



Recently, Mayor Freeman was honored at the Vietnam Veterans award ceremony held at Recreation Plantation. The ceremony, sponsored by the Marine League and the Recreation Plantation Veterans, brought together over 100 veterans, spouses, and widows. Colonel Patrick Cramer and Major General Edward Chrystal awarded a commemorative pin to Mayor Freeman and all veterans in attendance.

March 29, let us recognize National Vietnam War Veterans Day. This day commemorates the 50th anniversary of the departure of the last American troops from

Vietnam on March 29, 1973. The United States of America Vietnam War Commemoration, launched in 2012, will continue through Veterans Day, November 11, 2025. This marks a 13-year period of remembrance for the 50th anniversary of the Vietnam War.

Reflecting on the solemn sacrifices made during the Vietnam War, we pay tribute to Lady Lake Mayor Ed Freeman, a hero who served in the U.S. Army from April 1969 to May 1971. Mayor Freeman, with the rank of CW-2 (Chief Warrant Officer 2), bravely flew Hueys for an aeroscout company in BCo 123AvnBn 23InfDiv, ChuLai, Rvn.

Bernie Sanders 32 Hour Week

By TomL

Will a 32 hour work week happen? It was introduced by Bernie Sander a Socialist. Should we trust him? I just put him the same category as Joe Biden. Well let me tell you a

story about my 32 hour work week.

It starts out in the 60's Hollywood Florida at a company called Chestnut Hill Industries, it had it's own city block, yes the building was that big. They made Ladies

Easter Eggstravaganza Egg Hunt

LADY LAKE – Join the Town of Lady Lake for a hopping good time at the upcoming annual Easter Eggstravaganza Egg Hunt, where the town is hiding a whopping 12,000 Easter eggs for all the little ones to find!

This popular community event will take place on Saturday, March 23 from 10 a.m. to noon at a new location this year - among the oaks and palm trees at Snooky Park, located at 120 W. Lady Lake Blvd.

Sponsor participants will host kids' games and give out free candy at this family-friendly event.

But that's not all – we've got bounce houses galore, beats by our fantastic DJ, and plenty of fun activities for the whole family. Delicious food options will be offered by Lil Fatz BBQ, Abuela Tina, Parlour Ice Cream and Rose Creek Country Foods.

Families will get the chance to pose and snap some adorable photos with the Easter bunny, and capture memories at our special photo opportunities in the picturesque Snooky Park!

The event seeks to foster a positive and community-oriented atmosphere. Mark your calendars, gather your loved ones, and



let's make this Easter one to remember.

Special thanks to our sponsors, the Kiwanis Club of Lady Lake for providing the eggs and the Friends of the Lady Lake Library, who are providing a take-home craft.

Garments. Name brands at the time. Mr. Dino, Pantino, Harburt, Chestnut Hill. It was own by four Jewish family's. There were hundreds of employee's. I worked in the area where they had a printing press which was in the Mail room area. The factory did it all...There were fabric cutters, seamstress's, presser's, garment warehouse where thousands of garment's hung on hanger. All the groups of garments

were on tracts.

When the order came in the packers would order the garments from the warehouse and pack them in boxes with tissue around them. They would go by conveyer to the stapler. One person stapled the boxes closed. Each box had a label giving the destination.

There was a armed guard at the only two

Continued page 2



Pictured is a candid shot of Lady Lake Chamber Business luncheon visiting with each other last month before the luncheon started. The meeting was well attended as you can see. The luncheon was held at the Glenview Country Club March 21st. The networking

luncheon is held every third Thursday monthly for a meet and greet and to learn more about each others business. Call the chamber for more information 352-753-0629. (More photos pages 8 & 9) PHOTOS TAKEN by CKJ-13 Kay Johnson

Erik Lehane

THE GAITWAY GROUP



Active Seniors: Are You Breaking the Law? Fred Astaire vs. Quasimodo

Laws guide our actions in various aspects of life, from obeying speed limits on the road to adhering to the principles of physics. Yet, there's another law often overlooked in the realm of exercise: The Law of Specificity. Are you inadvertently violating this crucial principle? Let's delve into how active seniors can leverage this law to enhance their quality of life and independence.

The Law of Specificity emphasizes that the effectiveness of practice is directly proportional to its similarity to desired performance outcomes. In simpler terms, if you want to excel at something, practice that specific activity. This principle holds immense significance for seniors aiming to maintain independence and enhance their overall well-being in later stages of life.

Enter the "Magnificent 7" — a set of foundational movement patterns crucial for functional mobility: squatting, lunging, pushing, pulling, rotating, hinging, and locomotion. These patterns underpin everyday activities, from dressing oneself to engaging in recreational pursuits like golf. By aligning exercise routines with these fundamental movements, seniors can effectively apply the Law of Specificity to bolster their quality of life and independence.

The beauty of the Law of Specificity lies in its capacity to train the body's muscles and nerves to master and refine movement

patterns over time. Just like learning to ride a bike or play a musical instrument, initially challenging movements evolve into seamless actions with consistent practice.

Unfortunately, aging often leads to a gradual decline in strength, power, and muscle mass, potentially compromising the ability to perform these fundamental movement patterns. What was once effortless, such as ascending stairs gracefully like Fred Astaire, can transform into a struggle akin to Quasimodo ascending the bell tower. Hence, it becomes paramount for seniors to adhere to the Law of Specificity and prioritize exercises focusing on the Magnificent 7.

In practical terms, this means replacing isolated exercises like leg lifts or bicep curls with compound movements such as squats and push-ups. Rather than relying solely on stationary equipment like an exercise bike, opt for activities like walking or running that engage multiple muscle groups and mimic real-world movements. The bulk of your exercise regimen — around 90% — should revolve around mastering the Magnificent 7, with supplementary exercises added as needed.

Drawing from over two decades of experience as a physical therapist working with active seniors, I've witnessed the pitfalls of well-intentioned but misguided exercise routines. By embracing the Law of Specificity and integrating the Magnificent 7 into their fitness regimen, seniors can tilt the scales towards a lifestyle reminiscent of Fred Astaire's gracefulness, leaving Quasimodo's struggles far behind.

Erik Lehane, a dedicated physical therapist with expertise in preventive care, is the visionary founder behind The Gaitway Group (thegaitwaygroup.com). Through this venture, he empowers active seniors with the knowledge and tools to "add life to their years." For inquiries, contact Erik at erik@eriklehane.com.

Bernie Sanders

Continued from page 1

exist doors in this huge building for security reasons. They would check you in, the men would open their lunch boxes & open jackets and the women would open their purses and lunch boxes coming in and going out. As you can imagine there were hundreds of employees. Chestnut Hill Industries moved there because the City of Hollywood gave them a five year tax free exemption and I believe helped with a grant to build the building. Chestnut Hill promise to employ 400 to 500 people who would live in Hollywood and help the economy by spending their money in town.

The union manage to get in and take control of the employee. All of the partners had garment factory's up north so I assume they followed them. The idea was to share in the Florida factory. It was a great idea to try to share expenses in manufacturing garments. There were two shop stewards. Several were fired when there was controversy, or they were forced to quit. I was approached to take on a portion of the shop steward job, being the most out spoken one in my area employees wanted me to do it. I took the place of a shop steward that suddenly left. I had several hundred workers in my area, honestly it was a pain in the butt.

In a very short time the union wanted us to strike for a 37&1/2 hour work week. We hit the street a few more heads rolled but not mine. The company excepted the demands after a week.

I must put something in the time frame...My wife and I eloped in this time period. Her parent were not happy, you see they thought I was a bad boy! Years later we would make friends and my wife and I would invite them to live on the Loury Farm. They did for many years and learned I was not so bad.....

