



The Lady Lake Area Chamber of Commerce's July Networking Lunch hosted by Glenview Country Club was sponsored by the American Cancer Society, Walk for a Cure. The walk is family friendly so come and support and help fight the fight to end cancer. This event is free and more information can be found online.



**MaxxHealth** - Grand Opening and Ribbon Cutting for MaxxHealth, 910 Old Camp Road, Suite 152, The Villages

## FIGHT FIGHT FIGHT

By TomL

He said FIGHT FIGHT FIGHT with a clinched fist and blood running across his face. I was looking for fear, there was none. He was angry, discussed and had questions. Yes I'm talking about Donald J Trump! I feel the same way he does...Mad Discussed I have no fear, you should not when you are in the right. He was grateful that his attacker did not kill him. Many are convinced it was an act of God. I think they will find bad neglect and as a results they almost killed our candidate for President. and kill a great father shielding his family. Two other were injured and are in the hospital showing improvement.

Let's look back they have arrested him! Searched his home! Went through his family personal belonging! His family and himself have been threatened! They charged him with things that are not criminal acts and found him guilty. The legal system works slow but now the Dem's court cases are falling apart and prosecutor Jack Smith is not a legal prosecutor. Case closed! Now they have shot him! WHO SHOT HIM? Who's neglect allowed him to be shot? The blame game is coming out.

You better believe they are evil! I said in my last newspaper TRUMP IS COMING and the people are coming with him. The people who are trying to hurt him just don't realize, the deplorable's have a cause and anything you do to him, you do to them! A cause or belief just don't go away. The evil dark side is pushing the good side closer to GOD, FAMILY and they need a big change! Think back and remember who called his follower's deplorable's? Who paid for starting the Russia hooks? Who is the group trying to get rid of Biden? I do not believe

the Democratic party any more. Who said Donald Trump had to be stopped at all cost? I think they tried to stop him and the man above stopped them.

Will they try again? I hope his team protects him!!!

Let me restate what I said last month with a few little changes. TRUMP IS COMING! JD Vance, the Republican Party and millions of people are coming with him. To find the true I would start with the politician's who tried to strip Trump of his security. Now the FBI has broken the code on the guys phone. (The scrubbing begins) I think we have shown the shooters picture way to many times. The News Media is spinning the story as if Trump had fallen down and other story's. They are not stating he was shot by one of their followers & (the scrubbing continues).

It is hard to find the truth when everyone is CYOA's.

We need to legally guard the ballot boxes, Last Presidential election a group of people were jailed for illegally stuffing boxes. The estimate was 2,000 criminals being paid in a number of states. Check out the video 2,000 mules.



This is a picture of a Coral Snake that was run over by a tractor in a field in Marion County. About this time of year snakes heat. Sometimes they are looking for a new field because they have depleted the small toads, frogs and rodents. They do not seem to want to stay where is no food.



### WHAT IS HOPE FLORIDA?

Hope Florida serves as a connection point for community collaboration between the public and private sector, faith-based communities, and nonprofits. Through the efforts of Hope Navigators, they are going beyond government to create a pathway for Floridians to live up to their God-given potential and accomplish the American Dream – ultimately achieving prosperity and economic self-sufficiency. Read some featured events on page 2

## Sheriffs Association Summer Conference



### First Lady Casey DeSantis Highlights Hope Florida Success at the Florida Sheriffs Association Summer Conference

Nearly 130,000 printed resources have been distributed to law enforcement across the state as a way to help Floridians find help.

ORLANDO, Fla.—First Lady Casey DeSantis spoke at the Florida Sheriffs Association (FSA) Summer Conference to highlight Hope Florida as a referral resource for Florida Sheriffs and law enforcement.

“Often, law enforcement personnel encounter individuals who need help outside of the criminal justice system,” said First Lady Casey DeSantis. “They just need help and aren’t sure where to start. Now they can call one number to rally a community to help meet their needs, address their challenges, and ultimately provide a plan and a path to prosperity. We are proud to offer Hope Florida as a simple way for law enforcement to ensure those who need help can be connected quickly to Hope Navigators who are ready to provide assistance.”

“Florida Highway Patrol is proud to be directly involved in distributing information and supporting Hope Florida’s mission to the many Sheriff’s Offices and Police Departments throughout the state,” said Florida Department of Highway Safety and Motor Vehicles (FLHSMV) Executive Director Dave Kerner. “Hope Florida is an incredible asset that allows the men and women who protect and serve Floridians to direct them to available resources that cater to each individual’s specific needs, making a significant impact on their lives.”

“Many who choose to become law enforcement officers share a primary aspiration, and that is to help people,” said Florida Sheriffs Association President and Nassau County Sheriff Bill Leeper. “Florida’s sheriffs are honored to collaborate with First Lady Casey DeSantis through Hope Florida, providing our deputies with resources, including the Hope Florida brochures recently delivered to law enforcement offices, to guide those in need to Hope Florida so that they can uncover new opportunities through all parts of their community to maximize the support necessary.”

