



Best Decorated Booth: United Southern Bank

The 2nd Annual MAC N Cheese Festival

The 2nd Annual Mac N Cheese Festival was put on by the Lady Lake Chamber. It was also a business Showcase with Arts & Crafts, Live DJ, and Local Business vendors filled the Log Cabin Grounds. An estimated 2,000 people passed through the vendor rows. They had a Mac N Cheese tasting judge by well known people.

Judges Choice Winner: Kiwanis of Lady Lake

Mayors Choice Winner: Watercrest at Spanish Springs

People's Choice Winner: Watercrest at Spanish Springs (With 225 Total Votes)

Best Decorated Booth: United Southern Bank (TROPHY)

Best Decorated Booth Mac N Cheese Theme: Visiting Angels (GIFT BASKET)



FIRST ANNUAL SPRING THING

"We'd like to thank all the attendees, exhibitors, and corporate sponsors who participated in our Inaugural SPRING THING. Despite the lousy weather we still

had 1,000 attendees and raised money for four incredible charities; ALZHEIMER'S ASSOCIATION, ST. JUDE CHILDREN'S RESEARCH HOSPITAL, NATIONAL BRAIN TUMOR SOCIETY, and END POLIO NOW."

Mac N Cheese Festival

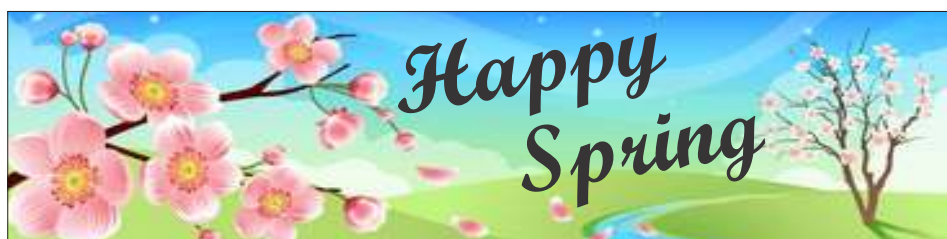
By TomL

The Mac N Cheese Festival started out with my wife setting up our table in a shady spot, the day was beautiful with a slight breeze, vendors were busy rushing around. We decided to travel light, bringing papers for just the Villages and the Lady Lake area. a few brochures and of course candy. It was fantastic the amount of people appearing at opening time and it stayed that way most of the day. They had a Mac N Cheese contest. The categories were Best Tasting, The

Mayors Choice, The People's Choice, Judges Choice, Best Decorated Booth, Best Decorated Booth Mac N Cheese Theme and the Best Gift Basket!

I met a lot of people that day and saw people I had not seen in years so it was a good day for me. I bought my son some Girl Scout Cookies that are sometimes hard to find.

A lot of fun was had by all. It was the second year and everyone is looking forward to next year including me.



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Leslie DiCesare

GUEST COLUMNIST

Tony Powell has left the paper. We have been doing papers together for many years, He will be missed. We will be offering guest columnist...



Keeping You Connected To Business & Community

We enjoyed a busy March at the Lady Lake Area Chamber of Commerce full of events and more!

The Chamber hosted several networking events including breakfast at Keke's in Lady Lake. Businesses had a chance to network and take home door prizes.

The Chamber also hosted our monthly networking lunch at Texas Roadhouse in Lady Lake. Attendees leave with quality leads & referrals. Non-Chamber members are invited to attend an event as a guest before joining.

The 2nd Annual Mac N Cheese Festival/Business Showcase was well attended, and local businesses & clubs were able to compete for the chance to take home a 6ft trophy. The winner for Judges Choice was Kiwanis Club of Lady Lake, Mayor's Choice was Watercrest at Spanish Springs, Peoples Choice was Watercrest at Spanish Springs, Best Mac N Cheese Theme Decorated Booth was Visiting Angels, and Best Overall Decorated Booth was United Southern Bank. Donations were collected for our community outreach programs. We are looking forward to bringing this event back next year even bigger and cheesier!

The Intentional Driven Women's networking group hosted its annual awards

dinner and celebrated its one-year anniversary. I was awarded the rising star award during the event. It was a wonderful evening celebrating local women making a difference.

We welcomed new businesses into the area and celebrated milestones with Ribbon Cutting celebrations at Hairclub in Wildwood, WQBQ 1410 AM Radio Station in Leesburg, and USA Vein Clinics in Lady Lake.

Harborchase Wildwood hosted a Spring Mixer After Hours for Chamber members at their beautiful facility with delicious refreshments and door prizes.

The Chamber is looking forward to hosting our 17th Annual Art in the Park in November at the Brand New Snooky Park in Lady Lake. Vendor applications are currently being accepted. If you would like to stay up to date on all of our upcoming events and more visit our website www.ladylakechamber.com and sign up to receive our free email blast. You can also call the Chamber office at 352-753-6029.

If you want to get to know our members, listen to WQBQ 1410 AM every Friday from 9-11 a.m. Each week I bring a different Chamber member on air to promote their business.



Letter to The Governor

We the voters are worried about our state and our vote. Acting like your about to announce a run for President is not fair to the Florida voters...We stuck our neck out against the other candidates and now the news media's are taunting you to announce. DON'T DO IT!

Florida had some rough spots but was not in bad shape. Yes you did some good things to ensure our vote be counted, I'm still not sure double the cost of the lottery was a good thing. How much is a dream of winning and living poverty free for life. I don't beleive in the Turnpike Extension and many other pending things. You need to stay and take care of the things you started.

HOPE is missing in our world today, you represent hope for Florida people. I run a small newspaper group that stands for HOPE but not necessarily all change. I would like to see you run for President after Trump cleans up what he can. I'm afraid the swamp will make up things about you and swallow you. You are on a roll State wide, there is no one that could replace you and make the voters happy. Look what they did to Trump after all the great things he did. For some reason the very very wealthy wants Socialism and control, the Americans voters, tax payers / citizens don't.

Trump has to address the CIVID leak and a hundreds other things, he has done

business thru out the world and knows how to deal with these people who hate us. Now is your time to keep the state with continued respectful. We will have many unforeseen thing coming with all of these people moving to Florida and China buying our land. I run a full page of your press releases almost every month in my four newspapers.

PLEASE DON'T RUN FOR PRESIDENT!

Thomas N Loury

National Consumer Protection Week

As National Consumer Protection Week comes to an end, I want to remind Floridians how important it is to watch out for new and emerging scams.

My Consumer Protection Division works hard every day to protect Floridians and put an end to scams and deceptive business practices. Since 2019, we have recovered more than \$535 million for Floridians and consumers nationwide. Last year alone, the team secured more than \$221 million in direct relief to consumers though restitution, debt forgiveness and other relief.

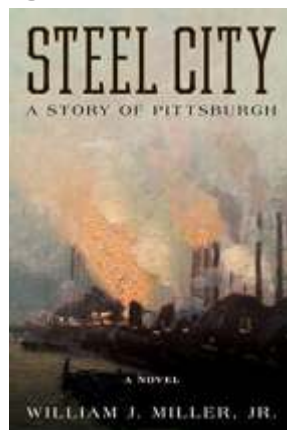
From the development of the NO SCAM app, to combating price gouging during declared emergencies and much more, we have a dedicated team of professionals that is always prepared to fight for Floridians.