Mean while In about six months there was another demand for a 32 hour work week. I stood up against the union and it did get a little rough near the end of it all. I refused to strike and I gave notice. The company was in it's fifth year of their tax deal with the city. The company ask me to stay, I was getting stale at that job. It was time for me to move on.

I had a job in two days, there was a demand for pressman in the area. I went to the Hollywood Sun Tattler in composition as a trainee. I wanted to go through all the apprenticeships that I could to learn the whole business.

I ran into a co-worker from Chestnut Hill Industries and she told me she unemployed, she explained what happened was the

company facing the no tax deal ending with the city and a 32 hour work week they went to their own mail room and mailed all of their high end garments to their warehouses to Boston and went bankrupt.

Now who won there, 500 hundred employees were out of work. Chestnut Hill took their loss losing out of date garments and moved back up north where most of their interest was anyway. They each had their own factory's and ended the experiment of incorporating all of their factory efforts.

So Bernie Sanders is wrong, but he has no example to check it to. He has never run a business he just wants to run everyone else's business!

So that is my story about my 32 hour work week experience. TomL said that! Maybe next month we can talk about my union membership or the lack there of at the Hollywood Suntattler. Till next month...

Lady Lake's Junior Baseball

Lady Lake's Junior Baseball Field at the Guava Street Athletic Complex was named in honor of Mike Spradlin, who has served Lady Lake Youth Baseball & Youth Softball (formerly Little League) for nearly 30 years. On Feb. 21, the Town Commission unanimously approved the naming for Spradlin, the League's treasurer since its inception in 1995. Mike Spradlin has helped secure the League's financial longevity and made sure there were always funds available for children who could not afford registration. His dedication has touched thousands of community children, and we

are proud to offer this small but fitting tribute!

Elisha Pappacoda

Lady Lake Police Department News

Thank You, Congressman Daniel Webster

The Lake County Sheriff's Office recently requested funding for a RAPID DNA system for our jail that will help identify suspects who may be connected to multiple crimes in a more timely manner. Recently, Congressman Daniel Webster voted to approve bill H.R. 4366, which included funding specifically for this resource, and the bill passed. "I would like to express my sincere gratitude and appreciation to Congressman Webster for his diligence and unwavering support for law enforcement. Because of his efforts, we will be able to apply for the funding for this project through the Department of Justice's Justice Assistance Grant," remarked Lake County Sheriff Peyton Grinnell.

Thank you, Congressman Webster!

Lake County Special Investigations Bureau Detectives Make Felony Arrest after Execution of a Search Warrant

On March 12, 2024, the Lake County Sheriff's Office SWAT team and detectives with the Lake County Sheriff's Office Special Investigations Bureau executed a lawful search warrant at the residence of 2519 Myer Avenue Leesburg, Lake County, Florida. Agents with Homeland Security and detectives from the Mount Dora, Eustis, Leesburg, and Clermont Police departments assisted with the investigation. As the

Continued pate 6

Update on Reverse Mortgages

Tuesday, April 9, 12:30pm
The Standard Coffee Lounge, 1552 Bella Cruz, The Villages

Register: 352-462-0636 or www.RMexplained.com

**Learn the History, Myths, Facts
and if a Reverse Mortgage Can Work for You**

Lunch with Reservation Presented by:
Dan Kapellen
NMLS 2302495
Certified Reverse Mortgage
Specialist
Resident of The Villages

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 **Lake County Sheriff** on right side under "Contributing Editors".

Florida State Senate

DENNIS K. BAXLEY



Dear Friends,
The Florida Legislature has officially adjourned the 2024 Legislative Session, marking the conclusion of this year's 60-day regular session. Over those 60 days, Senate Republicans have delivered on key issues that impact Floridians across our state.

The Senate Republican Caucus stood firm in defense of the freedom that every Floridian holds dear. We enacted strong legislation to protect private property rights, passed critical measures to empower American energy production, and called for much needed accountability in Washington.

Senate Republicans introduced and passed vital legislation to expand access to critical health care services, empower neighborhood public schools, crackdown on rampant theft, and protect children from harmful online material. Additionally, the Florida Senate passed a balanced, fiscally conservative budget, while delivering critical tax relief to families and small

businesses across the State of Florida.

This budget, in conjunction with the Live Healthy Legislative Agenda, provides important funding to expand access to health care services for all Floridians. Over \$700 million is provided to address shortages in Florida's health care workforce, approximately \$50 million for innovation in the health care industry, nearly \$40 million to support Floridians with disabilities, and over \$300 million to establish behavioral health teaching hospitals. These key investments, coupled with strategic policy enhancements will enhance Florida's system of care and ensure every Floridian has access to efficient, effective, and economic health care services.

Thank you for taking the time to read this legislative update and for engaging in your government. As always, it is an honor to be your Senator.

Onward & Upward
Senator Dennis Baxley



Lake County Events

ECOSYSTEM WARRIORS

April 3, 2024 @ 10:00 AM
Bourlay Historic Nature Park
950 N. Canal St., Leesburg
Contact Tracy Hauserman at 352-298-0365 or email tracy.hauserman@lakecountyfl.gov.
<http://www.lakecountyfl.gov/parks>
Learn about the different species of non-native vegetation, how to identify them, and their effects on natural Florida habitats. Limited to 15 students. 6th-8th Grade. Reservation required.

FRUITLAND PARK FARMERS MARKET

April 5, 2024 @ 10:00 AM
Fruitland Park City Hall
506 W. Berckman Street, Fruitland Park
Contact Sheena Willis at 407-274-5443 or email Sheena@orangeblossommarketco.com.
<https://fb.me/e/1hWvWr8PQ>
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.

EXPLORATION HIKE

April 5, 2024 @ 8:00 AM
Ferndale Preserve
19220 County Road 455, Montverde
Contact Justin Pouliot at 352-516-7011 or email justin.pouliot@lakecountyfl.gov.
<http://lakecountyfl.gov/parks>
Join staff to explore the habitats and species of Ferndale Preserve.

AFTER DARK HIKE

April 5, 2024 @ 7:30 PM
Pine Meadows Conservation Area
2280 Pine Meadows Golf Course Road, Eustis
Contact Justin Gentles at 352-431-8798 or email justin.gentles@lakecountyfl.gov.
<http://www.lakecountyfl.gov/parks>
Bring your flashlight, headlamps and insect repellent to see what wildlife is active in the park after everyone goes home and the sun goes down.

SANDSTORM BNQ

April 6, 2024 @ 8:00 AM
Sandstorm BNQ
Hickory Point Beach
27341 FL-19 Tavares, FL 32778, Tavares
Contact Kristin Stanley at 352-742-0080 or email kristin@floridavolleyball.org.
<https://www.floridavolleyball.org/outdoor-event-schedule.html>

ADVENTURES IN PARROTDISE

April 6, 2024 @ 7:00 PM
Adventures in ParrotDise...
Clermont Performing Arts Center
3700 S. Highway 27, Clermont
\$36.75 - \$49.75
Contact Box Office at 352-394-4800 or email clermontpac@clermontfl.org.
<https://clermontperformingarts.com/adventures-in-parrotdise/>
Wherever you are, Jimmy's music can take you to paradise, and so can Barrie Cunningham's Jimmy Buffett Tribute, Adventures in ParrotDise! Join us Saturday, April 6 at 7 p.m., and dance your cares away to the timeless music of Jimmy Buffet!

