

Breaking and Entering



The pictured individual attempted to force entry into Best Buy at 552 N. U.S. Hwy 27/441 during the early morning hours of April 21 by using a sledgehammer to create a hole through the wall of a neighboring business.

The suspect is a white or Hispanic male, medium build, wearing a white ball cap, grey hooded "Heavenly" pull-over sweatshirt, faded blue jeans, and either black or grey shoes.

The suspect was wearing black/white heavy gloves and carrying a silver and black backpack.

Anyone with information should contact Det. Jim Dunagan at (352) 751-1565 or jdunagan@ladylake.org.



Lady Lake Chamber networking

Luncheon was a great success. Over thirty business people attended. Held at Glenview Country Club the food is WOW.

Everyone one seemed to be having great success. I met a couple of new businesses. Check out the picture on pages 8 & 9



Lady Lake Unveils 'Children's Choice' Pyramid Park Playground

LADY LAKE – Lady Lake's Pyramid Park will soon receive an exciting makeover with the addition of new playground equipment.

Earlier this year, the Lady Lake Parks and Recreation Department outreached to area children to gather their input in choosing between two new playground options. Through votes taken at The Villages Elementary of Lady Lake, the Lady Lake Library and via the Town's Facebook page, a majority of children opted for Design Option 1.

The chosen playground structure, in vibrant red, blue and yellow hues, includes several slides, a spinner, a rope climber, and various decks and platforms. It is

specifically geared toward kids aged 5-12 with a focus on safety.

With approval from the Town Commission, and at a cost of approximately \$270,000, the playground will be paid for through impact fees. The structure will be built by BCI Burke, a company based in Fond Du Lac, Wisconsin.

The new structure will replace aging equipment that was removed earlier this year and will complement existing equipment that children have come to love.

When the installation begins, the entire playground area will be closed for two weeks to ensure the safety of our community. Residents will be notified via Facebook, the Town website, and signage.

To subscribe to the Parks and Recreation events calendar, visit www.ladylakefl.gov.

Mayor Ed Freeman Appointed

The Lake County Board of County Commissioners today appointed Mayor Ed Freeman to the Keep Lake Beautiful Advisory Committee. The purpose of the committee is to advise the Board on activities related to the county's membership in Keep America Beautiful.

The Keep Lake Beautiful program is an affiliate of Keep America Beautiful, Inc., a national non-profit community improvement organization that builds and sustains vibrant communities by creating

clean, beautiful public places; reducing waste and increasing recycling; generating positive impacts on the local economy; and inspiring generations of environmental stewards.

"I personally feel keeping our county beautiful and making it more beautiful is extremely important," said Mayor Freeman. "Anything that I can do to further that idea with our citizens and county commissioners is something with which I would like to be a part."

Elisha Pappacoda

AI Effects to the Newspaper Industry

Trying to understand how AI effects the Newspaper, magazine industry. As far as Copy Righting articles. I understand when a writer, write's something or an article and Ai finishes it or enhances the article with a lot of facts. The writer can copy right what he or she put into AI but not what AI created. The writer must be able to prove that they created what ever they are filing claim about.

Most publisher & writers are scared to death of AI. They should be because it is not their words it is the machines words. Is that what you want to read, research done by a machine that has control of misinforming you? Watch what they try to do to Trump before the election. They will be using AI on him, in fact if truth be known they probably

are using it to create legal information to use on him. My opinion is it is not our friend!

I have a lot of critics about grammar, sentence structure and other intellectual rules of writing. Mt rule of writing is did you understand the point that I was trying to get across? Nuff said! Then I write by the way you misspelled two words complaining about me.

TomL

**Lake County
Detention Center
Public Booking Log
page 2**

Erik Lehane

THE GAITWAY GROUP



“Dog Gone It: This is Even Better Than Stretching

When was the last time you engaged in pandiculation? No, it's not a religious ritual or a Beyoncé dance move, and certainly not an intimate interplay. In fact, you needn't look any further than your beloved four-legged companion to witness the essence of pandiculation.

Pandiculation is our body's innate mechanism for awakening the sensorimotor system and priming us for movement. Picture yawning and stretching, extending your arms, elongating your spine, and rotating your head, or observe the graceful stretch of your pet after waking from a nap. Pandiculation isn't merely stretching; it involves a controlled contraction of muscles at their maximum length, alleviating accumulated stress from inactivity.

The benefits of pandiculation are manifold, encompassing improved posture, circulation, mobility, strength, proprioception, pain reduction, lymphatic flow, and neural, somatosensory, and cognitive stimulation. It's an instinctive response observed even in utero.

What sets pandiculation apart is its motor sensory component. The process entails contracting muscles, lengthening them, and finally relaxing them, thereby stimulating a feedback loop among nerves, the spinal cord, and the brain. Pandiculation essentially hits the body's natural reset button, facilitating efficient and effective muscle movement. In contrast, stretching lacks this crucial neural feedback loop.

Unfortunately, as we age, the benefits of pandiculation diminish due to compensatory mechanisms, sedentary lifestyles, poor posture, weakness, and decreased awareness. Consider the individual who spends hours hunched over a computer each day; their muscles shorten, tense up, and become painful. Attempts to alleviate the discomfort through stretching

offer only temporary relief, as the muscles revert to their shortened state shortly after.

Pandiculation, however, teaches muscles to function properly again through an innate system that naturally resets muscle length and tension. As Thomas Hanna eloquently put it, “If you want to untie a knot, you must look at the cord carefully then gently undo the tangle. Yanking on the cord will only make the knot tighter.”

To enhance the power of pandiculation, I integrate it with one of the seven foundational movement patterns: squatting, lunging, pushing, pulling, rotating, hinging, and locomotion. These movements, collectively known as the Magnificent 7, encompass all activities and profoundly impact independence and quality of life as we age.

Here's an example of pandiculation intertwined with a foundational movement pattern. If you're experiencing pain or have any medical concerns, please refrain from attempting this exercise:

- Stand upright.
- Hinge at the hips and reach forward, extending your arms as if pushing against a wall.
- Hold for 10 seconds.
- Release the position and stand tall, extending your spine and hips, and reaching toward the floor with your arms.
- Hold for 10 seconds, then release.
- Stand naturally and relax for 10 seconds.

Pandiculation can be applied to all muscles and joints; just be creative and remember the three steps: contract, lengthen, and relax, within the framework of the Magnificent 7.

Take a cue from our furry companions and incorporate pandiculation into your routine after periods of inactivity. Consider this: when was the last time your dog or cat suffered from a sore back or pulled hamstring? Pandiculation might just be the “purrrfect” addition to your health and wellness regimen.”

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.

Survivor: Mother/Son

Lady Lake Parks & Recreation presents Survivor: Mother/Son Edition

LADY LAKE – The Town of Lady Lake is putting a new and creative spin on the classic Mother/Son dance, asking pairs to team up for a rugged, outdoor game of Survivor complete with mental and physical challenges.

