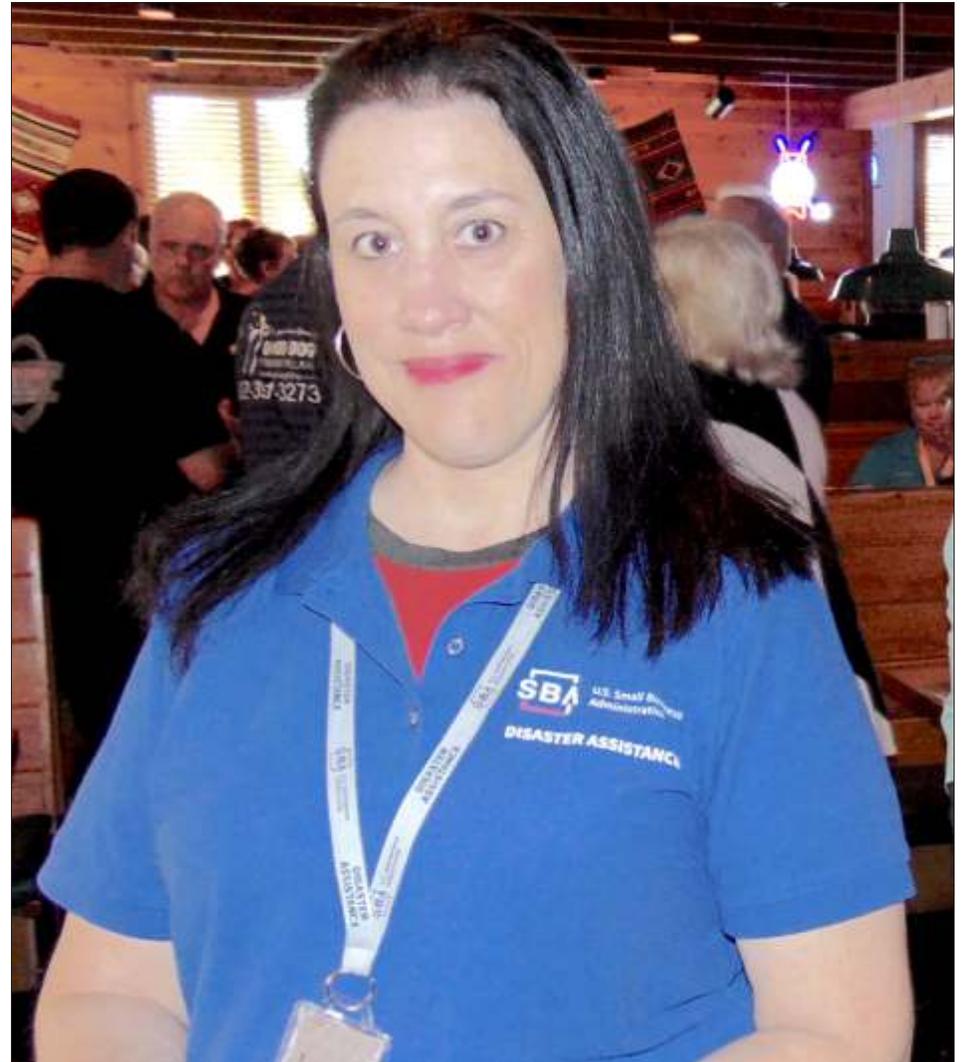




Scott Goodger of Kitchenwise & Leslie DiCesare Executive Director of Lady Lake Area Chamber of Commerce on the weekly Chamber Chat show Fridays from 9-11 a.m. on WQBQ 1410 AM. An exclusive benefit for Chamber Members to promote their business.



Guest Speaker at the Lady Lake Chamber Luncheon was Sharon Gadbois of SBA. Sharon is a public affairs specialist with the [U.S. Small Business Administration \(SBA\)](#) in the Office of Disaster Assistance and has been with them for nearly three years. She first started in Customer Service and then was placed on the Shuttered Venue Operators Grant project before coming to Field Ops Center East in the Communications Department. Prior to the SBA, she had a marketing business where she consulted hundreds of small businesses for many years.

# A Giant Leap for the FAIRtax

FAIRtax history will be made in the newly convened 118th Congress. For the first time since it was first introduced over 20 years ago, the FAIRtax will not die in committee. As a concession to the holdout group who blocked his selection as

Speaker of the House for fourteen ballots, Speaker Kevin McCarthy has agreed to bring the FAIRtax bill out of committee for debate and a vote on the House floor.



**Kat Cammack Hosts REINS Act**  
Congresswoman Kat Cammack hosted a press conference to mark the introduction of H.R. 277, the Regulations from the

Executive In Need of Scrutiny Act of 2023 (REINS). **The bill, which would reassert Congress' legislative authority and prevent excessive overreach by the**

**executive branch in the federal rulemaking process, currently has 179 Republican cosponsors, making it one of the most popular bills so far this Congress.**

The bill would require every new "major rule" proposed by federal agencies to be

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A.J. "Tony" Powell

## AS I SEE IT

“TOP SECRET!

The media has had a lot of fun with former President TRUMP and current President BIDEN.

Apparently, both of them have taken home a bunch of so-called 'Secret Government Documents' which, they say, is illegal.

Recently these allegations have expanded to include a former Vice President PENCE.

In BIDENS case, the problem goes back to his many years as a senator and Vice President to OBAMA.

But, now, one report said, “Classified documents were found at Mike Pence's home in Indiana, and his lawyer turned them over to FBI/Department of Justice - (National Security Division).

Of course, like a typical modern politician Pence has previously said that he did not retain any classified information after leaving office.

Back in November, Pence was asked, “Did you take any classified documents with you from the White House?” He said, “I did not”.

When asked if he saw any reason for anyone to take classified documents with them, leaving the White House, he again denied it by replying, “There'd be no reason to have classified documents,”

At the same time President BIDEN seems to think that, when he did the same thing it “Didn't really matter”.

Of course their bureaucrats insist that their choice of keeping secrets from the American Public at great cost to tax-payers is completely justified.

As I See It, for decades, is has been usual practice for our elected representatives and their flunkies, to take home all and any documents they choose – Secret or not. Legal or not.

Their most popular entertainment is sharing with their friends 'embarrassing' voice recordings and videos of prominent government officials and celebrities in 'compromising' situations.

But, what I don't understand is why the 'media' is not demanding an accounting

from all politicians, and their staff, past and present.

Who knows what damage has been done by their corruption and carelessness?

I'm sure that, over the years China, Russia and many others, have paid big dollars for each 'PDF' (Originally 'Privileged Document Format) they could buy.

Another technique used by the government to mislead American Citizens is to deny and lie about what's going on.

Everyone will agree that the example below has been, and is a complete waste of their time and our money.

For decades, regardless of which party was in power, and under every president, the government 'DOD' (Department of Defense) attacked and discredited all and any reports on so-called 'UFOs/UAPs'.

Until recently, they always denied any public report of “Unidentified Aerial Phenomena' even hundreds of reports and videos from commercial pilots and every branch of the American military were 'canceled'.

They did such a good job of embarrassing and ridiculing anyone who claimed to have seen a 'UFO' that almost everyone was afraid to report what they saw, and the few that did, were publicly humiliated by government agents and by the 'loyal free press'.

But, more recently, the UFO/UAP information, which was never actually claimed as 'secret', was finally released.

The DOD said, “After a thorough review, the department has determined that the authorized release of these videos does not reveal any sensitive capabilities or systems, and does not impinge on any subsequent investigations of military air space incursions by unidentified aerial phenomena.”

So, is the government saying that, if there was or is a threat to the USA which, in fact, does “reveal our sensitive capabilities or systems” we would never be told about it?

Is there ever justification for keeping secrets and lying to cover them up? As I See It, there probably is.

Perhaps most people have been less than honest with their family, their boss, their friends.

But, my hope is that it's always a difficult choice.

“I want to tell them but I can't”

And usually they can't be truthful, not for the protection of others, but for the benefit of themselves.

No different from playing cards.

You hide your hand to win.

But government should be a team game.

What's best for US, should always be their choice over “What's best for me!”

'til next time.....

