



This picture is just one of the vendors that braved the cool early morning. It did not take long to warm up and the vendors were meeting people and answer

questions about health issues! Each vendor was unique as they all were different businesses with different services. See picture on pages 8 & 9.

## Keep Your Hands Off My Healthcare

By TomL

Where do I start well I did hear one person say his daughter got healthcare when she could not afford what they offered before Obama Care, she had a preexisting condition. I guess you could call it the perfect storm. You force everyone to pay for the insurance including the people who don't want it that way the people who are not sick pay for the people who are sick.

Where it gets sticky is who pays for the elderly who have paid in all their lives and the politicians have spent the money giving it to other country that don't like us! I guess you could call it a "Like us fee". Another sticky place is when half the people refused to pay for the healthcare it got really expensive. So not to have it fail the government subsidized people who could not afford Obama Care. Guess where that

came from, yep the tax payers.

Gosh we came up with a shortage of nurses, the federal government subsidized that. I met a whole family that was being subsidized for going to nursing school. One of the four actually did some nursing but no RN's. Guess where that came from, yep the tax payers.

They tell me that if you show up at the hospital for emergency care you will not be denied, so why is it so urgent to have a government run healthcare? Is it so we the Taxpayer will pay for the people who entered this country illegally? Is it because they are trying to dilute the vote of the American people?

Keep your hands out of my pocket...There is nothing there!

So I say keep your hands off my Healthcare!



Pictured here is a fine group of people made up of owners, employees, customers, friends and Lady Lake Chamber ambassadors. The ribbon

cutting and Grand Opening was for the Tropical Cafe located at 13721 N. US Highway 441 Suite #1 Villages. Good Luck!

## Real Motives...

Dear Editor:

How can you tell the real motives of anarchists-socialists?

Income inequality or power?

Where inequality resides is so blatantly visible, but you never hear a word about the obscene collectors of money. In fact the socialists are best buds with the robber kings {barons is too gentle a term for these greed bags}. Google, Face book, Twitter, etc.and socialists are allies.

Fixing the inequality problem is a piece of cake. We do not need or want a power shift. We need representatives to regulate the robber kings of today. The United States is the best thing that ever happened to this planet. Everything looks good on paper, but can be corrupted by power luster's.They are out to destroy our Constitution.

Has anyone done a personality type study? We need one. What is wrong with people, who think killing millions without the blink of an eye, is O.K. They cannot possibly be sane. Why have they never been called to account? Stalin, Mao, PolPot, Castro, Hong Kong, Venezuela ,Marx, Lenin come to mind.

The world is hurtling toward Communism, despite the gross examples available to witness. Why? Read: The Devil and Karl Marx by Paul Kengor. No human who has ever lived on the planet has had a messier life than Karl Marx. Reading about his life is extremely difficult. I suggest you have a container ready to receive anything you might throw up.

His motive for his ideas was looking for FREE STUFF. Marx never had a job in his life. He was an entitled beggar. Mooching was his full time occupation. When there was no free stuff, his family suffered, mightily. The one person he ever showed any care about, his son, died because of Marx's neglect. Two of his daughters committed suicide. He himself lived for 20

years with body puss snot and boils all over his body. Nice guy. Wouldn't you want him for your best bud?

The gargantuan detrimental effect he has unleashed on this planet is unfathomable. No one has been more destructive. Another wave is about to be unleashed, and you are abetting it with a vote for socialism. If you have never read any account of the way in which humans torture when they have power, you must read The Devil and Karl Marx. It is a crucial bit of knowledge you must have. It will color your perspective. Those like Marx have their excuse to carry on. What has gotten better because he was on this planet? Bernie Sanders is a Marx clone, waiting to carry on the misery. Sanders never had a job either.

When does the madness stop? It doesn't, as long as someone lusts for power. Do you actually believe these yappers want income equality? Are you that gullible? POWER, it is always power, along with the control that brings. They always know what is best for you. That is the sad part. Sheeple never learn.

Give them their crumbs and they can be placated. Stalin told you how easy it is.

Karl Marx the most useless, worthless, slob, I have ever encountered. Yet, the most influential as well. WHY???????

His followers are still busy pushing his ideas, even though there is no chance they will ever be implemented. His ideas just will not work, and no one is serious about trying to implement them. Cuba, China, Venezuela, N. Korea , Hong Kong are living lessons. His ideas are used solely as a path to power. Keep promising the same thing over and over, and the sheeple buy it over and over.

What will it take to get through to sheeple? They are still being sheared, to the detriment of all.

Continued page 11





## AS I SEE IT

"Looking back and, looking forward". Here we are; "The Year Of Our Lord 2021"...

Based on recent elections, half of the American Population laments that 2020 marked the end of (former) President Donald Trump's time in the 'White House'.

The other half is celebrating his departure from Washington and hoping for 'better things' from, 'eventual' President Kamala Harris.

'Temporary' President-Elect Joe Biden, is calling for 'unity' between Democrats and Republicans.

So, I looked up 'naïve', 'ingenuous' and 'oblivious'.

Perhaps they all apply, does Biden think there is any chance at all of 'reconciliation' between our current warring factions?

Seems like the right of 'Free Speech' means that each of us has the 'right' to say anything we want to, about anything we want to!

Unfortunately, there is no 'constitutional' obligation, for anyone to 'listen'!

As I See It, it's a waste of time talking with people who agree. Who learns what?

For example, we all agree that the earth is flat.

But would listening to some 'crackpot' explain why they think the earth is 'round' enlighten us?

Another example, should we listen to the 'nutcases' who really believe that the earth rotates around the sun, when our trusted leaders in government, religion and science have proven that, in fact, our planet is the center of the universe?

Below are a few excerpts from a couple of modern political thinkers.

-One writer to another:-

".... you embrace everything that is immoral and evil. No tolerance for others views. My way or the highway. We do it my way or you get off this planet. The ultimate intolerance".

So, the writer labels his opponent "intolerant", but then says, "You are so easy

to fool" and "You have no clue" and "You are being hoodwinked".

Q- I wonder, if they should look in the mirror to see just what intolerance looks like?

Here's another one:-

"We have just voted in a bunch of idiot power-luster socialists. Are we that stupid? 'Syndicalism' is the new name for the latest form of enslavement".

Q-Is this paragraph for or against President Trump?

Here's another one: "We are at war. Evil appears to have won this round. You will suffer the consequences of your stupidity. They are ruthless in their pursuit of evil. How else could you riot and loot, and kill rather than dialogue?"

Q-Doesn't 'dialogue' include 'listening'?

The writer continued, "You are the stupid ones. Even though you revel in evil, this will go beyond evil. Dead people and Dipsey Doodles just elected a president".

Q- Are the the biblical phrases "Peace to men of goodwill" and "Blessed are the meek" irrelevant in our New World?

Years ago, I had a 'boundary dispute/legal description' with my neighbor. She was 'meek' and 'good-willed'. I was not!