In addition to recovering funds, my office helps inform Floridians about common and emerging schemes through our Consumer Alerts and Scams at a Glance program.

All of these resources are designed to warn specific audiences about tactics scammers may use to steal their money or identity.

By working together to hold scammers accountable and identify emerging schemes, we are building a Stronger, Safer Florida.

Good Read



Historical Novel Captures the Smoke and Grit of Pittsburgh at Its Industrial Peak.

(NewsUSA) - This is not a gilded age novel. It's a novel of the smoke and grit

that were the pride of a booming city. It takes readers to another time and another world that is distant but familiar.

Steel City by William J. Miller Jr. takes readers to the cauldron of Pittsburgh, Pennsylvania in the late nineteenth century. The steel business has made the city the industrial capital of not just the country but the world. And through the eyes of Jamie Dalton, readers witness the titanic events of that city in that age:

- The Johnstown Flood that killed over 2,000 people, the country's greatest natural disaster of the century.

- The Homestead Steel Strike of 1892, in which Henry Clay Frick sent an army of Pinkertons to break the back of the labor movement.

- An anarchist's assassination attempt on Frick's life in revenge for Homestead.

- The fight to the death between Frick and Andrew Carnegie for control of the country's predominant steel compa-ny.

- The inside story of what is still the largest corporate buyout of all time.

At the time, Pittsburgh's technological innovations and wealth creation made it the Silicon Valley of its day. It was first in steel, food processing, and electricity, and the leaders of those industries—Carnegie, Frick, Heinz, and Westinghouse—are names we still know today.

The author, William J. Miller Jr., grew up in Pittsburgh and was always fascinated by the living connections to its storied past: the Carnegie Library and Museum, the Carnegie Institute of Technology, and, in his own neighborhood, the Frick mansion, where Henry Frick's daughter, Helen, still lived. Miller has spent his entire career in journalistic enterprises as reporter, publisher, blogger, and Time Inc. consumer marketing veteran.

In this historical novel, Jamie, his father Richard, his mother Eleanor, and Pittsburgh society high and low navigate the social and economic issues of the late nineteenth century that still resonate today: corporate vs. individual responsibility, labor relations, suffrage, income inequality, substance abuse, media ethics. Steel City portrays the rich panoply of that era.

Jamie, a recent Yale graduate and son of a corporate lawyer, must decide whether to accede to his father's wishes and pursue a career in law or the steel business, or follow his own instincts and become a newspaperman. The Johnstown Flood confirms his choice to be a journalist, and Jamie goes on to cover Pittsburgh's business titans, labor strikes and assassination

Continued page 3

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Florida State Senate

DENNIS K. BAXLEY



Dear Friends,
We are now at about the halfway point of the 60-day Legislative Session in Tallahassee. We are reminded of how blessed we are to be living in this great state and it is an honor to be able to serve you

in the Florida Senate. Thanks to you, Florida continues to thrive economically and we are seeing hundreds of people moving here every day. While we are excited that they have chosen Florida to work and raise a family, it does present us with many challenges as we address the explosion of growth. Our leadership team in the Senate, along with Governor DeSantis and the Speaker of the House, is working tirelessly to address these needs and continue to make Florida's future secure.

Senator Travis Hutson recently presented SB 240 in the Pre-K – 12 Education Committee. This bill revises current high school graduation requirements to place a specific emphasis on educational curriculum that is focused on technical education and career training. Additionally, this legislation establishes a program that allows local businesses to assess the job market for their specified region and collaborate with local schools to ensure that roles found to be of a greater need are greater emphasized in our educational system. As the entire nation attempts to address labor shortages in key fields such as nursing and logistics, Florida will lead through innovative educational policies that benefit individual students and the economy as a whole.

SB 202 recently passed its third and final

committee and is headed to the floor. This bill establishes universal school choice across the State of Florida.

This bill puts parents in the driver's seat regarding their child's education, provides parents and students with the full array of educational opportunities, and allows every student in Florida to receive an education in a setting fit to their own individual needs. Through this legislation, families of students who fall below 185% of the federal poverty level (FPL) will be prioritized, with a second priority for households with income below 400% of FPL, to receive an empowerment account to take education dollars earmarked for their child and choose among a variety of options to customize their child's k-12 education.

As the fentanyl crisis continues to threaten millions of Floridians each day, it is critical that the legislature take a proactive approach to ensure that we limit the negative impact of synthetic drugs that are flooding into our state through the southern border. Recently, SB 736 was heard in the Senate Committee on Criminal Justice where it passed with unanimous committee support. Senate Bill 736 adds nitazenes, synthetic opioids similar to fentanyl, to the list of Schedule 1 controlled substances. This legislation ensures that our law enforcement agencies across the state have the necessary tools to cease the distribution of nitazenes and hold those accountable who are distributing this poison in our communities.



We encourage all of you to keep track of these bills and more at flsenate.gov, or you can call our office at 352-750-3133 and one of our staff will be glad to assist you. We are here to serve you.

Onward & Upward,
Senator Dennis Baxley

Good Read

Continued from page 2

attempts.

While reporting on the unions of the era, he is exposed to a very different world, symbolized by his infatuation with a mysterious woman under the sway of an Eastern European anarchist. Jamie struggles with balancing the access he has to Pittsburgh's business elite while maintaining the objectivity to tell the hard truths about those same people. Ultimately, he must thwart a terrorist plot that could disrupt the massive corporate merger that would restructure the nation's largest industry: steel.

With deep research and a bibliography that shows an abiding respect for the facts and for the context of the lifestyle and the geopolitical environment of the time, readers leave Steel City with a sense of what life was like during this period. Purchase at <https://amzn.to/3XVDcTk>.

Sharing Mental Health Concerns

Many In Primary Care Want Patients To Share Mental Health Concerns

(NAPSI)—Nurse practitioner Michele Long has been Beth's primary care provider for years. So, when Beth started experiencing symptoms of depression, she scheduled an appointment with Michele.

It was the right decision. According to Beth, "Michele made me feel very

comfortable talking to her about my mental health."

Talking about mental health with primary care providers is something doctors and nurse practitioners want more people to do. According to the GeneSight Mental Health Monitor national survey from Myriad Genetics, more than 83 percent of primary care providers (PCPs) wish more of their patients would tell them about their mental health concerns.

Yet, more than half of surveyed clinicians don't think patients are aware that PCPs and nurse practitioners are fully trained to diagnose and treat mental health conditions.

"It would be great if patients knew that they could bring up their mental health concerns to me," said Long. "But it is also my responsibility to complete depression and anxiety screening with them."

Regular mental health screenings at primary care appointments are a good first step in addressing patients' mental health, bridging the communication gap, and accurately diagnosing those suffering with mental health conditions. However, diagnosis is just the beginning of what is often an uphill battle to find the appropriate medication and dosage to alleviate patients' symptoms.

One tool that may help providers is the GeneSight test, which is a genetic test that determines how your genes may affect medication outcomes. Providers get a report about which medications to treat depression, anxiety, ADHD, and other mental health conditions may require dose adjustments, be less likely to work, or have an increased risk of side effects based on a patient's DNA.

Long uses the GeneSight test to help

Continued on page 4



Brody left his friends to catch up on the news.