## Duke Energy

Duke Energy's Site Readiness Program Brings Economic Development Benefits to the Ocala Metro

Duke Energy Florida announced it has identified four locations in Franklin, Highlands and Marion counties for inclusion in its 2022 Site Readiness Program to evaluate and prepare industrial site opportunities for economic development investments.

“Duke Energy Florida is committed to powering the lives of our customers and the vitality of our communities,” said Melissa Seixas, Duke Energy Florida state president. “Through the Site Readiness Program, we continue to work closely with various government and private sector organizations to bring new jobs and capital investment to the state of Florida. We are proud of this program's initial success and we will continue to offer economic development

initiatives that bring value to the communities we serve.”

Through the Site Readiness Program, Duke Energy identifies high-potential sites and partners with county officials, local economic development professionals and landowners to develop a strategy for getting sites fully ready to market to industrial prospects. In Florida alone, the Site Readiness Program has resulted in 680 new jobs and \$183 million in capital investment in Florida since 2013.

Baseline Commerce Park is located in Ocala, a prime manufacturing and distribution powerhouse district that is centrally located within the state of Florida. The site offers 151 acres plus an additional 90 acres for expansion opportunities. “The Ocala Metro CEP's engagement with Duke Energy's Site Readiness Program has been an extremely valuable partnership,” said Kevin T. Sheilley, President and CEO of the Ocala Metro Chamber and Economic Partnership. “As a result, we look forward to welcoming our next major industrial user to the community.”

For 18 consecutive years, Duke Energy's economic development efforts have been recognized by Site Selection magazine in the publication's annual list of “Top Utilities in Economic Development.” Since 2001, the Duke Energy economic development team has helped expand or attract 325 companies to Florida, drawing more than 48,000 jobs and over \$5 billion in capital investment to the state. View the full article at [DukeEnergyNewsCenter.com](http://DukeEnergyNewsCenter.com).

Continued page 3



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Florida State Senate

DENNIS K. BAXLEY



Dear Friends,  
2023 is off to a quick start in the Florida Senate as we focus on preparing for the Legislative Session which begins March 7<sup>th</sup>. So far, we have completed four weeks of committee meetings

This will be the first time we have served on the Agriculture committee, led by my good friend Senator Jay Collins, and looking forward to accomplishing some great things for our farmers, ranchers and all of those in the Ag community.

The Florida Department of Citrus recently provided an update to our committee on the state of Florida's Citrus Industry and the challenges they are facing. Regarding the overall state of the industry, during Fiscal Year 2020-2021, Florida's citrus industry generated nearly \$7 billion in revenue, provided over 30,000 jobs, and added close to \$3 billion in value to our state's GDP. Florida is also projected to account for approximately 70% of all domestically produced orange juice. However, Hurricanes Ian and Nicole are estimated to have caused between \$385 million and \$635 million in total commercial losses. In addition to these losses, producer operations and facilities have experienced significant infrastructure damage. These challenges, combined with other economic factors, have resulted in a projected total decline of 50% of Florida citrus production compared to 2021-2022 season. Last year, the Legislature appropriated \$3 million to help ensure citrus nurseries have all the necessary resources to grow unique varieties of citrus that are resistant to citrus greening, one of the most serious plant diseases in the world. Citrus greening continues to be one of the largest hurdles that the industry faces.

and a special session and we have another three to go. There have been, roughly, 300 bills filed in the House and Senate. In previous years, we have seen as many as 4000 filed bills before the end of Session. So, it is a bit surprising how low this number is, but these last three weeks is when the majority of these bills will reach the "filed" status. When that happens, there will be a lot of information to sift through, but a good thing to remember is that less than ten percent of bills actually pass the legislature and lots of bad (and some good) ideas will die off.

Currently, in addition to serving as President Pro Tempore, your Senator sits on the following eight committees. The policy Committees on Agriculture, Community Affairs, Judiciary, Rules and Children, Families and Elder Affairs. The Appropriations Committees on Health and Human Services, Criminal and Civil Justice, and the full Committee on Appropriations. The full Appropriations Committee and the Rules Committee are the largest of the Senate Committees and most, if not all, of bills filed will have to come through one of these two committees. We are very excited to be a part of both of those committees and for the opportunity we have to review, give input, and vote on every piece of legislation that comes through the Florida Senate.



Thank you to the constituents of Senate District 13 for letting me serve you and work on these unique challenges with you. We look forward to providing more quick reports from our committees next month.

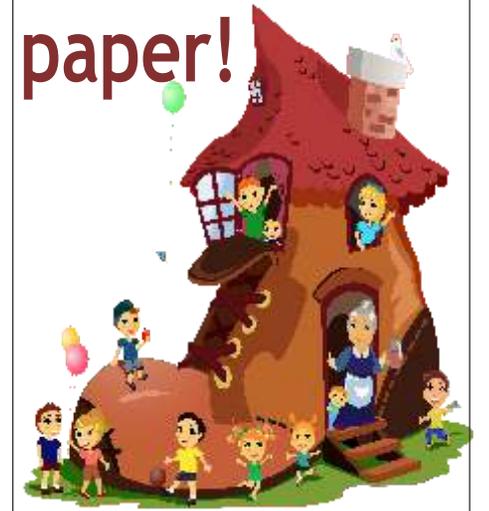
Onward & Upward,  
Senator Dennis Baxley

Duke Energy

Continued from page 2

The Ocala Metro Chamber and Economic Partnership was created to be a one-stop hub for the community's business attraction, creation and retention efforts. The CEP's mission is to be THE catalyst for a prosperous community. The 2020 National Chamber of the Year, the CEP has directly impacted the announced creation of nearly 10,000 new jobs and more than \$1.2 billion in capital investment and is seeking an additional 5,000 jobs and \$1 billion in investment by 2027. For more information, visit: [www.OcalaCEP.com](http://www.OcalaCEP.com).

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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



The under lying problem with society today is to many people think they should live free of charge. We need to get back to Pride in our work and our country. Show respect to our history.

But the main word is HOPE! When there is no hope people do desperate things. That is why crime is up. There is no consequence. In some states there is no enforcement because they prosecutors just turn them loose. Remember we need HOPE!

The problem with Natural Immunity is it's free and no one is gouging the tax payers for money for it!

I've learned that pleasing everyone is impossible, but pissing everyone off is a piece of cake. I'm responsible for what I say, but not how you understand.

In the old days the legendary frontiers people would call Fauci's cure snake oil. Look how much money it cost for the snake oil, plaque he might have helped create.

What are those fools in Washington think they are doing about electing a Speaker. The agenda is set, bring the guy into the leadership position so the rest of the Republicans can get the investigations under way. They are holding the country for blackmail on the vote. They are puffing like a tode, it makes them feel importantI don't think they know what they want. They want some kind of deal, but they don't seem to know what that is...They should be thrown out of office for holding up progress of our country for days! Make yourself part of the team or get out!

It sound's to me like that 99% of the public are not offended by everything we do, why are we catering to the 1%?

Our generation has changed dramatically. I feel like there are some that would unplug a

person's life support, just to charge their cell phone.

Who said??? The north pole will not have any ice on it the summer of 2013? How much did this expert make on that statement. The Government has spent Billions on the statement Al Gore made that never happened!!! He should have to pay the tax payers back!

What is going on with our youth? I think what is wrong with our youth is despair from politicians lying to them and telling the history of our country is wrong. They say there is no honor and integrity!

The youth don't want to die fighting for a foreign country that did not like us just a short time ago. They are dying in the streets of our country from the crime spree's because the local Government was defunding the police Every country MUST HAVE LAW AND ORDER! Florida Sheriff says if someone is looting your store shoot them. MAGIC... there is no looting. I wonder how much crime is because the gang are fighting for territory? How many have come across the border? The Chinese are smiling and buying land in our country.

Let's look at the others who use the Global Warming statements and create a real problem. They are the uneducated with no common sense. We have to stop the stupidity. Base on what Al Gore said the goal warming craze started stop the drilling and is putting our country into a world disaster. It is interesting how one person can tell a lie base on nothing and others pick it up and create a global disaster.

