



Photo by CKJ Photos 13

Darrell and Kathy Coppock celebrated their 60th Wedding Anniversary on Friday April 14th at the Waterfront Inn.



Grand Opening Ribbon Cutting by Lady Lake Chamber for USA Vein Clinics. Located in the Oakland Hills Professional Center in Lady Lake.

## Shutting Down Gun Control Media

### Marion County Sheriff Shutting Down Gun Control Media Questions & Statements

By TomL

**GREAT JOB BILLY WOODS!** Marion County Sheriff Billy Woods slam's the Media about their anti-Gun statements and Questions!

Billy Woods says "All the gun laws we have in place didn't prevent it, did it?" "The bad guy's gonna get a gun no matter what law you have put in place!" They stole the gun they used during a car burglary.

I say, Our country has always been

protected by the gun by true patriots. Unscrupulous politicians and criminals can't take our country as long as we have pro gun law's. We need to keep our country safe and keep guns out of the hands of the mentally ill!

I have not always agreed with Billy Woods but this time "I'M ALL IN!" He is right. The gun did not kill people,,,,,People kill people. Mentally ill people kill group of people for revenge or attention. If a mentally unstable person cry's out we need to get them help immediately.

Special Thank You to the Lake County Sheriff's office for capturing the last teen in this alleged murder plot!

Billy Woods is spot on about gun control! "I'MALLIN!"

## New I-75 Interchange

**Governor Ron DeSantis Awards \$4 Million for New I-75 Interchange in Ocala, Announces Third Buc-ee's Location in Florida**

**OCALA, Fla.** — Governor Ron DeSantis awarded \$4 million to the Florida Department of Transportation (FDOT) through the Florida Job Growth Grant Fund to add a new interchange at I-75 and Northwest 49<sup>th</sup> Street in Marion County. These funds will create new opportunities for the Ocala area by building infrastructure needed to support a new Buc-ee's location, reducing traffic congestion at other Ocala area I-75 interchanges and expanding access to I-75 for two industrial and commercial development complexes and the nearby World Equestrian Center. The

new Buc-ee's location is the third to be built in Florida and will consist of an 80,000-square foot travel center, supporting 120 fuel pumps with more than 720 parking spots for visitors. FDOT's infrastructure project is expected to have and economic impact off \$21 million and create 1,500 new jobs. The new interchange will further establish the City of Ocala as a strategic Central Florida hub for freight-related traffic.

"By making strategic investments like today's \$4 million Job Growth Grant Fund Award, Florida will continue to fuel economic growth across the state," said **Governor Ron DeSantis**. "Ocala's ideal location at the center of our state makes it prime for new manufacturing opportunities

*Continued page 14*



Lady Lake Chamber of Commerce hosted their Business Luncheon at the Texas Roadhouse Grill. Every three months they name Ambassador of the Quarter. This quarter it was Patrice DeHaven. Congratulations Patrice, GOOD JOB!

**HAVE A SAFE AND HAPPY JULY 4TH**



James Floyd

## GUEST COLUMNIST

*Tony Powell has left the paper. We have been doing papers together for many years, He will be missed. We will be offering guest columnist...*



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WQBQ 1410 R a d i o Leesburg, FL – Owned and operated by James Floyd WQBQ is a

local favorite with listeners and the business community. Our listeners are our #1 Priority and we pride ourselves on a clean and family style of broadcasting. With 5000 watts of power, our advertisers love us; we get the message out over the air, in person, and with our now famous Meet N' Greets. So join our FAMILY as a listener and an Advertiser. We'd love for you to become another member of our friendly "Q" FAMILY!

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Then make sure to listen to BUY, SELL, SQUALK, and TALK every weekday from 9:00 am to 11:00 am! This is your radio show, sponsored by LOCAL businesses. Call in at (352) 315-1410 to Buy, Sell, Trade, Give Items away, and Talk about Garage Sales, Yard Sales, Moving Sales, Estate Sales, and even Bake Sales. Maybe you just want to Squawk, or Talk..... anything you want! It's YOUR INFORMATION SHOW! Maybe you just need a friend to talk to for a minute; call in and tell us what is on your mind!

WQBQ regularly interviews special guests from around the business and event

community. For upcoming special guests, you can check out the event calendar, follow us on Facebook or simply stay tuned daily so you never miss a show.

Listen on Fridays from 9-11 a.m. to hear all about the Lady Lake Area Chamber of Commerce and events that are happening around Lady Lake.

Here at the "Q" we are the only local radio station with a regular schedule live on air Sports Show. For over a decade, William "Billy" Matthews has been broadcasting his Award Winning Lake County Sports Show. So tune in each Saturday from 10:00 am until noon for live sports talk, special guest interviews, and more.

Every fall The "Q" is live with your local favorite High School Football Game. Whether you are a Leesburg, Eustis, or Tavares fan we have all three simultaneously broadcasting.

Have a Local Event To Promote? Give us a call at (352) 315-1410 and we'll put you on the air!

WQBQ Radio Leesburg operates on two radio frequencies; you can tune in at WQBQ 1410 AM and WQBQ 95.1 FM. We are the only local community radio station operating on the FM Band. Just another way WQBQ Radio Leesburg stands out from the rest. Our broadcast areas include the counties of; Lake, Sumter, and Marion with a total population of over 500,000 people.

We offer several ways for you to get your message out to the local community. The daily morning Auction BloQ provides you the opportunity to have listeners bid on and obtain your special offers and gift certificates. Weather sponsors, show sponsors, event sponsors, and of course advertising right here on the WQBQ website.

Sec. 504 of the Rehab Act, and Sec.1557 of the Affordable Care Act. Additionally, the bill prohibits covered entities from determining that an individual is ineligible to receive a transplant, deny an organ transplant or related service, refuse to refer the individual to an organ transplant center, refuse to place an individual on a waiting list, or decline insurance coverage for a transplant or related service based solely on the fact that the individual has a disability.

"I'm pleased to join my bipartisan colleagues on both sides of the aisle in introducing the Charlotte Woodward Organ Transplant Discrimination Prevention Act. Organ transplants and other lifesaving treatments should not be subjective," said Rep. Kat Cammack. "In my district, a young infant with Down syndrome, Baby Zion, was denied a lifesaving heart transplant and passed away as a result in 2021. His life was worth saving and we're fighting to end discrimination in the organ transplant system so the same thing never happens again."

"It's unconscionable that people with disabilities can be passed over for life-saving organ transplants based on discriminatory and subjective judgements and assumptions about their quality of life," said Rep. Debbie Dingell. "I'm proud to introduce this legislation to guarantee that eligible individuals aren't declined a transplant based on their disability, and ensure they have the support and services they need in post-operative recovery."

"As Americans, we believe in the fundamental worth of every human being, regardless of their physical abilities. This bill will protect the rights of some of our most vulnerable citizens and ensure they are not discriminated against in their time of need," said Senator Marco Rubio (R-FL). "I am proud to lead this effort with Senator Hassan and Rep. Cammack to ensure that all patients receive the same access to care, regardless of their disability status."

Named for Charlotte Woodward, an adult with Down syndrome who received a lifesaving transplant over a decade ago, the bill also recognizes the importance of auxiliary aids and services, the ability of an individual's support network to help with post-operative care, and the need for reasonable modifications to policies and procedures to make organ transplant



systems and facilities more accessible to those with disabilities.

Rep. Cammack's inspiration for introducing the bill is Baby Zion Sarmiento from Ocala, Florida. Zion was born with Down syndrome and a heart defect in June 2021. Following 40 days in the NICU and five open-heart surgeries, Zion passed away after being denied a heart transplant because of his disability.

## Backyard Boat RV Storage



**Design Your Backyard Boat or RV Storage Facility For Efficiency, Functionality and Enjoyment**

(NAPSI)—Boating and RV use rank among the most popular forms of recreation in the U.S. Having attractive, well-designed storage facilities for your boat or RV is important in protecting and enhancing the enjoyment of these assets.

Brad Mrozinski, Morton Buildings product line manager, says upfront planning is essential so that storage facilities for boats, RVs and other recreational vehicles, such as motorcycles and ATVs, will meet owners' current as well as future lifestyle needs.

