



Lady Lake Networking Luncheon was a great success. It was held at the Glenview Country Club in the Villages. They will have the luncheon at another Restaurant in June. Check with the Chamber if you would like to attend. 352-753-6029 ask for Leslie. More photos pages 8 & 9.

Governor DeSantis Signs Legislation

Keep Lab-Grown Meat Out of Florida

Governor Ron DeSantis signed SB 1084 to prohibit the sale of lab-grown meat in the state of Florida. Florida is taking action to stop the World Economic Forum's goal of forcing the world to eat lab-grown meat and insects, "an overlooked source of protein." While the World Economic Forum is telling the world to forgo meat consumption, Florida is increasing meat production, and encouraging residents to continue to consume and enjoy 100% real Florida beef.

"Today, Florida is fighting back against the global elite's plan to force the world to eat meat grown in a petri dish or bugs to achieve their authoritarian goals," said Governor Ron DeSantis. "Our administration will continue to focus on investing in our local farmers and ranchers, and we will save our beef."

"Florida is taking a tremendous step in the right direction by signing first-in-the-nation legislation banning lab-grown meat. We must protect our incredible farmers and the integrity of American agriculture. Lab-grown meat is a disgraceful attempt to undermine our proud traditions and prosperity, and is in direct opposition to authentic agriculture," said Florida

Commissioner of Agriculture Wilton Simpson. "I applaud Governor DeSantis, Senate President Kathleen Passidomo, House Speaker Paul Renner, Senator Jay Collins, and Representative Danny Alvarez for standing up for Florida's farmers and consumers. Together, we will keep Florida's agricultural industry strong and thriving."

In opposition to the World Economic Forum and others, Florida has taken action to support the state's agriculture and meat industry by:

Modernizing Florida's Right to Farm Act to protect reasonable agricultural activities from frivolous lawsuits.

Signing legislation to ensure that agri-tourism operators qualify for protection against property tax assessments when operating on agricultural lands.

Simplifying the steps for Florida Farmers to receive sales tax exemptions for agricultural materials.

Reestablishing funding for the Rural and Family Lands Protection Program in 2022 at \$300 million.

Protecting through that program over 36,000 acres of farmland.

Investing more than \$2.8 billion into



LADY LAKE - Lady Lake Police Officer Andru Eckerdt was honored in May during the Leesburg Rotary Club's 43rd Annual Law Enforcement Officer of the Year Program with the "Service Above Self" Award.

Officer Eckerdt was recognized for exceptional dedication, professionalism, and productivity, making significant contributions to the safety and well-being of the Lady Lake community. Last year, he handled over 1,000 calls for service, made

615 traffic stops and wrote 282 traffic citations and 487 warnings. In addition, he covered 65 crash investigations and made 88 arrests.

Officer Eckerdt embodies the qualities of an outstanding police officer; dedicated, courageous, and compassionate. His unwavering commitment to serving and protecting our community is commendable and worthy of recognition.

Trump is Coming!

By TomL

I can hear the rumblings on the streets. The "left" has thrown everything they have, then I hear Rumblings "Trump is coming" and the people are coming with him. That is the important part. When he brings the masses with him as he has been doing, we can make him President and swear him in and he can fire Joe.

Our inflation is up beyond what we can endure and still he prints money and tries to buy votes with it! Unless the left pulls something shady and gets away with it. The people will still follow him. He is not always

a goody goody but he gets things done that we need done. Not always the way we want it done but completed. It will be a super challenge to him to undue the damage but he and the people can fix it! To Trump ... Hire the right loyal people to and clean up this mess, we know you can do it!

TRUMP IS COMING I hear the rumbling on the street, so VOTE FOR HIM if you want us to prosper in 2025. I want my Son's to prosper and their children to prosper. THE LOURY FARM!

Be an American, have faith, pray and vote.

Florida's agricultural industry in The Framework for Freedom Budget.

Additionally, to promote the growth of one of Florida's leading counties for agriculture, Governor DeSantis awarded \$6 million to Hardee County through the Job Growth Grant Fund. This award will help develop an industrial site in Hardee County and construct a 40,000 square foot warehouse to incentivize new companies moving to the area. This warehouse will also provide additional space for current businesses located at the site. The investment is estimated to bring nearly 200 jobs and help attract additional high-demand, high wage jobs to Hardee County. Since 2019, Florida has invested more than \$195 million through the Job Growth Grant Fund to strengthen infrastructure and workforce training programs that create opportunities for Floridians.

Lake County Detectives

Lake County Special Investigations Bureau Detectives Make Felony Arrest after Execution of a Search Warrant

The Lake County Sheriff's Office Special Investigations Bureau and the Leesburg Police Department conducted a narcotics investigation at the residence of 1906 West Main St., Leesburg, Florida. On May 22, 2024, the Lake County Sheriff's Office SWAT Team, Leesburg Police Department, and detectives from the Special Investigations Bureau executed a lawful narcotics related search warrant at the residence. Agents from Homeland Security (HSI) and detectives from the Mt. Dora, Eustis, and Clermont Police Department assisted during the investigation. Once the

Continued page 2

Erik Lehane

THE GAITWAY GROUP



Superman, Spiderman, Wonder Woman, and active seniors — what do they all have in common? Incredible superpowers. Yes, you are a superhero in your own right! While you may not be able to fly or scale buildings, you possess type two muscle fibers (fast twitch) that grant you the power to live life to the fullest in your later years.

The key equation that can change your life is: Force x Acceleration = Power. Power is our life force. It signifies independence and quality of life, and it's derived from our type two muscle fibers.

However, like the big guy with the red cape, active seniors have a weakness — a kryptonite. If they fail to stimulate their type two muscle fibers, they begin to lose them at an alarming rate, and consequently, their power plummets.

What does this decline look like? Next time you're at the grocery store, take a moment to observe. It can be disheartening.

Even more concerning, many well-intentioned seniors are missing the mark. Traditional exercise has its benefits, but most do not effectively engage fast-twitch muscle fibers. In fact, some forms of exercise may even accelerate the loss of these fibers.

Remember the equation mentioned earlier: Force x Acceleration = Power (type two stimulation). To activate your type two

fibers, you need to generate strength quickly and explosively. Think sprinting, jumping, bounding, and leaping. Yes, active seniors can safely perform these activities with the right coaching.

The encouraging news is that you can start building type two fibers at any age, although starting sooner is preferable.

Begin today. Regardless of your current fitness level, exercises can be modified to engage your type two muscle fibers — provided you have no contraindications to exercise.

For example, try marching as fast as you can from a chair for 30-second intervals, squatting up and down quickly at your kitchen counter for 10 reps, adding 20-second running intervals to your daily walk, or performing rapid floor transitions 10 times in under 25 seconds. You can even press a gallon of water overhead explosively for added resistance. You don't need fancy equipment or a gym, just a bit of time. Your daily activities can even be tweaked into type two stimulating movements.

As Spiderman's uncle wisely noted, “with great power, comes great responsibility.” However, I prefer to say, “with great responsibility, comes great power.” By exercising in a proactive and preventative manner, we can responsibly leverage the superpower of our type two muscle fibers and add life to our years!

Erik Lehane, a dedicated physical therapist with expertise in preventive care, is the visionary founder behind The Gaitway Group (thegaitwaygroup.com). Through this venture, he empowers active seniors with the knowledge and tools to “add life to their years.” For inquiries, contact Erik at erik@eriklehane.com.

Felony Arrest

Continued from page 1

scene was secured, detectives conducted a search of the residence, which revealed a large amount of prescription pills, cocaine, marijuana, 1 .380 pistol, and 1 Draco 7.62 rifle. As a result of the investigation, Aaron Cornelius Barrett, DOB: 03/18/1991, was arrested and charged with armed trafficking in hydrocodone, armed trafficking in

oxycodone, possession of cocaine, possession of alprazolam, possession of marijuana more than 20 grams, and possession of a firearm during the commission of a felony. Given the significant amount of narcotics that were located in connection with the firearms, Aaron Barrett was not permitted to have a bond during the first appearance by a Judge.