QUARTERLY BIRD & BUTTERFLY SURVEY

April 6, 2024 @ 7:30 AM
08/1711/2Category: Nature Activities
Lake May Reserve
36300 County Road 44A, Eustis
Contact Gallus Quigley at 352-253-4950 or email gallus.quigley@lakecountyfl.gov.
https://c.lakecountyfl.gov/offices/parks_and_trails/event_reservations.aspx?mylakefl=true
Assist park staff with surveying the birds and butterflies that inhabit Lake County's conservation lands.

CELEBRATE THE GOPHER TORTOISE

April 6, 2024 @ 9:00 AM
Hidden Waters Preserve
2010 Abrams Rd., Eustis
Contact Tracy Hauserman at 352-298-0365 or email tracy.hauserman@lakecountyfl.gov.
<http://www.lakecountyfl.gov/parks>
Come join staff for a hike with unique water features but be prepared for an elevation change of 110 feet. No facilities. Limited to 15 children. Pre-K - 5th Grade. Reservations required.

THE FLORIDA RUN OVERFLOW RACE: 4 MILER AND 8 MILER

April 6, 2024 @ 5:00 PM
The Florida Run OVERFLOW Race: 4 miler and 8 miler
Lake Louisa State Park
7305 US Hwy 27, Clermont
Starting at \$30
Contact Jami Bishop at 352-250-4219 or email gofloridarun@gmail.com.
<http://thefloridarun.com>

Step into the magic of an enchanting EVENING trail run at Lake Louisa State Park, where the tranquility of nature converges with the thrill of a soothing sunset. Pick your adventure from two unique distances: a scenic 4-mile route or the invigorating 8-mile trail.

WATER WEDNESDAY

April 10, 2024 @ 10:00 AM
Hickory Point Recreational Park
27341 State Road 19, Tavares
Contact Tracy Hauserman at 352-298-0365 or email tracy.hauserman@lakecountyfl.gov.
<http://www.lakecountyfl.gov/parks>
Learn about river otter habitats. Create a river otter bag. Limited to 15 children. Pre-K - 5th Grade. Reservations required.

THE HABITATS AND NATURAL HISTORY OF SNAKES

April 13, 2024 @ 9:00 AM
Ferndale Preserve
19220 County Road 455, Montverde
Contact Fred Bohler at 352-516-8414 or email fred.bohler@lakecountyfl.gov.
<http://www.lakecountyfl.gov/parks>
Welcome to a discussion about the myths, natural history and importance of both venomous and non-venomous snakes.

MOUNT DORA EARTH DAY

April 13, 2024 @ 9:00 AM
Donnelly Park
148 Charles Ave, Mount Dora
Contact Janet Gamache at 352-217-8390 or email janet.gamache@gmail.com.
<https://mountdoraenvironment.org/>

Rotary Club of The Villages NOON

Gold Wing Productions Foundation

2nd ANNUAL SPRING THING

Some of our charities for this year...

St. Jude Children's Research Hospital

National Brain Tumor Society

AUTISM AWARENESS

alzheimer's association

THANK YOU to all our generous sponsors! Without you this doesn't happen.

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

PUBLISHER’S NOTES



I would like to start out with a question. How many of you patriots stand and put your hand over your heart when the National Anthem comes on TV at 6 am? Last Sunday 6 am the national anthem came on Fox News. I was at the sink sorting Mulberries' when the National Anthem started I got up put my hand over my heart and turned to the TV. My wife was standing in front of her recliner with her hand over her heart showing her respect. A great day to start a St Patricks day!

Cape Coral Florida victim, identified as Kayla Rincon-Miller, was shot on Sunday night while walking to McDonalds, during Spring Break.

In the news.....61 year old man lost his life over a parking spot at a Shell Gas Station (WHAT)

Teen girl found dead in Drainage Ditch.

(WHAT)
OK Biden ... it is still happening when will you make them stop? You started this!

It seems that Elon Musk Is suing Google for breaking their agreement. The agreement over the AI, Musk helped Google to set up AI as long as they did not use it unethically.

So now Google has paused AI after many complaints. Musk calling them names and said they were anti-civilization. That sounds serious to me! He also called them Insane Racist! It was all over the Gemini chatbot! I don't even start to understand other than I know it can go bad and start a war or blow up civilization ????

Meanwhile Musk has developed robot workers with some AI ability. They can do repetitious jobs with skill and dependability. Musk intends to use them in his Tesla Factories. Using robots he says we can make things cheaper than China. While creating jobs for Americans. Musk says robots are probably limitless and they could even be

used in the homes for duties and even care for the elderly. That is going further than I like but progress will never stop. The robots revenue may surpass his Tesla revenue. If you are smart enough your dreams can become reality!

I was really please when Elon bought twitter and then exposed it because the left used it for political elections. He is a true patriot!

Now we are down to two candidates running for president. one who is being prosecuted time and time again and the other that should be prosecuted time and time again. We are hearing that the current president had 350,000 immigrants flown into our country in secret. Where did they go? Where are they now? What are they here for? Sounds like a private, secret army..... They accuse Trump of being a dictator, but this 350,000 could be a private army who's job is to protect someone.

It is tuff for young people trying to start a business. For instance a customer calls and contracts with a young business to do a job. Let's say the job will take two weeks and there was specific instructions and curtains things that needed to be done. Agree on a price, put it in writing and get a signature. Get half of the money up front. The customer shows up one days and adds three more things to the jobs that need to be done. The customer thinks he should not pay any more. The young business person needs to have pictures of what he has done and a signed agreement of what he bid on as proof. The business should rebid the extra work. The Business person should say at once it will cost you this more if I move my equipment and then have to come back, then tell the customer he and his crew are leaving, when they have fulfilled their agreement. To many people out there trying to get something for nothing. Don't let them do that.

Biden who appeared to be a different person gave a angry, loud, STUMP speech, instead of the "State of the Union". He used the words my predecessor a couple of dozen times. I ask, now that he appears to be normal can he be EMPACH? He was attacking the Supreme Court justices after they took the time to attend, to show respect. If I were them I would have got up and walked out and the Republican Congress could have done the same. He has no respect for our Constitution and our of rules of laws. I wonder who's Crack that was in a locker in the WH????? Another time I noticed something different was the day "the current President" said he was going after hand guns. What happened to our top law enforcement agencies? What are they doing? I think the Socialist have a grip on our current administration because of what they know about the bidden's.

Pro Trump FDNY members Boo NY Attorney General Letitia James. They are investigating who boo ed James and say thAt it was unprofessional and unbecoming on duty Fire fighters.

People of Haiti are demonstrating for the departure of Prime Minister Ariel Henry in early February. Now the countries rule of law is gone. Some are rioting while others are running from the danger. There has been some private rescues of Americans that are stuck over there. The Administration is not acting fast enough to save American lives but they did rescue some people of political interest and power, while our Americans were in danger. We have spent a lot of money trying to help the country stabilize itself to no avail. They stole the money and ran, probably to the United State crossing the border through Texas.

Palm Beach County Florida

The victim was reportedly abducted near John Prince Park around 1 a.m. and was sexually assaulted at two different locations by the three men. She managed to escape by flagging down a passing motorist.

The victim was walking to a gas station when she came across the three men. She was first assaulted near a food market, and then again on Lake Osborne Drive. After her escape, she received medical attention at Wellington Regional Medical Center.

The police were able to locate a vehicle that matched the description given by the victim, leading to the arrest of the three men. The suspects are currently being held in Palm Beach County jail, with their bond set at \$200,000 each.

They were Illegals Aliens. Thank You Joe Biden and Homeland Secretary Alejandro Mayorkas!

