

Stop The Turnpike Extension Don't Pause It!



By TomL
Turnpike Extension Authority has paused because of the pressure put on by the Florida people during an election year. The Turnpike extension is on pause only. That means they will be back. It will not be over until the Turnpike Authority Extension is disbanded. The North Central Florida land owners should not have go through this every few years. Some people sold their homes because of the stress involved in the battle. I say to Governor DeSantis please disband the Turnpike Authority Enterprise and see that those people have a job with DOT. As I see it the Turnpike is finished other than just maintenance and so should the Turnpike Authority, turn it over to DOT. The Turnpike management group ran out of project and need to prove value to their existence. So they come and take our Farm Land , Ranch Land, our residential lot's., You know kind of like what the Chinese are doing buying up our lands. Stop China from buying our land and stop the Turnpike Authority Enterprise from taking our land. The people have spoken. Disband the Turnpike Authority! Save the tax payer money

From Florida Wildlife Federation Toll Road Hits the road

Dear Thomas,

Thanks to you and all the conservation advocates on the ground, the Florida Department of Transportation (FDOT) announced a pause to the Northern Turnpike Extension. Today, FDOT stated there are 'no viable proposed corridors.'

In 2021, we collectively killed the Southwest corridor which could have led to the end of the Florida panther. FWF, alongside the No Roads to Ruin coalition, continues to support grassroots opposition of the remaining toll road alignments. The toll roads pose a grave threat to our rural lifestyles, our Florida springs and the Florida Wildlife Corridor.

FWF continues to work with our coalition partners, community advocates and you to turn this pause into a permanent 'No Build' decision.

Many thanks to all who continue to fight back against the misguided toll roads.

Thank you!

Publishers Note: Let me warn you this is just a pause. Until they disband the Turnpike Authority Enterprise, there will be no peace! The Turnpike management group was started to build a Toll road from south Florida to Central Florida. Town's popped up on both side and so did crime. A criminal could committee a crime hit I-75 or the turnpike and be in another county in minutes. A lot of trafficking happens on these roads.

The money we pay to use this Turnpike is being used to support the Turnpike Authority. It should come under the DOT and that title Turnpike Authority should disappear. It's also costing the tax payers a lot of money.

Many thanks to Florida Wildlife Federation for acknowledging our efforts.
TomL

They are Listening But Are They Reacting?

By TomL

My phone rang at 6:45 pm one evening. I don't normally answer it if I don't recognize the number. I answered it. To my surprise it was the Governors office. One of his top four aids.

First let me explain, several days before I received a list from the Governors DeSantis press department listing the candidates he was endorsing, I thought Kat Cammack is not on that list, so I sent an email asking why

because she is one of our rising stars. she is kicking butt and taking names. She is standing up for the American people especially in the North Central Florida area. That is what the phone call was all about.

Governor DeSantis top aid was calling me, WOW.

The representative of the Governor said I want to assure you that Kat Cammack is being endorsed by Governor DeSantis. I said endorsing her means having her name on



UF Health Orthopedics and Sports Medicine - Spanish Springs officially cut the ribbon for its new office located across the highway from UF Health The

Villages® Hospital. Patients can now easily access their orthopedic specialist by golf cart.



Here is a recent Ribbon cutting for **Big Dan's Car Wash**. The ribbon cutting was put on by the Lady Lake Chamber of

Commerce. As you can see it was well attended. 135 US-441, Lady Lake FL 32159

that list. I explained to the aid that I am running the Governors press releases to the tune of a half page almost every month in all four of my newspapers.

I also mentioned the Marion County REC Chair Brigitte Smith pulling the Republican's party back together in Marion County. Brigitte and her team are doing a good job.

I was elated that I would get a call from the Governors office. That is a big deal to me, I extended an invitation to call me next time they were in the area for a quite cup coffee at a place of their choosing! WOW would that be great to be recognized.

By Tom Loury 352-804-1223

Scandal Looming

On September 13, 2021, Drs. Gruber and Krause were among a group of doctors that resigned who agreed that, "Available evidence doesn't yet indicate a need for COVID-19 vaccine booster shots among the general population..."

The test numbers they had was grossly insufficient. Obviously, we have looked at the data and have serious concerns.

Ms. Grady's emails have been missing for almost a year in violation of FOIA law. This look's like a cover-up. The unlawful cover-ups of Fauci family government records strongly suggest that there is something to hide.

For over a 10-year period, Fauci and others at NIH received more link to \$350 million in confidential "royalty" payments from drug companies.

Fauci agency grant tied to the Chinese Wuhan Institute of Virology and gain of function research were under FBI investigation, yet they continue on insisting on giving more vaccines. FOLLOW THE MONEY!

What do you think? Could a booster shot give you COVID? How many times can you body take booster shots?
tloury@att.net

The Grassroots Corner

There's another Congressional candidate who has signed the FAIRtax pledge, and he just won his Republican Primary to take on a well-known Democrat. Steven Elliott, running in the 12th Congressional District of Michigan, became the latest candidate to sign the FAIRtax Pledge.

AS I SEE IT

Police and Politics.-Is it intimidating when an armed, uniformed Police Officer asks, "I support TRUMP. You?"

-Is it ok for a uniformed Police Officer to appear in political ads for a candidate for mayor or a State or Federal politician? Apparently, in Jacksonville several armed, uniformed officers, standing in front of a marked police car, are running ads supporting the mayor. their boss!

Their remarks praise the mayor and, of course, ridicule his opponent.

It's true that Federal Law (Hatch Act) prohibits Federal Government employees from similar political shenanigans. Of course the mayor's lawyer says "There's nothing on the books prohibiting off-duty, uniformed officers from participating in political ads".

But the National Fraternal Order of Police claims that officers are allowed to endorse or oppose a partisan political candidate in an ad or broadcast, "so long as the officer is **not on duty and not wearing a uniform, badge or insignia.**"

(NOTE - In fact the Hatch Act states that Federal employees may not seek public office in partisan elections, *use their official title or authority when engaging in political activity*, solicit or receive contributions for partisan political candidates or groups, and engage in political activity **while on duty.**"

Also Employees:-

*May not use official authority to interfere with an election or while engaged in political activity."

*May not invite subordinate employees (Deputies?) to political events or otherwise suggest that they engage in political activity."

*May not engage in political activity while on duty, in the workplace, **wearing a uniform or official**

insignia, or in a government vehicle. "

*May not wear, display, or distribute **partisan materials or items.**

*May not perform **campaign-related chores.**

*May not make **political contributions.**

*May not use email or **social media to engage in political activity.**

In Florida the question is being asked, "Can a candidate/incumbent use photographs of police officers, deputy sheriffs,

firefighters, or other uniformed employees dressed in their agency uniforms."

-State law, specifically RCW 42.17A.555, prohibits "The use of public facilities for the support or opposition of candidates or ballot propositions."

-So, does this prohibition include the use of official uniforms?

-The state Public Disclosure Commission, which enforces state political campaign regulations, recently issued revised election campaign guidelines that, among other things, specifically addresses the use of uniforms in political campaigns. Excerpt:- "Employees may use uniforms they own to assist a campaign. The fact that the uniform is no longer used should be documented."

"Photos and videos showing uniformed employees may be used in a campaign if they were made in the ordinary course of business, **were not staged for campaign purposes.**

-It is **suggested** that any advertisement using a photo or video that includes a uniformed employee make it clear through a disclaimer that the public agency is not supporting or endorsing a candidate or ballot measure.

-Uniforms that are not property of the agency, that have been rented or purchased with non-public funds, may be used in a campaign."

That seems clear enough to me!

