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Take Me Home!

FREE



Photo by Gregg Malanczuk

Business owner Kathy Haviland of Tri-County Senior Outreach Services, was holding an 8 year anniversary celebration

and Ribbon Cutting on Thursday, Feb 20 from 4-6 pm at Harbor Chase in Wildwood (1477 Huey St., Wildwood). Kathy Haviland,

Blake and Kate Gallaher from Luxury Diamonds and John Sokol from Bikes and BBQ 4 Autism, are coming together to

present a \$1500.00 check to Dream Acres for Autism (an organization that trains service dogs for autistic children).



Lady Lake Area Chambers Morning Hwy 441 in Lady Lake. Photo by Janet Fraley.

Who is Bernie Sanders?

Bernie Sanders managed not to hold a full-time job his entire life or vote in a single election, until he finally ran for Mayor of Burlington at the age of 40. After several failed elections, he finally won the office of Mayor of Burlington, VT. In 1988 he married Jane Driscoll and took a cold-war era honeymoon in communist USSR. His

new wife supported Bernie financially through his many attempts to win a public office and shared his radical leftist political views. He eventually won a Senate seat, with financial help of his wife, which he has managed to keep off and on.

For all of his years representing Vermont, Bernie Sanders passed a total of three bills, and two of them were for naming post offices.

No plans for foreign policy or national security on his platform. His excuse "I've

DNA Used To Nab Suspect

Lake Sheriff's Detectives Use DNA To Nab Suspect In Robbery Of World War II Veteran

Detectives with the Lake County Sheriff's Office have been investigating a robbery to a 97-year-old World War II veteran since July 2019. The hard work and persistence of the assigned detective paid off when a positive DNA match was made linking the suspect, 29-year-old Kevin Eugene Leeks, Jr., to the crime.

In July, the 97-year-old victim, Mr. Willard VanOrder, drove his lawnmower to a convenience store in the Okahumpka area to purchase groceries. Upon returning home, he was met at the back door of his residence by a suspect armed with a gun. Family members later found Mr. VanOrder unconscious with head injuries and it was discovered that his wallet was missing.

Detectives located a Black and Mild cigarillo tip at the scene of the robbery and collected it for processing.

During the investigation, detectives obtained security video from the convenience store at which time they

observed a black male in the store near Mr. VanOrder at the time of his purchase. The male subject purchased a Black and Mild cigarillo and left within minutes of Mr. VanOrder.

Detectives were able to identify the subject in the video as Leeks. A search warrant was obtained for a sample of his DNA, which was then sent to the Florida Department of Law Enforcement's lab for testing. Leeks' DNA was matched to the DNA on the cigarillo tip found at the scene, as well as DNA on Mr. VanOrder's pants.

Leeks was located today by the US Marshals Violent Fugitive Task Force at a hotel in Leesburg. He was taken into custody without incident on the Lake County Warrant charging him with Home Invasion/Robbery with a Firearm and Theft from a Person 65 Years of Age or Older.

The probable cause affidavit is attached and outlines the specific findings throughout the investigation.

Leeks' booking photo will be available on the Sheriff's Office website once processing is complete.

Released by John Herrell, Lady Lake Sheriff Office

only been campaigning for a few months."

Do you want to know what kind of leader Bernie is? Go to Wikipedia. It's a long report. It is disgusting!

"American freedoms are no more than one generation away from extinction." President Reagan

■ A.J. "Tony" Powell ■

AS I SEE IT

Who said "MAKE AMERICA GREAT AGAIN"?

As I See It, anyone who doesn't think that America, was, is and always will be 'great' qualifies for a one-way ticket to Havana, Beijing or Moscow, UNLESS they fear that the country is going broke!

Back in 1835, for the first and only time in history, President Andrew Jackson paid off the United States National Debt.

Where are we now?

Public debt now adds up to more than \$22 trillion — the highest it has ever been.

This, despite the fact that we are in the largest economic expansion since World War II.

The non-partisan Congressional Budget Office (CBO) anticipates that the U.S. will continue to rack up more debt faster than ever before.

Over the next 10 years, Congress will have to borrow another \$1.2 trillion which is far higher than any time in the past 50 years.

The CBO said. *Other than immediately*

after World War II, the average deficit has never been so large over so many years,"

This is not a Democrat -vs- Republican issue.

Overspending and increasing debt rose to new heights under President Obama and has continued under President Trump.

What "National debt stood at 78 percent of GDP in 2018" means exactly, I'm not sure, but the CBO says *It will rise to 93 percent by the end of 2029;* that doesn't sound good at all.

They reported that *By 2029, debt is estimated to reach \$28.7 trillion,* referring to federal debt held by the public, and foreign investors, including both China and Russia.

What's worse is that those numbers do not include about \$5.5 trillion that the government owes to so-called trust funds, Social Security, pensions etc etc.

A bi-partisan statement from a former Republican Senator Judd Gregg, and former Democratic Gov. Ed Rendell says, *This is another sad reminder of the inexcusable tab*

our nation's leaders continue to run up and will leave for the next generation,"

They also said, *Fiscal recklessness over past years has been shocking, with few politicians willing to step up with a real plan. We need responsible leadership to fix the debt, not a worsening of partisanship."*

Also, it was President Trump who promised that he would reduce America's debt.

He said *If the national debt topped \$21 trillion by the end of Obama's Presidency, he will have effectively bankrupted our country."*

It is true that the national debt nearly doubled under Obama; He started with about \$10.6 trillion and ran it up to about \$20 trillion by the time he was done.

Trump said that he could solve America's debt problem. *When you have \$18-\$19 trillion in debt, they need someone like me to straighten it out."*

Trump also said that his new tariffs on imported goods would let the U.S. *start paying down large amounts' of the national debt.*

Q-Has it?

More recently, the White House called on Congress to rein in what they call *irresponsible and unnecessary spending."*

But, some say that Trump's \$1.5 trillion tax cut for the millionaires hasn't helped at all.

Republicans in Congress and the White House had predicted that their tax cut would boost economic growth and help create jobs.

That might be true, but programs such as Social Security and Medicare will cost a lot more due to our aging population and rising health care costs.

