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Life Changes for a Senior

From the editor: This was written by a person who in their last years is being forced to change their daily routine which they loved that has kept them alive and happy. It is not necessarily the opinion of this newspaper.

Dear Editor:

What is it all about? Living as someone orders you to live? When you have been free through poverty, hunger, illness, tribulation, and weathered it on your own. Now, you have someone telling you what to do. No cars, no walkers is a strange feeling. It was borderline panic, when I looked out the window and felt the empty desolate feeling. No cars, no walkers, no neighbors about, just eerie silence. Feeling that this might last for weeks or months is frightening.

Workers whose routine was disrupted had strange feelings, after 30 years or more of waking up and doing the same thing every day, staying home all day is strange. My time line was 6:30 every morning going to the pool for 18 years. Tough to abruptly adjust.

When people with power get to use that power they like to paint with a broad brush. It mattered not that no one in our county was diagnosed with anything. None of us who were still coming to the pool had been out of Ocala. If strangers come in with the virus, is it a smart thing to do to allow them to come in? Keep them out, and we go on leading our normal lives. Sounds like a smart move to me, and my friends. Two virus carriers barge over the county line, 350 thousand citizens are ordered into lock down. Perfect example of power lusting.

There were so few in the pool, 6 feet was an easy space to maintain. Would we be foolish enough to play virus roulette with our lives? Some people went sooo overboard with unreasonable fear. It takes all kinds. The other activity I participate in bowling was also shut down. Thank heaven there are 5 books waiting to be read. Something to keep at least the mind occupied. Guess the body goes stiff.

How far does the virus travel before it lands on something, 6 feet, 6 miles, 60, miles, 600 miles?

There was a significant lesson to be learned from this incident for myself: Never could I live under a Totalitarian government. There was some justification for these arbitrary orders? The orders will end and we will be free again. Thank God. I will treasure Freedom all the more.

Letter from Robert

Has Congress lost its mind, i.e. considering giving everyone who makes under 99k/y\$1,200? This type of legislation will end up making the U.S. a 2nd Venezuela leading to tyranny and a loss of life far greater than the coronavirus, and as Obama promised it will "Fundamentally change America."

Villages Expansion Ordinances Approved

Leesburg commissioners approve ordinances for Villages Expansion

Leesburg commissioners approved ordinances that opens the door for Villages to expansion of their massive retirement community Leesburg. It's about Tax revenue!

Ordinances for annexation, rezoning, a comprehensive plan. They affect parcels in the Villages of West Lake of 2,845 acres generally located near County Road 48, County Road 471 and the Florida Turnpike area.

Commissioners approved development

agreements for the 1,382-acre parcel. The agreement for Area A establishes procedures for both the city and The Villages Land Co. as the development moves forward. It calls for the area to be fully developed over the next 30 years and it sets design standards, land uses and processes moving forward.

The agreement also calls for up to 7,900 residential homes and 535,000 square feet of retail space. Some of the property also can continue to be used for agricultural.

Area B is land The Villages will build on at a later time. But when that day comes,

approval already has been given for 6,185 residential homes, 100,000 square feet of office/government space and 1 million square feet of retail space.

The Villages finalize a \$7.54 million dollar purchase of land from the city last year that had been in the works for several months. The city had to pay back the Environmental Protection Agency about \$3.3 million, which meant it netted about \$4.1 million on the deal that City Manager Al Minner labeled as "economic engine" for years to come. It's unclear exactly when the Villages Developer plans to start putting homes and commercial businesses on that property, which also is located north of CR 470 near the Florida Turnpike and Southern Oaks in Sumter County.

The department recommends that individuals:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your coughs and sneezes with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Follow CDC's recommendations for using

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Covid-19 Overview, Symptoms and More

COVID-19 is a new type of coronavirus; coronaviruses are a large family of viruses, some causing illness in people and others that circulate among animals. Other coronaviruses include the common cold and Severe Acute Respiratory Syndrome (SARS). COVID-19 is believed to have emerged from an animal source and is now capable of spreading from person-to-person. There is currently no vaccine to prevent COVID-19.

The symptoms of COVID-19 can mirror illnesses such as influenza. Patients with COVID-19 typically display symptoms such as fever (100.4°F or higher), cough,

and/or shortness of breath within 2 to 14 days of exposure to the virus. Approximately 80% of those affected with COVID-19 report mild to moderate illness and experience a complete recovery. Some experience more severe illness. People who are more vulnerable to the illness include individuals who are over age 65 with underlying health conditions, immunocompromised, ill or have underlying chronic health conditions, such as heart disease or diabetes.

Personal prevention measures are fundamental in preventing the spread of COVID-19 and other respiratory illnesses.

A.J. "Tony" Powell

AS I SEE IT

IT by A.J.(Tony) Powell

Just so you know: Corona Virus Disease = COVID-19! Get it?

Q-Who is most at risk?

=Older people with severe/chronic medical conditions including heart disease, lung disease and diabetes.

=Also 80% of Covid deaths were over 65 years with many over 85.

=Overall, most infections were very mild or even no reported symptoms.

Q-Are you at risk?

=Scientists claim that the virus can last for three hours on any surface. Four hours on copper; Twenty-Four hours on cardboard and TWO or THREE DAYS on plastic or stainless steel (Like Your Fridge!). It is also detectable in the air for three hours.

Q-How can you get infected?

=Close contact with people who are sick. Which you inhale.

=Touching an infected surface. Then touching your face - eyes, nose or mouth.

Q-Other precautions

=If you can't wait for the times mentioned above, then, at least clean and disinfect everything before you touch it using a regular household cleaning spray or wipe.

Clean and disinfect:

-Remember that 'high-touch' surfaces include phones, remote controls, counters, tablets, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

-Household cleaners and disinfectants will work. Clean the area or item with soap and water or another detergent and use a household disinfectant.

-Be sure to follow the instructions on the

label. For example, some products say to keep the surface wet for several minutes to ensure that all the 'germs' are killed.

-Also wear gloves and make sure you have good ventilation. They say that most EPA-registered household disinfectants will work.

Other Sources of contamination?

Q=How 'sterile', do you think UPS, FedEx and the U.S. Postal Service are? One worker said, "There's no cleanliness here at all. No soap, No sanitizer. Nothing."

-Some grocery stores like WalMart and Target are offering 'storefront pickup' by having customers order online, but you still have to handle their bags at the curb.

-Some Infectious Disease Experts recommend leaving delivered packages outside your door for a day if possible.

-But the Centers for Disease Control and Prevention said the chances of getting corona-virus from delivered packages is 'likely' very low.

Q-Who is least at risk?

=So far, children, even with COVID-19 confirmed, have mild symptoms. But fever, runny nose, and cough, even vomiting and diarrhea have been reported.

Q-Where did it come from?

=So called "wet markets" in China sell animals for human consumption - Dead and alive!

=In fact, with the rise of industrial-scale farming, animal infections passed on to human has been getting worse for decades.

-Apparently they are called 'ZOOLOSES' which means diseases which jump from animals to humans.

-Some authorities say that blood-sucking

bats are a major participant.

Q-Is this something new?