As we stood there, her smiling and me glaring, she said, "Put this marker on the ground where the boundary should be. And I will do the same".

Two adversaries each believing, "I am right and you are wrong".

I asked, "So? What now?"

Her answer was "What works best for you? We can go to court and take our chances, or, you give me half of what you own and I will do the same".

She was a great neighbor for the next 20 peaceful years.

I learned that "meek" rhymes with "weak" but they don't mean the same thing at all.

Perhaps we will all try to do better in this New Year of 2021.

'til next time.....

## Medicare Members Food Assistance Benefits

Certain Medicare Plans Could Offer Members Food Assistance Benefits

(NewsUSA) – The COVID-19 pandemic has brought a long list of unprecedented challenges, including the way it has caused food insecurity to rise. Food insecurity is defined as the lack of access to enough nutritionally adequate foods to live an active and healthy life. Fortunately, there are some benefits that can help qualifying members of Medicare Advantage Dual Eligible Special Needs Plans (D-SNP) address this issue.

In fact, a benefit including a monthly food card allowance can assist people in purchasing food and beverages at a variety of well-known, national stores. During this Medicare Annual Election Period, which runs from October 15 through December 7, individuals who qualify for both Medicare and Medicaid, also known as dual-eligible individuals, should consider enrolling in a D-SNP. If you are eligible for Medicare — meaning you're age 65 or older or are living with a disability — and meet the requirements to have Medicaid, be sure to look into a D-SNP as some plans may include:\*

Convenience of a debit card: Qualifying members of D-SNPs with a food benefit may receive a food-card like a credit card. Once the card is activated, you can purchase qualifying items, such as milk, eggs, bread, juices, waters, yogurts, fruits, vegetables and more, utilizing the available balance on your card. However, it's important to keep in mind that certain items, such as pet food, may not qualify and would need to be purchased with another form of payment.\*

Monthly allowances: Some D-SNPs have a monthly stipend, for example \$25 – \$75, that would be loaded to your card on the first day of each month. Members should aim to

use their allotment before the end of each month, as the balance may not be able to be carried over.\*

In-store purchases only: These food cards often can only be used for in-store purchases and may not be able to be used for online or curbside orders. It's important to take the proper precautions provided by the CDC when going out to stores, including wearing a mask or face covering, maintaining proper social distancing by staying 6 feet or more away from others, and washing your hands for at least 20 seconds after you remove the mask. It's important to note that a food card benefit is a Value Based Insurance Design (VBID) benefit that is only available on certain Medicare Advantage Dual Eligible Special Needs Plans (D-SNP) in certain areas.

Additionally, not all members of a plan may be eligible for VBID benefits. Eligibility will be determined by your health plan provider, after enrollment, based on relevant criteria such as clinical diagnoses or participation in a disease-state management program. For Humana's Healthy Foods Card, all members of a D-SNP that includes the benefit would be eligible. If you qualify, Humana's D-SNP plan and Healthy Foods Card benefit may be available in your area. Please visit [www.Medicare.gov](http://www.Medicare.gov); call 1-800-MEDICARE (800-633-4227), 24 hours a day, 7 days a week; or go to [www.Humana.com/Medicare](http://www.Humana.com/Medicare) to learn more about Humana plans. Licensed Humana sales agents are available 8 a.m. to 8 p.m. local time, seven days a week at 1-800-213-5286 (TTY: 711). With these resources, you'll be able to confidently select a 2021 Medicare Advantage plan that suits your specific healthcare needs.

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Florida State Senate

DENNIS K. BAXLEY



Dear Friends,  
Happy New Year! We hope that each of you enjoyed a blessed and safe holiday season with your loved ones. 2020 was quite the ride and many things have not turned out the way we would like, but God is still good and we know that he is in control.

The second week of January brings our first week of committee meetings in the

Florida Senate and we are excited to be back in Tallahassee on your behalf to advocate for the principles that we hold dear. Faith, Family, Freedom, Opportunity, and Life. These principles are worth fighting for and we will not quit.

We are very excited that we have won a big fight on behalf of Life in Florida. Just a few weeks ago, Ocala, Florida become the first city in the state to receive a Safe Haven Baby Box. This "box" or "bassinette" as we

call it is located on the outside wall of a building such as a fire station or hospital, with one outside facing door for someone to place the infant in, and an inside door for staff or personnel to accept surrendered children under Florida's Safe Haven Law. The device has a dual alarm system that activates once an infant is placed inside, and staff is required to periodically check the device and ensure that the alarm system is operable at all times. This will save lives and is one more tool to be used to help someone in distress who feels that they have no other option. The message that we can send with this is that we do care about every life, and every little baby deserves a chance to live. We are continuing to work on legislation to

expand our safe haven law and promote these safety devices so that every community in Florida has this option. Every life matters and we can make a difference!

In December, President Simpson released committee assignments for each Senator and we are very pleased to announce that your Senator will once again be serving as Chairman of the Committee on Ethics and Elections. We will continue to work on Florida's elections system to ensure that it remains easy to vote and hard to cheat. We will not have a broken system like they do in states like Pennsylvania, Georgia or Nevada. With the help of our excellent Supervisor of Elections around the state, we will have a fair system that Florida's citizens can trust and be proud of. In addition, your Senator was asked to serve on the Appropriations Subcommittee on Criminal and Civil Justice, Community Affairs, Criminal Justice, Health Policy, Judiciary, Rules and will also Chair the Joint Legislative Auditing Committee.

We will have more next month on those committees and policies we will be tasked with addressing. It's an honor and privilege to serve you, do not hesitate to contact me if we can help you in anyway.

Onward & Upward,  
Senator Dennis Baxley

## Governor Ron DeSantis

**Governor Ron DeSantis Announces Distribution Plan for Allocation of Moderna COVID-19 Vaccine**

*On December 16, 2020, in News Releases, by Staff*

**Tallahassee, Fla.** – Today, Governor Ron DeSantis announced the State of Florida's initial distribution plan for Moderna's COVID-19 vaccine.

Florida is preparing to receive 367,000 doses of the Moderna vaccine next week, pending Emergency Use Authorization by the U.S. Food and Drug Administration (FDA).

Doses of the Moderna vaccine will be distributed to 173 hospital locations that did not receive doses in the first allocation of the Pfizer COVID-19 vaccine. These hospital locations span 43 counties. Find the full list at [www.flgov.com](http://www.flgov.com).

The state is able to distribute this vaccine to a large number of hospitals as the Moderna vaccine does not require ultra-cold storage.

Governor DeSantis has issued regular video updates on vaccine distribution in Florida, which can be found at [www.youtube.com/c/GovernorRonDeSantis/videos](https://www.youtube.com/c/GovernorRonDeSantis/videos)

Floridians are also encouraged to opt-in to receive updates about the COVID-19 vaccine via text. Floridians can receive these text updates by texting FLCOVID19 to 888777.

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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



Brief things from the net...& a little humor

2019: Stay away from negative people. 2020: Stay away from positive people.

