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Volume 39 Issue 6

June 2020

Take Me Home!

OPEN

YES WE ARE OPEN

WELCOME



Picture left Bill Marshall and right George Marshall Standing in front of their store and saying yes we are open!



Pictured is the front of Bob's Coin & Jewelry, They have made some great provisions for receiving customers safely. Call for an appointment. 352-347-7900 (see page 16)



Pictured is Alana Bartram opening the door for a customer. Alana and her husband Chris own and operate the Lady Lake Discount Beverage store on 441 downtown Lady Lake.



Dennis McGee owner operator of Mr. Handyman of Lady Lake on 441 says "We're open and ready to roll!!!"

STAY
HOME



STAY
SAFE



SAVE
LIVES



SEE CORRECTION ON PAGE 4

AS I SEE IT

by A.J.(Tony) Powell
 Math is not my thing!
 It's interesting/unfortunate to see how 'selective' we are when watching/reading the 'news'!

Our newspapers, television channels, magazines, radio stations are slanted towards the right or the left- Republican or Democrat.

At the same time, we, their reader/viewers, choose to get our news from a medium which agrees with our own biased Point-Of-View. So 'facts' are difficult to find.

COVID 19- Where are we now? Where are we going?

Some sources report about 1.5 million infections in the United States alone since January of this year. But, of course we need to know "Is that the whole truth?"

Don't we need to know "How many people have been tested?"

I don't do math, but if we had one million positives out of 1.5 million tests, what would that mean for the rest of us?

Don't we need to know how many of 330 million Americans are infected/infectious?

Doesn't that mean that we need to test everyone?

American tax-payers have already paid out over \$3 trillion in 'government assistance'. Does that figure out to be about \$9000 from everyone in the country?

But, nothing has been done, or is being done, to solve the 'virus' problem.

Is it that complicated?

As I See It, there only two choices-
 1-Do nothing! That way the vulnerable will die off, and the survivors will be, presumably, resistant or immune.

2-Mandatory enforcement of N95 Masks and Nitrile Gloves for everyone for two or three weeks. The assumption being that, if we are all protected, simultaneously, the virus will have nowhere to go, so it will die off along with the unfortunate victims.

President Donald Trump says that he is taking hydroxychloroquine, which has been used for years for malaria He believes it prevents infection by the corona virus

Quote, "I've been taking it for the last week and a half. A pill every day. All I can tell you is so far I seem to be OK."

Some doctors claim that hydroxychloroquine is not effective. Then the FDA issued a warning that it can cause heart problems.

Is doing the 'wrong' thing better or worse than doing nothing?

Good news (maybe) includes a new vaccine which, the manufacturers claim will produce protective antibodies, which hopefully triggers immunity to infection.

But this appears to be an example of 'mis-reporting' simple facts. The article said that the company was "Reducing the dosage required to produce immunity" because this would "Help the company to produce more of the vaccine."

Does that make sense?

If the company can produce 100 doses or 10,000 doses per day, how does patient consumption (more or less) help them produce more vaccine?

One source reports about 300,000 deaths in a world-wide population of almost 8 billion people – Is that about a .00005 fatal infection rate?

Does that mean that the rest of the 4.5

million infected people are now 'immune'?

Reports say that COVID-19 will kill 2-3 times as many people in twelve months as will Malaria, which is recognized as one of the worlds most deadly infectious diseases.

Should we compare that to the 500 million people infected by the 1918 Spanish Flu with about 50 million deaths?

Do 'politics' influence the news we read?

One government scientist was 're-assigned' for saying "If we fail to improve our response now, based on science, I fear the pandemic will get worse and be prolonged,"

Where are we now? What should we do?

Keep in mind that 'testing' only confirms that you are already infected (or not). By then the damage is done!

The answer? Seems simple to me – Wear a mask when you are around people. And insist that they do too.

Is it that difficult to put your family and friends in front of yourself?

I don't think I am 'infected' – But maybe I am!

I don't think I am 'infectious' – But, maybe I am!

You?

'til next time.

Shoppers Save Big

Shoppers Save Big On Groceries With Healthy Savings® Powered By AARP Foundation

(NAPSI)—Good nutrition is important at any age. But for older adults on a tight budget, regular access to nutritious foods can be limited—and expensive.

A new program aims to change that by making it easier to get healthy foods at the local grocery store for an affordable price. With Healthy Savings® powered by AARP Foundation, shoppers pay a small fee of \$4.99 per calendar year for a card that can save them up to \$200 a month on groceries.

The program is part of AARP Foundation's work to help people over 50 with limited income eat more nutritious foods, ultimately improving their well-being. Research shows that more than 10 million older adults don't get enough nutritious food on a daily basis, most often because they can't afford it.

Eating healthy is about more than affordability, however. Not only does Healthy Savings reduce costs, it also identifies healthy options in the store. All products available through Healthy Savings are scored against the USDA's Healthy Eating Index to make sure they qualify as nutritious. The index makes it convenient to choose the healthiest foods, which include lean meats, eggs, yogurt, whole grains, and a wide range of other options.

The typical over-50 diet scores low in key food groups like whole grains and dairy. By encouraging the purchase of more of these nutrients through coupon discounts, Healthy Savings can help older adults:

- Lose weight or maintain a healthy weight.
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes and heart disease.
- More easily manage a chronic disease.
- Increase or maintain energy levels.

Shoppers who sign up for Healthy Savings receive a card in the mail and can download a mobile app, both of which can be used at 22,000 grocery stores across the U.S. for instant savings at checkout. The savings come on top of any from store loyalty cards and manufacturers' coupons (so long as coupons don't add up to more than the price of the item).

Each week, new coupons are automatically loaded onto the card and app—no coupon clipping required. Over the course of a year, Healthy Savings can save shoppers as much as \$2,400.

More information, including recipes and tips for shopping smart, is at aarpfoundation.org/save.

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Florida State Senate

DENNIS K. BAXLEY



Dear Friends,
We are finally beginning to see some light at the end of the tunnel. For the last three months, and three columns, COVID-19 issues have dominated our conversations. As this is being written, however, the State of Florida has begun its re-open plan and we are seeing good signs that we will be fully back on track soon.

Three months ago, No one could have accurately predicted where we would be at today with this virus. Some said it would last three weeks and once warmer weather came, it would be gone. Others said it would be years before we could safely leave our homes as we wait for a vaccine. Neither has turned out to be true. Three months ago, predictions for Florida were dire. Hundreds of thousands of cases, tens of thousands of death, hospitals failing, this was what we were being told



would happen in a best-case scenario. None of that looks to be true. Statewide, hospital capacity never went above fifty percent and thousands of ventilators remained unused.