Call TomL at
352-804-1223

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



By TomL

Saturday Morning Donald Trump stated that he would be arrested for the Stormy Dannel's thing all the top FBI and the DOJ have already looked at. In fact the statue of limitation has run out. They are struggling to make him look bad. I ask how many times can they investigate the same thing??? I think Trump has grounds for Harassment!

April 2023 news brings something that I have been reporting for three years. Dr Anthony Fauci who is supposed to be the leading Medical Authority in our country proves to be a lot less in my opinion. Three years ago my research on the internet stated that the United States were involved in suppling money for research at the Wuhan Lab. It goes on during Obama's term at which during that time the money was being funneled through a company and then sent to the research Lab so it would not be visible

to the American people. Several bad mishaps at the Lab brought attention to the Lab and Obama told Fauci to shut down our part of the research on on the viral research, Fauci did not! The research went on for some years hidden under some cloat of secrecy.

Here is what I think was going on, the research was to develop a pandemic and a cure. Owning the cure to sell at a price of their choice, (Follow the money).

Along comes Trump. He is President of the United States by now and he is going to help find a cure. Trump pull's out all the red tape and road block to help find a cure quick. Fauci and Big Pharma did not count on that. Meanwhile there was a race going on and a power struggle at the same time. Now it is coming to light that big communications companies got involved in shadow Banning by Twitter and others. Five or six of the leading doctors in our country lost their voice of communication because they were band from speaking by Fauci and big communications companies. It was about

money for a cure. If they could not get money from private individuals then start a move to secure funds from the federal government in the name of trying to cure or stop the CIVD viral spread. Many well known doctors were silenced. I think we will find money from that fund is unaccounted for.

Now information is just beginning to flow. Just remember who told you three years ago. It was yours to find on the internet to find and then authenticate it. Just my opinion!

What came out of the efforts. A lot of death's, no inoculation, no accountability! Actually the medical world is saying there are some bad effects from the shots. So what did we gain? We found several a way to treat the illness which was out of control! At least we have cut down on the death with early treatment.

Come back Donald Trump we need you!

Electric car charging stations are popping up every where. Interesting facts according to stats. A 350kw diesel generator takes three hours to charge an electric car. Does that make sense to sit some where for three hours while your car charges and how many times can you charge a electric car before the battery goes bad at a price of a new car. How far can you drive on one charge. It does

not make sense. Maybe a vehicle that has both gas and electric and when you go to gas that same motor charges the battery.

The American people are not ready for a forced change and they will see that during the next election OR BEFORE!

The USA is divided, I'm glad I'm on the side, that believes in God, has the most guns and knows which bathroom to use! God Bless America!

Mental Health

Continued from page 3

reduce the medication trial-and-error process. After seeing that a prior depression medication didn't work for Beth, Long ordered the GeneSight test and used the information to decide how to change Beth's prescription. Today, Beth says she "feels so much better" and more like herself.

"Finding effective treatment can be a very frustrating process for patients. They often feel defeated when a medication doesn't help them," Long said. "GeneSight is a valuable tool that helps me find solutions for patients who have entrusted me with caring for their mental health."

For more information about genetic testing and mental health, ask your clinician or visit genesight.com.

Newspaper Deadlines

Editorial & Ad Copy for May

Seniors Voice & Ocala DownTown

Noon, April 14th

Lady Lake Magazine & Village Spectator

12am, April 19th

Village Spectator / Lady Lake Magazine

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FROM THE DESK OF CONGRESSWOMAN KAT CAMMACK



**Congresswoman
Kat Cammack
Announces USDA
Rural Development
Grant For City Of
Starke**

WASHINGTON,
D.C. —
Congresswoman Kat
Cammack (FL-03)

announced the City of Starke's award from the U.S. Department of Agriculture Rural Development. The City of Starke will receive a \$6.3M grant, in addition to a \$10.6M Water and Waste Disposal Loan and a \$9.6M Water and Waste Disposal Grant.

The Rural Development investment will be used to provide additional financing for the City of Starke's wastewater treatment plant system improvement project. The proposed investments will bring the city into compliance with regulatory agencies and will assure public health and welfare for its existing and future residents in the City's designated service area.

USDA Rural Development is committed to helping improve the quality of life in rural America and offers loans, grants, and loan guarantees to create jobs and support economic development and essential services such as housing; health care; first responder services and equipment; and water, electric, and communications infrastructure.

The Office of Congresswoman Kat Cammack offers information on federal grant programs available to communities in Florida's Third Congressional District. To learn more, visit cammack.house.gov

or contact the Gainesville District Office at 352-505-0838.

**Rep. Cammack Honors 2022 Veteran
Of The Year During Gainesville
Ceremony**

GAINESVILLE, FL – On Friday, Congresswoman Kat Cammack honored the 2022 Veteran of the Year, Mr. Ansil Lewis, a 30-year United States Marine Corps veteran, at a small ceremony in Gainesville.

Surrounded by friends, family, and fellow veterans, Sergeant Major Lewis received a flag flown over the U.S. Capitol in his honor, a plaque bearing his name, one of Congresswoman Cammack's challenge coins, and his special recognition in the Congressional Record.

Mr. Lewis served as a Sergeant Major in the United States Marine Corps from 1987 to 2017, where he received the Bronze Star; Legion of Merit; Meritorious Service Medal; Navy and Marine Corps Achievement Medal; Combat Action Ribbon; Joint Meritorious Unit Award; Navy Unit Commendation; and the Military Outstanding Volunteer Medal.

After his decades-long service to our nation, Mr. Lewis has continued to demonstrate his dedication to our area's veterans as an involved member of the Clay County veteran community, serving as the past Commandant of the Roy S. Geiger Marine Corps League Detachment 1047, a member of the board for Operation Bambas, and the president of the Veterans Council of Clay County.

Nominations for the 2023 Veteran of the Year will open in November on Congresswoman Cammack's website.

dirt, dust, pet dander, cigarette smoke, mold, mildew and chemicals. They get pulled into your home's HVAC system and recirculated throughout the house several times a day.

An Answer

A few simple steps can reduce and remove allergens.

Pet dander: Regularly steam clean your furniture, carpets, and window coverings. De-cluttering gives dander fewer places to hide. And regularly bathing your dog or cat sends excess dander down the drain.

Mold and mildew: Use mold inhibitors in your paints, clean your bathroom and kitchen with mold-busting products and use a dehumidifier or air purifier.

Air system filtration: Change air filters monthly. Consider HEPA filters, designed to catch the tiniest particles of pollutants.

Schedule a professional air duct cleaning: A good way to be sure you'll get the job done right is to hire a National Air Duct Cleaners Association (NADCA) member through the online directory at <http://nadca.com/en/prosearch/all>. NADCA members have technicians on staff with advanced training and certification in HVAC system cleaning.

Securing Smart Homes



Making Smart Homes Better And More Secure

(NAPSI)—If you're like many people, the idea of a "smart home" is both enticing and a bit intimidating. There's the promise of an ideal in which simple voice commands and automation can set the lighting, activate the air conditioning, and play music on demand. In reality, setting up all the many devices to make this possible can be daunting due to

one primary underlying reason: "Standards," according to DigiCert VP of Digital Trust, Mike Nelson. "Or, rather, lack thereof." According to Nelson, the answer is establishing a catch-all standard in device-making for all available vendors. Now, there's [Matter](https://matter.com), which can be this long-awaited standard.