He offers the following recommendations:

**Plan for growth**—According to the RV Industry Association, roughly 70% of RV purchases are made by existing RV'ers. Avoid building a storage facility that is too small. Take into consideration not only

*Continued page 14*

## Organ Transplant Discrimination Prevention Act

**Reps. Kat Cammack & Debbie Dingell Introduce Bipartisan Charlotte Woodward Organ Transplant Discrimination Prevention Act**

WASHINGTON, D.C. — Congresswoman Kat Cammack (R-FL-03) and Congresswoman Debbie Dingell (D-MI-06) introduced the bipartisan Charlotte Woodward Organ Transplant

Discrimination Prevention Act. Senators Marco Rubio (R-FL) and Maggie Hassan (D-NH) introduced the Senate companion on Tuesday.

The bill prohibits discrimination against people with disabilities in the organ transplant system. It upholds, clarifies, and builds upon rights established in the 1990 Americans with Disabilities Act of 1990,

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## Florida State Senate

### DENNIS K. BAXLEY



Dear Friends,  
We have new day!  
What an exciting time it is to live in Florida and to be a part of an incredible team in the Senate. We are winning battles that your Senator has long been a part of, and it is very encouraging to see us finally having this much success on so many different fronts.

Just this week, the Florida Senate voted to pass a comprehensive bill that would protect Florida's youth from dangerous gender altering surgeries and treatments. Specifically, the legislation prohibits harmful and irreversible gender reassignment procedures or prescriptions for children and adolescents in Florida. Additionally, the legislation strengthens doctor-patient consultation requirements for adults who seek these same treatments and prohibits the use of telemedicine to ensure that patients are fully informed on the risks associated with these treatments.

The Senate also tackled the issue of social media safety. Senate Bill 52 has flown through all three of its committees and is ready for a floor vote soon. This legislation requires that the Florida Department of Education create age-appropriate social media safety curriculum and that individual school boards notify parents of this curriculum. Social media safety curriculum will ensure that students in grades 6-12 better understand the social, emotional, and

physical effects of social media. Through this curriculum, students will be educated on topics such as addiction, mental health, oversharing of personal information, human trafficking, and many other risks associated with social media.

Additionally, the bill requires that each school district prohibit the use of social media when connected to internet provided by the school. This will ensure that students are focused on educational content when they enter the classroom.

By the time this column reaches you, we will have likely wrapped up budget negotiations between the House and Senate, but we did want to provide a quick look at the product that we put on the table.

The Senate's proposed budget includes \$500 million allocated to the Emergency Preparedness and Response Fund, over \$400 million for workforce development programs, and \$711 million for affordable housing programs as established in Senate Bill 102, the "Live Local" Act. These critical investments into Florida's future will ensure that we are prepared to react and respond to emergency situations, better equipped to build a robust workforce, and able to provide quality housing to all who



## Around the Clock Around the World



(NAPSI)—In November 2022, Jim Cheatham was stationed across the country from his family when his grandmother's health began to quickly decline.

### Help From The Red Cross

"It became very obvious that she was not going to make it to the end of the year," said Beth Cheatham, Jim's mother. "My son had leave planned and approved for Christmas and I became very afraid that he would not be able to say goodbye, so we reached out to the American Red Cross Hero Care Network to bring him home early."

One of the many ways the American Red Cross supports U.S. service members is through the Hero Care Network, which is available 24 hours a day. When a service member or their family member initiates an

emergency message, as Beth did on behalf of her son, Red Cross staff work with the family and appropriate professionals, such as doctors and nurses, to verify the emergency. Emergencies include the illness/injury or death of an immediate family member, as well as birth messages. Once initiated, this verified message is provided to the command, enabling the service member's commander to make an informed decision regarding emergency leave.

"Within 24 hours, I had put in the request, talked to someone from the American Red Cross and my son was on a plane the next day," said Beth. "We knew time was of the essence, and my son knew time was of the essence, and for it to move that quickly gave us comfort that he was going to get home in time."

U.S. military service members and their families can initiate a request for Red Cross emergency assistance and track its progress from anywhere in the world.

### A Grateful Mother

"I would do anything to get the word out about the Hero Care Network. Having my son home to have special memories with his grandmother and to hold her hand and get this opportunity to say goodbye. It's something that he and I will always treasure."

### Learn More

For more information on the Hero Care Network and how you can help, or to initiate an emergency message, you can call the Red Cross at 1-877-272-7337, visit [www.redcross.org/ecm](http://www.redcross.org/ecm), or download the Hero Care app.

# Brody left his friends to catch up on the news.



## Call TomL at 352-804-1223



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



### Dancing with the truth

By TomL

Face the Future with Confidence by taking back the past and applying it to the future!

You can't screw up a country this bad in twenty eight months unless it is on purpose!

I really like Senator Kennedy's speeches. He has a way of describing things. He is a real country word smith. On a recent video I viewed, Senator Kennedy said "Biden administration sucks!" listing a few of the issues.

COVID, the economy, inflation, national debt, the border, crime, cancel culture, treating parents like domestic terrorists, Afghanistan, our energy independence now lost, Senator Kennedy says "President Biden has been spectacularly awful."

In my opinion I would have said it a little different but it was direct and to the point and "I agree!"

Life is like a jar of jalapeño peppers. What you do today may be a burning issue tomorrow morning.

Interesting enough I had a report from a lady in south Florida (Broward County) that August Lady Lake Magazine was missing from our website. I did not see the problem but I am proud that South Florida is reading us. YAH!

I don't get it, they are banning straws to cut down on the litter and giving out needles free, only to be thrown on the ground for someone to step on. What is wrong with this picture???

Open borders and what are the benefits? Drug running / Human Trafficking / Disease / Terrorism / New welfare recipients all benefits of those who believe in open borders and we who are paying for it, the working people and the Government printing more money!

INTERESTING...Since light travels faster than sound, some people appear bright until you hear them speak.

Florida, Kentucky and Missouri are the

first states requiring Drug Testing when an individual applies for welfare. They drug test people who are working! They should drug test those who are not working also! SOMEONE SENT ME A QUESTION?? IMPORTANT! Can a nursing Home Evict You???

YES if the Resident Fails to pay for their stay at the facility, after the nursing home has provided reasonable and timely notice. Another resident's behavior or illness status is endangering the safety or health of other residents or facility staff or if the nursing home goes out of business/shuts down.

Florida, for example, has some of the least restrictive discharge laws in the country. In that state, assisted living facilities only have to provide a 45-day written notice and a documented reason to evict a resident.

Nursing Home Claims it "Cannot Meet the Needs of the Resident" A nursing home resident can be involuntary transferred legally if the nursing home cannot meet their needs.

I will ask Ombudsman to report on this?

We have enough oil in our continent to fuel every single passenger car and freight truck for the next 430 years. There is enough natural gas to provide electricity for

all our needs for over 500 years and enough coal to provide electricity for 500 years. I think that in 400 years we will have developed alternative fuel sources? Why did the President sacrifice America's energy independence, stop all exploration for oil and gas, abandon pipeline development and drive up prices of all oil, Including jet fuel? Biden has compromised our country. Biden make us oil independent again now!

## Prevent Stroke & Dementia



**Take Charge Of Your Health Today To Help Prevent Stroke & Dementia Tomorrow**

(NAPSI)—For many health conditions, Black/African Americans are impacted at

*Continued page 13*

## Newspaper Deadlines

*Editorial & Ad Copy for June*

**Seniors Voice & Ocala DownTown**

**Noon, May 19th**

**Lady Lake Magazine & Village Spectator**

**12am, May 24th**

## Village Spectator / Lady Lake Magazine

Products of TomL Publishing, LLC

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## FROM THE DESK OF CONGRESSWOMAN KAT CAMMACK



**Congresswoman Kat Cammack Kicks Off Central Florida Agriculture Tour With Three Action-Packed Days**  
GAINESVILLE, FL

Congresswoman Kat Cammack begins her

Central Florida Agriculture Tour with stops in Umatilla and Mount Dora, Florida. With the 2023 Farm Bill in development during this first session of the 118th Congress, Rep. Cammack is speaking with farmers, ranchers, and producers across the state this spring to learn more about the issues most important to them and how she can continue to be a voice for Florida Agriculture in the U.S. House of Representatives.

On Tuesday, Rep. Cammack will visit Wild Goose Farm in Umatilla and H&A Farms in Mount Dora. While at each stop, the congresswoman will hear from stakeholders and discuss crop insurance, risk management for specialty crops, labor and immigration reform, trade, and more.