Since Hope Florida’s launch, nearly 100,000 Floridians have been connected to assistance and nearly 30,000 Floridians have reduced or are no longer reliant on government assistance.

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. One of the main goals of Hope Florida is to help Floridians realize economic self-sufficiency. As such, Hope Florida is estimated to save the State of Florida nearly \$800 million over 10 years.

Floridians who need support can connect with Hope Florida by visiting [www.HopeFlorida.com](http://www.HopeFlorida.com) or calling the Hope Line (850-300-HOPE).

## LL PD Investigates

LADY LAKE - Lady Lake Police officers responded to an altercation involving multiple people at the basketball courts at Guava Street Athletic Complex, located at 221 W. Guava St., on Thursday, July 18, at 7:29 p.m.

During the altercation, a suspect described as a light-skinned Black male with locs hairstyle and a red tattoo behind his ear retrieved a handgun from his white four-door sedan, possibly a Hyundai. As he left the area, he fired the weapon towards people at the basketball court. No one was injured.

Officers quickly secured the scene. Lady Lake Police conducted a thorough search of the surrounding neighborhoods, with assistance from the Lake County Sheriff’s Office and the Fruitland Park Police Department. Detectives interviewed witnesses and collected evidence. The search for the suspect and vehicle is ongoing.

“Hundreds of people -- including youth sports teams, families, and seniors -- enjoy our athletic fields and parks every week without issue,” said Police Chief Steve Hunt. “Lady Lake Police will continue to work to ensure our parks remain safe for everyone.”

Anyone with information regarding this incident is urged to contact Lady Lake Police Detective Jim Dunagan at (352) 751-1565 or via email at [jdunagan@ladylake.org](mailto:jdunagan@ladylake.org).

## Hope Florida

ORLANDO, Fla.—Today, First Lady Casey DeSantis, joined by **Department of Children and Families** Secretary Shevaun Harris and Guardian ad Litem Executive Director Dennis Moore, hosted a hands-on, healthy cooking class for Hope Florida mentors and mentees. The event showcased the partnership between Hope Florida and the Guardian ad Litem program, which has produced hundreds of mentorship pairings since it was launched in September 2023. More mentors are needed across the state of Florida for those youth aging out of the foster care system.

“As a mom to three young children, I know how important strong role models are to the success of our youth,” said First Lady Casey DeSantis. “It was heartwarming to spend time cooking with these amazing boys and girls in Florida’s foster program. There is a need for mentors across Florida—with over 100 in the Orlando area. I encourage those with a call to mentorship to apply



through Hope Florida.”

The First Lady’s Hope Florida – A Pathway to Promise initiative encourages foster families and youth aging out of foster care to connect with Hope Navigators who can pair them with volunteer mentors who assist with the transition to independent living by offering guidance, motivation, and emotional support.

“It’s incredible to see the difference a mentor makes in the lives of youth aging out of foster care,” said Executive Director Dennis Moore. “It was a pleasure to join First Lady Casey DeSantis and Secretary Harris as we encourage our Hope Florida mentees to live healthy, fulfilling lives. More mentors are needed and we encourage anyone with heart to serve to join this program.”

Since its launch last fall, Hope Florida has paired nearly 900 foster youth with mentors. In the Orlando area, over 100 foster youth are in need of a local mentor. Those interested in learning more about how to become a mentor for foster youth in their local community can visit [hopeflorida.com](http://hopeflorida.com) or call 850-300-HOPE.

“Every child should have a mentor to turn to who can help teach them life lessons and be there to guide them into adulthood,” said Department of Children and Families Secretary Shevaun Harris. “It was great getting to watch our foster youth engage in a fun cooking class with their mentors. We are

so fortunate for First Lady Casey DeSantis’ leadership in recruiting more mentors for our youth and continuing to expand opportunities for individuals to give back to their communities.”

Through implementation at multiple state agencies, 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. One of the main goals of Hope Florida is to help Floridians realize economic self-sufficiency. As such, Hope Florida is estimated to save the State of Florida nearly \$800 million over 10 years.

Floridians who are in need of support or foster youth in need of a mentor can connect with Hope Florida by visiting [www.HopeFlorida.com](http://www.HopeFlorida.com) or calling the Hope Line (850-300-HOPE).

## 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**”.



Florida State Senate

**DENNIS K. BAXLEY**



From the Desk of Senator Dennis Baxley---

Good morning friends-With the elections just around the corner, I wanted to share some more

information with you.

In Lake County, Vote-By-Mail Ballot mailouts begin on July 12<sup>th</sup>. Sample Ballots are available on July 29<sup>th</sup>.

Early Voting dates and times for the 2024 Primary Election are August 8<sup>th</sup>-17<sup>th</sup>, from 10:00 a.m. – 6:00 p.m. The Primary is on August 20<sup>th</sup>.

