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Take Me Home!



Ribbon Cutting for "Ralph's Place" at Panasofkee. Pictures by the Chamber of YOUR Humane Society SPCA in Lake Commerce.



Ribbon Cutting for "Kitten SPCA in Lake Panasofkee. Pictures by the Wonderland" at YOUR Humane Society Chamber of Commerce.



Mr and Mrs Santa Claus in their sleigh at Pictures by the Chamber of Commerce. the Annual Lady Lake Christmas Parade.

To The Governor The State of Florida / Turnpike Authority is trying to take our Land and ruining our Natural Resources!

By Tom Loury

Why is the State hell bent on destroying the west marion County agricultural and pristine Rivers in the Dunnellon area I can't figure. First it was the Barge Canal, they took property from people that lived on the water to build something that not been updated. I guess the idea was to have a water route to carry cargo from one side of the state cutting the long journey around the tip of Florida especially Coal. The Barge Canal is right next to the Crystal River power plant. The only problem was the Barge Canal when finished could not accommodate the large barge of today or when they finished it. They dredge for years polluting the waters in the gulf. It finally was stop but the water front property that was taken from the residence was not return to original owners. Oh there was some hocus pocus auction that no one knew about. Bottom line they did not get their waterfront property back? I don't think it's legal to force buy property for one reason and then use it for another purpose!

Then then comes the Turnpike Extension

around 1999, give or take a few years/ They announced it and the residents went nut's! They had three corridors all worse than the one before, crossing the rivers, running over springs on ranches and just taking people's land. Mean while big money people had started buying up land in Inglis and Yankee Town secretly hearing it was going there. This was before it was announced.

The state of Florida behind the scenes made a deal with Georgia. If Georgia would make major improvement on Hwy 19 from the Ga state line running north, Florida would move large amounts of traffic that way from the TurnPike which run north into Georgia. Georgia did their part and Florida did not. Interesting at that time I was hunting in Georgia every year and after 65 I was able to hunt without a license accepted by the Florida Game Laws, until this happened. Georgia stop approving 65 and over free and they doubled the Hunting fees for non-residents. At the same time they stopped recognizing Florida residents the right to carry. Someone was mad and I don't blame them. You don't make promises you can't

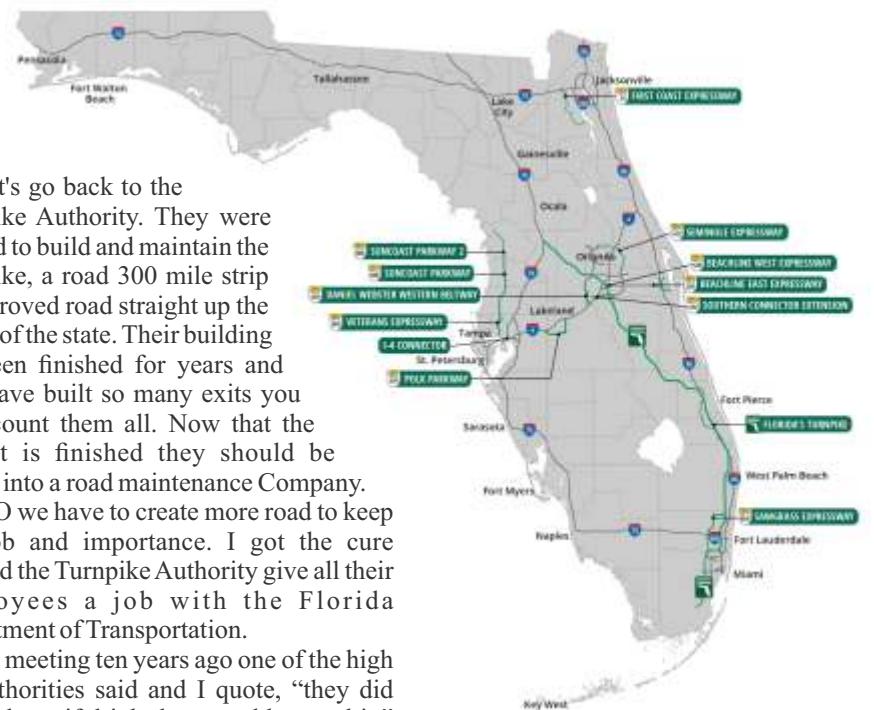
keep.

Let's go back to the Turnpike Authority. They were created to build and maintain the Turnpike, a road 300 mile strip of improved road straight up the center of the state. Their building has been finished for years and they have built so many exits you can't count them all. Now that the project is finished they should be turned into a road maintenance Company. OH NO we have to create more road to keep our job and importance. I got the cure disband the Turnpike Authority give all their employees a job with the Florida Department of Transportation.

At a meeting ten years ago one of the high up Authorities said and I quote, "they did such a beautiful job they would extend it." You know how I know because at a meeting in front of 100's of people I said and I quote, "yes you did a beautiful job of killing the Cypress heads all along the 300 miles. You did a good job of cutting off the water flow from the east side of the state to the west side of the state. The company trying to sell the project and they lied lied lied to me and everyone else and NOW here they come again.

In between the first effort to take our lands HERE COMES the SABAL TRAIL GASOLINE. The interesting thing was that they had three corridors, the same corridors the Turnpike Extension effort offered a few years before. Quit a coincidence don't you think.

Let me go back a few year. Here comes Sabal Trail Gasoline with the same three



corridors. Some how the people did not mined it so much because it would help keep the gas prices down and the power bills down. How did they get approval for the same corridors, did the state recommend that?

We have been promised by our State, County, and City Governments it was over and don't worry about it. Think back and remember the politicians that promised that. Here the Turnpike Authority again, I ask is, it legal to take land that the masses don't want it taken for a project they don't want? Can the state Florida Turnpike Authority confiscate land from the people if they don't want the project in their area. We can't possibly hold all the people that are coming into this state without some really good planning by the

Continued page 3

■ A.J. "Tony" Powell ■

AS I SEE IT

Best wishes to one and all for this New Year.

Unfortunately, we are told that COVID will continue to dominate our lives.

But, as the saying goes "Every cloud has a silver lining." (for someone!).

Its reported that we, the taxpayers, 'donated' over \$48 BILLION to Phizer, Moderna and others to 'invent' the vaccines.

Those companies then sold back to our government at about 50 times their cost.

Who got the good news?

Well, how about the many profiteering COVID BILLIONAIRES like Albert Bourla, a Greek veterinarian who is the CEO of Phizer, Stephane Bancel, at French engineer at Moderna, Alex Gorsky, a salesman who who served in the U.S. Military?

Some sources say that Bourla is worth about 33 million; and Gorsky about \$111 million and Bancel a whopping 11.2 BILLION.

Before COVID other countries paid less than a dollar for vaccines, including AIDS.

Now we are as much as 50 times higher.

As I See It, profits inspire innovation. But is there a difference between profiting and profiteering?

Is the exploitation of other peoples misery

both moral and ethical?

Does it matter?

Is it a question of right and wrong? Good vs Evil?

You have an opinion, as do I.

Another COVID question not asked.

Is there a right and wrong way to get vaccinated?

Can a careless injection make the vaccine ineffective?

We've seen dozens of injections on the news.