Survivor: Mother/Son Edition is presented by the Lady Lake Parks and Recreation Department and will be held on Saturday, May 4 from 10 a.m. – 2 p.m. beneath the shady oaks of Snooky Park, 120 W. Lady Lake Blvd. Courageous mothers (and maternal figures) alongside their adventurous sons ages 6-17

should be prepared to outwit, outplay, and outlast the competition for a chance to bring home prizes for their combined skills. Games include everything from rubber ax throwing, Velcro wall, giant lawn bowling,

memory games and more – but don't worry – bug eating is not required!

“We want to provide a different take on the mother/son dances many cities host this time of year,” said Amy Alicea, Lady Lake Events Coordinator. “We invite you to join us for a day of epic challenges and bonding experiences as you navigate through a series of exciting games. There will be games for all ages as well as challenges broken down by age groups so the little ones can join in the fun. The event also includes a delicious picnic-style lunch of burgers, hot dogs, and more to refuel your energy.”

Tickets must be purchased in advance for \$10 per person at Lady Lake Town Hall, the Lady Lake Library or by calling 352-205-2826. Space is limited to ensure the best possible experience for participants.

Let the games begin!

Lady Lake Unveils Revamped Website

Focused on Engagement

LADY LAKE – The Town of Lady Lake proudly announces the launch of its redesigned website, www.ladylakefl.gov, representing a significant step forward in bolstering community engagement and providing seamless access to services and information. The adoption of the .gov domain underscores the Town's commitment to security, reassuring residents that the website serves as the official outlet for municipal business.

Powered by the Civic Plus platform, the website uses modern technology with a focus on accessibility to cater to the diverse needs of residents to access information from any device.

Designed with user convenience in mind, www.ladylakefl.gov streamlines navigation, reducing complexity and ensuring a personalized browsing experience. The site's objective is to increase customer satisfaction by minimizing clicks and eliminating confusion.

The website also includes a new Lady Lake Police Department page, with comprehensive information about its divisions, services and ongoing recruitment efforts.

Key features of the revamped website include:

Agendas and Minutes: Easily accessible with the option to subscribe via email.

Comprehensive Calendar: Stay informed about upcoming Library and Parks events.

Police and Town News Alerts: Receive

timely notifications directly to your inbox.

Emergency Alerts: Stay prepared with real-time alerts via phone, email, or text.

Online Bill Payment: Conveniently manage payments from anywhere.

Job Applications: Apply for job opportunities online.

Digital Forms: Access essential applications with ease.

This initiative aligns with Town Manager Bill Lawrence's vision of fostering open communication and transparency since his tenure began in 2021, reinforcing the Town's commitment to public outreach. The execution of this project is a collaborative effort of the Communications Department, working closely with Information Technology and the Clerk's Office.

To ensure a seamless transition, visitors are encouraged to bookmark the new URL, www.ladylakefl.gov, and share feedback or suggestions via email at hello@ladylake.org.

NEED A BREAK? Read the paper!



Update on Reverse Mortgages

Tuesday, May 14, 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:

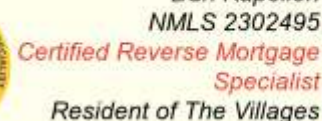
Dan Kapellen

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,
In the last few days, Governor DeSantis signed the following education bills into law:

HB 931 establishes a statewide school chaplain program,

which:

- Authorizes school districts and charter schools to allow volunteer chaplains to be on school campuses and provide additional counseling support to students.
- Chaplains will be assigned by the district school board or charter school governing board.
- A student may only receive support offered by school chaplains with written parental consent.

HB 1317 authorizes districts to allow civic and patriotic organizations to visit schools to encourage student participation and involvement. These organizations include:

- Big Brothers Big Sisters of America
- The Boy Scouts of America
- The Boys & Girls Clubs of America
- The Civil Air Patrol
- Future Farmers of America
- The Girl Scouts of the United States of America
- Little League Baseball
- The Marine Corps League
- The Navy Seal Cadet Corps

S B 1 2 6 4 ,
which does the
following:

- Adds to existing Communist history standards with instruction on the history of Communism in the United States and the tactics of Communist movements.
- Authorizes the newly-established Institute for Freedom in the Americas at Miami Dade College to promote the importance of economic and individual freedoms as a means to advance human progress—specifically in Latin America and the Caribbean.
- This institute will partner with the Adam Smith Center for Economic Freedom at Florida International University.
- Enables the Florida Department of State, in collaboration with the Florida Department of Education, to recommend to the Legislature the creation of a Florida-based museum on the history of Communism.
- Prepares students to withstand indoctrination on Communism at colleges and universities.

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

Onward & Upward,
Senator Dennis Baxley



bag toss to learn about water saving activities.

MAY 8

Farm to Table Class: Corntastic Soups

10:00 AM - 11:00 AM Great Scott Farms in Mount Dora

This class will focus on a variety of soups made with delicious sweet corn.

MAY 9

Friends of the Umatilla Public Library

1:00 PM - 2:00 PM Umatilla Public Library in Umatilla

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

MAY 10, 11, 12

Golden Gals Live!

7:30 PM - 12:30 PM Clermont Performing Arts Center in Clermont
Join Ginger Minj, Gidget Galore, Divine Grace and MR MS Adrien as the ICONIC Miami seniors as they take you back to the 1980's.

MAY 12

Music for 2 Pianos at First Presbyterian

4:00 PM - 5:15 PM First Presbyterian Church Mount Dora in Mount Dora

Live Concert, Music for 2 Pianos with Randy Frieling and Phoenix-Park Kim. Flight of the Bumble bee & Pirates of the Caribbean.

MAY 12

Mother's Day Grand Brunch Buffet

11:00 AM - 4:00 PM Mission Resort + Club in Howey-in-the-Hills
Raise a toast to the extraordinary women in your life with a bountiful dining affair complete with endless champagne and mimosas.

MAY 12

Music for 2 Pianos at First Presbyterian

4:00 PM - 5:15 PM First Presbyterian Church Mount Dora in Mount Dora

Live Concert. Local virtuoso Randy Frieling joins with international pianist, Phoenix-Park Kim.

MAY 12

Guitars and Cars

8:00 AM - 1:00 PM Renninger's Antique Center in Mount Dora 5/129/811/10

Guitars (Big Al's Lake County Musicians Swapmeet) Buy-Sell-

Trade Tons of great gear and deals
Central Florida Blues Lovers' Jam.

MAY 15

Creating Eye-Catching Images with Canva

10:00 AM - 11:30 AM ONLINE

Learn to use Canva ? a free online resource ? to create custom graphics for use on your website, social media, and email marketing campaigns.

MAY 18

Big Sit

7:30 AM - 11:00 AM McDonald Canal Boat Ramp in Mount Dora 5/1812/21

How many birds can be identified from staying within a 17 foot diameter circle? Join park staff to find out!

MAY 18

Antique and Vintage Fair

9:00 AM - 5:00 PM Renninger's Antique Center in Mount Dora 5/185/19

Antique Center, Two Consignment Areas, Street of Shops, The Stables, Pavilions, and Outdoors Shop for antiques, vintage items, collectibles, and more.