On Wednesday, Rep. Cammack will visit AgriStarts in Apopka, Jon's Nursery in Eustis, and Dewar Nurseries in Mount Dora, FL.

On Thursday, Rep. Cammack will spend time in Wimauma at the Gulf Coast Research and Education Center for a conversation about artificial intelligence, the Specialty Crop Research Initiative (SCRI), and specialty crop block grants.

Press interested in attending at any of the stops on the tour should contact Deputy Chief for Communications & Operations, Adeline Sandridge. Follow along with the tour stops for live updates and photos on Facebook, Twitter, and Instagram.



### Congresswoman Kat Cammack Tours Central Florida Agricultural Operations Ahead Of 2023 Farm Bill



GAINESVILLE, FL —Congresswoman Kat Cammack (FL-03), with the Florida Fruit and Vegetable Association (FFVA), hosted a tour of Central Florida's agricultural facilities to gather feedback from growers and producers ahead of the 2023 Farm Bill.

Every five years, Congress passes legislation that sets national agriculture, nutrition, conservation, and forestry policy, commonly referred to as the "Farm Bill." With the 2023 Farm Bill on the docket this year, members of the House Agriculture Committee are gathering feedback from farmers, ranchers, producers, and foresters in their districts and states about the must-address issues in this year's legislation.

In an effort to collect this critical feedback from producers in Florida, Congresswoman Cammack and stakeholders toured several farms and nurseries throughout Central Florida, speaking with representatives from each operation about their Farm Bill priorities.

Facilities on the tour included Wild Goose Farms in Umatilla, Dewar Nurseries, Inc. in Apopka, Southern Hill Farms in Clermont, and several other operations, with each specializing in a different commodity. Congresswoman Cammack had the opportunity to view blueberry and citrus farms, plant nurseries, strawberry fields, and more, learning about the different aspects of production for each product.

Throughout the tour, she spoke with growers and producers about the issues currently impacting their operations. Topics discussed include adjusted gross income, crop insurance, safety net programs for

specialty crops, disaster preparedness, citrus disease research and development, and more.

Congresswoman Cammack has been a member of the House Agriculture Committee since the start of her first term in 2021, and currently serves as the lone Florida Republican on the committee.

If you're a farmer, rancher, producer, or part of a group relevant to the agriculture industry and wish to provide feedback about the Farm Bill, please visit our website at [cammack.house.gov](http://cammack.house.gov).

### Congresswoman Kat Cammack Delivers Keynote Address At Greater Gainesville Chamber Of Commerce Luncheon



GAINESVILLE, FL —Congresswoman Kat Cammack served as the distinguished speaker for the Greater Gainesville Chamber of Commerce Luncheon, where she provided a legislative update to the local community and spoke with business leaders in Florida's Third Congressional District about the issues impacting their industries.

Mr. Eric Godet, President and CEO of the Greater Gainesville Chamber, introduced Congresswoman Cammack at the luncheon to an audience of about fifty attendees,

including representatives from the University of Florida and Santa Fe College, as well as leaders from industries spanning construction, electric and utilities, senior living and health care, aeronautics, banking, and more.

Congresswoman Cammack opened the luncheon with a legislative update pertaining to the REINS Act, which she introduced at the start of the 118th Congress in January. This critical piece of legislation, which reasserts Congress' legislative authority and prevents excessive federal overreach, would help to remove the red tape and burdensome, regulatory costs that are currently impacting businesses across the nation.

She also spoke about her efforts to hold Big Tech accountable, the security risks surrounding TikTok, and her bill, the Understanding Cybersecurity of Mobile Networks Act, that recently passed the U.S. House of Representatives and the House Committee on Energy and Commerce with bipartisan votes.

Other topics discussed at the luncheon included supply chain issues, minimum wage, utility prices for residents, crime rates, and more.

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## Tips: Healthy Household



### Healthy Household

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

(NAPSI)—As the days get longer and the temperatures warm up, spring is the perfect time to take stock of your household and your health. This season is a time of renewal and rejuvenation, offering the opportunity to make some simple moves to improve your overall well-being.

To make the most out of a spring refresh, we've rounded up some of our top cleaning and health and wellness tips:

#### Clean high touch surfaces.

Cleaning surfaces in your home helps prevent the spread of germs that can make you sick, including COVID-19 and other viruses. High-touch surfaces, such as light switches, doorknobs, and countertops, should be cleaned regularly, especially after having visitors over. Make sure to use household cleaners that contain soap or detergent to ensure you are removing germs that could cause illness.

#### Wipe down your electronics.

Many of us might remember to disinfect our phones, but it's easy to forget that remote controls, keyboards, tablets, and other electronics all need a good scrub to keep germs at bay. Be sure to follow the manufacturer's instructions and recommendations for cleaning.

**Break projects into small chunks.** You don't have to tackle your

house from floor to ceiling to make progress on your healthy household plans. Rather, pick one 10-minute task to complete each day, such as wiping down counters, starting a load of laundry, or vacuuming the blinds. Smaller tasks can seem more manageable and will get your refresh kickstarted.

**Improve the ventilation in your home.** Spring is a great time to check your air filters, making sure they are installed properly and replacing them as necessary. Doing so reduces air pollutants and virus particles in your home, helping to stop the spread of disease. In addition, you could consider adding a portable air cleaner to improve ventilation and reduce the number of germs in the air that people exhale when breathing, talking, singing, coughing, and sneezing.

#### Restock your medicine cabinet.

Take some time to check the expiration dates on your medications and then purchase new items that you might need, like nasal sprays, allergy medications, and first aid materials. It's also a good idea to have extra COVID home testing kits on hand as well. With insurance or flexible spending accounts covering many health products, including at-home COVID testing kits, now is the time to stock up.

**Make sure you are up to date on your COVID vaccine.** No one wants to get sidelined with COVID this spring, so consider getting the latest vaccine to keep your household healthy. Updated COVID vaccines are now recommended for children and adults if their last dose was before September 2022.

"As spring hits its full stride, it's a great time to make sure you are prioritizing your health and well-being," said Dr. Tracei Ball, Chief Medical Officer at OnCall Mobile Medical and Wellness in Charlotte. "One important way to do that is by making sure you've gotten a free, updated COVID vaccine, which can boost your immune system even if you've had COVID already."

For more information about COVID vaccines and to find a vaccine near you, go to [vaccines.gov](https://vaccines.gov) or text your ZIP code to 438829.

## Coffee...

From the Internet

Coffee is one of the healthiest things you can put in your body. In fact, some studies have found people who drink coffee have healthier hearts, blood sugar, and it can even help you lose weight.

However, there's one thing that counteracts all the health benefits:

#### Adding REAL cream!

You see, coffee is so healthy because it's packed with polyphenols which can help activate a host of benefits in your body... including weight loss and digestive benefits.

However, dairy can cancel out those effects. In fact, most humans are lactose intolerant after infancy, which means it can actually cause digestive issues.



Unfortunately, dairy alternatives are also not great for you...

**Almond milk contains lectins**, which can tear holes in your digestive lining and cause digestive issues. The same is true for oat milk, which contains Gluten, another type of lectin.

However, one creamy ingredient can actually be very good for you:

#### Coconut milk

Coconuts can contain **MCT oils**, which can be a fantastic health booster. MCTs actually help your body to burn fat, and convert it to energy.



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Lady Lake Police

## CHIEF ROBERT TEMPESTA.



### Heatstroke Prevention for a Family Safe Summer

May 1, 2023 is National Heatstroke Prevention Day. With summer upon us, it is important to prepare for the

heat that the Florida sun provides us. The state of Florida has the second highest total number of heat related vehicle deaths of children with 102 based on statistics from 1998-2022. More than half of vehicular heatstroke cases were because an adult forgot about a child, according to NoHeatstroke.org. Additionally, every year pets suffer and die when their guardians make the mistake of leaving them unattended in a parked vehicle to “run in for just a minute” at the local store. The Lady Lake Police Department is committed to informing and educating parents and pet owners on the dangers of leaving children and pets unattended in a vehicle and taking precautions to help prevent these tragic situations.