Early Voting dates and times for the General Election are October 21<sup>st</sup> – November 2<sup>nd</sup>, from 10:00 a.m. – 6:00 p.m. The General Election is on November 5<sup>th</sup>.

It's not too early to make sure your voting registration is in order, and you know where your voting precinct is located. For more information, contact your Supervisor of Elections office.

Onward & Upward



Visitor from out of town Lake Tusawilla Senior Fishing Derby this Pelican was showing the seniors how to catch fish. I

don't think they usually hang out on fresh water ponds but there he is!  
Photo by CKJ-13 Kay Johnson

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**Contact us today to be added to our email list and stay connected to local businesses & events!**



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- FAMILY OR GROUP PHOTOS
- CHILDREN'S BIRTHDAY PARTIES
- HIGH SCHOOL SENIOR PICTURES
- BABY REVEAL PHOTOS
- ENGAGEMENT
- BUSINESS OR ID PHOTOS
- PUBLIC OR PRIVATE EVENTS
- REUNIONS AND RECEPTIONS
- NO WEDDINGS
- PROFESSIONAL PHOTOGRAPHER PERMIT FOR SHALOM PARK.

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  
Trump got shot, a fire fighter was killed shielding his family, two other shot and nobody knows who was supposed to guarding the President elect. There are many unanswered questions

Trump grab his ear and went down to avoid getting hit again. Some thought he was hit in the head. A few minutes before people were yelling there is a man on the roof with a gun. 150 yards from the stage. No one stopped him! The same man was spotted earlier and listed as a suspicious person. No one stopped him! He was seen earlier that day with a range finder. That is use to get the exact footage to the target to put the cross hairs on target within inches. No one stopped him! This shooter's parents called the police and listed their son as missing and they said he had a gun. No one stopped him. He walked in the crowd for some time.

and I'm sure they will come out.

It has been a busy week. The republican Convention started shortly after the attempt on Trumps Life. When the shots rang out I was watching it live. I knew it was gun fire.

**PUBLISHER of TOML, Tom Loury... I don't text!**  
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 September*  
**Seniors Voice & Ocala DownTown**  
**Noon, Aug 23rd**  
**Lady Lake Magazine & Village Spectator**  
**12am, Aug 28th**

## 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

People reported him as a suspicious person. No one stopped him! I have been hearing rumors that security was told to stand down. I have trouble believing that.

One of the things I took away from Trump and Vance was they were going to lower taxes and replace it with the FairTax and import tax on products coming into our country. Especially automobiles. Shut down the mandate on Electric cars. The Electric cars are very bad for the environment as a junk car the battery's are lethal when getting into the ground water. Drill baby drill which will fire up the auto industry right away, they are dying. Start building all of our own parts for everything on an auto. We need to build our own up to date oil refinery's. There are some many things to do the first week Trump will have delegate jobs to do and then hold them accountable.

The stock market went crazy after Trump was shot and everyone found out he was OK, but right after that it dropped again. I don't understand all of that so that's why my wife and I depend on Nick Navetta to take care of our meager investments. Speaking of which we leave our Health Insurance to Christine Calvert. They both advertise in this paper, actually all of the people advertising with me I trust or they would not be there. Look through the paper and see who is advertising or has advertised. We keep a years worth of back issues on our websites all five of them.

The Referral clubs I belong to are the Ocala Business Leaders Breakfast group and the Select Business Associates Lunch group. If you want to promote your business call 352-804-1223 my number and I'll try to get you an invite.

I have been involved with the CEP Ocala Chamber of Commerce, they a very effective. Just show up at their functions with business cards and stick out your hand and you would be amazed. Also I am affiliated with the Lady Lake Chamber,

many moons ago I was president for two years. The ladies that are there now have taken it to a new high. Again show up with business cards and stick your hand out and you will meet a nice group of people.

Got to keep you eye open and beware. My wife was walking across the grocery store parking lot and a car pulled in front of her. It looked like she was alone, she was not I was close by.. A woman got out and was giving her sob story's and said she needed money for grocery's. Had she pulled out her wallet it would have been gone. There was a driver in the car with the motor running and the door was open for a fast get away. I got involved the woman saw that she was with me and left. You never know where they will come from. I reported to the store manager and she was going to look a the film from the parking lot and see what she could do about stopping it!

## Pass the Salt and Pepper

Seasoned etiquette aficionados often express dismay at the way people pass salt and pepper shakers. Regardless of which condiment a dining companion requests, in America, the polite response is to pass both shakers at the same time. This action conveniences everyone at the table. Think of salt and pepper as a pair of spouses or siblings — it becomes less likely that one will go missing if they stay together. Keeping the shakers in tandem also prevents a person from passing the wrong shaker. In addition, there's a chance the recipient's neighbor may need both ingredients, which are now within easy reach. Hence a rhyme that invokes two Blue's Clues characters: "Mr. Salt and Mrs. Pepper always travel around the table together!" Politeness also dictates that shakers be placed on the table, not into outstretched hands. The thinking is occasionally linked to the superstition that two people grasping a salt shaker will eventually argue.