MAY 20

Container Gardens (UF/IFAS Master Gradenr)

2:00 PM - 3:00 PM Umatilla Public Library in Umatilla

Create in oasis in your landscape or balcony. Containers can work in almost any space. Learn about what plants work for containers

MAY 25

Lake Norris Black Water Creek Paddle

9:00 AM - 12:00 PM Lake Norris Conservation Area in Eustis

Considered one of the best paddles in Lake County, join staff as they guide participants on a tour of Black Water Creek, part of the Wekiva Wild and more

MAY 28

Plants and People

9:00 AM - 11:00 AM Lake May Reserve in Eustis

Native plant species are important resources for wildlife and people. Learn their many roles while hiking with a staff naturalist.

Lake County Events

MAY 3

Exploration Hike

8:00 AM - 9:30 AM Ferndale Preserve in Montverde 5/36/77/58/2 PLUS MORE

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

MAY 4

Quarterly Bird & Butterfly Survey

7:30 AM - 11:00 AM Ellis Acres Reserve in Paisley 5/48/2410/19

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

MAY 4

The Habitats and Natural History of Snakes

8:30 AM - 10:30 AM Neighborhood Lakes Scenic Trail & Trailhead in Sorrento

Welcome to a discussion about the myths, natural history and importance of both non-venomous and venomous snakes.

MAY 4

Umatilla Garden Club

10:00 AM - 11:00 AM Umatilla Public Library in Umatilla

Connect with local garden enthusiasts and cultivate your green thumb!

MAY 4

Bat Party with S'mores

6:00 PM - 9:30 PM Flat Island Preserve in Leesburg

Join staff to learn about bats on this night hike, finishing with S'mores. Bring a flashlight, insect repellent, and a camp chair to relax and enjoy.

MAY 4

5th Annual Lake County Backs the Blue Walk

8:30 AM - 12:30 PM Wooton Park in Tavares

Come walk in appreciation of our Lake County Law Enforcement. Meet: Wooton Park picnic pavillion; free breakfast/lunch.

MAY 5

Exploration Hike

5:00 PM - 6:30 PM PEAR Park Gateway in Leesburg 5/56/27/78/4

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

MAY 8

Water Wednesday

10:00 AM - 11:30 AM Hickory Point Recreational Park in Tavares

Learn about our part in water conservation. Participate in a bean

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24/7

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 keep hearing "let me make this perfectly clear!" most of it is not clear because they are not following our Constitution.

Gag order on Trump is Un-Constitutional! Everyone affiliated with the trial can do

Social Media and talk to the press BUT TRUMP CAN NOT Ruled by the judge. That is Un-Constitutional! I can't see him not talking to the people of our country, he

will do that, maybe on his way to jail. I wonder if there would be like the old days and have a JAIL BREAK? It would have to be done in a legal way. Bragg wants him held for contempt of court but mention no one else!

From what I have been told Bragg does not have the credentials to prosecute Trump but New York is letting him do it and they are making up their own laws.

Press release from Bernie Moreno
Homeland Security Secretary Alejandro Mayorkas has done. Mayorkas has not just

failed in his duties; he has presided over an ALL-OUT invasion at our southern border. Sherrod Brown has been complicit in these traitorous actions, serving as a rubber stamp for the radical left's open-border agenda.

During the holiday's Good Friday was named Vietnam War Veterans recognition Day. I am grateful to the nine million Americans that served our country from 1955 to 1975. We will never forget your service and sacrifice.

Press release from The RED Alert News
Homeland Security Secretary Alejandro Mayorkas over the illegal immigrant invasion at the Southern Border, marking him as the second Cabinet member in US history to avoid conviction and removal from office. Mayorkas stands out as the first to be acquitted without any presentation of evidence concerning alleged "high crimes and misdemeanors."

Information on the net saying President Biden announced LGBTQ recognition day on EASTER. Biden said he did not say that or do that, Well someone did that! I'm glad Biden did not, it's not a joke! That is the Day Jesus rose from his grave. Jesus needs to put his hand on who ever did that and let them know he forgive them.

Israel is a real fighting force. Biden needs to give them supplies to fight the war. What will they do for arms when they run out. The deaths will be on his hands. At press time Biden says he is sending them arms.

You ask what is wrong with our country...John Kerry (Climate ZAR! He is the guy with 5 houses / 12 cars / 2 Yachts / a private jet, telling us to take a bus, just find another job if you work in the petroleum Industry (Oil & Gas)! You ask what is

wrong with this country?

The politicians out a fence around the capital Building, why can't they do the same at the border.

So Biden forgave the student loans by transferring the debt to the Tax Payers.

We borrow money to support Foreign countries so they can fight their wars!

There is so much I just have have faith in Family, god. country and faith in our fellow Americans to stand up to up hold the constitution!

Did Trump Divide the Country?

Information from the internet and is not AI!

Let's move forward with the facts just the facts. They claim Trump is a divider In Chief, and it's all his fault the country is divided. How about when NO democrats showed up for Trumps Inauguration. Was it because they are sore loser??? Maybe that started the division. Then minutes after the inauguration the Dems claimed IMPEACHMENT Campaign started... Was that when he divided the country???

How about when Nancy Pelosi ripped up Trump's state of the union on national TV.

The Dems spent 30 million dollars of our tax money to prove Russian Collusion. Instead they proved that Hillary Clinton spent money to started that rumor. They found no proof of Russia Trump Collusion!!! It was Biden / Russia collusion.

Hillary Clinton receive millions and millions from the wealthy to beat Trump.

Continued page 6



PUBLISHER of TOML, Tom Loury... I don't text!

I email back and forth to Government officials, clients and personal friends. **All ads should be in PDF format!** JPEG has a tendency to get weak when you enlarge or reduce them. If you send a PDF ad the fonts are embedded in the ad and will not change. Photos must be in focus and clear. No guarantee that they will run. We will try. TomL

Newspaper Deadlines

Editorial & Ad Copy for June

Seniors Voice & Ocala DownTown

Noon, May 24th

Lady Lake Magazine & Village Spectator

12am, May 29th

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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COLUMNS are the opinions of the writer and do not necessarily reflect the opinion of the above named newspapers and online products. Writers are chosen to represent a diversity of views on local issues. The editorial on page 4 is the opinion of the Publisher only.

Why Join The Lady Lake Area Chamber?

- **Networking Opportunities**- Connect with business professionals
- **Visibility** - Get noticed in your community
- **Credibility**- Membership raises your business reputation
- **Discounts**- Take advantage of member- only discounts
- **Learning**- Member only speaker series on business topics
- **Give Back**- Volunteer on committees to help the community

Contact us today to be added to our email list and stay connected to local businesses & events!



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**PLEASE
SUPPORT
THE WOUNDED
WARRIORS!**



**God Bless our Troops
Support Our Veterans
We Endorse The Constitution**

FAIRtax

FAIRtax
SIMPLE • EFFICIENT • VISIBLE

Who is hindering the passage of the FAIRtax? The answer: those who benefit from the current system.

A recent Rasmussen survey may provide a partial answer to who those people are.

Scott Rasmussen provides a revealing look at a group that he calls "America's elite 1%". This group is defined as people who make over \$150,000 a year, live in densely populated areas and have postgraduate degrees. Here is some of the results of the survey:

- * The elite 1% represents 1% of the population and are extraordinary influential.
- * A heavy concentration of them went

to one of 12 elite schools.