We have to stop the invasion of our southern border NOW! We must stop it at all cost! You will see states going bankrupt, people losing their business because of the looting. Citizen of this country are losing their jobs to Non-Citizens. Non-citizens that are hungry or criminals attack citizens working for a living for their money. Then our citizens become victims and it is Biden

and the Democrats fault for defunding the police!!! And letting these people invade our country!

### ACTIVITY/PINE ISLAND RD

The Lake County Sheriff's Office is currently on scene at 9201 Pine Island Rd. in an unincorporated area of Clermont. Our deputies initially responded to a request for a well-being check on the homeowner. Once on scene our deputies were confronted by an individual who was armed with a rifle and handgun. Deputies sought cover and attempted to communicate with the individual however he would not speak with deputies and retreated into the home.

Currently our Crisis Negotiations team is working towards a peaceful resolution.

We have no further information available for release at this time. We ask that residents and visitors avoid the area of 9201 Pine Island Rd.

\*\*\*UPDATE\*\*\*

The situation on Pine Island Road has been resolved. As events unfolded an officer involved shooting occurred. The suspect has been transported to the hospital for treatment, no law enforcement officials were injured. The Florida Department of law enforcement is on scene to conduct an investigation into the officer involved shooting, which is routine procedure. The name of the suspect is not being released at this time.

\*\*\*UPDATE\*\*\*

The suspect from this morning's incident on Pine Island Rd has been pronounced dead at the hospital, next of kin has already been notified. His name is Donald Charles Brady (5/16/1953) He is the homeowner at the incident address and was the individual deputies were requested to conduct a well-being check on.

No other new information is available at this time. FDLE will be continuing their investigation.

**Newspaper Deadlines**  
*Editorial & Ad Copy for March*  
**Seniors Voice & Ocala DownTown**  
**Noon, February 17th**  
**Lady Lake Magazine & Village Spectator**  
**12am, February 22nd**

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## FROM THE DESK OF CONGRESSWOMAN KAT CAMMACK



Congresswoman Kat Cammack Announces Selection To Serve Second Term On House Agriculture Committee

GAINESVILLE, FL — Today, the House Committee on

Agriculture announced its committee roster for the 118th Congress. Representative Cammack will serve a second term on the committee as the only Florida Republican of the 26 total GOP Conference members appointed.

"It's an honor to serve a second term on the Agriculture Committee," said Rep. Cammack. "2023 is a big year for the committee with the 2023 Farm Bill heading our way. The Farm Bill will prioritize the needs of our farmers, ranchers, and foresters who work hard each day to feed, clothe, and fuel our nation. After the last two years of labor shortages, supply chain challenges, and soaring prices, I'm looking forward to joining my colleagues to put the needs of our producers and rural communities first."

"I welcome this diverse group of legislators to the House Committee on Agriculture for the 118th Congress," said Rep. Glenn 'GT' Thompson, Chairman of the House Committee on Agriculture. "It's imperative we hit the ground running through a rigorous hearing schedule, listening sessions, and aggressive oversight. I look forward to working closely with my colleagues as we put forward commonsense solutions that provide certainty for rural America."

"Florida is a top producer of dozens of commodities and I'm proud to continue championing the issues that matter most to the Sunshine State. I traveled all over the state during the last Congress to learn more about the challenges facing our rural communities and look forward to continuing these trips to ensure we're responsive, focused, and equipped to deliver," Cammack added.

The Committee on Agriculture was created on May 2, 1820, and has jurisdiction

over agriculture and related subjects including forestry, agro-economics, agricultural research, agricultural products and commodities, commodity exchanges, the animal industry, crop insurance, water and soil conservation, the dairy industry, human nutrition, rural development, agricultural engineering, and more.

In addition to the Committee on Agriculture, Rep. Cammack serves on the House Committee on Energy and Commerce during the 118th Congress.

### Born-Alive Abortion Survivors Protection Act Passes House During First Week Of 118th Congress

WASHINGTON, D.C.—Today, H.R. 26, the Born-Alive Abortion Survivors Protection Act, introduced by Congresswoman Cammack, Congresswoman Ann Wagner, and House Majority Leader Steve Scalise, passed the U.S. House of Representatives. The bill ensures that infants born alive after an abortion attempt receive the same protection of law and degree of care as any newborn.

"For the last several years under Democrat control, the House failed to vote on the Born-Alive Abortion Survivors Protection Act. This changed during the first week of the Republican majority," said Rep. Cammack. "It's an honor to not only see this bill pass the House, but to receive overwhelming support from my colleagues. Upholding the value and sanctity of life has been a personal mission for me, and this bill plays a key role in affirming what the American people have always known: life is sacred. I'd like to extend a special thanks to my colleagues Majority Leader Steve Scalise and Congresswoman Ann Wagner for their leadership on this issue, and to all my Republican colleagues who voted for life today."

Congresswoman Kat Cammack is one of four co-chairs of the House Pro-Life Caucus.

### Rep. Cammack Joins GOP House Conference Vice Chairman Rep. Mike Johnson In Resolution Condemning Intimidation Tactics Of Pro-Abortion

### Activists

WASHINGTON, D.C.— Rep. Kat Cammack joined more than 100 Republican Members of Congress on House Republican Conference Vice Chairman Mike Johnson's (LA-04) congressional resolution condemning the nationwide wave of violence, property damage, threats, trespassing, and intimidation against pro-life organizations in 2022 by pro-abortion activists in the wake of the Supreme Court opinion overturning *Roe v. Wade*.

"The Supreme Court opinion re-establishing the authority of individual states to prohibit the killing of unborn children sent the Democrat Party and other radical pro-abortion activists off the deep end in 2022," said Rep. Johnson. "Since there has been so little accountability for the leaked draft opinion and ensuing violence and intimidation against pro-lifers, we are introducing this resolution to make the position of Congress crystal clear: violence, property damage, threats, and intimidation tactics must be condemned, and these clear violations of federal and state laws must be prosecuted."

The resolution is scheduled for a vote in the House this week.

### Congresswoman Cammack Introduces REINS Act To Limit Executive Overreach

Over 140 GOP Conference members sign on as original cosponsors

WASHINGTON, D.C. – Today, Congresswoman Kat Cammack announced the introduction of the Regulations from the Executive In Need of Scrutiny (REINS) Act of 2023.

This bill would reassert Congress' legislative authority and prevent excessive overreach by the executive branch in the federal rulemaking process. It would require every new "major rule" proposed by federal agencies to be approved by both the House and Senate before going into effect. The bill would also preserve Congress' authority to disapprove of a "nonmajor rule" through a joint resolution.

The REINS Act would define a "major rule" as any federal rule or regulation that may result in: an annual effect on the economy of \$100 million or more; a major increase in costs or prices for consumers, individual industries, government industries, government agencies, or

geographic regions; or significant adverse effects on competition, employment, investment, productivity, innovation, or the ability of U.S.-based enterprises to compete with foreign-based enterprises.

"During the first year of this administration, the Biden White House added more than \$200B in new regulatory costs," said Rep. Cammack. "These new regulations cost the American taxpayers over \$2T per year in compliance costs and economic losses without the proper oversight from the legislative branch. The REINS Act is a core part of House Republicans' mission to reintroduce government accountability and to restore Congress' role to check the regulatory actions of federal agencies. I'm grateful to the overwhelming support of my colleagues on this bill and look forward to seeing it pass the House this Congress."

"For too long, Washington bureaucrats have been empowered to create rules that cost our nation hundreds of millions of dollars," said House Majority Whip Tom Emmer. "We are proud to join Representative Cammack in this effort to make these unelected regulators answer to Congress."

"For the last two years, President Biden and progressive Democrats have imposed harmful regulations on the American people," said Rep. Jim Jordan, Chairman of the House Judiciary Committee. "The REINS Act will place a much-needed check on unelected bureaucrats. It's time for Congress to reclaim its lawmaking authority, and this bill is an important first step toward ending the Biden Administration's radical overreach."