The Problem

Despite roughly a billion smart home devices shipped yearly, Nelson claims there is still a need for a device interaction protocol. Competing platforms, such as Google Nest, Apple Home, and Amazon Alexa, contend in a chaotic market. This is without including the countless other companies producing all manner of products that are compatible with all of these smart home systems. The varying degrees of interoperability are further complicated by the sheer number of control apps coming to market.

The Industry's Answers

To help consumers, there's now a single overriding standard for interoperable and secure smart home solutions. Imagine being able to use all your Google smart home devices with Siri or all your Samsung smart home devices with Alexa. Now, you can control every Matter-trusted device in your home, regardless of brand, from the controller of your choice.

Matter has attracted big names in technology, including Amazon, Apple, Google, and Samsung, in addition to another 300 companies on a list that continues to grow. With these companies participating, hundreds and soon thousands of devices will carry Matter certification.

"Any product with a Matter logo will work simply, seamlessly and securely with any other product with a Matter mark," says Nelson. "This is a game-changer for the smart home landscape because it addresses the one thing that people struggle the most with—getting it all to work correctly and securely."

Securing the Smart Home Is a Big Deal (Or It Should Be)

The proliferation of apps, standards, approaches and devices makes the smart home setup a potential headache. Worse, it is also a potential security risk. The more devices, protocols, and standards there are, the greater the likelihood of misconfigurations or other shortcomings,

Continued page 6

Allergy Avoidance



(NAPSI)—Ah, Spring: Flowers in bloom, birds on the wing, fun in the sun—and itchy eyes, runny noses, sneezing, coughing, hives, wheezing, fatigue

and difficulty breathing for the more than 60 million Americans the Asthma and Allergy Foundation of America say suffer from asthma or allergies. But there can be a solution.

The Problem

Even the cleanest home can harbor all sorts of indoor allergens. Unseen contaminants and air pollutants including

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Smart Home

Continued from page 5

letting hackers in and personal data out. “While most people won’t give security in the smart home a second thought, you really should,” says Nelson. “Compromises, such as the infamous example when a hacker took over a baby monitor and broadcasted threats, can and do happen, and beyond being enormously annoying and invading privacy, a breach could also cost a consumer financially.”

Smart technology has helped increase home security, but it is still vulnerable to hackers. Headlines featuring cybercriminals hacking into smart home devices and victimizing unsuspecting families are still too common. Home monitoring systems and smart door locks can be compromised.

“With Matter, you finally have devices that will work together with security. Matter-compatible devices are built with a set of security and privacy best practices, including device identity validation, secure communications and software integrity verification. This lets devices communicate within your home and over the Internet, away from a hacker’s prying eyes,” assures Nelson.

The Evolution of the Smart Home

Have you felt disappointed by your first forays into smart home technologies? Many others have, too. Matter promises a vital evolution of the smart home to meet expectations and provide products that are as easy to buy and use as traditional gadgets. As more and more manufacturers adopt Matter, you won’t have to worry if a particular smart bulb works with whatever is already in your home, or if the coffee machine needs its own app. When you see the Matter logo on devices, you know it has met the requirements to be Matter-trusted and will connect to other devices seamlessly and securely. Matter offers this promise for the future.

Because Matter employs software standard protocols, most devices will receive a software update for existing devices to the standard protocols. For instance, Apple released iOS 16.1 in 2022, which contains the Matter update. Numerous devices are already on the market with Matter support and many more are expected to support Matter in the future.

Your Kidney Health



Have More Healthy Moments: Get Tested and Follow Your Kidney Health

(NAPSI)—Kidney disease is often referred to as a “silent disease” because there are usually no symptoms during its early stages. In fact, as many as 90% of Americans who have chronic kidney disease (CKD) don’t know they have the disease until it is advanced.

CKD is estimated to affect more than 1 in 7 adults in the United States. The good news is the earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage. By getting tested for CKD and following your kidney health, you may help keep your kidneys healthier for longer and give yourself more healthy moments.

Know Your Risk

Even if you feel healthy and have no symptoms, ask your doctor about getting tested for kidney disease. If you are over 60 or have any risk factors for kidney disease—such as diabetes, high blood pressure, heart disease, a history of acute kidney injury or a family history of CKD—you may be at increased risk.

Early diagnosis gives you and your health care team time to develop a plan to slow kidney disease progression. The plan can also reduce your risk for other health problems, such as heart attack and stroke. Damage from kidney disease usually cannot be reversed, but treatment can help prevent further kidney damage and allow you to live a full life.

Schedule Your Test

Testing for CKD involves two quick tests. A blood test checks how well your kidneys are filtering your blood. A urine test checks for protein in your urine, which is a sign of

kidney damage. Contact your doctor’s office—or a community health center if you don’t have a regular doctor—to schedule your kidney tests and find out how your kidneys are doing. You may be nervous about getting your kidneys tested but finding and treating kidney disease early gives you the best chance of staying healthier longer.

Follow Your Kidney Health

Keep your appointments even if you feel well. Your doctor may repeat testing each year, or more often if needed, and use the changes in your results to plan the next steps for your care. If your kidney function is stable, your care team may recommend you continue doing what you’re doing. If your kidney function seems to be getting worse, the team may suggest lifestyle or medicine changes.

Be proactive! Keep your kidneys healthy by following a kidney-healthy lifestyle.

- Manage your blood pressure and blood glucose levels.
- Talk with your doctor or pharmacist before taking nonsteroidal anti-inflammatory drugs, such as ibuprofen (e.g., Advil) or naproxen (e.g., Aleve).
- Be active for at least 30 minutes each day.
- Aim for 7 to 8 hours or more of sleep each night.
- Quit smoking.
- Consult a registered dietitian to build a meal plan you can stick to.

If financial or resource challenges make it hard for you to follow your care plan—including getting to medical appointments, paying for medicines, or buying healthy food—ask your care team for help.

“For people with kidney disease, working with a health care team is key to an early diagnosis and to staying on top of their kidney health,” said National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Director Dr. Griffin P. Rodgers. “As we continue to research new ways to prevent and treat kidney disease, there are steps people can take today to improve and maintain the health of their kidneys—and enjoy more healthy moments.”

For more information on getting tested for CKD and following your kidney health, visit the NIDDK website at www.niddk.nih.gov.

Eye Disease

Eye Disease Can Affect More Than Your Sight

(NAPSI)—Eye disease affects more than your ability to see the world clearly. People with impaired vision face an increased risk of falls, fractures, injuries, depression, anxiety, cognitive deficits and social isolation. One of the best ways to protect yourself against vision loss from eye disease is to get regular eye exams.

Ophthalmologists—physicians who specialize in medical and surgical eye care—have more tools than ever before to diagnose eye diseases earlier, and to treat them better. But these advances cannot help people whose disease is undiagnosed, or who are unaware of the seriousness of their disease.

That’s why the American Academy of Ophthalmology recommends all adults receive a comprehensive eye exam by age 40, and every year or two after age 65.

Here’s how low vision can affect nearly every aspect of your life:

1. Depression and social isolation. Being unable to drive, read, enjoy hobbies or see loved ones’ faces is frightening and can lead some people to withdraw from life, leaving them feeling helpless or lonely. One study found that after being diagnosed with a vision-threatening eye disease, a person’s chance of experiencing depression triples.