Candidates cannot stage films/videos of uniformed officers delivering a scripted endorsement.

But, this is 2022.

Anything goes.

On Election Day, they can have armed, uniformed law enforcement officers, poll-watchers and look-alike patrol cars, all telling you who to vote for.

Is that kinda like Russia and China?

As one of them told me, "We do what we have to do to win, No-one cares how we get it done."

'til next time....

I'm very much Pro-Law-Enforcement, but, if law enforcement officers are being "persuaded" to publicly endorse candidates they didn't choose or support, that might be a problem....

Officers and Deputies need to know that we support their "Freedom-Of-Choice too."

Publishers Note: This is the opinion of one writer and not necessarily the opinion of this newspaper!

Was This an Accident?

From the net...

In mid-February, a large fire broke out on the cargo ship *Felicity Ace*, which transported thousands of cars to the United States - including an unknown number of electric cars that are believed to have made the situation worse.

The ship was transporting around 4,000 cars between Germany and the United States.

An increasing use of Lithium ion batteries leads to an increased risk for fire. In a report made by the European Union, scientists conclude that a lithium-ion battery fire on board of a ship can be more deadly than a sinking ship. This is because a lithium-ion battery fire is one of the most dangerous and difficult fires to control and extinguish.

The extraction process of lithium is very harmful to the environment. However, lithium batteries directly do not cause damage to the environment. But when it is dumped in the environment it will be an environmental issue.

Battery Composition and Material:

The cells, that hold the active elements, the battery management system, and the pack, which would be the framework in which the cells are placed, are the three primary components of a lithium-ion battery.

Aluminum is vital for the pack component (because of its small weight), but it is also a very energy-intensive element, accounting for 17% of the whole battery's carbon footprint.

Mining of Materials of Lithium Battery:

The cells account for the vast bulk of the energy and carbon footprint associated with lithium battery manufacture.

Particularly, mining, conversion, and refining of the active ingredients of cells

where Nickel, Manganese, Cobalt (NCM), and lithium are refined into cathode powder account for 40% of the entire climatic effect of the battery.

Back-to-School Checklists



Back-to-School Checklists Should Include COVID Vaccinations

by the We Can Do This

COVID-19 Public Education Campaign

(NAPSI)—The new school year is

quickly approaching. In addition to buying pencils and notebooks and putting school clothes in order, getting kids vaccinated against COVID-19 is an essential step for getting back into the classroom. All children 6 months and older are eligible for COVID vaccines, and children ages 5 and older who have already been vaccinated are eligible for a booster for continued protection.

"Being in school, interacting with other students and teachers, and participating in extracurricular activities are important to the overall well-being of kids," said Dr. Kenneth Alexander, Chief of Infectious Diseases at Nemours Children's Health in Orlando, Florida. "Vaccinations are the best way to

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What can oyster beds tell us about the health of our rivers?

Find out. Watch the Oyster Survey video at

<https://www.swfwmd.state.fl.us/media/video/5735>

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DENNIS K. BAXLEY



Dear Friends,
Thank you to all of the wonderful Floridians who showed up to vote in the August 23 primaries. It is very encouraging to see so many people participating in this

responsibility we have to elect our leaders who will represent us at all levels of government. Our great republic stands as the envy of nations because of the form of government that we have. Our leaders are answerable directly to the people who elect them and in no place else in the world is a collective voice stronger than that of the American voters. As Floridians, we are even more blessed. As these last few years have shown, we are the envy of the rest of America! People continue to flock to this state because we have chosen freedom over tyranny and faith over fear. Since the COVID crises first began, Florida has stood its ground against those who called for mass lockdowns, forced masking, forced vaccinations etc. We have flourished economically and we have our state in a sound financial position. We continue the battle against "wokeism" and against those that hate America and would seek to destroy us. We fight for parental rights and we fight for families who do not want to send their child to a school that just wants to indoctrinate them. Without the republican leadership that you have elected, our state would look dramatically different.

With primaries over, and the general election approaching quickly, now is the time for you to get involved and work to protect the republican majority in Florida. If your preferred candidate did not win the primary, now is not the time for spite or inaction. The Governor needs your vote. Your House and Senate candidates need your vote. Constitutional officers. School Board members. County Commission. All of these races will affect how this state will look for the next decade and beyond. Do

your research, talk to the candidates directly, and most importantly, get involved in helping someone win their race. Donating money and volunteering what little time you may have can make all the difference. "Nothing significant is ever done alone, but one person can make a big difference". You can make that difference for you, your family, and future generations to come.

Onward & Upward,
Senator Dennis Baxley



American Workers Want ...

American Workers Want Financial, Physical And Mental Wellness Benefits

(NAPSI)—Open enrollment is quickly approaching and while businesses continue to navigate through economic uncertainties, dynamic shifts and the ongoing Great Resignation, strong benefits offerings could help retain employees.

That's what was revealed by the fifth annual HSA Bank Health & Wealth Index, a report that explores trends in consumer financial and physical health, and for the first time, mental health. Here are the key findings:

- More than half of Gen Z would change employers to get better healthcare benefits.

- Thirty percent of respondents were not sure if they could afford healthcare costs in the near-term or in retirement.
- Families with children really value telehealth. Sixty-one percent of respondents with children reported using telehealth services compared to 43% of respondents without children.

Mental Health On Their Minds

HSA Bank's Health & Wealth Index is helping employers better understand workers' mental health and important benefits.

For example, there's room for improvement when it comes to mental health. One in five respondents indicated

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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



LATE BREAKING, I received a notorious letter calling myself and others in this newspaper nasty name. I will not print so this Trash for this Democrat he won't get my recognition. We are looking for well written letters that have some positive suggest. Mr... clean your letter up and I'll print it. You don't have to be nasty to get your point across.

My apologies for the errors my mac is making. It has been changing names on me. It's not funny, your name needs to be right, SORRY!

Try googling how much land and businesses are owned by Chinese company's. They are buying up farms land and large tracts near military installations. Our Government needs to take action. We are loosing farm land all over the United

States. This will cause food shortages.

“Shall the Marion County School District's one mill ad valorem millage be continued, beginning July 1, 2019, and ending June 30, 2023, for necessary operating expenses including safe schools, reading, physical education, art, music, library/media, and vocational programs; meeting class size requirements; and retaining State Certified teachers and paraprofessionals with oversight of these expenditures by an independent citizens financial oversight committee?”

What is this nonsense about Stressflation. Your driving my spell check crazy with these new words. If it means you are in stress I agree but so is everyone else. Get in line to get a anti stress pill or figure out how to relieve your stress. We are the greatest Country in the World act like it! We should be the proudest People on earth. I guess several other countries are going to learn that the hard way. When China Ch

threatened Biden with dying by fire, Biden should have said “you and all of your people will die the same way.” The Chinese people don't want to get into a nuclear war. If there is an uprising he will lose face. He is suppose to be a great leader. I think the Russian people would have do better without Putin. Chi is up for review, maybe they will replace him.

Illegal's are on the rise. I don't know how it could get any worse. An army has come across our border. I think that is what the Left want's, disarray, chaos, they want to break the bank so the only way out is thru socialism. I remember my mother-in-law saying I was never so broke than I was when I came to America. Her father came to America and the wife and children stayed back in Czechoslovakia with family. There father got a job with the B&O railroad, made some money and sent for his family. The children had limited education. Their father worked for the Rail Road wear he fell into a rail car and had internal injury's and he died. That left the mother and four siblings. Her mother took in laundry, scrub floors, did some needle work, anything to buy food for her family. I'm not sure where they stayed at night but I remember her saying there was not heat, this was in Ohio. The kids would walk the railroad track to and from school and pickup coal that fell off rail road cars for heat. They were run off by the locals who also walked the tracks. You see they were not exactly welcome by all. They were on the edge of starvation, but never begging. They wore clothes given to them as hand me downs. In the end the children got big enough to work and they got jobs and helped the family. So immigration back 100 years ago was not what it is today. The only thing you got was opportunity. Today we give them lodging, money, food, American Citizens jobs and etc.