=Not new at all! Influenza, which hits us every year, has plagued humanity throughout history.

=Like the COVID-19; influenza, infects animals, including poultry and pigs and then jumps over to humans.

Q-What don't we know?

=The first case of COVID-19 that I found was back in December 2019. Over 12 weeks ago. People who should know the truth, say that it 'runs-it's-course' in 2-3 weeks.

As I See It, the world must now have a 'Population of Survivors' who have been 'uninfected' for over two months!

Does that mean that, like the 'flu', they are now 'immune'?

If that's true, then we should be releasing them from 'House-Arrest', so we'd get started on a recovery sooner, rather than later.

Til next time or email our publisher - Tloury@ATT.net

Good Things Pres. Trump has Done

What are some of the good things that President Trump has done...

- Exited the disastrous Paris Climate Accords
- Moved the embassy to Jerusalem
- Record low unemployment
- Removal from NAFTA
- HUGE Tax Cuts
- Pro-Life
- Leaving behind...
- Andrew Yang
- Cory Booker
- Kamala Harris
- Amy Klobuchar
- Tim Ryan
- Seth Moulton
- Beto O'Rourke

- Deval Patrick
- Pete Buttigieg
- John Delaney
- Michael Bloomberg
- WHO'S NEXT?

Boosting Your Immune System

Get the Facts on Eating for Health And Boosting Your Immune System Naturally

(NAPSI)—Registered dietitian for California Strawberries, Colleen Wysocki, explains what factors play a role in immunity, eating for health, and how to boost immune systems naturally:

Factors Influencing the Immune System

Factors that can influence immunity include:

- Diet
- Sleep
- Stress
- Exercise
- Microbiome
- Germ

Eating for Health

Eating for health means increasing whole foods while cutting back on processed foods high in sugar, salt, and saturated fats. People are cautioned not to look for a single "super food" to prevent illness, but rather, start eating a balanced diet to build a strong immune system over time.

The Dietary Guidelines for Americans promotes the "My Plate" method of eating for health:

½ of your plate: Colorful fruits and non-starchy vegetables

¼ of your plate: Lean protein

¼ of your plate: Whole grains or starch

Low-fat dairy is also encouraged at each meal for those who tolerate lactose.

Consistently building your plate this way prepares the body to fight illness and stress.

Continued page 13



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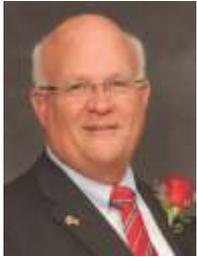


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207 S US Highway 441/27, Lady Lake, Florida

Florida State Senate

DENNIS K. BAXLEY



Dear Friends,
As this column is being prepared, we are a few weeks in to the COVID-19 scare that has taken up much of our focus in the U.S. and most parts of the world. In Senate District 12, we have been very fortunate thus far, with only one reported virus case in the tri-county area of Lake, Marion and

Sumter counties. So far, just over 200 cases have been reported statewide but that number is expected to be bit higher by the time this column reaches you. The response by our Governor and emergency management directors has been exceptional. In a state of 22 million people, that number could be much higher had it not been for their great leadership and quick response.

As we continue to monitor the situation,

my message today is simple. Use caution. Not panic, fear or anxiousness but ordered and intentional caution. CDC guidelines for avoiding getting sick aren't much different than those that are given for the common flu and that's important to remember. Enduring these necessary precautions should help the risk to recede in the coming weeks. We should remain thankful, patient and resolved.

The greater threat will be the aftermath. The economic fallout from this could be very difficult and challenging, especially for those in industries that have been shut down. If the economic collapse of 2007-2008 has taught us anything, however, it is that we can bounce back and restore

prosperity. I believe in the American spirit that says we can do anything if we are just given the freedom to do so. I do not believe that a panicked, over-response by government trying to bail everyone out is the answer. Yes, there will be those who truly need a hand up (not a handout) and we should provide an opportunity for them to become self-sufficient again. This will be a time for patience and faith in a free market system that has sustained us for generations.

Help your family, help your neighbor, use caution and remember that greatest tool we have to combat this is using good judgement and common sense. The Senate office will remain accessible and open to you, please do not hesitate to contact us if we can be of any assistance to 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



PUBLISHERS NOTE: This really feels different not going anywhere, not going to business meetings, working at home. Working a little bit around the farm working on my garden. Stay in my robe till noon but working on the computer. Well back to the news releases:

CIA agent Robert A. Levinson captured in Iran while on a mission has been reported dead. He was captured some 13 years ago, he was the longest American captive to date.

My assignment in life is to see your own individual expression is on paper. Your opinion is important!

The marketing manager at a regional banking chain explained it this way: "I won't advertise in a daily newspaper where readers only look for last night's scores and skim the headlines," she said. "But I

regularly buy ads in weekly or monthly papers that are read page by page and remain in the house a week or longer."

Community newspapers are still the most effective way for readers to reach a broad market. They also create consensus, cooperation and "hometown" pride. But community papers will have to change if they want to remain viable.

Marketing with the virus and customers in mind... Texas Roadhouse and Hardees have both sent me emails talking about how they are cleaning and sanitizing everything.

The question was asked, why did the secretary of state Pompeo choose Bushnell to hold a meeting??? Of course it's next to the Villages. He could make a un-announced visit to the Villages. Some of the news media is calling it a secret meeting! I think the only reason to keep it secret is security or fund raising. The Villages is known for being one of the largest supporters of campaign finance. \$450,000 to Jeb Bush and \$200,000 to George. The same year! I personally think

the Villages is mostly pro-republican.

With what Sanders recently said about how all dictators like Castro were not bad. He probably lost South Florida. When Castro took over the country the first thing he did was test the people left for literacy. He shot a lot of educated people.

I went to Cuba as a teenager the last year Batista ruled. The Cuban people were a happy people from what I saw. Most were poor but that's what happens in Socialism. Free health care for all. If you wait in line and lived thru the waiting list...

If you notice when the Bern speaks about Socialism he calls it Democratic Socialism. There is no such thing. The word Socialism stand alone. He quotes extreme Socialism in other countries. You can't compare America to other countries. Their poor are hungry every day, our poor eats every day if they will work for it. In other countries you work or you die!!! We live in a society where people use their \$800 phone to check their food stamp balance.

Have you ever listened to someone for a while and wonder??? "Who ties their shoes for them???"

Well I do almost every day!

God Bless America

Only two defining forces have ever offered to die for you:

1. Jesus Christ
2. The American G. I.

One died for your soul, the other for your freedom. Make sure you protect both!

I have been ask what do I think people opinion, how do we stay safe from the coronavirus. I'm not a doctor but first I think the younger to middle age citizens are pretty much safe. It's the elderly I would say should be more cautious. For the next few months they need to avoid large crowds and seems to be spreading by people traveling so I would say double up on the sanitation when traveling or being around travelers. The Airports seem to be a common denominator! I'm not a doctor but there seems to be a pattern.

I still don't see why people are buying up all the toilet paper and paper towels??? JOKE: Saw an ad "I have two cases of toilet paper will trade for Condo on the beach."