2. Dementia. Several studies suggest a connection between eye disease and dementia. While the cause is unclear, it’s possible some eye diseases interfere with the brain’s sensory pathways. Early diagnosis and treatment are the best way to prevent vision loss.

3. Injuries from falls. People with decreased vision are more likely to misstep and fall. Every year, about 3 million older Americans are treated for injuries from falls, according to the Centers for Disease Control and Prevention. Many of these falls are caused by low vision. Luckily there are some changes around the house people can make, such as grouping furniture together and increasing lighting. Seeing an ophthalmologist regularly and making sure your glasses are updated with your latest prescription are important safety precautions as well.

Can’t Afford an Eye Exam? EyeCare
Continued page 7

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Lady Lake Police

CHIEF ROBERT TEMPESTA.



April is Distracted Driving Awareness Month: Distracted Driving is Dangerous.

Anything that takes your attention away from driving can be a distraction. There is no doubt that the improvement of technology in today's society has greatly benefited our society as a whole. But, sending a text message, talking on a cell phone or using a navigation system creates hazardous road conditions. These and any other distractions, such as tending to kids or passengers in the back seat, eating, watching an event outside of the vehicle, interacting with passengers, unsecured pets, putting on makeup or grooming, adjusting radio or climate controls, checking your GPS app or daydreaming. These distractions can endanger you, your passengers, and others on the road.

There are three main types of distraction:

- Visual-taking your eyes off the road,
- Manual-taking your hands off the wheel
- Cognitive-taking your mind off driving.

Texting while driving has been proven dangerous beyond dispute due to the fact that it requires all three distractions at once to complete. Taking one's eyes off the road for the average 5-6 second text, is enough to travel the length of a football field at 55 MPH. A lot can happen during that distance

that creates a hazardous condition on the roadway.

According to the CDC related to 2019 statistics, over 3100 people were killed and an estimated 424,000 were injured in crashes involving distracted driving. About 1 in 5 of the people who died in crashes were not in vehicles. They were walking, riding their bicycles, or outside of their vehicle.

Young adult and teen drivers are the most at risk for distracted driving. In 2019, 9 percent of distracted drivers involved in fatal crashed were aged 15-20. It is important for parents to speak to their teen drivers about the risks of driving while distracted. Remind them that driving requires their full attention. This must also be done by setting the example for them. A parent/guardian who drives while distracted will likely not be taken seriously by their young driver. See www.cdc.gov/transportationsafety/distracted_driving/index.html for more information.

Eye Disease

Continued from page 6

America® Can Help.

For individuals age 65 or older who are concerned about their risk of eye disease and/or the cost of an eye exam, you may be eligible for a medical eye exam, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America® program. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the United States. To

see if you or a loved one qualifies, visit www.ao.org/eyecare-america to determine your eligibility.

Science Classrooms

Something New For Texas Science Classrooms

(NAPSI)—Education experts agree, the best way to engage students in science is to meet them where they are with digital resources.

Digital resources for science education make learning fun and engaging with relevant and timely information aligned to what Texas students need to know.

The Importance of Going Digital

Here are three reasons digital resources for teaching science are good in Texas:

1. Kids know technology. Research shows that 95% of teens have a smartphone and 97% report using the Internet. This means kids are already online and in the know with digital technology. Schools can learn from this reality. The COVID-19 pandemic taught educators a lot of lessons about using technology in the classroom, and those lessons are being applied to teaching today. Given that kids already know and use technology, the best way to engage students in science teaching is with technology.

2. Kids are already learning with digital technology. Fortunately, students across the state of Texas use digital technology every day in school. A primary resource they use for science instruction is the award-winning Science Techbook series from world-wide education technology leader Discovery Education.

The Science Techbook series is fully aligned to the Texas state learning standards, the Texas Essential Knowledge and Skills (TEKS) and is a comprehensive, research-backed science resource for grades K-12. Used in classrooms across the United States, the Science Techbook drives students' engagement in learning with exclusive materials and interactive content. The virtual and hands-on investigations, activities, and instructional supports within the Science Techbook enhance the delivery of impactful, blended instruction, in person

Continued page 12

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2nd Annual Mac N Cheese Festival



2nd Annual Mac N Cheese Festival



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- Lady Lake Chamber
Downtown
441 S, Lady Lake
- City Hall 441
N Lady Lake
- Legion Hall
466, Lady Lake
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DONATIONS NEEDED!

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

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

Donations Can Be Dropped Off at the following locations:

Monday - Friday
9:00 - 2:30

Just Dandy Pet Parlour
201 W. Miller St.
Fruitland Park

Lady Lake Area Chamber
106 US Hwy 441/27
Lady Lake



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Proceeds are used to help build
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FROM THE DESK OF GOVERNOR DESANTIS



["Governor Ron DeSantis Leads Alliance of 18 States to Fight Against Bidens ESG Financial Fraud"](#)

TALLAHASSEE, Fla. — Today, Governor Ron DeSantis and the governors of Alabama,

Alaska, Arkansas, Georgia, Idaho, Iowa, Mississippi, Missouri, Montana, Nebraska, New Hampshire, North Dakota, Oklahoma, South Dakota, Tennessee, Utah, West Virginia, and Wyoming formed an alliance to push back against President Biden's environmental, social, corporate governance (ESG) agenda that is destabilizing the American economy and the global financial system. Earlier this month, Congress took action to pass legislation which would keep politics out of Americans' retirement funds; however, President Biden has promised to veto this measure to further his progressive agenda. In a joint statement proposed by Florida, these states committed to lead state-level efforts to protect individuals from the ESG movement that threatens the vitality of the American economy and Americans' economic freedom, such as removing all state pension funds and state-controlled investments from firms that follow the ESG model of 'politics before fiduciary duty.'

"At my direction, Florida has led the way in combatting the pernicious effects of the ESG regime by directing our state pension fund managers to reject ESG and instead focus on obtaining the highest return on investment for Florida's taxpayers and retirees," said **Governor Ron DeSantis**. "At the time I said we would spearhead an

initiative to join with other like-minded states to send an even louder message to the financial industry that the American people have rejected ESG at the ballot box, and ideologues cannot and should not circumnavigate the will of the people. Today, we have delivered on that promise. Florida has emerged as America's economic engine, with an unemployment rate consistently lower than the nation's and the highest rate of business formations of any other state. We will not stand idly by as the stability of our country's economy is threatened by woke executives who put their political agenda ahead of their clients' finances."

Last month, Governor DeSantis announced legislation to protect Floridians from ESG. This legislation will safeguard Floridians' economic liberty by:

- Prohibiting big banks, trusts, and other financial institutions from discriminating against customers for their religious, political, or social beliefs — including their support for securing the border, owning a firearm, and increasing our energy independence.
- Prohibiting the financial sector from considering so called "Social Credit Scores" in banking and lending practices that aim to prevent Floridians from obtaining loans, lines of credit, and bank accounts.
- Prohibiting banks that engage in corporate activism from holding government funds as a Qualified Public Depository (QPD).
- Prohibiting the use of ESG in all investment decisions at the state and local level, ensuring that fund managers only consider financial factors that maximize the highest rate of return.

▪ Prohibiting all state and local entities, including direct support organizations, from considering, giving preference to, or requesting information about ESG as part of the procurement and contracting process.

