

## Meet Christine Calvert



Christine is the Medicare Insurance Lady. Christine has had more than 17 years in the Medicare insurance arena, with focus in the Medicare Supplement and Medicare

Advantage spaces. She comes from a medical background of ten years, so she brings a unique knowledge base to her career as an insurance agent. Christine has built her client base with a one on one approach and makes recommendations based on the needs and goals of her clients. She has operated mainly in the Central Florida area, but does have a client presence statewide. Christine has a home office in Central Ocala and operates out of a satellite office outside On Top of the World, with golf cart access and another office near the Brownwood Community in Wildwood. Since Christine has been a broker for her entire career, she can offer plans based on her client's needs. Christine's client loyalty is a testament to her dedication to her clients and the service she provides. She offers an annual review of her client's policy and reviews any changes as well as any new plans available. She has developed a wealth of knowledge over the years and loves her job. You can reach Christine at Cell - 352-572-8510.



The Lady Lake Chamber sponsor's a "Network Luncheon" Before COVID it was held at Texas Roadhouse. The Networking Luncheons were shut down and are now back. It was a great success Chamber business people responded. Pictures of the attendee's are in this paper. One of the managers spoke welcoming all of us back. The food was good, the service was good, prices were good. In all I think everyone

was happy. I met marketing people and sales people and owners. I was raised in a small town in Broward County. I met a person that sells for a company that started in Broward County, small world. If you want more information about these networking Luncheons check with the Lady Lake Chamber. See page 5 for gallery of photos.



Rock the Red a Conservative Republican Rally was a great success. It was held at the Ocala Live stock Pavilion. When I saw the number's that the local daily printed I knew that was wrong and misleading, the official count was 2,034 which was 4 times what

they printed in the daily, people were showing up all day long at the 13 hour event. There were a lot of Tea Party people attending. This all day event featured musicians, speakers, and booths starting at 10am. I love this picture, the look on this

## How Do We Get Back To Where We Were?

By TomL

How do we get back to where we were. How can we make a difference? Think about it as a staircase. The staircase to success and family stability was good (2020) not perfect but good, between then and now the stairway above us is littered with dead COVID bodies, Children being killed at school, devious lying people, Illegal Foreigner, criminals, Pandemic from Illegals coming across the border, drugs dealers, life time politician's, land grabbers, murders and we are on the bottom step, so we have a lot of clean up to get back up the stairway to the American Dream!

WAIT.... I think I got it. If they let enough strangers and some crooks and drug dealers in our country will no longer be the American Dream it will be the American Nightmare. No one wants to swim a Dangerously large river, pay a Coyote to lie to them, steal their money, Use their children as sex slaves, get

control of their family's and threaten to kill them if they don't carry drug across the border to get to the American Nightmare. We are on our way to a bad dream, if we live through it... it will become a Nightmare. What do we do to fix this?

Our Country is a mess! What can we do about this? Sorry it is a slow process. Most people can't deal with a slow process. You have to vote with purpose. Vote for someone that can make a difference. If you have watched 2,000 Mules video you ask how could this happen in America? It's the quest for power and money. **"Our Veterans gave us a free America."** Look at it now. Don't say I don't know how or I don't know what to do. First research your candidates. Vote for a candidate that will stand up for your rights then back them day and night! We have candidates who love America, Back them. Vote for them. **STAND YOUR GROUND!**

ladies face while posing with a Trump poster. This picture was sent to me by the REC Chair Brigitte Smith who got it from Tea Party member's. I want to thank them all for the effort. I will apologize for the mis information by the daily newspaper, I am only a monthly so I have a little more time to get it right. Organizer Justin Williams with Rock the Red was disappointed in the coverage.





## AS I SEE IT

The United States Supreme Court – No 'Government-In-The-Sunshine' here!

The news media reports the recent leak about abortion, as an 'invasion of the judges privacy'.

But wouldn't you think that the American People have every right to know what's going on up there?

These people seem think that we should wait for their decision on what's best for us, while they deny us the right to decide for ourselves.

(Kinda like 'Big Brother in '1984'.

Fortunately, in the past, there has often been that one glimmer of freedom when a brave 'insider' told us what was going on.

Back in 1852, the New-York Tribune published the intended decision of Pennsylvania vs a Bridge Company which, probably was leaked by one of the justices,

So a so-called 'leak' is OK when they do it themselves?

Later, in 1857, Judge John Catron leaked to President-elect James Buchanan that they had decided that

Congress had no power to regulate slavery

In 1919 Ashton Embry, a former clerk of Justice Joseph McKenna was indicted, for leaking a pending decision on a railroad patent case. But it never went to trial after the chief witness was "accused of conspiring with the Germans (During World War I).

In 1977, Public Radio reported that, by a 5-3 vote, the Court would declined to review three cases in the notorious Nixon Watergate farce.

Only two years later, one of the their printers was 're-assigned' for leaking several decisions to ABC.

And there were others.

Now, in 2022, we have the Roe v. Wade

secret decision

Which, in fact was also leaked to Time Magazine back in the '70's'.

This time of year, the Supreme Court Justices are exchanging hundreds of opinions with each other in order to make decisions in several cases, including 'Rose - vs Wade'.

But the recent addition of several younger, extremist judges, has eliminated the opportunity of compromise.

Instead, the court is rife with distrust, including the law clerks, staff and, even, the justices themselves. Thus ignoring their obligation to interpret contentious issues with justice and impartiality.

This was confirmed recently by Justice Clarence Thomas who said that he no longer trusts his colleagues (Judges).

He said, "When you lose that trust, it changes the institution fundamentally. You begin to look over your shoulder. It's kind of an infidelity that you can't undo."

Apparently Judge Roberts made a deal with his fellow bench-sitters, on the 'Affordable Care Act' and then changed his mind.

That was about 10 years ago and they are still sulking about it.

As I See It – Kinda pathetic, for you and me, but a disgrace for the judge on the U. S. Supreme Court..

The current Chief Justice says that the recent leak is "a betrayal" so he has ordered his marshals to capture the guilty party and jail them in 'Siberia'. (Similar to how things are done in North Korea, Russia, China and many other wonderful countries.

Of course, those marshals have no qualifications or experience as investigators; and, in fact, nor do the nor do the Supreme Court police.

As I understand it, while the leak of a draft opinion might be a breach of ethics, in this

case the document was not classified, so it's not a crime.

Then, of course, they can't search their employees computers and phones without a warrant.

This is a fact based on their own decision eight years ago when they said that the police could not search a phone without a warrant.

Presumably, if they tried to do it, the cases would be tried and then appealed to, guess who, the U. S. Supreme Court.

Would they then have to disqualify themselves due a 'conflict of interest'.

What a farce.

Our Florida Governor is chasing Disney out of Orlando, so, it looks like they are re-locating to Washington DC!

Perhaps the 'Good-Old-Days' were good old days – for some, but not for others?

'til next time. Stay safe. . . .

## Columbine High School shootings

Darrell Scott, the father of Rachel Scott, a victim of the Columbine High School shootings in Littleton, Colorado, was invited to address the House Judiciary Committee's subcommittee. What he said to our national leaders during this special session of Congress was painfully truthful.

He said...

"Since the dawn of creation there has been both good & evil in the hearts of men and women. We all contain the seeds of kindness or the seeds of violence. The death of my wonderful daughter, Rachel Joy Scott, and the deaths of that heroic teacher, and the other eleven children who died must not be in vain. Their blood cries out for answers.

