



Leslie DiCesare presenting Check from the Lady Lake Chamber outreach fund for \$700 Dollars to your Humane Society. Photo by CKJ-13 Kay Johnson



Leslie DiCesare Executive Director of the Lady Lake Chamber was super excited that Santa and Mrs Claus visited her at the Log Cabin. She will always have that

picture of Santa in 2023. Don't worry Leslie, you'll see them year. Photo by CKJ-13 Kay Johnson

From The Past

Part one
By TomL

I like to go back and try to recollect people and events in the past that had added to our newspapers. How far back I'm going I don't know but here we go!!! I would like to talk about Veterans first then next month more info.

Many years ago I bought the Lady Lake Magazine with a friend and his wife. I would later hire a great sales person Wendy Netherclift. She is still a great friend her and her significant other who was my biggest client for many years Bob Irwin of Bob's Coins and Jewelry near the Villages. Wendy retired and Bob retired and now they are living the dream. They are great friends of

my wife and I.

Wendy and I tripled the revenue a year and a half later. The partnership would later be changed and I would become a silent partner. After my non compete was well over I decided to buy a publication in Ocala (not in the same territory) called the Seniors Voice of North Central Florida. I ask my friend if if Lady Lake Magazine was available to buy? My partner friend and his wife contacted me and said they had made arrangements to sell their percentage to me. We came to an agreement and here I was with two newspapers.

In our future we were lucky enough to have some great writer and interview. Robert Balfour was a writer from the

Villages papers until he sent me a letter to the editor to run. Of course it was controversial that's why he came to me. Because of my Rogue reputation. It turns out that Robert Balfour was a writer for the Stars and Strips and a personal friend of Ike Eisenhower and his top team. He sent me many pictures that we published of President Eisenhower with Balfour and his team together with some famous Generals we published them. He was a great writer, I printed everything he sent me, it became a column. After many years of writing for our Villages Spectator & Lady Lake papers, he called me one day and gave me some sad news. He had cancer and was not going to have it treated because it would stop his golfing and that's all he had. He said the operation that was available was not a cure and could not play the game he loved GOLF. It was to extend his life. He said I need a favor? I said if it's within my power I will do it. He said I want to continue to write sending two column instead of one save one for later. After I am gone I would like you to

run the unprinted columns one per issue as long as they last. I said I agree, but I said if at any time you are not up to it, don't send one I'll run one of the ones that had not run. Robert Balfour sent columns for over a year and one day I got an obit to run from a family member. We ran columns for over a year and a half rerunning some from the past. I remember he said he use to be a spokes person for EZGO Golf carts. I have an old EZGO on my farm it will run through a fresh plowed field. It recently broke. It is hard to find someone who will fix it or work on it. Balfour is missed and was a great writer!!! TomL said that!!!

Another writer I want to mention was Ken Tipper he was in the Royal Navy and would not write about his military experiences. He live in Ocala and started out sending letters to the editor. He came to America got his citizenship and bought a home here. Finally one day he opened up, I think it was Veterans day at the veterans Park. He was telling

Continued on page 5

Erik Lehane

THE GAITWAY GROUP



Practice Falling To Prevent Falling

What do a bouncy 14-month-old and a drunken sailor have in common? Sooner or later, they are going to fall... and so are you! It is inevitable; unless you curl up on the couch for the rest of your life, you are going to lose your balance and fall. Even if you possess the grace of a stork on one leg or the agility of a Wallenda walking the line, unforeseen hazards like slick floors, stealthy patches of ice, mischievous bumps in the sidewalk, or Fluffy's chew can still pose a threat.

Given that the prospect of taking a fall is practically unavoidable, the question becomes: What can we do to improve our chances of remaining upright? Surprisingly, the answer lies in practicing falling. Now, before you lock me in a padded room, hear me out.

Our younger generation, God help them, loses their balance exponentially more than active seniors. However, they do not fall nearly as much, and when they do fall, the repercussions are significantly less damaging. What gives? Of course, we can always point the finger at too many revolutions around the sun, but what specifically? A look under the hood reveals that as we age, communication or the velocity of our nerves can slow down. The message that we lost our balance is delayed, slowing the reaction response. Those lost milliseconds are all the difference between

an embarrassing stumble and a broken hip.

This is where the rubber meets the road; we need to knock the dust off those stolid maturing nerves and teach them how to be unapologetically sassy. When we deliberately, but safely, repetitively practice moving our center of gravity outside of our base of support and then return to the starting position, we hone in on enhancing nerve velocity, increasing the reaction time.

If you are free from pain and do not have any exercise contraindications, this little dandy of an exercise could potentially prevent a broken hip, head trauma, or even death. I call it (forgive me) "Gracefully."

1. Stand in front of your bed with your feet shoulder-width apart.

2. Lean forward until you feel like you're about to fall onto your bed.

3. Experience the discomfort and then return to the starting position. Repeat this exercise sideways and backward, ensuring the bed is ready to catch you.

Here is a link to a video demonstration:

<https://youtu.be/d34sCXSPQlg>

As you progress, increase the speed and incorporate steps in different directions. Dedicate just 5 minutes, 3-4 days a week to this practice, and you'll not only feel the stability benefits but also observe improvements in other activities.

Some say it is not how many times you fall, but rather how many times you get up. I argue it is not how many times you fall, but rather how many times you do not have to get up.

Lighting the Way, Erik

Erik Lehane, the visionary behind the Gaitway Group (thegaitwaygroup.com), introduces a groundbreaking approach to enhance the lives of active seniors with his innovative Revolutionary Exercise 180. For inquiries, feel free to reach out to Erik via email at erik@eriklehane.com.



The Villages Elementary of Lady Lake students decorating the Lady Lake Town Hall lobby Christmas tree today for the 18th year. For the first time, the students were surprised with a visit from Santa Claus! The tree is adorned with handmade ornaments the students have worked on throughout the school year and make the Town Hall Christmas tree truly special.

This time-honored tradition highlights the strong relationship the town has with

school and embodies the spirit of giving, community, and togetherness. The students were sent home with gifts from Town Hall staff, the Lady Lake Library and the Lady Lake Police Department to thank them for their efforts.

The Villages Elementary of Lady Lake Choir will also be performing holiday favorites at Light Up Lady Lake at the Log Cabin on Dec. 8 at 6:15 p.m. and at the Lady Lake Library at 5:30 p.m. on Dec. 11.

Photo by CKJ-13 Kay Johnson

Passing of Former Commissioner Dan Vincent

It is with sadness that the Town of Lady Lake announces the passing of a dedicated public servant, former Lady Lake Commissioner Dan Vincent. As Ward 3 Commissioner, Vincent, of Water Oak, served our community with unwavering commitment for a decade.

Throughout his tenure, former Commissioner Vincent demonstrated a passion for public service, striving to enhance the quality of life for the residents of Lady Lake. His efforts earned him the respect and admiration of his colleagues and constituents alike.

Beyond his role as a commissioner, Commissioner Vincent dedicated an additional year of service on the Planning & Zoning Board, contributing his insights to the thoughtful development and growth of our town.

Vincent was a native of Kansas and an Army Veteran. He retired from a career with AT&T.

During this time, our thoughts are with former Commissioner Vincent's family and friends. We extend our deepest condolences as we remember the impact he made on our community.

Lake County Detention Center

Public Booking Log

See the frequently updated public booking log of those recently charged in Lake County. Go to:

<http://tomlpublishing.com/category/villages-news/lady-lake-police-dept/>

Or go to Tomlpublishing.com and click on **Lady Lake Police Dept** on right side under "Contributing Editors".



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Florida State Senate

DENNIS K. BAXLEY



Dear Friends,

The 2024 Legislative Session has officially commenced as we held opening day on January 9th, 2024. Leading up to this momentous day, our Committees have been working diligently throughout December to ensure that we hit the ground running.