## The New Reverse Mortgage

**Tuesday, Aug 13, 12:30pm**  
The Standard Coffee Lounge, 1552 Bella Cruz, The Villages  
**Register: 352-462-0636 or [www.RMexplained.com](http://www.RMexplained.com)**

**Wednesday, Aug 21, 12:30pm**  
Bob Evans, 360 Colony Blvd, The Villages

**Safely Apply Home Equity to Your Financial Security**  
Lunch provided with Reservation

**Presented by:**  
**Dan Kapellen**  
NMLS 2302495  
**Certified Reverse Mortgage Specialist**  
Resident of The Villages



# FAIRtax



consumption by all residents. The FAIRtax provides a progressive program called a prebate. This gives every LEGAL household an advanced refund at the beginning of each month so that purchases made up to the poverty line level are tax free. This prevents an unfair tax burden being placed on low-income households.

The current federal income tax system is clearly broken - unfair, overly complex and almost impossible to completely understand. There is however a reasonable and nonpartisan alternative that is both fair, efficient and easy to understand and that is the FAIRtax (HR 25).

The FAIRtax is a national sales tax that treats every person equally and allows American businesses to thrive while generating the same tax revenue as the four-million-word-plus tax code we now live under. The FAIRtax is NOT an add-on but a REPLACEMENT of the current income tax.

Under the FAIRtax, for the first time in recent history, American workers will bring home what they earn with the elimination of federal withholding from their paychecks giving them an instant raise in take-home. Social Security and Medicare benefits will not change. In fact, the FAIRtax actually puts these programs on a more solid foundation. Instead of being funded by worker's wages, which is a relatively small pool, they will be funded by taxes on overall

Once an item has been taxed (when new) it is not taxable again eliminating the double and sometimes triple taxation that comes with today's income tax system. You, the American taxpayer, will be in control of how much you pay in taxes through your spending habits not on how much money you make. If you are thrifty, you will pay lower taxes than someone who is not. Tax evasion and the underground economy costs each taxpayer today an additional \$2,500 every year. But by taxing new products and services consumed, the FAIRtax puts everyone in the country on the same level at the cash register.

Under the FAIRtax, the dreaded IRS will no longer be needed. There will be no more complicated tax forms, no individual audits and no intrusive federal bureaucracy requiring you to tell the government more about your financial life than you are willing to tell your own children. Retailers will collect the FAIRtax at the cash register the same as they do now for state sales taxes.

They will then submit it to the state taxing authority which will in turn pass it along to the US Treasury. Both the retailers and the states will be paid a fee for their collection services.

For further information regarding the FAIRtax please go to FAIRtax.org

Want to Kill the Death Tax?  
Only the FAIRtax can Pull the Trigger!

Want to learn more?  
Go to: FLfairtax.org or Call 352-804-0007

Testament my wish

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HABITATLS.ORG



**Acrisure - Grand Opening of The Villages Office for Acrisure, 2540 Burnsed Blvd., The Villages, FL 32163**



**Holy Sh'mokes Cigar, Wine and Coffee Lounge - Grand Opening and Ribbon Cutting, 1521 Buenos Aires Blvd, Lady Lake, FL 32159**



**Total Quantum Healing - Grand Opening and Ribbon Cutting for New Location, 855 NE 138th Lane, Building 500 Suite 501, Lady Lake, FL**

# Lake County Events



## MOVIE NIGHT - THE HILL

Wed, August 7, 2024 @ 6:30 PM  
First Presbyterian Church Mount Dora  
222 W 6th Ave, Mount Dora  
Contact Barbara Grace at 352-383-4089 or email [office@fpcmtdora.org](mailto:office@fpcmtdora.org).  
<https://www.fpcmtdora.org/>  
The true story of Rickey Hill, the son of a travelling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.

## WATER WEDNESDAY

Wed, August 14, 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](mailto:tracy.hauserman@lakecountyfl.gov).  
<http://www.lakecountyfl.gov/parks>  
Learn about American alligators. Take home an "Alligator Book" of activities and information. Pre-K-5th grade. Limited to 15 children. Reservation required.

## SUMMER YARD SALE

Fri, August 16, 2024 @ 8:00 AM  
Renningers  
20651 US HWY 441, Mount Dora  
352-383-8393 or email [doraantcenter@renningers.com](mailto: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  
Saturday, August 17, 2024 at 8:00 AM  
Sunday, August 18, 2024 at 8:00 AM

## OPEN HOUSE

Sat, August 17, 2024 @ 9:00 AM  
Open House  
Ellis Acres Reserve  
25302 County Road 42, Paisley  
Contact Linda Richardson at 352-267-2235 or email [linda.richardson@lakecountyfl.gov](mailto:linda.richardson@lakecountyfl.gov).  
<http://lakecountyfl.gov/parks>  
The Nature Center will be open and a naturalist will be on site to answer questions.