Leaving a child or a pet in a hot car even for a short period of time can be dangerous, even with the windows cracked. A vehicle's glass transparency allows for the sun's rays to heat up the inside essentially creating a vacuum of heat. Within minutes a car that was just being cooled can experience a spike in temperature. On a sunny day, when

temperatures are 80 degrees outside, the inside temperature of a vehicle can rise to 99 degrees in 10 minutes and soar up to 114 degrees in 30 minutes. At 90 degrees outside, the inside temperature of a vehicle can rise to 109 degrees in 10 minutes and soar up to 124 degrees in 30 minutes.

A child's body temperature can rise up to five times faster than an adult. When a core body temperature of 107 degrees Fahrenheit is reached, internal organs begin to shut down leading to death.

Dogs and cats can't sweat like humans, so they pant to lower their body temperature. If they're inside a car, recycling very hot air, panting gives no relief, and heat stroke can happen quickly.

### I encourage you to take these safety precautions to help avoid these preventable tragedies:

Make “look before you leave” a routine every time you park. Check the vehicle to make sure that there are no passengers inside. Young children can sneak into the vehicle to play or even hide thinking they are having “fun” with you.

If you are driving a child, put something you need in the back seat so you will need to open the back door. Items may include a cellphone, handbag, employee badges, or any other item you would need at your destination.

Keep a stuffed animal in the child's car seat. Place it on the front passenger seat as a reminder that the child is buckled in their car seat.

Ask your babysitter or childcare provider to call you if your child hasn't arrived as

scheduled.

### What to do if you find a pet confined to a vehicle:

Take the vehicle's make, model, color, and license plate number and notify your local Animal Control or Police Department.

Once removed from the vehicle, provide water to drink and if possible, immerse in cool water for up to two minutes to gradually lower the body temperature.

Watch for signs and symptoms of heatstroke such as restlessness, thick saliva, heavy panting, glazed eyes, dark tongue, rapid heartbeat, difficulty breathing, dizziness, seizure, and lack of coordination. If a dog shows any of these symptoms remove it from the heat and transport to a veterinarian immediately.

Practice safety awareness and follow these precautions this summer season with your children and your pets to prevent a vehicle heat-related tragedy from happening to your family. Stay safe out there during our hot and humid summer!

## A Dose of Reality



### National Prescription Drug Take Back Day

(NAPSI)—Unused medication can sometimes find its way into the wrong hands, so it's critical to dispose of it properly. To make that easier and raise awareness about the potential of medication abuse, and encourage people to remove unneeded medications from their homes, the U.S. Drug Enforcement Administration (DEA) hosts National Prescription Drug Take Back Days each spring and fall. For year-round convenience, CVS Pharmacy offers in-store disposal units available during pharmacy hours at thousands of locations nationwide.

### Why is safe medication disposal important?

Unneeded or expired medications that are not properly secured or disposed can be associated with accidental poisoning and improper access by those seeking to misuse them.

### How can I get rid of unwanted medications?

There are multiple ways to dispose of unwanted medications—including CVS Pharmacy's safe medication disposal kiosks and take-home drug deactivation packets such as DisposeRx®.

• **Medication disposal kiosks:** These in-store disposal units accept prescription medications, over-the-counter medications and liquid medication bottles. Items not allowed include illegal drugs (Schedule 1), needles, syringes or sharps containers, medical devices and batteries, aerosol cans and inhalers, chemicals and mercury-containing devices. The secure kiosks are

available in 3,700 locations nationwide,

*Continued page 12*



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# Lady Lake Chamber Business Luncheon

Lady Lake Chamber of Commerce hosting another Lady Lake Chamber Business Luncheon held at the Texas Roadhouse Grill. Plenty of door prizes were won. I won a bottle of wine which I gave to my wife Phyllis. We had 7 tables full, I got to visit with some good friends. The food is always good at the Texas Roadhouse Grill Lady Lake / Villages located on 441, near the Town Hall. Good food / talked a lot of business, could not be better.



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Community



# Lady Lake Chamber Business Luncheon



**CONNECT AT EVENTS**

**SUPPORT LOCAL BUSINESSES**

**DISCOVER THE SAVINGS**

## International Trade Mission

### Governor Ron DeSantis Announces International Trade Mission

*The Governor and a delegation from Florida will visit four countries to discuss expanding economic opportunities*

**TALLAHASSEE, Fla.** — Today, Governor Ron DeSantis announced that he will lead an international trade mission, organized in conjunction with Enterprise Florida, to Japan, South Korea, Israel and the United Kingdom. The mission will build on economic relationships Florida has with each country, and the Governor will meet with business executives and government leaders to discuss ways in which Florida can expand economic partnerships. The Governor will be joined by First Lady Casey DeSantis, Florida Secretary of State Cord Byrd and Florida Secretary of Commerce Laura DiBella.

“Florida has the 15th largest economy in the world, and that is because our state has worked to create partnerships with other countries to create jobs and boost the economy,” said **Governor Ron DeSantis**. “This trade mission will give us the opportunity to strengthen economic relationships and continue to demonstrate Florida’s position as an economic leader.”

#### Japan

While in Japan, the Governor, First Lady, Secretary Byrd and Secretary DiBella will be meeting with Prime Minister Fumio Kishida and Foreign Minister Yoshimasa Hayashi as well as business executives. During this trip, the Governor will build on

discussions that took place during the Southeastern United States – Japan Conference which was held in November 2022 in Florida.

Japan is the 6th largest foreign investor in Florida, with more than 200 Japanese companies employing more than 22,000 Floridians with holdings totaling more than \$5.2 billion. Bilateral trade between Florida and Japan exceeds \$6.6 billion, making it Florida’s 2nd largest bilateral merchandise trade partner in the Asia-Pacific region and Florida’s 7th largest partner overall.

#### South Korea

Following Japan, the delegation will travel to South Korea where the Governor will meet with government leaders, including Gyeonggi Province Governor Kim Dong-yeon and Prime Minister Han Duck-soo.

Merchandise trade between Florida and South Korea exceeds \$1.3 billion, making it Florida’s 7th largest bilateral trade partner in the Asia and Middle East region. South Korea imported more than \$341.6 million from Florida in 2022, while Florida imported more than \$951 million in goods from South Korea in 2022.

#### Israel

The delegation will then travel to Israel on Thursday, April 27th where the Governor will deliver the keynote address at an event to commemorate the 75th anniversary of the founding of Israel. While in Israel, the Governor and the delegation will meet with government leaders and Israeli companies that have invested or are interested in

investing in Florida, including INSIGHTEC. INSIGHTEC is an Israeli company that has partnered with a consortium of Florida universities to use their innovative technologies to study Alzheimer’s disease.

Bilateral trade between Florida and Israel reached \$651 million in 2022, demonstrating the growing partnership between the two countries. Over the past five years, bilateral merchandise trade has grown by 65%, and over the last ten years, bilateral trade has grown 176.1% between Florida and Israel. Israel is the 19th largest foreign investor in the state of Florida, with Israeli affiliates estimated to have total holdings of \$647 million. There are more than 50 Israeli companies supporting more than 2,400 jobs in Florida. Florida has one non-stop flight from Miami International Airport to Tel Aviv which helps to support business relationships and promote tourism.

#### United Kingdom

The Governor will end the trade mission with a visit to the United Kingdom (UK). The Governor and delegation will meet with business executives from companies with significant investments in Florida and government leaders, including the Foreign Minister of the United Kingdom, James Cleverly.

The UK is one of Florida’s most significant economic partners and Florida ranks among the top American state for British businesses and tourists. British companies account for 67,000 jobs in Florida, making the UK the top foreign

investor in Florida. Each year, Florida companies supply a wide range of products to the UK, including aviation and aerospace products.

British affiliates are estimated to have total holdings of more than \$18 billion in Florida with more than 350 companies that employ 67,000 people. The UK is Florida’s 8th largest trade partner with bilateral trade reaching \$5.8 billion in 2022, with bilateral trade growing by 119% over the last five years.

Florida also has a strong tourism relationship with the UK. In 2022, more than 1.1 million people visited Florida from the UK. The UK consistently ranks as the 2nd largest group of international visitors to Florida on an annual basis. There are more than 79,000 British-born residents in Florida. Florida has nine direct flights to England and Scotland from three major Florida airports.

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## DONATIONS NEEDED!