The Senate Committee on Health Policy passed the Live Healthy Legislative Package. Aimed at addressing healthcare workforce shortages and advancing innovation in healthcare, this legislation is critical to ensure that every Floridian has access to vital healthcare services. Access to healthcare is critically important at every phase of life, and due to Florida's shortage of healthcare professionals, insurance does not guarantee access. Live Healthy provides robust policy enhancements and strategic investments to generate growth amongst our workforce and stimulate innovation across all sectors of healthcare, expanding access to services and enhancing the quality of care.

The Senate Committee on Fiscal Policy passed a legislative package aimed at cutting burdensome red tape and providing more flexibility to neighborhood public schools across the State of Florida. Through the three critical pieces of legislation contained in this package, the Florida Senate is reaffirming its commitment to support teachers, empower parents, and level the playing field in Florida's K-12 education system.

The Director of Policy and Budget for the Executive Office of the Governor, appeared before the Senate Committee on Appropriations to present the Focus on Florida's Future Budget proposal for Fiscal Year 2024-2025.

The Focus on Florida's Future Budget includes \$114.4 billion in total funding for public safety, education, economic development, and other needs across the State of Florida. This budget proposal also maintains \$16.3 billion in state reserves,

dedicates \$455 million to accelerate the reduction of our state's outstanding debt, and provides significant tax relief for Floridians.

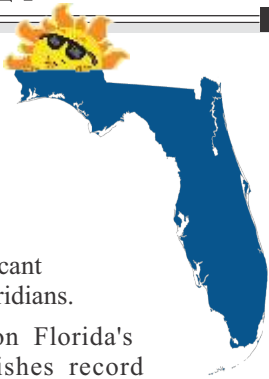
The Focus on Florida's Budget establishes record funding for education, increasing the per-student allotment to ensure that all students have access to the full array of educational opportunities. Further, this budget increases the teacher salary allocation, allowing Florida's public schools to recruit and retain the very best teachers.

This budget proposal also provides full funding for affordable housing programs such as the State Apartment Incentive Loan Program, the State Housing Initiative Program, and the Hometown Heroes Program. This funding ensures that the policy measures and funding established in the Live Local Act continue to expand access to affordable housing opportunities.

Additionally, this proposed budget makes significant investments in preserving and protecting Florida's beautiful natural resources. Through strategic funding dedicated to Everglades restoration, water quality improvements, and citrus protection, the Focus on Florida's Future Budget places a specific emphasis ensuring that generations of Floridians will be able to experience an enjoy the paradise we call home. The Senate and House will review and consider the Governor's proposed budget before drafting their own proposed budgets for Fiscal year 2024-2025.

We thank you for taking the time to read this letter and we hope that it has provided insight into the critical areas of need that we will be focusing on this session.

Onward and Upward,
Senator Dennis Baxley



Lake County Events

JAN 4
Storytime Station

Ride the reading train into Storytime Station. Storytime Station is best for children aged 3 to 5 years, but all ages are welcome with a caregiver. Afterwards join us for craft time. Featuring Every Child Ready to Read pre-literacy skills.

JAN 4
Teen Art

Learn to paint, draw or just explore art. Middle and High School aged teens are welcome.

JAN 5
Fruitland Park Farmers Market

Fruitland Park and Orange Blossom Market Co. are delighted to announce Fruitland Park Farmers Market! The First Friday of the month from 10:00am-2:00pm between September through May, come

visit local businesses for food, shopping, drinks, and more.

JAN 5
Exploration Hike

Join staff to explore the habitats and species of Ferndale Preserve.

JAN 6
CleanUp Eustis
02/303/204/605/406/807/6

CleanUp Eustis is having our next CleanUp group event, and we need YOUR help! Grab your community groups and neighbors and help for an hour or two! Supplies and Bright Future Hours Provided.

JAN 6
Quarterly Bird & Butterfly Survey

Assist Park Staff with surveying the birds & butterflies that inhabit Lake County's conservation lands.

JAN 7
Exploration Hike

Join staff on an early evening hike to get some exercise while exploring nature at PEAR Park.

JAN 9
Teen Crafts

Crafting relaxation. Middle and High School aged teens are welcome.

JAN 9
When Human Trafficking Comes to Work: What You Need to Know

This certificate training program will help every business and workplace learn how human trafficking impacts the workplace, affects your bottom line, and how safely and effectively to recognize these incidents.

JAN 10
Kids Crafts

Relax with crafts. For elementary school students.

JAN 10
Xeric: A Very Dry Topic

Come embark with Parks Staff across Lake Norris Conservation Area and learn about how a lot of water made for some really dry places.

JAN 10
Keeping it Healthy: Menu Planning

This class is part of a 3-part series. This class focuses on making healthier choices, cooking and saving money while stressing less in meal planning.

JAN 11
Friends of the Umatilla Public Library

Support your hometown library by joining Umatilla's Friends of the Library. Friends members raise funds to support library projects, programs and book purchases.

JAN 12
Liverpool Legends

Clermont Performing Arts Center is thrilled to welcome the magnificent Liverpool Legends back to our Mainstage Theater! This Beatles tribute will have you dancing in the aisles to favorites like “Can't Buy Me Love,” “All You Need is Love,” and more!

JAN 12
Explore Historic Downtown Clermont

Explore historic Downtown Clermont while sampling more than 20 wines at participating locations.

JAN 12
Mount Dora Art in the Alley

Support local, emerging artists with your purchases every 2nd Friday of the month at Mount Dora's Art in the Alley from 6-9pm. Who knows? You might discover the next Van Gogh. Held on Royellou Ln alley between 3rd and 5th Ave.

JAN 13
Lake Norris Black Water Creek Paddle

Join staff on a tour of the renowned Black Water Creek, part of the Wekiva Wild and Scenic River System, and Lake Norris. These cypress lined waterways are home to numerous birds like wood stork, ibis and osprey.

JAN 17
Keeping it Healthy: Cooking for 1 or 2

This class is part of a 3-part series. This class will focus on strategies for keeping cooking simple, and ways to limit waste when cooking for 1 or 2.

JAN 19
Arbor Day Tree Dedication & Giveaway

The Camellia Garden Club of Eustis is proud to be a part of the FFGC's 100th anniversary by donating a tree to Eustis on Florida's Arbor Day, 1/19/2024. The DPW is helping us plant a tree and we're giving away 100 Winged Elms in Cardinal Cove Park!

JAN 20
Jay and the Americans & Friends

The iconic '60s hit-makers, Jay and the Americans, are returning to Clermont Performing Arts Center! Joining them will be Dennis Tufano, the original lead singer of the Buckingham's and local favorites Rocky and the Rollers.

JAN 20
Open House

The Nature Center will be open and a naturalist will be on site to answer questions.

JAN 20
Quarterly Bird & Butterfly Survey

Assist Park Staff with surveying the birds & butterflies that inhabit Lake County's conservation lands.

JAN 21
Take Flight, Birds of Winter

Many bird species use Florida in the fall, winter and spring as a stop over to rest and refuel on their way to someplace else. Hike with staff to see if you can spot any of these migrants.

JAN 23
Practical Analytics to Power Your Business

Big businesses are driven by "big data" and AI, yet many small businesses are falling behind due to their lack of expertise in this area.

JAN 23
Food Preservation: Pressure Canning

Hands-on cooking class to learn about the pressure canning process, foods that can be pressure canned and food safety. Each participant will preserve their own jar of carrots to take home. To register: <https://bit.ly/3t5OzOT>

JAN 24
Kids STEAM

Science, Technology, Engineering, Arts and Math. Smart enrichment for elementary aged students.

JAN 25
Florida Storytelling Festival

Storytelling Performances, Workshops, Swaps & Contests. Celebrating the art and craft of oral storytelling through community and connection. Featured Tellers: Tim Tingle, Connie Regan-Blake, Eva Abram, Mary Lou Williams, Chris Kastle.