"Unnecessary government regulations and excessive red tape impose crushing economic burdens on Kentuckians and Americans across this country," said Rep. James Comer, Chairman of the House Oversight & Accountability. "Since President Biden took office, his administration and unchecked bureaucrats are full steam ahead on enacting a radical, far-left agenda through executive action. I am proud to support Representative Cammack and her legislation to ensure federal rulemakers no longer bypass Congress. Americans deserve a voice in the federal rulemaking process and have suffered from significant and costly regulations for far too long."

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# 5G Home Internet



**5G Home Internet: Powerful Enough For Your Home?**  
(NAPSI)—5G Home Internet is making

waves when it comes to connectivity. And while the technology behind 5G is a great choice when it comes to mobile data and serving remote areas with limited connectivity, the same might not be said for powering most home Internet needs.

### What is 5G Home Internet?

Simply put, 5G networks are mobile networks. Because 5G Home Internet relies on the same cell towers as 5G mobile devices, they are essentially competing for capacity. When many mobile users utilize the 5G network at once, the 5G Home Internet users must wait in line behind them for connectivity. Think of it as a congested interstate highway, with everyone headed for the same exit.

Additionally, signal obstructions such as

weather, buildings, and trees have to be taken into account. Such interferences can lead to unwanted speed fluctuations and lag during video calls or while gaming — what insiders refer to as latency.

Essentially, this means wireless 5G networks are often less reliable and less secure than wired networks.

According to Speedtest Intelligence® results from Ookla®, the global leader in fixed broadband and mobile network testing applications, 5G Home Internet struggles to consistently maintain broadband speeds over 25 Mbps during peak times.

This has led to online forums filling up with users lamenting about not being able to keep up with binge-worthy streaming shows, and homes with multiple users

competing for quality connections for online work, school or play.

The truth is, 5G can be great for those without options such as cable broadband or other fiber-based services. Otherwise, it results in slower speeds and lag as it shares limited space with mobile user traffic.

Learn more at

[5ghomeinternetreviews.com](https://5ghomeinternetreviews.com).

*“5G is great for phones but can mean slower speeds for home Internet as it struggles to break through mobile traffic and signal obstructions. Discover if 5G has what it takes to power your home's digital needs.”*

## Resolve To Be Smokefree

*by Laura Corbin, Bureau Chief, Tobacco Free Florida*

(NAPSI)—The ball, the confetti and the 2022 wall calendars have all come down, and our attention turns to the annual tradition of making New Year's resolutions. This can include health goals, such as deciding to have 2023 be the year to finally quit tobacco successfully. Most adult smokers in our state tried to do so at least once in the past year, reports the Florida Department of Health.

Quitting for good may take several attempts. With the resolution to quit, every year more and more people succeed on their own. But it may help to know some tips, and to know that you don't have to do it alone.

Are you resolving to quit tobacco? If so...

### Remember your reason.

What's your biggest personal motivator to quit? If what keeps you going is a desire to be healthy and be there for your kids for years to come, strategically position photos of those smiling faces in the places you used to take your smoke breaks.

Maybe you're quitting because you like the idea of putting thousands of dollars back in your pocket? Add to your wallet or purse a note keeping track of how much you're saving every day, and set a goal to save for a specific treat, reward or trip with those savings.

### Tell your friends and family about your quit date and plan.

Thank your personal network in advance for their patience and support as you start your quit journey. This might include switching up your plans to include new routines to meet up in different places from where you used to go if tobacco was part of that experience. And, of course, they can cheer you on along your path to success.

### Learn about the options in the community for free help and think about which ones seem best to help you “quit your way.”

Support can be what makes this quit resolution stick. That can come in many forms. Tobacco Free Florida's Quit Your Way program offers free Phone Quit, Group Quit and Web Quit services across the state, text-based support, a Quit Guide and more. Group Quit classes are also free, either in person in any of the 67 counties across Florida or even virtually, right from where you are.

Nicotine replacement therapy (NRT) such as gum, patches or lozenges could double your chances of quitting for good, Centers for Disease Control and Prevention statistics show. Free 2-week starter kits are

*Continued page 12*

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## CHIEF ROBERT TEMPESTA.



### Scams, Fraud, and Identity Theft

Scams and fraud tactics are part of our society. With advanced technology, predators can easily commit crimes from the

comfort of their home or "workplace." The Police Department receives complaints about scams frequently. Here are a few that are noteworthy and are driven on emotion or fear. Think before you react! Do not give out personal information, make any wire transfer or purchase gift cards.

- The IRS called requesting personal information or threatening arrest for a payment of owed taxes. The IRS will not call you and request you make payments using gift cards or wire transfers.
- Another financial scam people report is their bank or other financial institution calling "alerting" that their account has been hacked and they need your information to stop a transaction from happening. If it's truly your bank calling, they will have all of your information, right? Hang up and call your bank to verify if you need to.
- The "Grandparent" scam is still prevalent in this area. You may

receive a call from your "grandchild" who is trouble and is afraid to call their parent. A request for a wire transfer or gift card will be made for bond. Call your son/daughter to verify where your grandchild is.

- If you receive a call from a person who allegedly works for Microsoft or any anti-virus company indicating that there is a problem with your computer, they are looking to access your computer remotely. They want you to give them permission to access your computer to "fix" the problem. This person will have access to all of your information and any saved banking and/or credit card information. If you are on the internet and a message pops up indicating you have a virus and need to call Microsoft or an anti-virus software company, do not call them. They are attempting the same scam.

Scams can also lead to your identity being compromised. Identity theft is a topic that is critical because once you become victimized, it is difficult to clear your name and credit if it becomes compromised. Perpetrators will steal data such as social security numbers, date of birth, addresses, and bank account information. If your information is stolen, you may receive correspondence from companies or creditors for debt you weren't aware of.

Credit card fraud and other financial scams are one of the most reported uses for identity theft. Some criminals steal credit card information only to make

immediate purchases before the card is reported stolen. One of the bigger problems a victim may face is if other accounts are opened under their name. They may see bank or credit card transactions against their account that they did not make. A victim may also see outstanding debt from different accounts that will be in their name and will be their responsibility to pay or start the process of claiming identity theft. The process of clearing your name and credit can be costly and take an emotional toll on the victim.

Here are some tips to help prevent identity theft:

- Shred all documents that you no longer need that have personal information on them.
- Notify the post office to hold your mail if you will be out of town or have someone you trust pick up your mail.
- If using on-line sources for banking or shopping, make sure the site is secure and try to avoid using public computers or public Wi-Fi.
- Watch your surroundings when entering PIN numbers as criminals will attempt to watch from behind.
- Avoid providing personal information over the phone unless you are sure of who you are giving it to.
- Regularly check your credit report for suspicious activity.

If you become a victim it is important to:

- Immediately notify the company you have credit with about any transaction you did not authorize.
- File a police report or an online report with the Federal Trade Commission.
- Notify the three credit agencies:

Experian, TransUnion, and Equifax.  
 • Follow-up to make sure that your credit is flagged for fraudulent activity. A fraud alert can be put on your credit to alert businesses that they must contact you prior to opening accounts.

The Lady Lake Police Department reminds you that we are here to help protect you from criminal activity but protecting your finances and identity starts with you. Using some of these tips can help you from becoming a victim.