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:

- Fancy Feast Kitten Food (Chicken)
- KMR Kitten Milk
- Cat Litter
- Laundry Detergent

Donations Can Be Dropped Off at the following locations:

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*9:00 - 2:30*

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Lady Lake



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## FROM THE DESK OF GOVERNOR DESANTIS



### Governor Ron DeSantis Announces Award of More Than \$13.6 Million for Innovative Technologies to Clean Up and Mitigate Harmful Algal Blooms

TALLAHASSEE, Fla.  
— Governor Ron

DeSantis announced the award of more than \$13.6 million for innovative technologies and short-term solutions to aid in the prevention, cleanup and mitigation of harmful algal blooms. A list of innovative technologies projects selected for funding can be found here.

Upon taking office, Governor DeSantis created the Blue-Green Algae Task Force to address the issue of recurring algal blooms in the state of Florida. The task force recommended investment in a diverse portfolio of innovative technologies to detect, prevent, clean up and mitigate harmful algal blooms in a cost-effective, environmentally safe way.

“In addition to our record investment in water quality projects to reduce nutrient loading at its source, my administration has secured dedicated funding to deploy innovative technologies to address algal blooms,” said Governor Ron DeSantis. “These projects will help identify new ways to treat, predict and respond to blue-green algal blooms, protecting our environment and our economy.”

The Innovative Technology Grant Program in the Florida Department of Environmental Protection (DEP) facilitates the allocation of this funding and has further

engaged with the Blue-Green Algae Task Force to ensure the program is optimizing its evaluation and successes.

“We all look forward to a future when harmful algal bloom events are less frequent and have a diminishing impact on our communities,” said DEP Secretary Shawn Hamilton. “To achieve this goal we know we must continue our investments in long-term water quality projects along with continued research and development of science-based mitigation and control technologies. With the continued support of Governor DeSantis and our lawmakers, I am confident that we will rise to this important challenge.”

As a result of Governor DeSantis' commitment, \$50 million has been appropriated in the last four years specifically for innovative technologies to combat and clean up harmful algal blooms and for efforts to combat red tide. To further advance these efforts, Governor DeSantis' Fiscal Year 2023-24 Framework for Freedom budget includes \$50 million to combat harmful algal blooms and red tide.

Coupled with this investment, over the past four years Florida has dedicated \$1.6 billion to water restoration projects and has taken critical steps to address excess nutrients entering our waterways. The Framework for Freedom budget proposes more than \$470 million for targeted water quality improvements across the state.

### Governor Ron DeSantis Awards \$4 Million for New I-75 Interchange in Ocala, Announces Third Buc-ee's Location in Florida

OCALA, Fla. — Governor Ron DeSantis

awarded \$4 million to the Florida Department of Transportation (FDOT) through the Florida Job Growth Grant Fund to add a new interchange at I-75 and Northwest 49<sup>th</sup> Street in Marion County. These funds will create new opportunities for the Ocala area by building infrastructure needed to support a new Buc-ee's location, reducing traffic congestion at other Ocala area I-75 interchanges and expanding access to I-75 for two industrial and commercial development complexes and the nearby World Equestrian Center. The new Buc-ee's location is the third to be built in Florida and will consist of an 80,000-square foot travel center, supporting 120 fuel pumps with more than 720 parking spots for visitors. FDOT's infrastructure project is expected to have an economic impact off \$21 million and create 1,500 new jobs. The new interchange will further establish the City of Ocala as a strategic Central Florida hub for freight-related traffic.

“By making strategic investments like today's \$4 million Job Growth Grant Fund Award, Florida will continue to fuel economic growth across the state,” said **Governor Ron DeSantis**. “Ocala's ideal location at the center of our state makes it prime for new manufacturing opportunities and for visitors looking for a place to stop and grab some beaver nuggets. I look forward to seeing the opportunities this award will create for Floridians, businesses and communities in Central Florida.”

“FDOT is grateful to have a leader like Governor DeSantis who understands the value of investing in infrastructure to serve as an economic engine and prepare Florida for the future,” said **FDOT Secretary Jared W. Perdue, P.E.** “This new I-75 interchange is more than just a road. Building this interchange greatly benefits

our great state by connecting local communities, creating jobs, improving regional and statewide travel for residents, visitors, and freight-related traffic, and helping to improve the resiliency of Florida's transportation network.”

“Today's investment in Marion County further emphasizes Governor DeSantis' dedication to ensuring Florida's communities have the resources they need to attract and retain businesses and high-paying jobs for their residents,” said **Florida Secretary of Commerce and President and CEO of Enterprise Florida Laura DiBella**. “Economic development is a true team effort, and we are proud to work alongside FDOT and DEO under our Governor's leadership to make critical investments in our communities.”

“We are very excited about being here in Florida. We have had a lot of success in the two stores that we have operating on Interstate 95 and we've known for a long time that Interstate 75 would be a great location but we were looking for the right piece of property,” said **Arch “Beaver” Aplin, Founder and CEO of Buc-ee's**. “I can't say enough good things about the statistics that make Florida special. Businesses want to be in Florida because it is a pro-business state and the jobs those policies bring. I look forward to seeing everyone at a groundbreaking and a ribbon cutting soon.”

The Florida Job Growth Grant Fund is an economic development program designed to promote public infrastructure and workforce training across the state. Proposals are reviewed by DEO and Enterprise Florida, Inc. (EFI), and are chosen by Governor DeSantis to meet the demands for workforce training or infrastructure needs in communities around the state.



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- Across**

  - Ballroom beat
  - Sitting on
  - "Ain't it the truth!"
  - Lumber jacket pattern
  - Dream, in Paris
  - Make a margin
  - Olympic leaper
  - Norse capital
  - From scratch
  - Docking spots
  - Shoe seller Thom
  - New Age composer John
  - Lose the booze
  - Psyche parts
  - \_\_\_ pinch
  - Future falcon
  - "Get real!"
  - Giant screen format
  - "Silent" prez, familiarly
- Down**

  - Dropped tomato sound
  - "Home \_\_\_" (1990 movie)
  - Horse hairs
- Lopsided
  - Compass pt.
  - Andean animal
  - Sch. supporter
  - Counterfeit
  - Fair-\_\_\_ boy
  - He talks turkey?
  - Put to the taste test
  - Barnyard bird
  - Uninvited visitor
  - Cop calls (abbr.)
  - Spring from a board
  - Pulitzer Prize category
  - Ernie's "Sesame Street" pal
  - Rocker Clapton
  - Easter harbinger
  - Ridicule
  - Suit to \_\_\_
  - Streep of "Silkwood"
  - Till fill
  - Untouchable leader
  - Simple writing
- Honcho
  - Modifying wd.
  - War parties?
  - Cheyenne shelter
  - Paycheck upper
  - Novel narrator
  - Bakery beckoner
  - Souped up auto
  - Scat legend Fitzgerald
  - Glowing gas
  - Muckraker Sinclair
  - C.P.A.'s concern
  - Readied to race
  - Monopoly, e.g.
  - Bag brand
  - Kangaroo, for one (abbr.)
  - Director Preminger
  - Former Don Johnson TV series
  - School of thought
  - Soak to the max
  - Dogpatch denizen
  - Subsoil layer
  - Israeli dances
  - Lyons ladies
  - Noodle holders?
  - Valleys
  - Pitcher Martinez
  - Sounds like an ass
  - Panache
  - Test driver's car
  - Get out the wrinkles
  - Strike caller?

## Enhanced Reward Offered

### Enhanced Reward Offered for Information Leading to the Arrest of Zachery Waldo as Girlfriend Arrested

Lake County authorities are still seeking the whereabouts of 36-year-old Zachery Maurice Waldo, the man convicted earlier this month of DUI manslaughter for his role in the fatal traffic crash on Christmas Eve 2019 that took the lives of three people. Waldo, who was out on bond, left his trial on March 14 and has not been located since. The jury found him guilty on all counts.

The Lake County Sheriff's Office, Leesburg Police Department, and other law enforcement partners have been diligently searching for Waldo since his trial, but to no avail. The public is being asked to provide in-formation as to his whereabouts so that Waldo can be brought to justice and the family of the victims can hopefully begin to get some sense of closure.

A reward of \$10,000 is being offered for information leading to Waldo's arrest--\$5,000 from Central Flori-da CRIMELINE and \$5,000 from the Florida Sheriff's Association Criminal Apprehension Assistance Pro-gram. In order to be eligible for the reward, tipsters must provide their information through CRIMELINE at 1-800-423-TIPS, where they can remain completely anonymous.