\*\*\*\*\*

The world has turned upside down. Old folks are sneaking out of the house & their kids are yelling at them to stay indoors!

\*\*\*\*\*

This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house & told my cat. We had a good laughed.

\*\*\*\*\*

The nicest place to be is in someone's thoughts, the safest place to be is in someone's prayers, and the best place to be is in GOD'S hands.

\*\*\*\*\*

Poor Children of every color picked

cotton. Open a book and read about the cotton plantations. Children worked in the cotton fields all day barefooted and they were of all colors white, black, all minority's. Everyone worked to get the job done!

\*\*\*\*\*

There is 5,615 projected coal powered plants in just 8 countries, USA currently has 15 - building 0 in future...Total 15. Who said we can save the world by closing our Coal Plants? How much did the Taxpayers pay to do the studies and come to this conclusions?

\*\*\*\*\*

If you remember I printed the China threat, all about the college students and the infiltration into science projects and our political system. Why did I know about it over a year ago and some of our top people did not??? Or did they ignore it?

\*\*\*\*\*

COVID-19 & the Healthcare Department...I think our local Healthcare

Department has done a great job informing the public on the daily challenges of our local COVID problems. I get a daily press release and I try to share it on our websites and in our newspapers.

The newspaper business has become very challenging. The government is shutting down businesses and that is where we get our revenue and distribute our papers along with our home delivery. The mail has become impossible to afford for small papers. Many of my friends with small papers have closed their print operation side and have gone straight website. Some of the large circulation papers can go down very fast if they don't have back up revenue. I know of two papers that were mailing 1,000,000 papers a week. I don't they are doing that many any more.

The newspapers that serve a Community can survive if the community supports them.

Support your local newspaper it is there for you and it is not easy to bring it to you.

Last but not least...I eat out frequently and have been cutting back of course, but I have noticed the deterioration of a few in quality. Please don't cheapen your product, hold your standards up, demand perfection from your chefs and waitresses, they are your front line. I have had shrimp screwers with the shrimp half the size that they were and cost more, I have been served dried up hamburgers and believe me I complain, I even had a waitress ask if my meal was tolerable. Please look every day at the quality of your product.

Read our restaurant reviews!

## Restaurant Reviews

### Coffee n' Cream

201 NE Chokolka Blvd.  
Micanopy, FL 32667  
352-466-1101

A nice Sandwich and Ice Cream Parlor. A perfect place after Antique shopping in Micanopy.

After walking through the little shops, my wife and I stopped for lunch. We ordered drinks and their specialty, Chicken Salad Sandwich served with a bag of chips. We sat outside on the porch, where they had an acoustic guitar musician as live entertainment.

It's a good place to rest after hours of standing and shopping. If you use the facilities, there's a voluntary septic fee request. There's only two food establishments in town.

M. Frank Turner

### Grammy's Diner

17052 North Highway 301  
Citra, FL 32113  
352-595-1118

Found the restaurant driving home from Gainesville. Located just outside of Ocala, this Diner understands the fundamentals of clean restaurant, great service, good food, reasonable price and friendly servers. If you like Darrell's, you'll LOVE Grammy's!

Our party of four everything from pancakes, corned beef hash, biscuits and gravy and Grammy's Special. All our orders was cooked as we ordered and tasty.

They have a complete menu, serving lunch, dinner and breakfast all day. Highly recommend this locally owned and operated restaurant!

M. Frank Turner

### Southern Palate

Dunnellon

This unlike any restaurant I have ever been in. Tuck away almost out of site is a little Restaurant called Southern Palate. I think there is four tables mostly take outfits.

*Continued page 10*

## Newspaper Deadlines

*Editorial & Ad Copy for February*

**Seniors Voice & Ocala DownTown**

**Noon, January 15th**

**Lady Lake Magazine & Village Spectator**  
**12am, December 27th**

## Seniors Voice of Ocala/Ocala Downtown

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# Mask Matters



## Mask Matters: Why Selecting The Right Mask Provides Pandemic Protection

(NAPSI)—Experts of all sorts now say face masks are a must to prevent the spread of COVID-19. Someone you meet could have the coronavirus and not realize it. Not all masks work equally well, however, researchers have discovered. Here are some of the most important features to look for when choosing a mask, according to the latest conclusions.

### Mask Types and Filtering Effectiveness

When it comes to what types of masks are best, there are different levels of protection. A Lancet study shows 96% protection from N95 masks with single layer cloth masks offering as little as 5% protection. N95 masks are considered the best of the best but they may be hard to find because healthcare workers are the top priority due to their high exposure to COVID. Where does that leave you? Masks with an FDA 510k approved N95 substantial equivalent mask which passes and even exceeds all the FDA tests required for an N95 mask.

“There is no reason for consumers to have such a low level of protection with a cloth mask when N95 substantial equivalent masks are now becoming available in the 100s of millions and bring an average of 97% protection to consumers,” says COVID Educator and former TV Chief Medical correspondent Bob Arnot, MD.

“N95 and surgical masks are the most effective at preventing the spread of coronavirus—that’s why everyone should reserve them for healthcare workers,” adds Dr. Arnot. “The good news is, saving N95 masks for healthcare workers doesn’t leave you vulnerable: you just need to choose a mask that’s designed to deliver the protection and filtration properties of these masks.”

### Breathability Is Important

Your mask needs to allow enough air flow that you don’t struggle to breathe, since you’re more likely to keep your mask on if you’re comfortable whether you are at the gym or shopping at your local market. Ideally, the air flow should be through the weave and not through gaps around the mouth or eyes.

A face mask has good breathability when the wearer’s breath can filter through the material. If it’s too dense, air escapes out the sides and doesn’t let the mask do its job. The mask has to catch water droplets from coughs, sneezes, and talking and protect against the minute airborne virus. Look for nano-fiber material for both lightweight breathability and protection from pathogens.

### Mask quality counts

COVID is continuing to surge even with masking.

“Mask quality and usage is very important. Many masks are of such poor quality that they fail to protect with prolonged exposure in stale air,” says Dr. Arnot. “People don’t realize that a single layer cotton mask may provide only 5% protection versus 97.6% on average for N95 substantial equivalents. I was looking for masks to protect myself, my family and my community and came across AirQueen.com’s FDA 510k approved N95 substantial equivalent. AirQueen.com’s next generation technology brings an average of 97% protection, which helps protect you and those around you.” I’ve bought over 2000 for local schools and family. The customer service has been superb.

“N95 and surgical masks are the most effective at preventing the spread of coronavirus—that’s why everyone should reserve them for healthcare workers,” advises Dr. Arnot. “The good news is, saving N95 masks for health-care workers doesn’t leave you vulnerable: you just need to choose a mask that’s designed to mimic the protection and filtration properties of these masks.