One pundit opined, *The deficit typically grows during recessions — when tax*

receipts shrink and demand for food stamps and other government assistance rises. The current spike in the deficit at a time of strong economic growth and low unemployment represents a break with that historical pattern."

Q - Is there real hope for a solution?

As I See It, probably not.

It costs millions of dollars to get elected and one way or another those dollars have to be paid back.

Politicians are bought, sold and paid for, long before they swear to *support and defend the Constitution of the United States against all enemies, foreign and domestic"*

'Til next time

One Vote Changed Our Country!

People who changed the world with one vote!

John McCain Affordable care Act voting no, Thumbs Down!!!

Now we are not even close to getting enough votes but we will in 2020!

Mitt Romney One Republican vote to impeach the President which made it bipartisan!

The problem is history. One republican vote makes it seem like a lot of republicans voted to impeach the President. Mitt Romney had a chance to reclaim his reputation. I'm afraid it is lost! We can no longer count on him!



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Florida State Senate

DENNIS K. BAXLEY



Friends,
The 2020 Legislative Session will have soon reached a conclusion, maybe even before this article makes it to publishing and we're very much looking forward to being back home in the district. Once we return, we'll be ready to tour the district to give a full report on all that we've accomplished these last few months. Until that time, however, we will

keep providing a few updates on some of the highlights.

For this column, we should address the budget.

The Florida Senate passed Senate Bill 2500: Appropriations, a proposed state budget for the 2020-2021 fiscal year. This proposed budget invests in Florida's teachers, state employees, and environment while maintaining \$3.5 billion in total reserves. With \$500 million for a new Teacher Salary Increase Allocation and \$325 million in increased flexible funding

through the Base Student Allocation, the state budget provides funding for schools districts to increase the starting salary for classroom teachers while also investing in other members of school district personnel who serve our children. This has been a big priority for Governor DeSantis and President Galvano. I'm excited to be a part of this great team, working to improve education in the State of Florida.

Also, the budget appropriated \$643.6 million to address Everglades Restoration and protection of our water resources and \$125 million is dedicated to Florida Forever for water and land conservation efforts. The Senate budget also invests in hardworking state employees with \$403 million to fund

across-the-board salary increases for state employees, as well as health insurance and retirement benefits.

The Florida Senate remains committed to keeping taxes low and providing breaks whenever possible. Legislation coming out of our Committee on Finance and Tax, creates more tax free holidays, including the 10-day back-to-school sales tax holiday beginning July 31, 2020. The legislation would eliminate taxes on clothing, footwear, and backpacks costing \$60 or less, school supplies costing \$15 or less, and personal computers or personal computer-related accessories costing \$1,000 or less per item during the designated holiday. Also, in preparation for Hurricane Season, an 18-day sales tax holiday on disaster supplies is created. Some examples of tax-free items include: flashlights and lanterns costing \$20 or less; radios and tarps costing \$50 or less; coolers and batteries costing \$30 or less; generators costing \$750 or less; and impact-resistant windows and doors.

The Florida Senate and the Florida House budgets remain about \$1.4 Billion apart, so we'll see some numbers change by the time we are finished with budget conference, but priorities remain similar and collaboration between the two chambers has been well-organized. We're confident that we'll reach an agreement without too many disagreements or debate.

As always, thank you for letting me serve you in the Florida Senate. Please do not hesitate to contact me if you have any questions.

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



America dialed 911 and Donald Trump answered the phone. Now they are trying to stop him because the DOJ investigation is getting to deep. It is uncovering some very powerful, well liked

people.

I cannot understand why we are sending all these millions of dollars to all the countries that either hate us or try to help countries that want to hurt us. Our politicians are sending their family members out to join a company or start a company in other countries where their family have influence and could collect Millions for political influence. There are many documented cases connecting a number of influential politicians and politicians' family members. It is money laundering, kickbacks, favor for a favor but millions of our tax payer is paying for all that. So that explains the impeachment and

the rush to beat Trump because he is rooting out the crooks.

I think it runs deeper and higher than any of us could imagine!!! "Drain the Swamp!" Make them serve jail time, maybe not a lot of jail time but enough to make the others realize there is a price to pay for their crimes.

This month I enjoyed some of the interaction of our readers. Ocala reader...Lady called left a message that she picked up our newspaper at the Oasis Cafe. She continues she enjoys the info from the Governor, Political stories, Dennis Baxley column, CEP Ocala Chamber, etc. She said she liked the Oasis Cafe very much.

Another lady shared nostalgia, a video of Kate Smith version of "God Bless America" It was black and white, blurred, not in good focus so I'm thinking it was so early it is what motion pictures were back then. Kate's voice was and is really beautiful. This reminds me of a true story....Here it is:

Some years back I had an office in Inverness Fl where a cable TV office was

located. We had a common lunch room. There was a sales lady from the Cable TV company talking to a group of us in there. She said to me I hear you are a musician. I said yes I was but I retired from it. She said "I have some musical Instruments in a shed in my back yard. I wonder what they a worth." I ask "what are they doing in a shed out back?" She explained her grandfather was the leader of the Kate Smith band and all the band instruments are in that building. I thought she was pulling my leg. I said they are probably ruined by now! I threw a few questions at her which told her I was not sure if I believed her. The next day she brought me six records, very old, two of which said not for release. It was a big band sound with Kate Smith singing. She told me to keep the records. She had nothing to play them on.

I told her she needed to contact some music stores, antique shops and put an ad on her cable TV station. I lost tract because she left the station. I kept those records she gave me in a safe place I thought, with my high school band records at my mother-in-law's house. She had a record player. She pass away and suddenly I realize I don't have my records...THEY WERE DONATED TO A CHURCH GARAGE SALE! They were never to be seen or heard again. I was devastated, still am!

Do you have an unusual short story about a famous person you knew or came in contact with???

How about your opinion on what is going on in Washington/Florida??

tloury@att.net

South Florida in the 40's

Life in a Small Town in South Florida in the 40's

By TomL

I have been walking down the memory trail which is sometimes fun to share, but

once started it was not.