Precautions, yes. Panic, no. This has been my approach to this viral outbreak. This has been Governor DeSantis's approach. I am very proud of the actions he took, with the little information that we had, that put Florida in a posture of being prepared for the worst. His phased re-opening plan is strong, fact and data based, and will help get us back on track quickly. It is my hope in the coming weeks that a "Phase 2" plan will include letting counties have some more decision making ability in assessing their specific situation and

tailoring a plan that works quickly and safely. A plan for Hillsborough, Orange or Broward will simply not be the best plan for a county like Marion, Lake, or Sumter.

Finally, do not believe the rhetoric that we are hearing out of California, Michigan and New York that this the "new normal". There is nothing normal about Americans admitting defeat and resigning ourselves to a posture of fear and deprivation. We will complete this comeback and our best days are ahead of us. The trees are made stronger by bending in the wind. We have learned a lot through this adversity and we will be stronger because of it. I am confident in the American entrepreneurial spirit that says no matter the obstacles, we can create something with value and something lasting for future generations.

Onward and Upward,
Senator Dennis Baxley

Stories/Songs That Matter Now

(NAPSI)—Here's a thought that may make you feel like singing: In times like these, when so many people feel like little islands, connecting with other people to share stories and songs takes on a special significance.

It's long been popular. For much of human history, the center of people's light and life was the humble campfire. It was a place to teach, share, connect, and give thanks. It was the hub of culture, where our ancestors gathered nightly to fight back the dark with their myths, stories, and the joy of their voices raised in song.

Stories and songs are basic units of shared culture that remain, even as the source of flickering light changed from fire to screens. These days, many social networks and streaming services are reporting global spikes in member activity.

For example, on the "stories" side, nearly 16 million new people joined Netflix during the first part of the year, which was twice as many as expected. Other streaming services have seen rises as well, including Disney+. And underscoring the many benefits of engaging in these libraries of "once upon a time," watching streaming video has quickly become the #1 leisure activity for people at home.

On the "songs" side, social singing network [Smule](https://www.smule.com/) has also seen a significant rise in new users joining in from all over the world. Smule is a global online community of music lovers where millions of people from all over come together each day to sing along with millions of popular songs, often with other people—and sometimes with the

Continued page 4



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

PUBLISHER'S NOTES



apologize! Hershey did move.

By TomL

They worry about China, Russia and other countries manipulating our elections! What about our food source, our water supply, our medical supplies, our power grid and manipulation of our oil supply.

I am hearing we have a shortage of Beef product for Wendy's restaurant because at the slaughter house processing plants many employees tested positive to COVID-19 and there is a shortage of workers, so they closed the plants. The Smithfield meat processing plants supplies a large portion of USA meats. They are owned by a Chinese

Holding Company.

Let me ask because no one else is. Why are so many employees sick and testing positive at the Smithfield meat processing facility? Is the meat OK? Why are we importing beef when we have plenty cattle of in this country? To Nikki Fried (Democrat) the head of Agriculture, don't let any other country own our food sources or our processing source.

If the numbers are accurate 1/3 of our College students are Chinese. The number has tripled in the last 10 years. Why do you think so many Chinese are going to school here? I say if they go to school here they must swear allegiance to the United States and swear not to share information they learn here with any other country. We are losing technology at an alarming rate. How are we losing it? Of course the big colleges

Chinese would love to take over our country by peaceful means. Just quietly overwhelm and take over the things that we depend on daily.

If the numbers are right a third of our college students are from China. I ask "why are so many professors teaching and preaching Socialism?"

I Googled "How much of big Pharma is owned by China?"

Janet Woodcock, FDA's director of the Center for Drug Evaluation and Research, in congressional testimony in October **said** while it is clear drug production, particularly of APIs, has moved out of the U.S., the FDA doesn't know a lot more than that. FDA info show the number of Chinese facilities licensed to produce APIs for U.S. drugs is smaller than in the U.S., 13% versus 28%, but those statistics don't mean much.

"The FDA doesn't know whether Chinese facilities are actually producing APIs, how much they are producing, or where the APIs they are producing are being distributed worldwide, including in the United States," Woodcock reported. "... Similarly, we do not have information that would enable us to assess the resilience of the U.S. manufacturing base, should it be tested by China's withdrawal from supplying the U.S. market."

Last month a Lady in the Villages did not like my story about following the money, my examples were Trump, Clinton and Obama. Trump lost money since he has been in office, how did the rest do while in office? GOOGLE IT!

CORRECTION!

Last month's issue when I wrote the story about the Smithfield plants closing. I said "My family was disappointed when Hershey Chocolate and Smithfield was purchased by a Chinese holding company. **That was not accurate**, what I meant to say was "my family was disappointed when Hershey moved their factory out of the United States". Some people in New York were showing their displeasure over the error. We regret the error!

We have so much hate, turmoil, death, illnesses. People are getting stressed out. I would like to go to a lighter side of life. We

are trying to do Restaurant reviews, have people send in pictures of their flowers at home, nature photographs, (we have an award winning photo in this paper). Pictured is a pair of Hawks sitting on a bird feeder at a Bellevue resident. We have some more flowers pictures to share and yes story's cover other issues.

Companies have been hurt because of increased tariffs on Chinese-made goods. That should encourage them to produce their product in the United States. They could even move to countries that have a better trade relationship with the US.

Rand Paul is disagreeing with Fauci ... Dr. Paul says it is ridiculous to cancel school in the Fall. Rand Paul is a Doctor which I just learned. He disagrees with some of Fauci's decisions.

Stories/songs

Continued from page 3

stars who first sang the songs—plus make new friends, cheer each other on, and simply have fun. Your singing ability doesn't matter; the thing all the members have in common is a love for singing, and a love for connecting with other people through the shared experience of performing songs together.

It's somewhat like Snapchat and YouTube, mashed up with an automated sound and video recording and effects studio. You can sing or record songs on video with new friends, karaoke by yourself, or sing a cappella. Members include people from all walks of life, including real-life superstars, such as [Lewis Capaldi](#), who upload recorded versions of their top hits for other members to sing along with and repost to the network and other social media platforms. Fans can even sing along with Disney characters such as [Moana](#) to the hits from popular Disney films.

Thousands of independent singing communities and teams have sprung up around the world, using Smule as the platform to showcase their singalongs.