I am speaking to the House Judiciary Committee's subcommittee,

Darrell Scott said every one is looking for someone to blame, the real blame is is here

in this room "finger pointing And accusations but not putting the blame in the right place.

Something happens in these (shooters) young people's lives that change their thought process. Some get mean and some just withdraw into themselves. Something sets them off and they go off the deep end. There are sign's of this at school, family, church, friends, some don't have friends because they don't know what to expect next. Some get the feeling of power because they like the way it feels being on the other side of bullying. But when they finally don't have a feeling of self worth something is bound to happen if they don't get help! If you see those sign of a person you know say something, the life you save might yours!

The gun does not kill the person does!

Derek Scott wrote a poem in memory of his daughter who was a victim of the Columbine High School shootings in Littleton, Colorado.

Your laws ignore our deepest needs,

Your words are empty air.

You've stripped away our heritage,

You've outlawed simple prayer.

Now gunshots fill our classrooms,

And precious children die.

You seek for answers everywhere,

And ask the question "Why?"

You regulate restrictive laws,

Through legislative creed.

And yet you fail to understand,

That God is what we need!

Pray for these people and if you see something say something.

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## Florida State Senate

### DENNIS K. BAXLEY



Dear Friends,  
This will be the third column reporting on the 2022 Legislative Session and the good work done on behalf of the citizens of the free state of Florida!

This past month, Governor DeSantis signed off on \$109.9 billion budget that includes a record \$1.24 billion in tax relief for Floridians. Providing ongoing tax relief to Floridians, especially in the midst of extraordinary inflation brought on by the federal government's irresponsible policies, remains a top priority of the Florida Legislature. This tax package includes: A Gas Tax Holiday: October 1-31, 2022, reducing the cost of fuel by \$0.25 per gallon, a Back-to-School Sales Tax Holiday: July 25 – August 7, 2022, on clothing, footwear, backpacks, school supplies, computers and electronics, and software. Additionally, it includes: Disaster Preparedness Sales Tax Holiday: May 28 – June 10, 2022, on flashlights, lanterns, radios, tarps, coolers, batteries, smoke detectors, and generators. The tax bill also included some long-term tax relief on items like: Impact Resistant Windows, Doors and Garage Doors, Children's Clothing and Shoes, Children's Diapers, Energy Efficient Appliances, and Farm Trailers and Fencing.

A bill that we have yet to highlight is SB 254, and we are extremely proud to have passed this legislation. One of the cornerstones of our great nation and state is religious freedom and the right to openly attend religious services. The COVID-19 Pandemic highlighted many threats and challenges to our basic freedoms as Americans, including the ability to freely exercise our religion. SB 254 Provides that an emergency order may not directly or indirectly prohibit a religious institution from conducting regular religious services or activities. Affords that a general order that applies to all other entities in the jurisdiction may be applied to religious institutions, as long as it is furthering a compelling governmental interest and is the least restrictive means of doing so.

SB 988, "No Patient Left Alone Act", carried by Senator Garcia passed through the Florida Legislature and was signed into law on April 8, 2022. The No Patient Left Alone Act ensures Floridians are provided the opportunity to care for and visit with their loved ones by requiring intermediate care facilities for the developmentally disabled, developmental disability centers, nursing homes, assisted living facilities, hospice facilities, and hospitals to allow visitation to the greatest extent possible while maintaining the overall health and safety of the facility. Specifies that if a violation is confirmed, providers are subject to the existing penalties and licensing investigations administered by the Agency for Health Care Administration.

The Florida Senate continues to recognize the great sacrifices that the men and women of our armed forces make for our country,

and has worked to further expand opportunities and pathways for veterans and their families. To help serve those who protect and serve us, the Florida Legislature charged the Florida Department of Veterans Affairs to create a veteran suicide prevention training and certification program for claims examiners and county and city veterans service officers in Florida. Additionally, the legislature jointly passed a memorial urging the United States Congress to recognize the



epidemic of suicides among our veterans and to fully fund the suicide prevention efforts of the United States Department of Veteran Affairs.

Thank you for your continued engagement in your state government. We look forward to providing you more information next month. Thank you for letting me serve you in the Florida Senate.

Onward & Upward,

## Above Average Hurricane Season

**Prepare Now For 'Above Average' Hurricane Season**

(NAPSI)—The 2022 hurricane season is underway, with the [Colorado State](#)

[University \(CSU\) Tropical Meteorology Project Team](#) forecasting an above-average storm season for the Atlantic basin. Emergency preparation experts say now is the time to get ready, especially as CSU places the probability of a major hurricane making landfall along U.S. coastlines at 71 percent.

When a hurricane hits, food, water and other critical supplies can run short and this year the situation could be even worse due to ongoing supply chain issues. What's more, severe storms will negatively impact an aging electrical grid that is overdue for updating, causing the power to go out for days—if not weeks. In short order, residents may find themselves in dire need for supplies and backup power.

*Continued page 6*

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# STAY INFORMED!



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

PUBLISHER’S NOTES



If you recently moved here from out of state you should check with Christine Calvert, Page three in this newspaper. You may be eligible for Florida Healthcare Insurance now. Give her a call I trust her, 352-572-8510 she won't steer you wrong.

\*\*\*\*\*

Rock the Red was a great success. Hundreds of people attended. Hundreds during the day and at least doubled that at night. The event presented the showing of the controversial video 2,000 mules. The video shows people in real life stuffing ballot boxes in the middle of the night. They have their cell phone numbers so they know who they are. They used Cell phone tracking devices to place that person at that ballot box, it show where they and when. This was done in seven battle ground states and it proves wrong doing. Of course the left denies it but in the early stage of this

happening they caught some and arrested them through finger prints on the envelopes. The next night they started wearing gloves which is shown on the video. A lot of the news media want to move on but we have to look back to see what happened and pass laws to stop it. We need free honest elections. I believe when over 50% of the American people see this video there will be drastic change.

\*\*\*\*\*

The career politician are out of touch. They are destroying our country. Think about this....

- Joe Biden has been in Government 44 years
- Chuck Schumer has been in Government 38 years
- Nancy Pelosi has been in Government 32 years
- Maxine Waters has been in Government for 28 years

Most of them are millionaires or Billionaire?

Statement by Michelle Obama

2011.“Someone is going to give a piece of their pie so others can have more.”

\*\*\*\*\*

Information sent to me by reader...Studies show that between 100 and 220 million people have been murdered by tyrannical governments in the 20 century after the government has confiscated their means of self protection.

In spite of this b, tyrants as well as the uninformed and ill informed use every gun related tragedy as a reason to curtail or eliminate the right of law abiding citizens to own guns for self protection. Should they be successful, law abiding Americans will lose their freedom, and come under the yoke of tyranny which so many others have had to endure.

\*\*\*\*\*

There is a lot of discussion about food shortages being created. Who would want to do that? Well there are many countries that don't like us because their people are leaving their country for the promise land. A promise from our current administration for easy entree, free living expenses, free housing, free education, free free free. It's not free we the Tax Payers are paying for it. I think we are going to let men and women come in free they should be put under military status and be trained to protect the promise land. No free rides...

What do you think?