▪ Prohibiting the use of ESG factors by state and local governments when issuing bonds, including a contract prohibition on rating agencies whose ESG ratings negatively impact the issuer's bond ratings.

▪ Directing the Attorney General and Commissioner of Financial Regulation to enforce these provisions to the fullest extent of the law.

This proposed legislation builds upon Governor DeSantis' actions taken at the August 2022 meeting of the Florida Cabinet where he and the Trustees of the State Board of Administration (SBA) passed a resolution that specifies that investment decisions "must be based only on pecuniary factors [which] do not include the consideration of the furtherance of social, political, or ideological interests" and stipulates that the SBA "may not sacrifice investment return or take on additional investment risk to promote any non-pecuniary factors" when making investments or proxy votes.

[First Lady Casey DeSantis Hosts a Women of Faith Breakfast Reception to Discuss Hope Florida](#)

TALLAHASSEE, Fla. — First Lady Casey DeSantis welcomed female faith leaders from across Florida into the Governor's Mansion to discuss her Hope Florida — A Pathway to Prosperity initiative spearheaded by First Lady Casey DeSantis. Hope Florida, created by First Lady DeSantis and implemented by the Florida Department of Children and Families and the Florida Department of Elder Affairs, utilizes 'Hope Navigators' to guide Floridians on an individualized path to prosperity and economic self-sufficiency by

focusing on community collaboration between the private sector, faith-based community, non-profits, and government entities to break down traditional community silos to maximize support and uncover opportunities. These 'Hope Navigators' are essential in helping individuals identify their unique and immediate barriers to prosperity, develop long-term goals, map out a strategic plan, and work to ensure all sectors of the community have a 'seat at the table' to be a key part of the solution. In addition, the Hope Navigators help identify and organize opportunities for Floridians who wish to help their neighbors by connecting community members, including Florida seniors, with volunteer and mentorship opportunities.

"Florida's faith-based communities have been instrumental in supporting their neighbors in need," said **First Lady Casey DeSantis**. "Through Hope Florida's partnership with CarePortal, we have seen a tremendous response from faith leaders across the state not only in filling immediate needs, but also embracing those individuals and personally helping them get back on their feet. It is heartwarming to witness as their faith fuels action, and we are grateful that through Hope Florida we can step in to make the connection and then get out of the way."

"It was an honor to be with these amazing women of faith from across the state today as First Lady Casey DeSantis shared how her Hope Florida Initiative is connecting some of our most vulnerable populations with Florida's faith institutions which stand ready to help," said **Erik Dellenback, Governor's Liaison for Faith and Community**. "I am so grateful for the authentic, meaningful leadership of the First Lady that is moving the needle for how we elevate the already incredible work being done by our churches and faith and community institutions."

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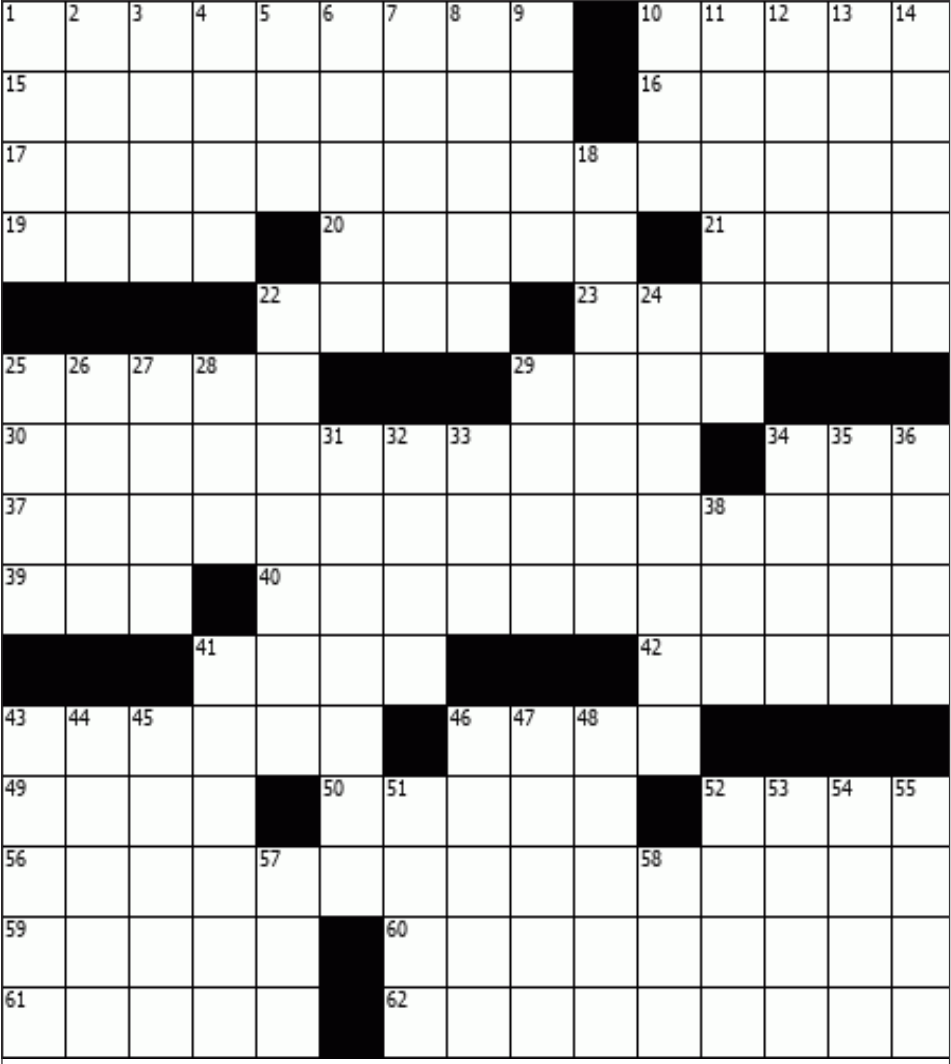
Across

1. Tried to hit, as a handball
10. At a high level
15. Rocky, e.g.
16. Plains Indian
17. "Forget it"
19. Underground anchor
20. Take after
21. Watch
22. Toots in a restaurant
23. Polished
25. Loud bird
29. Like some accounts
30. For the most part
34. Money pile?: Abbr.
37. The people, to Alexander Pope
39. TV cousin
40. Tax, with "on"
41. "Oy!"
42. Introduce, as an issue
43. Obedient affirmative
46. "You Don't Know Me" singer, 1956
49. Tied items

Down

61. Doesn't fade
62. 1967-68 NHL Rookie of the Year Derek
1. The can
2. Airport waiter
3. 19 for K, e.g.: Abbr.
4. Review subject
5. See 52-Across
6. Conductor Leinsdorf
7. His backup group was once the Aliis
8. Sacrifice site
9. Spots for drivers
10. Guitar relative
11. Rod, so to speak
12. Mall sights
13. Name in 1936 headlines
14. Irrigated grain field
18. Alter the landscaping, in a way
22. Bantu tongue
24. Expose

25. Kennedy of "Dharma & Greg"
26. Vet school subj.
27. Word of frustration
28. One of Rita's exes
29. Hasn't yet settled
31. They may be biting
32. Interruptions
33. Onetime Eastern cultural center
34. Kahului's island
35. Grounded birds?
36. It's found on a lid
38. Writer LeShan
41. Nod, say
43. Change registers frequently
44. "The Hot Zone" subject
45. Tall and grande
46. Celeb dubbed "television's most frequent clapper" in the 1992 Guinness Book
47. Noted Mayflower pilgrim
48. Worked in a hold
51. Durable wood sources
52. Old head
53. Brooders?
54. Keen on
55. Gp.
57. "Street's Disciple" rapper
58. Cockney prayer?



place. Through its award-winning multimedia content, instructional supports, and innovative classroom tools, Discovery Education helps educators deliver learning experiences engaging all students and supporting higher academic achievement. Discovery Education serves approximately 4.5 million educators and 45 million students worldwide, and its resources are accessed in over 100 countries and territories. Explore the future of education at discoveryeducation.com.