My younger brother is living in south Florida and my older sister living in Inverness Florida. Both recently passed away within 60 days of each other. I am the last of that generation. My Niece brought me some old photos that really brought back memories. There was a picture of my Grandmother and Grandfather Loury probably from the nineteen twenty's, on my father's side. They lived in Ohio, Alliance I think. One night John Loury walked up the mountain to have a drink at the tavern. On his way home an intoxicated doctor driving down the mountain hit him with the car and killed him. Sally Loury (Grandma), in her retirement years, would come to Florida to take care of my brother, sister and I, while Mom and Dad worked away from home at the Boca Raton Hotel. They lived and worked at the hotel. They would come home once or twice each week for a few hours. After a few years they would buy concessions at the hotel: the card room concession and the women locker room concession. They each made a lot of money in five years, then they sold the concessions and came home after a total of seven years and paid the house off and started life in the small town.

Mom and Dad more or less had to come home because of the dangers that lurked around us. It was a rough neighborhood. We had many criminals living on both sides of us and across the street. We could not afford to move yet. My brother was hurt in a knife throwing accident. A neighborhood boy threw a knife at a tree and the knife glanced off and stuck in my brother's eye. My sister was molested at a young age. I did not know about that until recently. I was playing with a neighborhood boy near the railroad tracks which was about two blocks away. I jumped off a hill and landed on a broken beer bottle. It severed my tendon almost all the way through in the ankle area. It was a touch and go surgery for a couple of hours. They fixed

Continued page 5

Newspaper Deadlines

Editorial & Ad Copy for April

Seniors Voice & Ocala DownTown

12am, March 18th

Lady Lake Magazine & Village Spectator

12am, March 25th

Lady Lake Magazine/Village Spectator

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Small Town Florida

Continued from page 4

it. All these accidents clearly showed Grandma, who was aging, could not keep up with us.

Now at home, Dad went to Real Estate school and became a realtor and then a Real Estate teacher. He also became the Zoning chairman for the town of Dania. One Sunday morning, we were all sitting at the breakfast table and the phone rang. It was a man that was passing through town and saw the For Sale sign on a hotel that my Dad had listed. I heard him say "It's Sunday morning!" He hung the phone up and said he had to go show a property. He met the husband and wife at the hotel, got them keys to a few empty rooms and said I'll be in the kitchen having coffee. About twenty minutes later the couple returned and said "we'll take it!"

Dad's commission added a room to our

house and sent him to Insurance school. He built a fairly large insurance business, which in his retiring age sold along with the Real Estate business.

Later we made a deal with the bank on a house that the builder was in over his head on the house and needed to get it off his books at the bank. It was a spec house split level, hard wood floors upstairs, three/two never lived in and was on the east side of town which got us out of the high crime area. The people from the old neighborhood never walked down the street in front of our new house and I really don't know why, but did not mind. In the new neighborhood as kids we went to school and worked every day. We walked to work and sometimes we walked home at nine or ten at night. We felt safe...

Newspapers Band Together

Trade groups have always banded together to create a bigger voice in Washington and provide better opportunities at home. Our state and national press associations have lobbied for better postal rates, a greater

understanding of the need for legal notices, more transparent open meetings, improved independent contractor laws and most importantly, among many other issues, "Freedom of the Press."

Protecting Children's Teeth



(NAPSI)—Here's something many parents may be surprised to learn: tooth decay is the most common preventable chronic disease among children in

the United States.

The Problem

If left untreated, it can hurt more than your kid's mouth. Your child's physical and social development—as well as his or her school performance—can also be affected. More than 51 million school hours are lost each year due to dental-related illness. Kids with healthy teeth have fewer sick days and less distractions from learning.

The Good News

Parents may be surprised to find that getting their child's teeth checked is easier and less expensive than they think. Under Medicaid and the Children's Health Insurance Program (CHIP), essential health

care services like preventative care and dental health are covered. For more than 20 years, CHIP has been instrumental in reducing the number of uninsured children to historic lows. Medicaid and CHIP cover more than one-third of all children in the U.S. and have helped insure 95 percent of the nation's children—an estimated 35.5 million currently are covered.

How It Works

Dental coverage includes access to regular check-ups, x-rays, fluoride treatments, dental sealants, fillings and more.

Parents can look online to see whether their children are eligible. In most states, children and teens up to age 19 can enroll. Depending on income, many families qualify for free or low-cost health coverage. In general, children and teens in a family of four earning up to \$50,000 a year—and in some places more—may qualify for Medicaid and CHIP.

Children and teens can stay covered for as long as they qualify. Families can enroll at any time of the year, but need to renew coverage each year.

More Good News

Even if your application for Medicaid and CHIP has been denied before, you and your children may now be eligible. Parents may qualify for Medicaid as well, but you don't have to be eligible for your child to get coverage.

Who Can Help

More kids can be covered with the help of Medicaid and CHIP. With that as the goal, the Connecting Kids to Coverage National Campaign, a national outreach and enrollment initiative, informs families with children and teens about Medicaid and CHIP eligibility. Families enroll through their states. Call 1-877-KIDS-NOW or visit InsureKidsNow.gov to be connected to program offices in your state.

Learn More

For more information and to see eligibility requirements, visit www.InsureKidsNow.gov.

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Quote of the Day, Any Day, Any Time

"America does not need to see the tax return of a billionaire who became a public servant. America needs to see the tax returns of public servants who became millionaires while being public servants"

CHIEF ROBERT TEMPESTA.



The Lady Lake Police Department encourages drivers to be safe, follow the rules of the road, and remain focused when operating a motor vehicle upon the roadways of the State of Florida. One of the common causes of crashes involves distracted driving. Distracted driving is anything that takes your hands off the wheel, your eyes off the road, or mind off of driving. One of the most dangerous distracted driving behavior is texting and driving, as it encompasses all three of these elements. However, texting and driving is not the only cause of distracted driving. Other common causes include eating, tending to children, grooming, or checking the GPS system. When a driver is not focused on the road, it limits their ability to perceive a hazard and delays their reaction time to avoid a crash. The Lady Lake Police Department urges drivers to stay focused on driving when operating a motor vehicle.