One such community, [Apex Team](#), is a group of 46 young, talented and dynamic voices from all parts of the world who came together as a virtual choir that inspires online audiences with their enjoyable musical performances. Apex produces more than a hundred group collaborations a year, including a phenomenal performance of "[Fight Song](#)," by Rachel Platten and Dave Bassett—edited into a "Thank You" to frontline professionals in the fight against COVID-19.

Meanwhile, some things haven't changed. Shared light is better, stories and songs still matter.

To learn more, go to www.smule.com or get the app at Google Play.



Newspaper Deadlines

Editorial & Ad Copy for June

Seniors Voice & Ocala DownTown

12am, May 13th

Lady Lake Magazine & Village Spectator

12am, May 20th

Lady Lake Magazine/Village Spectator

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Last month I ran some pictures of flowers and ask that some of readers to share. Angelina Ahrem sharing a picture of her Flowers.

The Safety Of Mushrooms

From Harvest To Home

(NAPSI)—With new procedures and protocols from the impact of COVID-19, mushroom farms around the country are building on their strong foundations of safety.

Consider Maria. Before she begins her shift at the local mushroom farm's packing facility, she pulls essential items from her locker: facemask, hairnet, gloves and a smock. Now in "uniform," she takes her place on the processing line, 6 feet apart from colleagues, where she fills tills of the mushrooms that find their way to your grocery store. What may surprise many people to learn is that the items Maria puts on before each shift are nothing new—they have been part of Maria's uniform since she began packing eight years ago.

With the advent of COVID-19, all segments of agriculture have had to adapt their business practices. For mushroom farms, that means leaning in and building on their strong foundations of safety, quality and excellence to continue to provide this nutritious "superfood" to the public.

Mushroom farms and their packing houses, like other commodities, comply strictly, every hour of every day, to food safety and worker protection laws under U.S. Department of Agriculture (USDA), Food and Drug Administration (FDA) and other federal, state and local regulators. Farms are inspected routinely, often unannounced. So, for Maria, learning new guidelines wasn't difficult. She was glad to find there's no connection between the spread of the Coronavirus and the food supply chain—you can't catch COVID-19 from food.

With a myriad of safety procedures already in place, mushroom

operations quickly incorporated COVID-19 guidelines—including requiring harvesters, packers and shippers to social distance, increase handwashing and increase the frequency of sanitizing processes, among other protocols. While public attention on farm and food worker safety has heightened, today and every day, facilities that grow, harvest and pack mushrooms are continually and steadfastly making the safety of both their workers and their products their top priority.

That's good when you think about all the benefits mushrooms bring to consumers. Mushrooms have long been celebrated for their gluten-free, powerful nutrients and low calories, sodium, fat and cholesterol.

Your immune system is made up of a network of cells, tissues and organs that work together to protect you from infection and maintain your overall health. Mushrooms have unique levels of selenium and vitamins D and B that support immune systems.

So, the next time you're social distancing in the grocery store, you may want to pick up a till of mushrooms and use them in your favorite dishes. Who knows, maybe they will have been packed by Maria.

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IT IS HURRICANE SEASON AGAIN. ARE YOU PREPARED?

Experience has taught us that the best thing to do before a hurricane is prepare so you can be confident during a storm that you've done everything you can to keep your family safe. Even though forecasting methods and tools are improving year after year, people are still at great risk if they are not prepared. As your Chief of Police, I want you to know that during a hurricane, you can depend on the men and women of the Lady Lake Police Department to be there to assist. Remember, preparation is important because as the storm begins to peak, emergency vehicles will not respond once maximum sustained winds reach 45 MPH.

As a local law enforcement agency, we work with our local, county, state, and federal partners to improve our response, cooperation and communication during hurricanes. Just as we at the police department plan for unexpected weather emergencies, there is plenty you can do to make yourselves, your families and your homes ready for hurricane season. Don't wait for a storm to threaten.

According to Ready.gov, create a **basic disaster supply kit** that will last your family three to seven days. A basic emergency

supply kit could include the following recommended items:

Water

- (one gallon per person per day for at least three days, for drinking and sanitation)

Food

- (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to [shelter in place](#))
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to [turn off utilities](#))
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

Since spring of 2020, the CDC has recommended people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu.

Consider adding the following items to your emergency supply kit based on your individual needs:

Cloth face coverings

- (for everyone ages 2 and above) or mask, soap, hand sanitizer, disinfecting wipes to disinfect surfaces

Prescription medications

- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Talk to your family about which place in your home would be the safest during a storm and at what point you would move to a shelter. Plan what to do with your pets if you have to evacuate and designate an out-of-state relative or friend to be a point of

contact for each family member after a storm. Make sure children know when and how to call 911. But always remember that if a storm gets severe enough there may be limited or no emergency responders to assist until after the storm passes.

The Lady Lake Police Department is prepared to help you and your family in any emergency, but I encourage you to create a disaster supply kit and talk to your family about an emergency plan. On behalf of the men and women at the Lady Lake Police Department, I wish you and your family the safest possible hurricane season.

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Restaurant Review

Applebee's 441 Villages

I dined inside. Pretty good size restaurant and maybe six tables were occupied. They brought my place setting on a plate: knife, fork, spoon and napkins. I was asked to take them off of the tray. Interesting they took my drink order, it came on a tray. I had coffee. You take your own coffee off the tray. They take your order when they serve you. They never touch anything you are using to eat or your food.

I had fish. It was good and plentiful, fries, coleslaw which was tasty. The fish looked deep fried which is not my choice of how I like fish but it was good, a little cocktail sauce and I had a nice lunch.

I have been informed that Sweet Tomato is closing for good. They will be missed. Their food was good, healthy and moderately priced. They always took part in community events. Again I say they will be missed!

It is reported that Katie Belle's will not reopen after the COVID-19 closure. They were known for their great food and great entertainment. The Village people will miss her!

Arby's

I was disappointed to find Arby's took their Fish Sandwich off their menu. I called Corporate and complained. That

was my favorite Fast Food Sandwich. You know I saw a lot of ads on TV about their 2 for \$6 fish sandwich. You promote the heck out of a product then say we don't have it any more. Maybe the fish come from China?

The Blue Gator: Dunnellon Florida on the river. We decided after working all day to go out to eat. After being seated I spotted something on the menu. Peel and eat steam shrimp 1 lb. Yummm, they were delicious. I ate my fill and took some home for lunch the next day. It was a good experience and no one had to do dishes. They also have on Tuesday night \$.50 wings. YES, will go back.