- * About half of the policy positions in government and half the corporate board positions in America are held by people who went to one of those 12 schools.
- * They are in power centers - Manhattan or D.C.

* Most Americans believe we don't have enough freedom but over 50% of the elite and 70% of the politically involved elite say we have too much freedom.

- * 70% of the elite trust government to do the right thing and believe we would all be better off if they were in charge of making decisions for the rest of us. What does the elite 1% control?
- * Most of the important positions in the current and prior administrations.
- * Most think tanks - both conservative

and liberal ones.

- * Most policy groups in D.C.

What is it that the elite 1% don't want?

- * The other 99% to control how much federal taxes they pay.
- * To lose the I.R.S. as a way to intimidate and control the other 99%.
- * To lose the ability to reward their friends and punish their enemies using the tax code.
- * To lose the ability to use the tax code to coerce people into acting against their own best interests in order to achieve an outcome that is beneficial to them. The elite 1% in D.C. is ignoring the one real solution that allows us to remain citizens and not subjects the FAIRtax.

The FAIRtax:

- * eliminates income tax and payroll taxes
- * eliminates the I.R.S.
- * eliminates tax lobbyists selling tax benefits to special interest groups
- * eliminates any federal tax on spending

up to the amount needed to provide the basic necessities for you family

- * eliminates the penalties on earnings, savings and investments

The list continues but I think you can see why the FAIRtax is seen as a threat to the elite 1%. Under the FAIRtax we pay taxes only when we decide to spend. Until then, all the money we earn all goes to us. Power is the name of the game and the FAIRtax puts that power back where it belongs - in the hands of the 99%.

For more information please go to FAIRtax.org



Ocala Villages
News

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Only the FAIRtax can Pull the Trigger!

Want to learn more?

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FAIRtax
FL FAIRtax EDUCATIONAL AREA

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Poll Watchers Trump

We are in election season once again and will be conducting a group, live in person poll watching training conducted by the Republican Party of Florida and the Republican National Committee on Tuesday, April 30th from noon until 2:00 at the Ocala Police Dept. Community Room (402 SPineAve, Ocala).

Once again, this training will be required for any poll watcher in the State of Florida. We will be coordinating with the RPOF in determining precincts that get a higher priority than others and will offer a sign up sheet accordingly as we get closer to voting. We will also go over these concerns during the training. Good news this year, our poll watcher identification badge will be just slightly larger than a normal identification badge worn by poll workers. Recall last year it being quite large, so that issue has been resolved with the Supervisor of Elections.

We need many poll watchers again as well as looking for some that may be able to travel to our neighboring Hillsborough county that is a county of higher risk. Please respond to this email or text me if you are able to attend this training.

Thanks in advance for your willingness
Brigitte Smith
Chair, Marion County Republican
Executive Committee
727 482 1124

Continued from page 4
They expected a return on their money. Hillary failed! Remember they are claiming Trump was dividing the country. How does it look so far???

The main stream media is owned and run by wealthy Democrats or their donors. Yet Fox News and a few others get the truth out! The mainstream media is shrinking, Fox News is growing and social media is growing.

Right after Trump won the big donors that gave money to Hillary started negative information about Trump! They were mad because when Hillary lost they lost the dream of millions of dalliers in return. Some how they needed to get even with Trump. They have tried but he stands for the people of the United States, so they have been punishing the people and they are ready to take a stand.

Trump rallies are are inspiring, they are create hope and pride and GRIT!

I can't think of one thing that is better because go Joe Biden or most of the left. The left is responsible for failure in the education break down. Now you see protesters tearing down statues and claiming our history that we teach is not true. Some history as it is told over the years is elaborated each time it's told but it all came from a true story. TRUE HISTORY. The Democrats fought the civil war to keep slavery. Lincoln was a Republican and he freed the slaves but most people won't admit that! The Democrats that

started the KKK. A man who started the KKK was voted into Congress as a Democrat. All of the top Democrats gave his eulogy.

Nothing in the teaching history does it say planned Parenthood was found in the inner cities to control the black population. It should be mentioned during Black History Month.

Dems claimed it was inhuman for Trump let Border Control to put children in cages. First they were not cages it was pod to protect them from the crazies in the same

shelters, but they were built during the Obama's rule, yes they were there when Trump took over.

Let me remind you again that China says "The best way to take over a country is to take it without a shot being fired!". First they create

How about when Trump commuted Roger Stone's sentence, and was DEMONIZED 24/7 but NOT A WORD when Obama commuted 1,715 inmates, which included 330 that he granted on his

Continued page 7



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PGA Tour SUPERSTORE has grand opening and ribbon-cutting in Lady Lake

Trump

Continued from page 6

last day in office. DID WE EVEN HEAR one WORD about it?

Were there reporters even reporting it. NO! Just look at the difference in the reporting. By the way, since Trump's been in office he's commuted 10 people. compare that to Obama. Is that reporting fair?

How about when Biden and Obama allowed the H1N1, the SWINE FLU, to INFECT MILLIONS of Americans before declaring it a health emergency. Was the press losing its minds and calling it the OBAMA FLU AND BLAMING OBAMA and BIDEN for the spread? — SILENCE!

Compare this to the NEGATIVE COVERAGE that Trump got when, he immediately halted travel from China. Then, in February, Nancy Pelosi went to Chinatown and said come on down, or when DeBlasio, in March, said ride the subways and go to Broadway. BUT those same people are blaming Trump for the spread of coronavirus.

AFINAL QUESTION:

What have the DEMOCRATS done to help make America the best, to get behind a president that works tirelessly to care about WE THE PEOPLE instead of using us as political pawns? What have the democrats done for people of color EXCEPT for GIVING ILLEGALS more rights than citizens and having us pay for it?

JUST imagine what this country could accomplish if the Democrats worked with him on the economy, the coronavirus, the inner cities where he's created opportunity zones, job training etc. When Trump tried to get school choice for inner-city students

they ran Betsy Devos out!! The democrats running those inner city schools wanted no part of school choice. Have you ever wondered why it's cities that have been run, for decades, that have the MOST HOMELESS, the MOST CRIME, the most MURDERS, the worst INNER CITY schools, ARE ALL RUN BY DEMOCRATS?

If you haven't started asking yourselves those questions, maybe you should. As I said, my entire family used to be Democrats, but NOT ONE will ever vote for a Democrat again. They asked themselves the same questions and the answer was clear.

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A Dog Trainer's Top Tips



A Dog Trainer's Top Tips to Support Pets Through Life Stages

by Darris Cooper, CPDT-KA, FFCEP (NAPSI)—Many people found comfort in their animals during the pandemic, whether they already had a pet, newly adopted, or helped care for a family member's pet. Four years later, puppies adopted during the pandemic are now entering adulthood, while dogs adopted as adults are approaching their senior years. As your dog transitions to new life stages, training is an important part of a well-rounded health and wellness routine that will keep your pup happy and healthy every step of the way:

Enlist the pros: Pet parents may be struggling with unwanted behaviors that their pups have picked up over the past four years, often driven by [separation anxiety](#) or [social anxiety](#). As a first step, it's important to consult your veterinarian to rule out any underlying health issues.