Lake County Detention Center

Public Booking Log

See the frequently updated public booking log of those recently charged in Lake County. Go to:

<http://tomlpublishing.com/category/villages-news/lady-lake-police-dept/>

Or go to Tomlpublishing.com and click on **Lake County Sheriff** on right side under “Contributing Editors”.



Honoring Deputy Israel Hughes



Law Enforcement Memorial-Honoring Deputy Israel Hughes

Lake County Deputy Israel Hughes worked for the Sheriff's office for seven years and was a resident of Lake County. Deputy Hughes lost his life in the line of duty while he was investigating an illegal moonshine still in Altoona when he was ambushed and shot. Deputy Hughes died the evening he was shot on April 1, 1925, after being transported to his residence. Upon learning of this historical information, the LCSO Casualty Assistance Team began working to ensure that Deputy Hughes was properly honored for his service and sacrifice. Team members met with surviving family members to gather as much historical family knowledge as possible. The team also researched old newspaper articles, visited Deputy Hughes' gravesite in the Ponceannah Cemetery in Paisley, and gathered any remaining official records that still existed.

In remembrance of Deputy Hughes and his sacrifices, he will be honored at the Lake County Law Enforcement Memorial in Tavares on May 7, 2024, at 9 a.m. Many of the surviving family members will be in attendance. In addition, he will be recognized by the National Law Enforcement Officers Memorial in Washington, DC, during National Police Week for the first time since the Lake County Sheriff's Office received this historical information. The LCSO Casualty Assistance Team members and the LCSO Honor Guard will accompany the family members to the National Law Enforcement Officers Memorial.

Vial of Life

OVERVIEW:

The Vial of Life Program is a free program designed for seniors and individuals with a medical condition to provide pertinent medical information to emergency personnel who respond to and treat home emergencies. The Vial of Life contains much of the medical history needed by the responding emergency personnel, such as existing medical condition, allergies, medication currently being taken, and emergency contact information.

HOW IT WORKS:

Vial of Life participants complete a medical information form which is placed into a medicine vial. A "Vial of Life" sticker is placed on the vial which is then put in the participant's refrigerator in plain view. Another "Vial of Life" sticker is placed on the front door to alert emergency personnel that medical information is located inside of the refrigerator. In many cases, this information could prove invaluable to the responders.

HOW TO APPLY:

The Vial of Life may be obtained by contacting the Community Engagement Unit of the Lake County Sheriff's Office at (352) 326-8108 or by sending an email to commservices@lcsso.org.

History of Memorial Day

As the American Civil War came to an end in 1865, communities across the U.S. honored fallen soldiers through local ceremonies at burial sites. On May 30, 1868, the first national ceremony of this kind took place on a day that would come to be known as Memorial Day — though at the time, it was called “Decoration Day.”

A few weeks before the ceremony, John Logan, head of the Grand Army of the Republic, a Union veterans organization, issued a proclamation urging Americans to decorate Civil War soldiers' graves with springtime's “choicest” blooms. Logan stated that the May 30 commemoration would be “designated for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country.” About 5,000 people gathered at Arlington National Cemetery for the first official Decoration

Continued page 4

Update on Reverse Mortgages

Tuesday, June 11, 12:30pm

The Standard Coffee Lounge, 1552 Bella Cruz, The Villages

Register: 352-462-0636 or www.RMexplained.com

Safely Apply Home Equity to Your Financial Security

Lunch provided with Reservation

Presented by:

Dan Kapellen

NMLS 2302495

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Specialist

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Florida State Senate

DENNIS K. BAXLEY



From the Desk of
Senator Dennis
Baxley----

Good morning
friends-

The election season
is upon us and
everybody is working
on campaigns. It's time
for you to start getting acquainted with those
that would be serving your districts, whether
it be on the local, state or federal level.

Spend time now getting to know them,
asking questions in order to make a
conscientious vote for the person you think
would do the best job for you. Many of them

are at campaign
events in the local
area and are on
social media,
where you can
find out where to
go meet them in
person.

It's not too early with the
primary coming up on August
20, 2024, to make sure your
voting registration is in order and you know
where your voting precinct is located.

The General election will be held on
November 5th, 2024.

Onward & Upward



caalc2004@gmail.com
<https://caalc-fl.org/events-new/>
Come join us for a day in the Caribbean--
at the Clermont Waterfront Park! Family
friendly fun for all ages and free
admission.

HOW TO GROW MUSHROOMS
Tue, June 4, 2024 @ 2:00 PM
Umatilla Public Library
412 Hatfield Dr., Umatilla
Contact Amy Stultz at 352-669-3284 or
email astultz@umatillafl.org.
<https://www.umatillalibrary.org/srp>
Seed Library Class! Learn how to grow
mushrooms at home. Kits will be
provided. There is limited room for this
session. If you would like to participate,
please call the library at 352-669-3284 or
stop in to pre-register at the Umatilla
Library.

EET HORSES
Wed, June 5, 2024 @ 3:00 PM
Umatilla Public Library
412 Hatfield Dr., Umatilla
Contact Amy Stultz at 352-669-3284 or
email astultz@umatillafl.org.
<https://www.umatillalibrary.org/srp>
Join us in meeting beautiful horses. For
children and teens.

STORYTIME & CRAFT
Thu, June 6, 2024 @ 11:00 AM
6/136/206/277/11Category: Social
Activities and Clubs
Umatilla Public Library
412 Hatfield Dr., Umatilla
Contact Amy Stultz at 352-669-3284 or
email astultz@umatillafl.org.
<https://www.umatillalibrary.org/srp>
Storytime & Craft is spectacular in the
summertime. Stories, songs, read-alouds,
STEM and a craft!

EXPLORATION HIKE
Fri, June 7, 2024 @ 8:00 AM
7/58/29/610/411/112/6Category: Nature
Activities
Exploration Hike
Ferndale Preserve
19220 County Road 455, Montverde
Contact Justin Pouliot at 352-516-7011 or
email
justin.pouliot@lakecountyfl.gov.

<http://lakecountyfl.gov/parks>
Join staff to explore the habitats and
species of Ferndale Preserve.

COMMON SENSE ANIMAL
AWARENESS
Sat, June 8, 2024 @ 9:00 AM
Pine Meadows Conservation Area
2280 Pine meadows Golf Course Road,
Eustis
Contact Justin Gentles at 352-431-8798
or email justin.gentles@lakecountyfl.gov.
<http://www.lakecountyfl.gov/parks>
Come hike with a Park ranger and learn
tips on what to do when you encounter
wildlife.

WATER WEDNESDAY
Wed, June 12, 2024 @ 10:00 AM
Hickory Point Recreational Park
27341 State Road 19, Tavares
Contact Tracy Hauserman at 352-298-
0365 or email
tracy.hauserman@lakecountyfl.gov.
<http://www.lakecountyfl.gov/parks>
Learn about food webs and their
importance to ecosystems. Coloring
activity pages will be provided. Pre-K
through 5th grade. Limited to 15 children.
Reservations required.

YOUTH PROGRAM - FOOD ART
Thu, June 13, 2024 @ 2:00 PM
Marion Baysinger Memorial Library
756 W Broad St, Groveland
352-429-5840 or email
lorijohnson@ufl.edu
This a youth hands-on class learning
about berries and how to transform them
into ink to create art. Registration
required. To register contact the library at
352-429-5840.

