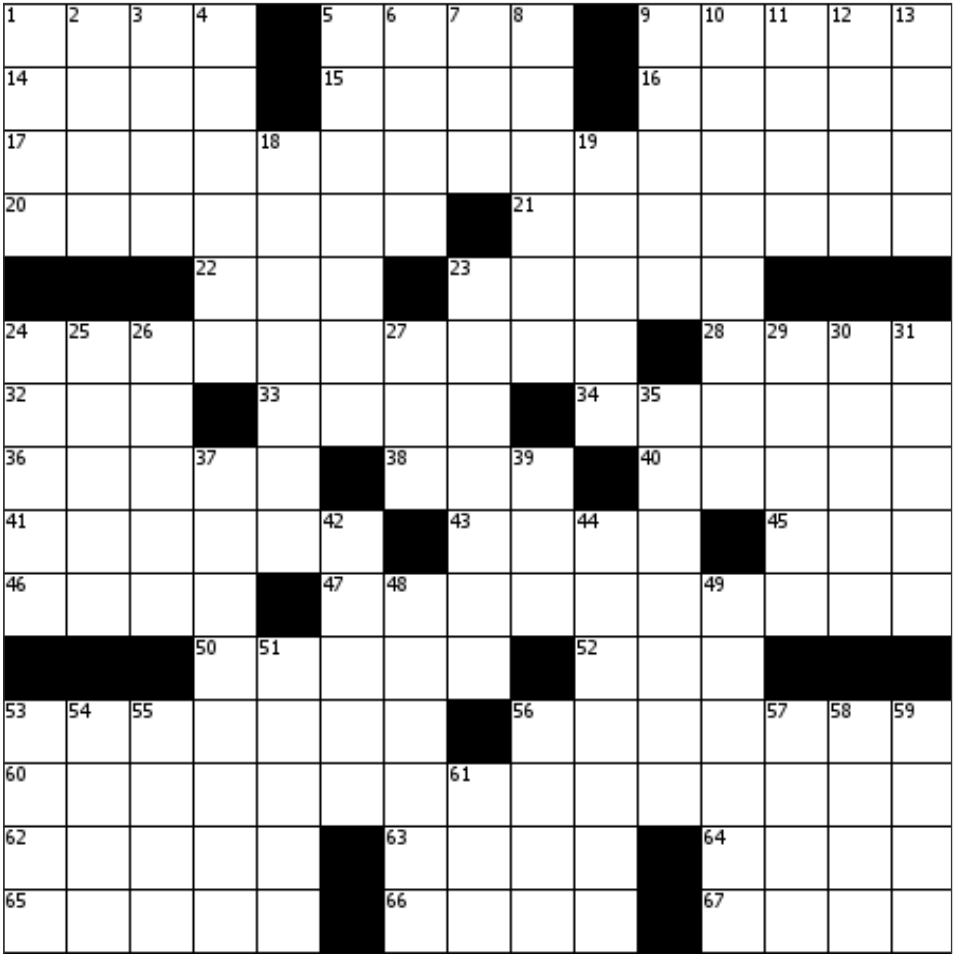
Answers page 15

Across

1. Part of a doorway
5. Defect
9. Prolonged attack
14. London Magazine essayist
15. Misplace
16. "Circle of Life" singer John
17. Emulate a raindrop
20. Work a form
21. Splits up evenly
22. Occupational suffix
23. Moll Flanders' creator
24. Avoid incoming fire
28. Type of log
32. Rumford-to-Bangor dir.
33. Verses of tribute
34. Nova follower
36. To any extent
38. Right away
40. Chichen Itza attraction
41. Grayish green
43. Breaker
45. Mediocre mark
46. Bit of residue
47. A beach ball may do it

62. Liqueur flavoring
  63. Nephew of Cain
  64. Arraignment offering
  65. Alternatives to walks
  66. Lalique or Russo
  67. Brother of Cain and Abel
- Down**
1. "Mutt and \_\_\_\_"
  2. Jai \_\_\_\_
  3. Grain grinder
  4. Setting for some Tchaikovskyscore
  5. Prepared fish, in a way
  6. Trent of the Senate
  7. It's a grate thing
  8. Garden neatener
  9. Prefix for motor or control
  10. Start of Barney's theme song
  11. A case of pins and needles
  12. Used up
  13. Word with split or book
  18. Rock climber's need
  19. They're kept under

50. Bean wraps
51. and Bates
52. Writes out of the will
53. Caught wind of
54. Prefix with change
55. Add body to hair
56. Daniel survived it
57. Carthage neighbor
58. Type of closet
59. Reduced, as tension
60. Having a scalloped edge
61. Attorneys' jargon
62. Money roll
63. San Antonio landmark
64. Type of rayon
65. Reply
66. Meal leftovers
67. Rich sources
68. Old wound mark
69. Burt's ex-wife
70. In the thick of
71. Like \_\_\_\_ of bricks
72. First name in mysteries
73. Editor's "Let it stand"
74. Former Iranian monarch
75. Cincinnati-to-Toledo dir.



TRY FREE ONLINE JIGSAW PUZZLES



Civil War

Publishers Note: I keep getting this piece from our readers as if we did not run it...So we will run it again! This was a well-educated man who had a lot of common sense! His description is real and vivid. This should make you think!

Dr. Jack Devere Minzey, born 6 October 1928, died 8 April 2018, was the Department Head of Education at Eastern Michigan University as well as a prolific author of numerous books, most of which were on the topic of Education and the Government role therein. (Editor's note)This was the last of his works:

Civil War: How do civil wars happen?

By Dr. Jack Devere Minzey  
 Two or more sides disagree on who runs the country. And they can't settle the question through elections because they don't even agree that elections are how you decide who's in charge. That's the basic issue here. Who decides who runs the country? When you hate each other

but accept the election results, you have a country. When you stop accepting election results, you have a countdown to a civil war.