As he would put it a few eggs are going to get broken or milk would be spelt. (THAT IS NOT FUNNY) These are human lives you two are playing with..... American Lives!

People are dropping around us and it only the locals that we can depend on.

Newspaper Deadlines

Editorial & Ad Copy for May

Seniors Voice & Ocala DownTown

Noon, April 19th

Lady Lake Magazine & Village Spectator

12am, April 24th

Village Spectator / Lady Lake Magazine
Products of TomL Publishing, LLC

P.O Box 1698, Dunnellon FL 34430

Publisher: Tom Loury

Phone: 352-804-1223 | Email: tloury@att.net

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THE WOUNDED
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God Bless our Troops
Support Our Veterans
We Endorse The Constitution

FAIRtax



Are you a FAIRtax fan? You may be and don't know it yet. Let's see if I'm right. Do you think you should feed the government BEFORE you feed your family? That is precisely what you are doing now under the income tax because of federal withholding from your paycheck. By the use of withholding you are telling the government that they are your highest priority. Under the FAIRtax federal withholding is eliminated. You are only taxed when you spend your money, not when you earn it, putting your family first. Do you think the government should know more about your financial life than you are willing to tell your own children? Through the income tax forms, the government knows how much you earn, where the money comes from, how much you have invested, how much you gave to charity, how much interest you've earned, how much you have in savings, what property you have sold or bought, what depreciation you may have taken, what your mortgage payments are, etc, etc, etc. Under the FAIRtax the only thing the government knows is how much your employer paid you for the year so the Social Security Administration can calculate your benefits upon retirement. Do you think the IRS is an efficient and secure repository for your financial information? First of all, the IRS budget for 2023 was over 12 billion dollars with a request for over 14 billion dollars for 2024. That's a lot of tax dollars. One would hope that IRS employees are being well vetted and are

using secure networks but unfortunately that is not always the case. Some agents even after being fired for violations can be rehired due to union contract stipulations. Some agents are also working remotely from their own home computers without benefit of secure networks leaving your financial information vulnerable to hacking. There were nearly 180 million tax return filed in 2021. Under the FAIRtax, there is no need for the IRS to even exist as there total function is to administer to the collection of income taxes. Since the states will be doing the collecting for the FAIRtax, only a small section of the Treasury Department is needed to collect the taxes from each state. That's way more efficient, much more secure and a lot of tax dollars saved. Are you a FAIRtax fan yet? These are only three examples of why you should be. For much more information regarding the FAIRtax please go to FAIRtax.org

Florida Treasure!



A century-old abandoned limerock quarry transformed into a 20-acre botanical garden in Williston, FL MISSION...

To instill in visitors respect and appreciation for environmental stewardship by inspiring the public with artistic botanical creations. Cedar Lakes Woods and Gardens promotes peace, humane education, animal rescue, and environmental preservation. Visit <https://cedarlakeswoodsandgarden.com/>

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ENGAGEMENT

BUSINESS OR ID PHOTOS

PUBLIC OR PRIVATE EVENTS

REUNIONS AND RECEPTIONS

NO WEDDINGS

PROFESSIONAL PHOTOGRAPHER PERMIT FOR SHALOM PARK.

LLPD

Continued from page

SWAT Team secured the residence, 13 individuals were located at the residence. As detectives began searching the residence, large amounts of various narcotics and firearms were located within the residence. The total combined weight of narcotics seized from the residence was:

- Approximately 1 pound of cocaine.
- Approximately 6 oz of methamphetamine.
- 15 grams of fentanyl (in powder form and pill capsules).
- 40 grams of MDMA.
- A small amount of marijuana.
- Drug paraphernalia.

A total of seven firearms were seized from the residence, including two rifles, one shotgun, and four pistols. Furthermore, the serial number had been removed from one of the pistols.

As a result of this investigation, Walter J. Canady, DOB: 01/16/1981, was arrested and charged with armed trafficking in cocaine over 400 grams, armed trafficking in methamphetamine over 28 grams, armed trafficking in fentanyl over four grams, armed trafficking in MDMA over ten grams, possession of a firearm and ammunition by a convicted felon, and possession of drug paraphernalia. Mr. Canady was not given a bond due to the large number of narcotics and firearms located within the residence. Additionally, Gabriella Partridge, DOB: 02/27/1992, was arrested for an active warrant for VOP possession of cocaine and possession of MDMA, and Rosa Taylor, DOB: 08/08/1968, was arrested for an active warrant for grand theft \$5,000-\$10,000, and Taylor G. Estrill DOB: 03/05/1997, was issued a misdemeanor summons for possession of drug paraphernalia.

Helping Alleviate Children’s Anxiety



(NAPSI)—If your children are like most, they get anxious from time to time—but you can help them get over it.

The Problem

In fact, according to the National Institutes of Health (NIH), even with the best parenting, 80 percent of little ones feel that unpleasant emotion.

Some Answers

Fortunately, there are several ways you can help.

For one thing, the NIH suggests parents of younger children can help them “come back to earth” from spiraling thoughts with the 3-3-3 rule: Ask your child to name 3 things they can see, identify 3 sounds they can hear, and move 3 different parts of their bodies.

For another, one of the most anxious times

for little ones is at bedtime. Scary things and worries flutter and flap around, making it hard to sleep. A calming nightly routine, including reading to your children, however, lets them settle down for the night.

Bedtime Reading Can Help

According to the Children's Bureau of California, reading to your child at bedtime builds trust in them that you will be there for them. With a little imagination (and a lot of love) you can create a cozy nest for happy thoughts—and sweet dreams for your kids. One excellent new picture book that can help with that is “[My Thoughts Have Wings](#),” by Maggie Smith. The bestselling author of the viral poem “Good Bones” and the memoir “You Could Make This Place Beautiful” delivers a lyrical and reassuring book great for calming active minds at bedtime (or anytime).

The poetic book was inspired by Smith's own daughter who dealt with intrusive thoughts at night. It's an fine way for children to recognize and name unsettling thoughts and provides an empowering, reassuring strategy for self-soothing.

The colorful hardcover is aimed at children from preschool through grade 3, published by HarperCollins and available wherever books are sold.

Learn More

For further information or to order the book, visit www.harpercollins.com.

Fortifying Oral Health



Vitamins and Minerals: Fortifying Against Poor Oral Health

(NAPSI)—Practicing basic oral hygiene, such as brushing, flossing, and going to regular checkups with a dental professional are some of the most important ways to maintain oral health. However, if these practices are not paired with proper nutrition, oral health can still suffer.

Mindfully incorporating foods that are good for oral health can also contribute to overall wellbeing. Certain vitamins and minerals are particularly beneficial for teeth and gums. Many people take dietary supplements to improve their health or fill gaps in their diet. Supplements can also be a viable alternative for people with dietary restrictions or allergies.

Best vitamins and minerals for oral health and where to eat them

Calcium strengthens enamel, which is the hard outer layer of teeth. It is widely known that cheese, low-sugar yogurt, and other dairy products contain calcium, but many seeds, beans, lentils, and leafy greens are also rich sources.

Phosphorous works with calcium to build strong teeth, as well as bones. Meats like chicken, turkey, and seafood are good sources of phosphorus. Sunflower and pumpkin seeds and whole grains are rich in this mineral, too.

Iron is a mineral used in the production of hemoglobin and having an iron

deficiency can lead to harmful consequences for the body. Teeth are no exception. Eggs, beans, meat, poultry, fish, and whole grains all contain iron.

Vitamin C helps to synthesize collagen in the mouth. Eating foods containing vitamin C help strengthen teeth and protect against gingivitis, an early form of gum disease. Citrus fruits, such as oranges, strawberries, and bell peppers, are some of the best sources of vitamin C. When taking vitamin C as a supplement, it is best to avoid liquid or gummies as they can erode enamel.