On multi-lane streets, roads, and highways, drivers are required to operate their motor vehicle in the right half of the roadway except when passing another

vehicle traveling in the same direction. Drivers must not continue to drive a vehicle in the far left lane when being overtaken by a faster moving vehicle, unless the driver is preparing to make a left turn at an intersection. Additionally, Florida law requires you to Move Over a lane — when you can safely do so — for stopped law enforcement, emergency, sanitation, utility service vehicles and tow trucks or wreckers.

- If you can't move over — or when on a two-lane road — slow to a speed that is 20 mph less than the posted speed limit.
- Slow down to 5 mph when the posted speed limit is 20 mph or less. When you fail to move over, you put yourself and others at risk of causing an injury or crash.

Another common failure drivers tend to do is failure to use a turn signal. It seems like a minor offense, considering the dangers of impaired or distracted driving, but the turn signal is a major player in a lot of accidents. Without signaling your intentions to other drivers, pedestrians, or bicyclists, they can't anticipate your next move. Please use your blinkers, stay focused, and follow the rules of the road and you'll be making the road a safer place for everyone.

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Drive Safely



Protecting Your Ability To Drive Safely For As Long As Possible

(NAPSI)—Driving a car means maintaining independence for many older adults. Driving allows you to shop, see friends and family, keep up with medical appointments, and avoid social isolation. But sometimes staying safe behind the wheel as you age can be a challenge.

Age-related physical and mental changes can affect your ability to drive safely. If you're alert to these changes and manage them carefully, you may be able to continue driving safely for some time.

To keep your skills as sharp as possible, consider following these suggestions from experts at the American Geriatrics Society (AGS), healthcare professionals dedicated to improving the health, independence, and quality of life of older people:

Check your eyesight to keep it as sharp as possible by getting a complete annual eye exam once you turn 60. **Test yourself to monitor your vision:**

- Do you have problems reading street signs?
- Are you having difficulty seeing road or

pavement markings, curbs, or other vehicles or pedestrians, especially at dawn, dusk, and nighttime?

- Is glare from oncoming headlights making it hard to see when driving at night?

Assess your physical fitness to drive by asking yourself:

- Can I comfortably turn my neck to see over my shoulder when I change lanes? Can I easily move my foot from the gas pedal to the brake? Can I easily turn the steering wheel?
- During the past year, have I fallen one or more times?
- Do I regularly walk more than a block a day?
- Can I raise my arms above my shoulders?

Perform a reality check on your attention span and reaction time:

- Are you overwhelmed by signs, traffic signals, and car and pedestrian traffic, especially at busy intersections?
- Does it seem harder to merge into traffic on the highway?
- Do you take any medications that make you sleepy, dizzy, or confused?
- Do you feel less confident about driving at highway speeds?
- Do you react slowly to cars entering your roadway, or to cars that have slowed or stopped in front of you?

Pay attention to changes and warnings:

- Have friends or family members expressed worries about your driving?
- Have you ever gotten lost on familiar routes or forgotten how to get to familiar destinations?

- Has a police officer pulled you over to warn you about your driving?
- Have you been ticketed for your driving, had a near miss, or a crash in the last three years?
- Has your healthcare provider warned you to restrict or stop driving?

Consider Getting a Professional Driving Assessment

If you've experienced driving problems like these or are worried about your ability to be a safe driver, consider getting a professional assessment of your skills.

Occupational therapists trained as driving rehabilitation specialists can evaluate your driving skills and strengths, as well as any physical, visual, and cognitive challenges you may face. They can also evaluate your ability to operate a vehicle safely and, if needed, recommend ways to reduce your risks.

Driving rehabilitation specialists are trained to evaluate older drivers for:

Muscle strength, flexibility, and range of motion

Coordination and reaction time

Judgment and decision-making skills

Ability to drive with special devices that adapt your vehicle to your needs

The specialist may recommend ways for you to drive more safely after the evaluation. Suggestions may include getting special equipment for your car or helping you sharpen your skills.

Not sure how to find a driving rehabilitation specialist? Talk to your healthcare provider or contact the American Occupational Therapy Association for a directory. You can also visit the AGS's

public education website, <https://www.healthinaging.org/driving-safety>, for more safe driving resources for older adults and caregivers.

If You're Feeling Down



If You're Feeling Down, You're Not Alone

(NAPSI)—You may have heard the terms—winter blues, Seasonal Affective Disorder (SAD), Depressive Disorder with a Seasonal Pattern. No matter what you call it, with approximately 17.3 million adults in the U.S. experiencing seasonal depression, according to the National Institute of Mental Health, feeling gloomy this time of year isn't uncommon—but it can be overcome.

The Problem

Depressive Disorder with a Seasonal Pattern (formerly called SAD) can affect anyone of any age. Whether you're a student returning to class, a busy working professional who's always playing catchup, or even newly retired with found time on your hands, the excitement of the holidays is long over and wintry dark days are here. While January and February are the typical peak months for the disorder, symptoms can persist through April, according to Mental Health America.

Continued page 10

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Chamber February Nothing But Networking Luncheon at Carrabas. We had so many people I think we overwhelmed the Restaurant, but we got it done, the meeting went well, the food was good. Bread was not served, I was disappointed, since that is one of their signature things on the menu. All of the networking

went well. We had visitors from the local high school talking to our Chamber business people about what their business plan is. Most people I talked to were happy! March meeting will be held at the OutBack Restaurant, March 5th 11:30 am. Check the Lady Lake Chamber website for the monthly scheduled events.





Feeling Down

Continued from page 7

Doctor's Advice

When that feeling of sadness persists for several weeks, it's time to take action, according to Dr. Desreen Dudley, a licensed Clinical Psychologist and Behavioral Health Provider of Therapeutic Services for Teladoc Health. But, she points out, often the toughest thing for many is how to discern whether what they feel is temporary or something more serious.

"If someone has a few days of feeling low, that's normal and typically nothing to worry about. It's when the feeling lingers for weeks and people lose interest in daily activities and suffer persistent negative thoughts, that lend a stronger basis for Depressive Disorder with a Seasonal Affective Pattern diagnosis," she says.