Oppressed Countries: When I was a teenager I got into a oratorical contest and won many competitions. I wound up going to Cuba to compete while Batista was in rule. You talk about Oppressed, some how they all managed to have food. Some were rich and some were extremely poor, there did not seem to be any middle class. When Castro took over a year later it got worse.

I met a young cuban guy looking for a job. His father had gotten him out of Cuba because he was fifteen and they want to take him into the army. He got here on a work visa. I gave him a job, after a while he wanted to complete school so I gave him a shift at the newspaper where I worked that would allow him school schedule. He finished first on the Dean list at our local community college with a degree. I signed for him to become a citizen and he was approved. He is now traveling our country testing radiation level for Nuclear power plants, making a good living and paying taxes as a American citizen.

Ocala, Fla.—The Florida Department of

Health in Marion County emphasizes the importance of Florida's residents and visitors protecting themselves against mosquito-borne diseases after a horse in Marion County tested positive for Eastern Equine Encephalitis. The public should remain diligent in preventative measures like “Drain and Cover.” Empty standing water.

Arizona, Georgia, Michigan, Nevada, Pennsylvania and Wisconsin — Republican voters have nominated 87 candidates who have a role in the election certification process. This includes candidates for governor, lieutenant governor, secretary of state, attorney general, U.S. Senate and the House of Representatives.

Of those 87 individuals that Republican voters have put forward as their candidate versus Democrats in the fall election, 54 say they reject the 2020 election results, the Post reported.

Bottom line is I try to help where I can, some times it gets me into trouble and Lawyer call me and tell me all the things that is going to happen. I love what I am doing so go ahead. I'm not going to sit and wait for my time to end, I am going to do as much good as I can until then.

The left have taken the word inflation and loaded it on a rocket that is going to the moon. I was getting high regards of Joe Manchin but he double back on me. Just like a dem.

A Federal Judge In Tennessee Blocks Biden's Policy On Transgender Bathrooms And Women's Sports Teams.

Newspaper Deadlines

Editorial & Ad Copy for October

Seniors Voice & Ocala DownTown

Noon, September 16th

Lady Lake Magazine & Village Spectator

12am, September 21st

Village Spectator / Lady Lake Magazine

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FROM THE DESK OF CONGRESSWOMAN KAT CAMMACK



Cammack joined Governor Ron DeSantis
GAINESVILLE, FL – Today, Congresswoman Cammack joined Governor Ron DeSantis, Attorney General Ashley Moody, Chief Financial Officer

Jimmy Patronis, members of the Florida Legislature, and employees of local governments that have enacted vaccine mandates.

"Our first responders are heroes, running toward danger and risking their lives to save others'. Their selfless service ensures our communities' safety but requiring vaccinations or forcing our first responders out of their jobs does the exact opposite of protecting our citizens; instead, it disregards the very sacrifices these heroes make every single day," said Congresswoman Cammack. "I'm proud to stand beside Governor DeSantis, AG Moody, CFO Patronis, and other local leaders in standing up to these unconstitutional, tyrannical government mandates. We will keep fighting to ensure every Floridian has the right to their own health decisions."

"What we are seeing out of Washington, D.C. and local governments like the City of

Gainesville and Orange County should alarm Floridians, and raises important questions...[t]his is political, it's about using government power to control," said Governor Ron DeSantis. "We're going to protect these jobs, we're going to protect livelihoods, and we're going to protect families. These big government mandates strip away people's rights to make the best decisions for themselves, but we are going to protect Floridians from federal and local government overreach."

Congresswoman Cammack thanks those on the front lines who have continued to answer the call of public service and has vowed to use her authority as a member of Congress to ensure that localities infringing upon an individual's personal medical choices do not receive federal funds.

Rep. Cammack Joins Reps. Hartzler, Mann, Colleagues In Pushing Back On The EPA's New Atrazine Requirements

WASHINGTON, D.C.— Rep. Kat Cammack (R-FL-03) joined Rep. Vicky Hartzler (R-MO-04) and Rep. Tracy Mann (R-KS-01) in pushing back on the Environmental Protection Agency's (EPA) recent proposed revisions to the interim

decision for atrazine, a critical crop protection tool.

Atrazine is an herbicide used to protect corn, sorghum, sugarcane, and a variety of other crops from damaging weeds. For nearly 60 years, atrazine has been a reliable and proven herbicide for effective and efficient sustainable farming practices.

On January 30, 2022, the EPA released proposed revisions to the previous atrazine decision that included new labeling and mitigation requirements. The EPA decided to reduce the aquatic ecosystem CE-LOC from 15 parts per billion (ppb) to 3.4 ppb, a decision based on invalid studies and questionable conclusions. This change contradicts previous scientific evidence and will have widespread impacts on the use and effectiveness for atrazine. In addition, the EPA proposed an unworkable list of mitigation measures that producers would be required to implement when using atrazine.

America's producers rely on crop protection tools such as atrazine to help them provide the safest, most abundant, and most affordable food, fiber, and fuel supply in the world.

"I'm proud to join my colleagues in this critical effort to address the EPA's overreach on this matter," said Rep. Cammack. "As the only Florida Republican on the House Agriculture Committee, I know how badly our farmers are hurting right now while

facing labor shortages, rising fertilizer prices, inflation, and more. Restricting the use of atrazine—a trusted and proven herbicide—will only exacerbate the current state of the agricultural economy by placing more red tape and marking it harder for our growers to produce these essential crops."

"We are alarmed by the agency's departure from sound science by changing the concentration equivalent level of concern, and also with the mitigation measures in the proposed revisions," the members wrote. "We know that the EPA asked the United States Department of Agriculture (USDA) to consult on a proposed 'picklist' of mitigation measures a producer would be required to implement when using atrazine; however, it is abundantly clear that the EPA did not incorporate any of USDA's feedback in these revisions."

RED MORE

<https://cammack.house.gov/media/pre ss-releases/rep-cammack-joins-reps-hartzler-mann-colleagues-pushing-back-epas-new-atrazine>



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Back-to-School

Continued from page 2

protect kids of all ages from COVID, and the best way to make sure they stay engaged in the classroom and activities they need and enjoy.”

Parents should know that getting children vaccinated will:

Protect their child. Getting vaccinated can help prevent serious illness and keep children learning in-person for the entire school year. COVID vaccines were developed with safety as a top priority, and side effects are generally mild, if they occur

at all.

Protect the whole family, including vulnerable members of the household. Getting vaccinated protects children, relatives, and other care providers in the household, as well as other friends and loved ones children spend time with.

Help avoid interruptions to in-person learning. Asymptomatic, vaccinated close contacts may not need to quarantine at home following an exposure to someone with COVID. Getting vaccinated helps students and staff remain safely in school.

Help prevent extracurriculars, sports, and other activities from getting

canceled. Activities like sports, band, and chorus can be safer and more likely to continue uninterrupted if all participants are up to date with COVID vaccines.

Allow children to keep doing the things they love. Getting vaccinated can keep children from missing out on the fun of childhood—like sleepovers, birthday parties, sporting events, and more.

As children get back to the classroom, they may be exposed to COVID more often. Parents can consider providing their child a comfortable, well-fitting mask to wear for additional protection. Parents should also keep kids home and get them tested if they have symptoms of COVID or have been exposed to someone who tested positive.