Fostering a safe home environment and consulting with a certified dog trainer, and in some cases even a certified separation anxiety expert, are critical to addressing your pet's needs.

Safety and preparation first: When training your dog on a [leash](#), having a properly fitted [collar](#) and [harness](#) is important for their comfort and safety. Before taking your pup out and about, I recommend

getting them microchipped and registered in the [Petco Love Lost](#) database for extra peace of mind. The right tools are essential for training and include things such as training treats, [a training clicker](#) and a [treat pouch](#) for quick access to your pet's bite-sized rewards.

Consistency is key: Training is beneficial for your pup through all stages of life and it's never too late to learn new skills. Petco's [certified dog trainers](#) offer in-person and online classes in one-on-one and group settings. Petco's trainers are AKC Canine Good Citizen (CHC) Evaluators—they offer a prep course and can administer the AKC S.T.A.R. Puppy and CGC tests. The most effective training sessions are short and consistent and end on a positive note, as dogs will likely retain the last thing they learned. I work with my pups, Zakai and Kalea, throughout the day, as it allows me to

reward desired behaviors while providing them with structure and routine. For energetic pups that may have trouble focusing on the lesson, try taking them on a walk or playing with them to work off extra energy. Training sessions are great for both physical and mental stimulation.

Playtime with a purpose: Outside of dedicated training time, [puzzle toys](#) and [chew toys](#) can keep your pet mentally stimulated and eliminate pent-up energy, which can result in unwanted behaviors. Puppies and senior dogs can benefit from enrichment such as toys that are easier to chew, while senior dogs may prefer to avoid games such as fetch that require large amounts of energy exertion. All dogs are individuals, so pet parents should go at their pace. Scheduling a puppy playdate or going on a fun outing can be another exciting way to keep your dog happy and engaged, though it's a good idea to make sure any playmates match your pup's energy levels, play styles, and physical abilities to avoid accidental injuries.

Nutrition as the basis of health: Ensure your dog is in the best shape possible by giving them [age-appropriate food](#). There are special formulas for [puppies](#) and with added nutrients that cater to their unique nutritional needs, while supplements are another great addition to your pet's diet. From [omega 3 fish oil](#) to hip, joint, skin and coat [supplements](#) for senior dogs, there's always a little something extra that can give your pup a boost.

It's also essential to schedule regular [vet check-ups](#) and [grooming appointments](#) to ensure pets look and feel their best. For additional resources including guides, checklists and more to

help your pets navigate life stage transitions, visit [petco.com](#) or Petco pet care centers nationwide.

Darris Cooper is the National Dog Training Manager at Petco. He has worked in the industries of animal training and behavior, pet lifestyle and broadcast journalism, and has been a professional dog trainer for more than 10 years.

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FROM THE DESK OF

CONGRESSWOMAN KAT CAMMACK



Cammack, Magaziner, Malliotakis, Panetta Alleviating Barriers For Caregivers Act (ABC Act)

WASHINGTON, D.C. — Today, Congresswoman Kat Cammack (R-FL-03), Congressman Seth Magaziner (D-RI-02), Congresswoman Nicole Malliotakis (R-NY-11), and Congressman Jimmy Panetta (D-CA-19) introduced the Alleviating Barriers for Caregivers Act (ABC Act).

The ABC Act would help reduce red tape for family caregivers at the Centers for Medicare and Medicaid Services (CMS) and Social Security Administration (SSA) by requiring the agencies to review the eligibility determination and application processes, procedures, forms, and communications of Medicare, Medicaid, Social Security programs, and the Children's Health Insurance Program (CHIP) to reduce administrative challenges for caregivers. It requires a report on the findings and remedy plan back to Congress within a year of the bill's enactment to streamline the policies and procedures.

"America's family caregivers work around-the-clock to provide essential care for their loved ones, and over half—56 percent—act as advocates on behalf of their family members. The last thing these caregivers need is more red tape that distracts from their support for those in their care," said Rep. Kat Cammack. "I'm honored to introduce this bipartisan and bicameral ABC Act with my colleagues to lower the burden around the important medical decisions caregivers must make every day. Together we can support the 48 million caregivers that make up a critical part of our health care landscape in the U.S."

"Family caregivers work around the clock

to support their loved ones—often balancing their jobs and family responsibilities at the same time—and Congress must do our part to make their lives easier," said Rep. Seth Magaziner. "That's why I'm proud to co-lead the ABC Act, a bicameral, bipartisan bill that will cut through bureaucratic red tape to provide caregivers with the support they deserve."

"There are over 48 million family caregivers in the United States who provide essential services so their loved ones can continue to lead an independent lifestyle," said Rep. Nicole Malliotakis. "I'm proud to join a bipartisan and bicameral group in introducing the ABC Act to streamline policies and alleviate administrative barriers so our caregivers can spend less time on stressful paperwork, and more time caring for patients in need."

"Family caregivers face daily and numerous challenges when it comes to their many important responsibilities to help provide for the health and wellbeing of care recipients," said Rep. Jimmy Panetta. "By streamlining the overly burdensome and bureaucratic process, the bipartisan bicameral Alleviating Barriers for Caregivers Act would allow family caregivers to focus more on people rather than paperwork. This legislation would help ensure that the federal government is a partner, not an obstacle, for the over 48 million family caregivers around the country."

"Family caregivers are the backbone of our nation's long-term care system, and they are overwhelmed managing their loved one's care," said Executive Vice President and Chief Advocacy and Engagement Officer Nancy LeaMond. "The Alleviating Barriers for Caregivers Act could help reduce the stress family caregivers experience by making it easier to navigate resources, eligibility, benefits, and health systems when providing care. AARP thanks

Representatives Cammack, Magaziner, Malliotakis, and Panetta for their dedication to family caregivers and urges Congress to swiftly pass this important bipartisan, bicameral legislation."

The bill's Senate companion, S. 3109, was introduced by Senators Shelley Moore Capito (R-WV) and Ed Markey (D-MA).

The bill has been endorsed by dozens of organizations, including AARP, the ALS Association, the Alzheimer's Association, the American Heart Association, Autism Speaks, the Family Caregiver Alliance, the Home Care Association of America, the National Alliance for Caregiving, and many more.

Rep. Cammack Joins Rep. Donalds In Bipartisan Initiative To Protect Big Cypress National Preserve From Destructive Biden Admin. Meddling

WASHINGTON, D.C. — Rep. Cammack joined Rep. Byron Donalds (FL-19) in a bipartisan letter alongside Representatives Mario Díaz-Balart, Scott Franklin, and 14 additional colleagues from across the Sunshine State in demanding that the Biden administration does not proceed with any proposed wilderness designation at Big Cypress National Preserve.

Federally-designated wilderness areas are defined as areas "where the earth and its community of life are untrammelled by man, where man himself is a visitor and does not remain." Any wilderness designation of Big Cypress by Biden administration officials would not only restrict the free movement of the local Miccosukee and Seminole Tribes, but it would supercharge the spread of invasive species, destroy local small businesses, and restrict wildfire response capabilities.