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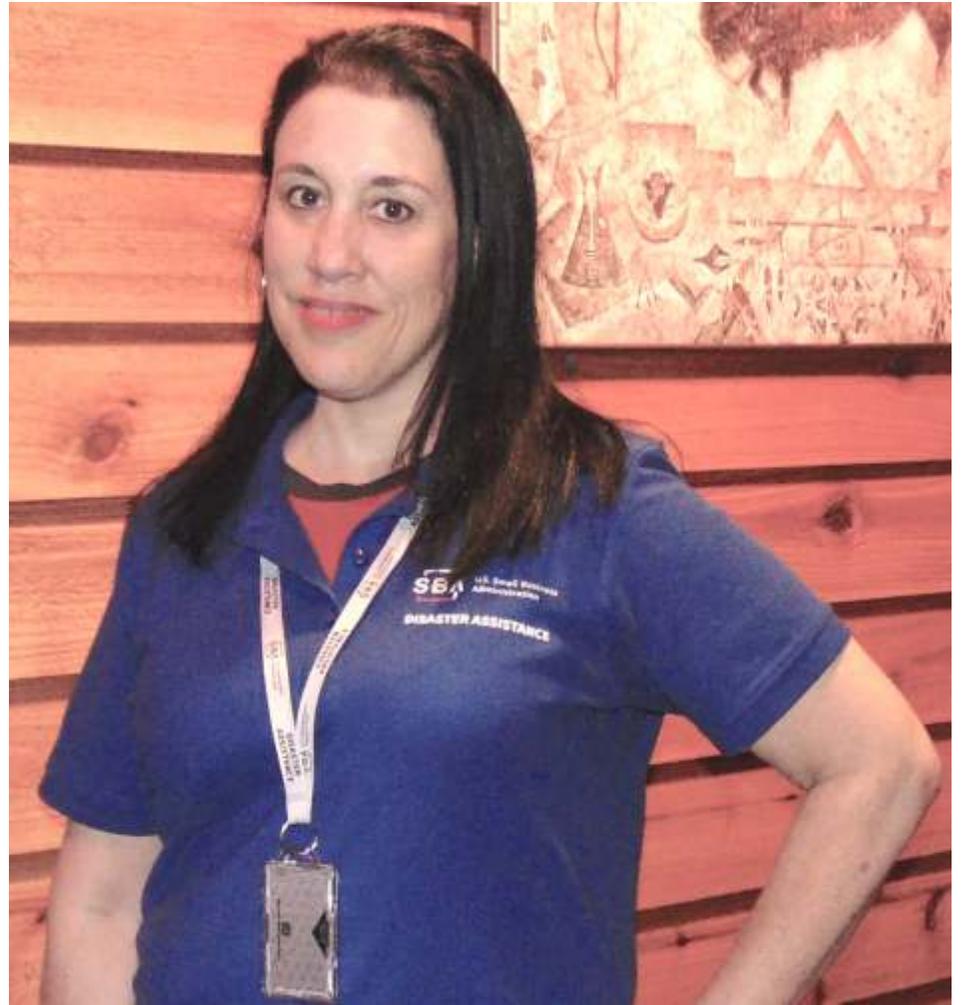
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# Lady Lake Chamber Luncheon



# Lady Lake Chamber Luncheon



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Lady Lake Animal Control is working hard to keep local animals safe. At this time they are helping a large number of cats & kittens and are in desperate need of donations of the following items:

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#### Lady Lake Area Chamber

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## FROM THE DESK OF GOVERNOR DESANTIS



### Governor Ron DeSantis' Executive Order to Stewardship of Florida's Natural Resources

TALLAHASSEE, Fla. —(Read to the end)

Governor Ron DeSantis signed and Executive Order 23-06 (Achieving *Even More* Now for Florida's Environment) to further advance the protection of Florida's environment and water quality.

Read what environmental leaders and stakeholders are saying about the future of conservation in Florida:

"The Everglades Foundation applauds Governor DeSantis' four-year record commitment of \$3.5 billion for the Everglades.

"A week after his inauguration, on the anniversary of the momentous executive order he signed four years ago, Governor DeSantis has signed a new executive order laying out a blueprint that builds off the promises he fulfilled during his first term. The executive order increases his funding commitment to \$3.5 billion over the next four years for Everglades restoration, water quality initiatives, and protecting water supply for Floridians, "Clean and usable waterways are the backbone of Florida's economy. Governor DeSantis recognized this issue from the beginning of his term and has continued to deliver on his commitments.

"As Florida continues to recover from hurricanes Ian and Nicole, the need to strengthen flood protection has never been more urgent. These proactive investments, including expedited recovery assistance, vulnerability assessments and coastal flood protection.

"Governor DeSantis has his commitment to Florida's natural resources since his first days in office. He has promised and delivered record funding and innovative environmental policies, with a focus on resiliency, habitat and water quality, that will ensure the health of our state's iconic fisheries for the future.

"Under Governor DeSantis' leadership, Florida remains one of the most sought-after destinations for world-class fishing, hunting and outdoor recreational opportunities. The Governor has and continues to make protecting Florida's natural resources one of his top priorities.

#### PUBLISHERS NOTE Message To Governor DeSantis:

Hi Governor I see you are trying to keep your promises about protecting Florida Natural Resources with one statement and your about to ruin our Natural Resources in North Central Florida with your Turnpike Extension! I know you put it on pause which means a temporary stop. Now that the election is over are you prepared to let the Turnpike Authority run over the good people of North Central Florida that help elect you, let them run dangerously close to the Rainbow River, Back Water of lake Russo, ruin private pastor land, run over the

barge canal and private land owners. No matter where you go with the extension you will destroy Natural Resources of Florida. You have done a good job in many area's of the state. DON'T SPOIL IT NOW! Stop the extension and stop the people who keep bringing it back up every couple of years. Disband the Turnpike Authority and send the employees to the DOT. TLOURY

### Governor Ron DeSantis Announces Nearly \$20 Million for Water Quality Projects to Restore the Indian River Lagoon

On January 19, 2023, in [News Releases](#), by Staff

TALLAHASSEE, Fla. — Today, Governor Ron DeSantis announced nearly \$20 million to support water quality improvement projects along the Indian River Lagoon (IRL). These projects will help collect stormwater runoff and treat it to reduce the amount of pollutants and nutrients that enter the IRL. These projects are in addition to the \$255 million Florida is already investing to protect the IRL, including targeting wastewater, septic to sewer, and other needed restoration projects.

"Investing in the protection of our waterways is a great way for us to ensure the long-term health of our natural resources," said **Governor Ron DeSantis**. "This funding will help build the infrastructure needed to improve water quality as we continue to make investments to protect and restore the Indian River Lagoon."

"Decades of human impacts have resulted in impaired water quality in the Indian River Lagoon, specifically from nutrients," said **Department of**

**Environmental Protection Secretary Shawn Hamilton**. "As a result of the leadership of Governor DeSantis and unprecedented investments in water quality, the Department, in conjunction with project partners, is focusing on tackling the root cause of nutrient pollution."

[Governor DeSantis signed Executive Order 23-06](#), continuing his historic commitment to the stewardship of Florida's natural resources, including pledging to secure \$3.5 billion over the next four years for Everglades restoration and the protection of water resources and establishing the Indian River Lagoon Protection Program to expedite water quality restoration of the IRL.

Over the past three years, Florida has invested more than \$500 million in coastal communities to address excess nutrients entering our waterways. The Freedom First budget signed by the Governor this year includes more than \$558 million for targeted water quality improvements across the state.

The IRL is the most biologically diverse estuary in North America and an important resource for species such as the Florida scrub-jay, manatees, and sea turtles. Currently, the water quality of the IRL is impaired for total nitrogen and total phosphorus. The nutrients flow into the lagoon from overland runoff, drainage canals, groundwater seepage, and rainfall. Excess nutrients can contribute to increased frequency, duration, and intensity of algal blooms and negatively impact the growth of seagrass in the lagoon. Seagrass is the most important resource within the IRL, providing habitat and food for manatees and other species.