Vaccines are available at no cost to everyone age 6 months or older living in the United States, no matter their immigration or health insurance status.

Learn More

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

American Workers

Continued from page 3

they were not very or not at all confident about their overall mental health.

The survey found a large divide around engagement and perceived value of the mental health benefits available, with 81% of baby boomers and 64% of Generation X indicating they have never gotten mental healthcare compared to 46% of millennials and 43% of Generation Z.

Expert Opinion

“We’re pleased to see that engagement in

health and wealth continues to be a priority for Americans,” said Chad Wilkins, president of HSA Bank, a division of Webster Bank, N.A. “There is still room for improvement, however, and employers can lead the way by providing tools, resources, education and opportunities to empower Americans to make even better decisions when it comes to their health and wealth.”

Wilkins continued: “HSA Bank works with employers every day on revisions to plans, incentives, promoting preventive care and adjusting educational initiatives to account for virtual engagement. We’re excited to see how we can help employers continue to improve engagement using the tools and resources we offer.”

About The Bank

HSA Bank aims to work toward a world where everyone is empowered to save for a healthy future. By providing the right tools and resources, it makes it simple for its 3 million members nationwide to maximize their savings for healthcare and long-term goals. As a leader in health accounts for over two decades, it continues to innovate. Its offerings in the healthcare savings space drive down healthcare costs, increase access, and assist with decision-making for consumers, health plans, partners, and advisors.

Learn More

For further facts and to view the entire study, visit www.hsabank.com.

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Brody left his friends to catch up on the news.



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Lady Lake Police

CHIEF ROBERT TEMPESTA.



School Is Back In Session

Students have returned to school in the tri-county area. Your child's safety is our number one priority. Please take a few moments to

review back-to-school safety with your child.

Walking To School

If your child walks to school, make sure there are sidewalks along the way. If you are not able to walk with your child, remember there is safety in numbers so have your child walk with siblings or other neighborhood children. Being hit by a car is by far the greatest threat to any child walking to school. Make sure your kids stay on the sidewalk and only cross at crosswalks. Remember to remind your children to never, ever stop to talk to strangers on the way to and from school and, most importantly, never to get into any vehicle with a stranger. These could potentially be life threatening situations.

Bicycle Safety

Children peddling to school on bicycles must wear bike helmets – it's the law. Helmets are the single most effective devices for cyclists, greatly reducing the risk of death or critical injury. Your children should ride their bicycles on the right side of the road and obey stop signs and traffic signals.

Bus Riders

Children who ride the bus should never misbehave. And remember, no bullying. It's important for children to remain seated at all times, keeping their hands and feet inside the vehicle and never throw anything inside or outside of the bus. When exiting the bus, children should always cross in front of the bus – never from behind.

Drivers need to remember that Florida law prohibits passing, in either direction, a school bus that is stopped with its flashing lights activated on a two-way street or highway. If the highway is divided by a raised barrier or an unpaved median at least five feet wide, an example is US Hwy 27, you do not have to stop if you are moving in the opposite direction of the bus. Anyone caught passing a stopped school bus or speeding in a school zone can expect to get a costly fine – the Lady Lake Police Department simply will not tolerate violations that could harm a child. Please reference Florida State Statute 316.172.

Drivers must also remember to slow down in school zones. Driving slowly and carefully through school zones greatly reduces the risk of a tragic accident.

Bullying

Bullying among children is aggressive behavior that is intentional and involves an imbalance of power or strength. A child who is being bullied has a hard time defending him or herself. Usually, bullying is repeated over time. Bullying can take many forms such as physical, verbal, emotional and cyber-bullying. Signs that your child might be bullied are: torn clothes; loss of appetite; mood changes; and/or a reluctance to go to

school. It's important that your child knows they can talk to you if they are being bullied. Whenever you know that someone is the victim of a bully, you should speak up and report it right away.

Many schools in Lake County have a school resource officer or deputy. If your child is experiencing trouble with others or feels they are being bullied, please contact the school's administrative office and ask to speak to the officer or deputy.

By keeping safety in mind, we can work together to make the 2022-2023 school year safe and successful.

Maternal And Dental Health



Maternal Health And Dental Health: How They're Linked

(NAPSI)—Every step of the way, women, especially mothers, have a lot to juggle. While trying to conceive, being pregnant, raising children and going through menopause, their to-do lists are long. One important task which may not be the first to come to mind is maintaining good oral health.

“Oral health plays a role in all stages of life and it pops up often for mothers,” said Kyle Dosch, DDS, a licensed dentist who

serves as Delta Dental of Washington's dental director. “Demonstrating and teaching the importance of good oral health habits is critical to the overall health and well-being of you and your family.”

Pre-pregnancy

There is evidence to suggest a correlation between oral health and fertility. Women with periodontal disease took nearly seven months to conceive, whereas women without periodontal disease took only five months, on average.

Early Pregnancy

Many expectant mothers experience morning sickness and, as bothersome as it is to go through, it can also have negative effects on a woman's oral health, particularly her teeth. Stomach acid can weaken tooth enamel, leading to greater risk for cavities. Dentists recommend rinsing your mouth with water after vomiting to help wash away the acid. Choosing healthy snacks such as fruits and vegetables, which can help clean bacteria off teeth, as well as plenty of water, are best for when pregnancy cravings kick in.

During Pregnancy: What To Do When You're Brushing For Two

Up to 75% of pregnant women have gingivitis, an early stage of periodontal disease. Periodontitis has been linked with having a negative effect on pregnancy, inducing premature birth or low birth weight of the baby. Regular dentist check-ups, brushing and flossing can help prevent this.

Postpartum

Mothers with tooth decay can pass cavity-causing bacteria to their babies by doing such things as cleaning pacifiers in their own mouth. Rinsing with clean water is a safer way for mom to keep an eye on a baby's oral health.

Motherhood

Continued page 8



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Maternal Health

Continued from page 7

Children of mothers who have high levels of untreated cavities or oral health problems are three times more likely to have cavities. This can be due to poor education on oral health or from sharing drinks and utensils. This can transfer cavity-causing bacteria from a mom's mouth to a child's. Taking time to brush and floss each day together can help keep mom and kids on track for their

oral health goals.

Perimenopause And Menopause

Teeth and gums are highly susceptible to hormonal changes which take place before and during menopause. Because of these hormonal changes, a woman's body can have a harder time fighting off minor infections and maintaining a healthy balance between useful and harmful bacteria within the mouth and on the gums. These hormonal changes can also cause increased sensitivity for teeth.

Visiting the dentist regularly will help keep these risks at bay.

Learn More

For further information about your oral health, visit Delta Dental of Washington's blog at

www.deltadentalwa.com/blog.

STAY INFORMED

Weathering A Storm Or Power Outage Safely

(NAPSI)—Having the right outdoor power equipment on hand year-round is important—in more ways than many people realize. That's according to the Outdoor Power Equipment Institute (OPEI), which advises home and business owners to grow familiar with safe operating procedures and think ahead before foul weather or a power outage disrupts life.

"It's important to be prepared year-round given any season can be storm season. We see more people investing in portable and whole-house generators and having other outdoor power equipment on hand such as chainsaws and water pumps to mitigate any

damage from felled trees and water damage and floods," says Kris Kiser, President & CEO of OPEI, an international trade association representing manufacturers and suppliers of outdoor power equipment, small engines, battery power systems, portable generators, utility and personal transport vehicles and golf cars.