Vitamin K, and more specifically vitamin K2, helps re-mineralize tooth structure. Leafy greens such as spinach, and cruciferous vegetables such as broccoli, Brussels sprouts, and kale contain vitamins K and C, as well as phosphorous.

Vitamin B, and B12 in particular, helps the body absorb calcium. It is found in many animal proteins and some fortified cereals. For those who do not eat meat or have dietary restrictions, B-complex vitamin supplements are available in place of animal proteins.

Vitamin D, like phosphorous, helps the body absorb calcium. Few foods naturally contain vitamin D, the exceptions being fatty fish, egg yolks, and some species of mushrooms. Spending time in the sunlight and taking vitamin D supplements are proven ways to increase levels of vitamin D in the body.

Eating thoughtfully to support oral health

According to Dr. Greg Theis, Vice President, Dental Services at [Delta Dental of Wisconsin](#), “Dietary choices play an important role in overall oral health, just like brushing or flossing daily. Taking care to eat foods that are rich in essential vitamins and minerals is an important step in keeping teeth strong and healthy.”

Ultimately, eating a vitamin- and mineral-rich diet not only promotes overall wellbeing, but directly affects oral health. Taking supplements to compensate for nutritional gaps is a great way to maintain appropriate levels of crucial vitamins.

Phony Investments



Phony Investment “Opportunities” Can Cost You Big, Say U.S. Postal Inspectors

(NAPSI)—Huge returns and little to no risk? Who wouldn't want an investment opportunity like that? If you receive a pitch by phone, mail or email that makes such incredible financial promises as high returns with a low risk, you might ask yourself, “How is this possible?” Generally, it's not.

The Problem

Postal Inspectors say investment opportunities or “get rich quick” schemes are a favorite of fraudsters. Whether they sell bogus securities or commodities, oil wells, rare coins, or cybercurrency, these fraudulent promoters try to get you to invest your money—and lots of it. Some swindlers even surround themselves with the trappings of legitimacy—rented office space, a receptionist, investment counselors, and professionally designed color brochures describing the investment.

Continued on page 11

Why Join The Lady Lake Area Chamber?

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10th Annual Habitat Ocala Strawberry Festival

Strawberry season is here. The 10th annual "Habitat Ocala Strawberry Festival" was held March 2nd. The weather was perfect, A crowd of 20,000 plus attended, 850 Strawberry flats were sold, 235 vendors some food vendors some local businesses, some county service's. Strawberry shortcake was being

all day. Games for the children and grown ups. Live bands playing, very large patriotic American flags. Car show, some great old vintage cars and trucks. On our front page a crowd of visitors were standing with their hand over their hearts for the National Anthem. More pictures on page 6 & 7. IT WAS A GREAT FAMILY DAY!

Photo by CKJ-13 Kay Johnson

Get to Know Your Kidneys



Shining a Spotlight on Kidney Health: Get to Know Your Kidneys

(NAPSI)—What better time to get to know your kidneys than National Kidney Month?

Your kidneys play a vital role in keeping your body functioning, which is why healthy kidneys are important to your overall health.

Your kidneys are two bean-shaped organs located just below your rib cage, one on each side of your spine. Working around the clock, your kidneys filter approximately 150 quarts of blood each day, removing waste and extra fluid from your body.

People can get kidney disease at any age, even children. Kidney disease means your kidneys are damaged and can't filter blood the way they should.

Taking steps to protect your kidneys can help keep your body healthy and may prevent or slow the progression of kidney disease. It's never too early to take steps to keep your kidneys healthy. Even small steps can make a big difference.

Talk with a health care professional about kidney disease risk factors and develop a plan together to address those risks. You may be at a higher risk for kidney disease if you have diabetes, high blood pressure, heart disease, a history of acute kidney injury or a family history of kidney disease.

Help maintain your kidneys by following

healthy habits:

Manage diabetes, high blood pressure and heart disease by working with a health care professional.

Be physically active for at least 30 minutes each day.

Aim for 7 to 8 hours of sleep each night.

Quit smoking and limit your alcohol intake.

Try to eat healthy foods and stay hydrated.

Manage stress.

It takes time to build healthy habits, but the benefits to your health are worth it. Start small and reach out for support when needed.

Stay informed about your kidney health! Early on, kidney disease often has no symptoms. In fact, as many as 90% of people who have kidney disease don't know they have it. If you are over 60 or have risk factors for kidney disease at any age, ask a health care professional about getting tested. Testing involves a blood test and a urine test. Contact your health care professional's office or a community health center near you to schedule your kidney tests. The earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage.

As you work to keep your kidneys healthy, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health, is supporting research to prevent, monitor and treat kidney disease. NIDDK's Kidney Precision Medicine Project (KPMP) is one example of research aimed at discovering the biology of kidney health and disease. KPMP works to improve future kidney care tailored to the individual patient. Another NIDDK-supported study,

Continued page 11

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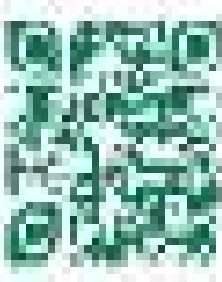
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Lady Lake Chamber Business Luncheon

Photos by CKJ-13 Kay Johnson



Lady Lake Chamber March Networking Luncheon.
The luncheon was held at the Glenview Country Club March 21, 2024. Each month the Chamber networking event is held in different Restaurants, so if you want more information call the Lady lake Chamber 352-753-6029.




Photos by CKJ-13 Kay Johnson




Lady Lake Chamber Business Luncheon

Photos by CKJ-13 Kay Johnson





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Investments

Continued from page 6

Who Gets Hurt

Older Americans are prime targets because they possess most of the nation's individual wealth. People who live on fixed incomes from Social Security and small pensions are especially vulnerable, as they frequently need supplemental sources of income to make ends meet, or are motivated to help younger family members seek out extra funds.

They may be manipulated into believing phony investment offers at a rate disproportionate to the rest of the population. Scammers know some older adults can be more easily disarmed by their convincing messages. These Americans may have difficulty discerning a fraudulent promotion from a legitimate one. It might be alarming to discover how vulnerable an older friend or loved one can be. It's important for family members and friends to understand why older adults are at risk and what steps can be taken to minimize the chance they'll be taken advantage of by fraudsters.

Some Scams

Every year, thousands lose between a few dollars and their entire life savings to fraudsters. Even the most experienced investors can be caught up in an investment scam. A perfect example of this is the number of professional money managers who placed their clients' money with Bernie Madoff. And that's just one example.

In a case investigated by Postal Inspectors, a con artist acting as the CEO of an investment firm defrauded investors out of more than \$4 million through a purported financial services firm he controlled. He lied to investors about how much money had been raised, who had invested, how close the firm was to an IPO (initial public offering),

and how he would use investors' money. The scammer appropriated most of the money for his own use or to pay off investors in a Ponzi-like fashion. He was sentenced to prison for his crimes.

Another man was sentenced to four years in prison for his role in two high-yield investment fraud schemes. Postal Inspectors said he and his co-conspirators defrauded vulnerable victims out of millions of dollars. The scammers have been handed down sentences ranging up to 12 years in prison.

In another Postal Inspection Service investigation, a real estate investment scammer defrauded numerous investors who invested in more than a thousand real estate investment properties. The real estate scammer convinced investors by misrepresenting returns, promoting fraudulent information and over-inflating appraisals. He was convicted and sentenced to 10 years in prison and ordered to pay \$17 million in restitution.