Air Queen masks are made of nano-fiber that’s lightweight, comfortable, and arranged in a fishnet matrix for optimal filtration, durability and breathability. This, coupled with its excellent filtration protection, puts it on the same tier as the high-grade PPE healthcare workers use. Best of all, AirQueen.com also offers a 75% ethanol spray which lets you clean the mask up to 10 times with full efficacy making it very affordable, about 20 cents a day.”

Shoppers applying the code 'SAFE' at [AirQueen.com](http://AirQueen.com) will receive a 10% discount.

# Winter Generator Use



## 10 Tips For Safer Winter Generator Use

(NAPSI)—If your electricity goes out due to ice, a generator can keep power flowing to your home or business.

Just keep safety in mind when using generators, advises the Outdoor Power Equipment Institute (OPEI), an international trade association representing small engine, utility vehicle and outdoor power equipment manufacturers and suppliers.

“Not having power when you need it is frustrating, so a generator can provide emergency backup power at a reasonable cost,” says Kris Kiser, President and CEO of OPEI. “It’s important to follow all manufacturer’s instructions, and never place a generator in your garage or inside your home or building. It should be a safe distance from the structure and not near an air intake.”

More tips include:

**#1. Take stock of your generator.** Make sure equipment is in good working order before starting and using it. Do this before a storm hits.

**#2. Review the directions.** Follow all manufacturer’s instructions. Review the owner’s manuals (look manuals up online if you cannot find them) so equipment is operated safely.

**#3. Install a battery-operated carbon monoxide detector in your home.** This alarm will sound if dangerous levels of carbon monoxide enter the building.

**#4. Have the right fuel on hand.** Use the

type of fuel recommended by the generator manufacturer to protect this important investment. It is illegal to use any fuel with more than 10% ethanol in outdoor power equipment. (For more information on proper fueling for outdoor power equipment visit [www.LookBeforeYouPump.com](http://www.LookBeforeYouPump.com).) It’s best to use fresh fuel, but if you are using fuel that has been sitting in a gas can for more than 30 days, add fuel stabilizer to it. Store gas only in an approved container and away from heat sources.

**#5. Ensure portable generators have plenty of ventilation.** Generators should NEVER be used in an enclosed area or placed inside a home, a building or a garage, even if the windows or doors are open. Place the generator outside and away from windows, doors and vents that could allow carbon monoxide to drift indoors.

**#6. Keep the generator dry.** Do not use a generator in wet conditions. Cover and vent a generator. Model-specific tents or generator covers can be found online for purchase and at home centers and hardware stores.

**#7. Add fuel to the generator only when it’s cool.** Before refueling, turn the generator off and let it cool down.

**#8. Plug in safely.** If you don’t yet have a transfer switch, you can use the outlets on the generator. It’s best to plug in appliances directly to the generator. If you must use an extension cord, it should be heavy-duty and designed for outdoor use. It should be rated (in watts or amps) at least equal to the sum of the connected appliance loads. Make sure the cord is free of cuts and the plug has all three prongs.

**#9. Install a transfer switch.** A transfer switch connects the generator to the circuit panel and lets you power hardwired appliances. Most transfer switches also help avoid overload by displaying wattage usage levels.

**#10. Do not use the generator to “backfeed” power into your home electrical system.** Trying to power your home’s electrical wiring by “backfeeding”—where you plug the generator into a wall outlet—is dangerous. You could hurt utility workers and neighbors served by the same transformer. Backfeeding bypasses built-in circuit protection devices, so you could damage your electronics or start an electrical fire.

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— Lady Lake Police —  
**CHIEF ROBERT TEMPESTA.**



**Home Detector Safety for the New Year**

With the New Year upon us, many people, including me, are happy to say good riddance to 2020! Moving forward, the Lady Lake Police Department would

like to remind you to check around your home to ensure that all alarms, monitors, and detectors are in good working condition. These include your smoke detector and carbon monoxide detector. It's a good idea to change the batteries in these detectors every year. You may want to have them replaced if you have not done so within the past 10 years.

It should come as no surprise that carbon monoxide deaths are the highest in winter. Cold weather increases the use of gas-powered heating or portable heaters using a fuel source. Homeowners should be aware of the symptoms of carbon monoxide poisoning, especially those that use natural gas as a heat and cooking source. These symptoms include feeling dizzy, light headed, and/or nauseated.

It's a good time to remember the following safety tips to prevent carbon monoxide poisoning. Here are some tips from the Center for Disease Control and Prevention (CDC):

- Have your heating system, water heater and any other gas, oil or coal-burning

appliance inspected and serviced by a qualified technician every year.

- Install battery-operated carbon monoxide detectors on every level of your home.
- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside the home, garage or outside the home near a window.
- Don't burn anything in an unvented stove or fireplace.
- Turning on an oven whether gas or not is not safe.
- Use electric space heaters with automatic shut-off switches and non-glowing elements. Make sure to keep them away from any flammable materials, like curtains or blankets. Never leave children unattended near a space heater. Check the cords on the heater to make sure that they are not damaged.
- Check with your local fire department if you want to use a space heater that uses a fuel source such as kerosene.
- Don't let a vehicle idle inside a garage attached to a house, even if the garage door is left open. Carbon monoxide will build up and will put you at risk of serious illness or even death.

If a carbon monoxide detector sounds, leave your home immediately and call 911 from outside. Seek prompt medical attention if you suspect carbon monoxide poisoning and if you or someone in your household is feeling dizzy, light-headed or nauseated. The same goes for a smoke detector. Your safety is more valuable than any property.

**Scrumptious Side Dish**



(NAPSI)—  
Imagine this: consuming a few small bites a day can help you manage

your weight and reduce your risk of diabetes, gallstones, heart disease and cancer. It's not some new miracle drug, it's that long-time favorite of kids and adults alike—the peanut.

Large population studies show that small amounts of peanuts and peanut butter in your daily diet can help reduce the chances of developing a chronic disease. Peanuts are a superfood because just a small handful delivers 19 vitamins and minerals that contribute to your overall good health.

Here's more good news. Peanuts are both tasty and versatile and you can enjoy them in a variety of delicious dishes that are easy enough to make any day but special enough for the holidays, such as this one:

**Peanut Butter Sweet Potato Casserole with Peanut Streusel Topping**

*Prep time: 25*

*Cooktime: 1 hour 30 mins*

*Servings: 10*

**For the sweet potatoes:**

**3 pounds sweet potatoes**

**½ cup sugar**

**1 teaspoon vanilla extract**

**2 large eggs**

**¾ cup low fat milk**

**¼ cup creamy peanut butter**  
**¼ cup peanut flour or powder**

**For the topping:**

**2 tablespoons creamy peanut butter**

**½ cup firmly packed light brown sugar**

**2 tablespoons all-purpose flour**

**½ cup finely chopped roasted, salted peanuts**

Preheat the oven to 425°F and wash the sweet potatoes. Lightly prick the skin of each potato with a fork and place it on a baking sheet. Bake for 45 to 55 minutes or until the sweet potatoes are tender and cooked through. Allow to cool then peel.