JAN 26
Hotel California

For decades, the band Hotel California has been re-creating the legendary sound of The Eagles. Since 1986, Hotel California has thrilled audiences around the world sharing the stage with some of rock's biggest legends.

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



Boy are we getting an education in the medical world. My wife was recently moved to a new Medical Doctor. I did not see anything wrong with the doctor that she had but she was talked into it. While at a Ophthalmologists they found some problem with her eye's. They ask for a full heart workup. They said she needed a full Heart workup and check the blood flow, check for blood clots, Check the carotid artery's and finally they found bad blood flow in her legs. So they stop the big artery from flowing and hope the small vessels will take over. This is going to happen on four artery's two in each leg. On her third visit from Dunnellon to Ocala the nurse Practitioner that had taken over from the Heart doctor suddenly wants to put her on three different kinds of Prescription medications and want to see her back in four weeks. Npw we have a family doctor / Ophthalmologists / a Heart Specialist and a Nurse Practitioner. Something is not right!!!

They want her on Blood Pressure meds / Cholesterol meds/ and etc just in case. This robs your body of it's effectiveness to heal it's self and rob the Insurance company and you wallet. Where do you go to find out what is necessary? It sounds to me like three different doctors want her under their care.The original Heart Specialist is no longer seeing her. I am going to demand to see each Specialist and ask what gives??? A lot of doctors are now treating you and then turning you over to a Nurse Practitioner and their practice grows without them seeing any of the patience but once. I am going to see if I can find someone that is willing to give me a second opinion. Thank God for our health insurance agent Christine Calvert she is local Ocala based. Because the banks were not paying interest on savings accounts we moved what little bit we have into CD's. Nick Navetta six a financial advisor and has help us a lot with interest growth, we are getting 5 and 6 % on three months to a year. He calls every once

and a while asking if where we want him to send us the interest? By the way Nick has an extensive long military career...Thanks for your service! Speaking of banks...Another thing we are learning about is banking. I am in business and I have been depositing the same check from the same customer for many years. My bank manager says all of a sudden they can't deposit a check. I ask what has changed they said nothing. I have four newspapers and receive checks from customers with the name of the newspaper. They are under an LLC. If the newspapers is not listed in the LLC paper work they will not deposit my checks and I can only have one additional name on the LLC. By the way the bank had many branches so I deposited the check in another branch and it went right through. Now I have to tell all the customer to send a check in the name TomL Publishing LLC. It is a never ending complex world. If I was taking money out of the bank I could see the bank trying to be careful but putting money in the bank, they are not going to lose money. Now I'm getting digital flyers from the bank saying I don't have to have an account at that bank to cash a check...Just pay \$5 to cash it! Thanks for the favor. I have a new bank and am fazing out the old one. I have been with the current bank since they have been open. I will tell everyone my story but I will not tell name unless it's a private conversation. But be careful who you do business with I got hack at the same bank.

I really enjoy hearing from our reader. Here is a few... I am in the military. Love reading your paper Tom Merry Christmas! Hope to see you at OBL breakfast. Take Care, Jean Thanks for sending me your newspaper my friend. Debra I receive your first paper in Dubai that was vin a shoe box sent out by ladies in Bellevue to away from home troops. Now I am in Kuauait and I read it on line. Thanks for some home news! My response to solder, THANK YOU FOR YOUR SERVICE! Thanks for being a reader! Received an eCard from John & Becky Pearce John says cut the cable and buy satellite from me See ad in this paper! I have a endorsement of businesses... This world is full of ambitious and not so nice people wanting to grow a practice sell something or use your money without a return. You can trust Nick Navetta Financial advisor and Christine Calvert a Health Insurance Specialist they are the real deal!!!

Newspaper Deadlines
Editorial & Ad Copy for February
Seniors Voice & Ocala DownTown
Noon, January 19th
Lady Lake Magazine & Village Spectator
12am, January 24th

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Happy New year 2024

Rotary Club of The Villages NOON
NON-PERISHABLES PLEASE!
FOOD DRIVE
JAN 20th
9:00 AM - 1:00 PM
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The Villages, FL 32163
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Paper Items (paper towels, toilet paper, napkins, etc.)
Canned Juices & Condiments, Personal Items

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Support Our Veterans
We Endorse The Constitution

FAIRtax



During this time of year many people are more apt to give to charities and that brings up the question "How will the FAIRtax affect charitable giving? Won't I lose my tax benefit?" Charitable contributions depend on one factor more than any other: the health of the economy (not tax benefits). As a wide range of economists agree on the economic expansion the FAIRtax delivers, charitable contributions benefit also. For all the money

that pours into churches and a broad range of charities every day, only 30% who itemize their income tax get any tax benefit. The other 70% have given and will continue to give with no tax benefit whatsoever. The FAIRtax allows people to make charitable contributions out of their pre-taxed dollars. Thus those less affluent taxpayers who do not itemize see their cost of charitable giving go down under the FAIRtax. Finally, the wealthy make decisions on charitable giving based on the cause. Once they have determined the cause is worthy, their contribution is structured to maximize the gift and minimize the tax. But the intention to give comes first; taxes simply determine the structure - rarely the amount - of the gift. For more information go to FAIRtax.org

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From the Past

Continued from page 1

another Veteran that his ship was sunk in the war. He said he was in the water (Ocean) with hundreds of troops and every once in a while a shark would attack one of the men. He said it was pitch black and when someone cried out everyone knew what had happened. After daylight the next day they were rescued by an American Ship. Many were suffering from exposure but happy to be alive. Ken said one day that he did not like deadlines an was stopping his column, he started a blog and was happy with that. Another interesting story about a veteran.

I interviewed one of the men that put up the flag on Iwo Jima. I need some help with this one. I can't remember his name. He live in the Villages. He was on a mission to set the record straight, he was the last lone alive and owed it to his comrades. He was there and was the last alive. He felt like he should tell their story. He said the fighting was fierce on Iwo Jima. They were told to raise the flag so that the Japanese would know the US was in control of the Island. A Captain of a Cargo ship was watching the battle from of shore and saw them raise the flag. It inspired him to get a picture. The captain order his crew to get a large flag and go on shore and recreate the Flag Raising. The original men were not there. Some we're fighting on other parts of the island so they gathered some men and recreated the scene. Later the picture was sent around the world and

become famous. If you knew him or remember his name I would be please if you could email it to me tloury@att.net I would like to honor him and his mission! We will try to recollect some more events next month.

Cataracts



What You Need to Know About Cataracts

(NAPSI)—By age 80, most people either have cataracts or have had cataract

surgery. That's because most cataracts are the result of natural aging. You may not notice that you have a cataract at first. But over time, they can make your vision blurry or hazy, colors fade, you can't see well at night, or you may see double images. The good news is that cataract surgery can restore your sight. With a high success rate of more than 90 percent, cataract surgery enables people to see better after their cataract is removed.

Here are the top six things ophthalmologists—physicians who specialize in medical and surgical eye care—want you to know about cataracts:

1. **Cataracts can be removed with surgery.** Surgery is the only way to cure cataracts. Early on, you may be able to cope with reduced vision from cataracts by using

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FAMILY OR GROUP PHOTOS
CHILDREN'S BIRTHDAY PARTIES
HIGH SCHOOL SENIOR PICTURES
BABY REVEAL PHOTOS
ENGAGEMENT
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Santa and Mrs Claus wishing this child a Merry Christmas. Photo by CKJ-13 Kay Johnson

Cataracts

Continued from page 5

brighter lights, wearing anti-glare sunglasses, or using magnifying lenses for reading. But if cataracts start getting in the way of everyday activities such as reading, driving, or watching TV, an ophthalmologist will need to remove the clouded natural lens and replace it with an artificial lens, also called an intraocular lens (or IOL), to correct blurry vision.

2. You can slow development of early cataracts. You can take steps to protect your eyes from cataracts. Using 100% UV blocking sunglasses, quitting smoking, maintaining control over high blood sugar, and eating a healthy diet can help prevent cataracts.