Some Solutions

So, what do you do to protect yourself from these scammers who try to separate you from your hard-earned money?

Education and information are your best defenses against investment fraud. Postal Inspectors urge potential investors to independently research registration of investment firms and be extremely cautious about unsolicited offers to invest through social media or the internet. Think about these things before jumping into an investment:

Anyone can be anyone on the internet. Scammers spoof websites and use fake social media accounts to obscure their identities. You can identify phony accounts by looking closely at content. Pay careful attention to domain names.

Take your time in deciding to

invest—don't rush into accepting these "high-profit, low-risk" offers.

Get all information in writing before you consider investing.

Beware of unsolicited offers and fake client reviews. Scammers often reference or publish positive, yet bogus testimonials purportedly drafted by satisfied customers.

If it sounds too good to be true, it probably is. Be careful of claims that an investment will make "incredible gains," is a "breakout stock pick," or has "huge upside and almost no risk!" "Guaranteed returns" aren't. All investments carry some degree of risk, and the potential profits are typically correlated with the degree of risk.

Learn More

For more info on avoiding scams, visit the Postal Inspection Service website at USPIS.gov.

Get to Know Your Kidneys

Continued from page 7

the Chronic Kidney Disease in Children Study (CKiD), looks at how kidney disease affects the development of heart disease, brain function and growth in children, and works to identify risk factors for kidney disease progression. These and many other NIDDK research studies are offering promising insights into improving and maintaining kidney health.

"While NIDDK invests in innovative research to improve kidney disease prevention and treatment, we encourage people to learn about the critical functions our kidneys perform every day to keep us alive," said NIDDK Director Dr. Griffin P. Rodgers. "Taking simple steps now to

protect and preserve kidney health can be lifesaving and make a tremendous difference in long-term health and well-being."

To learn more about kidney health this National Kidney Month, visit the NIDDK website at www.niddk.nih.gov and follow NIDDK on social media @NIDDKgov.

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FROM THE DESK OF

ATTORNEY GENERAL MOODY



ATTORNEY GENERAL MOODY LEADS MULTISTATE AMICUS BRIEF AGAINST BIDEN'S BORDER-RELATED POLITICAL

GAMESMANSHIP

TALLAHASSEE, Fla.—Attorney General Ashley Moody filed an amicus brief in the United States Court of Appeals for the Ninth Circuit in support of [Intervenor States](#) seeking to keep the Biden administration from using shadowy gamesmanship to manipulate the president's most vulnerable political liability in an election year: the border crisis. The Biden administration, on multiple occasions, used these [tactics](#) in an attempt to provide cover from his historical outright failure to protect the sovereignty of the nation. In this case, the Biden administration appears to have abandoned its defense of the “Circumvention of Lawful Pathways” rule, a rule that allows the Department of Homeland Security to turn away some asylum seekers, seeking instead a settlement agreement with pro-illegal immigration organizations, such as the East Bay Sanctuary Covenant, an immigration-services nonprofit based in California.

Attorney General Ashley Moody said, “This administration has repeatedly shown that it cannot be trusted, especially as it relates to defending the sovereignty of our nation and safety of our citizens. This president has turned every state in the country into a border state by allowing millions of unvetted and undocumented aliens into the interior. States have a right to be party to any settlement negotiations that will dictate border policy because we have an interest in protecting the safety of our citizens and the resources of our communities.”

Following a 2023 challenge and subsequent [vacatur](#) of the Circumvention of Lawful Pathways rule, the Biden administration appealed the decision to the United States Court of Appeals for the Ninth District arguing the rule was absolutely [necessary](#), and “any interruption in the rule's implementation will result in another surge in migration that will significantly disrupt and tax DHS operations.” Until just recently, the administration asked the court to delay further litigation pending a settlement negotiation.

Read more at:

<https://www.myfloridalegal.com/newsrelease/attorney-general-moody-leads-multistate-amicus-brief-against-bidens-border-related>

ATTORNEY GENERAL MOODY WARNS SPRING BREAKERS THAT ONE PILL CAN KILL AND PROVIDES FREE NALOXONE TO

FIRST RESPONDERS

TALLAHASSEE, Fla.—As spring breakers continue flocking to the state, Attorney General Ashley Moody is warning students about the dangers of fentanyl. At a news conference in Daytona Beach, Attorney General Moody urged spring breakers to never use illicit drugs, since more [fentanyl-laced counterfeit pills now contain a lethal dose than ever before](#).

Flanked by Volusia County first responders, Attorney General Moody also announced that the Volusia County Sheriff's Office, the police departments of Daytona Beach, Deland, Ormond Beach, Ponce-Inlet and South Daytona, as well as the Volusia County Beach Safety Ocean Rescue team, are now participating in Attorney General Moody's [Helping Heroes program](#). The program provides free access to life-saving naloxone for first responders.

Attorney General Ashley Moody said, “Every year, millions of visitors come to enjoy our beautiful beaches for spring break. While this is an exciting time of year for students looking for a break from the college grind, law enforcement and first responders are on heightened alert due to the national drug overdose crisis, largely driven by illicit fentanyl. Standing with law enforcement leaders today in Daytona Beach, we are warning spring breakers to never use illicit drugs, as just one pill can kill. I'm also excited to announce that Volusia County first responders now have access to free, life-saving naloxone through our Helping Heroes program—another tool in their belt to protect Floridians and visitors alike.”

Read more at <https://www.myfloridalegal.com/newsrelease/video-attorney-general-moody-warns-spring-breakers-one-pill-can-kill-and-provides-free>

AG MOODY'S STATEWIDE PROSECUTORS CHARGE COUPLE OPERATING MASSIVE HUMAN TRAFFICKING RING INVOLVING MORE THAN 30 VICTIMS

TALLAHASSEE, Fla.—Attorney General Ashley Moody's Office of Statewide Prosecution is charging a Florida couple with human trafficking, RICO, sexual battery, money laundering and other serious counts for operating a massive trafficking ring. According to a Homeland Security investigation, Marquett James and Alyson Marquett recruited and forced victims to engage in commercial sex work in various locations in Florida and across the country.

The HSI investigation uncovered James and Marquett used violence against women who attempted to leave the operation. The investigation also uncovered victims branded with tattoos, including James' name. Authorities believe more than 32 victims are involved in this ring.

Attorney General Ashley Moody said, “Through coercion and violence, a Florida couple operated a massive human trafficking ring that victimized more than 30 women. The couple branded these women with tattoos, took control of their finances,

and forced them to engage in hundreds of sex acts. Working with law enforcement we shut down this human trafficking ring and rescued victims.”

According to the HSI investigation, James and Marquett worked together to operate a trafficking ring, in which James served as the main trafficker and Marquett assisted in several aspects of the operation. On multiple occasions, both James and Marquett used similar threats of abuse and intimidation to force victims into sex work. The investigation revealed that James recruited victims working at nightclubs. The defendants advertised the women's services online and scheduled the victims' dates with other men. After the dates, the defendants took the proceeds. One victim did not have a personal bank account. James took all the funds for the illicit services.

The investigation also uncovered that James opened multiple corporations to attempt to hide the illicit activity when arranging advertising or travel for the victims.

James and Marquett are each charged with human trafficking, conspiracy to commit human trafficking, RICO and conspiracy to commit RICO, sexual battery and money laundering, among other felony charges.

Attorney General Moody's Office of Statewide Prosecution will handle the case.

iLink Procedure



What You Need To Know About Keratoconus and the iLink Procedure

(NAPSI)—There could be good news if you or someone you care about is ever among the one in 6,000 Americans the National Institutes of Health estimates will be diagnosed with keratoconus (KC).