The Mueller investigation is about removing President Trump from office and overturning the results of an election. We all know that. But it's not the first time they've done this. The first time a Republican president was elected this century, they said he didn't really win. The Supreme Court gave him the election. There's a pattern here.

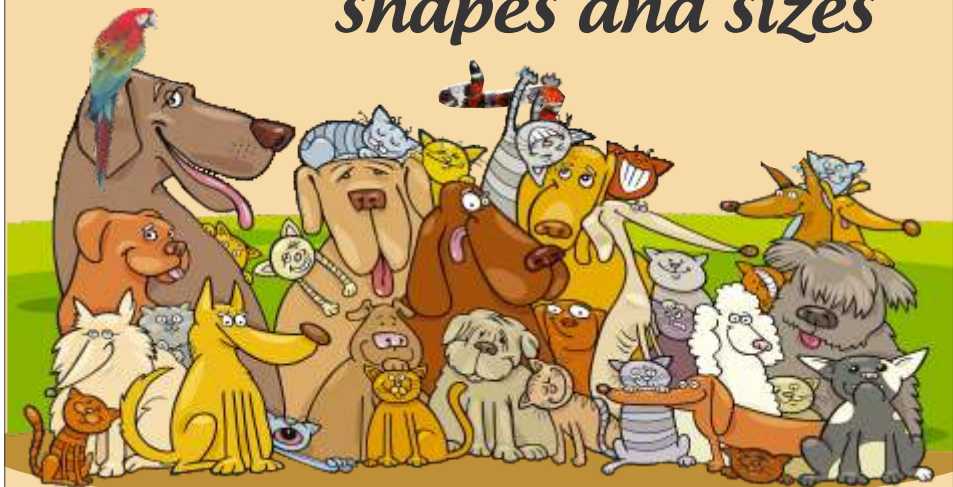
What do sure odds of the Democrats rejecting the next Republican president really mean? It means they don't accept the results of any election that they don't win. It means they don't believe that transfers of power in this country are determined by elections. That's a civil war.

The description is exactly what the Radical left is doing. They need to uphold our Constitution and quit ad-libbing.

What do you think? tloury@att.net



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## Governor

Continued from page 11  
for restoration and recreation.

"This acquisition will help ensure that the largest contiguous wetland in the state remains in a more natural state for future generations," said **DEP Secretary Noah Valenstein**. "Having these wetlands in public ownership supports expedited restoration work on the EAA Reservoir and other critical Everglades projects, provides recreational opportunities for residents and visitors and protects the wildlife habitat of more 60 endangered and threatened species."

"Under the leadership of Governor DeSantis, 2020 is already starting out as a banner year for Everglades restoration," said **South Florida Water Management District Governing Board Chairman Chauncey Goss**. "These wetlands are critical to the health of the Everglades and now we can guarantee that there will be no oil and gas drilling on 20,000 acres in the heart of the Everglades."

## Healthy

Continued from page 7  
build strong bones and muscles while maintaining a healthy weight. Work together as a family to form healthy habits—such as consuming healthful foods and beverages, doing regular physical activity, getting adequate sleep and limiting screen time. You can set a good example by going for a walk or riding a bike. Or find an activity that you enjoy and can do together.

Learn More at [www.niddk.nih.gov](http://www.niddk.nih.gov).

## Loneliness

Continued from page 10  
something people like to think about, now more than ever, Americans must remove the stigma around mental health and spread awareness to better combat loneliness.

Many of the 12 million Americans over age 65 who live alone are entering the time of year where that lack of companionship and isolation is most palpable: winter. Whether physical or travel challenges keep seniors from attending family gatherings or the harsh weather deters them from venturing out for a social event, seniors can suffer from prolonged loneliness that can quickly manifest into more serious issues.

Loneliness does not have to be synonymous with getting older or with aging in place. Here are tips on how to help keep loneliness—and its negative health

effects—at bay:

**Intervene early:** Spotting loneliness in yourself or someone you love can be difficult. The most common physical and behavioral signs of loneliness include persistent sadness, impaired cognitive performance, lower self-esteem, or lack of motivation and energy. Early intervention can positively affect one's quality of life, so it's important to address these symptoms as soon as possible before they become overwhelming.

**Leverage technology:** Technology can play a key role in reducing loneliness, ensuring seniors are always connected to loved ones and care teams who can monitor and interact with them. For example, Philips

Cares is a mobile application that helps connect seniors who are subscribers to Philips Lifeline service with their family and friends, helping to enable these caregivers to be there for their aging loved ones, easing and enriching their aging journey.

**Make a connection:** Connecting with people, purpose and passions will help eliminate feelings of isolation. Consider organizing a reoccurring social gathering, such as a book club or a group fitness class. Explore local activities organized by a senior community center or find a National Council of Aging program through [www.ncoa.org/ncoa-map](http://www.ncoa.org/ncoa-map).

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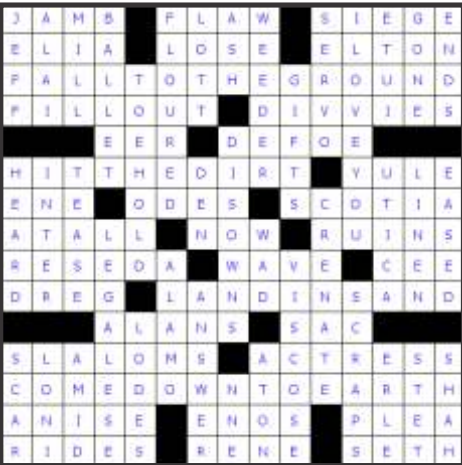
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