I have canceled all meetings for March

Florida recently partnered with private laboratories around the state to expand COVID-19 laboratory testing capacity. This partnership will increase the number of tests conducted each day and ensure Floridians receive the critical health information they need in a timely manner.

Expansion to private laboratories changes the COVID-19 testing landscape in Florida. Private laboratories will run tests as they receive swab samples from practitioners. Testing and reporting times will vary among commercial and DOH laboratories. Demographic information may be updated during investigations. These twice daily reports reflect the state's

efforts to accurately and transparently share information.

I received an open letter to all Christian Schools from Robert Dreyfus. Robert is an interesting fellow. We met for coffee one day and we wound up having lunch at McDonalds Ocala a few months back. I only had a few minutes and we went into overtime. He has an interesting effect on people. After sitting there talking and eating, the lady who waited on us came from behind the counter and said to Robert "I liked your message, thank you!". He had given her a religious message. She came and thanked him. He has some interesting credentials. He was on the founding board of Redeemer Christian School, and for many years has been the Florida State representative for the ministry, Exodus Mandate www.ExodusMandate.org whose goal is to see that children receive a biblically grounded education. I meet a lot of interesting people. Robert Dreyfus reminds me of the story of Jonny Apple seed, going around the country planting seeds knowing some will grow. Roberts's goal is to get all children out of public schools and put them in Christian Schools.

PUBLISHERS NOTE: I think I understand what he is saying and doing. Christians are not getting a fair shake in the public schools. The politically correct crowd has gotten the prayer and the pledge taken out of schools. When a student finishes the 12th grade, they should have a full understanding of religion so they can make their choice of religion. Also they should understand how our government functions, what different government bodies there are and understand their function.

Just Saying! What is your opinion? tloury@att.net

Newspaper Deadlines

Editorial & Ad Copy for May

Seniors Voice & Ocala DownTown

12am, April 15th

Lady Lake Magazine & Village Spectator

12am, April 22nd

Lady Lake Magazine/Village Spectator

A Product of TomL Publishing LLC

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Blood Pressure And Your Kidneys



Manage Your Blood Pressure And Protect Your Kidneys

(NAPSI)—Did you know if you have high blood pressure you are at increased risk for chronic kidney disease?

High blood pressure, also called hypertension, is the second leading cause of chronic kidney disease in the United States. About 1 in 5 adults with high blood pressure may have chronic kidney disease, according to the Centers for Disease Control and Prevention.

Blood pressure is the force of blood pushing against the walls of your blood vessels. If your blood pressure gets too high, the blood vessels in your body—including those in your kidneys—may become damaged. This damage makes it harder for the kidneys to filter blood and remove wastes and extra water from the body. Kidney disease can get worse over time, and if not

treated it can lead to kidney failure.

And while high blood pressure can lead to kidney disease, the reverse is also true: kidney disease can lead to high blood pressure. Simple tests can tell you whether you have high blood pressure or kidney disease. Ask your health care professional if you have been tested for high blood pressure and kidney disease.

Many people with kidney disease don't know they have the disease until their kidneys begin to fail. Research suggests that fewer than 1 in 10 people who have kidney disease are aware they have the disease. This is because kidney disease often doesn't have any symptoms early on.

The good news is that you can help protect your kidneys by managing high blood pressure with healthy lifestyle habits.

“Our research continues to uncover the complexities of the link between high blood pressure and kidney disease,” says Griffin P. Rodgers, MD, director of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH). “And

what we are finding supports the message that you can help protect your kidneys by managing high blood pressure with healthy lifestyle habits.”

Adopting healthy lifestyle habits that help you manage your blood pressure will also help to keep your kidneys healthy. You can prevent or slow kidney disease progression by taking the following steps to lower your blood pressure:

Take medicines as prescribed. Blood pressure medicines often play a key role in lowering blood pressure.

Aim for a healthy weight. If you are overweight or have obesity, reducing your weight may lower high blood pressure.

Select healthier food and beverage options. Follow a healthy eating plan that focuses on heart-healthy foods such as fruits, vegetables, whole grains, and lean meats that are low in sodium.

Stop smoking. Smoking damages blood vessels, increases your risk for high blood pressure, and worsens problems related to high blood pressure. For help quitting, call 1-800-QUITNOW or go to Smokefree.gov.

Get enough sleep. Lack of sleep can have an adverse effect on your blood pressure and

metabolism. Aim for 7 to 8 hours of sleep each night.

Manage stress and make physical activity part of your routine. Healthy stress-reducing activities and regular physical activity can lower blood pressure. Try to get at least 30 minutes or more of physical activity each day.

“You can manage your blood pressure and its complications through healthy lifestyle habits, which include exercise, following a healthy eating plan and taking blood pressure medication as prescribed by your doctor,” says Gary H. Gibbons, MD, director of the National Heart, Lung, and Blood Institute (NHLBI). “It's important to know your numbers because controlling or lowering your blood pressure can prevent or delay serious complications like kidney disease and heart disease.”

For more information, visit the NIDDK website at www.niddk.nih.gov.

COVID-19

Continued from page 1

- a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- See more on the CDC website – www.cdc.gov/coronavirus/

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CHIEF ROBERT TEMPESTA.



COVID-19 and Scam Artists

Florida's U.S. Attorney's and the Attorney General's Office warn that scam artists will use the COVID-19 pandemic and the fear it has caused for many to take

advantage of Florida consumers, especially the state's vulnerable elderly. It is important to remain vigilant during this time. With many schools and businesses closed, there is plenty of downtime for people right now. Social media activity will increase to pass to the time. Predators will attempt to capitalize using various methods. Here are some of the scams that are being reported nationwide:

- Individuals and businesses selling fake cures for COVID-19 online. Ignore online offers for vaccinations and home test kits. According to the Federal Trade Commission, there currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus disease (COVID-19) — online or in stores. At this time, there also are no FDA-authorized home test kits for the Coronavirus. Visit the Food and Drug Administration website for more information.
- Don't respond to texts and emails about checks from the government. The details

are still being worked out at the time of this article. Anyone who tells you they can get you the money now is a scammer. Visit the Federal Trade Commission at <https://www.consumer.ftc.gov/blog/2020/03/checks-government> for more information.

- Phishing emails sent from entities posing as the World Health Organization (WHO) or the Center for Disease Control and Prevention (CDC). Do not click on links from sources that you are unfamiliar with. Visit these websites for further information:
 - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> or <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Do not respond to robocalls. You may be put on additional lists for more calls from other illegitimate entities.
- Malware being inserted onto devices by apps pretending to track the spread of the COVID-19 virus or provide other related information. The device will be locked once access is gained and a payment is demanded in order to unlock the device.

Businesses or other entities seeking donations fraudulently for illegitimate or non-existent charitable organizations. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

The Lady Lake Police Department reminds you to stay vigilant during this time. Do not rush into any decision if you

are unsure of any information sent to you through emails, by phone call, etc. Attempt to verify any information or call the Police Department for assistance (352-751-1565).

Please remember social distancing, approximately 6 feet from others. If you do not need to leave your residence, please stay home. Your tri-county first responders are here to serve you but we need to remain healthy to do so. We all have the responsibility to slow the spreading of the COVID-19 virus. Stay safe and stay healthy!