Earlier this afternoon, Waldo's girlfriend, 32-year-old Melinesia Shauntel Jones, was taken into custody by the US Marshal's Office and the Sheriff's Office on a Lake County warrant. She was taken into custody during a traffic stop on Vine Street in Leesburg on the warrant that charges her with Principal to failure to appear, Accessory after the fact to DUI manslaughter, False info to law enforcement in felony investiga-

tion, and Accessory after the fact to DUI with serious bodily injury. Her booking photo is attached. The related affidavit used to obtain the warrant on Jones has been sealed by a judge; therefore, no additional details are available.

## Dose of Reality

Continued from page 7

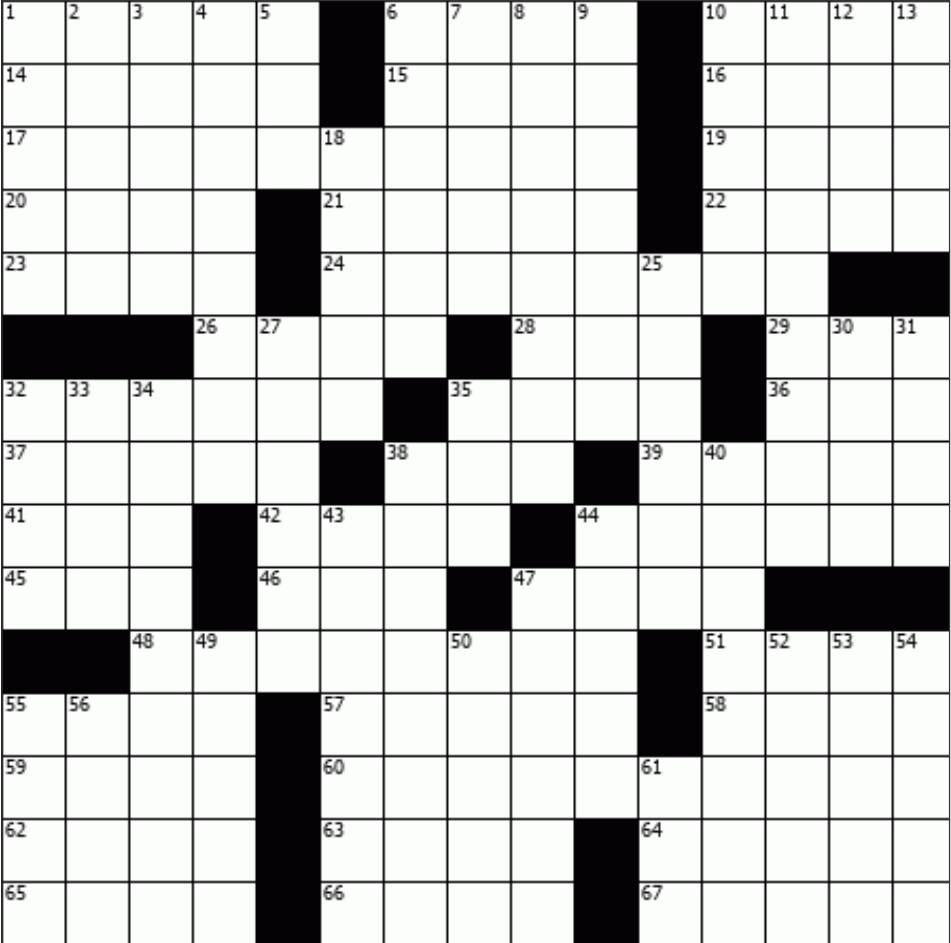
located near the pharmacy, and are monitored by pharmacists.

- DisposeRx®:** When combined with warm water and added to a pill bottle, DisposeRx® turns medications into a biodegradable gel, which can be safely discarded at home. Packets are available at select CVS Pharmacy locations for certain prescriptions.

### How do I dispose of medicine if a take-back program is not available near me?

The best way to get rid of medications is to use a permanent drug disposal box, especially for substances with potential for misuse. However, some medications can be safely disposed of at home if a drug disposal box is unavailable. To ensure medications are disposed of safely, it is important to learn proper at-home practices.

- Flush it:** While flushing is not recommended in most cases, some medications need to be flushed if no take-back options are immediately available in your area. Check the label or consult the U.S. Food and Drug Administration's (FDA) "flush list" to confirm whether a medication can be flushed.
- Throw it in the trash:** Almost all medicines, except those on the FDA's flush list, can be thrown into household trash. Prescription and over-the-counter pills, liquids, drops, patches and creams must remain intact, but should be removed from their original containers and mixed with something undesirable such as coffee grounds or cat litter, then placed in a secure



bag or container. Don't forget to scratch out all personal information on prescription labels.

- Contact the trash and recycling facility:** Read labels and follow local regulations and laws about properly disposing of inhalers or other aerosol products, as these can be dangerous if punctured or thrown into a fire or incinerator.

CVS Pharmacy has collected more than five million pounds of unwanted and expired medication through its safe medication disposal units since they were established in 2014.

To find a convenient disposal location near you, including select CVS Pharmacy locations, visit [www.safe.pharmacy/drug-disposal](http://www.safe.pharmacy/drug-disposal).

## Easy Chicken Fries

### Ingredients

- 12 oz can of chicken
- 1 large egg
- 1 / 2 c u p s h r e d d e d cheddar

### Directions

- Mix
- Roll into fries shape
- Bake 400
- 20 min

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## FROM THE DESK OF ATTORNEY GENERAL MOODY



### Following a Shocking Grand Jury Presentment, Attorney General Moody Calls on Congress to Investigate

TALLAHASSEE, Fla.—Attorney General Ashley

Moody is calling on Congress to investigate the Biden administration subjecting unaccompanied minors to human trafficking. This call comes after a Florida Statewide Grand Jury released its third presentment documenting horrible conditions unaccompanied minors experience because of the Biden administration's failed policies and lack of oversight. Attorney General Moody is imploring Congress to convene hearings and act to prevent children from being assaulted and exploited.

Attorney General Ashley Moody said, "A Florida Grand Jury found shocking and horrific evidence of the Biden administration facilitating human trafficking and child exploitation of unaccompanied minors. It should enrage everyone that any child is being exposed to such dangerous and terrible conditions. I'm calling on Congress to conduct hearings to further the investigation and uncover the evidence that HHS refused to provide to Florida's Statewide Grand Jury."

Attorney General Moody is urging congressional leaders to exercise Congress's investigative and oversight authority over the U.S. Department of Homeland Security and the U.S. Department of Health and Human Services with respect to the agencies' involvement with unaccompanied immigrant children. This action follows a Florida Statewide Grand Jury's findings that, instead of protecting children, HHS's Office of Refugee Resettlement was "fully focused on maximizing the number of children they can process, heedless of the downstream consequences to either the children or the communities into which they are jettisoned."

In a letter to congressional leaders, Attorney General Moody states: "The [Florida Statewide] Grand Jury found that ORR and other federal entities encourage

and/or be subjected to a harrowing trek to our border, ultimately abandoning significant numbers of those who survive the journey to an uncertain fate with persons who are largely unvetted'...children were exposed 'to horrifying health conditions, constant criminal threat, labor and sex trafficking, robbery, rape, and other experiences not done justice by mere words'...The Grand Jury had unaccompanied alien children testify that they were 'pimped out' by their 'aunt,' who in reality was someone they did not know."

Congressional action is needed to further investigate the Biden administration's dealings with unaccompanied immigrant children. Attorney General Moody argues: "...HHS refused to provide documents or produce witnesses before the Grand Jury and apparently actively encouraged the Florida entities with which it has contracted to not cooperate with the Grand Jury. The American people do not fully know what is going on at ORR since the Biden Administration took over, and...there is more to uncover."

Last June, after President Joe Biden's policies caused an unprecedented immigration crisis compromising the safety of Americans and immigrants, Gov. Ron DeSantis filed a petition with the Florida Supreme Court to impanel a statewide grand jury to identify and investigate persons and international human-smuggling networks that move illegal immigrants, particularly children, across the U.S. Southwest Border into Florida and other states. The court approved the petition. Attorney General Moody's Statewide Prosecutor serves as legal advisor to the grand jury.

Last month, the Florida Statewide Grand Jury released its third presentment, outlining horrible atrocities inflicted on immigrant children in Florida and elsewhere who are under the authority of the Biden administration and nonprofit organizations receiving taxpayer money. Allegations from the presentment include the federal government losing track of more than 20,000 children, no background checks on the minors' sponsors, human trafficking and child abuse.