## QUARTERLY BIRD & BUTTERFLY SURVEY

Sat, August 17, 2024 @ 7:30 AM  
Quarterly Bird & Butterfly Survey  
Lake May Reserve  
36300 County Road 44A, Eustis  
Contact Gallus Quigley at 352-253-4950 or email [gallus.quigley@lakecountyfl.gov](mailto:gallus.quigley@lakecountyfl.gov).  
[https://c.lakecountyfl.gov/offices/parks\\_and\\_trails/event\\_reservations.aspx?mylakefl=true](https://c.lakecountyfl.gov/offices/parks_and_trails/event_reservations.aspx?mylakefl=true)  
Assist park staff with surveying the birds and butterflies that inhabit Lake County's conservation lands.

## DOWNTOWN CLERMONT WINE STROLLS

Sat, August 17, 2024 @ 6:30 PM

Downtown Clermont Wine Strolls...  
Downtown  
752 W. Montrose, Clermont  
\$25.00  
Contact Jenn Christy at 352-217-4359 or email [jenn.christy@clermontdowntown.com](mailto:jenn.christy@clermontdowntown.com).  
<http://www.ClermontDowntown.com>  
Explore historic Downtown Clermont while sampling 25 different wines at participating shops. Wine sampling starts at 6:30pm at each of the 20+ locations. You will receive a map of participating locations at Check-In where you will receive your wine glass and wristband for the evening.

## BUTTERFLY GARDENS (UF/IFAS MASTER GARDENER)

Mon, August 19, 2024 @ 2:00 PM  
Umatilla Public Library  
412 Hatfield Dr., Umatilla  
Contact Amy Stultz at 352-669-3284 or email [astultz@umatillalibrary.org](mailto:astultz@umatillalibrary.org).  
<https://www.umatillalibrary.org/adult>  
Learn more about planting and managing a butterfly garden in your home.

## READING WITH NATURALIST

Wed, August 21, 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](mailto:tracy.hauserman@lakecountyfl.gov).  
<http://www.lakecountyfl.gov/parks>  
Come join the Naturalist for a reading of "AAAlligator". Learn about what the alligator needs to survive and the impact we have on their lives. Create an alligator loop animal. Pre-K-5th grade. Limit 15 children. Reservation required.

## MOVIE NIGHT - FINDING NORMAL

Wed, August 21, 2024 @ 6:30 PM  
First Presbyterian Church Mount Dora  
222 W 6th Ave, Mount Dora  
Contact Barbara Grace at 352-383-4089 or email [office@fpcmtdora.org](mailto:office@fpcmtdora.org).  
<https://www.fpcmtdora.org/>  
While driving cross-country, a surgeon (Candace Cameron Bure) has an unexpected encounter in North Carolina that derails her plans to join her boyfriend in the Hamptons.

## QUARTERLY BIRD & BUTTERFLY SURVEY

Sat, August 24, 2024 @ 7:30 AM  
Ellis Acres Reserve  
25302 County Road 42, Paisley  
Contact Gallus Quigley at 352-253-4950 or email [gallus.quigley@lakecountyfl.gov](mailto:gallus.quigley@lakecountyfl.gov).  
[https://c.lakecountyfl.gov/offices/parks\\_and\\_trails/event\\_reservations.aspx?mylakefl=true](https://c.lakecountyfl.gov/offices/parks_and_trails/event_reservations.aspx?mylakefl=true)  
Assist Park Staff with surveying the birds and butterflies that inhabit Lake County's conservation lands.

## STORIES IN THE SAND

Wed, August 28, 2024 @ 9:00 AM  
Lake May Reserve  
36300 County Road 44A, Eustis  
Contact Linda Richardson at 352-267-2235 or email [linda.richardson@lakecountyfl.gov](mailto:linda.richardson@lakecountyfl.gov).  
<https://lakecountyfl.gov/parks>  
Wildlife use the trails of Lake May Reserve just as humans do. Can you identify the tracks and signs left by the wild residents?



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# Lady Lake Chamber Business Luncheon

The Lady Lake Area Chamber of Commerce's July Networking Lunch hosted by Glenview Country Club was sponsored by the American Cancer Society, Walk for a Cure. Chamber Members heard first hand about the walk and the opportunities for residents and businesses to join in! Approximately 40 business people/members enjoyed the talk and had a great meal. If you want to know more about the Chamber or the networking event call the Lady Lake Chamber and inquire. 352-753-6029



# Lady Lake Chamber Business Luncheon



# Adult AUGUST Lady Lake Library

Hours:  
 Monday: 9am-7pm  
 Tuesday-Friday: 9am-6pm  
 Saturday and Sunday: Closed



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	Wellness from Within: The impact of Thoughts and Emotion on your Whole health @ 2-3pm	8	BestBuy iPhone/iPad @ 9:30am
12	Book Discussion @ 2-4pm	SHINE 2-4pm	Bingo! @2-3:30pm sign up required	What is the BioField presentation @ 2-3pm
19	20	Authors Round Table @ 2-4pm	Board Games Meetup! @2-4pm The Ultimate Guide to Happiness and Fulfillment @2-3pm	BestBuy iMac @ 9:30am
	27	SHINE 2-4pm	Crochet and Knitting Hangout @ 2-3:30pm	Movies at the Library! Ghostbusters: The Frozen Empire (PG-13) @ 2 pm