Florida Health

Public Information Officer

OCALA, Fla.-If you have cancer, diabetes, heart disease, lung disease, or a chronic or underlying health condition, you are at a higher risk for more severe illness if you contract COVID-19. This means it's important to pay extra attention to your health needs right now.

Cancer

If you have cancer now or had cancer in the past, you may need to take special steps to protect your health. This is especially important for cancer patients who are treated with chemotherapy. They are more likely to get an infection because chemotherapy can weaken the immune system, and for the same reason, the infection may be more severe. To take care of your health:

- Before going into your appointments for

cancer treatment, ask your doctor how you can help protect yourself from catching COVID-19.

- Check if any oral medications that you are taking can be sent directly to you so that you don't have to go to the pharmacy or clinic.

- Ask your doctor if there are other things that you can do to isolate yourself from others.

Diabetes

When people with diabetes don't manage their blood sugar levels well, they can have more trouble fighting off illnesses like COVID-19. Because of this, people with poorly controlled diabetes are more likely to become very ill or die if they get COVID-19. If you have diabetes:

- Ask your doctor how often you should check your blood sugar and what your target blood sugar levels should be. Keep records of your results.

- Recognize the signs of high or low blood sugar and make sure you know what to do about it. Monitor your feet, skin and eyes to catch problems early.

- Take your medication on time as directed.

- Stress can make managing diabetes harder, including controlling your blood sugar levels and dealing with daily diabetes care. Regular activity, getting enough sleep, and relaxation exercises can help. Talk to your doctor about these and other ways you can manage stress.

Heart disease

COVID-19 can strain all of the systems in your body, and this puts additional stress on the heart. COVID-19 can also make it more

likely that your heart won't be able to keep up with the needs of your body. If you have heart disease:

- Make sure your vaccinations, including your pneumonia and flu shot, are up to date.

- Take your medications on time and as directed, and maintain your treatment plan.

- Measure your blood pressure if you have hypertension.

Lung disease

People with chronic lung disease or moderate to severe asthma may be at risk for complications from COVID-19. COVID-19 can affect your respiratory tract (nose, throat, lungs), cause difficulty breathing, and possibly lead to pneumonia and acute respiratory disease. To take care of your health:

- If you have one, follow your Asthma Action Plan. Learn more at [www.CDC.gov/asthma/actionplan.html](http://www.cdc.gov/asthma/actionplan.html) <<http://www.cdc.gov/asthma/actionplan.html>>.

- Take your medications on time and as directed, including any inhalers with corticosteroids.

- Don't stop taking any medications or change your treatment plan without talking to your health care provider. Discuss any concerns about your treatment with your health care provider.

- Talk to your health care provider about creating an emergency supply of prescription medications, like asthma inhalers. If you have asthma, make sure you know how to use your inhaler and avoid your asthma triggers.

Chronic and underlying health conditions

Continued page 10



Compliments of Lady Lake Chamber and Villages Spectator / Lady Lake Magazine.

Lady Lake Chamber Restaurant Guide



Updated Local Restaurant Guide

- Dine In - With Limited Seating (Call Your Restaurant for Details)
- Curbside Pickup & delivery

Please Remember the ones that are working to serve you and tip generously!!



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Lady Lake Area Chamber Of Commerce
Log Cabin Park, 106 S Hwy 441, P O Box 1430
(32158), Lady Lake, FL 32159

Letter to editor

With the apartment complex coming at CR 466 and CR 100 (Cherry Lake Road, the traffic situation on Chula Vista Avenue will only get worse. Now is time for Lady Lake Town Council to take a strong stance and make a very proactive effort to tame traffic on Chula Vista Avenue. First, and foremost the posted speed limit must be reduced to 20 MPH as it is in Sumter and Marion County's areas of The Villages. Four way stops with speed humps should be installed at Palermo Place and Ventura Drive. A speed indicating sign, similar to the one on the north bound lane of Chula Vista Avenue, should be installed near the center of the south bound lane of Chula Vista Avenue. When these traffic control measures are implemented the Lady Lake Police Department must vigorously and stringently enforce them, as was necessary when the four way stop at Del Mar Drive and Rio Grande Avenue was installed some years ago.

Carl

Dear Editor:

The Federalists, and the Anti-Federalists went at it tooth and nail over every issue in that constitution. The Federalist views have been in print since the constitution was written. Now the anti-Federalist views have been released in book form. The anti-Federalists favored small federal government, the Federalists a large Federal government. In the end it makes no difference, the corrupt, and power luster's will destroy any form of government.

Today's Federalists have moved on to even bigger goals, they have gone global {more power, more money}. Our elected officials and corporate executives have sold us out for bags of gold {thirty pieces of silver does not cut it any longer}.

Our founding fathers told us only moral people were necessary for their form of

government to succeed. Today that is a pipe dream. The Robber Barons look like Robber Pussy Cats compared to the current Robber Kings. We need Robber Watch Dogs to monitor these cheaters. Franklin knew the fate that awaited us. We were not vigilant.

How far astray have we travelled? Today we have 19 million bureaucrats that cost 1 trillion dollars a year, according to a current report. Does that qualify as big government? Why? Would a few less, make a difference? Maybe millions fewer would be doable. Many are patronage positions.

We have serious corruption problems, are they fixable? Is the socialism embraced by some young brain washed millenials a desirable alternative? In my book socialism is a form of tyranny i.e. power lusting of a higher magnitude. Capitalism has been corrupted: fix it. Clean house. It will not be easy. No one has ever ceded power easily.

Profit has been abused, we all know this. Has the term ever been discussed? Should it be? Again the hearing aid: \$200 to make, price \$15,000. What do you call that?

We need to examine the government with a fine tooth comb. The dust up over income inequality could be resolved with all the corruption found in the corrupt government. Did I hear just today: Someone at TVA gets a 9 million salary? Plenty inequality money if we look. We can agree on a problem, but differ on the solution. Nothing so drastic as socialism needed, except by power luster's. Income inequality is not their concern at all, it is always power and money for themselves. Pelosi is worth how much?

Many of us want what is fair, but disagree how to achieve that.

Never have there been such a large contingent of educated citizens, capable of confronting corruption, the scourge of humankind for eons. Or are we just as corrupt?

Should I abandon my soap box?

War by other means. Forget about

weapons ; wars are now in progress by other means.

China , with the aid of our bureaucrats and business executives, have been at war with us for decades. Trade and technology, covid-19, are their weapons of choice.

The Islamic weapon is through infiltration of our government. Who do you think those people with rags on their heads, in our congress, represent? You? Are you that devoid of common sense? They have been infiltrating communities for many years. They are well entrenched.