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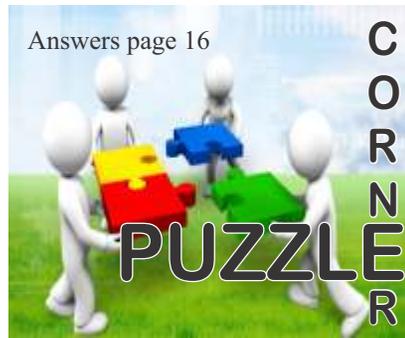
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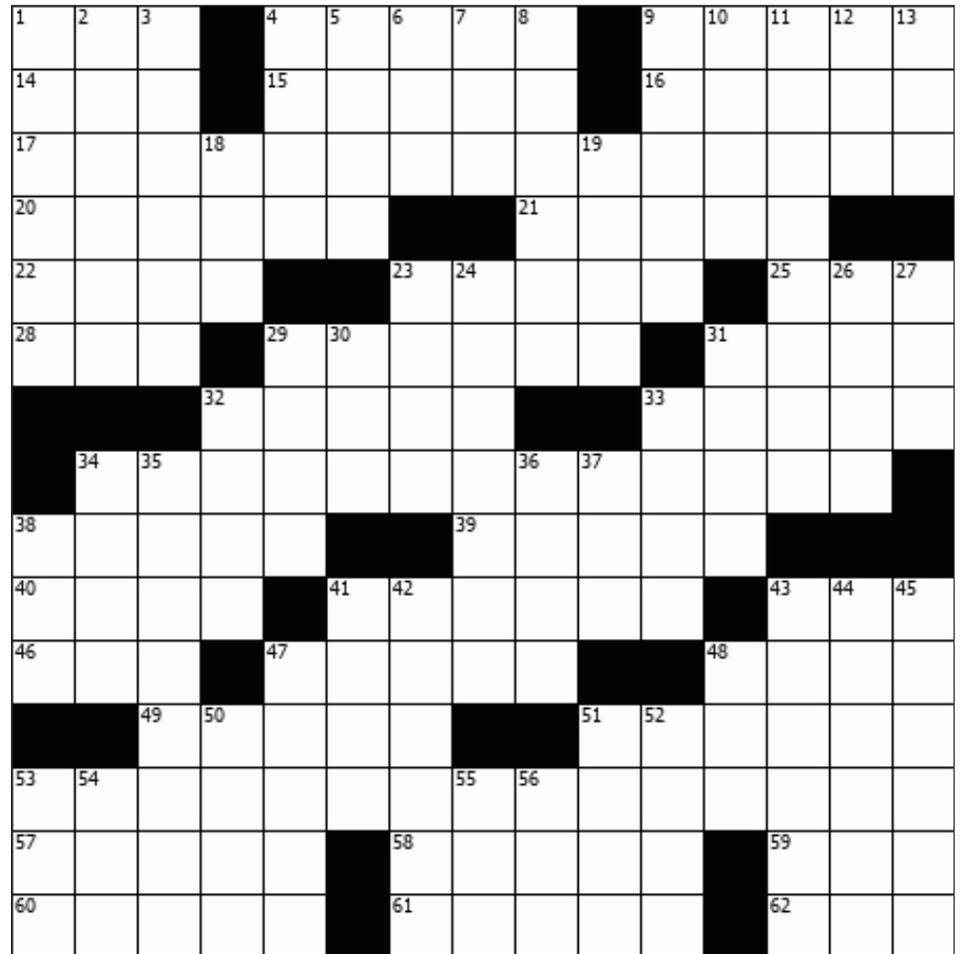
WOCA



- Across
1. Its bite could kill
  4. Roof style
  9. Jordan's capital
  14. Fashionable resort
  15. Homer's work
  16. Farm equipment name
  17. Noted circumnavigator
  20. Blue Jay adversary
  21. Bird call
  22. It's put before Descartes?
  23. Expansive
  25. Bull run?
  28. Children's game
  29. Darwin and Newton each had one
  31. Penguin's achievement?
  32. Tavern orders
  33. Clear the slate
  34. Famous satirist
  38. Biblical mount
  39. Distinguished
  40. Fashion designer

- Down
1. Classify
  2. Japanese shrub
  3. Cutting back
  4. Funny one of film
  5. Winglike parts
  6. Receptacle
  7. Varnish ingredient
  8. Newspaper worker
  9. Type of attraction
  10. Nothing more than
  11. Common potluck dish
  12. Floating zoo
  13. Indicating a maiden

- name
18. Adversary
  19. Influence one's decision
  23. "Little Women" woman
  24. Country singer Cash
  26. Bridge position
  27. It has a head and hops
  29. Bangkok resident
  30. How some like it
  31. Crisscross framework
  32. Fly in the ointment
  33. Wide-spouted pitcher
  34. Leave in the lurch
  35. Like some towns
  36. Gives approval, in a way
  37. French holy woman
  38. Trinity member
  41. "Once in a Lifetime" author
  42. Shoe part
  43. Amusement ride inventor
  44. Put on the market again
  45. In plain sight
  47. He took two tablets
  48. Foot in a pound
  50. Pickling spice
  51. Roll call word
  52. Caen's river
  53. Ballplayer's headwear
  54. Step on it
  55. Human's foot, anatomically
  56. It may be over your head



## Smokefree

Continued from page 6

available when medically appropriate.

Teens should know interactive, text-based quit support is available by texting VAPEFREE to 873373 to join the state's Live Vape Free program to help quit e-cigarettes. As a state, we are making progress against e-cigarettes: youth use of electronic vapor products has dropped each of the last five years, including going down by more than 17% last year, according to the Florida Youth Tobacco Survey. Working together, that number can continue to drop for 2023.

Make 2023 your year to be smokefree. Stay focused, share your awesome plan and get help in the way that works best for you, and you can do it. Thousands across Florida already have.

Check out [TobaccoFreeFlorida.com](http://TobaccoFreeFlorida.com) for more tips, ideas and support.

## Resolutions You Can Keep

### New Year, New You: Making Resolutions You Can Keep For A Healthy 2023

by the We Can Do This COVID-19 Public Education Campaign

(NAPSI)—Many people celebrate the promise and new beginnings of the New Year by making resolutions—often focused on health goals like losing weight, eating healthier, and working out. Getting healthy through small actions—baby steps—can be a sustainable way to make changes for a healthy new year. Feeling and seeing a small positive change can encourage you to make more changes.

Consider the following baby steps to help make 2023 your best year yet:

**Sleep.** Sleep is a necessity, not a luxury.

Continued page 14

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FROM THE DESK OF  
**ATTORNEY GENERAL MOODY**



**Attorney General Moody's Statewide Prosecutors Secure 30-Year Prison Sentences for Members of Massive Identity Theft Scheme**

TALLAHASSEE, Fla.—Attorney

General Ashley Moody's Office of Statewide Prosecution today secured 30-year prison sentences for members of a massive identity theft scheme. The lengthy sentences are a result of three individuals, Carnessa Rouse, Gregory Engram and Samishia Askew stealing the identities of more than 120 individuals—most victims being above the age of 65. Using the victims' identities, the defendants opened fraudulent credit card accounts to fund luxurious lifestyles.

Attorney General Ashley Moody said, "We secured lengthy prison sentences for three defendants for their roles in a massive identity theft scheme spanning at least seven counties in Florida. These fraudsters victimized more than 120 Floridians—most of them seniors—by stealing and misusing ill-gotten personal information to open fraudulent credit card accounts. They then used the credit accounts to fund their extravagant lifestyles. Now their lifestyles will be much more modest in prison thanks to the great work of my Statewide Prosecutors and our hardworking law enforcement partners."

According to a law enforcement investigation, the trio frequently utilized aliases to hide personal identities from banks, law enforcement and other public entities—opening hundreds of credit card accounts in the process. The defendants used the fraudulent credit cards to rent luxury cars, stay in expensive hotels, embark on extravagant vacations and pay for everyday goods.

The Honorable Pat Siracusa, Circuit Judge for the Sixth Judicial Circuit of Florida, sentenced the trio to 30 years in prison each. Several victims of the identity theft, most ages' spanning 70-90, appeared or provided a victim impact statement for the sentencing. The victims testified about suffering through anxiety, stress and trauma.

Attorney General Moody's OSP Tampa, with unlimited cooperation from State Attorney Bruce Bartlett, prosecuted this case. The law enforcement agencies involved in the investigation included the Clearwater Police Department, Florida Highway Patrol, Hillsborough County Sheriff's Office, Pinellas County Sheriff's Office, Port St. Lucie Police Department, St. Petersburg Police Department and U.S. Bureau of Alcohol, Tobacco, Firearms and Explosives.

**Attorney General Moody Warns Parents About Illicit Fentanyl as New Study Shows Children Under 14 Dying at Fastest Rate**

TALLAHASSEE, Fla.—Attorney General Ashley Moody is warning parents about the dangers of fentanyl, a highly lethal

synthetic opioid. A new [study](#), conducted by Families Against Fentanyl, found that children under the age of 14 are dying of fentanyl poisoning at a faster rate than any other age group. Fentanyl continues to be the number one killer of adults 18-45. With these alarming statistics, Attorney General Moody is urging Floridians to never use illicit drugs and is sharing the Fast Facts on Fentanyl Toolkit to help parents talk to their children about fentanyl.