FOOD DRIVE

FOOD DRIVE UNDERWAY IN LAKE COUNTY FOR FAMILIES STRUGGLING DUE TO COVID-19 PANDEMIC

The Lake County Sheriff's Office has partnered with Lake Support and Emergency Recovery, Inc. (LASER) to collect food items to meet the immediate needs of Lake County families struggling due to the COVID-19 pandemic.

The food drive begins on Saturday, March 28 and will remain active until further notice. The hours for making donations will be 9 a.m. to 3 p.m. daily at the following locations:

- North Lake County: First Baptist Church of Umatilla, 550 Hatfield Drive, Umatilla
- Central Lake County: Lake County Jail, 551 West Main Street, Tavares (west end)
- South Lake County: Real Life Church of Clermont, 1501 Steves Road, Clermont

Items being sought include non-

perishable foods such as peanut butter, canned meats, canned meals, snack bars, boxed cereal, canned fruits, and canned vegetables, etc. As these items are collected, they will be delivered to local food pantries throughout the county for the immediate distribution to families in need.

This food drive is a collaborative effort between the Sheriff's Office, LASER, and the aforementioned churches and is being coordinated by Mrs. Tandy Hammond of South Lake Community Ministries. For more information on local food pantries, Mrs. Hammond can be reached at 352-340-1178.

LASER, a non-profit, 501c3 organization, is seeking monetary donations from the community to help with this cause. According to its website, the organization's mission is to assist in the "...recovery from any disaster through a coordinated community-wide approach which provides for the immediate and long-term unmet needs of our citizens." Anyone wishing to donate to the organization can do so by visiting its website at www.laserfl.com. For more information concerning LASER, Mr. Michael Tart can be reached at 352-267-3800.




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ONE PERSON'S OPINION
LETTERS TO THE EDITOR

Answer to A Letter to editor...

I have decided to answer this letter to me because of the length of the hand written letter.

Dear Mr Simons

Thank you for your letter. You say your 88 years old and are 100% American and very opinionated, conservative and are a Veteran of the Korean War. I thank you for all of that. I understand you say you never saw combat because you are totally blind in one eye. My brother and father both were blind in their right eye.

You say you detest the media, politicians, lawyers, etc. Mr Simons, I believe you have cast an unfair net over all. Some of these people you denounce are standing up for you and me to make America Great! You say that no one tells the truth or even know what the truth means and you think it goes back to the educational system naming colleges, professors and parents. I think you are close but you have it backwards. It's parents first. You think the parents that got involved during the Vietnam period. Again you are casting a wide net. The Vietnam vets that came back damaged are still trying to do something with their lives. I pledge Thanks to those veterans, you and all the veterans that served whether they saw action or not.

Mr Simons, you complain about a Villages paper's choice of front page sports story full page vs a very small sidebar about the President being acquitted. You're right but I remember twenty years ago (approx) I

got into an heated discussion about an editor's choice of front page picture. The Editor said to me "It's my choice as editor, if you don't agree put out your own newspaper!"...Here I am!

Athletes make millions at the expense of the fans. The Assistant Coaches make \$800,000 to \$900,000 plus there are many Coaches at a game, again at the expense of the fans. They make enough money to live in a places called The (.....).

Publishers Note: This is one person's opinion. Again this was a hand written letter to me and I felt, it was too long so I answered it so you could tell what this person's opinion is! He is eighty eight years old and eighty eight years of experience is the way I look at it... Mr Simons again Thank You for your opinion and your service.

The Publisher
TomL

Dear Editor:

It is our responsibility. We the people have the power. The founding fathers knew we would need this capability eventually. These are urgent times in need of our exercise of that power, when we have bureaucrats selling us down the drain, for power and money.

If you have any knowledge of what is going on with and in China you know the time for action is long overdue.

A China BOYCOTT! If I was not able to

get vitamins Made in the USA, I am prepared to stop taking vitamins. China RX told me what I needed to know to make that decision.

The Fate of Food did the same thing for food. And videos of bridges falling down intact, and ditto for buildings. China steel leaps to mind.

When a plane goes down it is Chinese aluminum. This globalism is a deadly concept. America has high standards, other nations do not. Globalism is not my cup of tea. China products are frightening. My mantra is: all I want from China I will buy selectively from Dollar Tree.

My boycott of one person has not been very successful. I need help. Please: boycott deadly unsafe products, and read why. Do not just take my word. Not possible to include the whole story in one tiny letter.

D.I.L.

P.S. Wearing a sign: not been to China. Hope they get the message, I am safe to be near.

To the Editor

I almost feel sorry for those who cling to their misery, seeking to rain on the "Proud to be an American" parade. I like the growing positivism/optimism that is showing itself. Americans have, historically, been an optimistic, can-do people. Trump is bringing that attitude back!

These aren't my theories. It's a fact that Americans are the happiest in a very long time. Gallup just polled Americans about their 'satisfaction' level. An amazing 90% of Americans report feeling 'satisfied.' This is the all-time high in the history of Gallop

polling. Even more remarkable, the number of Americans reporting they are 'very satisfied' hit 65%, also an all-time high."

"Optimism about our personal finances just hit an all-time record high. Confidence in the US economy just hit a 20-year high. Consumer confidence is at a 17-year high. Americans satisfied with the direction of this country just hit a 15-year high. 69% of small business owners report they benefitted from Trump's tax cuts. The list goes on and on. Everyone is happy. Except Democrats."

RC

Dear Editor:

By Jove, you have got it. The absolute goodness that has lain dormant and undiscovered in the black hearts for millennia upon millennia. Since the dawn of our species. Eve started it with her dumb apple, or, evolution. We will not quibble, your choice of how it started. Then we had a murder in the second generation, and on and on and on it goes.

Corruption, corruption, corruption. It has been hinted at but not confronted. We are in the midst of a most corrupt cycle right now.

Is now the time? Do we look at humans and see what our failings are? Killing, corruption, greed power: Where do these things come from, what do we do about them? Can they be fixed?

We are running around in the universe, when we have not figured how to manage our own small planet equitably. Now we will despoil the universe, too.? Technology is their weapon of choice. Beware!

The other item that demands attention is

Continued page 10



Lady Lake Chamber of Commerce Updated Local Restaurant Guide

All Restaurants are To Go Orders Only!

Please Remember the ones that are working to serve you and tip generously!!



*** GOOD FOOD, GOOD SPORTS ***

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Call in or Order on line for Carry-Out only!
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(352) 430-1304



other offers or loyalty program. *while supplies last.

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996 Bichara Blvd, Lady Lake
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Offering Curb Side Service!
Chicken Salad Chick is accepting call in and place an order to-go! We have curbside Pick-up for you. Drive through. Free delivery with over 100.00 order. Buy two Large Quick Chicks get a gallon of sweet tea FREE. *not to be combined with



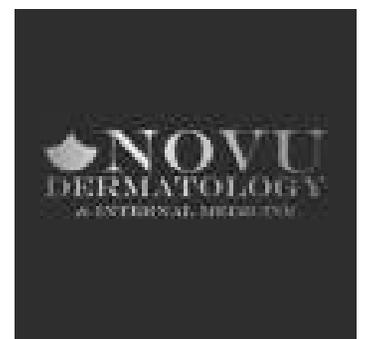
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friend or family member someone returning home from a hospital visit, tired of eating out or have specific dietary concerns and food preferences

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Lady Lake Chamber of Commerce Updated Local Restaurant Guide

All Restaurants are To Go Orders Only!