The Catholics may have wakened from their hibernation. They are under siege as well. During the past two weeks Catholics have been running ads on TV, calling for the return of Catholics. A PBS program had a documentary that had a segment stating how badly Islamists want to retaliate against the victory of Charles Martel at Tours. Their dream of world domination has never faded. It burns as deeply today as it did in 732.

Some day you are going to wake up and find yourself sans your freedom. What plans do you have for coping with that situation?

Do you care? What options do we have?
Do we have any?

Who will win? They all want the big prize, America. Our soft life could go out the window tomorrow, if we do not wake up, soon.

P.S.

What I found today.

The Header read: Who really owns America?

You can look it up on the net, too many to include here. China will not allow certain movies up for awards, just reported on TV. China owns the AMC movie chain. GE appliances made in USA, owned by China, Smithfield Foods owned by China. The list goes on and on.

Another new weapon of war.

What good will our government be, when China owns everything?

ZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZ.
Wake up citizens. Your fat is in the fire.
China plays hardball, and dirty.

D.I.L

Continued from page 7

People with chronic and underlying health conditions are more likely to become very sick from COVID-19. In addition to the above health conditions, people with chronic kidney disease undergoing dialysis, liver disease, autoimmune disease, weakened immune system (such as from smoking, bone marrow or organ transplantation, poorly controlled HIV/AIDS, or prolonged use of corticosteroids) or people with severe obesity (BMI greater than 40) face greater risks from COVID-19. Speak with your health care provider about specific precautions you should take based on your condition.

Additional precautions

Whether you have cancer, diabetes, heart disease, lung disease or another chronic condition, it's also important you:

- Stock up on 2-3 weeks of non-perishable food, prescriptions and medical and health care supplies.

-Create a contact list of family, friends, neighbors, healthcare providers, community assistance programs and drivers, and let them know you may need help if you become sick.

- Keep up healthy habits: healthy eating, exercise, getting enough sleep and managing stress.

-Stop smoking if you currently smoke. Smoking can make it more likely that you will have a heart attack or stroke. Visit TobaccoFreeFlorida.com for Quit Your Way services.

Practicing social distancing can also help further reduce your risk of exposure. This includes staying home as much as possible and staying away from people who are sick or have been sick in the past two weeks. Avoid crowds and gatherings of 10 or more and shop during off-hours when crowds are smaller. Further, keep at least 6 feet between you and other people, wear cloth face coverings when in public places, and avoid touching "high touch" public surfaces (for example, ATM screen, door handles, etc.)

Continued page 13

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FLORIDA GOVERNOR'S DESK

Ron DeSantis



Governor Ron DeSantis Announces Limited Re-Opening of Recreational Trails and Beaches

Tallahassee, Fla. – Today, Governor Ron DeSantis announced that, beginning May 4 2020 Florida State Parks will re-open access to

trails, and some day use areas, including some beach access with limited facilities. Visitors will be asked to practice proper social distancing and to limit group size to 10 or less and to stay six feet apart.

"I applaud the Re-Open Florida Task Force on their hard work to inform a safe, smart and step-by-step approach to re-opening Florida," said Governor DeSantis. "Recreational activity provides important physical and mental health benefits, particularly during these uncertain times. This Phase One plan will allow for the thoughtful, measured re-opening of some of our state's incredible natural resources for public recreation."

"Florida State Parks and Resilience and Coastal Protection managed areas offer a wide variety of recreational opportunities," said Department of Environmental Protection Secretary Noah Valenstein. "We are excited to be welcoming visitors back and appreciate the cooperation of the public as we implement measures that will allow access while protecting both our staff and the public we serve."

The selected reopened state parks will have limited facilities. Reopened beach areas allow visitors access to active recreation only. This includes walking, jogging, swimming and fishing. No sunbathing, chairs, canopies or coolers are allowed in beach areas at this time.

Reopened parks will resume normal operation hours of 8 a.m. to sunset, with the

exception of beach areas. Access to beach areas will have reduced daily hours that may vary locally along with reductions in visitor capacity to ensure social distancing. Visitors should check the Department's website at www.floridastateparks.org for the latest information.

Compliance with social distancing requirements and approved activities will be enforced and failure to comply with proper social distancing or approved activities may result in law enforcement action or park closure.

For a complete list of open parks and available amenities, please visit www.floridastateparks.org.

Governor Ron DeSantis and the Department of Children and Families Announce Extended Support to Floridians Participating in SNAP and TANF

DCF has also made workforce adjustments and instituted a series of policy initiatives to simplify the application process to provide timely benefits to Florida Families

Tallahassee, Fla. – Today, Governor Ron DeSantis and the Department of Children and Families (DCF) announced the extension of good cause for the month of May and the submission of a federal waiver, to assist Floridians participating in Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF) during the current public health emergency. Following initial approval from the United States Department of Agriculture (USDA), SNAP recipients' maximum monthly allotment (based on household size) will be increased for the month of May. Once approved, current SNAP recipients will receive this additional benefit amount

automatically.

"With nearly three million Floridians participating in SNAP alone, I'm confident that these policy initiatives are in our state's best interest – they will help us safely and gradually re-establish normalcy and ultimately allow families to thrive post-COVID-19," said Governor DeSantis. "These timely and proactive efforts taken by DCF helps ensure the good people of Florida have access to the support and resources they need."

"It's clear that the Governor is working tirelessly to help Floridians impacted by COVID-19, while also flattening the curve and planning a safe reopening of the state. But until that day comes – and it will – DCF is prepared to continue providing the financial support our family, friends, and neighbors needed to make it through this time of unprecedented stress and strain," said DCF Secretary Chad Poppell. "We're grateful of the support of USDA and we look forward to continued collaboration with our state and federal partners throughout the duration of the pandemic and beyond."

At Governor DeSantis' direction and DCF Secretary Chad Poppell's leadership the Economic Self-Sufficiency (ESS) program made necessary adjustments to the workforce, including repurposing over 1,300 current employees to manage the increased call volume and process the surge of new applications. Since declaring a public health emergency, DCF has received nearly one million public assistance applications and peaked call volume more than doubled. To date, ESS has processed nearly 70 percent of those applications. To assist with increased call volume, UnitedHealthcare – as part of the company's generous donation and display of corporate stewardship – deployed one hundred call center agents to assist the ESS Customer Call Center bringing the total number of available call agents to 1,000 by the end of April. As a direct result of these changes, ESS is

responding to more customers quickly and payments are being received within an average of two weeks, which is well below federal standards.