What To Watch For

Other symptoms she warns about are:

Change in appetite

Change in sleep pattern

Decreased energy

Decreased concentration

Feelings of worthlessness or guilt

An inability to think, concentrate, or finish tasks at work or school

Thinking about suicide, self-harm, or death

Dr. Dudley contends individuals already struggling with depressive disorders are susceptible to SAD patterns. For older Americans, a Vitamin D deficiency can exacerbate low moods. On the other end of the spectrum, she has worked with newly independent college students who find SAD a heavy burden and say their new responsibilities of classes, exams and jobs can compound their depression. For some, not rising as early for classes as they did in high school means sleeping in more and further limiting their exposure to sunlight.

What To Do

In addition to considering therapy, such as virtual care, which is available on your terms and from any location you choose, Dr. Dudley recommends:

Avoiding or cutting back on alcohol and

other addictive substances

Eating healthfully—more lean proteins, fruits and vegetables, and eliminating sugar

Daily exercise at least 30 minute a day (walking counts)

Yoga or meditation

Learning about and trying light therapy

Regularly surrounding yourself with those you enjoy being around.

When To Seek Help

According to a recent global study conducted by Ipsos MORI for Teladoc Health, individuals often recognize when they're struggling, but even so, over a third of the respondents who have had one mental health episode admitted to not seeking professional help. The reason? For many, it's often the difficulty in finding mental health care.

"Thankfully, virtual care is becoming increasingly available as a source of convenient mental health care," Dr. Dudley says. "It eliminates the traditional obstacles of in-person visits and has opened up access for anyone with a busy schedule, individuals who may have difficulty getting out of the house and students who may fear the stigma of walking into the campus mental health clinic."

Social Security Scams



Protect Yourself From Social Security Scams

(NAPSI)—Calls and e-mails from scammers pretending to be government employees are widespread. Social Security phone scams are the #1 scam reported to the Federal Trade Commission. Chances are

you, a friend, or a family member have received a call like this.

You don't have to be receiving benefits to become a victim. You may get a call saying there is a problem with your Social Security number or account. Everyone, regardless of age, income, and geography, is at risk. Scammers will try to scare and trick you into giving them your personal information or money.

Is It A Scam?

The best way to protect yourself and your money is to recognize a scam. Scammers use intimidating language and often offer a "solution" to fix what they say is a serious problem with your Social Security number or account. How can you tell when it's a scam? Social Security will not:

- Say your Social Security number has been suspended.
- Promise a Social Security benefit approval or increase in exchange for information.
- Call to demand an immediate payment. Insist you pay a debt without the ability to appeal the amount you owe.
- Require payment by retail gift card, pre-paid debit card, Internet currency, wire transfer, or by mailing cash.
- Ask for your personal information.

Scammers prey on your fears. The stories they tell you would scare anyone. No matter how horrible the story, if they do anything above, it's a scam.

What Should You Do?

If you receive a suspicious call, the safest thing for you to do is:

1. Hang up!
2. Don't share personal information or make a payment.
3. Report the scam to the Social Security Administration's Office of the Inspector General at <https://oig.ssa.gov>.

And, if you receive such threats via e-mail, delete the e-mail and do not click on any links or download any attachments. Even if the e-mail or an attachment contains Social Security's seal or names of real people, ignore it. Then, report the scam.

Other Tips

How about if Social Security needs to

contact you? Generally, they will mail you a letter and only contact you by phone if you have requested a call or have ongoing business with them.

Usually, Social Security will mail you a letter that contains telephone numbers for contacting them. You can also contact Social Security by calling 1-800-772-1213 or visiting [SSA.gov](https://ssa.gov).

Scammers are always looking for the next way to trick someone. No matter how someone might try to scam you, learning the warning signs shared here can go a long way to protecting yourself and someone you care about from identify theft and financial loss.

If you think you have been scammed, don't be embarrassed. Report the scam to Social Security's Office of the Inspector General at <https://oig.ssa.gov> and share this important information with your family and friends.

Society's Most Feared Disease



Cracking The Code To Society's Most Feared Disease

(NAPSI)—Even more than cancer, there's one disease most people fear. The thought of falling prey to Alzheimer's disease and to the inevitable desecration of the mind is something that can make even the bravest shudder.

After all, if you're robbed of your sense of who you really are, you're doomed to live your last days without the dignity that defines you and that you hold dear. Perhaps the ultimate horror of Alzheimer's disease is that it is as indiscriminate, merciless, and

Continued on page 12

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FLORIDA GOVERNOR'S DESK



Rom Desantis

Governor Ron DeSantis Appoints Five to the Children's Trust of Alachua County Advisory Board

Tallahassee, Fla. — Today, Governor Ron DeSantis announced the appointments of Dr. Patricia Snyder, Nancy Hardt, Dr. Margarita Labarta, Dr. Karen Cole-Smith and Charles “Lee” Pinkoson to the Children's Trust of Alachua County Advisory Board. These board members are appointed by the Governor from a list of candidates selected by Alachua County's Board of County Commissioners.

Dr. Patricia Snyder

Dr. Snyder, of Gainesville, is the director of the Anita Zucker Center for Excellence in Early Childhood Studies at the University of Florida. She earned her bachelor's degree in speech pathology and audiology from the State University of New York, her master's degree in special education from Millersville University and her doctorate degree in early childhood special education from the University of New Orleans. Dr. Snyder is appointed to a four-year term.

Nancy Hardt

Hardt, of Micanopy, served as a professor at the University of Florida's College of Medicine with specialties in obstetrics, gynecology and pathology from 1981 until her retirement in 2014. She earned her bachelor's degree from Sweet Briar College in Sweet Briar, Virginia and her master's degree in gynecology and pathology from Loyola University Chicago. Hardt is appointed to a four-year term.

Dr. Margarita Labarta

Dr. Labarta, of Gainesville, recently retired as the president and chief executive officer of Meridian Behavioral Healthcare. Currently, she serves as chair for the Florida Council for Community Mental Health and as a member of Mental Health Corporations of America and the National Council for Community Behavioral Healthcare. She earned her bachelor's degree in psychology and mathematics from Barry University and her master's degree and doctorate degree in clinical and community psychology from the University of Maryland. Dr. Labarta is appointed to a

four-year term.