"Big Cypress National Preserve is an iconic fixture of our Southwest Florida community that must be protected from debilitating federal overreach," said Rep. Donalds (R-FL). "I proudly stand with my constituents, local stakeholders, and environmental officials from across the Sunshine State in demanding that the Biden administration does not proceed with any wilderness

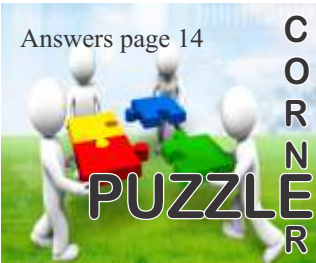
designation of the preserve. It is imperative that we block this disastrous and completely unnecessary potential action by out-of-touch bureaucrats in Washington."

"As we approach the 50th Anniversary of the Big Cypress National Preserve, it is crucial to continue protecting this outstanding natural and sacred land for future generations," said Rep. Díaz-Balart (R-FL). "As the first-ever National Preserve in the National Park Service, this land stands as one of the most ecologically diverse areas of our country. Any proposed wilderness designation by the Biden Administration would pose significant threats to the sacred cultural sites of the Miccosukee Tribe and Seminole Tribe, and way of life enjoyed by the Tribes, constituents and tourists who visit America's first Preserve for camping, fishing, and hunting. As the Member of Congress representing a majority of the Preserve, I remain steadfast in my commitment to safeguarding its future."

"In Florida, we know no one is better at preserving our state's natural beauty than the locals who have lived with and alongside the land for generations," said Rep. Franklin (R-FL). "If the Biden Administration finalizes this determination, it will be in vehement opposition to the will of our state's agencies, Tribal Nations and the affected counties in my district. I thank my Florida colleagues for joining the effort to stop this overreach from the federal government."

"I'm glad to join Rep. Donalds and my Florida colleagues in opposing a wilderness designation for Big Cypress National Preserve," said Rep. Cammack (R-FL). "The wilderness designation will restrict access for the Seminole and Miccosukee tribes which rely on this area for cultural, ceremonial, and burial significance, along with hunters and fishermen who work to manage invasive species..."

<https://tomlpublishing.com/florida-news/rep-cammack-joins-rep-donalds-in-bipartisan-initiative-to-protect-big-cypress-national-preserve-from-destructive-biden-admin-meddling/>



- Answers page 14
- CORNER PUZZLE
- Across
- Sign of healing
 - Greek messenger of the gods
 - Let out, in a way
 - Cicero's wear
 - Diplomat's forte
 - Get along
 - Secret target?
 - " ___ out?" (dealer's query)
 - Like candles
 - Chips
 - Scale starts
 - Ironically funny
 - Prefix for hazard
 - Shower attention
 - School of painting
 - Employment
 - Jump over
 - Korbut the gymnast
 - Chips

- Phrontistery product
 - Pre-deal payment
 - Basic principle
 - Kind of layer
 - Ferber or O'Brien
 - 53-Down is one
 - Formerly called
 - Dash lengths
 - Chips
 - Demolish
 - Ill-gotten gains
 - Draw in
 - Unified
 - Church part
 - No longer docked
 - Chromosome occupants
 - Title for a Romanov
 - It's game
- Down
- Pack provisions
 - Sonata finale
 - Bug-eyed
 - Revealed to the world
 - Phrase in a playground argument
 - Hindu royal
 - Revered picture
 - Backbreaker, in proverb
 - Eternally
 - Yarn measures
 - Get ready to take off
 - Like this clue number
 - Slots spot
 - Where to see chaps
 - Orange container
 - Raising a sweat, perhaps
 - Parenthetical comment
 - Indiana athlete
 - Undecided
 - Wax theatrical
 - Place for a run
 - Dull impact sound
 - Don't differ
 - Unpleasant, as weather
 - A little fat
 - Coffee variety
 - Fence pickets
 - Imprint
 - Low-down joints?
 - More in order
 - What "Eroica" was written in
 - Caesar, for one
 - Type of beetle or party
 - Rhinologist's study
 - "This must weigh ___!"
 - Prop for Astaire
 - Spill reaction
 - Civil rights figure Parks
 - Artful dodge
 - Inspiration for Kilmer
 - Once around the sun

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FROM THE DESK OF ATTORNEY GENERAL MOODY



The House Considers Legislation Through The Weekend

Dear Neighbor,

This week was a long one—and it's still not over! The House will

be in session through tomorrow to consider several important pieces of legislation. I spoke about what's been happening today on the House Floor in a Facebook Live here.

It was a busy week in the Energy & Commerce Committee as we reviewed several pieces of legislation that deal with protecting you and your privacy online. This is of utmost importance to me and my colleagues because you deserve to be protected, not taken advantage for advertisers and third-party groups that use and sell your data for their own benefit. For more on this, take a look below.

While the Senate majority disappointingly dismissed the House-transmitted articles of impeachment against DHS Secretary Alejandro Mayorkas, the work on securing our border continues. Thought the Senate won't take this matter seriously, we know how important this issue is to our national security and we won't stop fighting.

I also introduced a bipartisan piece of legislation called the Alleviating Barriers for Caregivers Act (ABC Act). This bill will reduce red tape for family caregivers through CMS and the Social Security Administration to allow family caregivers to spend more time with their loved ones and less time on paperwork. I was encouraged by the overwhelming support for this bill from my colleagues and folks like you who take care of loved ones each day. You can learn more about this bill and what it entails below.

Finally, tomorrow we will host the 2024 Congressional Art Competition judging and celebration in Newberry. We had over 70 high school students submit original art pieces for consideration and we're thrilled to invite these students and their families to show off their hard work with us. We'll announce the overall winner, "Fan Favorite," and "Office Favorite" votes in next week's newsletter.

I'll be back in the district next week and look forward to seeing many of you during my visits across North Central Florida.

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

ATTORNEY GENERAL MOODY FILES CRIMINAL CHARGES AGAINST VIOLENT RETAIL THIEVES

TALLAHASSEE, Fla.—Attorney General Ashley Moody is filing criminal charges against two violent organized retail thieves. Raheem Davis Jr. and co-defendant

Vayshoun Harris are facing charges for multiple robberies at Home Depot stores across five different counties that involved physical violence against store employees.

Attorney General Ashley Moody said, "These two criminals committed multiple robberies at Home Depot stores across five counties, violently assaulting employees in the process. In one incident, a defendant even pepper sprayed a cashier in the face. We do not stand for organized retail theft in this state, especially theft that involves violence—I proudly stood with Gov. DeSantis recently as he signed a new law strengthening our statutes against crimes just like these. We will continue to hold these thieves accountable."

According to the investigation, Davis and Harris traveled to various Home Depots throughout the state, filled up shopping carts and tried to check out in the store's outdoor garden center. The defendants then tried to pay for merchandise, more than \$1,000 each time, with counterfeit bills. When the clerks realized the counterfeit money, Davis entered the store employee-only area and pushed buttons on the register screen in an attempt to open the cash drawer. Davis assaulted store employees who tried to resist. In one incident, Davis pepper sprayed a clerk in the face. Harris served as a lookout or took the cart full of stolen merchandise to the duo's vehicle while Davis struggled with store employees.