SUMMER YARD SALE
Fri, June 14, 2024 @ 8:00 AM
6/156/16
Renningers
20651 US HWY 441, Mount Dora
352-383-8393 or email
doraantcenter@renningers.com
<http://www.renningers.net>
Don't miss Renninger's Summer Yard
Sale Clean out your unwanted items and
sell them at this show. Antique Center-
Flea Market Free Admission, Free
Parking, Pet Friendly

ZOO MOM
Fri, June 14, 2024 @ 10:30 AM
Umatilla Public Library
412 Hatfield Dr., Umatilla
Contact Amy Stultz at 352-669-3284 or
email astultz@umatillafl.org.
<https://www.umatillalibrary.org/srp>
Meet a variety of animals and learn about
them from Zoo Mom, a real science
teacher. Best suited for elementary school
aged children.

CANVAS PAINTING
Wed, June 19, 2024 @ 2:00 PM
Umatilla Public Library
412 Hatfield Dr., Umatilla
Contact Amy Stultz at 352-669-3284 or
email astultz@umatillafl.org.
<https://www.umatillalibrary.org/srp>
For ages 7-12.

MORE EVENTS AT
<https://www.lakecountyfl.gov/calendar>

Lake County Events

BOUNCE TOWN BASH
Sat, June 1, 2024 @ 11:00 AM
Rolling Acres Sports Complex
250 Rolling Acres Road, Lady Lake
\$6
Contact Amy Alicea at 352-205-2826 or
email aalicea@ladylake.org.
<http://www.ladylakefl.gov>
Mark your calendars for Lady Lake's
Bounce Town Bash, as Rolling Acres

Sports Complex transforms into the
ultimate playground for kids. With over 30
inflatables, both wet and dry, attendees are
in for a day of exhilarating fun.

CARIBBEAN JERK FESTIVAL
Sat, June 1, 2024 @ 12:00 PM
Waterfront Park
100 3rd Street, Clermont
352-978-0813 or email



Sage Infusion Grand Opening and Ribbon Cutting, 8550 NE 138th Lane, Suite 502,



Hampton Inn & Suites Grand Reintroduction Party and Ribbon Cutting, 11727 NE 63rd Drive, The Villages, FL 32162 - May 22,

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



How do I start this??? This is some of the worst political day's I have ever seen. Let's see what is a good thing??? A lot of politicians are quieting their job's. Cleaning out the dead wood is good. Cleaning out the weak is good thing! Do not mistake the few that are retiring at the end of their term. Have you ever noticed a politician say I wrote this bill or I created this bill. When you listen to other

politician's they say they wrote the same bill, well when it comes right down to it they each took part and added their own vote for there own interest affecting them and their voters. Biden fired thousands of servicemen for not getting shots and then he let's ten time that many come into our country without any vaccinations. What is wrong with that picture? They needed to take away his executive privileges but not soon enough. He has caused unmeasurable damage to our country and it has to stop and be cleaned up. When they talk about the college students

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I email back and forth to Government officials, clients and personal friends. **All ads should be in PDF format!** JPEG has a tendency to get weak when you enlarge or reduce them. If you send a PDF ad the fonts are embedded in the ad and will not change. Photos must be in focus and clear. No guarantee that they will run. We will try. TomL

Newspaper Deadlines
Editorial & Ad Copy for July
Seniors Voice & Ocala DownTown
Noon, June 21st
Lady Lake Magazine & Village Spectator
12am, June 26th

Village Spectator / Lady Lake Magazine
Products of TomL Publishing, LLC
P.O Box 1698, Dunnellon FL 34430
Publisher: Tom Loury
Phone: 352-804-1223 | Email: tloury@att.net

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**PLEASE
SUPPORT
THE WOUNDED
WARRIORS!**

God Bless our Troops
Support Our Veterans
We Endorse The Constitution

rampaging, I wrote about the foreign student's going to college years ago. That was just the beginning and no one questioned it. The students worked with some of our technology and then took the information back to their country. How lame can we be to ignore this threat. Now we are letting military age men from many country why don't know who they are and if they are criminals? Our people are dyeing because of it. It is the administrations fault. **FIRE THEM AND LET’S START FRESH!**

Let me say something about some small town politicians. They want to back something they can see happen during the time term in office. They can't see what is going to be good in twenty years...The really good politicians have a vision, a life time goal. Have you ever ask yourself what is your life time goal? My life time goal is the farm that my wife and I have struggled at for 54 years. In our growth pattern we have lost ground and gained ground. I idea is to gain more than you lose. After you struggled for years to grow a farm then is your children going to keep it as a farm and grow it together??? I hope so! Will your life be better for it??? Are you more comfortable with it??? I think anyone can be comfortable if they except the environment they are in. Plant a garden, have your own beef cow, have your own water supply and get your electric energy from the sun.

The world is coming down around us and we are having trouble stopping it! We stake our hope in one person. What happens if that person is not available to take the job??? Will people just give up or fight??? Remember China says a perfect war is to win without firing a shot. They are already buying up the youth in the colleagues, buying up our farm land. Are there still people here that will stand up against all odds. I believe so..., I think we will soon see.

How do we end this and still keep our freedom? Stand for good and throw out the evil. There is only GOOD and EVIL. Killing off a human race is not good. Stopping an ideology might be the answer. Having a religion is good as long as it does not call for killing each other. Defending your self and your family is good, I can't think of a single thing against protecting your family. GOD will help to protect good and help to cast out evil.

I Recently heard that someone wants to change the American Flag and the national Anthem???

We need to double down on both of these. These people trying change our Countries history and change what we hold in high regard is a move to breakdown the United States and how it is run. I have a question, if things are so bad why are hundreds of thousands of immigrant's fleeing into this country. Interesting thing is people move from one state or country and then they try to change the new location when they were fleeing for a reason. Yes let's change it to what you were fleeing from...Get real!!! Some people don't like change and some

times they don't like new people coming into their neighborhood or their country. Be careful what you wish for.

Bidenomic's, Electric Vehicles, Ford Motor Company has reported they have lost \$132,000 per car since they have started the Government mandate. They are force to building cars that no one wants! Ford reported \$4.7 billion from sales of 116,000 units. I smell a bale out coming and it's our money he will use. We are out of money we are borrowing money to bail out the college tuition for some college students.

Trump says if he is elected he will save money in Social Security by getting rid of a lot of illegal claims that being paid. Speaking of which there has been several trial's going on for Trump in several states. That is our tax money they are spending trying to stop him from running, when most of us want him to be President so he can save our country from Socialism. Get Trump in and he will fire Joe.

What say you? tloury@att.net

Memorial Day
Day observance. Along with flowers, each grave was adorned with a small American flag.

By the end of the 19th century, Decoration Day ceremonies were taking place on May 30 throughout the country. The name had started to evolve by this time, too; people began using the term “Memorial Day” instead. That moniker, however, didn't become common until after World War II, and Congress didn't make the name change official until 1967. A year later, Congress passed the Uniform Monday Holiday Act, declaring that certain federal holidays would be observed on Mondays, including Memorial Day, which was to be commemorated annually on the last Monday in May. Today, the holiday honors all Americans who have died in military service.

Truth About Expiry Dates
What is the truth about expiry dates? Put them in the freezer after one day or throw out?

The experts were all over the spectrum. Use3 your best judgement and p[lease don't get sick.

It indicates the date before which the food offers its “best” flavour, texture, and nutritional value. This date does not tell you whether or not the item is still safe to eat. Mar 21, 2023

Keeping all that intel in mind, ahead are 13 foods that do not fare well after their expiration dates, according to experts.

Infant Formula. ...

Meats. ..Beef will hold a little longer longer. Never buy pork or Chicken with quick sale.