Seems like the 'injectors' have had no training. Each invents their own way of doing it.

Some just stab the patient somewhere in the upper arm, waggle the needle around a few times then push the plunger with which ever finger or thumb is easiest.

Does anyone know if there is a 'correct' way?

Does it matter exactly where in your arm the vaccine goes?

Is that why the medics report 'break-through' cases, where a fully inoculated patient gets COVID anyway?

Could it be that they were inoculated incorrectly and the vaccine didn't go where it needed to?

Here's some instructions I found.

Wipe the area of skin with an alcohol swab or a cotton ball moistened in alcohol.

Hold the syringe in one hand.

With the other hand, gently pinch up the skin around where you will give the shot and hold firmly.

Insert the needle.

Once the needle is in, let go of the skin. Be sure the needle is still left in position.

Inject the drug slowly.

Push down on the plunger until all of the drug solution is gone from the syringe.

Withdraw the needle, and apply gentle pressure to the site.

If there is any bleeding, place an alcohol swab or clean cotton ball over the skin right away. Press gently on the swab until bleeding has stopped. Do not rub the skin.

Here's another version.

Hold the syringe around the middle, like a pen or dart. Use your free hand to pinch a fold of skin at the injection site.

Push the whole needle straight into the skin in one smooth, quick motion.

Don't put your thumb on the plunger yet.

Stop pinching the skin.

Use your thumb to slowly push the plunger all the way down until all the medication is injected

When the syringe is empty, gently pull it straight out.

Place a cotton ball or gauze over the injection site and press down for several seconds.

Put a bandage over the injection site, if needed.

This one is a bit different.

Use a needle long enough to reach into, but not through, the muscle.

Above the level of the armpit and at least 2-3 finger-breadths below the shoulder joint.

Smoothly but firmly, insert the needle into the skin at a 90° angle.

To avoid causing an injury, do not inject too high or too low.

Release the skin.

Inject the syringe until empty in one smooth, firm motion.

Withdraw the needle.

Wipe with an alcohol swab or clean cotton ball.

Apply a bandage.

I don't think I've seen a single injection, in person, or on the news which complies with all/any of these standards.

Does it matter?

I don't know.

Do you?

'til next time

Helping Nervous System Heal Itself



(NAPSI)—For decades, medical researchers struggled to solve the mystery of how to reverse paralysis caused by serious spinal cord injuries. Finally, hope appears to be at hand.

Making Mice Move

Remarkable video footage shows how paralyzed mice regained some of their ability to walk again after receiving an experimental drug treatment.

The injectable pre-clinical therapy, which is designed to regenerate nerve cells in spinal cord injuries, is being developed by researchers at Northwestern University in Evanston, Illinois.

However, the scientists have yet to make

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Florida State Senate

DENNIS K. BAXLEY



Dear Friends,
Happy New Year! We hope that your Christmas season was joyous and blessed. It was good to be able to get some time back home with friends and family before the 2022

Legislative Session begins. We will return to Tallahassee to begin that work on January 11 and we plan to continue updating you on all that we will accomplish there.

These past few months, your Senator has had the privilege of traveling all over the state to be with our Governor as he continues to help keep Florida free and witness firsthand at what an amazing leader we have in him. We have Florida voters to thank for this! Without your hard work, involvement and commitment to the cause of liberty, we could very well be living in a lockdown state like California with a drug addict Governor in Andrew Gillum. Instead,



we live in a state that continues to win on every front. From election law to COVID policies and taxes, Florida is leading the way and stands as a beacon of liberty in a country where there are places still half paralyzed with fear. Our working families need the freedom to prosper and overcome challenges together, not big government bureaucrats telling them what to do. Thanks to leaders like Governor DeSantis and a republican controlled legislature, Florida will continue to move forward without lockdowns and mandates.

Another focus of our Governor has been protecting parental rights. Rights that parents have to being directly involved in their children's education. These are not the

government's children, they belong to their families and neither the state nor the federal government should have more say over what a child learns than those that care for them most. Things like Critical Race Theory have no business being shoved down our kid's throats. Teaching a child to hate America, to despise freedom and to hate people because of the color of their skin is a giant step backward. Our country is not perfect, there never has been a perfect country, but our founding principles are solid and our children should learn about that in the classroom, not CRT! We are leading on this issue, and our Governor recently announced his intentions to work on combating CRT and variations thereof.

A quick note on Redistricting. We have been very pleased so far how this process is playing out. Our legislature is doing a wonderful job moving through this without any major hiccups and our leadership in the Florida Senate is committed to ensuring that our maps be fair and constitutional. This is not a time for politics; this is a time for doing our duty. Campaigning and political posturing can wait until we have fulfilled that responsibility.

As always, it is an honor to be your Senator and we look forward to continue serving constituents in Marion, Lake and Sumter counties.

Onward & Upward,

To The Governor

Continued from page 1

Governor's team and not just let them rape our land to lay asphalt everywhere.

The Turnpike Authority is like a Steam Roller running over the land and people like ants (the people) of Marion County need to stand up. The County all over the state that don't want this project need to stand up. It certainly sounds like the masses don't want this!

Here my idea to solve this stupid dilemma. The Turnpike runs to I-75, widen I-75 they already own the land then at the junction of I-75 and at Hwy 27 cloverleaf lanes to Hwy 27 they already have their right land and it goes to Hwy 19 the famous road that everyone is trying to move traffic to. Hwy 27 would be widen to how ever many lanes needed. All done by the Florida Department of Transportation. Important...down size or disband the Florida Turnpike Authority. Their job is done!

I say to you Governor DeSantis I have endorsed you at every turn but I can't on this one. You fly over Dunnellon all the time "Just look down from your airplane and see what they are trying to ruin!" You are letting them ruin our lives, our farm and more important our natural resources. PLEASE ACT NOW! What say you the readers? tloury@att.net



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

PUBLISHER'S NOTES



The Supreme Court looks like it is in favor of Roe versus Wade.

A Sheriff in California is being sued by the ACLU for reporting Illegal Immigrants????? The Border Patrol is now

arresting thousands of Illegals and the Supreme Court deemed Biden's executive Order Unconstitutional. The Law clearly says they must stay in the country that they are in for the time being.

Hillary Clinton is accused of Influence-Peddling. In my opinion Hillary Clinton, Fauci and two others were investing money into the COVID-19 came from.

2018 New records just released shows that Fauci requested a grant and was approved. To extract RNA from Bats for genetically manipulate the SARSr-CoV1 strain. It appeared a couple of years ago on the internet but quickly disappeared because the other two are heavily vested in the internet. I think Vauci plan was to develop a

serum and have the only serum of it's kind. No one ever thought that Trump would create "Warp Speed" which led to multiple serums. When investigations are finished It will be "the biggest Crime of the Century." Not scandal CRIME!

Also I believe that Obama has had something going on behind the scene's. He started going on the record by telling Fauci to stop the investment that the United States was giving to the Lab. Faci did not stop. Obama would love to dictate our Country for the rest of his life. not as the President but as a ruler.

I heard on the news that the United Nations was helping and coaching the illegal caravans. NOT TRUE! The story was that China was behind the Illegals receiving \$400 a week gift card. It was spread by a phony website. Another Facebook story. I say wear is all the fresh new close come from when they appear at the Border?