The Problem

This is a sight-threatening and progressive eye disease that occurs when the cornea thins and weakens over time. It causes the development of a cone-like bulge, which can dramatically and permanently distort vision.

An Answer

There is no cure for keratoconus, but the cornea can be strengthened to slow or halt the progression of the disease with an FDA-approved cross-linking procedure called iLink®. Once diagnosed, there is a lot of information for patients to digest and for eye doctors and their staff to explain in a way that is thorough, educational, and not overwhelming.

Helping Patients Understand the Procedure

With that goal in mind, Glaukos, the company that developed the iLink procedure, launched a 10-part video series called WiseEyes, available on the Glaukos Cornea patient YouTube channel and easily accessed via a convenient QR code. The format of each short video depicts two young “podcast hosts” talking about

everything from keratoconus signs and symptoms and the risk of vision deterioration to what to expect before, during, and after the iLink procedure. Episodes also address insurance coverage, financing options, and financial assistance programs for the procedure. The goal of the WiseEyes video series is to help patients get the information they need so they can feel comfortable and confident in making decisions as they relate to their keratoconus journey and treatment with iLink.

Glaukos is committed to consumer awareness. Last year, the company launched a massive KC awareness initiative through a unique website called www.livingwithkeratoconus.com that offers details about KC signs and symptoms; an online, downloadable five-question quiz; and a link to “Find a Doc” to make an appointment to be screened. The campaign was supported by videos, social media, collateral materials, and media relations in partnership with eye doctors to encourage people—primarily between the ages of 14 and 35—to be screened for KC. Both campaigns, designed to educate people about KC, are based on the fact the disease is commonly underdiagnosed but can progress rapidly and result in significant vision loss. If left untreated, as many as 1 in 5 patients with progressive KC may eventually need a corneal transplant.

More good news is that people are starting to talk about KC and better understand the signs and symptoms that should be discussed with an eye doctor. This has come through Glaukos' efforts and patients with KC sharing their experiences on social media channels.

“Corneal cross-linking is an effective treatment for stabilizing cornea rigidity to preserve vision and spare patients with KC from possibly having to undergo cornea transplantation,” said Dr. Clark Chang, an optometrist at Wills Eye Hospital in Philadelphia. “The WiseEyes campaign was created with diagnosed KC patients in mind to provide a clear understanding of what to expect from the FDA-approved treatment and to allay any fears.”

Learn More

For further facts, visit www.glaukos-iLink.com.

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FROM THE DESK OF

GOVERNOR DESANTIS



Governor DeSantis Signs Legislation to End the Squatters Scam in Florida

ORLANDO, Fla. — Today, Governor Ron DeSantis signed HB 621, which protects property rights, provides homeowners remedies against squatting, and increases penalties on squatters.

“We are putting an end to the squatters scam in Florida,” said Governor Ron DeSantis. “While other states are siding with the squatters, we are protecting property owners and punishing criminals looking to game the system.”

“Florida is once again leading the nation, this time in securing our state against squatters,” said Attorney General Ashley Moody. “Biden has allowed millions of illegal immigrants to flood across the border. After video evidence of their plan to take over homes emerged, we’re ensuring Floridians are protected from this egregious and brazen scheme. I’m grateful to Governor DeSantis for signing this important legislation into law, and to Representative Kevin Steele for carrying this bill through Session.”

Under HB 621, a property owner can request law enforcement to immediately remove a squatter from their property if the following conditions are met:

- The individual has unlawfully entered and remains on the property;
- The individual has been directed to leave the property by the owner but has not done so; and
- The individual is not a current or former tenant in a legal dispute.

In Florida, it will be quick and simple to reclaim your home from squatters, avoiding costly delays, litigation, and missed rents.

HB 621 also creates harsh penalties for those engaged in squatting and for those who encourage squatting and teach others the scam. The bill makes it:

- A first-degree misdemeanor for making a false statement in writing to obtain real property or for knowingly and willfully presenting a falsified document conveying property rights;

- A second-degree felony for any person who unlawfully occupies or trespasses in a residential dwelling and who intentionally causes \$1,000 or more in damages; and

- A first-degree felony for knowingly advertising the sale or rent of a residential property without legal authority or ownership.

Lieutenant Governor Jeanette Nuñez Announces Third Annual Spring 2024 Florida Space Art Contest for K–5 Students

Winning artwork will be launched into space on an upcoming mission

TALLAHASSEE, Fla.—Today, Lieutenant Governor Jeanette Nuñez announced the launch of the 2024 Florida Space Art Contest. Students in grades K–5 are encouraged to create an art piece inspired by the theme: *Suit Up! Florida’s Space Suit of the Future*.

“I am thrilled to announce the launch of the Third Annual Lieutenant Governor’s Space Art Contest. Over the last two years, with more than 4,000 original art submissions, Florida’s students have shown their overwhelming support and excitement for this art contest,” said Lieutenant Governor Jeanette Nuñez. “This year’s theme gives students creative control to engineer the space suit of tomorrow. I am excited to see the innovative and futuristic designs our young artists will bring to life.”

Space Florida, a sponsor of the Lieutenant Governor’s Space Art Contest, believes supporting Science, Technology, Engineering, Art, and Mathematics (STEAM) education initiatives is an integral part of its mission.

“Initiatives like the Lieutenant Governor’s Space Art Contest help ignite curiosity and innovation in the minds of young children, many of whom will lead our industry in the near future,” said Rob Long, President and CEO of Space Florida.

“Florida’s continued leadership in the space industry is rooted in the foundational disciplines of science and math, but we cannot forget the importance of the arts,” said Commissioner of Education Manny Diaz, Jr. “By nurturing these critical skills and fostering innovative teaching methods, we’re empowering the next generation to reach for the stars and beyond.”

About the Florida Space Student Art Contest

Lieutenant Governor Jeanette Nuñez’s Space Art Contest is open to all K–5 grade students in Florida. Each student will submit an original, two-dimensional artwork based on this year’s theme. Submissions will be broken down into two categories: K–2 and 3–5. Six art pieces from each group (12 total) will be selected as finalists. Finalists will win two tickets to the Kennedy Space Center Visitor Complex. *Two lucky grand prize winners, one selected from each group, will have their artwork launched into space on an upcoming*

mission!

Forms and Guidelines
Student contest rules and guidelines can be found online at www.FloridaSpaceArt.com. Submit artwork to the address below: **Space Florida**
ATTN: Space Art Contest
505 Odyssey Way, Suite 300
Exploration Park, Florida 32953
All entries must be received by 5 PM on Friday, May 24, 2024.
For more information about the contest please visit www.FloridaSpaceArt.com.
<https://www.flgov.com/2024/03/18/lieutenant-governor-jeanette-nunez-announces-third-annual-spring-2024-florida-space-art-contest-for-k-5-students/>

Governor DeSantis Takes Further Action to Address Illegal Immigration and Criminal Activity in Florida

TALLAHASSEE, Fla.— Governor Ron DeSantis signed three bills to combat illegal immigration in Florida. These bills also continue Florida’s efforts to maintain law and order and take proactive measures against illegal aliens who engage in criminal activity.

“The federal government has failed in its responsibility to secure our southern border, leaving states to fend for themselves,” said Governor Ron DeSantis. “In Florida, we do not tolerate illegal immigration, let alone lawlessness committed by illegal aliens who shouldn’t be here in the first place. The bills I signed today further enhance Florida’s capabilities to uphold the law.”