The shooter in the Texas, the Uvalde shooter had over 85 thousand dollars in equipment, how did he manage this on a part time job at a fast food place working eight hour's a week? He was obsessed with video games. He was 18 year's old lived with his grandmother. He dressed in expensive women's clothes?

He had a Brand new expensive game console. A brand new F250 pickup. His weapons: 2 Brand new Daniel Defense (brand) AR15/M4 rifles, with Military grade Optics. Each rifle is between 3,000 and 4,000 dollars. Thousands of rounds of expensive Military grade ammunition. A thousand dollar bullet proof vest. It sounds like someone was funding him.

Where did he get his training from? It

seems he knew the Buffalo Shooter. He carried the same make rifle used in the Las Vegas shooting, Same optics, same grip only available by military or Law enforcement. Was this an effort to create a reason to take our guns? It was just in time for the NRA Convention.

Manipulating Food Prices?

By TomL and others

**Is someone manipulating food prices by creating shortages? Why? To starve us or punish The USA?**

A friend of mine was concerned about the shortage of food processing plants. The fires destroying some of the largest food processing plants. The questions was & is there a conspiracy to starve us or punish us? Good question considering all the things that have been happening. If you ask a question enough times and word it differently each time on a computer search you will finally come up with some theories of your own. I will report to you and you make up your own mind.

This list is destroyed food process plant. it was sent to me by the reader, There are some problem with the list:

- 1 — 4/30/21 Monmouth Smithfield Foods pork processing plant
- 2 — 7/25/21 Memphis Kellogg plant
- 3 — 8/13/21 JBS beef plant
- 4 — 8/24/21 Patak Meat Company
- 5 — 7/30/21 Tyson River Valley ingredient plant
- 6 — 10/21/21 Darigold plant
- 7 — 11/15/21 Garrard County food plant
- 8 — 11/29/21 Maid-Rite Steak Company
- 9 — 12/13/21 San Antonio food processing, Westside Foods
- 10 — 1/7/22 Hamilton Mountain poultry processing Plant
- 11 — 1/13/22 Cargill-Nutrene feed mill. Lacombe, La
- 12 — 1/31/22 Winston-Salem fertilizer plant
- 13 — 2/3/22 Wisconsin River Meats

Continued page 7

Newspaper Deadlines

Editorial & Ad Copy for August

Seniors Voice & Ocala DownTown

Noon, July 15th

Lady Lake Magazine & Village Spectator

12am, July 20th

Village Spectator / Lady Lake Magazine

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# Lady Lake Chamber Networking Luncheon

The Lady Lake Chamber sponsor's a "Network Luncheon" Before COVID it was held at Texas Roadhouse. The Networking Luncheons were shut down and are now back. It was a great success Chamber business people responded. Pictures of the attendee's are in this paper. One of the managers spoke

welcoming all of us back. The food was good, the service was good, prices were good. In all I think everyone was happy. I met marketing people and sales people and owners. I was raised in a small town in Broward County. I met a person that sells for a company that started in Broward County, small world. If you want more information about these networking Luncheons check with the Lady Lake Chamber.





— Lady Lake Police —  
**CHIEF ROBERT TEMPESTA.**



**PRACTICE PRECAUTION - PREVENT A DROWNING TRAGEDY**

It only takes a minute. You look away, you may not hear the splash and your child is nowhere in sight.

Drowning – the harsh reality of losing a child in less than one minute. Drowning is swift and silent.

According to the National Drowning Prevention Alliance (NDPA), there are approximately 4000 drowning deaths a year in the United States. The Lady Lake Police Department is committed to educating parents and caregivers about taking precautions to help end these preventable tragedies.

Florida loses more children under age five to drowning than any other state. Annually in Florida, enough children to fill three to four preschool classrooms drown and do not live to see their fifth birthday (Floridahealth.gov.)

Living in Central Florida, we are surrounded by water. Although children may know how to swim, if left unsupervised, they can drown in less than two inches of water. When participating in outdoor water activities, I encourage you to follow these safety-conscious behaviors:

Never leave children unsupervised in or around a body of water - even for a moment. Children can drown in as little as two inches of water in less than one minute. Remember, a life-guard on duty at a pool, beach, or lake is not an alternative for you watching your children. It's still your responsibility.

Install at least a 4 foot gate around the pool that is self-latching and self-locking.

Install a pool cover to securely cover the water area.

Alarm every door leading to water to alert you if a child has gone outside.

Teach children water and swimming skills at a young age.

Children and inexperienced swimmers

should wear a U.S. Coastguard approved life jacket.

During pool parties or family fun gatherings, designate an adult to watch the children. These are known as “water watchers.” Rotate adults if needed.

Remove any toys that may attract children to the pool area.

Keep a phone with you so that you never have to “run” to answer a call.

Keep lifesaving equipment - a pole, life preserver and rope - in the pool area.

Children with long hair should clip it back or wear a cap in the pool.

Avoid keeping water in buckets or other large containers when toddlers are home.

Don't rely on flotation devices to protect your children in the water.

Be observant of water current indicator/warning flags at beaches. The current can change or be dangerously stronger than expected even if you are an experienced swimmer. Children will be at a higher risk of drowning in these conditions.

**Drowning Prevention Checklist**

Constant adult supervision by an adult who knows how to swim

Childproof locks on all doors leading to water

Gate or fence surrounding water that is self-latching, self-locking

Pool cover in use

Alarms for doors and windows leading to pool are activated

Child has completed swim lessons

Above-ground pool stairs removed when pool not in use

Lifesaving equipment in pool area

Pool chemicals and supplies are locked in a secure area

Child is watched in bathtub at all times

Parent and/or caregiver knows CPR

While you are out enjoying a fun day in the water this summer, please remember to be responsible and practice safety. Make a commitment to safeguard our children from becoming victims of this entirely preventable tragedy.

Stay safe and enjoy your summer!

**Hurricane Season**  
*Continued from page 3*

**What You Can Do**

To help people better prepare for outages, the power outage experts from Generac, a global energy technology company, share the following tips:

Purchase water and non-perishable, nutritious and protein-rich staples that do not require refrigeration days ahead of an outage threat.

Charge electronic devices and have a battery-powered emergency radio so that it is possible to check weather conditions during a storm and stay current with emergency information.

Take photographs of valuable possessions for insurance documentation after a storm.

Perform regular maintenance services on portable generators, make sure fuel is on hand, and ensure the generator can be operated safely outdoors at least 25 feet away from living areas.

Ensure proper maintenance occurs on

home standby generators, so they will automatically start when the power goes out.

Keep extra oil on hand. If a generator is running continuously, check the oil level each day.

**Expert Advice**

“The first introduction many people have to backup power is during an emergency,” said Jake Thomas, director of Global Service Operations at Generac. “It's imperative that homeowners have a power outage plan that includes a backup power device. Recent storms have left households without power for several days. A home standby generator ensures power turns on automatically when needed.”

Every mile of the U.S. Gulf and East Coast is vulnerable to a hurricane. Beyond hurricanes, about 70 percent of power outages in the U.S. are weather-related. The best time to prepare for any power outage is well before it happens, as early planning allows time for backup power dealer consultation, product specification, local permitting and installation.

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LAURIE



## Food Prices

Continued from page 4

14 — 2/3/22 Percy dairy farm

15 — 2/5/22 Wisconsin River Meats processing facility destroyed by fire in Mauston, Wisconsin.