# Youth AUGUST Lady Lake Library

Hours:  
 Monday: 9am-7pm  
 Tuesday-Friday: 9am-6pm  
 Saturday and Sunday: Closed



Monday	Tuesday	Wednesday	Thursday	Friday
	Join Us In Our Monthly Scavenger Hunt! Follow the clues and win a cool prize!		1	Baby Storytime @10:30am Video Games @3:30-4:30pm
5 Craft Kits Available! While supplies last.	Tiny Tots @ 10:30am Family Crafting @ 3:30pm	Storytime 10:30am Read with Scarlett 3:00pm-4:00pm		9 Lego Masters @ 3:30-4:30pm
12 Craft Kits Available! While supplies last.	Tiny Tots @ 10:30am Family Crafting @ 3:30pm	Storytime 10:30am Read with Scarlett 3:00pm-4:00pm	15	Baby Storytime @10:30am Video Games @3:30-4:30pm
19 Craft Kits Available! While supplies last.	Tiny Tots @ 10:30am Family Crafting @ 3:30pm	Storytime 10:30am Read with Scarlett 3:00pm-4:00pm	22	Lego Masters @ 3:30pm
26 Craft Kits Available! While supplies last.	Tiny Tots @ 10:30am Family Crafting @ 3:30pm	Storytime 10:30am Read with Scarlett 3:00pm-4:00pm		Baby Storytime @10:30am Video Games @3:30-4:30pm

## When Planning International Travel



### When Planning International Travel, Measles Vaccination is Peace of Mind for the Whole Family

By Dr. David Sugerman

(NAPSI)—As a parent, I know that preparing for international travel with kids is more than just packing a suitcase. Whether we are visiting relatives we haven't seen for a long time or helping our children see the world, we all can agree that protecting our family's health is the top priority. As a doctor, I know that beyond sorting out missing socks and packing suitcases, there is another important step to prepare for international travel: measles vaccination. Your whole family needs to be protected by measles vaccination, including babies as young as six months old.

While the risk for measles in the U.S. remains thankfully low due to high rates of immunization, measles can occur anywhere in the world, and you can be exposed during international travel. Every year, U.S. residents who are unvaccinated get measles while traveling internationally and get sick after they come home, often spreading it to others. Measles is more than just a little rash; it's a serious disease that can cause severe complications, especially in young children. Measles is also highly contagious. If one person has it, up to 9 out of 10 people nearby can become infected if they are not vaccinated.

The good news is that two doses of the

measles, mumps, and rubella (MMR) vaccine provide safe, long-lasting protection against measles. While most children receive their first dose of MMR vaccine around 1 year old, babies as young as six months old who are traveling overseas should get an early dose to help protect them when they are the most vulnerable. And while most children get their 2nd dose after the age of 4, children between 1 and 4 years of age should get a 2nd dose before traveling internationally to provide the best protection.

Why risk being exposed away from home when you can protect the whole family by vaccination? It takes about two weeks to develop protection from the vaccine, so now is the time to plan before you take a trip. If your trip is less than 2 weeks away, you can still get a dose of MMR vaccine. As a reminder, college kids or young adults traveling might need a dose, too, if they didn't get all of them as a children. As a doctor, I hope you will talk with your own doctor, nurse, or clinic about measles vaccination to protect the whole family. As a dad, I might never find that missing sock—but I'll have peace of mind knowing my family is protected from disease by vaccination.

You can learn more about measles vaccination and how to plan for travel here at <https://www.cdc.gov/measles/travel/index.html>.

*Dr. David Sugerman is a medical officer in the Division of Viral Diseases, Centers for Disease Control and Prevention (CDC).*

## Energy Efficient Upgrades



### The EPA Can Help You Save Big On Energy Efficient Upgrades For The Home

(NAPSI)—If you're like most homeowners, there's probably a laundry list of major upgrades you'd like to make to improve the efficiency, performance, and functionality of your house. However, high upfront costs and project complexity can keep you from taking action, especially when projects involve expensive but essential systems, such as heating and cooling, water heater, and home envelope. Now, though, thanks to the Inflation Reduction Act (2022), there are numerous financial incentives that can significantly reduce the cost of these upgrades, making them more affordable and accessible, even for low- and middle-income households.

To help Americans take advantage of these financial opportunities and make these projects easier, ENERGY STAR recently launched a home improvement savings web tool. This handy online tool is a one-stop shop that lets you enter your ZIP code and find information on incentives available to you. Currently, it features generous tax credits and utility rebates that can help you substantially lower costs on

qualifying products. Over time, it will include additional information on state energy efficiency rebates for low- and moderate-income households as they come online. Find the tool at: [energystar.gov/homesavings](https://energystar.gov/homesavings).