Please Remember the ones that are working to serve you and tip generously!!



HONEYBAKED HAM
524 Hwy 441, Lady Lake
(352) 259-3900
Carry-Out or Delivery! The dining room is closed... but you can still pick up fully prepared meals that will

feed the family! Lunch options are also available
Order today for pick-up or delivery!



TEXAS ROADHOUSE
745 Hwy 441, Lady Lake
(352) 674-9764
FAMILY VALUE PACKS
Open for To-Go Orders
We are OPEN ready to serve. Legendary Food with Legendary Service in a SAFE way. Call,

Order on line or come by and see us!



KEKE'S
498 Hwy 441 Lady Lake
Take-Out Only!
Keke's is accepting orders to-go! Place your to-go order online or call!
Serving Breakfast Only



TOO JAY'S TAKE OUT and CATERING
990 Delmar Dr, Lady Lake
(352) 753-3510 - Spanish Spring
(352) 430-0410 - Lake Sumter
(352) 350-2122 - Brownwood Delivering Individual & Family Meals
New Hours 8 - 7 pm
TooJay's locations in Spanish Springs, Lake Sumter Landing & Brownwood are prepared to deliver individually packed meals and/or family style meals direct to your home or business! Curbside and Carryout available. Place an order online or call today!



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(352) 218-8844

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We Will Be Closed
Thank you to all of our

neighbors for supporting us. Stay safe! Please look for our Re-Opening date and join us for a Ribbon Cutting



Letters

Continued from page 7

The other item that demands attention is the human brain. When reform has been tried, it has been punitive, eugenics.

What about studying the genetic code, and correcting the defects? Do the commercials at St. Jude make you want something preventive to be done?

The brain is a harder but if we can conquer the universe, we should be able to conquer the complexities of the brain. It is a question of priorities. When your primary goal in life is power, humanness gets in the way. Globalists are the quintessential Power luster's of all time. Power is their drug of choice. Any civilization would be crushed in their path.

This truly is the Zenith of civilization. Do you have any idea of the globalists plans for humans?

There are too any to list, but one or two will suffice, now. The planet can sustain 90 million people, the remainder are surplus, the rest of you are gone. If you cannot fulfill a globalist need, prepare to exit the planet. Your useful role will undoubtedly be a hard one. No freedom here. Power luster's want complete control, expect no free will.

Our bureaucrats and corporate executives have no loyalty to country, only to money. Money is a big hurdle we need to confront, and settle. Or you will be tormented by the shadow of socialism, and communism forever. Reform capitalism, or capitalists.

The surest success story is find a way to cultivate honest moral humans. Many sages through the ages have told us this is the answer, but we failed to recognize the warnings.

Even when a warning is plain as day, we gloss over it.

St. Thomas Aquinas said immigrants come in two flavors contributors to the society, and hostiles. The former are welcome, the latter are not.

Reforming humans is not easy, and there are few willing to take up the challenge. However, there is a surplus of power luster's. What to do?

Millennials and Z's are not equipped to

save this planet.

Any Greatest Generation left, who have experienced life and know the score? Experienced all that life has to through at you, and can still find the good, redeeming aspects in life?. Life is NOT all peaches and cream. We need to strive for more cream.

D.I.L.

Dear Editor:

How do we save SS? First, we take it away from the government. SS is a private fund, {it is our money} not to be touched by the government. It should never have been placed under the jurisdiction of any branch of government, for any purpose.

Our government has been taken over by the corrupt. The President is trying to drain the swamp. Doubt he will find all the corruption. One book after the other documents one corrupt scheme after the other. Some of them must be true.

The second challenge is finding honest people to administer the system. Anyone have a cure for dishonesty, greed, or avarice? The founding fathers tried desperately to solve this problem for us: alas there is no solution for corruption. Vigilance and honest people {JOKE} is the only possible way to manage this problem.

When you do not pay attention bad things happen. LBJ thought SS was his honey pot, and he raided SS {moved it to a more convenient budget where it could be manipulated}. Now we are crying over spilt milk. Claims are made that it was not spent, but it is invested, and not available for our use. It was borrowed, 2 trillion. The money is invested in bonds collecting interest. Couldn't we invest in bonds and collect that interest, all the more for tax payer's retirement?

The milk will keep on spilling if we do not take action. Does anyone know how we can wrest SS's 2 trillion from the hands of the corrupt bureaucrats? In vulgar terms the government is screwing us.

When you cede responsibility this is the result. Are we ready to accept responsibility? Are we knowledgeable enough to handle our own retirement funds?

Or will fretting continue to be our choice? My worrying days about SS are about over. You need to reflect on your future. Do you care? Remember, we are talking about 2 trillion.

Restaurant Review

Received a Restaurant Review about Eaton's Beach in Weirsdale. Janet says she had Eaton's Beach salmon. The salmon had a glaze that made the dish, the salad, red wine vinegrette, crisp lettuce tossed with corn, Applewood bacon, tomato, blue cheese crumbles, heart of palm, cucumbers, and egg. The service was friendly and very efficient. The price was \$16.99 and I feel was well worth it. The writer says she has several food allergies and the server was more than gracious to have the kitchen meet her needs. Janet says I always feel they take care of the needs of those who have food issues.

Took my wife to dinner for her birthday. She choose Horse and Hound. It was packed house, long wait to get seated but it was worth it. Monday night 2 for \$25 Prime Rib was super great, fixed just the way I ask. My son's and their wives attended. Really good experience.

Mojo's next to Target. Lunch continues to be a good experience. I really like their fries, green beans / chili / hound dog (large beef hot dog wrapped in bacon served on a bun). Actually I eat there every week and have not had a bad experience. Everything is good, service is outstanding.

Outback Restaurant Lady Lake Fl on 441. Went to a Lady Lake Chamber luncheon called "Nothing But Networking" It is a monthly event held at local restaurants. We ordered off the menu the food was well prepared, service was good , My meal was served just the way I order it. I like my coffee hot and it was. The lunch was served with their special bread. It was a perfect experience.

Looking forward to going back next month.



Nancy Pelosi

It is reported that Pelosi Tried Using Bill Aimed at Stopping Coronavirus Deaths To Fund Baby Deaths through Abortion.

Taking advantage of a worldwide pandemic to push for more abortions is striking below the belt of the American people.

Multiple White House officials have claimed that the speaker of the House attempted to include federal funding for abortion in a bill to fight coronavirus

Pelosi wanted \$1 billion for reimbursements of laboratory claims, which officials said "would set a precedent of health spending without protections described in the Hyde Amendment."

The Hyde Amendment stops federal funding from going to clinics that perform abortions.

"Under the guise of protecting people, the Speaker is working to make sure taxpayer dollars are spent covering abortion — which is not only backwards, but goes against historical norms."