I had International put up a antenna to get the free channels for my office. I need something to look at away from the computer once in a while. Hundreds of channels and the

picture is sharp. Can't ask for anything more than that. Of course I have to figure out to get FOX channel.

I love sea food, we had some company, they wanted to go to the Blue Gator to eat U-peel shrimp. That was fun, they serve one pound devained shrimp, a little messy but was very tasty. I'll do that once a month.

A couple of weeks later my wife were out delivering newspapers we went Ocala's Ocean Buffet. I think it was \$8.95 senior discount. They had everything thing, all kinds of Sea food a big ham you slice off what you want. The same thing with a large Beef Roast the whole leg and again slice of what you want. A great desert table your choice and shrimp almost every way you could think of including U-peel shrimp.

Let me talk about our back page. The prime position, the customer we had on there finished their contract so it is open. If you want all four newspapers it is \$ 1116.00. Two in Ocala and two in the Villages. Just call TomL352-804-1223.

The last time the Turn Pike Extension we blocked it, the people fought it. I think if they should started a vote to disband the Turnpike

Authority, it could happen. They were started to build the Turnpike. They did that and also adding into the mix at least a thousand exit's and lot's of cloverleafs. Running out of roads to build they are pressing hard for a new project. I think they should disband the Florida Turnpike Authority and send those employees to the Florida Department of Transportation. I know they are trying to create jobs and widening the roads we already have will do that.

As I look at this, here is my suggestion. Widen I-75 from the Turnpike north which is already connected and as you go north at SR 27 clover leaf half the traffic on to SR 27 widen it that as needed. The good part is they already have the land and would not be taking land from the farmers and ranchers. Remember Florida need to have groceries to survive. The other good thing is the new huge complex "The World Equestrian Center." Sr 27 would give a access road to help move that traffic.

Someone needs to find the oil dip for the United States and give it to our President. There are at least 15 major sources of oil reserve untouched, but our administration has block many. WHY?

Newspaper Deadlines

Editorial & Ad Copy for February

Seniors Voice & Ocala DownTown

Noon, January 14th

Lady Lake Magazine & Village Spectator

12am, January 19th

Village Spectator / Lady Lake Magazine

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Nervous System

Continued from page 2

the big leap from animal to human clinical trials, meaning that this drug candidate is quite a few years from potentially being approved by government regulators for commercialization.

Clinical Trial

Another experimental therapy has achieved even more impressive results with most laboratory rodents regaining coordinated movement—even enabling previously paralyzed rats to climb tiny ladders—and it is much further along on the developmental curve.

This novel drug candidate is known as NVG-291 and is the brainchild of a renowned neuroscientist, Dr. Jerry Silver,

who has licensed his technology to a Canadian life sciences company, NervGen Pharma Corp.

Five years ago, Codi Darnell, the daughter-in-law of Dr. Harold Punnett, a co-founder of NervGen, fell and became a complete T-11 paraplegic. Dr. Punnett discovered a revolutionary nerve regeneration technology in Dr. Jerry Silver's work at Case Western Reserve University which resulted in the formation of NervGen.

Dr. Silver's innovation offers renewed hope for the estimated 300,000 to 500,000 North Americans who dream of one day regaining sensation and motor function in their paralyzed limbs. This is similarly the case for more than a million Americans who have debilitating peripheral nerve injuries.

With no approved pharmaceuticals for

spinal cord injury, it is heartening that NVG-291 is undergoing Phase 1 clinical trials, aimed at demonstrating its safety and lack of toxicity in healthy human trial volunteers.

This drug candidate is primed for important studies in patients in 2022. This is when its efficacy will be put to the test for the first time in humans afflicted by a range of debilitating spinal cord injuries and other nerve damage. Dr. Silver says he expects to get impressive results due to the surprising similarity between the central nervous systems of rats and humans.

His advanced-stage research work has taken on a greater urgency as the pharmaceutical industry has yet to bring to market any drugs that are able to repair injured nerves and let patients regain or improve key bodily functions.

Unfortunately, current treatments that simply slow down or mitigate the debilitating effects on the human body resulting from the mass death of neurons in the brain or spine do not work in spinal cord injury.

Accordingly, Dr. Silver envisions that NVG-291 has the potential to revolutionize the treatment of spinal cord injuries. This is because it is designed to heal nerve damage by unleashing the body's natural ability to repair itself. NVG-291 doesn't just repair nerve cells, it creates new neural pathways via the extraordinary process of neural plasticity.

This work has been independently replicated in a German laboratory by other scientists, who also used rats. Interestingly, they used doses of NVG-291 that were 50 times higher than used by Dr. Silver. The study achieved even better recovery outcomes, while noting no toxicity issues with the rats from experiencing such comparably high doses.

Dr. Silver says, "It is our hope that this technology can improve the lives of the many people living with debilitating nerve damage. And we're very confident that we're on the right track."

Healthy Mind & Body New Normal

How To Achieve A Healthy Mind And Body In The New Normal

(NAPSI)—The way people live—from how they eat, sleep, work and move their bodies—has been disrupted in the last year-and-a-half, and adapting to and achieving mind-body balance amid these changes is no easy task. As the COVID-19 pandemic continues to alter routines and take a toll on physical and mental health, it's important to focus on overall well-being to achieve balance and overcome obstacles. To help, exercise physiologist, certified sports nutritionist and Bowflex fitness advisor Tom Holland has expert advice for reconnecting with yourself and creating the right routine to support your new normal.

Adjust to a New Way of Fitness

As many people were forced to adjust their fitness routines, they also discovered there isn't a one-size-fits-all approach to exercise. The new fitness normal is a hybrid approach of working out at home, at the gym or even on the road. Holland points out that as many people have shifted to a new work model that could include working from home, the office or while traveling, they also want solutions that allow them to work out whenever and wherever.

From livestream and on-demand classes to more in-person offerings, there's more flexibility than ever before to fit exercise into your schedule. With tools such as the JRNY digital fitness platform (<https://www.bowflex.com/jrny.html>), you can have 24/7 access to coaching and curated workout options.

Find Your Inner Greatness with a New Routine

In this new era of fitness, variety is key, so Holland recommends trading off between strength and high-intensity cardio workouts to keep your routine fresh, challenging and effective.

To stay engaged while exercising, try catching up on your favorite TV shows during your cardio workout. The new

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JAN. 21 2022

COTE DEONATH AS ELVIS 68 TO VEGAS

Proceeds from this concert benefit **Habitat for Humanity** of Marion County

Tickets: www.csculturalcenter.com/events/cote-deonath-as-elvis-68-to-vegas/

Tickets Start at \$15 | VIP Packages Available

Cote Deonath is an Elvis tribute artist out of Ocala, Florida. Deonath has been a tribute artist for 19 years; since the age of 4! He loves every moment of paying tribute to the man he calls, "The greatest entertainer to ever live!" Deonath has traveled the world and made it to the Ultimate Elvis Tribute Artist Contest in Memphis, Tennessee three years in a row. Deonath finished in the top 3 and became the highest-ranking American Elvis tribute artist of 2018 and placed in the top 3 in the whole world in 2019. Deonath was the 2018 world champion making him the number one Elvis tribute artist in America! Deonath says it's a dream come true to spread the love and legacy of Elvis Aaron Presley.