3. People with diabetes are more likely to get cataracts. Natural aging is the

most common cause of cataracts, but some people are at higher risk for cataracts than others. People who have diabetes with high blood sugar levels can get cataracts quicker and at a younger age than those with normal blood sugar levels. Improving glucose levels may help delay cataracts.

4. Eye color affects your risk of developing cataracts. Studies show that people with dark brown eyes have a higher risk of developing cataracts than people with lighter eyes. However, UV light is a known contributor to cataract development no matter what color your eyes are. Wearing sunglasses whenever outdoors is recommended for everyone.

5. Treating cataracts may decrease your risk of dementia. Though the link between eye health and dementia is unclear, recent studies suggest people who had cataract surgery were 30 percent less likely to develop dementia.

6. You may eventually need a follow-up procedure. Some people will again develop hazy vision years after cataract surgery. This is usually because the lens capsule has become cloudy. The capsule is the part of your eye that holds the IOL in place. Your ophthalmologist can use a laser to open the cloudy capsule and restore clear vision, a procedure called a capsulotomy.

Regular eye exams are important to maintaining your best vision, even after cataract surgery. The American Academy of Ophthalmology recommends scheduling a visit to the ophthalmologist every year after cataract surgery if you're older than 65, or every two years if under 65.

Can't Afford an Eye Exam? EyeCare America® Can Help.

For individuals age 65 or older who are concerned about their risk of eye disease and/or the cost of an eye exam, you may be eligible for a medical eye exam, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America® program. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the United States. To see if you or a loved one qualifies, visit www.aaoinfo.com/ECApatient to determine your eligibility.

Youth

JANUARY

Lady Lake Library

Hours:
Monday: 9am-7pm
Tuesday-Friday: 9am-6pm
Saturday and Sunday: Closed
Closed: January 1st and 15th

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for New Years!	2 Tiny Tots @ 10:30am Family Crafting @ 3:30pm	3 Storytime 10:30am Read with Scarlett 3:00pm-4:00pm	4 	5 Baby Storytime @10:30am Video Games @3:30-4:30pm
8 Craft Kits Available! While supplies last.	9 Tiny Tots @ 10:30am Family Crafting @ 3:30pm	10 Storytime 10:30am Read with Scarlett 3:00pm-4:00pm	11 	12 Lego Masters @ 3:30pm
15 Closed for Martin Luther King Jr Day	16 Tiny Tots @ 10:30am Family Crafting @ 3:30pm	17 Storytime 10:30am Read with Scarlett 3:00pm-4:00pm	18 	19 Baby Storytime @10:30am Video Games @3:30-4:30pm
22 Craft Kits Available! While supplies last.	23 Tiny Tots @ 10:30am Family Crafting @ 3:30pm	24 Storytime 10:30am Read with Scarlett 3:00pm-4:00pm	25 	26 Lego Masters @ 3:30pm
29 Craft Kits Available! While supplies last.	30 Tiny Tots @ 10:30am Family Crafting @ 3:30pm	31 Storytime 10:30am Read with Scarlett 3:00pm-4:00pm		

Adult

JANUARY

Lady Lake Library

Hours:
Monday: 9am-7pm
Tuesday-Friday: 9am-6pm
Saturday and Sunday: Closed
Closed: January 1st and 15th

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for New Years!	2	3	4	5
8	9 Book Discussion @ 2-4pm	10 SHINE 2-4pm	11	12 BestBuy iPhone/iPad @ 9:30am
15 Closed for Martin Luther King Jr Day	16	17 Authors Round Table @ 2-4pm	18 Bingo! @2-3:30pm sign up required	19
22	23	24 SHINE 2-4pm	25 Let's Talk Books @ 2pm	26 BestBuy iMac @ 9:30am
29	30 Edward Jones Financial @9am-12pm	31		

Women Welders



Forging a Path (NAPSI)—“It is not for the faint of heart,” Erica Bridges said.

Bridges is a Welding Technology student at Texas State Technical College (TSTC). She was referring to her field of study and to welding in general.

“I encourage it, though,” she added. “This is a really good money-making (career). The people that you will meet, they're just one-of-a-kind people.”

In the heavily male-dominated industry of welding, only 5.1% of the workers are female, according to a 2022 U.S. Bureau of Labor Statistics report. In the fall 2023 semester, TSTC had a total of 94 women and

Continued page 7

Women Welders

Continued from page 6

970 men enrolled in Welding Technology.

What To Know

To help others understand, some female welding students, instructors and alumni from TSTC recently spoke of their experiences in welding and their love for it. They also talked about some of its challenges.

TSTC welding instructor Samara Flener has seen positive changes in her 20-plus years of working in the industry, but said preconceived notions about female welders still remain.

"That climate has improved, (but) some days you have to put on your Teflon suit, go out there, get the job done, and let it slide off," she said.

TSTC Welding Technology alumna Tatum McFarland echoed Flener's mentality about being among the few females in the industry.

"It hasn't been easy," McFarland said. "And you just kind of got to grow a backbone, more or less, to be able to work with (men)."

Haylee Phillips, a first-semester TSTC Welding Technology student, said that before beginning the welding program, she was worried about how she would be perceived by the male students.

"I was intimidated at first," she said. "Especially a few weeks before school, I was like, 'They're going to treat me all weird because I'm a girl.' But if you shut it off and go to learn, you'll succeed."

Another TSTC Welding Technology student, Alondra Ramos, is pursuing welding despite a lack of encouragement from her parents.

"I didn't have a lot of support coming into

the welding industry and doing this," she said. "I'm here to prove them wrong in a lot of stuff. I always got pushed down, but I've always tried my hardest to come out on top and to prove everybody wrong."

What It's Like

Flener acknowledged the fact that being a welder can be grueling.

"Welding is not for everybody," she said. "Some aspects of welding can be extremely physically demanding, and you have to be able to work in that environment."

Phillips feels the same way but said the effort is worth it.

"It's hard," she said. "I mean, it's hot all the time. I'm sweating from the minute I walk into the shop in the morning until I leave in the evening. You're lifting heavy stuff, your arms get super tired, and you're in uncomfortable positions. I think there are a lot of women who just aren't interested in that type of lifestyle for a career path. But me, I mean, I know the money that comes with it, so I'm willing to suffer a little bit."

Why They Do It

Despite the challenges, each woman spoke to a love of welding that outweighs any obstacles.

"It's like an escape from the world; it's like you're at peace," Ramos said. "Most of my stress goes away when I'm under the (welding) hood. I love it."

Phillips said, for her, it is the satisfaction of being able to look at something that she has had a hand in building.

"It'd be cool to see a rocket that I welded something on go up into space and be like, 'I was a part of that,'" she said. "I get to look at my work and see what it's for, and see that I helped. That's pretty cool."

Flener encouraged those with a love for welding to pursue it despite any roadblocks

that may come their way.

"Regardless of who you are, if you love it, seek out those opportunities that will allow you to be in an environment that works for you," she said. "Don't be afraid to try out a job, and if it doesn't work out, move on to the next thing. Don't call it failing. It's figuring out where you fit."

Where To Learn More

For further information, go to tstc.edu.

Bellevue ABC of Dementia

Bellevue Library announces ABC of Dementia workshops through May, 2024

The Marion County Library System and Coping with Dementia LLC have announced a Spring series of free ABC of Dementia workshops at the Bellevue Library, located at 13145 SE County Hwy 484, again in 2024. This series includes the following dates:

- Wednesday, February 7, 2024.
- Wednesday, March 6, 2024.
- Wednesday, April 10, 2024.
- Wednesday, May 8, 2024.

All workshops are scheduled from 11 a.m. to 1 p.m. They are free and open to the public, including individuals who may be experiencing dementia. Each participant will receive a free packet of useful information.

Coping with Dementia President and Certified Dementia Practitioner Debbie Selsavage reports, "Our ABC of Dementia workshop explains Alzheimer's and other forms of dementia in plain language, suggests techniques for becoming a better and less-stressed care partner, and provides useful resources to families living with dementia."