Attorney General Ashley Moody said, "This is disturbing news, and as the mother of a school-aged child, I want to make sure every family is engaging in an open dialog about the dangers posed by massive amounts of illicit drugs flooding into our country. We have known for a while about the skyrocketing fentanyl deaths among young adults—and we suspected it was having a growing impact on small children, but this report confirms the urgent public-safety risks all parents are now facing when trying to protect their children from this deadly synthetic poison flooding into our country from Mexico."

In addition to the recent Families Against Fentanyl study, there are news reports of at least two high school [students](#) having complications from using [vapes](#) that are possibly laced with fentanyl. With these alarming statistics and news reports, Attorney General Moody is urging Floridians to never use illicit substances and asking parents to talk to their children about illicit drug use.

The Fast Facts on Fentanyl Toolkit provides information for parents about protecting children from digital drug dealers. The resource highlights how drug dealers use social media to sell illicit substances and warns that those substances

may contain deadly amounts of synthetic opioids. The toolkit also provides examples of emojis used as codes in online conversations regarding illicit drug transactions.

Attorney General Moody developed the Dose of Reality Florida website for Floridians to learn how to find help and 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..

In case of emergency, always dial 911 and contact local law enforcement.

For more information on this topic go to <http://www.myfloridalegal.com/newsrel.nsf/newsreleases/428E20C2F9B7D87A8525893C00543CB4?Open&>

**Attorney General Moody Warns Floridians About Alarming Increase in Sextortion of Minors**

TALLAHASSEE, Fla.—Attorney General Ashley Moody is warning Floridians about an alarming increase in sextortion targeting minors. Sextortion is a form of exploitation where victims, including children, are coerced into sharing explicit photos or videos of themselves. The predator will then use the images to blackmail the target with threats to publicly expose the material. Recently, the [U.S. Department of Justice issued a startling warning](#) about the increase in sextortion cases, including more than 3,000 minor victims in 2022.

Attorney General Ashley Moody said, "Sextortion cases are on the rise nationwide and thousands of minors are being targeted and victimized. Parents and guardians, please talk to your children about this disturbing crime and make sure they know not to take or send explicit images to anyone. Keep an open dialog with your children and urge them to tell you if they are ever asked to exchange inappropriate content."

The 2022 Human Trafficking Summit hosted a session on sextortion, with additional information on this crime and how parents and guardians can help children avoid being victimized. The session is called "Understanding the Dangers of Sextortion".

During the Summit, the Department of Children and Families provided these tips for parents and guardians to protect their children from sextortion, including:

- Be aware of a child's online activity;
- Require children to make social media accounts private;
- Prevent children from altering or using a fake date of birth to access sites that allow for communication with older individuals;
- Explain that profiles may be altered online to appear as someone else;
- Clarify that once something is sent on the internet, it never goes away; and
- Ensure that children know how to ask for help, even if the situation is uncomfortable.

Last year, Attorney General Moody released an Online Safety Toolkit, designed to empower parents and guardians to teach their children about the dangers of human trafficking online and to create effective online safety plans for safe internet use.

<http://www.myfloridalegal.com/newsrel.nsf/newsreleases/3E04CB88BEBBDCD9852589330061B683?Open&>

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# Resolutions

continued from page 12



Aim to get at least seven hours of sleep each night. Failing to get enough sleep is linked with many chronic health conditions.

**Move more, sit less.** Plan to add short walks and other activities that you like that get you moving. Strive for at least 150 minutes of moderate aerobic activity per week. If 150 minutes is too much at first, slowly add a fun and easy movement each day until you can walk, dance, or do yard work for 30 minutes a day for five days a week.

**Drink wisely.** Substitute water or unsweetened tea for sugary drinks to reduce your daily caloric intake. If you are used to consuming a lot of sweet beverages, try swapping out one drink per day and see how you feel.

**Relax.** Make time to unwind and connect with others. Taking deep breaths and meditating can go a long way to relieving stress, which in turn can help lower blood

pressure. Connecting with others and talking to people you trust about how you feel, or what makes you grateful, can have the same effect.

**Think prevention.** Stay current on vaccinations, including for COVID-19. Getting sick with COVID or other preventable illnesses can derail your other healthy habits, especially if you develop long COVID, which may be more likely in people who are not vaccinated. Getting vaccinated or getting an updated vaccine if you've already completed a primary series is an easy way to prevent the worst outcomes from COVID and keep you on track for a healthy year.

"While COVID remains a serious healthcare issue going into 2023, COVID care has made tremendous development," said Antrell Tyson, Esq., Regional Director for the U.S. Dept. of Health & Human Services. "It is vitally important that each of us stay up-to-date with available vaccines to maintain the protection of earlier doses because COVID is treatable and serious illness can be avoided."

COVID vaccines are widely available and free. Vaccines are available at no cost to anyone age 6 months or older living in the United States, no matter their immigration or health insurance status.

For more information and to find a vaccine near you, visit [vaccines.gov](https://www.vaccines.gov).

"*"Stay up-to-date with available vaccines to maintain the protection of earlier doses because COVID is treatable and serious illness can be avoided."* said Antrell Tyson, Esq., Regional Director for the U.S. Dept. of Health & Human Services."



## Supplement Your Dental Care

(NAPSI)—Brushing and flossing are the main tricks of the trade for maintaining a healthy smile, but if you want to expand your dental health from the inside out, you may want to consider nutritional supplements.

"Most people can obtain all the necessary vitamins and minerals from a balanced diet, but for some, supplements can be helpful as nutrition deficiencies can lead to conditions such as inflammation and tooth loss if left untreated for too long," said Kiran Malhi, DMD, a dental consultant for Delta Dental of Washington.

**Six Suggestions For A Stronger Smile**

*Continued page 16*

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**100'on Hwy x 230'deep.**  
**On Cnr SE 156<sup>th</sup> Place**  
**Summerfield FL 34491**  
**Zoned 'B-2'Marion County**  
**No City Taxes**  
**Paved Corner Lot.**  
**Only minutes from The Villages**



## Job Postings Brought To You By Lady Lake Chamber

# Lady Lake County Events



**INSPIRED BY NATURE WATERCOLOR**  
**February 8, 2023 at 1:30 PM**  
 Trout Lake Nature Center  
 520 East CR 44, Eustis  
 Cost: \$50  
 Contact Eileen Tramontana at 352-357-7536 or email [tinc.director@gmail.com](mailto:tinc.director@gmail.com).  
<https://www.universe.com/art2022>  
 Join us to experience the thrill of painting a watercolor inspired by nature. Watercolor artist Ellen Westerholm will teach a painting lesson. Westerholm provides the paint, brushes, and paper along with instructions to create stunning paintings.

**KIDS STEAM**  
**February 8, 2023 at 3:00 PM**  
 Umatilla Public Library  
 412 HATFIELD DR, Umatilla  
 Contact Amy Stultz at 352-669-3284 or email [umatillalibraryfl@gmail.com](mailto:umatillalibraryfl@gmail.com).  
<https://www.umatillalibrary.org/children>  
 Science, Technology, Engineering, Arts and Math. Smart enrichment for elementary aged students.



**AFTER DARK HIKE**  
**February 10<sup>th</sup> at 8:00 PM**  
 Pine Meadows Conservation Area  
 2280 Pine Meadows Golf Course Road, Eustis  
 Contact Justin Gentles at 352-431-8798 or email [justin.gentles@lakecountyfl.gov](mailto:justin.gentles@lakecountyfl.gov).  
<http://www.lakecountyfl.gov/parks>  
 Bring your flashlight, headlamps and insect repellent to see what wildlife is active in the park after everyone goes home and the sun g

**LAKE NORRIS BLACKWATER CREEK PADDLE**  
**February 11<sup>th</sup> at 9:00 AM**  
 Lake Norris Conservation Area  
 38343 Lake Norris Road, Eustis  
 Contact Mary Koch at 352-324-6141 or email [mkoch@lcwa.org](mailto:mkoch@lcwa.org).  
<http://www.lcwa.org>  
 Considered one of the best paddles in Lake County, join staff as they guide participants on a tour of the renowned

Blackwater Creek, part of the Wekiva Wild and Scenic River system. Ibis, wood stork, osprey, warblers and more may be spotted.