Dr. Karen Cole-Smith

Dr. Cole-Smith, of Gainesville, is the executive director of community outreach at Santa Fe College. She earned her bachelor's degree in criminology and sociology from Bethune-Cookman University, her master's degree in sociology and criminology from Ohio State University and her doctorate degree in sociology and criminology from the University of Florida. Dr. Cole-Smith is appointed to a two-year term.

Charles “Lee” Pinkoson

Pinkoson, of Gainesville, served as an Alachua County Commissioner from 2002 until 2018. He served on the Florida Association of Counties' Board of Directors from 2002 until 2019. He earned his bachelor's degree in business administration from the University of Florida. Pinkoson is appointed to a three-year term.

Florida coalition Against Domestic Violence

After many months of obstruction by the Florida Coalition Against Domestic Violence, the Governor's office received deeply disturbing information regarding the organization's practices over the past several years. These practices include exorbitant compensation payouts, abuse of state dollars, withholding of information, and breach of public trust.

Governor Ron DeSantis has requested Chief Inspector General (CIG), Melinda Miguel, to determine if there are reasonable grounds to refer the matter for criminal investigation to law enforcement. If the

evidence leads to that conclusion, CIG Miguel will take the appropriate action going forward. This investigation is a top priority for Governor DeSantis.

The Governor has been urging action on this matter since 2019. Due to these ongoing concerns, the Governor recommended competitive procurement for domestic violence services rather than continuing to directly contract with the Florida Coalition Against Domestic Violence in his Fiscal Year 2020-2021 budget recommendations.

Governor DeSantis also directed the Secretary of the Department of Children and Families (DCF), Chad Poppell, to take action in this case and manage the obligations of the Florida Coalition of Domestic Violence throughout the period of transition.

Additionally, Governor DeSantis thanked Florida House Speaker José Oliva and Senate President Bill Galvano who have publicly shared concerns over the lack of transparency and obstruction on the part of the leadership of the Florida Coalition Against Domestic Violence and recommended they take immediate legislative action to amend the state statute that has contributed to this unwarranted behavior. Currently, DCF's hands are tied by law to contract with the Florida Coalition Against Domestic Violence and DCF is not provided the statutory tools that would ensure appropriate oversight. This must change to immediately correct this situation.

DCF has communicated to the staff and providers of the Florida Coalition Against Domestic Violence they should continue to

Continued page 13

FLORIDA STATE ATTORNEY GENERAL



Ashley Moody

CONSUMER ALERT: Report Suspicious Crowdfunding Charity Pages

TALLAHASSEE, Fla.—Attorney General Ashley Moody is issuing a Consumer Alert to ask Floridians to report suspicious crowdfunding charity pages. Friday, the Florida Highway Patrol made the Attorney General's Office aware of a suspicious-looking page purporting to raise money for the family of a fallen FHP Trooper. In less than an hour, the Attorney General's Consumer Protection Division, working with GoFundMe.com, secured the suspension of the page and the more than \$500 that had been raised is being returned to donors.

The account in question featured the name and photo of FHP Trooper Joseph Bullock. Trooper Bullock, a 19-year veteran of law enforcement, was shot and killed in the line of duty last week. An investigation into his death is underway.

Attorney General Ashley Moody said, “Trooper Bullock is a hero, and people want to help honor his service by donating to his family. When FHP told us that someone unknown to the family might be trying to exploit the death of this brave law enforcement officer, I asked my Consumer Protection investigators to act quickly. Our office immediately contacted GoFundMe and the crowdsourcing site took swift action to protect the donations. The company has assured our investigators that these funds will only be released to a member of Trooper Bullock's family or returned to the donors—per its distribution policies.”

Florida Highway Patrol Director Colonel Gene Spaulding said, “Trooper Bullock courageously served his country and the state for almost 24 years of his life. It is appalling to see that members of the public would attempt to benefit after Trooper Joseph Bullock paid the ultimate sacrifice. I'd like to thank Attorney General Moody for her swift action and support during this time. Please keep the Bullock family and the Florida Highway Patrol in your thoughts and prayers.”

It is very important for well-intentioned Floridians who want to create a crowdsourcing account to assist a stranger to inform the intended beneficiary of their plans before launching a page. Informing the beneficiary before soliciting donations on the beneficiary's behalf will help avoid

any confusion and quell concerns that the charitable solicitation is a scam. According to GoFundMe, any charitable campaigns that cannot be quickly verified will be subject to suspension and removal.

For those who wish to donate to a worthy cause, Attorney General Moody is urging that they do their homework to ensure that their donations are actually going to the charities' stated causes. Below are a few steps Floridians can take to protect their donations:

Research the webpage creator's background and reviews before donating;

Know that there are many different crowdsourcing platforms, each with different terms of use and fraud investigation practices;

Check to see if the platform offers protections to donors should a campaign be found fraudulent;

Determine what percentage of any funds raised will go to the charity and what percentage goes to the platform; and

Search to see if there are any identical or extremely similar campaigns. It is possible that scammers copied a legitimate campaign to fraudulently attract donors.

If anyone encounters a fundraising page that appears suspicious, they should report it to the Florida Attorney General's Office by calling 1(866) 9NO-SCAM or by visiting MyFloridaLegal.com.

##

The Florida Attorney General's Consumer Protection Division issues Consumer Alerts to inform Floridians of emerging scams, new methods used to commit fraud, increased reports of common scams, or any other deceptive practice. Consumer Alerts are

designed to notify Floridians about scams and available refunds in an effort to prevent financial losses or other harm caused by deceptive practices. Anyone encountering a scam should report the incident to the Florida Attorney General's Office by calling 1(866) 9NO-SCAM or visiting MyFloridaLegal.com. To view recent Consumer Alerts and for other information about avoiding scams, visit MyFloridaLegal.com/ConsumerAlert.