Due to the popularity of these events, reservations are encouraged. For more information or to reserve seats, call 352-422-3663 or e-mail deb@coping.today.





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**Certified Reverse Mortgage
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Lady Lake Christmas Parade

Lady Lake Christmas Parade. It was a great scene to have a Lady Lake Christmas Parade with Santa with a sleigh full of gifts. Texas RoadHouse had a enter, the Iron Dragons were there, the Lions Club, Kiwanis Club of Lady Lake, Mr. Handyman and the Lady Lake

Chamber of Commerce. Pretty good turnout Lady Lake has been having a parade every year. Lady Lake people come every time so don't miss next year. Watch for picture next year.


Photos by CKJ-13 Kay Johnson




Lady Lake Christmas Parade

Photos by CKJ-13 Kay Johnson





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Tasteful Way To Do Good



(NAPSI)—There's good news for a lot of people from what some might consider a surprising source.

Corporate Compassion

America's businesses, large and small, are increasingly extending a hand to help others. In fact, according to Chief Executives for Corporate Purpose, the average corporate volunteer participation rate is 33%.

What One Firm Is Doing

When most people hear the word “paella,” they imagine the wondrous Spanish rice dish cooking on an open flame. But the folks at H/L, a fiercely creative marketing and advertising agency that makes momentum for clients, have a whole different meaning for the word. In fact, they've started a movement, Project Paella, and it's all about giving back to the communities in which they live and work.

Project Paella was established in memory of Josh Nichol, H/L's former CEO. Josh loved getting the team together every year, over a huge pan of rich, simmering seafood and sausage. There was

a lot of symbolism in his paella. It was made of many ingredients and flavored by many cultures, just like the company he led. And most of all, it was celebratory. His spirit lives on today, when the team comes together each year to mix in communities and celebrate them by doing good from coast to coast. The team bands together and volunteers in homeless shelters, animal shelters, food banks, roadside cleanups and wherever else they can make a difference.

This year, more than 125 H/L employees spent over 350 hours of volunteer time helping out in local communities across the country. From Hawaii to California to Florida, the team partnered with 20 different organizations, including Ronald McDonald House, Glide Memorial, Second Harvest, Chicago Food Pantry and many more to make a difference in each community.

“Our local H/L Agency team dedicated their time to beautifying the outdoor space of our Ronald McDonald House Charities of Tampa Bay (RMHC-TB) Tampa House by cleaning up our numerous garden beds during the agency's Project Paella. With three H/L teammates, this group was prepared to assist in any way that was needed! We're grateful they helped to maintain our serene backyard space, keeping it enjoyable for RMHC-TB families,” said Bryanna Tremontana, Manager of Community Engagement RMHC-TB.

The key to making a Josh-inspired paella is equal parts attitude, good-quality ingredients and technique, plus lobster tails.

Josh-inspired Paella

- Follow your favorite paella recipe.
- Embellish with Spanish spices including sweet and smoky paprika and, of course, a healthy pinch or

two of saffron—make sure to get the good stuff.

- Whether it's a chicken, rabbit or seafood paella, be sure to nestle in a few lobster tails.

Top it all off with some red and green—pimiento stuffed green olives, asparagus spears, fresh or frozen peas,

chopped tomato and lots of torn flat-leaf parsley.

Garnish with plenty of lemons wedges.

Learn More

For further facts about the agency and its volunteer efforts, visit www.hl.agency.

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FROM THE DESK OF

CONGRESSWOMAN KAT CAMMACK



Congresswoman
Kat Cammack
Announces Local
Teen Kartikeya
Rajderkar
Congressional
Award Silver Medal
Winner

GAINESVILLE, FL

— Today, Congresswoman Kat Cammack announced Kartikeya Rajderkar of Gainesville as a Congressional Award Silver Medal recipient.

Rajderkar, a local Eagle Scout and Eastside High School student, is one of 3,797 young people to receive the award this year and the only from Florida's Third Congressional District.

The Congressional Award provides opportunities for young people to unleash their potential by achieving personal goals focused on volunteerism, character development, and fitness. Established in 1979 by the United States Congress, the Congressional Award is the United States Congress' award for young Americans, and is non-partisan, voluntary, and non-competitive. The program is open to all youth in the U.S. between the ages of 14 and 24 regardless of ability, circumstance, or economic status.

"Congratulations to Mr. Rajderkar on his impressive accomplishment," said Congresswoman Kat Cammack. "The participants of the Congressional Award make real differences in our communities and Kartikeya truly represents the very best of young students nationwide. His dedication to earn the rank of Eagle Scout while participating in a variety of service projects throughout the community is admirable, and I'm excited to present him with this honor."

To earn the silver medal, Rajderkar completed hundreds of hours of service in

the community while pursuing art, track & field, and music. As an Eagle Scout, Rajderkar completed his Eagle Scout project with a local food bank, building railings for the stairs to the loading docks. With the help of 20 other volunteers, he completed his project and earned the highest rank attainable.

Rajderkar is also passionate about art and music, entering fine arts competitions across North Central Florida. During his high school career, he earned several 'excellent' and 'superior' ratings for violin, earning first place at the State Violin Convention in 2021 for his fiddling solo. As a member of the Eastside High School Varsity Cross Country and Track teams, Rajderkar helped his team to region and district wins the last three years, making it to the state championship for the 5K race.

He also earned Lake Forest Volunteer of the Year, participating in a wide variety of volunteering activities with the Alachua County Public Library, Lake Forest Elementary School, India Cultural & Education Center (ICEC) in Gainesville, the Natural History Museum, and the Good News Summer Arts Camp in High Springs.

Rajderkar will be honored during a visit with Rep. Cammack in Gainesville later this week.

Rep. Cammack Receives 2023
Congressional Bone Health Champion
Award

WASHINGTON, D.C. — The Bone Health and Osteoporosis Foundation (BHOFF) is pleased to announce that Rep. Kat Cammack (R-FL) has been selected to receive the 2023 Congressional Bone Health Champion Award. The national award annually recognizes four Members of Congress who have demonstrated outstanding leadership, advocacy, and

commitment to protect and improve the bone health of Americans. BHOFF, the leading health organization dedicated to preventing osteoporosis and promoting strong bones for life, presents the awards to highlight the importance of bone health and raise awareness about the osteoporosis crisis in the U.S. The other 2023 winners are Sen. John Barrasso (R-WY), Senator Tammy Baldwin (D-WI) and Rep. Susie Lee (D-NV).

Rep. Cammack is co-chair of the Congressional Caucus for Women's Issues and a member of the House Energy and Commerce Committee which has jurisdiction over Medicare and other key health programs. Rep. Cammack joined with the Caucus and the Bone Health and Osteoporosis Foundation in sponsoring a congressional briefing on women's bone health throughout the lifetime. This briefing provided a great opportunity to raise awareness about osteoporosis and promote action to improve the bone health of all Americans. In Florida, with its large senior population, 144,000 Medicare beneficiaries suffered over 172,500 fractures tied to osteoporosis in 2016.

"The importance of bone health and its impact on an individual's overall health as well as healthcare costs is often overlooked by policymakers," said Claire Gill, CEO of the Bone Health and Osteoporosis Foundation. "We greatly appreciate Rep. Cammack's work to raise awareness and shed light on what is a crisis in bone health in the United States. We know what needs to be done to address this crisis. There are simple steps Congress and the Biden Administration can take that would greatly improve the care of millions of Americans with osteoporosis."

Rep. Cammack said, "It's an honor to be named one of this year's Congressional Bone Health Champion Award recipients. As a co-chair of the Bipartisan Women's Caucus, women's health is one of our top priorities, and we were fortunate to hold a bone health briefing earlier this year. For women—and adults across the U.S.—bone

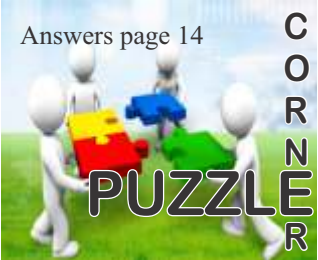
health is too often overlooked, but it's an important part of an individual's overall health. I look forward to continuing to raise awareness around this issue."