Attorney General Moody Activates Price Gouging Hotline Following State of Emergency Declaration for Broward County

TALLAHASSEE, Fla.—Attorney General Ashley Moody is activating Florida's Price Gouging Hotline following reports of extreme flooding in Broward County. The following expansion comes as Gov. Ron DeSantis declares of a state of emergency due to areas of Broward County that are flooded after receiving heavy rainfall of more than 25 inches.

Attorney General Ashley Moody said, "With the declared state of emergency in Broward County for extreme flooding, I am activating Florida's Price Gouging Hotline to protect Floridians from any unlawful increases."

It is important for all residents of Broward County to begin preparations for any additional flooding. This includes having an emergency plan in place and staying informed through local news and weather reports. Attorney General Moody recommends citizens follow the guidance of local officials and take all necessary steps to ensure safety.

Residents of Broward County are encouraged to visit FloridaDisaster.org to stay informed about the latest updates on this potential emergency.

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Violators of the price gouging statute are subject to civil penalties of \$1,000 per violation and up to a total of \$25,000 for multiple violations committed in a single 24-hour period. In addition to the civil penalties for price gouging, state law criminalizes the sale of goods and services to the public without possession of a business tax receipt.

## Stroke & Dementia

*Continued from page 4*

disproportionate rates. High blood pressure is the leading modifiable risk factor for stroke, cardiovascular disease, and dementia. Black/African Americans are 50 percent more likely to have high blood pressure when compared to other racial and

ethnic groups, and Black/African American men have the highest rate of uncontrolled blood pressure.

Many other factors can increase your risk of high blood pressure, including genetics and family history, having certain medical conditions, and lifestyle factors. While you can't change your genetics, there are many simple and effective lifestyle changes you can make that can help control your blood pressure and lower your risk of stroke and dementia later in life.

"People need to think about how they can decrease their chances of developing stroke and dementia in later life," said Dr. Walter Koroshetz, Director of the National Institutes of Health's (NIH) National Institute of Neurological Disorders and Stroke (NINDS). "With what we now know, controlling hypertension in mid-life is at the top of the list." That's why NINDS developed the Mind Your Risks® campaign to raise awareness of this important health topic and steps to take to lower risks.

### What is high blood pressure?

Blood pressure is the force of blood pushing against the walls of your arteries when the heart is contracting and while it is resting. High blood pressure, also called hypertension, is blood pressure that is higher than normal. You can have high blood pressure without having any symptoms or warning signs associated with it, so it's important to check it regularly.

#### Normal Blood Pressure for Most Adults:

Less than 120/80 mm Hg

#### High Blood Pressure:

130 or higher/80 or higher mm Hg

### How does high blood pressure lead to stroke and dementia?

If your blood pressure stays high, over time it can damage brain blood vessels and lead to a stroke.

High blood pressure can also lead to other damage in the brain that has been associated with dementia, which can lead to problems with thinking, learning, and memory.

### How does high blood pressure, stroke, and dementia impact Black/African American men?

Black/African American men have higher rates of uncontrolled blood pressure. Uncontrolled blood pressure in early to mid-life leads to more opportunity for damage to the arteries, brain, and heart. These factors place Black men at higher risk for developing long-term complications, including stroke, cardiovascular disease, and dementia.

### How can I control my blood pressure to lower my risks?

You can take steps now to get—or keep—your blood pressure numbers in a healthy range to help prevent stroke and dementia later in life. These include:

**Stay informed.** Discuss high blood pressure with your healthcare provider.

**Take your medications.** Your healthcare provider may recommend taking medicine to prevent stroke and heart attack, especially if you have high blood pressure, diabetes, or elevated cholesterol.

**Eat healthy and exercise.** Following a healthy eating plan and keeping physically active on a regular basis will significantly lower your risk for heart disease, high blood pressure, type 2 diabetes, and other health problems.

**Quit smoking or using tobacco.** Smoking harms nearly every organ in the

*Continued page 14*

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## Backyard Storage Stroke & Dementia

Continued from page 2

current storage needs, but also possible aspirations five or 10 years into the future when you may want a larger RV model or bigger boat, or to add other vehicles. "Many people downsize their home over time, but when is the last time you heard someone say 'I wish I had a smaller boat or less spacious RV,'" Mrozinski says.

**Consider other building uses**—Besides boat or RV storage, think about other possible uses for the building so those can be incorporated into the design. Other popular options include offices, kitchenettes, lounges, bathrooms and space for hobbies. "When a customer has a boat or RV storage need, we ask about their lifestyle, what other vehicles and hobbies they have, and really design a building to fit those needs," Mrozinski notes.

**Aesthetics are important**—Boat, RV and other recreational storage buildings are typically located near the main residence. Homeowners want an attractive facility that will add aesthetic appeal and value to their property—not a large, unattractive box. "It's important to think through how the storage building will blend in with and complement the home," Mrozinski says. "Design elements such as exterior colors, roof pitch and a wainscot can result in a beautiful storage facility rather than just a shed. Accessories such as a porch or a cupola are other ways to personalize the building."

**Ensure convenient access**—An important part of the design process is determining the best positioning for the building on the property. Proper orientation of doors is necessary to provide convenient access. Window placement is also important so you can see what's going on outside without having to leave the building. "The storage facility should be designed to fit the property and be convenient for owners to easily use and enjoy," he says.

Other recommendations include:

- Design the building layout for functionality and ease of use. For instance, for an RV storage building, placing the tall overhead door to one side reduces water hose and charging cord tripping hazards when the RV is serviced inside the building.
- Plan sufficient storage for occasionally used equipment as well as support materials to be kept in stock and easy to access when needed.
- Ensure adequate ventilation if you are working on boat or RV engines, as well as for cars, trucks, snowmobiles or four-wheel-drive vehicles.
- Include a floor drain if you will be washing any equipment or pulling in vehicles covered with snow.

### Hobby garages

Mrozinski notes that other types of recreational buildings are also experiencing growing demand, such as a hobby garage or workshop, pool house, garden shed, backyard office, or man cave/she shed. These structures involve many of the same planning and design considerations as for boats and RV storage.

"Vehicle storage, hobby shops and other accessory buildings are among the most requested projects we're now experiencing," Mrozinski says. "Regardless of the intended use, upfront planning is essential to ensure a high-quality, functional building that can be enjoyed for years to come."

Continued from page 13

body, including the heart. Any amount of smoking, even light or occasional smoking, damages the heart and blood vessels.

Take charge of your health today. Because nobody can lower your risk of stroke and dementia like you. For more information, visit [mindyourrisks.nih.gov](http://mindyourrisks.nih.gov).

## I-75 Interchange

Continued from page 1

and for visitors looking for a place to stop and grab some beaver nuggets. I look forward to seeing the opportunities this award will create for Floridians, businesses and communities in Central Florida."

"FDOT is grateful to have a leader like Governor DeSantis who understands the value of investing in infrastructure to serve as an economic engine and prepare Florida for the future," said **FDOT Secretary**

**Jared W. Perdue, P.E.** "This new I-75 interchange is more than just a road. Building this interchange greatly benefits our great state by connecting local communities, creating jobs, improving regional and statewide travel for residents, visitors, and freight-related traffic, and helping to improve the resiliency of Florida's transportation network."

"Today's investment in Marion County further emphasizes Governor DeSantis' dedication to ensuring Florida's communities have the resources they need to attract and retain businesses and high-paying jobs for their residents," said **Florida Secretary of Commerce and President and CEO of Enterprise Florida Laura DiBella**. "Economic development is a true team effort, and we are proud to work alongside FDOT and DEO under our Governor's leadership to make critical investments in our communities."

"We are very excited about being here in Florida. We have had a lot of success in the two stores that we have operating on

Interstate 95 and we've known for a long time that Interstate 75 would be a great location but we were looking for the right piece of property," said **Arch "Beaver" Aplin, Founder and CEO of Buc-ee's**. "I can't say enough good things about the statistics that make Florida special. Businesses want to be in Florida because it is a pro-business state and the jobs those policies bring. I look forward to seeing everyone at a groundbreaking and a ribbon cutting soon."