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FLORIDA GOVERNOR'S DESK



Rom Desantis

Governor Ron DeSantis Thanks Legislature for Taking Swift Action to Make Nearly \$28 Million in Federal Funds Available for COVID-19 Response

Tallahassee, Fla. – Today, Governor Ron

DeSantis thanked members of the Florida Legislature for providing the necessary resources to address the state's ongoing response to COVID-19. The Legislature's action will support the Florida Department of Health's ability to receive new funds from the U.S. Department of Health and Human Services and Centers for Disease Control and Prevention.

“The Florida Department of Health now has the ability to receive nearly \$28 million in critical federal funds to support Florida's ongoing efforts to mitigate and contain COVID-19,” said Governor DeSantis. “These funds will increase capacity in our state labs for more testing and support our efforts to investigate and monitor cases. I thank Senate President Galvano and House Speaker Oliva for their swift action to make these dollars available.”

Today the Florida Department of Health received a notice of award for nearly \$28 million in federal funding from the U.S. Department of Health and Human Services and Centers for Disease Control and

Prevention to address the COVID-19 response in Florida.

“The Florida Department of Health will immediately begin working with the federal government to access these dollars,” said **State Surgeon General Scott Rivkees**. “Our state labs and epidemiological teams are working around the clock and this grant will help ensure we can continue to increase our capacity to combat COVID-19.”

ICYMI: Governor Ron DeSantis' Live Stream Regarding COVID-19

Tallahassee, Fla. – Today, Governor Ron DeSantis held a live stream briefing to provide updates and discuss the State of Florida's ongoing response to COVID-19.

During the briefing, Governor DeSantis announced Executive Order 20-80, which requires those who travel to Florida from New York, New Jersey and Connecticut to self-isolate for 14 days upon entering the state. The Executive Order can be found at <https://www.flgov.com>.

To watch the full briefing, go to <https://www.facebook.com/GovRonDeSantis/>

Governor Ron DeSantis Requests Major Disaster Declaration from President Donald Trump

Tallahassee, Fla. – Governor Ron DeSantis sent a letter to President Donald Trump formally requesting that he declare a Major Disaster as Florida responds to COVID-19.

The letter requested the inclusion of the

following Individual Assistance Programs in the declaration: Disaster Unemployment Assistance, Crisis Counseling, Community Disaster Loans and the Disaster Supplemental Nutrition Program.

The declaration is submitted as a result of the COVID-19 response for the incident period beginning January 20, 2020, for all sixty-seven (67) counties. In addition to the Individual Assistance Programs, the declaration requests additional resources and support from FEMA.

To view the Governor's letter to President Trump, go to <https://www.flgov.com>

Governor Ron DeSantis Activates Emergency Bridge Loan Program for Small Businesses Impacted by COVID-19

Tallahassee, Fla. – Today, Governor Ron DeSantis activated the Florida Small Business Emergency Bridge Loan Program to support small businesses impacted by COVID-19. The bridge loan program, managed by the Florida Department of Economic Opportunity (DEO), will provide short-term, interest-free loans to small businesses that experienced economic injury from COVID-19. The application period opens tomorrow, March 17, 2020 and runs through May 8, 2020.

“As we mitigate against the spread of COVID-19, the health, safety and well-being of Floridians comes first,” said Governor DeSantis. “I understand the harm mitigation strategies will have on small businesses throughout our state. By activating the Florida Small Business Emergency Bridge Loan, we are providing the opportunity for Florida's small

businesses to receive cash immediately to ensure they can lessen the impacts felt as a result of COVID-19.”

DEO will administer the Florida Small Business Emergency Bridge Loan Program in partnership with the Florida SBDC Network and Florida First Capital Finance Corporation to provide cash flow to businesses economically impacted by COVID-19. The short-term, interest-free loans help bridge the gap between the time the economic impact occurred and when a business secures other financial resources, including payment of insurance claims or longer-term Small Business Administration (SBA) loans. Up to \$50 million has been allocated for the program.

“Governor DeSantis has been a true leader in the fight to prevent the spread of COVID-19 and has prioritized the safety of all Floridians,” said Florida Department of Economic Opportunity Executive Director, Ken Lawson. “The Florida Small Business Emergency Bridge Loan will help Florida's small businesses get through this unsettling time. We appreciate the Governor's efforts to keep Florida's small businesses top of mind and our partners at the Florida SBDC Network and Florida First Capital Finance Corporation to help them recover.”

Small business owners with two to 100 employees located in Florida affected by COVID-19 can apply for short-term loans up to \$50,000. These loans are interest-free for up to one year and are designed to bridge the gap to either federal SBA loans or commercially available loans.

See www.FIGov.com for more details on this and other issues.

FLORIDA STATE ATTORNEY GENERAL



Ashley Moody

CONSUMER ALERT: Guard Against Hackers When Working From Home

TALLAHASSEE, Fla.—Attorney General Ashley Moody today issued a Consumer Alert urging Floridians to guard against

cybercrimes when working from home. To slow the spread of COVID-19, more Americans than ever before are working remotely. The increase in online activity presents more opportunities for hackers and scammers to exploit home Wi-Fi or public internet connections to steal sensitive business or personal data.

Attorney General Ashley Moody said, “Florida businesses are going to great lengths to prevent the spread of COVID-19 by following the advice of health experts and allowing employees to work from home. While this is a vital step to mitigate this health crisis, it creates more opportunities for hackers and cybercriminals to steal sensitive data. I'm asking all Floridians to guard against cyberattacks and take steps to ensure sensitive information is protected.”

Steps Floridians can take to protect sensitive customer information, trade secrets or other information while working remotely include:

- Using a secure internet connection;
- Ensuring all security software is updated and in working order. Additionally, ensuring that the device's operating system is updated

regularly;

- Creating strong passwords and utilizing different passwords across multiple websites and applications. Do not use easy to guess security questions;
- Limiting the use of work devices only for work activities. Use personal devices for leisure;
- Locking work devices when not in use and never leaving them unattended;
- Enabling multi-factor authentication when available. Some employers allow employees to provide an additional email address or phone number to receive codes to verify that the user is in fact the individual attempting to access an account; and
- Contacting IT if receiving unsolicited verification calls or codes. This is a sign that credentials were phished successfully, but login failed because of multi-factor authentication.

For more tips and information for employers, visit the U.S. Department of Homeland Security Cybersecurity and Infrastructure Security Agency's alert by going to <https://www.us-cert.gov/ncas/alerts/>.

The U.S. Department of Commerce National Institute of Standards and Technology provides additional resources for working from home at <https://www.nist.gov/blogs/cybersecurity-insights/>

Anyone who suspects they are the victim of a scam should contact the Attorney General's Office at 1(866) 9NO-SCAM or by visiting MyFloridaLegal.com.

The Attorney General also encourages consumers suspicious of price gouging to

report it by calling 1(866) 9NO-SCAM or by visiting MyFloridaLegal.com. Price gouging can also be reported to the Attorney General's Office by downloading the free NO SCAM app in the Android or Apple app store. For tips on reporting price gouging, visit MyFloridaLegal.com. For a list of the commodities covered under the state's price gouging laws during the COVID-19 state of emergency, go to MyFloridaLegal.com.