Osteoporosis is a growing yet often ignored healthcare problem that disproportionately impacts women. Ten million Americans have osteoporosis and 44 million are at high risk of the disease due to low bone density. According to a 2021 report, two million Medicare beneficiaries (about 70 percent women) suffered up to 2.1 million osteoporotic bone fractures in 2016. For women, the risk of any osteoporotic fracture is greater than their risk of a heart attack, stroke or breast cancer combined. The total annual cost for osteoporotic fractures among Medicare beneficiaries was \$57 billion in 2018 and is expected to grow to over \$95 billion in 2040 without reforms, as the population ages.

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- Answers page 14
- CORNER
PUZZLE
- Across
1. Life partner
5. Caribbean vacation spot
10. Parsley-rosemary gobetween,in song
14. Landfill problem
15. Bill worth billions
16. Pizzazz
17. It's sometimes jerked
18. Dizzying genre
19. Vacuum hookup
20. K
23. Bullring "Bravo!"
24. Palindromist's preposition
25. First name among directors
28. Waste allowance
31. Penn film
36. Zorro's first name
38. Sediment
40. Spots for teens?
41. K
44. Ones of a kind?

45. Per
46. 1/100 of a rial
47. Fitted within one another
49. Pueblo Indian
51. Jeff Lynne grp.
52. Item listed in "Thou shalt, not covet . . ."
54. Weight room unit
56. K
64. Shade of green
65. Give in to gravity
66. Atlas datum
67. Similar in nature
68. Like an eager date, say
69. Neeson of "Nell"
70. Source of some sugar
71. Pitch
72. She ain't what she used to be
- Down
1. Suffer deprivation
2. Fan club focus
3. Statistics calculation
4. "Well done!"
5. What one beyond help may be called
6. Entranced
7. Arches National Park state
8. Uncle Milty
9. Little star
10. The Amish, for one
11. Soothing plant
12. Teri of "Tootsie"

13. Conclude
21. Hit-maker John
22. Long Island drink
25. Spot specialist
26. One of the family
27. Chromosome occupants
29. 1940s actress Raines
30. Be a mentor
32. Wise guys
33. It can be stolen
34. Single year's record
35. D.C. railway
37. Essence
39. Off-the-wall answer?
42. Places to display manners?
43. Toulouse "toodles"
48. Kernel site
50. Word before alcohol or aldehyde
53. Discontinue, as a project
55. "The Lord is my shepherd" begins one
56. Fashion
57. Peter Gunn's girlfriend
58. It may be pitched
59. Pop singer Amos
60. Pocket problem
61. High point at the Met
62. Warm, in searches
63. Title for Agatha Christie
64. Poke

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FROM THE DESK OF

ATTORNEY GENERAL MOODY



ATTORNEY
GENERAL
MOODY AND
GOVERNOR
DE SANTIS
CHALLENGE
BIDEN
ADMINISTRATI
ON RULE
REQUIRING
STATES SET

TARGETS TO REDUCE ON-ROAD CO2 EMISSIONS

TALLAHASSEE, Fla.—Attorney General Ashley Moody is pushing back against the Biden administration's federal overreach. Attorney General Moody, with the support of Governor Ron DeSantis, filed a lawsuit challenging a new Biden administration rule requiring all states with National Highway System mileage to set arbitrary emissions targets. In addition to today's announcement, Florida's foresight and prudent fiscal management practices are now the standard-bearer amongst states given FDOT being the sole state to take the responsible step by no longer participating in USDOT's carbon reduction program.

According to this new rule, states are required to set arbitrary targets for reduced CO2 emissions, to track progress towards said targets and report to the federal government goal progress. This rule forces states to spend an inordinate amount of time, resources and money with no clear guidance for what success looks like. The complaint argues that Congress has not given the U.S. Department of Transportation the authority to regulate greenhouse gas emissions.

Attorney General Ashley Moody said, "As if Biden's unfounded and reckless energy policies haven't devastated our economy enough, this new, foolhardy edict from the U.S. Department of Transportation will create even more financial hardships for our state and Floridians. We're taking action today to ensure that this misguided new-emissions rule does not stand."

Governor Ron DeSantis said, "Florida will not sit idly by while the Biden Administration tries to force the Green New Deal into existence through the U.S. Department of Transportation. Florida will always fight for freedom and against the federal government's unlawful efforts to control the American people."

Florida Department of Transportation Secretary Jared W. Perdue, P.E. said, "FDOT has continued to voice concerns about the rule for well over a year, yet never received complete answers before the rule was finalized—clearly showing it was done to push the federal government's agenda for the Green New Deal and is not reflective of a collaborative effort from states across the country. Operating in this manner is irresponsible and reckless, which is why Florida proudly stands united with these other states to safeguard the freedoms that this nation is so well known for."

In the complaint filed today in federal court, Attorney General Moody and a 21-state coalition of attorneys general assert that DOT's Federal Highway Administration overstepped its legal authority. The coalition writes, "Congress has not given FHWA or USDOT authority to regulate greenhouse gas emissions

('GHG'). Nor can the Agencies compel the States to administer a federal regulatory program or mandate them to further Executive policy wishes absent some other authority to do so—which is lacking as to this rule."

The action also makes clear that the proposed measure violates the principles of federalism by requiring states to implement a federal regulatory program. The complaint explains: "The Constitution is also clear that action by the States cannot be mandated through federal action like the Final Rule. 'The Federal Government may not compel the States to enact or administer a federal regulatory program.' [because] 'the Constitution protects us from our own best intentions: It divides power among sovereigns and among branches of government precisely so that we may resist the temptation to concentrate power in one location as an expedient solution to the crisis of the day.'" Accordingly, "[e]ven if Congress believed the Final Rule was the best means of reducing CO2 in order to address climate change, the States could not be directed to implement the policy choices of the federal government."

Further, the attorneys general note that FHWA previously issued a similar rule, soon repealed after the agency determined that the measure may duplicate "existing efforts in some States" and imposed "unnecessary burdens on State DOTs and MPOs [metropolitan planning organizations] that were not contemplated by Congress."

In addition to Attorney General Moody, the following states signed onto the complaint: Alabama, Alaska, Arkansas, Idaho, Indiana, Iowa, Kansas, Kentucky, Mississippi, Montana, Nebraska, North Dakota, Ohio, Oklahoma, Utah, Virginia, South Carolina, South Dakota, West Virginia, and Wyoming.

Attorney General and other officials gather in Kissimmee for impaired driving awareness

KISSIMMEE, Fla.—

The month of December breaks records for lives lost due to impaired driving.

It's a statistic that local law enforcement agencies are hoping to change.

Attorney General Ashley Moody and other officials gathered in Osceola County on Thursday to promote safe driving during the holiday season.

DUI arrests peak between Christmas and New Year's, Moody said, emphasizing that more people are going to holiday events and then choosing to drive impaired this time of the year.

Moody, along with Osceola Sheriff Marcos Lopez, urged Central Florida to make better decisions this year.

"If we catch you, you will go to jail," Moody said, adding that impaired drivers were not only risking jail, but also the morgue.

"Chad and Sarah were born and raised right here in Central Florida," Deanna Hehmann, the mother-in-law

Hehmann lost her son-in-law after he was hit and killed by an impaired driver who was going over 80 miles an hour.

"On September the 21st, 2019, we laid

Chad to rest, three days before his 22nd birthday," Hehmann said.

She says he left behind his high school sweetheart, Deanna's daughter, and their two twin boys.

The driver admitted to being under the influence.

Moody says in 2022, there were 6,200 crashes caused by impaired driving.