ATTORNEY GENERAL MOODY LEADS MULTISTATE LEGAL ACTION DEMANDING THE EPA RESCIND "ENVIRONMENTAL JUSTICE" INITIATIVES HARMING STATES

TALLAHASSEE, Fla.—Attorney General Ashley Moody today led a 23-state coalition in filing a legal action demanding that Biden's Environmental Protection Agency modify its Title VI regulations. These regulations—known as "disparate impact" regulations—are what the EPA is using to advance much of its race conscious "environmental justice" initiatives.

Attorney General Ashley Moody said, "The EPA should be focusing on enforcing the environmental laws passed by Congress, not so called 'environmental justice,' which is a euphemism for Biden's extreme agenda. His radical exploitation of Title VI, if followed, would force states to unconstitutionally discriminate against their own citizens. The EPA should grant our Petition and revise its Title VI regulations."

Title VI of the Civil Rights Act of 1964 was established to prevent any person in the United States from being excluded from any program receiving federal funding on the grounds of race, color or national origin. Since Biden has taken office, "the EPA has taken unprecedented steps to use the EPA's Title VI regulations to advance what it calls 'environmental justice'...In practice, 'environmental justice' asks the States to engage in racial engineering in deciding whether to, for example, issue environmental permits, rather than relying on the effect on the environment and other appropriate factors."

In a Petition for Rulemaking, Attorney General Moody and the coalition go on to state that the U.S. Supreme Court has

indicated that the EPA's regulations are unlawful: "Although Sandoval did not directly address the validity of Title VI disparate impact regulations, the Court expressed significant skepticism on the validity of those regulations. The Court explained that the regulations were "in considerable tension with the rule...that forbids only intentional discrimination." Additionally, the attorneys general claim that "other scholars have even suggested that the EPA's regulations violate the Equal Protection Clause". Notably, in 2020, the Trump administration proposed a revision to the Department of Justice's similar Title VI regulations to remove disparate impact provisions. The Biden administration withdrew the proposal shortly after taking office.

The attorneys general conclude by stating: "By imposing disparate impact liability where it is not called for by statute, the EPA's regulations gravely depart from the original understanding of Title VI and compel States to unconstitutionally discriminate against their citizens by incorporating disparate-impact liability. EPA should grant this Petition and revise its Title VI regulations to be consistent with Title VI and the Equal Protection Clause."

Attorney General Moody is joined on the petition by the attorneys general of Alabama, Arkansas, Georgia, Idaho, Indiana, Iowa, Kansas, Kentucky, Mississippi, Missouri, Montana, Nebraska, North Dakota, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia, and Wyoming.

ATTORNEY GENERAL MOODY ADDRESSES LAW ENFORCEMENT OFFICERS AT STATE CAPITOL DURING 2024 TORCH RUN

TALLAHASSEE, Fla.—Attorney General Ashley Moody today addressed law enforcement officers and Special Olympics athletes at the Florida Capitol during the 2024 Law Enforcement Torch Run, benefiting Special Olympics Florida. State and local law enforcement officers participated in a two-mile run this morning in Tallahassee up to the Capitol. The Law Enforcement Torch Run is the largest annual public relations and fundraising event for Special Olympics Florida, with thousands of law enforcement officers and Special Olympics athletes running hundreds of miles throughout the state.

Attorney General Ashley Moody said, "Law enforcement officers are always giving back to the community, and the 2024 Law Enforcement Torch Run is just another example of their commitment to serving others. Every year, thousands of officers come together and show their support for Special Olympics athletes by running the Flame of Hope across the state. Through this statewide event, we can promote and support the Special Olympics and provide these athletes the chance to shine through physical competition."

The Law Enforcement Torch Run began in 1981. Law enforcement officers are known as Guardians of the Flame, carrying the Flame of Hope into the opening ceremonies of local, state, national, regional and world games. The event allows Florida law enforcement officers to be active in the community and support Special Olympics athletes in the state and beyond.

Every year, more than 5,000 officers from more than 300 agencies and Special

Olympics athletes carry the Flame of Hope through Florida in an intrastate relay, totaling 1,500 miles throughout all 67 counties. The Torch Run will end at the start of the Special Olympics State Summer Games in Orlando on May 17. Special Olympics Florida serves more than 60,000 athletes and is celebrating its 52nd year supporting people with intellectual disabilities.

Stroke & Dementia in Black Men

Tips for Staying Healthy During National Minority Health Month and Beyond

from the National Institute of Neurological Disorders & Stroke

(NAPSI)—With nearly 800,000 Americans having a stroke each year, it remains a leading cause of death and long-term disability. Making matters worse for many Black/African American men is that they are at higher risk for high blood pressure and strokes, according to medical experts. For many health conditions, racial and ethnic minority communities are impacted at disproportionate rates. April is National Minority Health Month, a good time to raise awareness about the importance of improving the health of minority communities and reducing health disparities. During this month, the National Institute of Neurological Disorders and Stroke (NINDS) is raising awareness of this important topic and sharing tips to help manage the risk of stroke. Over time, uncontrolled high blood pressure can damage blood vessels and lead to a stroke. High blood pressure can also lead to other damage in the brain that has been associated with dementia. The good news is people can take steps now to get—or keep—their blood pressure numbers in a healthy range to help prevent stroke and dementia later in life.

Stroke Prevention Tips for Black Men

- Know your blood pressure numbers. Blood pressure is measured using two numbers. The first number, your systolic blood pressure, measures the pressure in your arteries when your heart beats. The

Continued page 15

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FROM THE DESK OF

GOVERNOR DESANTIS



To Benefit the Hope Florida Fund, First Lady Casey DeSantis Asks Floridians for Kid-Friendly Recipes
Submissions will be used to support Hope Florida – A Pathway to Prosperity

TALLAHASSEE, Fla.— First Lady Casey DeSantis announced a new website to collect family-oriented, kid-friendly recipes for a project designed to benefit the Hope Florida Fund. She invites Floridians and parents from across the state to submit their favorite recipes.

“In the DeSantis family, we love cooking with the kids,” said **First Lady Casey DeSantis**. “I am asking Floridians to share their favorite kid-friendly recipes to be included in a project that will benefit the Hope Florida Fund. The Governor and I look forward to submissions from parents and cooks in the Sunshine State.”

Individuals interested in submitting a recipe can do so at www.Floridarecipes.com. Special consideration will be given to recipes that are specifically tailored for kids and incorporate the cuisine of a region in Florida. Submissions will be accepted through June 3, 2024.

Hope Florida
Floridians who are in need of support can connect with Hope Florida by visiting www.HopeFlorida.com or calling the Hope Line (850-300-HOPE).

Hope Florida is designed to help those in need connect with those in Florida who can help. For example, a single mother who is struggling to find affordable kid-care or needs help putting food on the table can call Hope Florida and submit her needs through a Hope Florida Navigator.

Through implementation at multiple state agencies, Hope Florida utilizes Hope Navigators to guide Floridians on an individualized path to prosperity and economic self-sufficiency by focusing on community collaboration between the private sector, faith-based communities, nonprofits, and government entities to break down traditional community silos, maximize support, and uncover new opportunities. Hope Navigators help individuals identify their unique and immediate needs, develop long-term goals, map out a strategic plan, and work to ensure all sectors of the community have a 'seat at the table' to be a key part of the solution.