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#JADE - 5/21

■ **Lady Lake Police** ■

CHIEF ROBERT TEMPESTA.



Happy New Year! Protect Your Identity!

With the Holidays coming to an end and the New Year beginning, it is important to remain aware of where your personal

information may have ended up, especially if you shop, pay bills or conduct other on-line transactions. Identity theft is a topic that is critical because once you become victimized, it is difficult to clear your name and credit if it becomes compromised. Perpetrators will steal data such as social security numbers, date of birth, addresses, and bank account information. If your information is stolen, you may receive correspondence from companies or creditors for debt you weren't aware of.

Credit card fraud and other financial scams are one of the most reported uses for identity theft. Some criminals steal credit card information only to make immediate purchases before the card is reported stolen. One of the bigger problems a victim may face is if other accounts are opened under their name. They may see bank or credit card transactions against their account that

they did not make. A victim may also see outstanding debt from different accounts that will be in their name and will be their responsibility to pay or start the process of claiming identity theft. The process of clearing your name and credit can be costly and take an emotional toll on the victim.

Here are some tips to help prevent identity theft:

- Shred all documents that you no longer need that have personal information on them.
- Notify the post office to hold your mail if you will be out of town or have someone you trust pick up your mail.
- If using on-line sources for banking or shopping, make sure the site is secure and try to avoid using public computers or public Wi-Fi.
- Watch your surroundings when entering PIN numbers as criminals will attempt to watch from behind.
- Avoid providing personal information over the phone unless you are sure of who you are giving it to.
- Regularly check your credit report for suspicious activity.

If you become a victim it is important to:

- Immediately notify the company you have credit with about any transaction you did not authorize.
- File a police report or an online report with the Federal Trade Commission.

- Notify the three credit agencies: Experian, TransUnion, and Equifax.
- Follow-up to make sure that your credit is flagged for fraudulent activity. A fraud alert can be put on your credit to alert businesses that they must contact you prior to opening accounts.

The Lady Lake Police Department reminds you that we are here to help protect you from criminal activity but protecting your identity starts with you. Using some of these tips can help you from becoming a victim.

Healthy Mind & Body

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connected Bowflex Max Total 16 (<https://www.bowflex.com/max-trainer/mt16/100915.html>) lets you stream your HBO Max, Netflix, Hulu or Disney+ subscriptions on the built-in 16" HD touchscreen. For strength workouts, squeeze in a quick set of squats, crunches or push-ups in between your daily tasks. You'll get your body moving, increase your heart rate and build muscle—all while saving time.

Holland adds that finding a routine that works for you and that you look forward to, even if it's just five minutes a day, helps improve mental health, enhance mood, boost energy and combats health conditions and diseases.

Stay Motivated Anywhere

It can be easy to stray from your exercise routine while away on vacation, during periods of adjustment such as a return to the office or when daily life is pulling you in many different directions. Holland emphasizes that staying motivated to stay active, wherever you are, comes with a variety of rewards.

Thanks to connected fitness solutions, you can take your personal trainer with you—virtually—to help you stay on track and maintain those new healthy habits. For instance, you can enjoy on-demand workouts such as yoga, Pilates and strength, wherever you are, by simply downloading the JRNY

(<https://www.bowflex.com/jrny.html>) app on your Android or iOS device. To kick your workout up a notch, add the Bowflex SelectTech 840 kettlebell (<https://www.bowflex.com/selecttech/840-kettlebell/100790.html>), a compact solution that can travel with you.

Prioritizing your Well-Being

Research shows that moving your body stimulates different parts of your brain to release feel-good chemicals including serotonin, endorphins and dopamine. This leads to a cascade effect of better sleep, reduced stress and enhanced mood.

Holland notes that prioritizing your health and fitness will also help you be better equipped to manage the stresses of daily life and achieve a balanced mind and body—no matter what this new normal may bring.

Brody left his friends to catch up on the news.

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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

To the editor

SLAVERY COMES IN ALL COLORS, FLAVORS, SHADES, FORMS AND DESCRIPTIONS.

It is perpetrated by the ruthless on sheeple. When the sheeple aid and abet the abusers. Data Collection is a form of control. Because sheeple embrace it, they aid in their own enslavement. Data collection is power. and money, control and enslavement. Slavery can be physical, economic, social, political, educational, moral, intellectual.

D.I.L.

Not all books are created equal. But the ones that offer insights into human behavior are nuggets of gold. Especially the ones that tell how you are being controlled and enslaved by technology. You are paying and welcoming self enslavement. Making it so easy for the ruthless to achieve the control they mean to have over humans. Control is the name of the game i.e. enslavement. You are giving them power, money and control

D,I.L

Instant Pot Teriyaki Chicken



This easy and tasty dinner can be cooked with chicken AND rice together in 1 pot using the Pot-in-Pot method! Author Instant Pot Creations

Prep Time 5 minutes
Cook Time 12 minutes
Natural Release 10 minutes
Total Time 17 minutes
Servings 6

Ingredients

- **Chicken**
4 with bones and skins chicken thighs
1/4 cup honey
1/4 cup coconut aminos (soy sauce)

3 T apple cider vinegar
2 T Mirin
2 tsp fresh ginger, minced/grated
2 tsp garlic, minced (or 3-4 cloves)
1/4 tsp pepper
2 tbsp tapioca starch or corn starch
chili pepper flakes optional

For cooking the rice with the pot-in-pot method, you'll also need the following:

7 cup oven safe bowl (pyrex bowl works great)

2.5" tall stainless steel rack

- **Rice**
2 cups jasmine rice
2 cups water

Instructions for Chicken and sauce

Place chicken thighs in the pot. Add honey, coconut aminos (or soy sauce), apple cider vinegar, ginger, garlic and pepper. Stir to combine.

Place stainless steel rack in the middle of the pot, standing amidst the chicken.

Instructions for Rice

In oven safe bowl to be used in the pot, add rice and water. Stir.

Place rice bowl on rack inside pot. Close lid and turn knob to sealing.

Pressure cook on HIGH for 7 minutes. Allow 10 min to natural pressure release. Quick release any remaining pressure.

Using oven oven mitts, remove the rice bowl and set aside to cool. Remove rack and place in the sink.

Remove chicken thighs onto plate and cover with the lid, reserving the sauce in the pot.

In a small bowl, add tapioca starch (or corn starch). Add approx 2 tsp of sauce from pot and whisk into the starch, creating a slurry. Continue to whisk until all lumps are gone and mixture is smooth.

Push Cancel button. Push Saute Mode. Add starch slurry into the chicken sauce while whisking quickly. The sauce will thicken once a boil has been reached. Turn off Instant Pot.

Combine chicken with the sauce. Serve over rice with a sprinkle of red chili pepper flakes, if you like things spicy. This meal pairs perfectly with steamed broccoli.

Expand Outdoor Living



TurfMutt Foundation Predicts Americans Will Continue to Expand Outdoor Living

(NAPSI)—“Backyarding”—the trend to

move indoor activities outdoors that was made popular during the pandemic—is here to stay and will continue to expand in 2022, according to the TurfMutt Foundation, an environmental education and stewardship program that encourages outdoor living and caring for green spaces.