She says 1,100 of those were fatal, and 600 of them were all in the month of December.

"We have to remember that when we talk about these statistics, they're not just numbers. They represent people and families and lives," Moody said.

"You know, this year alone, we arrested 310 people for driving under the influence of drugs and alcohol. That means there was 310 people who didn't care about you, your loved ones, your family members and were arrested," Lopez said.

Moody gave tips on staying safe this holiday season, which included utilizing rideshare services, reporting any suspicious drivers to FHP and being vigilant when driving at night during the holidays.

"If you do choose to drink while you're socializing, we want you to be merry, but we want you to be safe, so please use a ride-sharing service or designate a driver or call someone for help," Moody said.

"Now is the time for action to end this 100% preventable crime," Hehmann said.

AAA also offers their tow-to-go service as well. They'll tow your car to your home and take you home, too.

ATTORNEY GENERAL MOODY URGES PARENTS TO PRIORITIZE CHILD ONLINE SAFETY ON NATIONAL APP DAY

TALLAHASSEE, Fla.—On National App Day, Attorney General Ashley Moody is encouraging parents and guardians to protect children online by monitoring a child's activities on mobile phones and implementing parental control measures.

According to research, 95% of teenagers have a smartphone and 43% of children ages 8 to 12 also have a smartphone.

Online predators and traffickers lurk on mobile apps and social media to target children. Attorney General Moody is offering online safety tips for parents to protect children from digital drug dealers, sexual predators and human traffickers.

Attorney General Ashley Moody said, "On National App Day, I'm urging parents to pay attention to what children are doing on their phones. There are many apps out there, and while some may be helpful, it is important to know there are dangers lurking in cyberspace—from digital drug dealers to online predators and traffickers. Please, be aware of what your children are looking at online and who they are talking to and use parental controls to keep them safe."

Attorney General Moody is offering essential tips for parents to enhance their child's online safety:

- **Open Communication:** Talk about online safety, and encourage children to share concerning encounters while using mobile apps;

- **Set Boundaries:** Set clear guidelines on what children can view and share while using mobile devices;

- **Use Parental Controls:** Enable

parental controls on devices and apps. These allow parents to manage and restrict content, screen time and more;

- **Regularly Monitor:** Routinely review a child's mobile activity. Stay informed about the apps being used and interactions that happen with people online. Keep in mind that many apps have a vanishing feature where messages will disappear after being read; and

- **Stay Updated:** Be informed about the latest trends in apps and digital platforms. Being aware of emerging apps helps in understanding potential risks.

Last year, Attorney General Moody released the [Online Safety Toolkit](#), designed to help empower parents to teach their children about the dangers of human traffickers online. The toolkit contains a list of apps commonly used by predators that parents need to know about.

Attorney General Moody previously shared parental control resources to help parents protect children online.

100 Years Of Honoring Heroes



Then

One hundred years ago, America was undertaking a solemn national responsibility unlike any it had previously faced. World War I had just ended, taking the lives of more than 100,000 Americans, and the logistics and cost to bring their remains home were overwhelming for the nation. At the same time, America refused to back down on the promise to give the fallen a respectful place of rest.

The War Department decided to send letters to 74,770 next-of-kin, asking if they would like their loved ones to be brought home or if they would agree to have them laid to rest permanently near the battlefields of Europe. More than 30,000 families elected to have their fallen service members forever honored on the continent they helped saved. This began a tradition that continued after World War II.

Now

In 1923, the American Battle Monuments Commission (ABMC) was established as a federal agency to act as the guardian of American military cemeteries and memorials abroad. Today, ABMC oversees 31 military monuments and 26 burial grounds on five continents, holding more than 123,000 graves.

While these sites remember sacrifices made generations ago, ABMC ensures they remain pristine, stately and awe-inspiring. In ABMC cemeteries, thousands of precisely aligned white headstones mark the graves of the fallen equally, without regard to rank, race, or religion—a historic decision for the segregated era in which they were created. Many sites also contain towering Walls of the Missing, etched with tens of thousands of names who have yet to

Continued page 14

FROM THE DESK OF

GOVERNOR DESANTIS



Governor Ron DeSantis Awards More Than \$24 Million to Sixteen Rural Communities Through the Rural Infrastructure Fund
TALLAHASSEE, Fla. — Today, Governor Ron DeSantis announced

more than \$24 million in awards to sixteen rural communities through the Rural Infrastructure Fund (RIF) program. Today's announcement includes five awards for communities impacted by Hurricane Michael. These funds support community economic development projects that will strengthen public infrastructure and expand job opportunities for employers and families in rural communities.

Additionally, the Governor announced \$5 million in available RIF funding for Hurricane Idalia impacted communities. Applications will be accepted through Monday, February 5, 2024 by 5pm., Eastern Time.

"We are committed to providing Florida's rural communities with the resources they need to support long-term economic growth," said Governor Ron DeSantis. "These investments will improve infrastructure, attract new businesses and accelerate Florida's unprecedented growth."

"Under Governor DeSantis' leadership, Florida's rural communities are flourishing and continue to receive valuable funding for infrastructure and workforce projects," said Secretary of Commerce J. Alex Kelly. "Today's awards build off more than \$20 million awarded this calendar year through the Rural Infrastructure Fund. We look forward to working alongside the Governor to continue growing Florida's rural communities."

The following Hurricane Michael-impacted communities will receive awards through the RIF program:

§ Holmes County Board of County Commissioners (\$4,633,000) – for water and roadway infrastructure improvements.

§ City of Bonifay (\$1,469,500) – to upgrade the city's wastewater treatment

plant and potable water supply, creating 120 new jobs and providing more than \$20 million in capital investments.

§ City of Quincy (\$909,810) – to extend S. Springs Road, including water, sewer, and existing utilities by 1,200 feet.

§ City of Quincy (\$278,000) – to study the current capacity of the wastewater treatment plant and to determine the needs of future planned developments.

§ City of Blountstown (\$217,943) – to provide improvements and expand existing waterlines to allow an increase in operational efficiency and to increase reliability in an effort to prevent significant downtime.

Additional communities receiving awards through the RIF program:

§ Columbia County (\$5,000,000) – to create traffic flow and safety improvements in the unincorporated area of Ellisville at the interchange of I-75 and US 41 to create 200 jobs and provide more than \$30 million in capital investments.

§ City of Perry (\$4,737,809) – to upgrade the City's Water Treatment Plant furthering the new line providing water availability to a 200-acre commercial/industrial site that is being marketed for growth and development.

§ Baker County (\$3,005,671) – to extend the paved road, water, wastewater, and natural gas infrastructure into Enterprise East Industrial Park, where a new manufacturing facility will be operating, creating up to 60 jobs and more than \$19 million in capital investment.

§ City of Arcadia (\$1,756,545) – to construct 8" water main lines to service the Municipal Airport and the surrounding properties.

§ Hamilton County Development Authority (\$400,000) – to help facilitate redeveloping an extremely blighted area at the first exit visitors and tourist experience on I-75 as you enter Florida.

§ Waccasassa Water and Wastewater Cooperative (\$300,000) – to complete a facility plan that will determine the necessary components to implement a regional project to provide water service and wastewater collection and treatment for the communities of Bronson, Otter Creek, and Cedar Key.

§ Village of Indiantown (\$300,000) – for the future construction of a new water treatment plant that will greatly impact the community in terms of supply capacity and supply quality.

§ Okeechobee County (\$300,000) – to expand the Okeechobee County Airport (OBE) through a Project Planning and Preparation Grant for final design, engineering activities, regulatory approval, and bid specifications to develop the infrastructure for constructing two 6-bay box hangars and two 10-bay T-hangars and improving the taxiways and associated infrastructure at the airport.

§ Taylor County Board of County Commissioners (\$300,000) – to develop a 61-acre parcel of land that will be

known as Steinhatchee Coastal Park which is located on the Gulf and the mouth of the Steinhatchee River.