Eggs. ...FRESH last longer if they are not

Continued page 7

FAIRTax

FAIRtax
SIMPLE • EFFICIENT • VISIBLE

In my previous article, I talked about what Scott Rasmussen called the “elite 1%” and how they crave power and control over the other 99% and how they oppose the FAIRtax for challenging that craving. With so many 1%ers in DC, how will the FAIRtax ever get passed? Although we will never stop trying to win over the federal political elite, we must also work on the state level.

Take Nebraska for example. EPIC, an acronym for “Eliminate Property, Income and Corporate Taxes”, is a state level proposal to replace these taxes at all levels of state government in Nebraska with a FAIRtax style consumption tax. Let's look at this proposal:

1. EPIC proposes to eliminate property, income and corporate taxes. Inheritance taxes will be eliminated with the income tax. Corporate taxes refer to all business taxes. It proposes to replace the current state sales tax with a consumption tax on new goods and services at the retail level.

2. The proposed rate of 7.5% is based on a dynamic model constructed by the Beacon Hill Institute and has been praised by such luminaries as Stephen Moore, Distinguished Visiting Fellow, Institute for Economic Freedom, The Heritage Foundation.

3. The proposal is to replace the state sales tax, not local sales taxes. Local taxing authorities will have the ability to impose their own consumption tax. The rate is expected to be much lower than the current sales tax rate because they have much less

revenue to replace than on the state level.

4. Because the EPIC plan eliminates all business taxes, not only can Nebraska businesses expect to be the most competitive in the nation, Nebraska retailers can expect to win the so-called “border bleed” battle because their retail products will not have those business taxes hidden in their prices.

5. A retail consumption tax puts Nebraska State Government in the same pricing boat as Nebraska retailers. If they impose a tax too high, their net revenue will go down as shoppers go elsewhere. This puts a more effective cap on the cost of government than any plan driven by Nebraska legislators.

6. EPIC restores property rights to all Nebraska residents by taking away the implicit rent to the state for their homes, farms and ranches.

As you can see, the Nebraska EPIC proposal leans heavily on the FAIRtax proposal. By passing this type of legislation at the state level and encouraging other states to do the same, it will create pressure on the government at the federal level to make the FAIRtax the law of the land. The more pressure the states create, the better the chances are that the FAIRtax will get passed.



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Go to: FLfairtax.org or Call 352-804-0007

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Adult



JUNE

Lady Lake Library

Hours:

Monday: 9am-7pm

Tuesday-Friday: 9am-6pm

Saturday and Sunday: Closed

Monday	Tuesday	Wednesday	Thursday	Friday
				
 3	4	5	6	7
10	11 Book Discussion @ 2-4pm	12 SHINE 2-4pm	13 Bingo! @2-3:30pm sign up required	14 BestBuy iPhone @ 9:30am
17 Florida Trail Association @ 2-3pm	18 Board Games Meetup! @2-4pm sign up required	19 Authors Round Table @ 2-4pm	20 Let's Talk Books @ 2-4pm	21 
24 	25 Finding Fossils in Florida @2-3pm	26 SHINE 2-4pm	27 Crochet and Knitting Hangout @ 2-3:30pm sign up required	28 BestBuy MAC @ 9:30am Movies @ the Library! Showing: Wish (PG) @ 2 pm

Youth



JUNE


Lady Lake Library

Hours:

Monday: 9am-7pm

Tuesday-Friday: 9am-6pm

Saturday and Sunday: Closed

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Summer Reading 2024</div> <div>For every book you read record it in your booklog! You will earn a book buck for each read and you can spend it on our gift shop at the youth circulation desk!</div> <div>*18 years old and younger can participate!</div> <div></div>				
3 Craft Kits Available! While supplies last.	4 Tiny Tots @ 10:30am Family Crafting @ 3:30pm	5 Storytime Truck Rodeo @10:30am Read with Scarlett 3:00pm-4:00pm	6 Dodad's Lab Science Show @10:30am	7 Baby Storytime @10:30am Video Games @3:30-4:30pm
10 Craft Kits Available! While supplies last.	11 Tiny Tots @ 10:30am Family Crafting @ 3:30pm	12 Storytime with the Fire Department @10:30am Read with Scarlett 3:00pm-4:00pm	13 Magic Show @10:30am Teen Paint & Sip @3:30am	14 Lego Masters @ 3:30-4:30pm
17 Craft Kits Available! While supplies last.	18 Tiny Tots @ 10:30am Family Crafting @ 3:30pm	19 Storytime @10:30am Read with Scarlett 3:00pm-4:00pm	20 Drum Circle @10:30am	21 Baby Storytime @10:30am Video Games @3:30-4:30pm
24 Craft Kits Available! While supplies last.	25 Tiny Tots @ 10:30am Family Crafting @ 3:30pm	26 Storytime with the Police Department @10:30am Read with Scarlett 3:00pm-4:00pm	27 Circus Gracie @10:30am	28 Lego Masters @ 3:30-4:30pm

Expiry Dates

Continued from page 4

washed. When the chicken lays the egg it has a protective layer that when washed off can shorten the expiration time. Wash before cracking.

Soft Cheeses. ...

Deli Meat. ...

Fiddleheads. ...

Strawberries. ...

Ground Spices.

Cleveland Clinic. After all, some molds can make you sick or cause allergic reactions, so it's best to err on the side of safety on this one. If you start to notice your fruit is reaching its expiration date, pop it in the freezer to extend the shelf life and use the berries later on in smoothies or cooked desserts, says Norah Clark, a professional chef.

Ground Spices

While it's not a food-safety concern, using spices past their prime can mean your meals aren't as flavorful as they should be, Clark says.

"Some spices that lose flavor after expiration include ground cinnamon, paprika, and ground cumin," she says.

Clark recommends storing your spices in airtight containers away from heat and direct sunlight to keep them in their most flavorful state.

Sure, there's no stamped expiration date on the container you take home from a restaurant. But, if you go out to eat over the weekend and pack your restaurant leftovers for a mid-week lunch, you could make yourself sick.

Since restaurant leftovers are at room temperature for a period of time while you drive back home, bacteria can grow on it and

multiply, says dietitian Hannah Byrne, MS, RDN.

"While refrigeration can slow down the bacterial growth, it doesn't stop it completely," she says. "Plus, some restaurant leftovers have a variety of different food groups in them and they all have different expiration dates on them, so for safety it's best to consume them within three to four days."

The taste and texture also changes with leftovers, Byrne says, as they tend to become dry and lose their flavors.

FISH

If you pick up raw fish from your local store, you should first make sure it's being stored on a bed of ice that's not melting. If it's dry or mushy, it's probably old, and not safe to eat. Once you get it home, seafood should be stored in your fridge for just one or two days before you cook it or move it to the freezer, according to U.S. Food and Drug guidelines. If seafood spoils, you'll smell sour, fishy, or ammonia odors, which become stronger after cooking, and food safety officials recommend tossing the food.

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Lady Lake Chamber Business Luncheon




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Contest Winners



New Writers and Illustrators Win Decades-Old Science Fiction And Fantasy Contest

(NAPSI)—Decades of helping writers and artists have resulted in the latest edition of L. Ron Hubbard presents Writers of the Future by the winners of the 40th annual Writers of the Future and the 35th annual Illustrators of the Future L. Ron Hubbard achievement awards.

The Winners

The grand prize winner for writing was Jack Nash for his story, "Son, Spirit, Snake," which was illustrated by Pedro N. The grand prize-winning artist was Tyler Vail for illustrating writer John Eric Schleicher's story, "Squiddy."

Explained John Goodwin, President of Galaxy Press, "Our contests promote the arts welcoming diversity, ethnicity, creativity and equality, with no age limits, and blind judging. All are welcome to enter."

The 26 winners hailed from all over the United States, Canada, China, Malaysia, The Netherlands, New Zealand and the United Kingdom.