“Backyarding is a way of life now,” says Kris Kiser, president and CEO of the Foundation and its parent organization, the Outdoor Power Equipment Institute (OPEI). “Homeowners spent lots of time, money and effort over the last eighteen months improving their backyards to make them an extension of their homes so they could work, cook, exercise and even vacation outdoors. We believe people will continue to 'backyard more' in the coming year and beyond.”

The TurfMutt Foundation predicts the following backyarding trends for 2022:

Lines between the indoors and the outdoors continue to blur. Doors and windows will be opened to the great outdoors and more people will enjoy breakfast or a nightcap on the deck. Decorating choices will marry the outside and the inside, with colors and tones that provide more visual connection between indoor areas and the backyard, for a seamless transition.

Offices turn to the outdoors. There will be no need to turn to technology to create a virtual backdrop for video calls. Trees, flowers, bushes and other plants are a beautiful video call background. Privacy screens, electrical outlets and Wi-Fi extenders become more common.

Kids (and adults) spends more time outside learning. Kids will take online classes or do homework under the shade of a tree, in an outdoor classroom at school or at a patio or picnic table. They brush up on STEM concepts (TurfMutt's free lesson plans can help) by planting and studying flowers, bugs and weather.

Continued page 8

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Outdoor Living New Invention

Continued from page 7

Al fresco dining becomes the norm. Grills, pizza ovens and overhead lighting with seating will make many homes outdoor eateries for families and neighbors. Interest in outdoor kitchens, pergolas, shade sails and landscaping will define and enhance outdoor dining.

Business deals get cooked up in backyards. While socializing around fire pits and watching the kids play soccer on the lawn, adults will have the informal conversations that used to happen in other venues. Games of croquet and cornhole could turn easily into business networking opportunities.

The backyard is the first place people turn to for relaxation and stress relief. Yoga, hammocks, reading nooks, calming water features and more add spa-like features to the backyard. More people plant with peace of mind at heart, adding colors that make them feel good, while aiming for sensory or emotional connections.

Outdoor entertainment evolves. Movie projectors with sound systems and outdoor screens turn the yard into a theater under the stars. Expect to see fire pits, outdoor games and more that enhance outdoor recreation.

Homeowners will plant with wildlife in mind. Knowing the backyard is a habitat for pollinators, insects, birds and other wildlife, homeowners likely will choose plants, trees and shrubs that nurture and support wildlife—delighting in discovering them.

Pampering pets only increases. Fencing, sandpiles for digging, doghouses and even agility courses for pets to enjoy will become more common.

More people discover their backyards personality types and design a yard that matches their outdoor lifestyles. They will map out their yards, take an inventory of tools and equipment available to create and maintain their dream and then work hard to create a defined backyard that meets their needs over the coming year.

To learn more about creating the yard of your dreams, visit TurfMutt.com.



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New Invention May Reduce The Need For Masks

(NAPSI)—A new approach to indoor ventilation has been developed that can significantly decrease the risk of COVID and influenza outbreaks in schools, offices and other indoor environments, and even speed a reduction in mask wear.

The innovative invention captures and cleans individuals' breaths within seconds, before potential viruses have a chance to be dispersed throughout a room, improving overall indoor air quality. Current methods, including upgrades to existing HVAC systems, have proven somewhat ineffective as COVID outbreaks continue to create disruptions in indoor settings throughout the United States.

"Existing ventilation systems in schools, offices and elsewhere were not built for virus control. Not only does better ventilation decrease the risk of catching COVID, it has been shown to also improve work productivity and school performance," said Larry Schoen, P.E., Fellow ASHRAE, Principal Engineer for Schoen Engineering Inc. "And even after upgrading a traditional HVAC ventilation system with better filters, it still allows virus-laden air to affect others in a room, creating the potential for contagion."

According to Dr. Rama Rao Amara, Emory University School of Medicine: "We know that COVID, as well as many other viruses, are airborne, meaning they spread through the air in microscopic, aerosolized particles. So, it makes sense that these particles can be easily pulled by the room's HVAC system or larger air purifier. To stop COVID and other pathogens, such as influenza or even the common cold from spreading in indoor environments, it is vital to capture an exhaled breath before these aerosols have a chance to journey around a room. We need to re-evaluate how indoor air quality is managed."

Called Air-Clenz, the new technology has been customized for classrooms so teachers can see students as they did in pre-COVID settings. The size and positioning of the unit on the desk or cafeteria tabletop let students place their computers, textbooks or lunch trays within the air collection unit, so exhaled air is captured and cleaned of viruses or other pathogens while a student studies, eats or works.

"Capturing exhaled air close to the face before it becomes dispersed has been totally

overlooked," said Stuart Sheldon, CEO of Air-Clenz Systems. "Except for a face mask, which most individuals would not want to wear for the rest of their lives, there is no known system in the world that captures even 50 percent of one's exhaled air without also cleaning 100 percent of the air in a room or enclosed space. There are literally hundreds of different commercial air purifiers and HVAC system options, but none come close to achieving what Air-Clenz can achieve."

The technology adds to the HVAC system for even cleaner air.

Dr. Anita Broach, Air-Clenz's Chief Scientist, adds: "Research demonstrates that Air-Clenz' technology typically captures and cleans more than an estimated 85 percent of a person's exhaled breath in approximately three seconds. The captured air is then cleaned to a 99.9 percent level before being recirculated."

Learn More

For further facts, visit www.air-clenz.com.

Fertility, Pregnancy, and COVID Vaccines

Get The Facts About Fertility, Pregnancy, And COVID-19 Vaccines

by the *We Can Do This COVID-19 Public Education Campaign*

(NAPSI)—Questions and misinformation about the effect of COVID-19 vaccines on

fertility and pregnancy have left some people uncertain about getting vaccinated if they are pregnant or hoping to get pregnant, but the facts should be reassuring.

"It's understandable that parents and those who hope to become parents are cautious about COVID-19 vaccines," said Dr. Steven Gordon, Chair of the Department of Infectious Disease at Cleveland Clinic. "However, it should be comforting to know that the vaccines are safe and effective"

Continued page 12



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2021 look at the Lady Lake Chamber

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FROM THE DESK OF GOVERNOR DESANTIS



Governor Ron DeSantis Takes Action Against Communist China and Woke Corporations

The State of Florida will investigate its holdings in Chinese companies and retake

control of its shareholder proxy voting from ideology-crazed investment funds

TALLAHASSEE, Fla. — Today, Governor Ron DeSantis held a meeting of the State Board of Administration where he, CFO Jimmy Patronis, and Attorney General Ashley Moody moved to revoke all proxy voting authority that has been given to outside fund managers, to clarify the state's expectation that all fund managers should act solely in the financial interest of the state's funds, and to conduct a survey of all of the investments of the Florida Retirement System to determine how many assets the state has in Chinese companies.

"If you look at how these major companies behave when faced with Chinese disapproval, they censor what the CCP tells them to censor and we see groveling apologies," said **Governor Ron DeSantis**. "Go back a generation, and the idea of the American elites was, 'If we allow China into the WTO and give them most favored nation status, that will make China more like us.' This experiment has failed and it has endangered our nation's national and economic security.