Preheat the oven to 350°F and lightly spray a 2-quart baking dish with nonstick cooking spray.

Place the peeled sweet potatoes in a large bowl and mash well. Add the sugar, vanilla, eggs, milk, peanut butter, and peanut flour/powder and mix until smooth. Spread evenly into the prepared baking dish.

To make the streusel, combine the melted peanut butter, brown sugar, and all-purpose flour in a small bowl. Press the mixture together using the back of a spoon. Keep pressing and mixing until the mixture is combined and crumbly. Add the peanuts and mix well. Sprinkle the topping over the sweet potato filling and bake for 30 to 35 minutes or until the center is mostly set. Serve hot.

*Per Serving: 363 calories, 10.7 g fat, 2.1 g saturated fat, 38 mg cholesterol, 141 mg sodium, 60 g carbohydrate, 7.7 g fiber, 18.1 g sugar, 10.6 g protein, 65% vitamin D, 5% calcium, 12% iron, 27% potassium.*

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## Texts: Good, Cliches: Bad

(NAPSI)—When it comes to succeeding in business, it's important to know what not to say and how not to say it. Fortunately, a recent survey can help you and your firm avoid these pitfalls.

### What Not To Say

For example, people have a low tolerance

for work jargon. When asked what work phrases they hate the most, respondents replied:

1. Per my last e-mail: 32%
2. We're all in this together: 32%
3. Blue sky thinking: 29%
4. Did you get that thing I sent you?: 28%

5. Let's touch base: 27%
6. Let's circle back: 23%
7. Can you get this to me EOD?: 23%
8. Let's table that: 21%
9. Let's get this offline: 12%

Essentially, the key to getting people to read and respond to a message is to keep it simple, keep it short and avoid clichés. The clearest communicators write the way they talk.

### How Not To Say It

According to the research, respondents estimated they get 44 e-mails a day and 32 of them aren't worth paying attention to. That comes to over 16,000 e-mails a year with 11,680 of them deemed a waste of time.

The survey from SizzleDeck, a software application that makes it easy for businesses to build, share and track phone-friendly landing pages, found more than half of Americans polled have difficulty clearing their work e-mail inbox.

Sending a text, however, is still an effective way to get attention. On average people check their phones 18 times during a day and are more than three times more likely to prefer to read text messages than open e-mails. In fact, three-quarters admit checking their phones first thing in the morning and last thing at night.

### Learn More

For further facts and tips, visit [www.sizzledeck.com](http://www.sizzledeck.com).

## Long-Term Care



### Why Long-Term Care Should Be A Retiree's Top Concern

(NAPSI)—For many Boomers, retirement may involve taking vacations, taking up a new hobby, and spending more time with family, friends and the grandchildren.

In anticipation of these activities, Boomers work diligently to build up their next egg. But as Boomers age, and as healthcare costs rise, one item they must account for is care in retirement. Unfortunately, too many are failing to prepare.

According to the Center for Secure Retirement and Bankers Life, 79% of middle-income Boomers have no money set aside specifically for their retirement care needs.

With this in mind, they should take the following steps to help protect their nest eggs:

**1. Keep moving.** Good physical health can lead to a more active life, improved mental and emotional health, and reduced medical expenses. By keeping yourself healthy and fit, you may be able to lower your premiums and potential future costs.

*Continued page 10*

15th Annual  
Lady Lake Area Chamber of Commerce Presents:  
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January 24, 2021 9 a.m. - 4 p.m.

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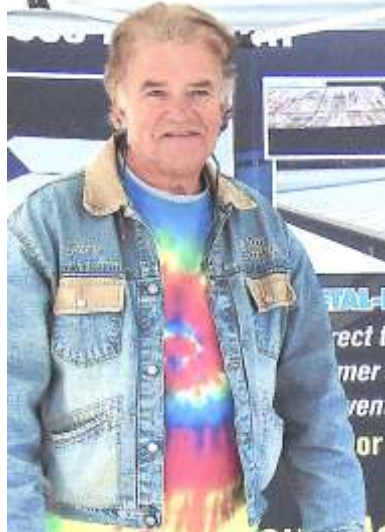
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The 6th Annual Experience Lady Lake Expo was hosted this year at a Brand New location, the Lady Lake Soccer Fields! The event was sponsored by Bill Bryan Chrysler Dodge Jeep, UF Health Auxiliary Foundation, Elevate Lake, and the Town of Lady Lake. There were over 50 Vendors in attendance and we saw around 1,000 visitors. Businesses were excited to have the opportunity to get out in person and interact with the local community!

The Expo also featured a car show this year, and vendors sponsored trophies to award to participants. Thank you to all who attended the expo... we will see you next year!









## Long-Term Care Restaurant Reviews

*Continued from page 7*

Set time aside each day to stay active—your health and your bank account will thank you.

**2. Save, save, save.** It's never too early to start financially planning for retirement care. Recent data from the Center for a Secure Retirement and Bankers Life shows that more than half (54%) of working adults say their retirement planning has taken a hit amid the COVID-19 pandemic. Protect yourself from further unforeseen impact by taking advantage of tools and resources that can help you better prepare for the high costs of long-term care.

**3. Talk to your children and family members.** Although it can be difficult, it's important to have conversations about how you want to be cared for as you age. You may want to stay in your home and receive care in-place, or you may expect loved ones to provide this care. It's helpful to include a financial planner in these conversations to provide an unbiased answer to your family's questions. Sharing preferences and developing a plan can help make the transition easier and give you and your loved ones peace of mind.

It's never too late—or too early—to seek help and to better understand your financial plan and current healthcare coverage to try to prepare for unforeseen situations in the future.

*Continued from page 4*

I had heard about it from a couple of people and had to drop in for lunch. At the lunch counter behind a glass was a lady stand waiting to take your order. There were four kinds of meats. Oxtail, Meat Loaf, chicken and pork Chops. I ask what is Oxtail? the lady promptly gave me a sample, it was very tasty and very tender it was like Beef Rib meat with a small amount of fat. I'm going back for that one day, The meat loaf is what I had my eye on...It was delish served with side that were very good. The Restaurant is right down town Dunnellon Fl. across the street from the police department. Not open on Mondays and Tuesdays. Are open for breakfast and lunch only. try it you will like it.



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## DONATIONS NEEDED!

Lady Lake Animal Control is working hard to keep local animals safe. At this time they are helping a large number of cats & kittens and are in desperate need of donations of the following items:

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

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Lady Lake

**Lady Lake Area Chamber**  
106 US Hwy 441/27  
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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

Continued from page 1

Socialism is the Trojan Horse being used to smuggle in their long sought Communism, and Biden and Harris are their messengers of change. Are you prepared to become a global citizen, with all that entails?

Help! I need an answer to this question, if The Devil and Karl Marx doesn't cure you of your sheepleness nothing will.

D.I.L.

Dear Editor:

The info is piling up like a mountain. 500 words will not cut it. Will have to slice and dice for several 500 pieces. Reading the history of philosophy.