About The Contests

Following the 1982 release of his internationally acclaimed bestselling science fiction novel, "Battlefield Earth," L. Ron Hubbard created the Writers of the Future Contest (www.writersofthefuture.com) in 1983 to provide a means for aspiring writers of speculative fiction to get that much-

needed break. Due to the success of the Writing Contest, the companion Illustrators of the Future Contest was created in 1988.

Entrance is free and winners retain full rights to their work and each is given a cash award. Grand Prize Winners receive an additional \$5,000. The Contest flies out all winners to Los Angeles for an expense-paid, weeklong workshop given by contest judges and culminates in a Black Tie Gala Awards event.

Past winners have published thousands of books, short stories, comic books, television shows and movies.

The Writers of the Future Award is considered the genre's most prestigious award of its kind and has now become the largest, most successful and demonstrably most influential vehicle for budding creative talent in the world of speculative fiction.

Learn More

For further information, including how to enter the contests and where to get the anthology, visit www.writersofthefuture.com and

Improving Mental Health

(NAPSI)—When it comes to mental health, many people across the U.S. have experienced their share of challenges—but help may be at hand.

The Problem

The issue is especially concerning in rural America, where more than 60% of people report having a mental health condition—such as anxiety or depression—yet less than half of them get the help or treatment they need. Rural

Continued page 13



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FROM THE DESK OF

CONGRESSWOMAN KAT CAMMACK



The Farm Bill
Heads To The House
Floor

This week ends the final of four straight weeks of the House in session. I'm certainly looking forward to getting back to Florida after this long stretch in D.C.

Yesterday was a monumental day in the House, as the House Agriculture Committee passed the 2024 Farm, Food, and National Security Act of 2024, also known as the 2024 Farm Bill. This bill has been years in the making and the product of many rounds of feedback with farmers, ranchers, and producers from across the country.

You may recall last spring when House Agriculture Committee visited Gainesville for a Farm Bill listening session. This was one of more than four-dozen visits across the country by committee leaders and members to solicit feedback from the very men and women who feed, clothe, and fuel our nation. To those who joined us for that big event last April, know that all of your hard work and efforts were incorporated into the bill we considered late into the morning this morning after nearly 15 hours of consideration.

The bill includes a number of significant wins for Florida's farmers, ranchers, and producers, including a base acre update, commodity price increases, specialty crop programs and research, and more. To see everything I helped to secure for Florida in the Farm Bill, click here.

Finally, as we head into this long weekend, may we remember the real reason for Memorial Day and remember the lives of the men and women who sacrificed so much for our nation. We truly are the land of the free because of the brave.

I wish you and your loved ones a great weekend ahead, and I look forward to

sharing more about our in-district adventures next week.

With all that's happening this Congress, it is my greatest honor to represent you and hear from you about the issues that matter most. You can read below about what we've been up to this week, and as always, you can stay up to date with us here, on our website , and on X , Facebook , Instagram , and YouTube .

Bill To Rename Melrose Post Office
Signed By President Biden

WASHINGTON, D.C. — President Biden signed into law Congressman Aaron Bean (FL-04) and Congresswoman Cammack's bill to rename the Melrose, Florida post office after local letter carrier Pamela "Pam" Jane Rock, who tragically died after sustaining injuries while delivering mail in northeast Florida.

"Pam had a servant's heart, and it was obvious in the way she lived her life. While her time on this earth was tragically cut short, she served the U.S. Post Service with passion and integrity," said Congressman Bean. "Designating the Melrose Post Office in her name will honor her legacy in the community she loved. I am very proud to see our bill signed into law officially memorializing Pam's memory and commitment to Floridians.

"I'm glad to see the bill to rename the post office after Pamela Rock signed into law. It's been a long time coming to honor Ms. Rock's memory, and I look forward to soon seeing her name on the side of the post office in Melrose. We hope this measure brings some comfort to her family and those who had the honor of working alongside her for many years," said Congresswoman Cammack.

"We would like to thank Congressman Bean and Congresswoman Cammack for their tireless efforts in securing the name of

this USPS facility for our beloved sister Pam," said the Rock Family. "Pam was a devoted USPS employee who was sadly taken away from us while working in the line of duty. The naming of this facility honors Pam and her life of service, and is a comfort to all of us."

Rep. Cammack Joins Rep. Roy In Fight
To Save American Elections

WASHINGTON, DC — Representative Kat Cammack joined Chip Roy (TX-21) and a group of 48 GOP House members in introducing the Safeguard American Voter Eligibility (SAVE) Act to protect U.S. elections.

Since President Biden took office, millions of illegal aliens have poured into our country illegally and many are given the opportunity to register to vote in federal elections. The SAVE Act would thwart Democrat efforts to cement one-party rule by upholding and strengthening current law that permits only U.S. citizens to vote in Federal elections.

Representative Roy said, "Secure elections are a key cornerstone for any representative government; without them, we won't have a country. Radical progressive Democrats know this and are using open border policies while also attacking election integrity laws to fundamentally remake America. That's why I am proud to introduce the SAVE Act with Speaker Johnson and my Republican colleagues, along with the invaluable support of citizens and organizations that recognize we must end the practice of non-citizens voting in our elections."

"As we approach the 2024 elections, the American people must have absolute certainty in the integrity of our election system. This bill would fortify federal elections by ensuring that only American citizens vote in American elections. I am grateful to Congressman Roy for his important leadership on this critical issue and for introducing this legislation in the House," said Speaker Mike Johnson.

"Illegal immigrants and non-citizens across the nation are being improperly

registered to vote, allowing them to cast illegitimate ballots in federal elections," said Senator Mike Lee, who has companion legislation in the Senate. "At a time when trust in voting is more important than ever, we must stop foreign election interference and pass the SAVE Act. Voting is both a sacred right and responsibility of American citizenship, and allowing the people of other nations access to our elections is a grave blow to our security and self-governance. I'm proud to stand with Chip Roy to save our democratic process and representative government."

The SAVE Act would protect and preserve the right of American citizens to vote by:

- Requiring states to obtain proof of citizenship – in person – when registering an individual to vote.
- Requiring states to remove non-citizens from existing voter rolls.

Reps. Cammack & Carter Introduce
Bipartisan National Speech-Language-
Hearing Month Resolution

WASHINGTON, D.C. — Today, Congresswoman Kat Cammack (R-FL-03) and Congressman Troy A. Carter, Sr. (D-LA-02) introduced a resolution expressing support for the goals and ideals of National Speech-Language-Hearing Month, which occurs each May.

In addition to recognizing the National Speech-Language-Hearing Month, the resolution recognizes efforts to improve access to hearing, balance, speech, language, swallowing, and cognitive care.

Communication disorders are among the most common conditions of children and adults, affecting tens of millions in the U.S., and when undiagnosed, can negatively impact academic, employment, and social success, as well as quality of life.

READ MORE
<https://tomlpublishing.com/florida-news/rep-cammack-carter-introduce-bipartisan-national-speech-language-hearing-month-resolution/>

Answers page 14



CORNER
PUZZLE

Across

- Another name for Jersey Standard
- Bit of music
- Sounds of meditation
- Look like a satyr
- He was Sinatra in "The Rat Pack"
- Skirt, as the hoop
- Pie throwing?
- It's just what a feller needs
- Menotti's shepherd boy
- Halfway, to begin with
- Rob Roy or Captain Kidd
- Small stuffed triangular turnover
- "All the President's Men" director Alan
- Lacking height or depth
- Devil-may-care
- Crow toe
- Vanquish
- Palindromic potentate
- Watergate hanging?