"I would like the SBA to survey the investments that are currently being done. When the legislature comes back they can make statutory changes to say that the Communist Party of China is not a vehicle that we want to be entangled with. I think that that would be something that would be very, very prudent. I also think that our country as a whole but certainly Florida would like to see more production and manufacturing re-shored and we would be a great place to do that."

By retaking control of the state pension fund's proxy voting from outside fund managers who may pursue social ideologies inconsistent with the state's values or the financial interests of the state's investments, and by determining the state's exposure to Chinese investments, the actions taken today will further strengthen Florida's fiscal footing and signal to those in corporate America who prop up a genocidal, authoritarian, imperialist regime that they will not do so with Floridians' money.

Governor Ron DeSantis Highlights New Preventative Monoclonal Antibody for Immunocompromised Patients

OCALA, Fla. — Today, Governor Ron DeSantis was joined by Surgeon General Dr. Joseph Ladapo to announce a new long-acting COVID-19 monoclonal antibody therapy from AstraZeneca will be available for moderately to severely immunocompromised individuals, such as

cancer patients and transplant recipients, at numerous health care provider locations in Florida, upon allocation from the federal government.

"This monoclonal is a new tool for some of our most vulnerable Floridians and we are happy to make this available throughout the state," said **Governor Ron DeSantis**. "Florida has been a leader in advocating for early treatment of COVID-19 and the availability of this new monoclonal is a continuation of the state's efforts. Florida will continue to use a comprehensive approach to respond to COVID-19 and promote healthy living through *Healthier You*." Governor DeSantis also discussed *Healthier You*, the Florida Department of Health's new initiative which serves as a one-stop shop for Floridians to access resources to promote a healthy lifestyle.

"According to clinical trials, recipients of this new monoclonal antibody therapy saw a 77 percent reduced risk of developing COVID-19," said **State Surgeon General Dr. Joseph Ladapo**. "Under Governor DeSantis' leadership, Florida continues safeguarding vulnerable populations and providing protection options to all. Beyond COVID-19, our *Healthier You* initiative bolsters efforts to improve Floridians knowledge of how to best support their overall health."

From staying active to learning new recipes and boosting your nutritional intake, the Florida Department of Health works through *Healthier You* to educate the public on ways to improve habits and overall health. This is a resource that encourages Floridians of all ages to get active, go outside, improve nutrition, including

vitamin D intake, or learn about [COVID-19](#).

The U.S. Food and Drug Administration (FDA) recently issued an emergency use authorization (EUA) for AstraZeneca's Evusheld for the pre-exposure prophylaxis (prevention) of COVID-19 in certain populations 12 years of age and older.

AstraZeneca's Evusheld is authorized for:

- Individuals who are moderately to severely immunocompromised or are taking immunosuppressive medications and may not mount an adequate immune response to COVID-19 vaccines.

- Individuals with a history of severe adverse reactions to COVID-19 vaccines and/or components of the vaccines or its ingredients.

Eligible patients should contact their health care provider if interested. Locations that will administer this monoclonal antibody therapy can be found at

www.FloridaHealthCOVID19.gov. The Florida Department of Health will continue to update the public as this therapy is delivered from the federal government and becomes available.

One dose of AstraZeneca's Evusheld, administered as two separate consecutive intramuscular injections (one injection per monoclonal antibody, given in immediate succession), may be effective for pre-exposure prevention for at least six months. Under the EUA, fact sheets for [health care providers](#), [patients and caregivers](#), and [frequently asked questions](#) AstraZeneca's Evusheld are available on the [FDA's website](#). These fact sheets include dosing instructions, potential side effects, and drug interactions.

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- Across**

 - Pre-birth period
 - Riot queller
 - Lifeline locale
 - "___ by any other name ..."
 - Unholy figure
 - They're big in Australia
 - Chefs' protectors
 - Street sign
 - Flat-bottomed rowboats
 - One behind the wheel
 - Take it easy
 - Take seriously
 - Parisian article
 - Novel ending?
 - Searches for water
 - Goldberg and Field played them
 - It's straight from the horse's mouth
 - Brown tone
 - Third man
 - Per ___
 - Places for flowers
- Down**

 - "The ___ of God"
 - Song from "Turandot"
 - Traffic jam
 - Path start
 - Secondhand transaction
 - Flirtatious woman
 - "Without further ___..."
 - Thicket
 - Pleased as punch
- 43. Series of ornamental loops**

45. Shakespearean option

46. They have a queen but no king

47. We wouldn't have givers without them

49. Stamp-of-approval letters

51. Thirsty

52. Medical suffix

54. Contained herein (Abbr.)

56. Window deicer

60. Henry Hudson's skill

63. Pedestrian safweway

65. Graph heading

66. Mare's meal

67. Prefix for lateral or librium

68. Licorice-flavored seed

69. Govt. investigators

70. Quarters

71. Latvians
- 10. Small Chinese dog**

11. Mideast prince (Var.)

12. Debussy's "Clair de ___"

13. Fr. title of respect

19. Makeovers

21. To extremes

24. Odious

25. Not appropriate

26. Region from the Nile to the Red Sea

28. Pavilion

30. Friday on TV

31. Highway sign

32. Where to get down?

33. Flip, in a way

35. Fruit of the blackthorn

37. Small lumps

41. Image-maker's tool

44. Takes a spill

48. Drunk as a skunk

50. Twenty Questions category

53. Basra native

55. "Crazy" singer

56. William Wallace, for one

57. Stuff

58. Learning by memorization

59. Part of the NAACP

60. Tomba's transportation

61. Home in the woods

62. "Here ___ nothing!"