Attorney General Moody Issues More Than 40 Subpoenas Over Allegations of Price Gouging by Third-Party Sellers on Amazon

TALLAHASSEE, Fla.—Attorney General Ashley Moody today issued more than 40 subpoenas to third-party sellers in Florida accused of price gouging on essential commodities through accounts on Amazon. The subpoenas come as Attorney General Moody's Consumer Protection Division continues to review allegations of unlawful price increases on essential commodities during the COVID-19 state of emergency. Allegations against the third-party vendors include excessive price increases on commodities such as face masks, hand sanitizers and disinfectants of up to 1,662 percent.

Attorney General Ashley Moody said, “Floridians are searching for essential products needed to stay safe and healthy during this COVID-19 pandemic. Sadly, when they find these products for sale online, they often discover that the price tag makes them unattainable. This is unacceptable and unlawful. My Consumer Protection investigators are working diligently to identify, investigate and bring

to justice anyone trying to exploit this global health crisis to rip off Floridians, and we appreciate Amazon's commitment to helping us stop third-party vendors trying to use its online platform to exploit the crisis.”

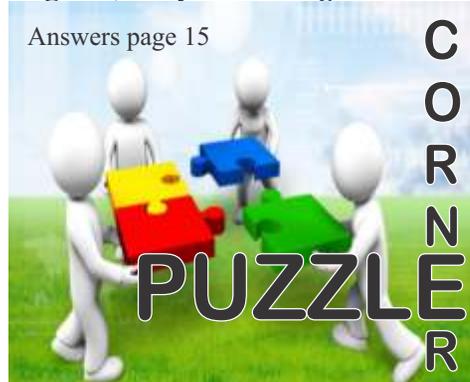
Before Governor Ron DeSantis declared a state emergency over the spread of COVID-19, activating Florida's price gouging laws, Attorney General Moody began communicating with Amazon and other retailers in an effort to protect Florida consumers. Since then, the Attorney General's Office has worked with Amazon to:

- Set up a system to quickly review and address the concerns of consumers who contact the Attorney General's Price Gouging Hotline;
- Provide refunds directly to Florida consumers—even if sellers were third parties;
- Remove more than 35 posts selling products at inflated prices related to complaints made by Florida consumers to the Hotline; and
- Create a specific point of contact for the Attorney General's Consumer Protection Division to quickly address pricing and other consumer-related issues.

Additional efforts to address consumer concerns by the Attorney General's Office working with Amazon are outlined in the letter sent to the online retailer today.

To view the letter, click MyFloridaLegal.com.

Attorney General Moody has activated Florida's Price Gouging Hotline in response to the COVID-19 state of emergency. Consumers suspicious of price gouging can report it by calling 1(866) 9NO-SCAM or by visiting MyFloridaLegal.com.



Answers page 15

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Across

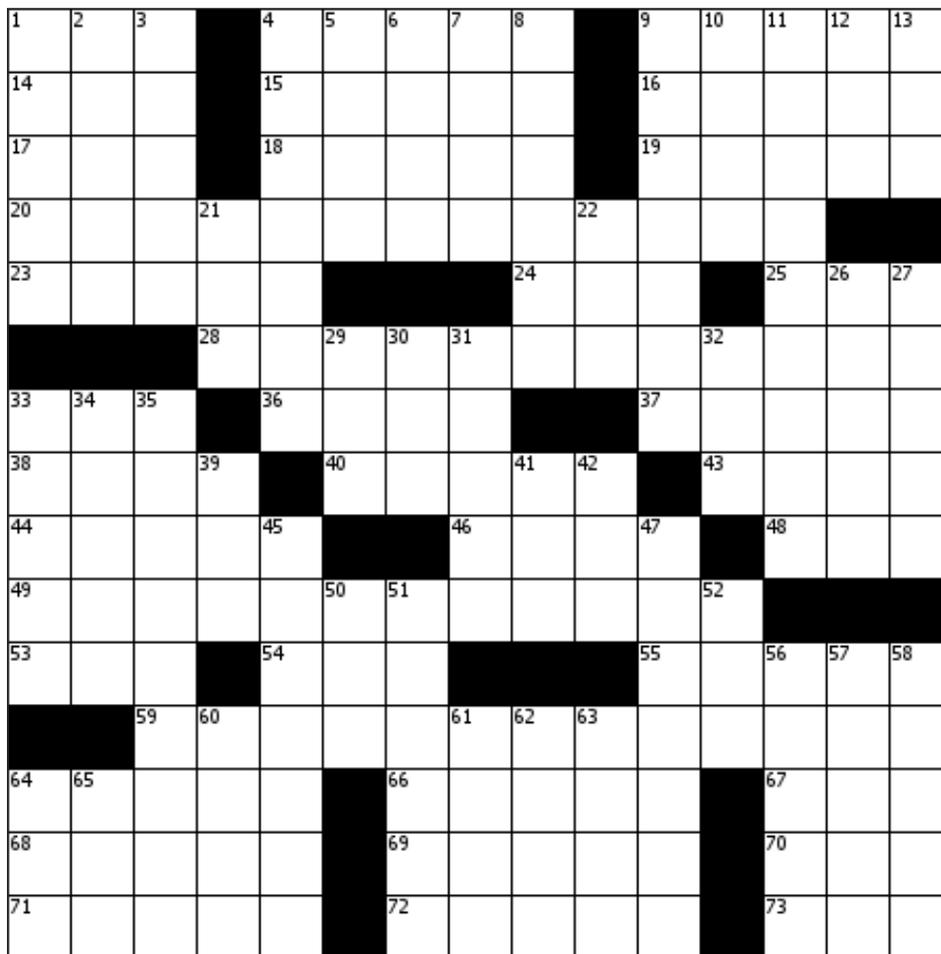
- 1. Electronics brand
- 4. Power-seeking clique
- 9. Puts first things first, e.g.
- 14. Pained reactions
- 15. Teacher of Stradivari
- 16. Dunderhead
- 17. Nanakuli neckwear
- 18. Very, musically
- 19. Word in a mouthwash spot, perhaps
- 20. Christmas gift from my true love
- 23. It can be hot or cold
- 24. Sniggler's quest
- 25. Hemingway title word
- 28. Christmas gift from my true love
- 33. High mountain
- 36. "Proud Mary" singer Turner
- 37. Kind of gun
- 38. Pierce with a tusk, e.g.
- 40. Neighbor of Sicily
- 43. Beret site
- 44. Marketplace near the Acropolis
- 46. With a Y chromosome

- 54. Bygone big bird
- 55. Where eagles dwell
- 59. Christmas gift from my true love
- 64. Homer hit
- 66. Church riser
- 67. Comedic unit
- 68. Cuban ballroom dance
- 69. Artist's tripod
- 70. What I may mean
- 71. They're cutting, sometimes
- 72. Put on clothes
- 73. Color that "suits" Santa