- Cat's paw?
- Nobel honoree
- Tuned in
- Kind of period or stop
- Rank and vile
- Defer to everyone else
- Lampoon
- Wet blanket?
- Empowered
- B in chemistry
- TV show stoppers
- Secret meetings with the queen?
- "Stagger ____" (1959 Lloyd Price chart-topper)
- Pamplona's peninsula
- Hit the roof, like Santa
- Slip or trip
- Sinatra's Big Band boss
- Dirty old man

Down

- West Texas birthplace of Debbie Reynolds and Bill Paxton
- Queeg or Queequeg
- Tahini ingredient
- Like Sunni Muslims
- Laminated layer
- Blow off steam?
- Hitchcock's first color film
- Split bit
- Pay off a poker debt, perhaps
- Word between two dogs

- Prophetic
- Skill with screwdrivers, rusty nails, and more
- Bohemian composer of "The Bartered Bride"
- "Treasure Island" monogram
- Caribbean calypso cousin
- Big game locale
- What this is only
- Pianist Rubinstein or Schnabel
- Throw a ____ into
- Some are high and some are false
- Meadow mice
- Lamb, ham, and Spam
- "Ohh, that explains it!"
- 1964-65 Beatles tune
- Refuse to choose booze
- Garage disposal?
- Rarer than rare
- Two-fisted
- Double-edged
- Margin-of-victory unit
- Exercise system developed by Billy Blanks
- Exercise target
- Welsh rarebit ingredient
- Crossword fillers (abbr.)
- The shallowest of HOMES
- Auction action
- "I completed the crossword!"

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FROM THE DESK OF

ATTORNEY GENERAL MOODY



OWNER OF HOME HEALTH SERVICES AGENCY AND PARENT OF DISABLED CHILD ARRESTED FOR MEDICAID

PROVIDER FRAUD

TALLAHASSEE, Fla.—Attorney General Ashley Moody's Medicaid Fraud Control Unit announced the arrest of the owner of a home health services agency and a parent of a disabled child for Medicaid provider fraud. Latrena Marie Thomas is the owner of A River's Journey, a home health care agency with residential home care facilities located in Yulee and Jacksonville. Thomas is accused of hiring non-licensed individuals to provide hands-on personal care services to Medicaid recipients. In addition, Thomas paid Donald Ray Adams II, a parent of a disabled Medicaid recipient, to provide medically licensed care for his own child. In total, Thomas fraudulently billed Medicaid claims for 30 distinct medically needy Medicaid recipients, which caused a total loss of more than \$1.6 million.

Attorney General Ashley Moody said, "This fraudulent billing scheme not only defrauded the Florida Medicaid program out of more than \$1.6 million but did so at the expense of Medicaid-dependent recipients, one being a disabled child. In addition to manipulating the system for extra money, the hiring of unqualified and unlicensed medical staff resulted in poor treatment and medical emergencies for Medicaid patients. I'm grateful for our Medicaid Fraud Control Unit for putting a stop to this scheme."

According to the investigation, Thomas and the agency hired employees not licensed as certified nursing assistants or home-health aides to provide hands-on personal care to Medicaid recipients. Several of these unqualified employees would have failed the Level 2 background screening that is required by the Florida Agency for Health Care Administration. Thomas did not have a Director of Nursing on staff to provide oversight of the licensed practical nurses and other staff employed by A River's Journey. Thomas also falsified the agency's employee roster, progress notes, service logs and plan-of-care documents, and billed for a recipient's 24/7 nursing care while paying Adams. Thomas's negligent assignment of unqualified staff to recipients created three separate medical emergencies, including a trach tube dislodging, extreme sunburn and a delay in contacting Emergency Medical Services.

A River's Journey paid Adams for providing unsigned progress notes for his own child's care. Adams received payments in cash, gift cards and bank deposits from the agency. In total, Adams received \$7,320 for involvement in the scheme to defraud Medicaid.

Thomas faces one count of Medicaid provider fraud, \$50,000 or more: a first-degree felony. Adams faces one count of

Medicaid provider fraud, \$10,000 or less: a third-degree felony.

The Jacksonville Sheriff's Office arrested Thomas and the Clay County Sheriff's Office arrested Adams. Attorney General Moody's MFCU will prosecute the case through the State Attorney's Office for the Fourth Judicial Circuit.

ATTORNEY GENERAL MOODY ACTIVATES PRICE GOUGING HOTLINE FOR STATE OF EMERGENCY FOLLOWING NORTH FLORIDA TORNADOES

TALLAHASSEE, Fla.—Attorney General Ashley Moody is activating Florida's Price Gouging Hotline following a state of emergency declaration for the North Florida tornadoes. The order follows Governor Ron DeSantis's state of emergency declaration covering Baker, Columbia, Gadsden, Hamilton, Jefferson, Lafayette, Leon, Liberty, Madison, Suwannee, Taylor and Wakulla counties.

The Price Gouging Hotline is now available to receive reports of extreme price increases on essential commodities. Florida's price gouging law only applies to items and services essential to getting ready for, or recovering from, a storm within the areas of a declared state of emergency.

Attorney General Ashley Moody said, "Early morning tornadoes and severe weather ripped through North Florida—causing major damage and widespread power outages. As emergency crews remove road debris and rush to restore power, it is vital that Floridians in hard hit areas heed the advice of local officials. Those consumers who are purchasing emergency supplies should report any incidences of suspected price gouging by calling 1(866) 9NO-SCAM or visiting MyFloridaLegal.com to file a complaint."

During a storm-related declared state of emergency, state law prohibits excessive increases in the price of essential commodities, such as equipment, food, gasoline, hotel rooms, ice, lumber and water needed as a direct result of the event.

Anyone who suspects price gouging can report it to the Florida Attorney General's Office by visiting MyFloridaLegal.com or calling 1(866) 9NO-SCAM. For more information on price gouging, access Attorney General Moody's Scams at a Glance: Price Gouging resource by clicking here.

After a storm strikes, recovery can be a grueling process that scammers may attempt to exploit. To avoid falling victim to scams that may occur in the aftermath of a storm, view Attorney General Moody's Scams at a Glance: After the Storm.

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

###

UPDATE 5/13: Governor DeSantis has now extended the state of emergency for three additional counties. The state of emergency now covers the following counties: Baker, Columbia, Escambia, Gadsden, Hamilton, Jefferson, Lafayette, Leon, Liberty, Madison, Okaloosa, Santa Rosa, Suwannee, Taylor and Wakulla.

The Attorney General's Price Gouging Hotline is now active for these specific counties. Florida's price gouging laws for this event apply only within the areas of the declared state of emergency and only for commodities and services essential to preparing for or recovering from the storm event.

AG MOODY SHUTS DOWN FAKE WEBSITES SCAMMING SUNPASS USERS

TALLAHASSEE, Fla.—Standing with the Florida Department of Law Enforcement and the Florida Department of Transportation at a toll plaza in Orlando today, Attorney General Ashley Moody issued a Consumer Alert warning Floridians about a concerning new smishing scam targeting drivers. The Federal Bureau of Investigation reports that scammers are sending fraudulent text messages to individuals claiming unpaid toll fees and providing links to settle the alleged debts. However, these links are malicious and designed to steal victims' money. These scams are also being seen targeting E-ZPass users. Attorney General Moody's Cyber Fraud Enforcement Unit, working with FDLE, recently shut down 10 imposter websites.

Attorney General Ashley Moody said, "Cybercriminals are sending text messages to thousands of unsuspecting drivers in the hopes that some of them will be tricked into paying a toll fee for a violation that never occurred. While this smishing scam is happening across the nation, our Cyber Fraud Enforcement Unit worked closely with FDLE to shut down 10 fraudulent sites designed to mimic the official SunPass website and steal payments from drivers who received their fake text messages."

Florida Department of Law Enforcement Deputy Commissioner Vaden Pollard said, "FDLE agents believe there could be hundreds of victims in Florida who received a fraudulent text message saying they owed money to SunPass. FDLE's Cyber Fraud Enforcement Unit was able to quickly seize the fraudulent websites, stopping the victimization. Thanks to Attorney General Ashley Moody, FDLE has the investigative resources and expertise to move quickly when it matters most."