Today have chosen to focus on slavery and racism.

1. America is not racist! There may be a pocket tucked away somewhere in the deep, deep south. But that is not America. Larry Elder just said it, so I am going with that.

2. Logic: If inner city people comprise 12.5 % of the population, but comprise 90% of some sports, a goodly portion of entertainment, TV programs, and commercials, inner city mayors and councils, many millionaires, how can we be racist?

3. I see white racism much more pronounced ..Reparations is the new mantra. Get a slogan , shout it to the rooftops, and think it is legit. Not so fast! Haven't we had free stuff for many many years? What was that? I thought it was reparations. We want double jeopardy? Are we clear on that topic Reparations: Paid in full.

4. Next slavery. The inner city residents were freed a number of years ago, but what has happened? And perhaps a bit of philosophy can help us. The inner city residents were intellectually kidnapped shortly after they were freed: by the democratic party, and subsequently by inner city mayors and councils, then power lusts like Rangel, Sharpton, and Jackson, who

used then to gain power for themselves, The ACLU, and recently more power lusts like BLM, and Antifa.

5. The philosophers call it intellectual slavery, When someone steals your access to knowledge. Trading one form of slavery for another is not progress.

6. Leo Strauss a most recent philosopher puts it this way: Truths discovered by the philosophic elite are not fit for public consumption. Philosophy is dangerous and must conceal its chief findings. Philosophers must cultivate a mode of concealing the hard truth from the masses. Only philosophers can handle the truth. The elite must lie to the masses. The elite must manipulate them, arguably for their own good. The philosophers need to tell noble lies not only to the people at large, but to powerful politicians. These lies are necessary to keep the ignorant masses in line. Strauss was a cynical teacher who encouraged his followers to believe their intellectual superiority entitles them to rule over the bulk of humanity by means of duplicity.

Thirty years ago I found black intellectuals I have followed since. They have helped me form my opinions. Stephen Douglas, Booker T. Washington, George Washington Carver, Thomas Sowell, Shelby Steele, Bob Woodson, Smoke breathing Leo Terrell, and my all time favorite Walter Williams, who recently passed away. A great personal loss. If you do nothing but look up Mr. Williams columns for the past 2 years, and you will be greatly enlightened. He had the touch to gently chide.

DDT

Dear Editor:

Who wins? There are two sides in this game of politics. Which side are you on?

There is an evil side and a good side. An immoral side and a moral side. A side that allows you to choose, and a side that makes

the choice for you. Do as you are told, or suffer.

A side that rioting, looting, burning, and stealing are justified means to accomplish your goal. Anything goes to get your way. The other side, wants to be left alone, and they will leave you alone.

For 100 years communists have been infiltrating American organizations, principally churches, the Catholic was at the top of the list. God, religion, and morality are on their no no list. Antifa and BLM are their front guard weapons today. Rioting, looting, burning are their methods of intimidation. Their fear tools.

Where do you stand on this spectrum?

The role models on the good side are God and morality. On the evil side Herbert Marcuse and Karl Marx are champions of immorality and the Devil.

You have witnessed the tactics of the aggressive side, did they appeal to you? Are you ready to embrace communism, or does morality appeal to you? The book by Paul Kengor titled The Devil And Karl Marx, might help you decide.

Can we have a survey?

We have our answer. Americans have chosen, immorality, the Devil, corruption, and slavery. When sheeple lack knowledge, this is the result. When you prefer a corrupt president over a president who talks funny, but has given you the moon, what do you call that? Wisdom?

Not only have you lost your freedom, every buck you have will be confiscated, and given to illegal aliens, who won't earn an honest buck. Who expect a free ride, for health, housing, education. I have worked so hard, and sacrificed so hard for 90plus years, only to have it confiscated like this. Excuse me if I am a little miffed. No, make that a lot.

Concerned Citizen

To editor

"The danger to America is not Joseph Biden, but a citizenry capable of entrusting a man like him with the Presidency. It will be far easier to limit and undo the follies of a Biden presidency than to restore the necessary common sense and good

judgment to a depraved electorate willing to have such a man for their president. The problem is much deeper and far more serious than Mr. Biden, who is a mere symptom of what ails America. Blaming the prince of fools should not blind anyone to the vast confederacy of fools that made him their prince. The Republic can survive a Biden, who is, after all, merely a fool. It is less likely to survive a multitude of fools, such as those who made him their president."

The Fool

## MAN ARRESTED IN DRUG BUST

LADY LAKE MAN ARRESTED IN DRUG BUST

12/17/2020

A Lady Lake man was arrested early Wednesday morning after detectives with the Lake County sheriff's Special Investigations Bureau, along with the sheriff's SWAT Team and detectives from the Clermont, Eustis, and Leesburg Police Departments, served a drug search warrant at his home. The investigation began in August after detectives received numerous citizen complaints regarding drug activity at the residence, which is located at 2900 Temple Hill Road in Lady Lake.

Upon searching the home, detectives located 25 grams of methamphetamine, drug paraphernalia, a .22 rifle, and ammunition.

The target of the investigation, 34-year-old Shane Diamond, was placed under arrest and taken to the Lake County Detention Center where he was booked in with a total bond of \$37,500. He was charged with the following: Trafficking in Methamphetamine, Possession of a Firearm by a Convicted Felon, Possession of Drug Paraphernalia, and Possession of Ammunition by a Convicted Felon.

Diamond's booking photo and photos of the evidence collected are attached, as is the related arrest affidavit

See [www.lcso.org/mediaReleases](http://www.lcso.org/mediaReleases) for more details.

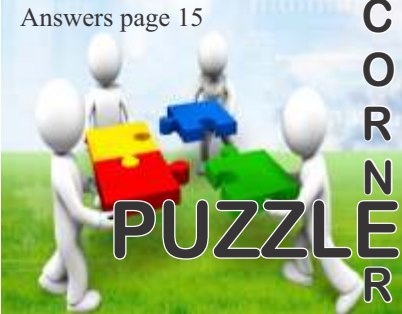
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Answers page 15