64. Big brute

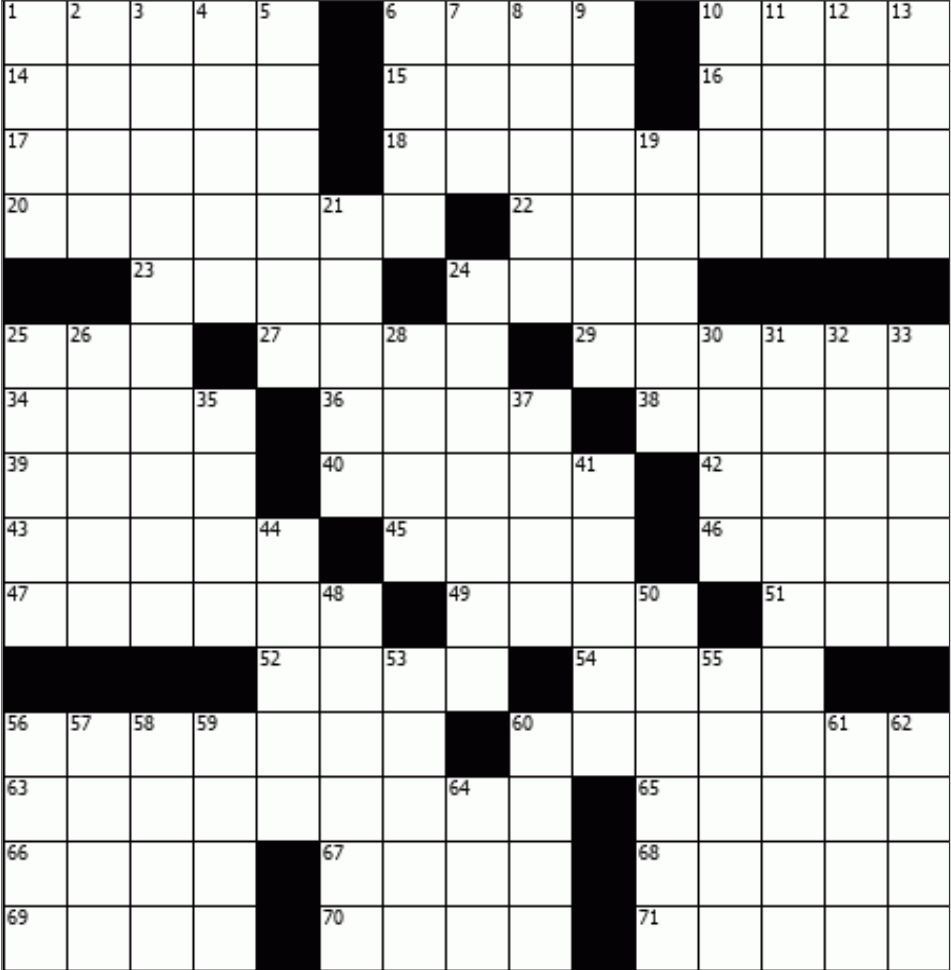
Vaccines

Continued from page 8

during pregnancy. Growing data and science demonstrate that the benefits of getting vaccinated far outweigh any risks and we have a long history with vaccines that makes it clear they do not affect future fertility.”

Here are key facts about fertility,

pregnancy, and the COVID vaccines:
Getting vaccinated protects you during and after pregnancy. COVID-19 can be especially dangerous for people who are pregnant or have recently been pregnant as cases during pregnancy are more likely to be severe. COVID is dangerous for the unborn child too. A recent study found COVID infections are associated with an increased risk of stillbirth. Safety monitoring systems and studies have shown that the COVID



vaccines are safe for people who are pregnant, and vaccination reduces the risk of severe illness, hospitalization, and death. Growing data continues to reinforce that the risks from getting COVID-19 at any stage of pregnancy are far worse than potential side effects from vaccines.

Getting vaccinated protects your unborn or nursing child. Data from safety monitoring systems continues to show vaccines are safe for pregnant people and their babies and getting vaccinated is much safer than contracting COVID. If you're breastfeeding, getting vaccinated could even help protect your baby, as recent reports have shown that some breastfeeding parents have antibodies in their breast milk after they've been vaccinated.

COVID vaccines will not interfere with getting pregnant. No evidence exists of COVID vaccines causing problems with fertility. In a recent study, people who had gotten the COVID vaccine had the same pregnancy success rate as people who had not been vaccinated. Vaccines are carefully studied and monitored, and it is clear they

are safe for people who are pregnant or who want to become pregnant. If you are trying to become pregnant, you do not need to avoid pregnancy after receiving a COVID vaccine. If you get pregnant after your first shot, you should get the second shot and a booster on schedule for the most protection possible.

Knowing the facts about COVID vaccines can provide confidence and comfort. Anyone with concerns should ask questions of a trusted health professional, such as a family physician, pharmacist, or nurse. The benefits of vaccination far outweigh potential risks. Vaccines are the best way of getting this pandemic under control.

For more information and to find a vaccine, visit www.vaccines.gov.

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Earth Is Dimming

Sunlight is reflected off the Earth onto the Moon's surface. Scientists use measurements of this reflectance, called Earthshine, to track changes in Earth's net brightness.

Credit: sebastien lebrigand from crépy en valois, FRANCE, cc-by-sa-2.0

(NAPSI)—Warming ocean waters have caused a drop in the brightness of the Earth, according to recent research.

Scientists used decades of measurements of earthshine—the light reflected from Earth that illuminates the surface of the Moon—as well as satellite measurements to find that there has been a significant drop in Earth's reflectance, or albedo, over the past two decades.

The Earth is now reflecting about half a watt less light per square meter than it was 20 years ago, with most of the drop occurring in the last three years of earthshine data, according to the new study in the AGU journal Geophysical Research Letters, which publishes high-impact, short-format reports with immediate implications spanning all Earth and space sciences. That's the equivalent of 0.5% decrease in the Earth's reflectance. Earth reflects about 30% of the sunlight that shines on it.

"The albedo drop was such a surprise to us when we analyzed the last three years of data after 17 years of nearly flat albedo," said Philip Goode, a researcher at New

Jersey Institute of Technology and the lead author of the new study, referring to earthshine data gathered by the Big Bear Solar Observatory in Southern California. When the latest data were added to the previous years, the dimming trend became clear.

Two things affect the net sunlight reaching the Earth: the Sun's brightness and the planet's reflectivity. The changes in Earth's albedo observed by the researchers did not correlate with periodic changes in the Sun's brightness, so that means changes in Earth's reflectiveness are caused by something on the Earth.

Specifically, there has been a reduction of bright, reflective low-lying clouds over the eastern Pacific Ocean in the most recent years, according to satellite measurements made as part of NASA's Clouds and the Earth's Radiant Energy System (CERES) project.

That's the same area, off the west coasts of North and South America, where increases in sea surface temperatures have been recorded because of the reversal of a climatic condition called the Pacific Decadal Oscillation, with likely connections to global climate change.

The dimming of the Earth can also be seen in terms of how much more solar energy is being captured by Earth's climate system. Once this significant additional solar energy is in Earth's atmosphere and oceans, it may contribute to global warming, as the extra sunlight is of the same magnitude as the total anthropogenic climate forcing over the last

two decades.

"It's actually quite concerning," said Edward Schwietzman, a planetary scientist at the University of California at Riverside who was not involved in the new study. For some time, many scientists had hoped that a warmer Earth might lead to more clouds and higher albedo, which would then help to moderate warming and balance the climate system, he said. "But this shows the opposite is true."

Learn More

For further facts and stats, you can visit AGU at www.news.agu.org. AGU supports 130,000 enthusiasts to experts worldwide in Earth and space sciences. Through broad and inclusive partnerships, it advances discovery and science that accelerates knowledge and creates solutions that are ethical, unbiased and respectful of communities and their values.

'Man Of Steel' Named

Congresswoman Kat Cammack Names 'Man Of Steel' Duane Dewey FL-03 Veteran Of The Year

GAINESVILLE, FL – Today, Congresswoman Kat Cammack announced this year's Veteran of the Year as Mr. Duane Dewey, a Medal of Honor recipient, for his courageous actions during the Korean War in 1952.

Known as the "Man of Steel" in Florida's Third Congressional District, Corporal



Duane Edgar Dewey received the Medal of Honor in March 1953 from President Dwight D. Eisenhower following his heroic actions near Panmunjom, Korea with the machine gun platoon of Company E of the United States Marine Corps.

When an enemy grenade landed close to his position while he and his assistant gunner received medical attention for their wounds during a night attack, Corporal Dewey pulled his fellow corpsman to the ground, shouted a warning to the other Marines around him, and bravely smothered the deadly missile with his body, personally absorbing the full force of the explosion to save the lives of those around him. When accepting the Medal of Honor from President Eisenhower after significant months of recuperation, the president joked, "you must be made of steel," and the nickname stuck.