Governor Ron DeSantis Announces More Than 200 Americans Have Been Rescued by the State of Florida from Haiti

TALLAHASSEE, Fla.— Governor Ron DeSantis announced that the number of Americans rescued from political turmoil in Haiti by the State of Florida **now exceeds 200 individuals**. Since the Florida Division of Emergency Management's first state coordinated rescue flight on March 20, a total of **220 Americans** have been successfully evacuated from Haiti to Florida. The evacuations have been executed by the Florida Division of

Emergency Management (the Division).
“When Floridians and other Americans are in need, the State of Florida acts,” said **Governor Ron DeSantis**. “I’m pleased to announce that we’ve been able to successfully rescue more than 200 Floridians and other Americans from Haiti. Even when the federal government fails to act, Florida will always step up.”
“Being able to support our residents in this time of crisis is because of Governor DeSantis’ leadership and the collaboration between our state agencies and private and nonprofit partners,” said **Division Executive Director Kevin Guthrie**. “I am proud of the State Emergency Response Team for working around the clock to coordinate these emergency flights and get Floridians home safely.”
Of the Americans the Division has evacuated from Haiti, 95 percent are Floridians. Upon return to Florida, evacuees have immediate access to a multi-agency resource center, and then the Division gets them all the way back to their doorstep. The evacuations are provided at no cost to those who are rescued. To date, the resource center has dispensed more than 350 resources to residents returning home from Haiti, including:
Meals and water
Lodging
Transportation home from the airport
Basic health and medical screenings
Care supplies for infants, toddlers, seniors, and pets
A family reunification center
Hope navigators, mental health counselors, and therapy dogs
A children’s activity center
Phones, SIM cards, and charging stations
ID replacements through a mobile Florida License on Wheels (FLOW) center
In addition to ensuring Floridians are returned all the way to their homes, the Division also provided the U.S. Department of State with Florida’s completed Haiti Assistance forms, so other Americans could be connected with a federally coordinated flight home.

Governor DeSantis Champions Legislation to Further Enhance Florida Education
PENSACOLA, Fla.— Governor Ron DeSantis highlighted parts of HB 1285, a bill that further enhances Florida’s top-ranked education system.
Today’s highlights from the bill included simplifying the process to convert failed “turnaround schools” to charter schools, streamlining the book objection process to limit those from individuals without children in the district, and the establishment of Purple Star School Districts.
“Florida is number one in the nation for education, but there’s always more to be done,” said **Governor Ron DeSantis**. “We won’t stop working for Florida’s students and parents. HB 1285 codifies several great enhancements for education that will keep Florida #1.”
“Governor DeSantis has made it clear: we are committed to ensuring our students receive a high-quality education and we will not tolerate those trying to score cheap political points at the expense of our

educational system,” said **Commissioner of Education Manny Diaz, Jr.** “Because of Governor DeSantis’ leadership, Florida remains the beacon of educational opportunity and I am proud of the work we are doing across the state.”
In part, HB 1285 does the following (more to be announced tomorrow):
Provides a clear and concise process for a struggling school to convert to a charter school.
◦ If a school receives consecutive low performance evaluations, it is deemed a “turnaround school.” If the district’s plan to turn the school around does not succeed, the pathway for the school to find new direction and leadership should be simple and efficient
◦ These changes will eliminate lengthy and drawn-out negotiations between the incoming charter school and the school district, to ensure no student is trapped at a failing school in Florida
◦ A charter school must give preference to kids in the previous school zone and must serve the same grade levels as the previous school.
◦ The charter school cannot be charged rent for the facility and the school district cannot charge an administrative fee.
Ensures that book challenges are limited for individuals who do not have children with access to the school district’s material.
◦ Unlimited objections remain for parents with children in the school district, which includes homeschooled students accessing district materials.
◦ Individuals without children in the district will be limited to one objection per month.
◦ Protects schools from activists trying to politicize and disrupt a district’s book review process.
Continues to support military families with the Purple Star Schools of Distinction Program.
◦ Institutes Purple Star School Districts, which recognizes districts with Purple Star Schools making up 75% of schools in their district.
◦ Helps to ensure a seamless transition for military families moving into Florida by requiring schools to provide them with support and resources.

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Stroke

Continued from page 13

- second number, your diastolic blood pressure, measures the pressure in your arteries when your heart rests between beats. If the measurement reads 120 systolic and 80 diastolic, you would say, "120 over 80," or write, "120/80 mm Hg."
- Normal Blood Pressure for Most Adults - Less than 120/80 mm Hg
 - High Blood Pressure - 130 or higher/80 or higher mm Hg
 - Stay informed. Discuss high blood pressure with your healthcare provider. Talk to your healthcare provider about your risks and ways to manage your blood pressure to help prevent stroke and dementia.
 - Take your medications. Your healthcare provider may recommend taking medicine daily to prevent stroke and heart attack, especially if you have high blood pressure.
 - Quit smoking or using tobacco. Smoking harms nearly every organ in the body, including the heart. Any amount of smoking damages the heart and blood vessels.
 - Manage your cholesterol levels. Reducing your cholesterol will lower your risk of developing a wide variety of serious health issues, including stroke and heart disease.
 - Eat healthy foods and exercise. Choose plenty of fresh fruits and vegetables. Get about 30 minutes of moderate to intense exercise, such as brisk walking or bicycling, every day. Following a healthy

eating plan and keeping physically active will significantly lower your risk for heart disease, high blood pressure, and other chronic and debilitating health problems.

- Manage your diabetes. Having diabetes or pre-diabetes puts you at increased risk of stroke and heart disease. You can lower your risk by keeping your blood glucose (also called blood sugar), blood pressure, and blood cholesterol close to the recommended target numbers provided by your healthcare provider.
- Get enough sleep. Getting a good night's sleep is important for good heart and brain health. Adults should aim for an average of 7 to 9 hours, and babies and kids need more depending on their age.
- Start early. Preventing stroke and heart disease is more effective if started in midlife. Studies also find that controlling blood pressure may reduce the risk of dementia.

These simple and effective lifestyle changes can reduce your chance of all types of stroke, heart disease, and dementia later in life. Taking charge of your health now can help avoid unnecessary risks and keep blood pressure under control.

For more tips and information, visit the NINDS Mind Your Risks® website at mindyourrisks.nih.gov.



Kid - Friendly
for Mother's Day

No Bake Brownie Bites

Ingredients

- 1/2 cup pecans
- 1 cup pitted dates
- 1/4 cup warm water
- 1 tsp flaxseed, (optional)
- 1/4 cup unsweetened cocoa powder
- 1/8 tsp salt
- 1 1/2 cups ground almonds

Instructions

- Whirl pecans in a food process--or until finely chopped (but not ground). Scrape into a shallow dish and set aside.
- Combine dates with water and flaxseeds in

food processor. Whirl until it starts to form a paste, about 20 sec. Whirl in cocoa powder and salt until combined. Add ground almonds and pulse until a dough forms.

• Scrape mixture into a bowl. Roll 1 tbsp portions into balls, then coat with chopped pecans.



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