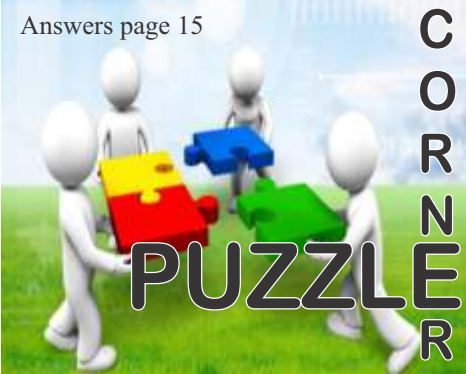
Attorney General Moody Announces the 2019 Law Enforcement Officers of the Year

TALLAHASSEE, Fla.—Attorney General Ashley Moody today named Franklin County Sheriff's Sergeant Jeff Hewitt and Deputy Jared Hewitt as 2019's Law Enforcement Officers of the Year. The Attorney General's Office recognized the father and son duo, along with eight other law enforcement officers across the state for their dedication to protecting Floridians.

Attorney General Ashley Moody said, “Courage and service must run in our award winners' family. While others were fleeing, this father and son duo headed straight toward the flames. Because of their bravery, an entire family was saved. I am proud to announce Sergeant Jeff Hewitt and Deputy Jared Hewitt as 2019's Law Enforcement Officers of the Year.”

On June 24, 2018, the small coastal town of Eastpoint experienced one of the most horrific fires in its history. The fire destroyed 36 homes and consumed more than 950 acres of land. Due to the brave and selfless actions of Sgt. Hewitt and Dep. Hewitt, there were no casualties during this tragedy.

Continued page 13



- Answers page 15

Across

 - Didn't hand off
 - Deadly African snake
 - Type of candy or cider
 - Repose
 - Classic video game name
 - Sailing 101 word
 - Standout testee, say
 - Gunpowder ingredient
 - Bona fide
 - Weatherperson's timepiece?
 - "The Aba ____ Honeymoon"
 - Conductor Antal
 - Weatherperson's greeting?
 - Major or Minor constellation
 - Transparent linen fabric
 - Coal container
 - ____ Mawr College
 - Start a tennis match
 - Martial art
 - Orange veggie
 - Historic ship to be
- Down**

 - Mauna ____, Hawaii
 - Per person
 - Mark Twain, to Samuel Langhorne Clemens
 - Aquatic turtle
 - Song from "Flashdance"
 - Problem ender?
 - ____ Hari
- remembered

 - Evans and Carnegie
 - Weatherperson's back street?
 - Professional obiwearer
 - Wd. on a seasonal gift tag
 - Weatherperson's vessel?
 - Use an atomizer
 - Like Mork's spacecraft
 - Removed spud buds
 - Hot times on the Riviera
 - History or mystery, e.g.
 - Old Testament mountain
 - French jeweler Lalique
 - Expanses
 - Peak in the "Odyssey"
- Clip-fed submachine gun
 - Large terrier
 - Capital of Zimbabwe
 - Wife of Prince Valiant
 - Bounce back
 - Territory in northern India
 - Hank Aaron's 2,297
 - Used a loom
 - Frozen dessert chain
 - Word before avis
 - Cooked one's own goose?
 - Judy Garland's daughter
 - Took her hand in marriage
 - You aim for them
 - Notion in Normandy
 - Meddlesome, like certain neighbors
 - Jean Harlow's last film
 - It may heat up a dish
 - "Silent Night" writer Joseph
 - Not all wet
 - Dangerous African insect
 - Zinc and calcium
 - More courageous
 - Best of a group
 - "Hedda Gabler" playwright
 - Allege as fact
 - Fir feature
 - Italian currency, once
 - Yanks' opponents
 - Classic Edmond O'Brien film

Cracking the Code

Continued from page 10

devastating as a wind-swept wildfire.

As a result, a disease-modifying treatment for Alzheimer's disease has become a Holy Grail of sorts in the biotech industry. The disease is so ubiquitous, it casts a shadow over just about everyone's family. At the same time, it exacts a devastating financial toll on society—perhaps even greater than cancer—with Alzheimer's disease patients needing 24-hour care for an average of eight years and sometimes as many as 20 years.

The estimated cost for caring for Americans with Alzheimer's disease and other dementias is well in excess of a quarter of a trillion dollars per annum. This doesn't even include unpaid caregiving. Also, Alzheimer's disease is ranked as the third leading cause of death of seniors in the United States, surpassed only by heart disease and cancer. Approximately 6 million Americans have become its victims, and this number rises each year as lifespans increase due to advancements in medical science.

Progress From Pharmaceuticals

Fortunately, a few pharmaceutical companies, including Biogen, AC Immune SA and NervGen Pharma, have come up with ways to potentially treat the condition and perhaps slow it down. NervGen's medical researchers are working on what may become an important breakthrough for Alzheimer's and other afflictions that are

defined by nerve damage.

Could This Be Modern Medicine's Holy Grail?

Until recently, NervGen's focus has mostly been on developing nerve regeneration for the treatment of spinal cord injuries. In fact, some remarkable results have been achieved in preclinical trials, including one where the treated rodents regained substantial functionality in their legs after sustaining severe spinal cord damage.