He notes that outdoor power equipment is becoming faster, lighter, more efficient and more technologically advanced. "There's a power source for every need including battery/electric, propane, solar and gasoline," he adds, noting each has different maintenance and care requirements. "Always read and follow the manufacturer's manual."

What You May Need

To get ready for inclement weather, identify which equipment is needed. Chainsaws or pole saws can trim limbs and shrubs ahead of a storm and handle clearing. String trimmers, pruners and chainsaws can also remove combustible material from around your home, making it less vulnerable to wildfires.

A portable generator will power key appliances and charge cell phones when utilities go down. A whole house generator can keep the lights and appliances on and running. Before an outage, plan where the generator will be set up (never in a home or garage, and always away from your home and any air intake) and determine how to secure it if needed. Buy and install a carbon monoxide detector, too. Get outdoor-rated extension cords for portable generators and consider adding an approved cover to your generator for rainy weather.

Water pumps can help get water and muck out of basements and other parts of your home. Be sure you know how to operate it. Never pump substances that your equipment is not designed to cope with. Pay attention to avoid overheating and follow all safety precautions.

A utility type vehicle can transport people and supplies quickly in an emergency. Keep the vehicle stable and drive slowly. Do not turn mid-slope or while on a hill. Consider taking a safety course.

Always read the directions provided by outdoor power equipment manufacturers and be sure to follow all manufacturer's safety and usage recommendations before you need the equipment—don't wait for an emergency. Practice how to operate equipment. Save a digital copy of the owner's manual on your computer if possible, so it can easily be consulted in the future.

Make sure to have the right fuel on hand and charge batteries ahead of an outage. Gasoline-powered equipment uses E10 or less fuel and most manufacturers recommend adding a fuel stabilizer. Fuel that is more than 30 days old may phase separate and cause running problems, so it's important to purchase fuel just ahead of a storm. Store fuel safely and use only an approved fuel container.

One of the most important things operators can do for safety is to pay attention to energy levels and health. Preparation for bad weather, a power outage and storm clean-up can be taxing. Do not operate power equipment when tired or overly fatigued. Drink plenty of water and take regular breaks. Always use safety equipment such as chaps, gloves, eye protection and hearing protection.

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Lady Lake Luncheon

Lady Lake Chamber had there monthly referral luncheon. It was well attended as you can see. Good crowd met a few nice business people. I never know when I will find a business person wanting to buy an ad. One was sold. Come to the next Luncheon next month. Check with the Chamber 352-7523-6029.



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FROM THE DESK OF GOVERNOR DESANTIS



Governor DeSantis Announces the Arrest of 20 Elections Criminals

In Florida, if you commit an Elections Crime, you will do the time

F O R T LAUDERDALE, Fla. — Today, Governor Ron DeSantis announced that following investigations by the Florida Office of Election Crimes and Security and the Florida Department of Law Enforcement (FDLE), 20 individuals are being arrested by FDLE for breaking Florida's elections laws. All 20 of these individuals were disqualified from voting after they were convicted of murder or a felony sexual offense, but they chose to vote anyway, and now they have all been charged with voter fraud — a third-degree felony punishable by up to a \$5,000 fine and up to 5 years in prison.

Additionally, Governor DeSantis directed the Department of State to communicate to county Supervisors of Elections with instructions on records they must preserve until additional reviews and investigations are complete.

"In 2020, Florida ran an efficient, transparent election that avoided the major problems we saw in other states. At the same time, the election was not perfect, which is why we continue our efforts to ensure the integrity of our elections," said **Governor**

Ron DeSantis. "Our new election crimes office has sprung into action to hold individuals accountable for voter fraud. Today's actions send a clear signal to those who are thinking about ballot harvesting or fraudulently voting. If you commit an elections crime, you will be prosecuted to the fullest extent of the law."

"As elected leaders, it is incumbent on us to ensure free and fair elections and instill confidence in the voting process," said **Attorney General Ashley Moody.** "No voting system can stand without the backing and confidence of the people it serves, and thanks to Governor DeSantis, we are reinforcing that trust, and Florida's elections system will serve as the standard-bearer for the rest of the nation."

"I am grateful to Governor DeSantis for establishing the Office of Election Crimes and Security, and we are off to a great start at eliminating election fraud in our elections," said **Secretary of State and Chief Election Officer Cord Byrd.** "These arrests put those who have no regard for the integrity our elections on notice and will ensure integrity in the voting process."

"Today is about our honest, hardworking and law-abiding Floridians," said **FDLE Acting Commissioner Mark Glass.** "In Florida, your vote matters. To that end, we will do everything in our power to ensure those who cannot legally vote never cast a ballot."

"I'm glad to be a part of a team that is

working hard to secure our elections," said **Director of the Office of Election Crimes and Security Peter Antonacci.** "Our team of highly skilled investigators will conduct a thorough investigation, and if any evidence of election crime is found, there will be criminal sanctions."

Governor Ron DeSantis Suspends State Attorney Andrew Warren for Refusing to Enforce Florida Law

Governor DeSantis appoints current Hillsborough County Judge Susan Lopez to serve as Acting State Attorney of the 13th Judicial Circuit

TAMPA, Fla.— Today, Governor Ron DeSantis suspended State Attorney Andrew Warren of the 13th Judicial Circuit due to neglect of duty. The Governor has the authority to suspend a state officer under Article IV, Section 7 of the Constitution of the State of Florida. The Governor has appointed Susan Lopez to serve as State Attorney for the period of suspension. She has most recently been serving as a Judge on the Hillsborough County Court.

"State Attorneys have a duty to prosecute crimes as defined in Florida law, not to pick and choose which laws to enforce based on his personal agenda," said **Governor Ron DeSantis.** "It is my duty to hold Florida's elected officials to the highest standards for the people of Florida. I have the utmost trust that Judge Susan Lopez will lead the office through this transition and faithfully uphold the rule of law."

"I have the utmost respect for our state laws and I understand the important role that the State Attorney plays in ensuring the safety of our community and the

enforcement of our laws," said **Susan Lopez, State Attorney of the 13th Judicial Circuit.** "I want to thank the Governor for placing his trust in me, and I promise that I will faithfully execute the duties of this office."

The Governor has the authority under the Florida Constitution to suspend state officials for reasons of misfeasance, malfeasance, neglect of duty, drunkenness, incompetence, permanent inability to perform official duties, or commission of a felony. The Governor has further authority to fill that office by appointment for the duration of the suspension.

Susan Lopez was appointed by Governor DeSantis to serve as a judge on the Hillsborough County Court in 2021. She previously served as Assistant State Attorney of the 13th Judicial Circuit for more than 15 years and as Staff Attorney of the Second District Court of Appeal. She received her bachelor's degree from Middlebury College and her law degree from Suffolk University. She is a long-time resident of Tampa and has been involved in the Hillsborough community through a variety of organizations for many years.