§ City of Live Oak (\$295,000) – to reevaluate the City's potable water demands and develop estimates for potable water demand to serve future development around US 129/I-10 interchange the existing water distribution mains along US 129 from south of 72nd Trace to north of I-10 and will result in a water and sewer master plan to ensure that water and sewer infrastructure is adequate to support anticipated private development over a 20-year forecast period.

§ City of Live Oak (\$285,000) – to perform engineering evaluations of the existing public infrastructure (water, sewer, and stormwater) to support the proposed redevelopment of Heritage Square.

§ City of Wauchula (\$278,500) – to conduct a study of its jurisdiction and the areas directly surrounding it to determine the feasibility of bringing inland port commerce to their residents.

§ Town of Jasper (\$200,000) – to address critical water infrastructure needs and provide adequate storage and pumping capacity to support economic development and growth.

Governor Ron DeSantis Awards More Than \$6.5 Million For Infrastructure Improvements Through the Florida Job Growth Grant Fund

TALLAHASSEE, Fla. — Today, Governor Ron DeSantis awarded more than \$6.5 million through the Florida Job Growth Grant Fund (JGGF) to support key infrastructure improvements that will help bridge supply chain gaps and increase access to industrial sites. The JGGF awards will help expand business opportunities and create more than 2,900 new high-wage jobs and facilitate the growth of Florida's aerospace, defense and manufacturing sectors.

"These infrastructure investments will support local economies and create nearly 3,000 new jobs," said Governor Ron DeSantis. "In Florida, we are focused on making investments in competitive industries like manufacturing, which will continue to pave the way for a strong, resilient economy that generates business growth."

"Under Governor DeSantis' leadership, key investments like today's awards to Ormond Beach, Marion County and Haines City focus on Florida's future by providing site-ready infrastructure to their communities," said Secretary of Commerce J. Alex Kelly. "As people and businesses continue to move to Florida, investments in public infrastructure cement good, high-paying job opportunities and make it possible for businesses to relocate and expand."

The following entities will receive an award through the Florida Job Growth Grant Fund:

§ Marion County Board of County Commissioners (\$4,746,307) – to complete the final phase of the infrastructure improvements to Florida Crossroads Commerce Park, an industrial park that will target the food manufacturing and distribution, consumer product distribution, E-commerce and aviation and aerospace manufacturing industries.

§ City of Ormond Beach (\$1,623,426) – to increase access and promote business development at Ormond Beach Airport Business Park by installing a

secondary access road to connect the City's Airport Business Park to Pineland Trail.

§ City of Haines City (\$200,000) – to repair a rail spur which will help commercial manufacturers in the area to distribute products such as food, lumber, trusses and housing components.

Since 2019, more than \$191 million has been awarded through the Job Growth Grant Fund, making strategic investments in programs that build stronger communities and support workforce training across the state. 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 FloridaCommerce and are chosen by Governor DeSantis to meet the demands for workforce training or infrastructure needs in communities around the state.

Honoring Heroes

Continued from page 13

be recovered. These burial grounds are set in reverent landscapes, adorned with distinguished art and architecture, and are cared for by a staff of both Americans and local citizens.

ABMC's mission has evolved over the last century. In its early years, ABMC's sites served largely as places of grieving and remembrance for relatives and comrades. Today, they have become places of education to ensure that new generations know the sacrifice and achievements of those ABMC memorializes and those with whom they served.

What You Can Do

On ABMC's centennial anniversary, Americans are invited to virtually explore its cemeteries and memorials, visit one of the sites in person, or search ABMC's online register at [ABMC.gov](https://www.abmc.gov) to discover a connection to one of the patriots the agency proudly honors. By making remembrance an action, you will help the nation continue to uphold the promissory words of ABMC's first chairman, General John J. Pershing, who said, "Time will not dim the glory of their deeds."

Latest Travel Trends - Suprise!



Discover The Latest Travel Trends In A Surprising Spot

(NAPSI)—Nestled between the Tennessee River and the Great Smoky Mountains in Eastern Tennessee is charming Loudon County—an underrated travel destination and a very special place to visit in Tennessee. Loudon has been called the ultimate affordable mountain lake vacation with everything from local shopping and family-friendly activities to breathtaking views and outdoor adventures.

Tennessee Grown

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Travel Trend

Continued from page 14

Agritourism is an ongoing trend and one of Loudon's biggest charms, with a number of farms in the area producing Tennessee-made goods and products. Sweetwater Valley Farm, a beautiful family dairy farm, produces award-winning farmstead cheeses, offering samples as well as full farm tours to see how everything is made. The Seed to Sandwich Café is a must-visit, serving up grilled cheese sandwiches and milkshakes made from Sweetwater's own products. Windy Hill Farm & Preserve is a peaceful, all-inclusive getaway on 650-acres. The on-site restaurant's ingredients are harvested on the property, and the resort offers a range of rustic outdoor activities, from beekeeping to wine hikes. Loudon also has seasonal farm activities throughout the fall, including Maple Lane Farms Legendary Corn Maze, the pumpkin patch and petting zoo at Deep Well Farm and Dead Man's Farm's famous haunted house.

Dine Like a Local

With culinary travel on track to be another big trend in 2024, Loudon County boasts local flavors with exciting twists at many of the beloved restaurants in the area. Monkey Town Brewing is a brewpub in the historic train depot in downtown Loudon serving 20 draft beers and a versatile menu. If there's one thing Tennessee knows it's good barbeque, and Loudon County is no exception. Smokin' F, Sons of Smoke and Calhoun's are three of the best spots in the area, highlighted along The Visit Loudon

County BBQ Trail. From live music to craft beer, each of these spots boasts something completely unique, along with amazing barbeque.

Antiques, Boutiques & Charming Main Streets

Culture and connections are inspiring leisure travel for 2024, and Loudon County is a small-town destination with locals that treat you like family. Downtown Loudon and Lenoir City have charming main streets with small-town businesses that specialize in everything from beautiful clothing to antique furniture. Shop new trends at Brikel Boutique, a mother-daughter owned clothing shop that specializes in styling/consulting, or peruse The Tennessee Homestead Exchange's inventory of everything from soaps and lotions to coffee and hand-made art; everything here is produced by locals within 30-40 miles of Loudon.

Lakeway to the Smokies

No Tennessee vacation is complete without enjoying some time in the state's beautiful wilderness. Loudon boasts both lakes and rivers in addition to easy access to the Smokies, making way for diverse outdoor adventures. If you're looking for things to do in Tennessee, enjoy lake activities on Fort Loudon Lake and hike the scenic East Lakeshore Trail. Play a round of golf at one of five top-rated courses in the Southeast designed by some of the sport's biggest names, including Greg Norman. Loudon is the perfect weekend trip from larger cities like Atlanta, Knoxville and Nashville.

In 2024, travelers are interested in slow travel destinations that boast natural beauty and landscapes. Loudon County Tennessee encourages visitors to immerse themselves in the local community and culture for an authentically stunning experience.

Learn More

For further facts, visit www.visitloudoncounty.com.

Internet Connections Made Easier



(NAPSI)—A fast, reliable Internet connection is essential to many of our daily lives. However, many Americans still struggle to stay connected.

That's where the **Affordable Connectivity Program (ACP)** can come in.

ACP extends the Internet subsidy for families in need that began under the Emergency Broadband Benefit (EBB)

program. Falling under the \$1.2T bipartisan Infrastructure Investment and Jobs Act, the ACP is part of a \$65 billion broadband Internet initiative designed to bring affordable or even free Internet service to families who qualify.

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

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

- Household at or below 200% of the Federal Poverty Guidelines.
- Participants in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline.
- Participants in tribal-specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations.
- Participants in the National School Lunch or Breakfast Program, including through the USDA Community Eligibility Provision.
- Anyone who received a Federal Pell Grant during the current award year.
- Everyone who meets the eligibility criteria for a participating provider's existing low-income Internet program.

Learn More

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

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