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Classrooms

Continued from page 7



or at a distance.

3. Digital resources empower students, teachers, and families.

Good For Teachers, Too

Because this resource is created by former educators, school systems can be confident that what they teach is fully in line with Texas state standards. Among the Science Techbook features are:

Customization tools. These empower teachers to take the state learning standards to a new level with content personalized to students and their interests. This means teachers connect learning to the real world in multiple ways of engagement.

Language tools. The Science Techbook is available in both Spanish and English to empower students to grasp and execute science concepts easily.

Visual accommodations. Features like closed captioning put the power of accessibility tools into teachers' and

students' hands to meet learning where students are.

Learn More

About Discovery Education

Discovery Education is a worldwide edtech leader whose state-of-the-art digital platform supports learning wherever it takes

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FROM THE DESK OF ATTORNEY GENERAL MOODY



AG Moody, MBI and Federal Law Enforcement Dismantled Massive Cocaine Trafficking Ring, Arresting 35 and Seizing Millions of Dollars' Worth of Illicit Drugs

TALLAHASSEE

E, Fla.—Attorney General Ashley Moody, the Metropolitan Bureau of Investigation and the U.S. Postal Inspection Service today announced the dismantling of a massive drug trafficking ring—arresting 35 suspects and seizing millions of dollars' worth of drugs. These defendants made up one of the largest cocaine trafficking rings in Florida history, transporting drugs from Puerto Rico to sell in Florida. The defendants also trafficked illicit fentanyl and are responsible for violent crimes, including torture.

Attorney General Ashley Moody said, "This massive drug-trafficking organization moved millions of dollars' worth of cocaine from Puerto Rico into the United States. They used torture to intimidate and maintain a stranglehold on the market, and supplied Central Florida with so much cocaine that the price of the illicit substance in that area actually dropped. I am proud of my Statewide Prosecutors for working with Florida and federal law enforcement to dismantle this dangerous drug-trafficking ring and ensure these suspects face justice."

The joint investigation by MBI, DEA and USPS seized more than 339 kilograms of cocaine, 71 grams of fentanyl and 152 grams of heroin—a seizure worth more than \$8 million. The investigation also uncovered that the traffickers tortured

people who crossed the group, and on one occasion burned a man with an iron.

he defendants are charged with racketeering, conspiracy to commit racketeering, traffic in and conspiracy to be trafficking in cocaine and fentanyl—all first-degree felonies.

Attorney General Moody's Office of Statewide Prosecution and the U.S. Attorney's Office in Puerto Rico will prosecute all 35 defendants.

TAX-SEASON SCAMS SERIES: Tax Identity Theft

TALLAHASSEE, Fla.—Attorney General Ashley Moody is continuing the 2023 Tax-Season Scams Series with a warning for Floridians about Tax Identity Theft. In 2021, the Federal Trade Commission received of identity theft, and the FTC reports that the tax-filing season is the most common time for identity theft.

Attorney General Ashley Moody said, "Identity thieves love tax season and as we continue our series warning about common tax-related scams, I want filers to be extra cautious and take proactive steps to guard their personal information."

Securing personal information, both online and offline, is one of the best ways to guard against tax identity theft. Physical documents containing sensitive information should be shredded before being thrown away into the trash. If a personal shredder is not available, communities often host local shredding days. Utilizing multi-factor authentication, as well as incorporating strong passwords, can spoil an online scammer's plan of obtaining personal information.

Attorney General Moody recommends these tips to avoid tax identity theft:

- File taxes early so a scammer can't file using stolen information;

- Apply for an [Electronic Filing PIN number with the Internal Revenue Service](#) for increased safety;
- Never use the same passwords across multiple websites or applications;
- Limit the number of companies that receive personal information;
- Avoid filing taxes in public;
- Take sensitive outgoing mail to a post office location rather than placing in a home mailbox; and
- Protect an electronic device with firewalls and anti-virus software, and keep up to date with security patches and updates.

Anyone who falls victim to tax identity theft should complete IRS Form 14039, Identity Theft Affidavit, at [IRS.gov](#) and attach it to the year's tax return. Taxpayers should also check credit reports regularly to ensure that there are no fraudulent accounts opened with stolen information.

Attorney General Moody Releases 2023 Open Government Manual in Recognition of National Sunshine Week

TALLAHASSEE, Fla.—Attorney General Ashley Moody is releasing the 2023 Government-in-the-Sunshine Manual in recognition of National Sunshine Week. The manual is available to download for free on the Florida Attorney General's website at [MyFloridaLegal.com](#).

The manual is compiled and written by the Florida Attorney General's Office to assist the public, journalists and governmental agencies in understanding the requirements and exemptions of state open government laws.

Attorney General Ashley Moody said, "In recognition of National Sunshine Week, I am publishing the 2023 Government-in-the-Sunshine Manual on our website, [MyFloridaLegal.com](#). The manual is free to download and accessible to anyone seeking more information about open government laws in Florida."

The 2023 edition of the Government-In-The-Sunshine Manual incorporates laws, judicial decisions and Attorney General opinions in place as of Oct. 1, 2022. Additional information about Florida's open government laws is available at [MyFloridaLegal.com](#).

During Busy Spring Break Season, Attorney General Moody Releases Scams at a Glance: Travel Traps

TALLAHASSEE, Fla.—As part of National Consumer Protection Week, Attorney General Ashley Moody is releasing a new Scams at a Glance resource to help Floridians spot and avoid travel scams. During the spring break season, many Floridians and tourists will be traveling. Florida is a hot destination where [more than 130 million tourists visited in 2022](#). Unfortunately,

scammers know this and may try to exploit consumers, casting a wide net to try and trap unwary travelers. Attorney General Moody is releasing *Scams at a Glance: Travel Traps* to help consumers avoid falling for fraudsters' tricks during this busy travel season and beyond.

Attorney General Ashley Moody said, "As spring break gets underway and we continue to recognize National Consumer Protection Week, I am releasing a new resource to help protect travelers. *Scams at a Glance: Travel Traps* highlights common schemes designed to rip off tourists, as well as helpful tips to avoid falling victim. Download it for free before you leave on spring break or plan a summer getaway."