Down

- 1. Fancy British car, informally
- 2. Much less than usual
- 3. Stage whisper
- 4. Round Table site
- 5. Andy's partner
- 6. Minus locks
- 7. Lead-in to "boy!" or "girl!"
- 8. Vibraphonist Hampton
- 9. Nearly alike
- 10. Father of Balder
- 11. Great seating for

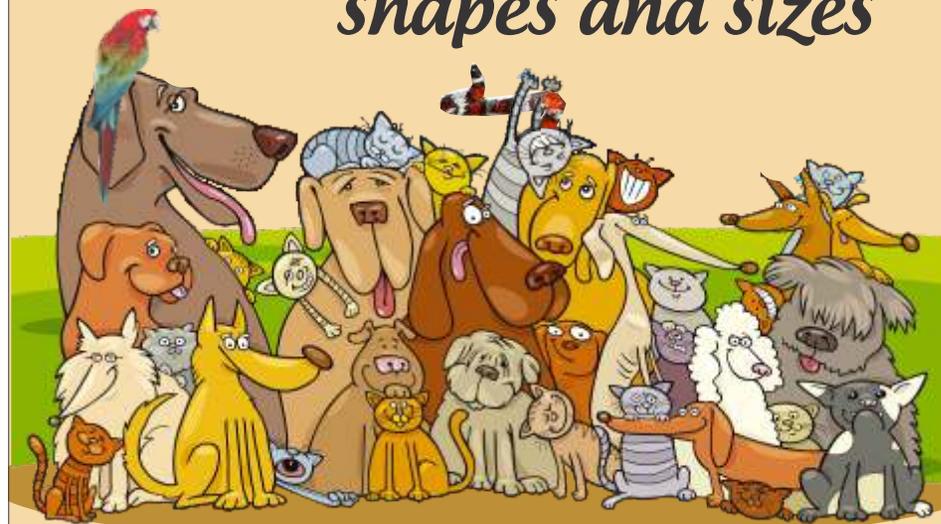
- 48. Come to understand
- 49. Christmas gift from my true love
- 53. "The Island of the Day Before" author
- 56. Stringency
- 57. Vapid
- 58. Goaded (with "on")
- 60. It could be minimum
- 61. Sail support
- 62. Healthy, wealthy follower
- 63. Raises one's hackles
- 64. Word with tray or cube
- 65. Former Israeli airport name
- 12. Two-year-old, e.g.
- 13. Sloppy digs
- 21. "___ Be Seeing You"
- 22. Copyright symbol
- 26. Related via one's mother
- 27. Nod in unison
- 29. Wheel part
- 30. Carrier of genetic info
- 31. Spicy game dish
- 32. Butter measure
- 33. With jaw dropped
- 34. Aristotle's rule of reasoning
- 35. Asking on bended knee
- 39. Obsolete palindromic preposition
- 41. What an anxious foot does
- 42. Clay, after converting
- 45. Fleets of warships
- 47. Nail coatings
- 50. Jupiter, to Saturn
- 51. Elapsed
- 52. Sherlock's Blue Carbuncle, for one
- 59. 60. 61. 62. 63.



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Your Immune System

Continued from page 2

Eating for health is a long-game; popping a few berries in your mouth when you start to feel a cold coming on will have limited effect. However, if you eat a variety of fruits and vegetables each day, your cells will be better prepared to overcome viruses and infections when your body does encounter them.

The Rainbow of Fruits and Vegetables is at the Heart of Immune-Boosting Foods

Eating the rainbow of fruits and vegetables every day is key to increasing immune cell responses to bacteria and viruses. The phytochemicals in fruits and vegetables that promote health depend on the color of the food.

For instance, red, blue, and purple fruits provide antioxidant and antimicrobial activity. These immune-boosting foods help protect cells from damage and may reduce the risk of diabetes, cancer, stroke, and heart disease.

Green vegetables, on the other hand, are recognized as foods good for the immune system and they have anti-cancer properties and protect against neural tube defects in pregnancy.

It's important to strengthen the body against non-communicable diseases with a variety of fruits and vegetables first; then when contagious germs enter the body, its defenses will be available to fight them off.

Eating a single color in the diet is like going to school and learning a single subject. If first graders were only taught physical education—that would be

important, but they would miss out on learning how to add, subtract, read, and write. Similarly, if a person were to only eat one color of fruits and vegetables (such as greens), they risk missing out on nutrients that may promote a more complete immune response.

Protein is Vital for Repair and Recovery from Illness

Protein is also essential for growth and illness recovery. Protein repairs cells and DNA damage caused by illnesses. Skinless poultry, fish, yogurt, eggs, low-fat cheese, and milk are great sources of protein. If you choose vegetarian protein, pair it with vitamin C-rich foods such as strawberries. Iron from plant protein is difficult to absorb without vitamin C.

Foods High in Vitamin C
Food sources of vitamin C are more effective at strengthening immunity and overall health than supplements. In addition, fruits and vegetables such as strawberries offer much more than vitamin C; all of their micronutrients work together to help prevent and fight disease.

One serving of eight strawberries provides all the vitamin C you need for a day. Oranges, red peppers, cantaloupe, papaya and kale are also foods high in vitamin C.

How to Boost Immune System Naturally

Exercise's Role in Immunity. For those who want to know how to boost the immune system naturally, after diet, physical activity is key. Exercise is another long-term approach to building strength against germs

and disease. Working out not only builds muscle, it also reduces abdominal fat, high blood pressure, cholesterol, and stress—all risk factors for disease. It can help you sleep better and decrease symptoms of depression and anxiety.

The American Heart Association recommends adults get at least 150 minutes of moderate cardio exercise and at least three days of strength-building exercises per week.

Sleep and Stress. Increasing sleep and decreasing stress are also on the list of how to boost your immune system naturally. Do your best to get adequate sleep (7+ hours each night).

During stressful times, techniques to help

manage anxiety may include talking to someone, checking in on loved ones, exercise, sleep, and eating a nutritious diet.

Microbiome and Germs. Don't neglect the role bacteria play in spreading harmful germs. While you can wipe out germs and bacteria on surfaces, it's critical to feed your gut good bacteria.

Pre- and probiotics are immune-boosting foods because they feed the good bacteria in the gut. Prebiotics include fiber from fruits and vegetables, while probiotics include strawberries, apples, kefir, kombucha, sauerkraut, pickles, miso, tempeh, kimchi, sourdough bread, and some cheeses.

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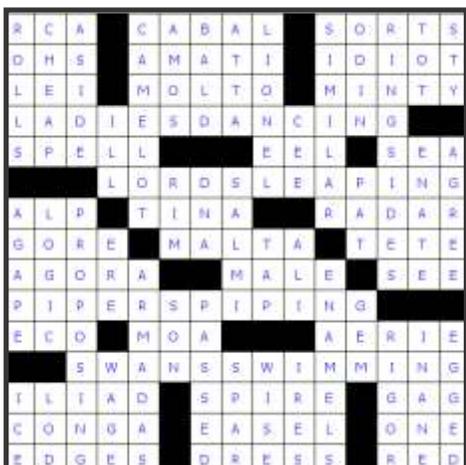
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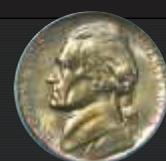
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