16 — 2/15/22 Bonanza Meat Company goes up in flames in El Paso, Texas

17 — 2/15/22 Shearer's Foods Food processing plant explodes in Hermiston, Oregon.

18 — 2/16/22 Indiana Louis-Dreyfus soy processing plant

19 — 2/18/22 Bess View Farms

20 — 2/19/22 Lincoln premiere poultry

21 — 2/22/22 Shearer's Foods potato chip plant

22 — 2/22/22 Fire destroys Deli Star Meat Plant in Fayetteville, Illinois.

23 — 2/28/22 nutrient AG Solutions fertilizer facility burns

24 — 2/28/22 Shadow Brook Farm & Dutch girl Creamery burns

25 — 3/4/22 294,800 chickens destroyed at farm in Stoddard, Missouri

26 — 3/4/22 644,000 chickens destroyed at egg farm in Cecil, Maryland

27 — 3/8/22 243,900 chickens destroyed at egg farm in New Castle, Delaware

28 — 3/10/22 663,400 chickens destroyed at egg farm in Cecil, Maryland

29 — 3/10/22 915,900 chickens destroyed at egg farm in Taylor, Iowa

30 — 3/14/22 Wayne Hoover dairy farm, barn full of cows burns

31 — 3/14/22 2,750,700 chickens destroyed at egg farm in Jefferson, Wisconsin

32 — 3/16/22 Walmart Distribution Center burns for 76 hours in Plainfield Ind.

33 — 3/16/22 Nestle Food Plant extensively damaged in fire and new production destroyed Jonesboro, Arkansas

34 — 3/17/22 5,347,500 chickens destroyed at egg farm in Buena Vista, Iowa

35 — 3/17/22 147,600 chickens destroyed at farm in Kent, Delaware

36 — 3/18/22 315,400 chickens destroyed at egg farm in Cecil, Maryland

37 — 3/19/22 Walmart Food Distribution center catches fire in Plainfield, Indiana

38 — 3/22/22 172,000 Turkeys destroyed on farms in South Dakota

39 — 3/22/22 570,000 chickens destroyed at farm in Butler, Nebraska

40 — 3/24/22 Major Fire at McCrum Potato Plant in Belfast, Maine.

41 — 3/24/22 418,500 chickens destroyed at farm in Butler, Nebraska

42 — 3/25/22 250,300 chickens destroyed at

egg farm in Franklin, Iowa

43 — 3/26/22 311,000 Turkeys destroyed in Minnesota

44 — 3/27/22 126,300 Turkeys destroyed in South Dakota

45 — 3/28/22 1,460,000 chickens destroyed at egg farm in Guthrie, Iowa

46 — 3/29/22 Maricopa, Az. Food Pantry burns down 50,000 pounds of Food destroyed in Maricopa, Arizona.

47 — 3/31/22 Rio Fresh Onion factory damaged by fire in San Juan, Texas.

48 — 3/31/22 76,400 Turkeys destroyed in Osceola, Iowa

49 — 3/31/22 5,011,700 chickens destroyed at egg farm in Osceola, Iowa

50 — 4/6/22 281,600 chickens destroyed at farm in Wayne, North Carolina

51 — 4/9/22 76,400 Turkeys destroyed in Minnesota

Continued page 15



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## FROM THE DESK OF GOVERNOR DESANTIS



### DeSantis Ensures All Athletes Can Play

"Florida will always be welcoming to all of our athletes with disabilities, regardless of COVID vaccination status," said **Governor Ron DeSantis**. "Special

Olympics International should have never imposed a vaccine mandate on their athletes. Special Olympians who were in limbo for months will now be able to compete in Florida thanks to our continued actions to keep Floridians' medical decisions private."

### Governor Ron DeSantis Receives Certified List of Nominees for Florida Supreme Court

**TALLAHASSEE, Fla.** — The Supreme Court Judicial Nominating Commission (JNC) provided Governor DeSantis' Office the certified list of nominees to fill the vacancy on the Florida Supreme Court created by the retirement of Justice Alan Lawson.

"I would like to extend my gratitude to the members of the Judicial Nominating Commission for recommending such an exemplary list of strong constitutionalist jurists and practitioners," said **Governor Ron DeSantis**. "The JNC process is designed to select high-quality candidates

for our courts. I would like to thank the Commissioners for their hard work and diligence. They have left me with a difficult choice, but I look forward to appointing our next Supreme Court Justice in the coming weeks."

Governor DeSantis is committed to selecting a candidate for the Florida Supreme Court who has a keen legal mind and is devoted to the Florida and U.S. Constitutions. The Governor will make his selection based upon the merit and judicial philosophy of the candidates presented.

### About the Judicial Nominating Process:

The JNC reviews each applicant to confirm eligibility. Eligible applicants interview with the JNC, which then determines by majority vote which applicants to recommend to the Governor for his consideration. The JNC must nominate no fewer than three and no more than six applicants to the Governor.

The Supreme Court JNC has submitted a list of six nominees to the Governor. The Governor has sixty days to appoint a justice from among the nominees. Find the list of nominees, and more about the Judicial Nominating Commissions and the Judicial Nominating Process, go to [www.flgov.com](http://www.flgov.com)

### Governor Ron DeSantis Makes One Judicial Appointment

**TALLAHASSEE, Fla.** — Governor Ron

DeSantis announces one judicial appointment to the Eighteenth Judicial Circuit Court.

### Jigisa Patel-Dookhoo, of Rockledge, to serve as Judge on the Eighteenth Judicial Circuit Court

Patel-Dookhoo has served as Assistant State Attorney since 2016. Currently, she is the Division Chief in the Domestic Violence Unit. She received her bachelor's degree from the University of Florida and her law degree from Western Michigan University. Patel-Dookhoo fills the judicial vacancy created by the retirement of Judge Lisa Davidson.

### Gov Ron DeSantis Appoints

**TALLAHASSEE, Fla.** — Today, Governor Ron DeSantis announced the appointment of Donald Wiley to the Sumter County Board of County Commissioners.

### Donald Wiley

Wiley, of The Villages, is the Owner of Gold Wingnut Productions, LLC. He previously served as the District Supervisor of the Villages Community Development District 10. Wiley is a veteran of the United States Navy and was honorably discharged after 20 years of service.

**Governor Ron DeSantis** announced the appointment of Tyler Brandenburg to the School Board of Lake County.

### Tyler Brandenburg

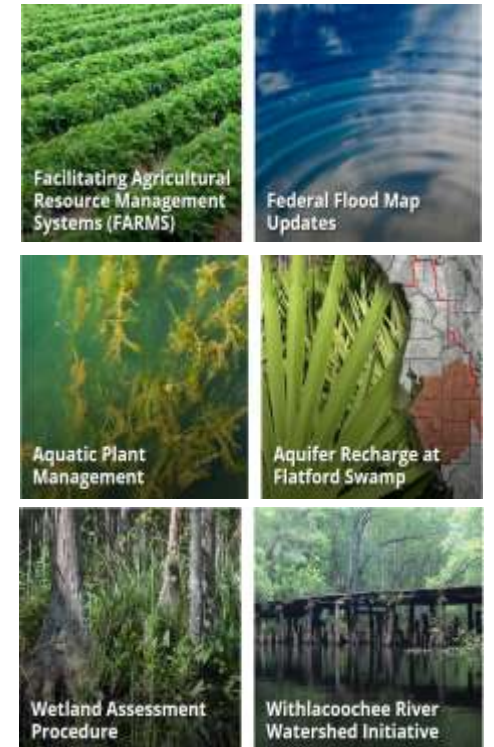
Brandenburg, of Leesburg, is a Commercial Insurance Advisor for Brown and Brown. He volunteers his time with the Educational Foundation of Lake County and is a member of Leadership Lake County Class of 2019. Brandenburg earned his

bachelor's degree in finance from the University of Florida.