The Florida Job Growth Grant Fund is an economic development program designed to promote public infrastructure and workforce training across the state. Proposals are reviewed by DEO and Enterprise Florida, Inc. (EFI), and are chosen by Governor DeSantis to meet the demands for workforce training or infrastructure needs in communities around the state.

DEO and EFI are currently accepting proposals until all funding has been awarded. For more information, visit [www.FloridaJobs.org/JobGrowth](http://www.FloridaJobs.org/JobGrowth).

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# Lady Lake County Events

## COMMON SENSE ANIMAL AWARENESS

May 6, 2023 @ 9:00 AM  
Category: Nature Activities  
Common Sense Animal Awareness  
9:00 AM  
Pine Meadows Conservation Area  
2280 Pine Meadows Golf Course RoadEustis  
Contact Justin Gentles at 352-431-8798 or email justin.gentles@lakecountyfl.gov.  
http://www.lakecountyfl.gov/parks  
Come hike with a Park Ranger and learn tips on how to observe animals in their habitats and stay safe when you encounter them.

## SPRING CONCERT IN THE PARK

May 6, 2023 @ 4:00 PM  
Category: Festivals and Events  
Spring Concert in the Park  
4:00 PM  
Kirk Park  
17436 Division StreetMontverde  
Contact Sandra Johnson at 407-469-2681 or email townclerk@mymontverde.com.  
http://www.mymontverde.com  
Spring Concert and Market in Kirk Park. Come by and enjoy vendors, food trucks, and music. Bring your chair and have a great time listening and dancing to the music of the band Wish Radio... Music starts at 6:00 p.m.

## LEESBURG COMMUNITY AND TRAILS CLEANUP

May 6, 2023 @ 7:00 AM  
Category: Nature Activities  
Leesburg Community and Trails Cleanup  
7:00 AM  
Berry Park  
2121 JOHNS AVE. Leesburg  
Contact Veronica Dau at 352-253-1660 or email vdau@lakecountyfl.gov.  
https://www.keeplakebeautiful.com  
You're Invited! The City of Leesburg and Keep Lake Beautiful are sponsoring a community and trails cleanup day on Saturday, May 6th. Come out and join us as we work together to make our green spaces in Leesburg more beautiful! All Equipment provided.

## BACK TO THE 90'S MOTHERS DAY POPUP

May 6, 2023 @ 10:00 AM  
Category: Festivals and Events  
Back to the 90's Mothers Day Pop Up  
10:00 AM  
Bully Brewery  
2204 Griffin RoadLeesburg  
Contact Sheena Willis at 407-274-5442 or email sheena@orangeblossommarketco.com.  
https://facebook.com/events/s/back-to-the-90s-mothers-day-po/5915064318561616/  
Free Admission & Parking, Complimentary Swag Bags for first 10 guests, Local women owned businesses, Retro Photo Opp, Music from the 80's/90's/2000's, Food, Specialty Beer Release, & Treats

## WEEKENDS AT THE WINERY MAY

May 6, 2023 @ 10:00 AM  
05/705/1305/1405/2005/2105/2705/28Cat  
egory: Festivals and Events  
Weekends at the Winery May  
10:00 AM  
Lakeridge Winery & Vineyards  
19239 U.S. Hwy. 27Clermont  
352-394-8627

https://www.lakeridgewinery.com/WATW/  
Enjoy our expansive vineyard green, including delicious food vendors, live entertainment, and of course your **favorite Lakeridge wines at our outdoor bar. Complimentary tours and tastings will be held throughout the day.**

## EXPLORATION HIKE

May 14, 2023 @ 5:00 PM  
06/1107/908/1309/1010/811/1212/10Cate  
gory: Nature Activities  
Exploration Hike  
5:00 PM  
PEAR Park (Gateway)  
26701 U. S. Highway 27Leesburg  
Contact Justin Pouliot at 352-516-7011 or email justin.pouliot@lakecountyfl.gov.  
http://www.lakecountyfl.gov/parks  
Join staff on an early evening adventure to explore the park while getting some exercise.

## FARM TO TABLE CLASS: A SEASONALLY INSPIRED SIDE

May 17, 2023 @ 10:00 AM  
Category: Educational  
10:00 AM  
Long and Scott Farms  
26216 County Road 448AMount Dora  
\$3  
Contact Lori Johnson at 352-343-4101 or email lorijohnson@ufl.edu.  
This class will focus on okra and corn in a side dish. You will also learn about nutrition and health benefits, storing and using okra and corn in your cooking. To register: https://longandscottfarms.com/market/cooking-classes/

## QUARTERLY BIRD & BUTTERFLY SURVEY

May 20, 2023 @ 7:30 AM  
09/2311/18Category: Nature Activities  
Quarterly Bird & Butterfly Survey  
7:30 AM  
Neighborhood Lakes Scenic Trail & Trailhead  
26656 County Road 46ASorrento  
Contact Gallus Quigley at 352-253-4950 or email parksandtrails@lakecountyfl.gov.  
https://www.lakecountyfl.gov/parks-and-trails  
Assist park staff in surveying the birds & butterflies that inhabit Lake County's conservation lands

## WILD EDIBLES

May 21, 2023 @ 9:00 AM  
Category: Nature Activities  
Wild Edibles  
9:00 AM  
PEAR Park (Nature Center & Wildlife Conservation Area)  
4800 University AveLeesburg  
Contact Justin Pouliot at 352-516-7011 or email justin.pouliot@lakecountyfl.gov.  
http://www.lakecountyfl.gov/parks  
Hike with staff and learn about what is edible and what is toxic in the habitats of the park. Many plants are important food resources for the birds and other wildlife which call PEAR Park home.

## INOVA MISSION INN RESORT AND CLUB CHAMPIONSHIP 2023

May 26, 2023 @ 7:00 AM  
05/2705/28Category: Sports Activities  
Inova Mission Inn Resort and Club Championship 2023

7:00 AM  
Mission Inn Resort and Club  
10400 County Road 48Howey-in-the-Hills  
Contact Michael Bowery at 352-324-3101 or email mbowery@missioninnresort.com.  
https://missioninnchampionship.com/  
The Epsom Tour, the official qualifying tour of the Ladies Professional Golf Association Tour, is slated to return to the stately El Campeon course at Mission Inn Resort & Club May 26-28. Admission is free. Food and drinks will be available.

## OPEN HOUSE AT ELLIS ACRES RESERVE

May 27, 2023 @ 9:00 AM  
06/1707/1508/1909/2310/2811/1112/9Cate  
gory: Nature Activities  
Open House at Ellis Acres Reserve  
9:00 AM  
Ellis Acres Reserve  
25302 County Road 42Paisley  
Contact Wendy Poag at 352-516-7456 or email wendy.poag@lakecountyfl.gov.  
http://www.lakecountyfl.gov/parks  
Nature Center will be open with a naturalist on site to answer questions.

# Heartbeat Protection Act

## Governor Ron DeSantis Signs Heartbeat Protection Act

TALLAHASSEE, Fla. — Governor Ron DeSantis signed SB 300, the Heartbeat Protection Act, which prohibits abortions once the unborn child has a detectable heartbeat.

"We are proud to support life and family in the state of Florida," said Governor Ron DeSantis. "I applaud the Legislature for passing the Heartbeat Protection Act that expands pro-life protections and provides additional resources for young mothers and families."

While other states like California and New York have legalized infanticide up until birth, Governor DeSantis has enacted historic measures to defend the dignity of human life and transform Florida into a pro-family state. In 2022, Governor DeSantis signed groundbreaking legislation to encourage responsible and involved fatherhood in Florida through educational programs, mentorship programs, and one-on-one support. Also in 2022, Governor DeSantis signed SB 7034, which expands support for foster parents and opportunities for foster children. In 2021, Governor DeSantis signed SB 2518, which helps reduce maternal mortality rates by extending postpartum eligibility for Medicaid from 60 days to 12 months post-delivery.

In addition to legislating pro-family policies, this year's Framework for Freedom Budget includes permanent sales tax exemptions for baby and toddler necessities, including cribs and strollers, as well as tax holidays on children's books, toys, athletic equipment, and pet food. It includes more than \$96 million to support foster parents, caregivers, and children. It also includes

nearly \$143 million to enhance services for pregnant and postpartum women and children, which will improve maternal health outcomes for women at high risk for maternal morbidity.

All of these measures combined show that Florida is truly committed to building culture of life by adopting family first policies and protecting life at all stages.

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