Corporal Dewey was a fixture in the North Central Florida community, where he spent several months out of the year when not in his home state of Michigan. He was a member of the Korean War Veterans Association in Gainesville and known for his friendship, bravery, and support of his fellow veterans, often bashful about his service record to the point that few even knew they were in the presence of a recognized hero.

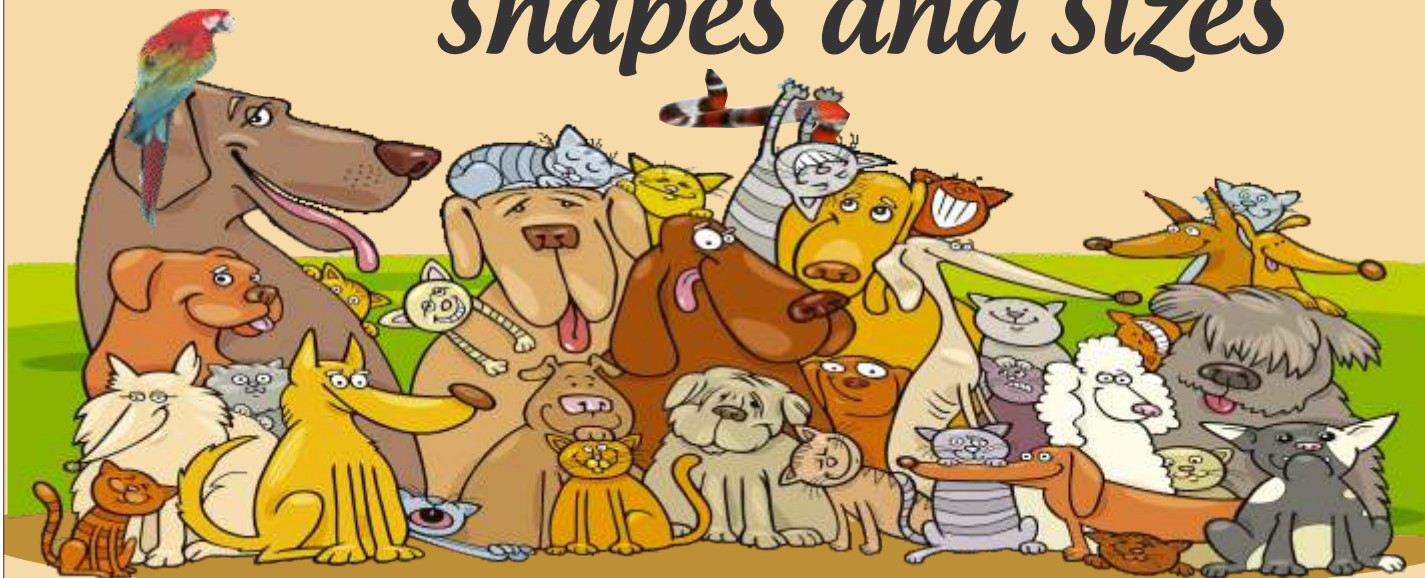
"It is only fitting that the inaugural Veteran of the Year is one of the bravest men to have served our country," said Rep. Cammack. "During an incredibly harrowing time, Cpl. Dewey willingly sacrificed himself to save the lives of the men around him, setting a tremendous example for service and bravery. We were so lucky to have him in our part of Florida for many years, and I know we will continue to miss him dearly. Thank you, sir."

Corporal Dewey passed away earlier this year in St. Augustine, Florida on October 11. He is survived by two children, two grandchildren, four great-grandchildren, and dozens of family members and friends.

Congresswoman Cammack has flown a flag over the U.S. Capitol in Corporal Dewey's memory, entered his courageous story into the Congressional Record, and will honor him in a speech on the House Floor in January.

Congresswoman Cammack thanks the community for submitting their entries for this year's Veteran of the Year award and looks forward to continuing this tradition for years to come.

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FROM THE DESK OF

ATTORNEY GENERAL MOODY



Along with the Florida Retail Federation and law enforcement leaders, I announced the launch of Florida's first statewide task force to combat large-scale retail theft,

as well as a new tool designed to help better coordinate prevention and prosecutorial efforts.

The new tool called FORCE, or Florida Organized Retail Crime Exchange, is an interactive database that will help law enforcement and retailers spot trends, identify suspects and take down massive, organized retail theft rings.

Videos from major cities across the country show mobs of criminals ransacking department stores—burglars smashing display cases and running away with ill-gotten gains.

A recent study by the National Retail Federation showed that nearly 70% of store owners nationwide reported an increase in crime over the past year—most alarmingly, retailers report gangs are more aggressive and violent than in years past. About 65% of respondents noted an increase in violence.

While many of the violent cases are taking place outside our state, in cities that entertain anti-police, pro-chaos policies, we continue working hard to ensure diligence against crime to protect our communities.

In addition to FORCE, I am assembling a task force of law enforcement, statewide prosecutors, state attorneys and retailers to help us examine the data from a secure online portal.

Making connections between similar cases, law enforcement agencies will have the ability to piece together information, giving them the tools to consolidate multiple investigations into one and increase penalties for criminals.

By using this new crime-fighting tool, we can prevent these violent crime sprees from taking root in our state and build a Stronger, Safer Florida.

Ashley Moody recovers \$11M from pandemic scams, cancellations

The Consumer Protection Division took on a travel company that left thousands stranded without travel arrangements.

Attorney General **Ashley Moody** announced Tuesday Florida has recovered

more than \$11 million lost by consumers in pandemic-related fraud, scams and cancellations.

Moody said her Consumer Protection Division is spearheading the ongoing recovery effort. To date, the division has addressed thousands of consumer complaints including reports of price gouging and wrongful cancellations, among others.

“We have secured millions of dollars in relief for consumers nationwide following reports to my office about cancellations, purchases and scams related to the COVID-19 pandemic,” Moody said. “My Rapid Response Team worked with a sense of urgency to quickly address reports of price gouging and other unfair trade practices in real time to reduce harm to consumers and increase awareness about potential price gouging and other financial matters arising from the pandemic.”

Most recently, the Division took on a travel company that left thousands stranded without travel arrangements.

In a press release, Moody said the travel company — Bookit — offered to book flights, hotels and rental cars for consumers despite not having the funds to do so.

The Division recovered roughly \$7 million from Bookit after the company failed to refund stranded consumers.

“Throughout the pandemic, we worked closely with Floridians to ensure they were not being taken advantage of, and through that process we heard from consumers

nationwide about thwarted travel plans and other issues they were experiencing with BookIt,” Moody said. “I am pleased that our involvement in this matter has resulted in millions of dollars in relief for those affected.”

In all, the Attorney General's Office has contacted more than 12,000 businesses about reports of price gouging, scams or a failure to give refunds.

Price gouging, Moody notes, carries stiff penalties. Violators may face a \$1,000 fine per penalty, with a maximum sum of \$25,000 within a 24-hour-period.

Price gouging laws only apply during a state of emergency. The COVID-19 state of emergency expired on June 26.



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