## WaterMatters.org

Projects & Programs offers insight into many current and future activities, often involving local communities, government and industry, that help protect and restore our water and related resources.

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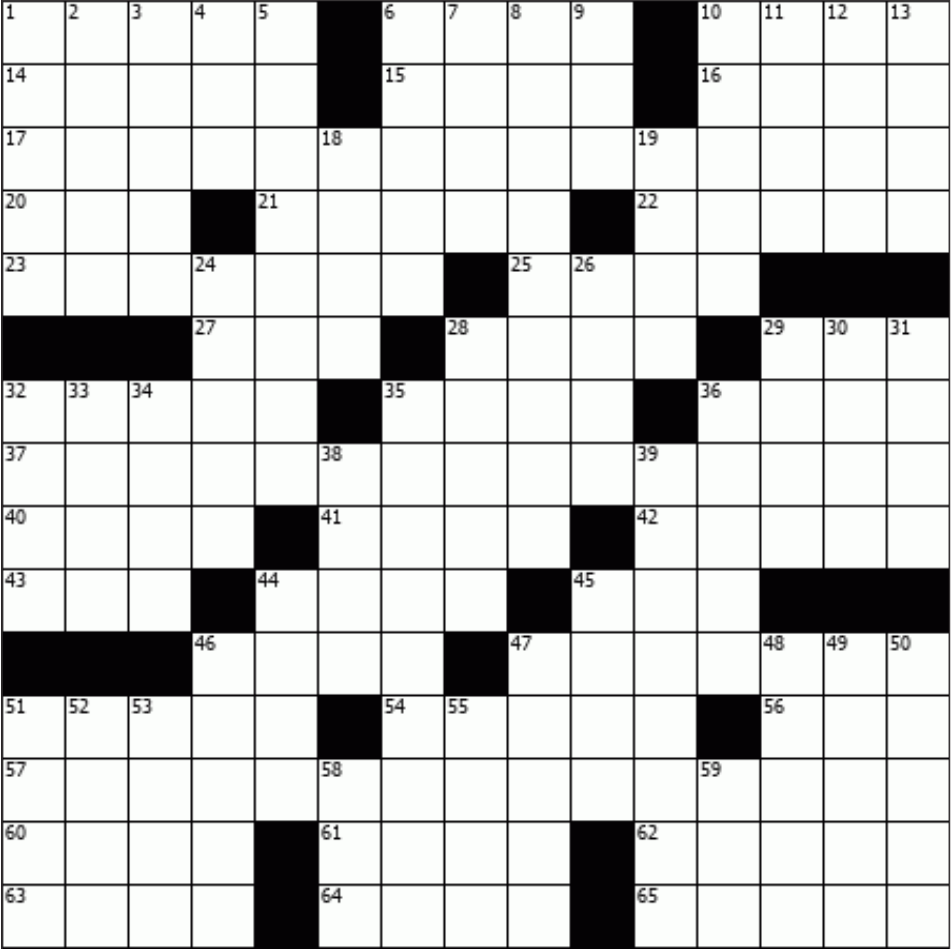




- Across

  - Florist supply
  - Fitzgerald of jazz
  - Shrewd storybook cat
  - Intimate
  - Den
  - Aztec contemporary
  - Three breaks
  - "Cakes and \_\_\_\_" (Maugham)
  - Religious rationalist
  - They're in their element
  - Hits the roof
  - Pound of letters?
  - Hunky-dory
  - Temple outcast
  - HMO workers
  - Wide rift
  - Like The Fonz
  - Convinced
  - Four breaks
  - "Star Wars" royalty
  - Book part
  - Snide
- Down

  - Travel documents
  - Quite sufficient
  - Overindulgence
  - Tony winner Wallach
  - Set of identifying traits
  - Legendary Spanish knight
  - One-time French protectorate
  - Took to the skies
  - Boxer's greeting
  - Madonna rendition
  - Nullify
  - Three breaks
  - Crew on the high seas
  - Frivolous
  - Go from E to F
  - Knuckle under
  - Loads
  - Ibsen's "An \_\_\_\_ of the People"
- Better-than-anything ending
  - Soviet news bureau
  - Crony
  - Anjou relative
  - Evolve
  - Like one who's seen a ghost
  - Display histrionics
  - Relative of .net or .org
  - Patsy's downfall
  - Remarks
  - Nerdy type
  - "Duke of \_\_\_\_"
  - "Peter and the Wolf" bird
  - Novelist defender of Dreyfus
  - Shreds
  - Pluto, for one
  - "Darn it!"
  - Hot
  - Merry king
  - Tints
  - Busily working
  - Sound surge
  - Musty
  - Unfortunately
  - Fish through rubbish
  - Nobelism Morrison
  - "Pistol \_\_\_\_" Maravich
  - Harold Robbins novel (with "The")
  - Peace signs
  - One way to get a flat?
  - Loathing
  - Like thick orange juice
  - Considering
  - Dueler's injury
  - Smug racer
  - Tuna treat
  - Deep matter?
  - Flemish painter van Eyck



**Program (ACP).**

ACP extends and makes permanent the Internet subsidy for families in need that began under the Emergency Broadband Benefit (EBB) program. Falling under the \$1.2T bipartisan Infrastructure Investment and Jobs Act, the ACP is part of a \$65 billion broadband Internet initiative designed to bring affordable or even free Internet service to families who qualify.

Eligible households can save up to \$30 a month, or up to \$75 if they reside on tribal lands.

So, who qualifies? Here's a glance at the different criteria from the FCC of which one or more is required:

Household is at or below 200% of the Federal Poverty Guidelines.

Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline.

Participates in tribal-specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations.

Participates in the National School Lunch or Breakfast Program, including through the USDA Community Eligibility Provision.

Received a Federal Pell Grant during the current award year.

Meets the eligibility criteria for a participating provider's existing low-income Internet program.

**Learn More**

Visit [fcc.gov/acp](https://www.fcc.gov/acp) for more details and call 844-844-WIFI (844-844-9434) to find a participating provider nearby.

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**Access Free/Low-Cost Internet Through New Federal Program**

(NAPSI)—A fast, reliable Internet connection has become a critical part of our daily lives. From remote learning and working to networking and searching for jobs, Americans everywhere felt an online shift during COVID-19.

And, while the country gradually recovers from the pandemic, the collective need to stay connected remains stronger than ever.

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## FROM THE DESK OF ATTORNEY GENERAL MOODY



Attorney General Ashley Moody has helped the **Florida Association of Crime Stoppers** kick off its annual conference. The association is such an important

partner in our efforts to encourage citizens to engage with law enforcement to build safer communities.

"Through our work with Crime Stoppers, we have made innovative changes and streamlined services to make it easier and more enticing for Floridians to help solve crimes.