Scams at a Glance: Travel Traps highlights some common travel scams:

- **Vacation-Rental Fraud:** Fake postings offering vacation-rental properties created by scammers who take the victim's money, leaving the traveler without accommodations;
- **Taxi or Ride-Sharing Scams:** Unlicensed or unmetered drivers that operate out of airports or major tourist destinations, charging undisclosed or flat-rate fees that are more expensive than real-metered fares;
- **Fake-Ticket Scams:** Scammers create fake websites, ads or physical tickets to trick visitors into buying worthless entrance passes;
- **Vehicle-Rental Scams:** Damaged sports-rental equipment or vehicles such as jet skis, scooters and boats are rented to tourists and the owner claims the renter damaged the vehicle; and
- **Credit-Card Skimming:** The illegal copying of the magnetic strip of a credit or ATM card—often occurring when a credit card is taken out of sight, or by placing illicit skimming machines on card readers or terminals.

Consumers can report spring break travel scams to Attorney General Moody's office by calling 1(866) 9NO-SCAM or visiting [MyFloridaLegal.com](#).

The Florida Attorney General's Office created Scams at a Glance as an online outreach program detailing information about common and emerging scams. The webpage provides downloadable brochures designed to help Floridians avoid falling victim to fraud. For more information on the Scams at a Glance program, visit [MyFloridaLegal.com/ScamsAtAGlance](#).

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Horse Park Spring Fling

Florida Horse Park has been Busy. Each entry consists of a driver a horse or team of horses. The driver is assisted by grooms who ride along on the carriage, taking an active role during the marathon course. The groom's function is like the navigator.

Combo Wagon come to Ocala from a number of countries to compete. We were lucky enough to receive picture from C. Kay Johnson 13 one of Ocala's top photographers. Pictures as you can see are intense and lots of action.

*Photos by C. Kay Johnson 13
The Lady with the red camera....*



Lady Lake County Events

KIDS CRAFTS

April 5, 2023 @ 3:00 PM
Category: Social Activities and Clubs
Umatilla Public Library
412 HATFIELD DR, Umatilla
Contact Amy Stultz at 352-669-3284 or email umatillalibraryfl@gmail.com.
<https://www.umatillalibrary.org/children>
Relax with crafts. For elementary school students.

LAKE COUNTY FAIR

April 6, 2023 @ 1:00 PM
Lake County Fairgrounds
2101 County Road 452, Eustis
352-357-7111
<https://www.lakecofair.com/>
Mark your calendars for the 102nd Lake County Fair, April 6-15, 2022! The fair's mission is: "To provide an agricultural and educational showcase that celebrates the accomplishments of Lake County Life."

THE FUNNIEST TEACHERS IN FLORIDA

April 7, 2023 @ 8:00 PM
Clermont Performing Arts Center
3700 S Highway 27, Clermont
\$20
Contact Box Office at 352-394-4800 or email adeatruck@clermontfl.org.
<https://clermontperformingarts.com/friday-night-at-the-black-box-season-shows/>
We are ready to bring back the laughs with our Friday Night at the Black Box series! Be sure to join us on Nov. 18 at 8 p.m. for a night full of laughs!

EXPLORATION HIKE

April 7, 2023 @ 8:00 AM
Ferndale Preserve
19220 County Road 455, Montverde
Contact Justin Pouliot at 352-516-7011 or email justin.pouliot@lakecountyfl.gov.
<http://www.lakecountyfl.gov/parks>
Join staff and explore the habitats and species of Ferndale Preserve.

QUARTERLY BIRD & BUTTERFLY SURVEY

April 8, 2023 @ 7:30 AM
Lake May Reserve
36300 County Road 44A, Eustis
Contact Gallus Quigley at 352-253-4950 or email parksandtrails@lakecountyfl.gov.
<https://www.lakecountyfl.gov/parks-and-trails>. Assist park staff with surveying the birds & butterflies of Lake County's conservation lands.

EXPLORATION HIKE

April 9, 2023 @ 5:00 PM
PEAR Park (Gateway)
26701 U. S. Highway 27, Leesburg
Contact Justin Pouliot at 352-516-7011 or email justin.pouliot@lakecountyfl.gov.
<http://www.lakecountyfl.gov/parks>
Join staff on an early evening adventure to explore the park while getting some exercise.

WILDLIFE AND RESTORATION

April 13, 2023 @ 9:00 AM
Ferndale Preserve
19220 County Road 455, Montverde
Contact Justin Pouliot at 352-516-7011 or email justin.pouliot@lakecountyfl.gov.
<https://www.lakecountyfl.gov/parks>
Perfect for homeschool adventures! Rangers will explain how degraded natural systems can be improved or restored through various activities. Biodiverse land and water systems provide many ecosystem services which benefit humans and animals.

COOKING IN AN INSTANT

April 13, 2023 @ 2:00 PM
UF/IFAS Lake County Extension Office
1951 Woodlea Road, Tavares
\$15.00
Contact Lori Johnson at 352-343-4101 or email lorijohnson@ufl.edu.
<https://www.eventbrite.com/e/cooking-in-an-instant-air-frying-lake-county-tickets-579286821477?aff=LobbyFlyers>
Join us for this hands-on cooking class to make Mediterranean themed recipes using an electric pressure cooker via an Instant Pot and an air fryer. Learn the basics of using the equipment, tips, hands on practice and sampling of recipes.

PADDLING THE APOPKA-BEAUCLAIRE CANAL
April 14, 2023 @ 9:00 AM
McDonald Canal Boat Ramp
24600 County Road 448A, Mount Dora
Contact Mary Koch at 352-324-6141 or email mkoch@lcwa.org.
<https://www.lcwa.org>
This paddling adventure will take participants into the northwestern side of Lake Apopka. Rangers will offer insight into the plant and animal species inhabiting the shoreline.

SPRING POPS CONCERT

April 15, 2023 @ 7:00 PM
Clermont Performing Arts Center
3700 S Highway 27, Clermont
\$20 - \$30
Contact Box Office at 352-394-4800 or email adeatruck@clermontfl.org.
<https://clermontperformingarts.com/florida-philharmonia-spring/>
Experience the fun of a Boston Pops style concert right in your backyard at the Florida Philharmonia Presents Spring Pops. This outstanding orchestra, made up of 50 professional musicians from around the state and guest musicians of international renown, in addition to guest soloists, is led by acclaimed conductor Pasquale Valerio. Spring Pops will feature many of your pop music favorites including, "Love Me Tender," "Besame Mucho," "My Way," "Some Enchanted Evening" and more. The combined talents of the

maestro, orchestra and the outstanding repertoire, make this a must-attend event and a night that's sure to have you singing.

SUNDAY FUNDAY: TURTLES

April 16, 2023 @ 1:00 PM
Trout Lake Nature Center
520 East CR 44, Eustis
\$5/vehicle, free for TLNC members
Contact Shannon Lusk at 352-357-7536 or email tlnc.info@gmail.com.
<https://troutlakenaturecenter.com>
This Sunday Funday will be all about turtles! Come for an afternoon of learning about Florida's turtles, their importance to healthy ecosystems, and what you can do to help. The event will feature visiting turtles and tortoises.

SEUSSICAL THE MUSICAL

April 21, 2023 @ 7:30 PM
Clermont Performing Arts Center
3700 S Highway 27, Clermont
\$25
Contact Box Office at 352-394-4800 or email adeatruck@clermontfl.org.
<https://clermontperformingarts.com/seussical/>
The Moonlight Players' production of Seussical the Musical is fun for the whole family!

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Photos by C Kay Johnson 13
The Lady with the red camera



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