**What projects qualify?** These incentives cover projects that tackle your home's biggest energy users, such as heating and cooling systems, water heaters, insulation, and more. These areas are not only the biggest energy users, they're essential systems that are expensive to upgrade. By taking advantage of these incentives, you can significantly reduce the cost of purchase, as well as your energy bills.

**What savings are available?** There are numerous ways homeowners can save on upfront costs:

**Federal tax credits:** Tax credits provide annual discounts of 30% of project costs, up to \$3,200, for products such as heat pump HVAC, heat pump water heaters, windows, and insulation.

**State Rebates:** As of May 2024, state rebate programs offer incentives available depending on your income. These include a discount of up to \$8,000 for switching to an ENERGY STAR-certified electric heat pump HVAC system and \$1,750 for installing an ENERGY STAR-certified electric heat pump water heater. You can find rebates offered in New York on the home savings tool and learn the status of other state programs here.

**Utility Rebates:** In addition to the Inflation Reduction Act incentives, many utilities offer rebates on ENERGY STAR-certified appliances and equipment.

ENERGY STAR is the government-backed symbol for energy efficiency,

*Continued page 12*



# WQBQ

# 1410 AM & 95.1 FM

## "The Voice Of Lake County"

# [www.WQBQ1410.com](http://www.WQBQ1410.com)

FROM THE DESK OF  
**CONGRESSWOMAN KAT CAMMACK**



**A July Legislative Update**

Dear Neighbor,  
 Only two legislative weeks remain in July until the House is out for August recess. During those busy weeks in August, we'll

be all over the district, visiting businesses, manufacturing facilities, health care practices, and more. We look forward to seeing you and your families as we relish the time back in the best congressional district in the country.

This week, we wanted to share a few important bills we've co-sponsored over the last several weeks that affect our veterans, farmers, and all American taxpayers. You can take a look at each of those bills below to learn more about them.

We hope you have a great weekend and look forward to sharing more from Washington, D.C. next week as July comes to a close.

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.

**Honoring Our Vietnam Veterans Who Served In Dustoff Crews**

I am proud to co-sponsor H.R. 1015, the Dustoff Crews of the Vietnam War Congressional Gold Medal Act. Dustoff crews performed aeromedical evacuations from May 1962 to March 1973, proving to be the difference between life and death for wounded personnel.

Being a Dustoff Crewmember in Vietnam meant a 1 in 3 chance of being wounded or

killed. They constantly operated in complete darkness, in bad weather, over mountainous terrain, and braved intense enemy fire.

I'm pleased to join Rep. Cathy McMorris Rodgers and Rep. Derek Kilmer in this important bill to award these heroes their due.

**Defending Our Dairy Farmers**

I'm a proud co-sponsor of the DAIRY PRIDE Act, a bill that prohibits the sale of any food that uses the market name of a dairy product (such as milk, yogurt, or cream cheese) unless the food (1) is the milk of a hooved animal, (2) is derived from such milk, or (3) contains such milk as a primary ingredient.

We're tremendously proud of our dairy products in Florida and support their recognition as what they are: true dairy products.

**Protecting Medicaid**

I was glad to join my colleagues in signing onto H.R. 7014, the Protect Medicaid Act. The bill prohibits federal payment under Medicaid for the administrative costs of providing health benefits to noncitizens who are ineligible for Medicaid based on their immigration status. American taxpayers shouldn't be on the hook for the health care of those in the country illegally.

**Congresswoman Kat Cammack, Senator Rick Scott Lead Legislation To Expand HSAs, Support Families Using IVF**

WASHINGTON, D.C. —Congresswoman Kat Cammack and Senator Rick Scott introduced the Increasing Value for Families (IVF) with HSAs Act to help individuals and families better plan and pay for medical expenses,

like in vitro fertilization (IVF), by decoupling Health Savings Accounts (HSA) from high-deductible health plans, and doubling the current contribution limits on HSAs from \$4,300 to \$8,600 for individuals and \$8,550 to \$17,100 for families.

Senator Scott and Rep. Cammack are also leading a bicameral resolution expressing their full support of IVF.

"I'm pleased to join Senator Scott on this effort to support American families and look forward to growing the legislation's support in the House," said Rep. Kat Cammack. "Building and growing a family is part of the American dream for millions in our country, but for too many parents and parents-to-be, IVF's high costs put the option out of reach. By expanding HSA eligibility and increasing contribution limits for those HSAs, we're pursuing solutions that will help make dreams reality. I'm proud of Florida legislators' leadership on this issue and encourage my colleagues to join me in standing by our young families."