Last year, we nearly doubled the amount of reward money for tipsters who provide information that leads to an arrest in a homicide case. We also enhanced the Crime Stoppers app that allows two-way anonymous communication with Crime Stoppers through text messaging and image sharing.

To further streamline the reporting process, we created the first-of-its-kind statewide tip line: **\*\*TIPS**. Now, anyone can send anonymous information from anywhere in the state by simply dialing six buttons on a cellphone (**\*\*8477**). Crime Stoppers USA recently adopted our program and put it to use nationwide!

Enlisting citizens in the fight against crime not only increases public safety, but it also empowers community members. We know that law enforcement can't be everywhere, and that is why it is important

that citizens share what they know.

Working with Crime Stoppers, we have made anonymous reporting easier than ever before and that is helping us solve crimes, save lives and build a Stronger, Safer Florida."

Attorney General Ashley Moody **announced the arrests of a nurse and the mother** of a Medicaid recipient for bilking more than \$100,000 from Medicaid. Throughout several months, Myoka Bowens, a licensed practical nurse, worked with a Medicaid recipient's mother, Jazmin Raulerson, to swindle the Medicaid program by falsifying progress notes for time overseeing a high-risk infant.

Attorney General Ashley Moody said, "Not only did these women scheme to rip off Florida taxpayers, but they also exploited an infant's illness in the process. I am proud of the work of my Medicaid Fraud Control Unit to uncover their plot to steal more than \$100,000 from this taxpayer-funded program and bring these suspects to justice."

**ONE PILL CAN KILL:** Attorney General Moody Releases Fast Facts on Fentanyl to Educate Parents About the Dangers of Synthetic Opioids

Attorney General Ashley Moody is releasing a new informational toolkit about protecting children from digital drug dealers during summer break—when kids often spend more time online. The Fast Facts on

Fentanyl Toolkit highlights how drug dealers utilize social media to sell illicit substances, and warns that those substances may contain deadly amounts of synthetic opioids. Attorney General Moody encourages Floridians to download the free toolkit and learn about synthetic opioids—including the emerging threat of Nitazenes.

Attorney General Ashley Moody said, "Drug dealers are utilizing the internet to conduct their illicit business—often using social media to pressure children into purchasing deadly substances. Minors may be increasingly susceptible to digital dealers during the summer, when they may spend more time online. That is why I am releasing Fast Facts on Fentanyl to help parents talk to their children about the dangers of drug use. Sadly, we are reminded almost daily that one pill laced with fentanyl can kill. I hope this resource can help families better understand the risks associated with drug use and avoid tragedy."

The Fast Facts on Fentanyl Toolkit highlights the dangers of fentanyl:

- The synthetic opioid is approximately 100 times more potent than morphine;
- Just two milligrams can be lethal;
- Four out of every 10 pills found containing fentanyl have a potentially lethal dose; and
- Counterfeit pills have been identified in all 50 states.

The toolkit also delves into the most popular social media applications, what the average age group is for each app and a detailed list of emojis used as codes in online conversations regarding illicit drug transactions. Here are some examples of emojis used to communicate about drugs:

- Prescription Drugs

- Dealer Advertising
- Cocaine
- Marijuana

The Fast Facts on Fentanyl Toolkit shows how dangerous illicit drugs can be, [including the highly-lethal synthetic opioids](#) that Attorney General Moody recently emergency scheduled known as Nitazenes.

To view Fast Facts on Fentanyl Toolkit, go to <http://www.myfloridalegal.com>.

Attorney General Moody developed the Dose of Reality Florida website for Floridians to learn how to find help and how to spot someone who may be abusing drugs. The site serves as a one-stop resource to obtain information about the dangers of opioid misuse, how to receive support for addiction and where to safely dispose of unused prescription drugs. To learn more about Dose of Reality Florida, go to <http://www.myfloridalegal.com>.

**Attorney General Moody Alerts Florida Wire-Fraud Victims to Reimbursement Opportunity**

Attorney General Ashley Moody is alerting Florida wire-fraud victims to a reimbursement opportunity. Victims who were tricked into wiring money to scammers through Western Union, between Jan. 1, 2004 and Jan. 19, 2017, may be entitled to financial reimbursement from Western Union. Claims must be submitted on or before July 1, 2022. As many as 36,000 Floridians may be eligible for up to \$40 million as part of the Western Unions claims process.

Attorney General Ashley Moody said, "There are millions of dollars available to victims of scammers who utilized Western Union as part of their unlawful schemes—but action must be taken soon. If you believe you are eligible, please file a claim by July 1."

According to an investigation, the scheme targeted victims using a multitude of scams including grandparent scams, lottery scams, romance scams and others. The fraudster would convince a target to wire money using Western Union and never provide the victim with the promised items, rewards or services.

Eligible Floridians looking to file a claim should be wary of additional reimbursement scams and consider the tips below to avoid falling prey:

- Know that payment is not necessary to file a claim;
- Be wary that phone numbers and emails can be spoofed to appear from a trusted source;
- Never send money to someone who insists on helping you file a claim; and
- Contact Western Union or the Federal Trade Commission using the contact information on the organizations' websites if suspicious of a possible reimbursement-related scam.

Western Union mailed a Petition for Remission Form to identified victims. If a consumer did not receive the pre-filed petition, but believes they are eligible for reimbursement, additional filing information can be found at <https://consumer.ftc.gov>

To view other recent consumer alerts, visit our Consumer Alert webpage at [MyFloridaLegal.com/ConsumerAlert](http://MyFloridaLegal.com/ConsumerAlert).

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## Congresswoman Kat Cammack

**Reps. Cammack, Soto Lead Bipartisan Letter To House Appropriations Committee Seeking Relief For Specialty Crop Farmers**

WASHINGTON, D.C. — Congresswoman Kat Cammack (R-FL-03) and Congressman Darren Soto (D-FL-09) led a bipartisan letter with members of the Florida Delegation to the House Appropriations Committee and Subcommittee on Agriculture, urging them to provide equitable relief with respect to crop insurance for specialty crop farmers.

Due to an unintended consequence of the 2011 cap on administrative and operative (A&O) expense reimbursements, specialty crop insurance funding has been cut dramatically. Historically, the contract between the Federal Crop Insurance Corporation (FCIC) and the crop insurance companies has prevented A&O costs associated with specialty crops' policies from rising when prices of products like corn, wheat, soybeans, or cotton increase. However, the effects of this flawed funding design have detrimentally impacted crop insurance for specialty crops, yielding a nearly 40 percent cut nationwide, with Florida among the top five states to be hit hardest.

The letter asks that the House Appropriations Committee mitigate this inequity for specialty crops risk management by providing relief and including a provision to restore specialty

crop A&O to the level to which it has been historically set.

"I'm pleased to join Rep. Soto in leading this letter with my colleagues," **said Rep. Cammack**. "With rising inflation, supply chain issues, and now the adverse effects of federal budget cuts, specialty crop farmers from Florida and around the country are suffering from the consequences of bad policy. If the appropriations committee does not address this unsustainable situation by restoring funding to the A&O in the FY2023 agriculture appropriations bill, serious damage will be done to the risk management infrastructure for specialty crops, and producers around the country will suffer."

The letter earned the support of the Crop Insurance Professionals Association (CIPA), Florida Farm Credit, the Florida Strawberry Association, and the Florida Fruit and Vegetable Association (FFVA).