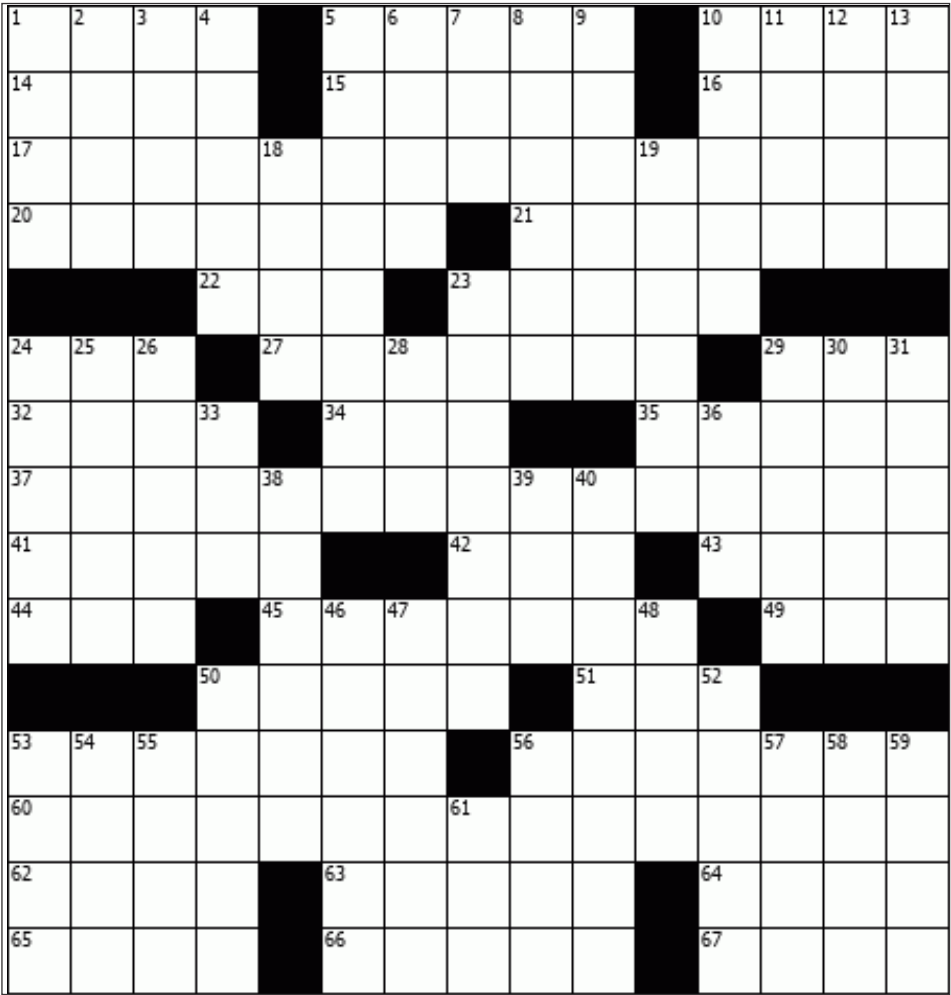
CORNER

Across

1. Bus start
5. News briefs
10. Factory fallout
14. Football Hall-of-Famer Page
15. Make more lean
16. Volcano top
17. Bisected Rodgers and Hart hit?
20. California mountains
21. Grunted
22. Mikhail of chess
23. Condemn openly
24. Jazz form
27. Employs wrongly
29. Actress Lupino
32. Small particle
34. Pouch
35. Artist's stand
37. Bisected Beatles hit?
41. Edsel, to many

53. Check marks?
  56. Tied up
  60. Bisected 17th century conflict?
  62. Landed
  63. Strides
  64. Merit
  65. Goes to seed
  66. "\_\_\_ of God" (1985)
  67. WWII battle site
- Down**
1. Buffoons
  2. 1052, to Cato
  3. Church section
  4. Not active
  5. Utopian's vision
  6. Counting method
  7. Newt wannabe
  8. Propaganda target
  9. Posture
  10. Menacing
  11. Blanc, e.g.
  12. "Going \_\_\_, going

42. Tarzan portrayer
  43. Verve
  44. Alums to be
  45. Disheveled
  49. Unit of energy
  50. Dawns
  51. \_\_\_, Daman and Diu
- ..."
13. Commanded right
  18. Overstuff
  19. Hardy novel setting
  23. Wife of a duke
  24. Cries lustily
  25. Besides what's here
  26. Frost output
  28. Did nothing
  29. Basketry material
  30. Kind of flask
  31. On the way
  33. Dialer's 6
  36. Parliamentary position
  38. Cantillate
  39. Type of wind
  40. Darnel
  46. Nicaraguan revolutionary
  47. Get out the knots
  48. Hardly upbeat
  50. Mongrels
  52. They may carry burdens
  53. At a distance
  54. "Venus de \_\_\_"
  55. Think nothing \_\_\_
  56. A head of France
  57. Flatten a fly
  58. British nobleman
  59. 007 nemesis
  61. Yang's partner



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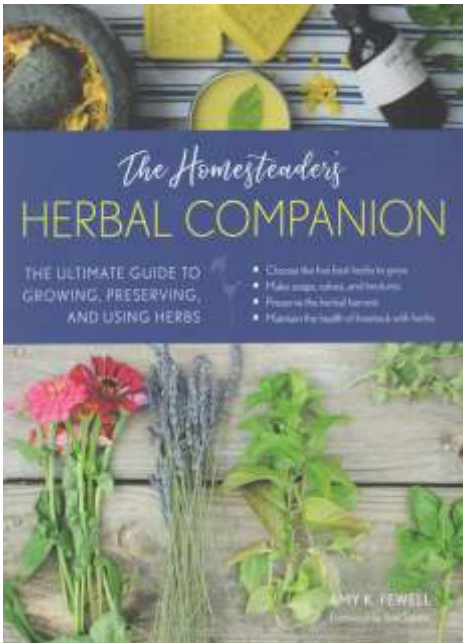
HERBAL COMPANION

THE HOMESTEADER'S HERBAL COMPANION

The Homesteader's Herbal Companion is a beautiful guide for the modern-day homesteader. From teaching how to incorporate herbs and essential oils around your home, to showing how to enhance your family's health and well-being, this book acts as a go-to guide for those wishing to live a more natural homesteading lifestyle. Author Amy K. Fewell takes readers through the basics of herbalism, including the different types of herbs and the uses for them around the homestead. She also breaks down how herbs are used in tinctures, salves, essential oils, and infused oils. Better yet, if you're a homesteader with livestock, you'll learn how to maintain their health holistically.

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## FROM THE DESK OF ATTORNEY GENERAL MOODY



### CONSUMER ALERT: Avoid COVID-19 Vaccine and Distribution Scams

This month, I issued a Consumer Alert warning Floridians about COVID-19 vaccine product and distribution scams. With news that thousands of doses of coronavirus vaccines will be heading to Florida soon and consumers anxious to achieve immunity, scammers may exploit the situation to rip-off Floridians.

Once doses arrive, the swift and orderly distribution of the vaccine will be key to getting our state and country back on track.

With that said, I am asking all Floridians to be on the lookout for vaccine-related scams and report fraud. Scammers may try to exploit the sense of urgency surrounding the distribution of the COVID-19 vaccine to swindle those trying to protect their health.

The following tips can help Floridians avoid COVID-19 vaccine-related scams:

Seek vaccine-related information from trusted health care professionals and government officials;

Do not respond to solicitations about vaccines;

Never send money or financial information to anyone offering a COVID-19 vaccine or claiming the ability to expedite the process; and

Report suspicious solicitations or

COVID-19 vaccine-related advertisements to my office by calling 1(866) 9NO-SCAM or visiting [MyFloridaLegal.com](http://MyFloridaLegal.com).