“Under the leadership of Governor Ron DeSantis, Florida has provided a blueprint for other states to protect their citizens against illegal immigration,” said Lieutenant Governor Jeanette Nuñez. “Our administration will not stand on the sidelines and watch as the Biden Border Crisis continues to spiral out of control. I’m proud to serve alongside Governor DeSantis as we take action to protect Floridians in every corner of our state.”

“Ever since President Biden was sworn in, his administration has taken systematic steps to dismantle our country’s public safety immigration laws,” said Attorney General Ashley Moody. “I am grateful that here in Florida, we have leaders who will step up to keep Floridians safe. Thanks to Governor DeSantis and our lawmakers, those here illegally committing crimes will face harsh penalties and we will continue to build a stronger, safer Florida.”

Governor Ron DeSantis signed the following bills into law:

- SB 1036, which enhances penalties for a crime committed by an individual who returns to the country illegally after an initial deportation.
- A third-degree felony (up to 5 years in prison) after deportation will be charged as a second-degree felony (up to 15 years in prison).
- A second-degree felony (up to 15 years in prison) after deportation will be charged as a first-degree felony (up to 30 years in prison).
- A first-degree felony (up to 30 years in prison) after deportation will be charged as a life felony.
- SB 1036 also enhances penalties for

crimes committed in furtherance of drug cartels.

- HB 1451, which prevents counties and municipalities from accepting ID cards issued to illegal aliens by other jurisdictions.
- Florida already prohibits local jurisdictions from issuing IDs or driver licenses to illegal immigrants.
- HB 1589, which increases penalties on individuals who operate a vehicle without a license.
- Increases the maximum sentence from 60 days in jail to one year in jail for two or more offenses, and a minimum mandatory sentence of ten days in jail for three or more offenses.

Additionally, Governor DeSantis applauded the Legislature for passing Senate Memorial 1020, which urges the United States Secretary of State to designate the drug cartels which operate at our southern border as Foreign Terrorist Organizations.

Coverage for Obesity

Continued from page 12

you care about maternal health, if you care about cancer prevention, if you care about heart disease, if you care about mental health—then you need to care about obesity.”

The EveryBODY Covered Campaign is empowering women to call for comprehensive obesity care coverage to ensure everyone can access the full range of treatment options. Comprehensive obesity care includes counseling, behavior modification, physical activity, anti-obesity medications, surgery, and nutrition services. The campaign is advocating for comprehensive obesity care coverage across insurance types, including private health insurance, employer-sponsored health insurance, Medicare and Medicaid. The campaign supports the passage of the Treat and Reduce Obesity Act (TROA), a bipartisan bill that would provide Medicare coverage of obesity care options. In addition, the campaign hopes Medicaid will expand coverage of obesity care through state legislation. Just as care for other chronic conditions is covered, comprehensive obesity care should be covered too – it’s only fair.

Visit everybodycovered.org to learn more about the impact of obesity on women and get involved.

Support for the EveryBODY Covered campaign has been provided by Eli Lilly & Co.

Article Link
<https://about.newsusa.com/coverage-for-obesity-care-is-only-fair>

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Orange Blossom Gardens Lions Club Donation

Orange Blossom Gardens Lions Club of Lady Lake Generously Donates \$1,700 to Sheltering Hands to Support Senior Cat Adoption Program Lady Lake, FL – Sheltering Hands Inc., a leading 501c3 nonprofit dedicated to cat rescue, low-cost feline spay/neuter services, and adoptions, is thrilled to announce a generous donation of \$1,700 from the Orange Blossom Gardens Lions Club of Lady Lake. This contribution will significantly support Sheltering Hands' efforts in expanding its Cathy D. Perry Love for a Lifetime program, which matches senior cats with senior humans, providing them with companionship and support. Located in Ocala, since its founding in 2007, Sheltering Hands has been committed to providing care and assistance to cats in need while promoting responsible pet ownership.

With a growing presence in The Villages and Lady Lake areas, Sheltering Hands conducts over 5,000 spay/neuter surgeries annually and facilitates the adoption of more than 250 cats into loving homes annually. The Cathy D. Perry Love for a Lifetime program, a cornerstone initiative of Sheltering Hands, aims to provide senior humans (75+) with the companionship and joy from pet ownership while ensuring that senior cats (8+) find forever homes. There is no adoption fee for the program, medical care is provided through their Ocala location for the lifetime of the cat, and, should the human be unable to care for the cat in the

future, they will take the cat back to their care at any point in time.

With approximately 100 cats enrolled in the program, a third of which are in the Lady Lake area, this donation will enable Sheltering Hands to extend its support to local seniors who may face challenges in bringing their furry family member to Ocala for proper care. In addition to supporting the Love for a Lifetime program, Sheltering Hands is embarking on Jeremiah's Journey capital campaign to raise \$1.1 million to establish a sustainable thrift store, adoption center, and clinical space in the local area. With a generous donor matching \$250,000 of the cost, this initiative seeks to enhance further the organization's capacity to serve The Villages and the greater Lady Lake community.

"We are immensely grateful to the Orange Blossom Gardens Lions Club for their generous donation," said Robert Vass, Director of Outreach and Development of Sheltering Hands. "Their support not only enables us to expand our services to benefit more seniors and cats in need but also brings us closer to realizing our vision of establishing a permanent presence in the Lady Lake community through Jeremiah's Journey. Together, we can continue to make a meaningful difference in the lives of humans and feline companions." The Orange Blossom Gardens Lions Club ope

Sausage Pizza w/ Spinach Salad

Ingredients

1 pound pizza dough, at room temperature
All-purpose flour, for dusting
1 tablespoon extra-virgin olive oil
1/2 pound sweet Italian sausage, casings removed
3/4 cup whole-milk ricotta cheese
1/2 cup shredded mozzarella cheese 1/2 cup shredded provolone cheese 1/3 cup grated parmesan cheese
2 cloves garlic, minced
1/4 teaspoon dried oregano
1/2 small red onion, thinly sliced
4 cups baby spinach (about 21 1/2 ounces)
1 small bulb fennel, trimmed, cored and thinly sliced
1/2 cup chopped roasted red peppers
3/4 cup quartered marinated artichoke hearts, drained and halved
1 tablespoon red wine vinegar
Kosher salt and freshly ground pepper
Red pepper flakes, for topping

Directions

Make the pizza: Place an inverted baking sheet or pizza stone on the lowest oven rack; preheat to 475 degrees F. Stretch the pizza dough into an 11-by-15-inch rectangle on a floured piece of parchment paper; trim any excess paper around the dough. Transfer the dough (on the parchment) to a pizza peel or another inverted baking sheet and slide the dough and parchment onto the hot baking sheet. Bake until browned in spots, 10 to 12 minutes.

Meanwhile, heat the olive oil in a medium

skillet over medium-high heat. Add the sausage and cook, breaking it up into pieces with a wooden spoon, until no longer pink, about 4 minutes.

Remove the crust from the oven. Spread the ricotta on top, leaving a 1-inch border. Sprinkle with the mozzarella, provolone and parmesan; top with the sausage and garlic. Return the pizza to the oven and bake until the cheese is bubbling, 8 to 10 minutes. Sprinkle with the oregano.

Meanwhile, make the salad: Soak the red onion in ice water for 10 minutes, then drain. Toss the spinach, fennel, roasted red peppers, artichoke hearts and red onion in a large bowl with the vinegar and olive oil; season with salt and pepper.

Top the pizza with the salad and cut into pieces. Sprinkle with red pepper flakes.

Photograph by Ryan Dausch

<https://www.foodnetwork.com/recipes/food-network-kitchen/sausage-pizza-with-spinach-salad-5126657>



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