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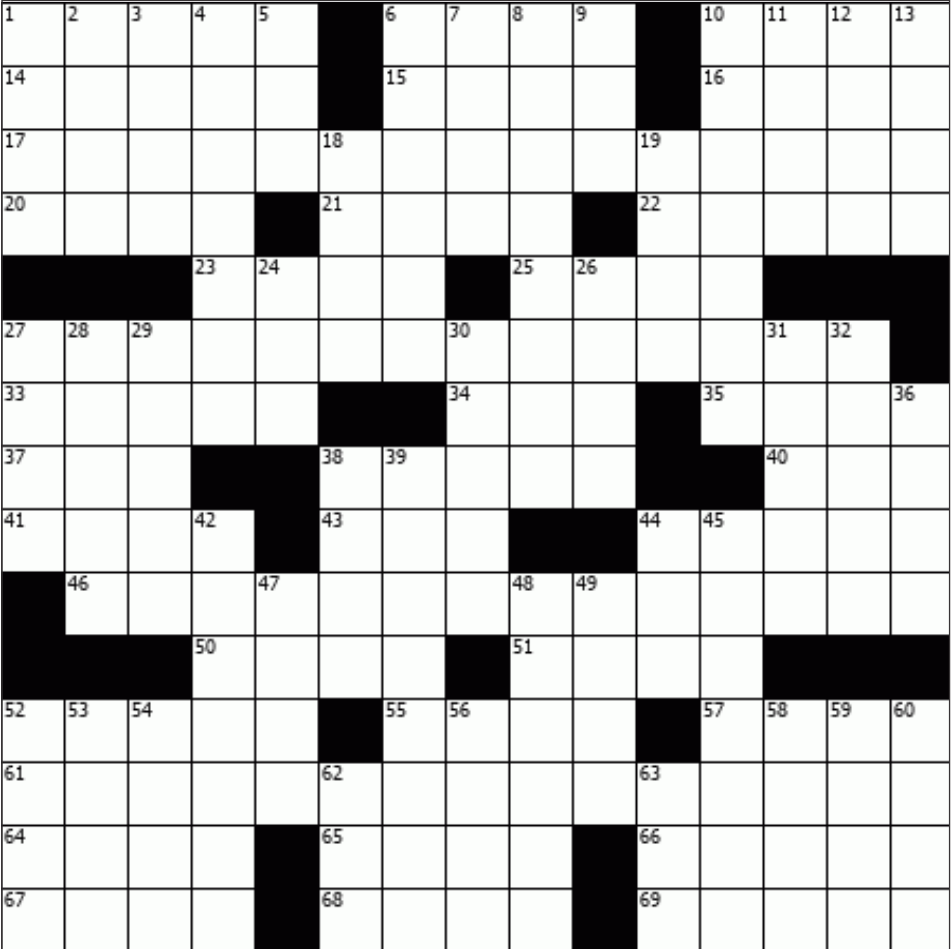
Prizes, & More!



- Across**

 - Fools
 - Word with ice or six
 - "___ Magic Moment"
 - Shiftless sort
 - Field measure
 - Magazine section
 - Clue left by a podiatrist while filching pepper?
 - Cleaving tool
 - Shoe widths
 - Overseas money
 - Dark black, to Keats
 - NCAA basketball champs, U-___
 - Clue left by a newlywed while raiding freezers?
 - Gasket
 - Certain photo order (Abbr.)
 - Snakelike fishes
 - Hardly Mr. Right
 - Horror ville?
- Down**

 - "Back to the Future" bully
 - Polish border river
 - Tater topper, perhaps
 - In the middle of
 - B'way sign letters
 - Type of lawyer
 - Need liniment
 - Kind of roll
- First name among Batman portrayars
 - Seals the victory
 - Vegas opener?
 - Acid type
 - Clue left by a builder while swiping golf balls?
 - Domain
 - W. Texas university
 - Unrefined
 - Condor condo?
 - Yard sign
 - Clue left by a boxer while robbing banks?
 - American novelist (1909- 1955)
 - Wind indicator
 - Don
 - Rolls of money
 - Collections of anecdotes
 - "JFK" creator
 - It may be tapped
 - Defeat soundly
 - Time piece
 - Pay ___ mind
 - Lays down the lawn
 - Gaseous element
 - Gambling town
 - Morass
 - Gateway to Paris
 - Set of points
 - Spinachlike plant
 - Visible part of a television transmission
 - What each one of this puzzle's perps pulled off
 - Garnett of the NBA
 - Street talk
 - Blackthorn
 - ___ vera
 - Celtic sea deity
 - Some tennis strokes
 - "___ we there yet?"
 - Plans in detail
 - Once, formerly
 - Quiets
 - Bachelor's end
 - Bird pouch
 - Capital of Latvia
 - Ripened
 - Sicilian mount
 - Aware of
 - "Mila 18" author Uris
 - Force unit
 - Female gametes
 - They patrol the bases?



Conversations On E-Cigarettes

Back To School Season Can Present A Time For Smart, Supportive Conversations On E-Cigarettes

(NAPSI)—Back to School presents parents and students with opportunities to have important discussions about life choices. One thing to connect on before the first bell rings is understanding and avoiding tobacco, including electronic cigarettes.

An increasing number of Florida school-aged children have either used an e-cigarette or know someone who does. While combustible cigarettes are almost entirely gone from our state's schools, e-cigarettes were by far the most-used tobacco product among teens in 2021. In 2021, 18.3% of Florida high school students reported current use of e-cigarettes, a 16.6% increase compared to 2017.

Unsure how to address tobacco with your child? Here are some tips:

1.Study up. Before you have the conversation, spend some time making sure you're aware of the most recent changes. Did

you know the minimum smoking age is now 21 across Florida, or that some previously popular brands like JUUL are now less popular among teens and young adults?

2.Start the conversation naturally. Be patient and ready to listen, encourage open dialogue and avoid criticism. For example, if you and your teen see someone using an e-cigarette or you walk by an e-cigarette shop, try asking what they think about it and what they already know and believe.

3.Address the problem straight on. You can educate your kids about the dangers of tobacco use and change their minds. They will listen. Studies show that parents can significantly impact their children's behavior, including whether or not they use tobacco products.

4.Become involved in your kids' lives and social schedules. Young people whose friends use tobacco are more likely to use tobacco themselves, to try to fit in. Meanwhile, kids who do well in school and participate in structured, extracurricular

Continued page 14

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FROM THE DESK OF ATTORNEY GENERAL MOODY



Attorney General Moody Releases Back to School: Digital Dangers to Help Parents Protect Kids Online

TALLAHASSEE, Fla.—Attorney General Ashley Moody today

released *Back to School: Digital Dangers* to help parents protect children as another academic year begins. The free resource focuses on dangers students may face while traveling to and from school, as well as threats on social media. *Back to School: Digital Dangers* is designed to help parents start a conversation with students about the dangers of texting while driving, online predators and illicit drugs commonly laced with deadly fentanyl.

Attorney General Ashley Moody said, “New challenges have emerged in the tech age—including digital drug dealers selling deadly fentanyl over social media, human traffickers who attempt to lure children online, and even texting while driving jeopardizing road safety. As schools start, I am releasing *Back to School: Digital Dangers* to warn parents about these threats and encourage them to talk to their children about how to stay safe.”

Back to School: Digital Dangers is free to download and contains important public safety information, such as:

Drugs are much more dangerous due to fentanyl being prevalent in the illicit supply. Just one counterfeit pill laced with the

substance is enough to kill;

Criminals lurk on social media to prey on unsuspecting children;

Never use mobile devices while operating a vehicle and other safe driving habits; and

Additional resources and tips for parents to help further educate their children about online safety.

To view *Back to School: Digital Dangers*, go to

<http://www.myfloridalegal.com/newsrel.nsf/newsreleases/>.

The quick-reference brochure also provides information on other resources from Attorney General Moody about the dangers of fentanyl, synthetic opioids and the most dangerous time on the road for young drivers:

[Fast Facts on Fentanyl Toolkit](#); [2022 Online Safety Toolkit](#); and [100 Deadliest Days](#).

If criminal activity is suspected, contact local law enforcement immediately by dialing 911 or the direct number to the agency.