Florida Department of Transportation Secretary Jared W. Perdue, P.E., said, "The Florida Department of Transportation and Florida's Turnpike Enterprise place our customer's privacy and security at the utmost importance. With that at our core focus, we are grateful for Attorney General Moody's immediate response to stop this scam in its tracks and protect Floridians from these criminals attempting to manipulate customers and gain access to their sensitive information. FDOT proudly stands alongside the Attorney General's office and our law enforcement partners as we continue to go to bat for the people of Florida."

While the authentic Sun Pass web address is SunPass.com, the smishing messages direct targets to fraudulent URLs set up to mimic the official sight. Attorney General Moody's Cyber Fraud Enforcement Unit recently shut down 10 of these fraudulent sites listed below:

- sunpass-service.com
- sunpass-help.com
- sunpass-online.com
- sunpass-florida.com

- sunpass-toll.com
- sunpass-tolls.com
- sunpass-express.com
- service-sunpass.com
- tolls-sunpass.com
- web-sunpass.com

Florida is particularly susceptible to this emerging threat as it is home to the most toll roads of any state in the nation—more than 700 miles. These roads are necessary to help the 22 million Florida residents and 130 million Florida visitors get to destinations safely and on time.

Attorney General Moody offers the following tips to Floridians to avoid toll smishing scams:

Avoid Clicking Links: Refrain from clicking on any links provided in unsolicited messages, especially those claiming to be from SunPass, E-ZPass or FDOT;

READ MORE

<https://tomlpublishing.com/florida-news/ag-moody-shuts-down-fake-websites-scramming-sunpass-users/>

Mental Health

Continued from page 11



Americans face unique mental health stressors and barriers to accessing care, but those living in rural

communities also boast unique support mechanisms that they can tap into to flip the script on mental health stigma.

An Answer

An example of those unique support mechanisms can be found in rural Georgia, where community leader Adaris Rivera has found hope in the resilience that living in a rural community presents. "Each person's journey with mental health is deeply personal and unique, yet there's a universal truth that support and hope are within reach for everyone. No one should feel isolated in their struggles," she said. This is what inspired her to share her own story as part of a national public service advertisement (PSA) campaign called "Love, Your Mind" from Huntsman Mental Health Institute and the Ad Council.

Rivera experienced hardship while growing up in Puerto Rico, moving to the Midwest and eventually laying down roots in rural Georgia. In the PSA video, she talks about her story, saying "I've been through a lot" including trauma, anxiety and depression. For Rivera, the goal of sharing her story is to help others who may be going through the same thing. She advocates for people to seek professional help when needed, and shares how daily practices can also be helpful—such as spending time in nature, journaling and finding time for prayer or reflection.

On her mental health journey, Rivera found solace in one unique benefit of living in a rural place: easy access to nature. "When I come home exhausted, there's nothing more rejuvenating than stepping into my backyard. Cooking with the door open, letting the breeze in and stealing a few moments on my deck to listen to a mental health podcast."

Another benefit of rural living that has supported her healing: having a close-knit

Continued page 15

FROM THE DESK OF

GOVERNOR DESANTIS



**G o v e r n o r
DeSantis Ensures
Order on Florida's
University and
College Campuses**

GAINESVILLE, Fla. — Today, Governor Ron DeSantis touted Florida's success in maintaining order and ensuring student safety on Florida's campuses. In Florida, pro-Hamas encampments were disbanded in minutes, and Jewish students were kept safe from harassment.

"In Florida, we prioritize order and student safety on campus," said Governor Ron DeSantis. "While other states allowed their college campuses to be vandalized and taken over by antisemitic agitators, Florida held the line."

"The Florida Highway Patrol is proud to protect citizens from the intentional and unlawful criminal actions and antisemitic behavior that threaten the safety of our college campuses and communities," said Executive Director of the Florida Department of Highway Safety and Motor Vehicles Dave Kerner. "Through the direction and support of Governor DeSantis, Floridians can rest assured that FHP will not tolerate antisemitic agitators and will not stand on the sidelines, but instead will take immediate action to ensure public safety from radicalized intimidation and violence."

"Over the last few weeks we witnessed a descent into chaos across the country," said Chancellor of the State University System of Florida Ray Rodrigues. "Under the leadership of Governor DeSantis, we were able to maintain law and order by taking necessary security measures. Campus presidents had every resource at their disposal to protect all students and ensure that no student missed his or her 2024 commencement ceremony. Antisemitism will not be tolerated at our universities in the free state of Florida."

Governor DeSantis also directed colleges and universities in Florida to ensure commencement ceremonies are not canceled or disrupted. To view the memo, click here.

Additionally, Governor DeSantis further announced support for the following budgetary items to provide student safety funding:

\$569 million for K-12 school safety funding;

\$20 million to protect Jewish Day Schools; and

\$20 million to protect Florida's Historically Black Colleges and Universities (HBCUs).

Governor DeSantis will approve this funding when he signs the Focus on Florida's Future budget for 2024-2025. Since 2019, Governor DeSantis has invested a total of \$1.4 billion for all K-12 student safety initiatives for public school and Jewish Day School campuses. This includes nearly \$196 million for school hardening and over \$43 million for security guards and security infrastructure at Jewish Day Schools.

Additional Student Safety Measures

This week, Governor DeSantis signed HB 1473, which makes improvements to school safety across the state. In part, this bill:

Requires classroom doors and gates to be locked at all times;

Streamlines the process for former law enforcement officers to become school guardians;

Mandates instruction to students on using the Fortify Florida tool, which is the state's anonymous tip reporting tool; and

Prohibits the operation of a drone over a school campus or Jewish Day School.

Protecting Jewish Students

Following the terror attacks in Israel on October 7th, Governor DeSantis directed the State University System of Florida and the Florida College System to waive certain transfer application requirements for Jewish students at schools in other states who have a well-founded fear of antisemitic persecution at their current institution.

Executive Order 23-242 did the following:

Waived credit hour requirements for transfer applications that would typically affect first- and second-year postsecondary students.

Waived application date windows for transfers that would otherwise burden academically eligible students who are seeking to flee discriminatory circumstances.

Additionally, Governor DeSantis urged colleges and universities to use, at their discretion, their existing statutory authority to grant out-of-state tuition waivers on a case-by-case basis for those students who may face financial hardship when transferring to a Florida postsecondary institution from another state.

Governor Ron DeSantis and First Lady Casey DeSantis Highlight the Success of Hope Florida and Present Awards to Hope Florida Partners

Hope Florida has helped nearly 30,000 transition off of government assistance and is consequentially estimated to save Florida taxpayers nearly \$800 million dollars over the next 10 years.

PANAMA CITY BEACH, Fla. —Today, Governor Ron DeSantis and First Lady Casey DeSantis highlighted the success of the Hope Florida Initiative and awarded seven Panhandle nonprofit organizations with \$20,000 each through the Hope Florida Fund. Recipients recognized by the Governor and First Lady were: St. Andrew Christian Care Center, Food for Thought Outreach, A Bed 4 Me Foundation, Caring & Sharing of South Walton, BeGenerous, and Vision of Hope. The Governor and First Lady also awarded \$20,000 to First Baptist Church of Pensacola, one of the top five needs-meeting Hope Florida CarePortal churches in Florida.

Hope Florida funding awards are made possible by the generosity of the Florida private sector. Hope Florida utilizes Hope Navigators to guide Floridians on an individualized path to prosperity and economic independence by focusing on community collaboration between the private sector, faith-based communities, nonprofits, and government entities. This first-of-its-kind program brings together different parts of the community to

maximize support and uncover new opportunities for those going through difficult times. Hope Navigators help individuals identify their needs, develop long-term goals, map out a path forward, and work to ensure all sectors of the community have a 'seat at the table' to be part of a lasting solution.