"The Crop Insurance Professionals Association is grateful to the Members of the Florida Congressional Delegation who are standing up for specialty crops," **said William Cole, CIPA Chairman**. "Specialty crops make up the largest part of Florida agriculture, valued at about \$4.9 billion per year out of \$7.36 billion in total agricultural value in the Sunshine State. Specialty crops are critically important to Florida's economy and to the improved diets and health of all Americans. Unfortunately, due to a bureaucratic flaw, risk management infrastructure for specialty crop farmers is

being deeply cut — by nearly 40 percent in just two years. Unless corrected soon, this will adversely affect Florida's specialty crop producers. We greatly appreciate the leadership of Reps. Kat Cammack and Darren Soto who are leading the bipartisan effort to defend Florida's specialty crop farmers."

Original signees of the letter include Reps. Kat Cammack, Darren Soto, Al Lawson, Bill Posey, Byron Donalds, Carlos Giménez, Frederica Wilson, Greg Steube, Gus Bilirakis, Maria Elvira Salazar, Michael Waltz, Neal Dunn, and Scott Franklin.

**Rep. Cammack, Sens. Rubio & Scott Press VA On Failure To Provide Emergency Care To Veterans**

WASHINGTON, D.C. — Congresswoman Kat Cammack and U.S. Senators Marco Rubio (R-FL) and Rick Scott (R-FL) sent a letter to U.S. Department of Veterans Affairs (VA) Secretary Denis McDonough regarding an Inspector General report on a June 2020 incident in which the VA failed to provide emergency care to a veteran at the Malcom Randall VA Medical Center Emergency Department in Gainesville, Florida that resulted in the veteran's death.

"We are appalled by the information presented in the May 31, 2022 U.S. Department of Veterans Affairs Office of Inspector General (OIG) Report, 'Failure to Provide Emergency Care to a Patient and Leaders' Inadequate Response to that Failure

at the Malcom Randall VA Medical Center (MR VAMC) in Gainesville, Florida,'" **the lawmakers wrote**. "The report details an incident in June 2020 when MR VAMC Emergency Department (ED) nurses and administrative staff prioritized determining the patient's veteran status over rendering him emergency care. Alachua County EMS subsequently transported the patient across the street to UF Health Shands Hospital who admitted the patient. According to the OIG report, the patient was later determined to be an eligible veteran. Shands UF provided emergency care, but the veteran passed away approximately 10 hours after admission. This incident, and potentially others mentioned in the report, call into question the competency, professionalism, and commitment of MR VAMC ED medical providers and staff to our nation's veterans."

**Rising Gas Prices, Gun Control Bills & More**

Dear Neighbor,  
This week while I was in Washington, D.C., gas prices reached an all-time high. According to Triple A, the national average for a gallon of gas today is \$4.986, just cents away from hitting \$5.00. As inflation continues to take its toll and prices gradually increase around the country, Americans are struggling to pay for daily expenses. Just this week, economists predicted that if oil prices reach \$150/barrel, a recession will hit, inevitably devastating the nation. It's time to unleash our domestic capabilities by making

*Continued page 15*

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# Food Prices

Continued from page 7

- 52 — 4/9/22 208,900 Turkeys destroyed in Minnesota
- 53 — 4/12/22 89,700 chickens destroyed at farm in Wayne, North Carolina
- 54 — 4/12/22 1,746,900 chickens destroyed at egg farm in Dixon, Nebraska
- 55 — 4/12/22 259,000 chickens destroyed at farm in Minnesota
- 56 — 4/13/22 Fire destroys East Conway Beef & Pork Meat Market in Conway, New Hampshire.
- 57 — 4/13/22 Plane crashes into Gem State Processing, Idaho potato and food processing plant
- 58 — 4/13/22 77,000 Turkeys destroyed in Minnesota
- 59 — 4/14/22 Taylor Farms Food Processing plant burns down Salinas, California.
- 60 — 4/14/22 Salinas food processing plant
- 61 — 4/14/22 99,600 Turkeys destroyed in Minnesota
- 62 — 4/15/22 1,380,500 chickens destroyed at egg farm in Lancaster, Minnesota
- 63 — 4/19/22 Azure Standard nation's premier independent distributor of organic and healthy food, was destroyed by fire in Dufur, Oregon
- 64 — 4/19/22 339,000 Turkeys destroyed in Minnesota
- 65 — 4/19/22 58,000 chickens destroyed at farm in Montrose, Colorado
- 66 — 4/20/22 2,000,000 chickens destroyed at egg farm in Minnesota
- 67 — 4/21/22 Plane crashes into and destroys General Mills
- 68 — 4/22/22 197,000 Turkeys destroyed in Minnesota
- 69 — 4/23/22 200,000 Turkeys destroyed in Minnesota
- 70 — 4/25/22 1,501,200 chickens destroyed at egg farm Cache, Utah
- 71 — 4/26/22 307,400 chickens destroyed at farm Lancaster Pennsylvania
- 72 — 4/27/22 2,118,000 chickens destroyed at farm Knox, Nebraska
- 73 — 4/28/22 Egg-laying facility in Iowa kills 5.3 million chickens, fires 200-plus workers
- 74 — 4/28/22 Allen Harim Foods a chicken processing company based in Delaware killed nearly 2 million chickens
- 75 — 4/28/22 110,700 Turkeys destroyed Barron Wisconsin
- 76 — 4/29/22 1,366,200 chickens destroyed at farm Weld Colorado
- 77 — 4/30/22 13,800 chickens destroyed at farm Sequoia Oklahoma
- 78 — 5/3/22 58,000 Turkeys destroyed Barron Wisconsin
- 79 — 5/3/22 118,900 Turkeys destroyed Beadle S Dakota
- 80 — 5/3/22 114,000 ducks destroyed at Duck farm Berks Pennsylvania

There are some incorrect things in this list but it is large enough to to be concerned about. Was the accidental fires at 18 major food processing plants the result of an intentional attempt to "starve" or "Punish" Americans.

Of the fires listed, 12 were ruled accidental. What I found out concerned me. Learning about the cattle industry / Chicken industry / Meat processing facilities /

Slaughter Houses and meat in general I see the information referring to the "BIG FOUR". So asking who the "BIG FOUR are?" It is hard to answer because Tyson Foods have bought some of them since the last information. Tyson is into Beef / Poultry / Pork.

## Packer margins jumped from \$191 to \$358 per head the week after the Fire

The Tyson incident sent a ripple through the cattle markets, driving cattle futures on the Chicago Mercantile Exchange down on worries about whether demand for beef could be met. The CME's December live cattle market took more than two months to recover. Schroeder said the industry is still feeling the impact.

"Cattle prices went down very quickly. There are some questioning 'did they go down further than they should?'" said Schroeder.

Cattle ranchers and feedlot operators took the brunt of the cost after the fire, shouldering extra transportation costs and resigning themselves to accepting those deep discounts on the price of their cattle.

The fire also cost Tyson, which faced significant building repairs, and paid its entire staff while the facility was shuttered.

## Tyson Foods Supply Many Countries

Today, the so-called "Big Four" beef processing companies—which include control around 85 percent of feedlot cattle in the U.S. (Beef has seen the fastest rate of consolidation compared to poultry and pork). In recent years, producers have accused these companies of engaging in anti-competitive business practices, like depressing live cattle prices through restrictive contracts or adjusting the supply number available, while simultaneously reaping record profits.