Attorney General Moody Secures 25-Year Prison Sentences for Illicit Fentanyl Traffickers

TALLAHASSEE, Fla.—Attorney General Ashley Moody today secured lengthy prison sentences for two illicit fentanyl traffickers. A court found defendants Carlos Alberto Jimenez Rodriguez and Antonio Izquierdo guilty for trafficking fentanyl, a first-degree felony, and conspiracy to traffic in fentanyl, also a first-degree felony. Today, following

arguments by Attorney General Moody's Office of Statewide Prosecution, Ninth Judicial Circuit Judge Keith Carsten sentenced Rodriguez and Izquierdo to 25-year prison sentences each.

Attorney General Ashley Moody said, “If you traffic fentanyl in Florida, you will go to prison for a long time. This synthetic opioid is killing tens of thousands of people across our nation every year, and here in Florida, we will prosecute anyone caught trafficking this deadly substance in our state to the fullest extent of the law. I am proud of my prosecutors for ensuring the traffickers in this case will be locked away for a very long time.”

According to a law enforcement investigation, a tip provided an undercover officer with a lead on a drug dealer named Carlito. After further investigation, the officer identified Carlito as Rodriguez. Rodriguez sold heroin to the undercover officer and eventually introduced the officer to the supplier, as well as to another fentanyl dealer, Izquierdo. The undercover officer conducted other interactions with Rodriguez and Izquierdo to gather enough evidence to present a thorough case in court. Rodriguez and Izquierdo both sold and delivered more than 28 grams of fentanyl.

Assistant Statewide Prosecutor David Gillespie prosecuted this case, and the Honorable Keith Carsten of the Ninth Judicial Circuit sentenced each of the defendants to 25-year prison sentences.

Attorney General Moody Leads Multistate Effort Against Unlawful Mask Mandate

TALLAHASSEE, Fla.—Attorney General Ashley Moody is leading a 23-state coalition in filing a brief in support of the plaintiff in *Health Freedom Defense Fund*

Inc. vs. Joseph R. Biden, Jr., President of the United States. Attorney General Moody argues that the district court correctly vacated the Centers for Disease Control and Prevention's interstate travel mask mandate in this case. President Joe Biden's CDC order exceeds its authority and infringes on each state's ability to enact its own public health rules.

Attorney General Ashley Moody said, “The American people and our courts have rejected the federal government's unlawful mask mandate for air travel. It's astonishing that Biden continues to fight to force passengers to wear masks on airplanes. We are once again pushing back, in court, against his unlawful federal overreach.”

In a brief filed in the U.S. Court of Appeals for the 11th Circuit, the attorneys general argue that the CDC's unlawful mandate exceeds the agency's authority in several ways. First, the CDC grounds its authority to issue a mask mandate in its power to require “sanitation” measures under 42 U.S.C. § 264(a). That authority cannot support the mandate. Additionally, according to the statute, CDC cannot demand that domestic travelers be examined without evidence that they are carrying disease—but that is what this mandate requires, a visual inspection of every traveler without any individualized suspicion.

The brief also argues that the mandate is invalid because it failed to go through notice and comment procedures. The CDC rule is arbitrary and capricious, with numerous exceptions that the agency did not explain or justify. Beyond that, the rule violates the agency's own regulations. The brief states: “CDC regulations say that it cannot act unless it finds local measures inadequate. But here, CDC never even studied local measures, much less developed a method to determine whether those measures are adequate.”

Attorney General Moody is joined by the attorneys general of the following states in filing the brief: Alabama, Alaska, Arizona, Arkansas, Georgia, Idaho, Indiana, Iowa, Kansas, Kentucky, Louisiana, Mississippi, Missouri, Montana, Nebraska, Ohio, Oklahoma, South Carolina, Texas, Utah, Virginia and West Virginia.

In March, Attorney General Moody led 21 other states in an action against the same unlawful CDC mask mandate on public transportation. The attorneys general argued that the mandate exceeded the CDC's authority and was based on a failed interpretation of a quarantine statute that has been rejected in court. A U.S. district judge vacated the federal mandate in April.

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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

To the editor

In November, voters in Marion County will have to vote to keep teachers already employed. It also threatens to remove music and art classes as part of the curriculum in Marion County Schools. The schools barely educate children, reducing history content, math, science and literature/english. The children aren't required to learn cursive writing or show work to math equations.

If they take the Arts and music from schools, children will not have opportunities to develop natural talents or have guidance for future development.

It seems school boards find every opportunity to NOT help children by exposing and development children to the Arts.

Hope you can get something to let people vote to keep these teachers and classes for children to learn.

Concerned reader!

Publishers note: I agree! I would take it further expand shop classes and FFA. I recently watch Real Estate program about selling homes over a million dollars. A farmer and his wife. Bought a farm, he farmed and his wife turn the old farm house into a restaurant. Good home cooking she learned in school! They bought a second home for a million and a half. My wife and I met in school band. It has enriched our lives.

TomL

Tom...

Getting away from politics for a change, I

want to address a matter of great concern for me. It is about our wonderful planet earth.

We have nearly 8 billion people inhabiting our planet, sharing in a shrinking supply of resources.

Water supplies are dwindling, limiting our ability to irrigate many crops, diminishing our food production. Lake Mead and lake Powell are two thirds below normal levels, threatening crops and possibly reducing the power needed to produce energy.

Europe is in the same situation. Rivers are drying up, along with reservoirs. More than 50 rivers and 20 reservoirs in China are nearing critical levels.

It seems that what isn't drying up is either flooding or burning up. Massive flooding in Virginia and Afghanistan to name a few. Wildfires in USA, France, Germany, Spain and Algeria to name a few.

Drought seems to everywhere. Europe, Asia, USA, Russia, Mexico, and the list goes on.

And then there's the illnesses, Covid, (a million plus dead in US} Monkeypox, a resurgence in measles in which more than 200 children dead in Africa, And now, Polio strains found in one of our waterways. All preventable diseases for those who are vaccinated.

I have hope that are younger generation can become involved in addressing these issues because those in power aren't doing enough to protect our planet.

I hope more people get involved.
Bob from the Villages

E-Cigarettes

Continued from page 12

activities are less likely to be susceptible to smoking.

5. Pay close attention to what your children bring home. Some of the most popular e-cigarette devices look like flash drives, pens, and inhalers, which can be easily concealed. Some e-cigarettes require charging, so check what devices are being charged or look for unusual plugs. If you don't smell anything, don't assume they aren't using products with nicotine. E-cigarettes typically won't make clothes smell of tobacco.

6. Team up. Ask your healthcare provider or other trusted adults (such as teachers, coaches or counselors) to talk with your child about the risks of e-cigarettes.

To address teen e-cigarette use, Tobacco Free Florida offers Live Vape Free, a program featuring free tools and resources. Live Vape Free provides teens with text support, interactive content and one-on-one coach support to help them quit e-cigarettes.

It's an easy-to-navigate learning experience that teaches teens the skills needed to quit. Once enrolled, participants receive texts containing relevant content to help them on their quit journey. Live Vape Free features content that:

Educates teens on the keys to quitting nicotine.

Motivates, inspires and enlightens users on the importance of staying nicotine-free.

Helps teens find their "why" when quitting.

Boosts overall confidence among teens looking to quit.

More information on that program is



available at

www.TobaccoFreeFlorida.com/LiveVapeFree or by texting VAPEFREE to 873373.

Additional support, including free Quit Coach support and Web Quit, are also available depending on age.

Of course, in addition to being ready to discuss tobacco with your children, one of the most important things you can do is set the example by not smoking or using tobacco yourself.

Research shows that kids who have a parent who smokes are more likely to smoke and to be heavier smokers at young ages. But the good news is that when parents quit smoking, their kids become less likely to start. If you're a parent who is ready to quit smoking, Tobacco Free Florida's free tools and services can help. More information is available at

www.TobaccoFreeFlorida.com or 1-877-U-CAN-NOW (1-877-822-6669).