Additionally, under Governor DeSantis' direction, DCF instituted a series of waivers and policy initiatives, to provide additional assistance to Florida families, including:

- Temporarily increased SNAP recipients' benefit amount in March and April to the maximum monthly allotment based on household size. The Governor has directed DCF to request a waiver to extend this increase for May. Customers who are already receiving the maximum allotment will not receive an increase.
- Implementing a six-month recertification extension for clients scheduled to recertify for benefits in April and May.
- Expanded the capacity to allow Floridians to file for benefits telephonically with 800-1000 individuals taking advantage of this opportunity daily.
- Effectively partnered with the Department of Economic Opportunity to temporarily apply good cause statewide for TANF & SNAP recipients subject to participate in mandatory work requirements for March, April and now May as a condition to receive benefits.
- Participating in the USDA's pilot program to allow SNAP recipients to purchase groceries online using their Electronic Benefits Transfer (EBT) card.
- Developing a plan to implement Pandemic EBT – a supplemental benefit for households with children who receive free and reduced lunch – to serve more than three million children. The plan will be shared with the Florida Department of Agriculture and Consumer Services for joint submission to USDA for federal approval.

For more information, please visit: <https://www.myflfamilies.com/covid19/access.shtml>.

FLORIDA STATE ATTORNEY GENERAL



Ashley Moody

Attorney General Moody Calls for Changes to the Foreign Sovereign Immunities Act to Address Devastation Caused by COVID-19

TALLAHASSEE, Fla.—Attorney General Ashley Moody is asking Congress to modify the

Foreign Sovereign Immunities Act as Florida and other states seek to hold China accountable for its role in the COVID-19 pandemic. Attorney General Moody today sent a letter to leaders in Congress requesting that the FSIA be amended to increase opportunities to seek damages from China, when appropriate, for public health and economic harm.

Attorney General Ashley Moody said, "China must be held accountable, but our current legal framework presents challenges. Modest changes to the Foreign Sovereign Immunities Act would clarify and support actions against China, if necessary, to seek damages from the devastation from COVID-19."

The letter Attorney General Moody sent to congressional leaders Thursday states, "Any proposed legislation should be measured to have a limited impact on our diplomatic relations around the world... Such limitations achieve an appropriate balance between the need to provide a forum to hold bad actors accountable and the federal

government's interest in having a coherent foreign policy. I respectfully ask that you consider such legislation to address the grievous harm inflicted on our states."

To read the letter in its entirety, go to MyFloridaLegal.com.

On Monday, Attorney General Moody called on Congress to investigate China's role in the COVID-19 pandemic. In a letter to congressional leaders, Attorney General Moody and 17 other state attorneys general called on Congress to conduct a comprehensive investigation.

For more information on the letter to congressional leadership Monday, go to MyFloridaLegal.com.

On Wednesday, Attorney General Moody led a collation of 14 state attorneys general calling for a federal-state partnership to develop a comprehensive plan to hold China responsible for the COVID-19 pandemic.

For more on those efforts, go to MyFloridaLegal.com.

As Florida's chief legal officer, Attorney General Moody plays a unique role in protecting Floridians. Since COVID-19 began to spread in Florida, Attorney General Moody has activated the Price Gouging Hotline, recovered hundreds of thousands of dollars for consumers and issued Consumer Alerts to warn Floridians about emerging scams attempting to exploit the crisis. For more on these ongoing efforts, go to MyFloridaLegal.com.

Hundreds of Thousands of Dollars in Refunds Secured and Outrageous Posts Removed

TALLAHASSEE, Fla.—This week marks two months since Attorney General Ashley Moody activated Florida's Price Gouging Hotline in response to the [COVID-19 emergency declaration](https://www.floridastateattorney.com/covid-19-emergency-declaration). During that time, Attorney General Moody's Office has secured hundreds of thousands of dollars in refunds, worked with online platforms to deactivate nearly 200 posts offering items for outrageous prices and ensured information important to price gouging investigations is preserved.

Attorney General Ashley Moody said, "My office is dedicated to protecting consumers and that is exactly what we are doing during this COVID-19 pandemic. Throughout this crisis, we have been working diligently to secure refunds, deactivate outrageous online posts and collect information crucial to our price gouging investigations."

"A key part of our success is the thousands of tips flooding into our Price Gouging Hotline from Florida and beyond. And as we slowly start to reopen, I want to remind Floridians to remain vigilant. Don't let your guard down. We are more successful when we work together, so please keep sending us price gouging tips and we will continue to do our part to protect consumers."

Since activating Florida's Price Gouging Hotline, the Florida Attorney General's

Office has:

- Received approximately 4,400 consumer contacts about the price of essential commodities;
- Made more than 6,300 referrals and contacts to merchants about allegations of price gouging, refunds and scams;
- Secured more than \$497,000 in refunds related to travel, leisure and product purchases;
- Issued 70 subpoenas to further price gouging investigations; and
- Worked with online platforms to deactivate 189 posts offering items for outrageous prices.

Violators of the price gouging statute are subject to civil penalties of \$1,000 per violation and up to a total of \$25,000 for multiple violations committed in a single 24-hour period.

For more information on price gouging, please go to MyFloridaLegal.com.

For a list of the commodities covered under the state's price gouging laws during the COVID-19 state of emergency, go to MyFloridaLegal.com.