Tyson a Global Food Company. With operations in 10 countries serving consumers and customers on five continents, our growing international presence allows us to deliver locally relevant innovation Tyson Foods is one of the world's largest food companies, producing about 20% of the beef, pork and chicken in the U.S. It services restaurants and schools and sells brands like Jimmy Dean and etc. Tyson Foods enters new markets worldwide including countries in Asia, Central America, South America, the Caribbean, and the Pacific Rim. By 1991, the company's international sales offices include Japan, Hong Kong, Singapore, and Canada.

Founded: 1935; 87 years ago

Revenue: US\$ 43.185 billion (2020)

Number of employees: 139,000 (2020)

Headquarters: [Springdale, Arkansas, U.S.](#)

The USDA can't control what these companies do, The American people are paying the price. We have even found unsafe conditions in processing food. If we shut them down the American people will do without food.

This story is so time consuming you will have to do some of the research. According to investigators no one is trying to starve the American people. I reserve my opinion on that until I see progress in the supply chain. It also could be to punish us as they did with the COVID virus.

What is your opinion? Also is it a Gobar effort? If it is true someone wants to rule the world!

What is your opinion? [tomlpublishing.com](mailto:tomlpublishing.com)

# Congresswoman

Continued from page 14

the United States energy independent again and relieving Americans of these crippling costs.

Additionally, as Democrats continue to fight for gun control in the name of public safety, it's perfectly clear that their radical measures do little to stop criminals, and instead punish law-abiding citizens who lawfully exercise their Second Amendment rights. Stripping Americans of their God-given right to keep and bear arms does nothing but make our communities less safe.

With all that's happening this Congress, it is my greatest honor to represent you and hear from you about the issues that matter most. You can read below about what we've been up to this week, and as always, you can stay up to date with us here, on our website, and on Twitter, Facebook, Instagram, and YouTube.

In Liberty,

*Ket Cammack*

# Diabetes: See the Doctor About Eyes

(NAPSI)—According to the Centers for Disease Control and Prevention, more than one in 10 Americans can expect to be diagnosed with diabetes. If you or someone you care about is ever among them, you may be surprised to learn that one of the most important ways your doctor can help detect the condition is with an eye exam.

## The Problem

That's because a serious complication of diabetes is diabetic retinopathy. The disease causes damage to the blood vessels in the back of the eye. It can affect up to 80 percent of patients living with diabetes and is the leading cause of blindness amongst working age adults. It can affect up to 80 percent of people with diabetes. Diabetic retinopathy has no early warning signs, and symptoms such as blurred vision do not occur until diabetic retinopathy is in an advanced state.

## What Can Be Done

Fortunately, early detection and timely treatment can reduce the risk of vision loss due to diabetic retinopathy by 95%. Primary Care physicians now have access to a simple and affordable solution called the Welch Allyn® RetinaVue® Care delivery model, available from Henry Schein. The RetinaVue care delivery model is a turnkey solution that consists of three core components, including the RetinaVue 700 Imager, RetinaVue Network software for secure transfer of patient images and Professional Medical Services to analyze and diagnose patient images and networks the doctors already have. The imager's ease of use and lightweight, portable design make it well-suited for use across clinics, at the bedside or even in the home. In a fast and non-invasive procedure, your primary care physician can take a photo of your retina and send it to an ophthalmologist to analyze the blood vessels there. Thanks to this technology, you won't even need to leave the doctor's office and may not need to make another appointment with the ophthalmologist, although doctors do recommend that anyone living with diabetes get an annual retinal exam.

## What Else You Can Do

Managing your diabetes is the best way to lower your risk of diabetic retinopathy, advises the National Institutes of Health. That means keeping your blood sugar levels in a healthy range. You can do this by:

- Getting regular physical activity,
- Eating healthy

Carefully following your doctor's instructions about taking insulin or other diabetes medicines.

Treatments include injections of drugs that can slow or even reverse the damage; laser treatment to shrink retinal blood vessels; and a type of eye surgery called vitrectomy that replaces the vitreous humor with another clear fluid.

## Learn More

For further facts on diabetic retinopathy, you can visit the National Institutes of Health at [www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/diabetic-retinopathy](http://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/diabetic-retinopathy). Doctors and patients can find more information on the RetinaVue care delivery model at [www.retinavue.com](http://www.retinavue.com).

# Letters to the Editor

BRAVO!

LARRY JOHNSTON moved school shooting issue because he thinks parents are the answer. Is he aware of Ramos parents and family? How about his neighbors and acquaintances? His teachers? Where was his salvation hidden? That is the answer to the riddle.

It was reported he was bullied. If bullying were a crime, he might have been caught, and treated. We had a local school shooting, with no killing. The shooter asked for help. Maybe they know better than we do. The shooter is in jail for 30 years. What do we want. Justice or revenge?

Ramos was a defective Human, his defects were noted in the news, his issues osculated there were four years to catch the problem, no one did.

His family was a big part of the problem. They were defected as well. This issue must be solved calmly, rationally, intelligently and effectively once and for all. No more kids because parents want relief.

D.I.L.

Letter To TomL from TomS

Thanks for the Seniors Voice over the years. The articles are special too in that conservative stands are rarely naked up. Your willingness to support your beliefs is strengthening. The Bellevue paper also is encouraging. I would like to do more to show like faith. Tom S.

To the editor

Diversity and equity are a joke and the dumbest thing ever. Why should a lazy bum and a genius be rewarded equally? This is a gimmick to get a free ride for the stupid and lazy. If diverse people were capable they would get ahead. Equity and diversity are not fair. Opportunity is the key word.

D.I.L.







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(Receptionist)

Preventing  
Dog Bites

(NAPSI)—More than 5,400 postal employees were attacked by dogs in the United States in 2021. From nips and bites to vicious attacks, aggressive dog behavior poses a serious threat to postal employees and just about everyone else.

To help people understand the enormity of this serious issue, the U.S. Postal Service provides information on the do's and don'ts of responsible dog ownership as part of its annual National Dog Bite Awareness Week public service campaign.

The campaign runs Sunday, June 5, through Saturday, June 11 but any time is a good time to consider dog bite prevention. This year's theme is "The USPS Delivers for America—Deliver for Us by Restraining Your Dog." You can help spread the news of the campaign by using the hashtag #dogbiteawareness.

"Every year, thousands of postal employees are attacked by dogs as they deliver America's mail. And while it's a dog's natural instinct to protect their family and home, we ask all customers to act responsibly by taking safety precautions with their dogs while the mail is being delivered," said USPS Employee Safety and Health Awareness Manager Leeann Theriault. "When a carrier comes to the residence, keep the dog inside the house and away

from the door—or behind a fence on a leash—to avoid an attack."

**Being a Responsible Pet Owner**

Dog owners with friendly dogs often expect a friendly reaction from other dogs. However, even friendly dogs will bite, depending on the circumstance. Dogs are primarily territorial in nature and protective of their owners and their owners' property. Defending its territory sometimes means attacking—and possibly biting—the letter carrier. Dog owners are responsible for controlling their dogs. The best way to keep everyone safe from dog bites is to recognize and promote responsible pet ownership.

For further facts, visit [www.usps.com](http://www.usps.com), [www.facts.usps.com](http://www.facts.usps.com) and —National Dog Bite Awareness Week What We DoAbout.usps.com.

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