Parents know this is a time for a lot of conversations that can mean a world of difference to the futures of their children. If you educate yourself, you can be there for your child and make smart decisions for years to come.

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HAC Technicians



(NAPSI)—The next time you walk in to a cool, comfortable home, you may care to thank an HVAC technician.

These men and women often have to brave extremely unpleasant conditions, especially during the summertime, to keep the air conditioning and other climate-control factors humming along.

What They Do

HVAC technicians tirelessly brave sweltering heat and numbing cold to restore your comfort, often at the hottest and coldest times of the year.

They go everywhere most people would hate to be: crawl spaces, attics and all points in between. Depending on the age and condition of the building, they may run into anything from dust, debris and cobwebs to pests, mildew and claustrophobically close quarters.

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...And The Planet

Plus, don't forget that saving energy means saving the earth's valuable resources. You get and maintain efficient heating and cooling systems, and you also reduce your carbon footprint.

Learn More

For further facts on HVAC technicians, visit Breathing Clean at

www.BreathingClean.com.

Working Shorter Hours



38 companies in the USA are testing the 4-day week

After success stories from Iceland and news about the large-scale field trial in Great Britain, a pilot project on the 4-day week is now starting in the USA. 38 companies are testing the 4-day week while the results are being scientifically analysed. Last year, some companies already tested the effects of shorter working hours – and have ended up switching permanently to a 4-day week.

They are on the rise in countries all around the world: the 4-day week and the 32-hour week. Some companies are testing shorter working hours to make themselves more attractive employers, others are already introducing them permanently. In countries like Iceland or Great Britain, there have been and still are large-scale field trials with thousands of participants. The aim is to investigate how working time reductions can be implemented and what the consequences are for employees, productivity and the working atmosphere.

The field trial in Iceland, which started in 2015, was so successful that 86% of Icelandic employees have now been given a reduction in working hours – or the opportunity to do so. The UK is now following and copying the Iceland trial on a larger scale, starting June 2022. In Belgium, on the other hand, the government has decided on the possibility of a 4-day week – albeit on the basis of condensed working hours. Here, the focus is laid on flexibility instead of an actual reduction of working hours.

US-Companies are also testing the 4-day week

Large companies have sporadically experimented with working hours in 2021, including Kickstarter, Bolt (a payment service provider), Unilever and others. According to CNBC, 38 companies in the USA and Canada are now testing their own 4-day work week pilot programme.

Work shorter hours, more time for family, friends and recreation. Studies on the 4-day week show the advantages.

The non-profit organization “4 Day Week Global” launched a six-month pilot programme for the 4-day week in the US in April 2022, with several companies now participating. The pilot programme will end in September and then be evaluated.

How does the pilot programme for the 4-day week work in the USA & Canada?

Companies participating in the trials in the USA and Canada will be matched with a sponsor company that has already successfully switched to the 4-day week. This should facilitate the internal reorganisation of the company. At the same time, scientists from Boston College are analysing the effects of the reduction in working hours.

The pilot programme wants to show that people can work 80% of the standard weekly working hours and still achieve their work goals. And therefore should also earn 100% of their salary.

Newsweek magazine has published a list of companies implementing the 4-day week.

Studies from several countries: 4-day week increases health, well-being, and productivity

Juliet Schor, an economist and sociologist at Boston College, has been conducting studies on the 4-day week for years. She said: “What we find with all the individual company cases that we've seen is that giving people a 4-day work week dramatically reduces their stress levels, their burnout, it improves their work-life balance. It improves their overall health and wellbeing ... There are fewer sick days taken. There's less absenteeism and personal days.”

Companies: 9 out of 10 employees are more satisfied

Data on the 4-day week is promising so far. Buffer, a social media company in Silicon Valley, tried the 4-day week during the Corona pandemic and found that 91% of

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Ginger Meatballs
Sesame Broccoli

Image Credit: The Pioneer Woman



These meatballs will become your new favorite dish!
By Ree Drummond
These meatballs are also great as an appetizer—just serve them on toothpicks!
YIELDS:
4-6 servings
PREP TIME: 0 hours 45 mins
TOTAL TIME: 0 hours 45 mins

Ingredients

- 1 1/2 lb. ground beef
- 1 large egg
- 1/2 onion, finely diced
- 3/4 c. panko breadcrumbs
- 1 1/2 tsp. kosher salt
- 1 tsp. black pepper
- 1/2 tsp. red pepper flakes, plus more to taste
- 1 2-inch piece fresh ginger, peeled and

- grated
- 3 to 4 cups broccoli florets
- 1/4 c. plus 1 tablespoon canola oil
- 1 tbsp. sesame seeds
- 2 tsp. toasted sesame oil
- 2 c. beef broth
- 1/4 c. hoisin sauce
- 1/4 c. white wine vinegar or sherry vinegar
- 2 tbsp. low-sodium soy sauce
- 1 tbsp. cornstarch
- 1/3 c. all-purpose flour
- 1 red bell pepper, cut into strips
- 3 scallions, thinly sliced (white and green parts separated)
- Cooked white rice, for serving

Directions

Preheat the oven to 425°. Combine the beef, egg, onion, panko, 1 teaspoon salt, 1/2 teaspoon black pepper, the red pepper flakes and half of the ginger in a large bowl and mix with your hands. Roll into 1-inch balls and place on a rimmed baking sheet; refrigerate while you make the broccoli.
Toss the broccoli with 1 tablespoon canola oil, the sesame seeds and the remaining 1/2 teaspoon each salt and pepper on a separate baking sheet. Roast, tossing once, until tender and starting to char, 10 to 15 minutes. Drizzle with the sesame oil.
Whisk the beef broth, hoisin sauce, vinegar, soy sauce and cornstarch in a bowl.
Toss the meatballs in the flour in a large bowl. Heat the remaining 1/4 cup canola oil in a large cast-iron skillet over medium-high heat. Working in batches, add the meatballs and cook, turning, until browned, 2 to 3 minutes. Transfer to a plate.
Pour off the excess oil from the pan and

return to medium-high heat. Add the bell pepper, scallion whites and remaining ginger and stir, 1 minute.
Add the broth mixture and meatballs to the skillet and stir. Cook, stirring, until the sauce has thickened and the meatballs are cooked through, about 3 minutes. Add more red pepper flakes to taste. Serve the meatball mixture and broccoli over rice and top with the scallion greens.
<https://www.thepioneerwoman.com/>

Shorter Hours

Continued from page 15
employees were happier. 84% said they managed to complete the work they needed to do in 32 hours. They also reported being less stressed and happier, and felt they could manage their lives more independently.
Financial services' company Bolt launched a trial of its own in autumn 2021. Founder Ryan Breslow commented:
"I BELIEVE A 4-DAY WORK WEEK ISN'T AN "IF" FOR MOST COMPANIES, IT'S A "WHEN."
After a three-month trial period, Bolt has made the reduction in working hours permanent. According to company management, the results speak for themselves:
86% of employees said they were more efficient while at work.
84% said their work-life balance had improved.
84% reported they were more productive than before.

80% said they have eliminated unnecessary work steps and deadlines – improving the whole work process.
Democrat has introduced bill for 32-hour workweek
Because these and other attempts have been so successful, Democratic Congressman Mark Takano of California introduced the "Thirty-Two-Hour Workweek Act" in Congress in July 2021.
There has not yet been a vote on the bill, which would reduce the state-approved workweek from 40 to 32 hours per week. But the bill shows that both politicians and entrepreneurs want to reshape the world of work in the United States.
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