First Lady Casey DeSantis launched the Hope Florida Fund in July 2022 to harness the charity of the private sector to fund deserving local nonprofit organizations who are supporting the Hope Florida Initiative. Since Hope Florida's launch, nearly 30,000 Floridians have reduced or are no longer reliant on government assistance, which is estimated to save the State of Florida nearly \$800 million over 10 years. Hope Florida serves families, young children, vulnerable women, those facing crisis, and other Floridians in need.

"Hope Florida is leading tens of thousands of Floridians off of government reliance and into prosperity and self-sufficiency," said Governor Ron DeSantis. "As a result of the program, we are saving taxpayers millions of dollars – nearly \$800 million over the next decade."

"It was a pleasure to visit Bay County today to recognize and award funding to seven nonprofits in the North Florida community, including one of our top five CarePortal need-meeting churches," said First Lady Casey DeSantis. "I am grateful for the opportunity to highlight their success and the continued success of the Hope Florida program."

"Hope Florida has transformed the way Floridians in need access critical resources and its success is undeniable," said Department of Children and Families Secretary Shevaun Harris. "Its power lies in the strength and engagement of thousands of community partners from all sectors coming together to support a family in need and to provide hope. We are so grateful for the leadership of Governor DeSantis and First Lady DeSantis for their unwavering support and continued investment in the growth of this amazing program."

"From his first day in office, Governor DeSantis has made engagement with our states's, faith and community organizations a top priority," said Erik Dellenback, The Governor's Liaison for Faith and Community. "And now, as we see the results of what is happening through the Hope Florida movement created by First Lady Casey DeSantis, I believe we are standing witness to an incredible model of simple yet profound connection that will sweep across the nation."

Floridians who are in need of support can connect with Hope Florida by visiting www.HopeFlorida.com or calling the Hope Line (850-300-HOPE).

Governor Ron DeSantis Announces Additional Actions to Combat Human Trafficking and Support Survivors

Governor Ron DeSantis announced additional actions in Florida to stop human trafficking. The governor will approve \$4.9 million in the 2024–2025 budget to expand access to emergency beds for victims of human trafficking and provide

additional support staff, as well as establish a \$900,000 grant opportunity through the Department of Children and Families to enhance training for law enforcement officers who respond to human trafficking incidents.

"Florida is being proactive about stopping human trafficking," said Governor Ron DeSantis. "Though our open southern border invites criminal activity like human trafficking, states can combat it with stronger penalties and increased training for emergency personnel to recognize and respond to trafficking, and today I was pleased to institute those measures in Florida."

"There is simply no place for human trafficking in the State of Florida. As someone who has been in the fight to combat human trafficking for more than 15 years, I can tell you that Florida has come a long way in combating this pervasive evil and is a recognized leader across the nation," said Lieutenant Governor Jeanette Nuñez. "Today's announcement reaffirms that Florida continues to lead the way in investing in prevention, enhancing training, and providing meaningful services that will help victims get back on their feet and start to rebuild their lives again with dignity and opportunity."

"Governor DeSantis is a strong ally in our fight to end human trafficking, and I am grateful for the resources Florida is dedicating to helping victims of trafficking become survivors," said Attorney General Ashley Moody. "I am also excited that our statewide reporting number is being added to mandatory awareness signs across Florida. If you see or suspect human trafficking, call 1-855-FLA-SAFE."

"Under the leadership of Governor DeSantis, Florida will continue to lead the nation in the fight against human trafficking," said Department of Children and Families Secretary Shevaun Harris. "Our Department will continue our work to support survivors, and with the help of our partners will ensure that the right services are available to meet their needs."

Governor DeSantis also today signed HB 7063, which:

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<https://tomlpublishing.com/florida-news/governor-ron-desantis-announces-additional-actions-to-combat-human-trafficking-and-support-survivors/>

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Mental Health

Continued from page 13

community. When it comes to mental health, one key step is finding people with whom you can talk openly. Rivera is a strong supporter of this idea, saying “Accepting help means that we are allowing somebody to bless our lives.”

She has also found ways to share that hope with her community. She organizes group activities to create “mental health boxes” for individuals who are struggling or being seen for inpatient mental health care. The boxes contain such things as reminders of family and loved ones, items to help with daily self-care and positive messages and quotes.

Expert Opinion

The notion of leaning into your community for support is one that's also backed by experts. Dave Eldredge from Huntsman Mental Health Institute says, “The reality is, we all have mental health—just like we all have physical health. And when we take care of our minds, we can show up stronger in our work and for the people we care about.”

Eldredge grew up in both rural Utah and rural Idaho and knows that talking about mental health in rural communities can feel difficult at first. “A big part of the challenge can be our mindset. We pride ourselves on being self-reliant, and that can be a wonderful thing. But when we open up to others for a helping hand or just a listening ear, we can actually be stronger.”

Online Help

To empower individuals and break down the stigma that can sometimes exist with this topic, the “Love, Your Mind” campaign launched a website with free mental health resources at

LoveYourMindToday.org. As Eldredge says, “We want people to know that they are not alone, and resources like LoveYourMindToday.org are a great place to take steps forward for your mental health. Together, we can change the narrative around mental health in rural communities across the country.”

Help for Military Families



(NAPSI) —Military families and veterans know that relocating loved ones when PCS

orders arrive can be stressful—but there are steps you can take to make things easier.

Keeping Military Families Connected

Internet and TV services typically come at the cost of being bound to a contract for a specific amount of time. This can make Internet changes, TV upgrades, and beyond even more difficult for military families.

What You Can Do

To ensure a seamless transfer of Internet and TV service or to find new providers when relocating, consider these tips:

Plan Ahead: Research Internet and TV service providers in your new location well before your move. Check if your current provider is available there and what the terms are for transferring service. If you need to find a new provider, compare plans, costs, and reviews to make an informed decision. To help, SmartMove has compiled the resources you need to stay connected during your move—from Service Members Civil Relief Act protections to military offers by specific providers.

Keep Important Documents Handy: Have copies of orders and other military documents readily available, as these may be required to terminate current contracts or to take advantage of military-specific offers.

Schedule Disconnection and Installation Dates: Coordinate the disconnection of your current service close to your moving date and schedule installation at your new home as early as possible. This reduces the risk of being without service when you need it most.

Check Equipment Requirements: If you're transferring service, ensure your current equipment (modems, routers, set-top boxes) is compatible with your new location's requirements. If you're switching providers, confirm whether you need to purchase or rent new equipment.

Backup Important Contacts and Information: Before disconnecting your current service, make sure to back up any important contacts or documents that may

be stored with your current Internet or TV provider.

Ask About Temporary Solutions: If there will be a gap between moving out and getting new services installed, ask about temporary Internet solutions. Some providers may offer portable WiFi devices or other short-term options.

Discounts and Support

Several Internet service providers (ISPs) offer military discounts and may provide flexible contracts or assistance tailored to the unique needs of military families. For instance, the Lifeline Program is an FCC program that offers Internet and phone discounts of up to \$9.25/month for eligible customers.

What's more, several support current and former military members and their families through employment opportunities and military-to-civilian transition programs.

Additionally, the Armed Forces Network recently launched AFN NOW—its very own streaming app—to make it easier than ever for service members to stream shows, sports, news, and movies. Plus, some streaming services may also offer subscription discounts on Veterans Day.

The experts at SmartMove make it easy to switch your services to the same provider in a new location, or find a new provider that meets your household's needs. They provide easy-to-use tools and resources to connect you with the best Internet, TV, and technologies to keep your life in sync while you serve your country.

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