**THE INDIGO BLUEGRASS BBQ 2023**  
**February 11<sup>th</sup> at 12:00 PM**  
 Cassia Community Center/Orianna Center for Indigo Conservation  
 29245 Florida Highway 44, Eustis  
 \$30 for one, \$50 for two  
 Contact Marcia McGovern at 407-323-4450 or email [MarciaM@CentralFloridaZoo.org](mailto:MarciaM@CentralFloridaZoo.org).  
<https://www.biddingforgood.com/auction/auctionhome.action?auctionId=341700125>

Enjoy live bluegrass, great BBQ, and tours of the Orianna Center for Indigo Conservation or OCIC, parking is available at the Cassia Community Center, then jump on the a/c'd shuttle for a short ride to the OCIC. Be ready to bid on silent auction!



**2023 MOUNT DORA SCOTTISH HIGHLAND FESTIVAL**  
**February 18<sup>th</sup> at 10:00 AM**  
 Elizabeth Evans Park  
 100 North Donnelly St., Mount Dora  
 352-735-7100  
<https://ci.mount-dora.fl.us/698/Mount-Dora-Scottish-Festival>  
 Celebrate the Scottish Culture in Mount Dora with bagpipers, Highland Athletics, Celtic music, dancing, Society and Heritage Clan Village, Shortbread Contest, and more.  
 sun g

**CLERMONT SPRING FORWARD FESTIVAL**  
**February 25<sup>th</sup> at 4pm**  
 Historic Downtown Clermont  
 670 W Montrose Street/Clermont  
 352-617-8788 or email [clermontdowntown@gmail.com](mailto:clermontdowntown@gmail.com)  
<https://clermontdowntown.com/events/>  
 Annual home and garden spring show featuring 100+ vendors, crafters, garden demonstrations, home décor, food trucks, kids zone, live music and more!



**Affiliated Title**  
 (Closing Agent, Closing Processor, Front Desk & More)

**Arden's Fine Jewelers**  
 (Fine Jewelry Sales Associate & Assistant to sales staff)

**Bill Bryan Chrysler Dodge Jeep Ram**  
 (Service Department, Reception, & More)

**Brownwood Hotel and Spa**  
 (Management, Servers, House Keeping & More)

**Comfort Keepers**  
 (CNAs, Caregivers & Home HealthAids)

**Dignity Memorial Life Celebration Center**  
 (Pre-Planning Advisor)

**Dignity Memorial Life Celebration Center**  
 (Family Service Counselor)

**East Coast Capital**  
 (Part-Time Virtual Assistant)

**First Baptist Church of Lady Lake**  
 (School & Nursery Teachers)

**Freedom Pointe at The Villages**  
 (RN, LPN, CNA)

**Goodwill Industries of Central Florida**  
 (Cashiers, Clerks, Donation Attendants, & More)

**Insight Credit Union**  
 (Apply Online Now!)

**Just Dandy Pet Parlour**  
 (Experienced Groomers)

**KELCO Transportation Services**  
 (Drivers and Helpers)

**Lake Port Square Senior Living**  
 (RN, LPN, Unit Manager, Supervisors)

**MacInnis Dermatology**  
 (Medical Receptionist and Assistant)

**Mid-Florida Agencies Florida Blue**  
 (Receptionist)

**Molly Maid**  
 (Join the family)

**Outback Steakhouse: SIGN-ON BONUS**  
 (Back of House Positions)

**ReCharge Clinic**  
 (Accountant/Tax Preparer)

**ReCharge Clinic**  
 (Licensed Mental Health Counselor)

**RSVP Marketing**  
 (Part-Time Opportunities)

**SIMEDHealth**  
 (Full and Part-Time Opportunities)

**Salvation Army**  
 (Bell Ringers)

**Slezak Financial Security Agency**  
 (Work from home opportunity)

**Texas Roadhouse**  
 (apply online)

**Trustco Bank**  
 (Assistant Branch Manager, Teller)

**United Southern Bank**  
 (All Jobs)

**Victory Casino Cruise**  
 (Sales Representative)

# Supplement Your Dental Care

continued from page 14

In tandem with brushing, flossing and consistent trips to the dentist, these six supplements can jump start an even healthier smile:

**Calcium:** Calcium helps more than just your bones—it can help your teeth too. While calcium is found in dairy products, fish, vegetables and nuts, you can also take calcium as a supplement if you have roadblocks to accessing calcium-rich foods.

**Phosphorus:** Phosphorus aids in calcium absorption into the body, helping to strengthen teeth by protecting and rebuilding tooth enamel. Many people get enough phosphorus in their diets through meat, fish, milk and whole grains, but it is available in supplement form for those with dietary restrictions.

**Vitamin A:** Vitamin A helps in saliva production, which is beneficial to your overall oral health. Saliva functions in breaking down foods and cleans bacteria between teeth. The vitamin is found in orange-colored fruits and vegetables, fish and eggs. Vitamin A tablets and gummies are widely available and also keep eyes and skin healthy.

**Vitamin C:** Vitamin C helps your gums as well as your teeth, keeping connective tissues in the gums strong to hold teeth in place while deficiencies in vitamin C can be the cause of bleeding gums and gum disease. Chewable or liquid forms of vitamin C are erosive, however, and can cause the loss of enamel if taken in excess, though they're safe



at the recommended dosage. Vitamin C is present in many fruits and vegetables.

**Vitamin D:** Vitamin D protects against oral health conditions such as gingival inflammation, cavities and gum disease, as it plays a significant role in tooth mineralization. Like calcium, vitamin D can be found in fish or vitamin D-fortified foods like milk and cereal, but for convenience, it is available in supplement form.

**Zinc:** Zinc can eliminate cavity-causing bacteria and control demineralization. The vitamin can also help with gum diseases such as gingivitis and other common periodontal problems. A bonus is that zinc helps fight bad breath.

### Learn More

For additional information about how to get and maintain a healthy smile, visit [www.deltadentalwa.com/blog](http://www.deltadentalwa.com/blog).

## Across the Globe

**EU to severely restrict export of waste to third countries**

By Kathrin Glösel

The European Parliament voted in favor of a law that restricts the export of waste. Waste from the EU should be processed in an

environmentally friendly way—and no longer exported on a large scale to third countries in the EU. There, it often pollutes entire regions via landfills or is incinerated and damages the environment.

On January 17, 2023, the European Parliament voted in Strasbourg in favor of a law that restricts the export of waste from the EU to countries outside the Union. The goal is to reduce pollution and ensure that materials like plastic are reused and recycled instead of thrown away. The whole thing is part of the European Green Deal.

In the future, waste is to be exported only to certain countries outside the OECD area—and they must prove that they process the waste in an environmentally friendly way. For hazardous waste, exports are to be banned altogether. Overall, less waste is to be shipped around the world and less processed in a way that is harmful to the climate, for example incinerated.

“Out of sight, out of mind: this is how we in the EU currently deal with our mountains of waste. In doing so, we not only export our problem, but also leave the task of fair disposal to countries outside the EU. The consequences of this are often illegal landfills, the price of which is paid by the environment and local people,” criticizes Delara Burkhardt, environmental policy spokeswoman for the Socialist S&D Group in the EU Parliament. So now that is to change.

The Parliament's report on the EU Waste Shipment Regulation was adopted by a large majority:

594 votes in favor, 5 against and 43 abstentions. Talks between the European Parliament and EU member states are to take place this year to finalize the text. Only then can the law come into force.

### Most EU waste ends up in Turkey

The amount of waste exchanged around the world is steadily increasing, with 182 million tons traded in 2018, according to the OECD. The European Union plays a central role in this: according to Eurostat, the European Union exported 33 million tons of waste to non-EU countries in 2021. That's a 77 percent increase over 2004, and Turkey was the main destination for EU waste last year, with about 14.7 million tons—three times as much as in 2004. READ MORE...

<https://scoop.me/eu-restrict-waste-exports/> The rights to the content remain with the original publisher.

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