To view the latest alerts and to stay up-to-date on COVID-19 related scams, visit our Consumer Alert webpage by clicking <http://www.myfloridalegal.com/newsrel.nsf/newsreleases>

By keeping a watchful eye out for scammers and following the advice of trusted health care professionals, we will get through this pandemic and build a Stronger, Safer Florida.

### Attorney General Moody Secures Millions from Pharmaceutical Companies Shortchanging Florida Medicaid Program

TALLAHASSEE, Fla.—Attorney General Ashley Moody is taking action to claw back money owed to Florida's Medicaid Program. Following a multistate investigation into Royal Pharmaceuticals LLC and Seton Pharmaceuticals LLC, Attorney General Moody and a bipartisan group of attorneys general from across the country secured more than \$10 million for the states' Medicaid programs. The nationwide investigation found that the two jointly-held pharmaceutical companies underpaid Medicaid drug rebates to all 50 states from 2013 to 2017.

Florida's Medicaid program will receive more than \$4 million through efforts by

Attorney General Moody and other state attorneys general.

Attorney General Ashley Moody said, "For years these pharmaceutical companies shortchanged Florida's Medicaid program—hurting the integrity of the taxpayer benefit and shortchanging Floridians. I am proud of the work of my Medicaid Fraud Control Unit and the team of attorneys general who worked together to stop it and secure millions for our states' Medicaid programs."

In July 2018, Royal and Seton self-reported an error in the companies' Medicaid Drug Rebate Program data to the North Carolina Medicaid Fraud Control Unit. As part of the MDRP, drug manufacturers are required to pay rebates to

state Medicaid programs for each of the company's drugs that are covered by Medicaid. From September 2013 to January 2017, Royal and Seton inadvertently, yet inaccurately, reported the market date data element that is part of the Centers for Medicare and Medicaid Services' calculation of each drug's rebate amount.

The drugs at issue were two low-potency topical steroid products: Derma-Smoother, made by Royal, and its generic equivalent, fluocinolone, made by Seton. This error caused CMS's rebate calculation to result in a lower calculated rebate amount, and consequently, Royal and Seton's rebate underpayments to several state Medicaid programs.

To read the Royal Pharmaceuticals *continued page 14*

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## Attorney General

*Continued from page 13*

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A team of states working under the auspices of the National Association of Medicaid Fraud Control Units worked the case. In addition to Florida, the team consisted of representatives from the Offices of the Attorneys General for the states of California, North Carolina, Texas and the Illinois State Police, Medicaid Fraud Control Bureau.

### Attorney General Moody Secures 20-Year Prison Sentence for Child Sex Predator

TALLAHASSEE, Fla.—Attorney General Ashley Moody's Office of Statewide Prosecution today secured a 20-year prison sentence for a child sexual predator. Ryan Harding pleaded guilty to attempted sexual battery on a child under the age of 12 and several counts of possession of child pornography, among other charges stemming from his Aug. 28, 2018 arrest. Harding's lengthy prison sentence will be followed by five years of sex offender probation. Harding will also have to register as a sex offender for the remainder of his life.

Attorney General Ashley Moody said, "The abuse and exploitation of a child is an

act of pure evil. It is incredibly disturbing and heartbreaking to learn of victims going through years of this form of physical and psychological torture. I am proud of my Statewide Prosecutors for securing a lengthy prison sentence in this case. I hope this will bring some peace of mind to the victim as the healing process continues."

According to a June 2017 report filed with the St. John's County Sheriff's Office, between 2013 and 2017, Harding sexually molested a child who was between the ages of 11 and 14 during the time period of abuse. The sexual battery reportedly occurred in multiple counties, namely Citrus, Lake, Marion and Miami-Dade. The Florida Department of Law Enforcement investigated the case due to the multiple jurisdictions.

Harding pleaded guilty to one count of attempted sexual battery on a child under 12 years of age, 13 counts of possession of child pornography, one count of promoting a sexual performance by a child, one count of transmission of materials harmful to minors and one count of use of a two-way communications device to facilitate the commission of a felony. Julie Sercus with the Attorney General's Office of Statewide Prosecution prosecuted the case.

## The Environment

**A Gift That Keeps On Giving** (NAPSI)—You can spread a little happiness during the holiday season, or anytime, by spreading a little hoppiness, and helping a tiny frog called the coquí.

### Contemplating Coquí

Coquí are endemic to the nature-rich

island of Puerto Rico and have been a cultural symbol there since the times of the indigenous Taino inhabitants. The coquí can be found primarily in el bosque, or forest, of El Yunque National Rainforest, the only tropical rainforest in the U.S. National Forest System. With 17 different species that inhabit Puerto Rico, when the sun goes down, male coquí's begin singing their song that gives them their name (Co-KEE, Co-KEE) until dawn.

If you're looking for a great gift, Adopt a Coquí from Discover Puerto Rico, can be the answer. To participate, go to

[www.DiscoverPuertoRico.com](http://www.DiscoverPuertoRico.com) and donate \$25 or more; 100% of proceeds go to Conservacion ConCiencia. Coquí adopters get a keepsake adoption certificate for their contribution to supporting conservation, sustainability, and climate resilience efforts. At the same site, you can discover the amazing natural beauty and great things to do and see on the island itself. Home to such unique habitats as rainforests, pink salt flats, underground caves and more, Puerto Rico presents an excellent place to connect with nature in 2021 and beyond.

"We're inviting future travelers to explore our natural offerings in a safe and responsible way from their homes as many are dreaming about their first trip when the time is right," explained Brad Dean, CEO of Discover Puerto Rico, a not for-profit organization promoting Puerto Rico as a premier travel destination. "While Puerto Rico is ensuring the safety of residents and travelers alike and only encouraging essential travel at this time, Adopt a Coquí gives the gift of hope during this holiday season, supporting conservation



efforts in Puerto Rico and felt globally."

### Another Gift Idea

Until traveling is likely again, you can give yourself or someone you care for a taste of a trip to the land of the coquí's with a five-episode narrative series called "Sounds like Puerto Rico." The series, which can be found at [www.discoverpuertorico.com/sounds-like-puerto-rico](http://www.discoverpuertorico.com/sounds-like-puerto-rico), explores the origin and jargon used in Puerto Rico and the natural sounds that make up the Island's unique culture. The first episode transports travelers to El Yunque National Rainforest. Other episodes explore the island's coffee culture, surfing, birdwatching and the history of reggaeton.

### When It's Time To Travel Again

Though the series is delightful, the island is best enjoyed in person—and now can be a great time to start planning on giving yourself the gift of a trip to the charming island next year. From shopping and sightseeing in sophisticated San Juan to snorkeling in a bio-luminescent bay, from art museums to soft sandy beaches, and from delicious local dishes to exotic cocktails, there's much to enjoy amid Puerto Rico's ancient history, rich culture, beautiful colonial architecture, excellent weather, fun attractions, lively music and warm people.

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