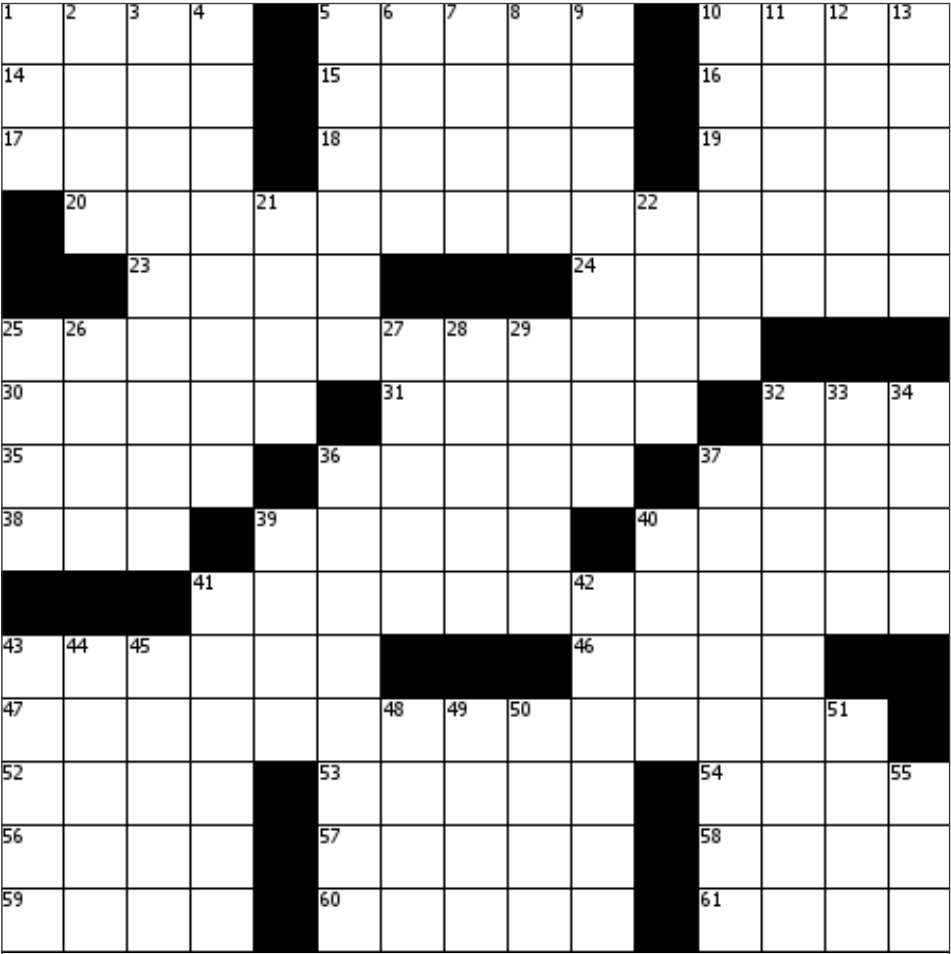
Assuming it also works in humans, the medical science world will be paying very close attention because there are no known therapies that can stimulate human nerve regeneration now.

In addition, NervGen intends to commence a Phase 2 clinical trial for treating multiple sclerosis. The company's drug candidate is expected to treat many of such debilitating symptoms as numbness, loss of sensation, chronic and debilitating pain, partial loss of movement, paralysis, and even incontinence due to additional mechanisms of action called “remyelination” and “plasticity.”

The research team also believes that the same nerve-rejuvenating biotechnology can be adapted to treat Alzheimer's disease, not just mitigate its symptoms due to its truly novel and innovate approach.

The essence of this technology is that it

Continued page 13



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Governor

Continued from page 11

report to work in service of the victims of domestic violence.

Governor DeSantis will not tolerate wasteful or fraudulent spending, particularly from an organization that purports to serve the vulnerable victims of domestic violence. Accountability and transparency require good stewardship of state funds and the people of Florida are entitled to accountability and transparency within every aspect of our state government.

Sincerely,

Helen Aguirre Ferré, Director of Communications

Atty General

Continued from page 11

After the order for deputies to retreat from the flames, due to zero visibility and the approaching fire, a call for help came for anyone in the area of Buck Street to attempt to locate and rescue a family of three trapped in a vehicle. Both Sgt. Hewitt and Dep. Hewitt heard the call for help, and each arrived at the vehicle from opposite directions, at the same time. The front end of the vehicle was covered in flames, and Sgt. Hewitt and Dep. Hewitt worked to free the family from the truck and saved all three, including a four-year-old child.

The Attorney General's Office awarded Sgt. Hewitt and Dep. Hewitt during the Attorney General's Annual Law Enforcement Officer Awards Ceremony held in the Florida Cabinet Meeting Room at the State Capitol.

Each of today's honorees had been previously selected as the Officer of the Year by a Florida law enforcement agency or association. The Florida Sheriffs Association nominated Sgt. Hewitt and Dep. Hewitt. A selection committee appointed by Attorney General Moody considered the distinguished group of nominees from state agencies and organizations.

The following law enforcement officers are the additional nominees:

Officer Schiefer Buckles, Florida Department of Agriculture and Consumer Services;

Detective Andrew Goodlet, Polk County Sheriff's Office;

Sergeant Chris Nichol, Panama City Police Department;

Corporal Mithil Patel, Florida Highway Patrol;

Officer Michael Rice, Florida Fish and Wildlife Conservation Commission;

Detective Sean Sweeney, Pasco County Sheriff's Office;

Detective DeWayne White, Florida Department of Financial Services; and

Special Agent Jennifer Wolf, Florida Department of Law Enforcement.

For more information on the nominees' accomplishments, go to MyFloridaLegal.com

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COMMUNITY

Cracking the Code

Continued from page 12

unlocks a damaged nervous system's natural ability to repair itself. Proprietary molecules "unstick" nerves and prevent new ones from getting stuck by interfering with synaptic-like connections so the nerves can regrow in places that are normally highly inhibited by scar tissue.

The co-inventor of NervGen's technology, Dr. Jerry Silver, is one of the world's most foremost neuroscience researchers of spinal cord injury. Dr. Silver, who is also Professor of Neurosciences at Cleveland's Case Western Reserve University's School of Medicine, has been

working this unique approach to nerve rejuvenation biotechnology since the early '90s by focusing on a protein called CSPG that inhibits the body's natural ability to grow and regenerate.

Heretofore, no drugs have been approved anywhere in the world for nerve regeneration and remyelination, as well as improved plasticity in damaged nerves. Additionally, existing treatments are not considered very effective. So, the stakes are especially high for NervGen to create a blockbuster drug candidate that promises to even outshine any other Alzheimer's disease drug. This is a wonderful opportunity to pioneer nerve repairing drug therapies that target some of the most devastating and pervasive diseases known to humankind.

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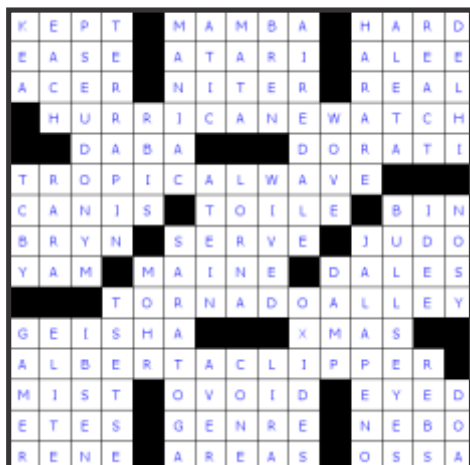
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