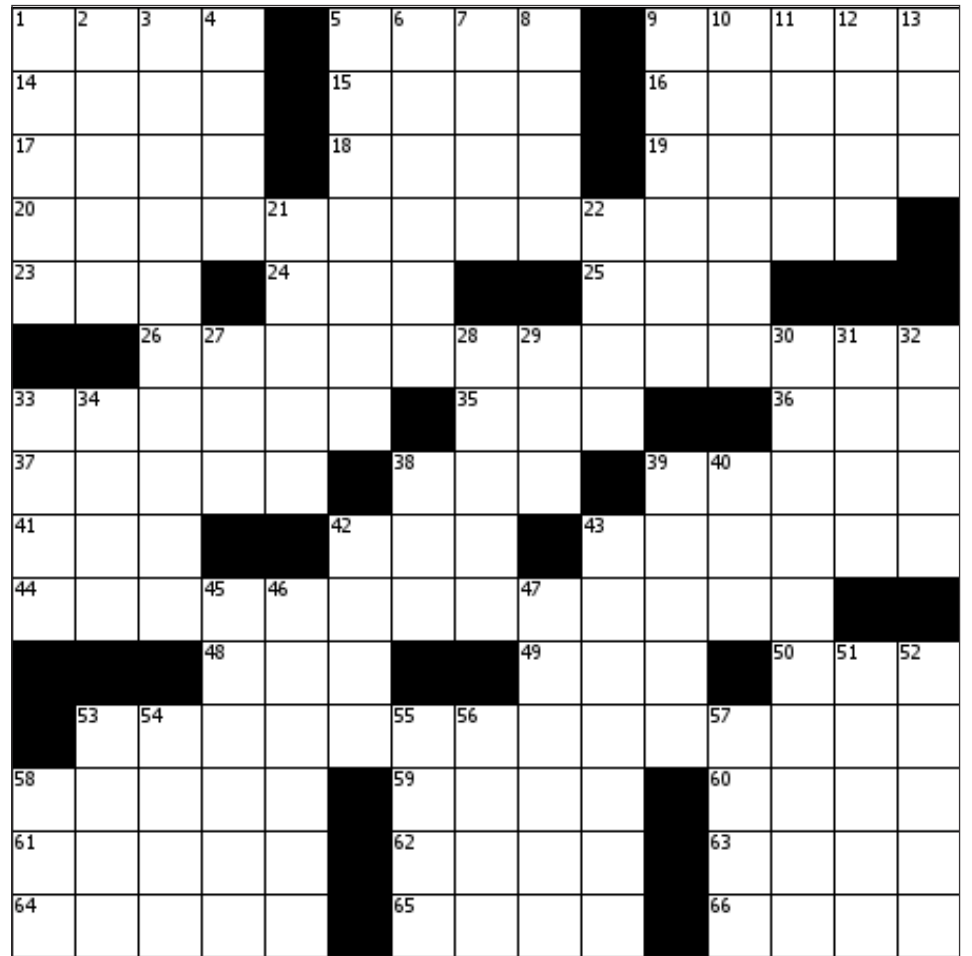
Price gouging can be reported by calling 1 (866) 9NO-SCAM, visiting MyFloridaLegal.com or downloading the NO SCAM smartphone app.

1. Book ID
5. Grocers stock them
9. Sideshow attractions
14. Fishing device
15. Alice's guest, in song
16. "The ____ near"
17. Huge name in films
18. Writer Hubbard
19. Site of a 16th C. council
20. Shortly, become a success?
23. Bao ____ (former Viet emperor)
24. Strike sticking point
25. Summer Games org.
26. Short New Testament event?
33. Maria of the Met
35. Kind of moron?
36. M u r m u r romantically

44. Prepare for an abbreviated attack?
48. Clumsy clod
49. Chicago-D.C. dir.
50. Japanese computer giant
53. Abbreviated John Denver hit

Down

37. Bring shame to	1. Homeric epic
38. That, in Tijuana	2. Diploma word, sometimes
39. Severe	3. Slovakia's capital
41. Murray Schisgal play	4. Following
42. St. Martin, e.g.	5. Fragrant ointments
43. Research	6. Southwestern gulch
44. _____	7. Purloin
45. Prepare for an evaded attack?	8. Sound unit
46. Mysclod	9. Go on a winning streak
47. Chicago-D.C. dir.	10. Add to
48. Japanese computer	11. Heaven on earth
49. Abbreviated John Cratchit	12. Word with crab or cobra
50. Word with code or _____	13. Atl. crosser
51. Five - time	14. First name in talk
52. Ledon champ, 1930	15. Like Tim Cratchit
53. Ed or rad add-on	16. Trains over the st.
54. Food flavoring	17. "Hey, long time _____"
55. City of Nefertiti	18. Tic-tac-toe line
56. Carpenter's groove	19. Universal
57. Ref but meaningful	20. Marquand's Mr.
58. S down the lawn	21. Sock parts
59. Choice word	22. Serene
	23. Border on
	24. Seasonal aide
	25. Sci-fi staple
	26. Cleveland cager, for short
	27. Up in the air
	28. Gives out



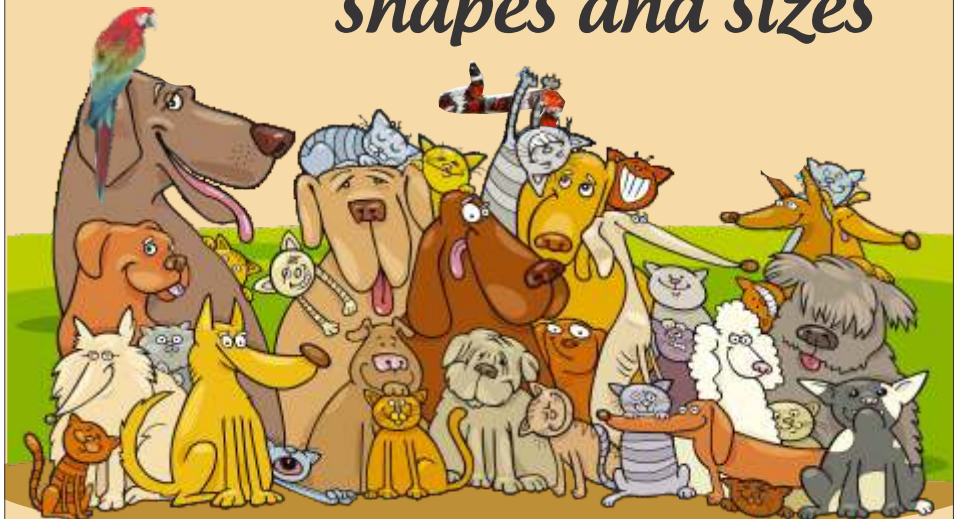
- 45. What some drivers carry
- 46. "Annie Get Your Gun" heroine
- 47. Closed in on
- 51. "Holy smokes!"
- 52. Actress Sevigny
- 53. Italian painter Guido

54. "Put a lid ____!"
55. Many Wall St. types
56. Baum barker
57. Sweep under the rug
58. Mushy food



I call this picture Libby's Hawks. Libby's husband Dave sent us the picture. This is a photo of two Red Shoulder hawks that Libby Neuharth took. They show up every day and perch on the bird bath. I think they are really lucky to be that closed to nature within the City limits.

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Health

Continued from page 10

Washing your hands often with soap and water (for at least 20 seconds) and avoiding touching your face with unwashed hands also helps protect you. Health officials also recommend cleaning objects or surfaces daily that people touch a lot, such as door knobs, kitchen counters and key pads.

COVID-19 symptoms and when to seek treatment

COVID-19 symptoms include cough, shortness of breath, fever, chills, shaking, muscle pain, headaches, sore throat and a new loss of taste or smell. If you are experiencing symptoms, stay home and contact your health care provider; don't go to work or school. You will need to get rest and stay hydrated. If you live with others, stay in a separate room and avoid sharing personal items.

If you are not sick enough to need hospitalization, you can recover at home. Monitor your symptoms, and if they get worse, call your health care provider immediately. Seek medical attention immediately if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

For more guidance

For the most up-to-date information on COVID-19 in Florida, visit floridahealthcovid19.gov <<https://floridahealthcovid19.gov>>. For general questions about COVID-19, call the state

hotline (866-779-6121), local hotline (352-644-2590), or email COVID-19@flhealth.gov <<mailto:COVID-19@flhealth.gov>>. Individuals can also follow the Department of Health in Marion County on Twitter at www.twitter.com/FLHealthMarion <<http://www.twitter.com/FLHealthMarion>> for the latest updates on COVID-19 in Marion.

About the Florida Department of Health
The department, nationally accredited by the Public Health Accreditation Board <<http://www.phaboard.org/>>, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Facebook <https://www.facebook.com/FLDepartmentofHealth?utm_source=article>, Instagram <<https://www.instagram.com/florida.health/>> and Twitter at @HealthyFla <https://twitter.com/HealthyFla?utm_source=article>. For more information about the Florida Department of Health please visit www.floridahealth.gov <http://www.floridahealth.gov?utm_source=article>.



Ignite Immunity



Clean Naturally With Lemons

(NAPSI)—If you're among the increasing number of Americans keen on natural solutions to

boost immunity these days, you may be glad to know the answer may be right in your refrigerator—or should be. Loaded with vitamin C and zinc, and with key antioxidant qualities, Limoneira Lemons can play a vital

role in helping the immune system adapt to new threats and conditions.

Experts have cited lemons as a way to “reduce the risk of complications from a cold or flu, and reduce inflammation in the body.” Experiments have also found that lemon juice can destroy the bacteria of malaria, cholera, diphtheria, typhoid and other deadly diseases.

Lemons are also a boon to any kitchen or DIY beauty routine—plus, they're a handy sustainability tool. Use them to make life simpler without investing in potentially toxic chemicals or overpriced solutions. In fact, beyond their immunity-boosting benefits, lemons provide natural antibacterial and antiseptic properties that

Continued page 15

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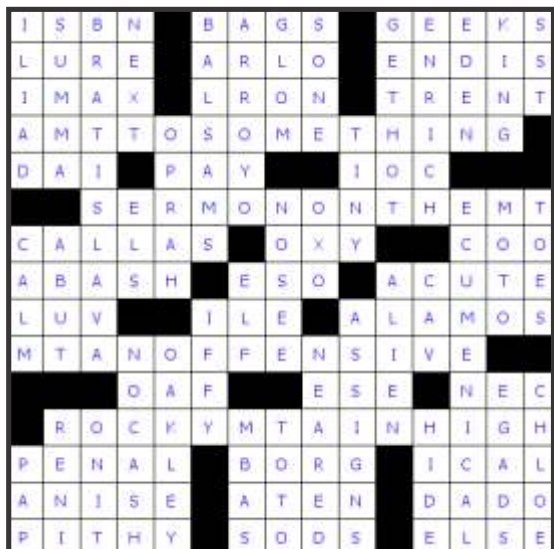
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Immunity

Continued from page 13

let you clean and disinfect your home, naturally.

Here's how to create a useful all-purpose cleaner for your kitchen and bathroom that can help your house smell spring fresh all year: Combine equal parts lemon juice and water in a spray bottle. You can use it nearly anywhere. For wood surfaces, create a polish by mixing one cup of olive oil and one-half cup of lemon juice. Test it first on a small spot.

For other "green cleaning" with lemon tips, visit www.Limoneira.com/cleaning.

Fraud And Coronavirus

(NAPSI)—The warning bells are ringing. From regulators, law enforcement agencies and consumer organizations around the globe, the message is clear: Fraudulent schemes related to the coronavirus (COVID-19) pandemic have arrived, and they are coming in many forms, from investment fraud to fake CDC emails to phishing scams.

Job loss, financial strain, and social distancing are conditions that present fraudsters with an opportunity to pounce. A study by the FINRA Foundation, the BBB

Institute for Marketplace Trust, Stanford, and the Federal Trade Commission found that social or physical isolation can increase anyone's susceptibility to schemes.

In times like these, it can be difficult to separate fact from fiction. Now is the time to move slowly, pay attention to details and not make rash decisions. Dramatic news coverage of viral outbreaks and pandemics can be an opportunity for scammers to pump inaccurate information into the marketplace to try to manipulate markets and investors. Following these hints can help you keep your money and personal information safe:

Tips for Avoiding Coronavirus Scams

1. Ask and Check. Before you make any investment decision, ask and check to verify information about any individuals you are dealing with and any investment product you are considering. You can use FINRA BrokerCheck, a free online tool, to get information on brokers and investment advisers.

2. Be skeptical. If an unknown company becomes the subject of press releases, emails, and promotional materials hyping the company and its products to cure the latest pandemic, hit pause. Be wary if you are flooded with information over a short time, especially if the communications only focus on the upside with little or no mention of risk.

3. Read a company's SEC filings. Check the SEC's EDGAR database to find out whether the company files with the

Securities and Exchange Commission. Verify these reports against promotional information put out by the company or third-party promoters. Exercise caution if they don't align. And be suspicious of solicitations to invest when products are still in the development stage, where no actual products are on the market, or if the company's balance sheets only show losses.

4. Question companies new to the "cure" market.

Changes to the name or business focus of a company to capitalize on pandemic fears may be a sign that a company is engaged in, or the subject of, a potential fraud. These changes can turn up in company press releases, Internet searches and, if the company files periodic reports, in the SEC's EDGAR database.

5. Run it through the Scam Meter.

Before you make any investment decision, the FINRA Scam Meter can help you tell if an investment you are thinking about might be a scam.

Reliable Resources on Scams and Coronavirus

Fortunately, there are a number of resources that provide accurate, unbiased information to help you spot and avoid coronavirus-related scams:

FINRA

Securities and Exchange Commission
Federal Trade Commission
Consumer Financial Protection Bureau
Better Business Bureau.

Learn More

For further ideas on how to protect your money, or to file a complaint or a tip, visit www.FINRA.org/LearnMore.



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