Senator Rick Scott said, "IVF is a wonderful thing that enables so many Americans to start and grow their families. For me and my family, the blessing of IVF is personal, as my youngest daughter is currently undergoing IVF treatments to grow her family. While IVF is a blessing that is widely available and overwhelmingly supported, its high cost remains a barrier for many families and that's something that ought to change. Today, I'm proud to introduce the Increasing Value for Families (IVF) with HSAs Act to help support current and aspiring parents looking at IVF as a way to grow their family, and be joined by Rep. Kat Cammack who will lead this effort in the House. Our proposal allows every individual and family to better plan and pay for medical expenses, such as IVF, by expanding eligibility for Health Savings Accounts and increasing the current contribution limits on those HSAs. This bill is commonsense and what American families expect out of Washington – solutions that make their lives easier and dreams possible. I urge all of our colleagues to join us in fighting to quickly

pass this bill and help families plan for medical expenses, and hopefully expand their families and bring more beautiful children into the world."

In March, Congresswoman Cammack introduced a resolution in the House of Representatives expressing support for Americans who are starting and growing families through in vitro fertilization (IVF). Senator Scott leads the resolution in the U.S. Senate. Read more here.

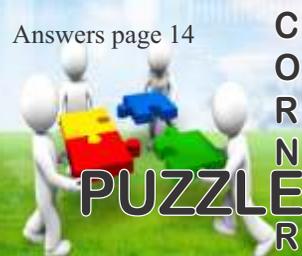
Original House cosponsors include Reps. Tom Kean Jr. (R-NJ-07) and Lori Chavez-DeRemer (R-OR-05).

**Help Save Big**

*Continued from page 11*  
 providing simple, credible, and unbiased information that consumers and businesses rely on to make well-informed decisions. Since 1992, ENERGY STAR and its partners have helped American families and businesses avoid more than \$500 billion in energy costs and achieve more than 4 billion metric tons of greenhouse gas reductions.

Bringing our community together...  
 Call/Email Tom:  
**352-804-1223**  
**tloury@att.net**

Ocala Downtown Seniors Voice of Ocala Village Spectator Lady Lake Magazine



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## FROM THE DESK OF ATTORNEY GENERAL MOODY



**Ashley Moody urges Senate to pass SAVE Act for election security**

**Florida Attorney General Ashley Moody** and a coalition of 22

state attorneys general are urging the U.S. Senate to pass the Safeguard American Voter Eligibility Act (SAVE Act), which aims to prevent illegal voting by ensuring only American citizens can vote in elections.

“The SAVE Act is crucial legislation that ensures only Americans vote in American elections, and I strongly urge the United States Senate to pass this bill,” Moody said on Tuesday.

The attorneys general sent a letter to congressional leaders expressing concerns that President **Joe Biden's** immigration policies have led to a rise in illegal immigration, which they argue could undermine election security.

The consortium pointed to instances where it was alleged that noncitizens are allowed to vote in local elections and noted that some states, like Arizona, permit noncitizens to vote in federal elections if they register without proof of citizenship.

“The SAVE Act protects our elections from illegal immigrants and upholds the rule of law,” the letter states. “Under the SAVE Act, individuals must provide proof of citizenship when registering to vote.” The act also allows states to access federal databases to identify and remove noncitizens from voter rolls.

Moody's endorsement aligns with Florida's efforts to enhance election security, including requiring proof of citizenship and photo ID for voter registration.

The coalition includes attorneys general from Alabama, Arkansas, Georgia, Idaho, Indiana, Iowa, Kansas, Louisiana, Mississippi, Missouri, Montana, Nebraska, New Hampshire, Oklahoma, South Carolina, South Dakota, Tennessee, Utah, Virginia, West Virginia and Wyoming.

**ATTORNEY GENERAL MOODY AND COALITION CALL ON US SENATE TO PASS SAVE ACT TO ENSURE ONLY AMERICANS VOTE IN AMERICAN ELECTIONS**

Attorney General Ashley Moody and a coalition of state attorneys general today called on the United States Senate to pass the Safeguard American Voter Eligibility Act, or the SAVE Act, to ensure election integrity by protecting United States elections from illegal voters. The attorneys general call the bill a “common-sense reform” that has broad support among American voters.

**Attorney General Ashley Moody** said, “The SAVE Act is important legislation that ensures only Americans vote in American elections, and I along with my colleagues strongly urge the United States Senate to pass this bill.”

In a letter sent to congressional leaders,

the attorneys general note, “President Biden's immigration disaster now threatens the security of America's elections. During this surge in illegal immigration, cities and States across the country have started allowing noncitizens to vote in their elections. But allowing illegal voters in State and local elections, while bad enough, does not remain confined to just those elections. Indeed, some States have taken an even odder approach. Arizona's Secretary of State explains that voters who register to vote without proof of citizenship will be designated 'federal-only' voters, meaning they are allowed to vote in federal, but not state or local, elections.”

The attorneys general go on to say, “The SAVE Act protects our elections from illegal immigrants and upholds the rule of law. Under the SAVE Act, individuals must provide proof of citizenship when registering to vote. The SAVE Act also will help States identify and remove illegal immigrants from their voter registration rolls by providing States with access to federal databases. Those simple, common-sense reforms will protect our elections.”

The 22-state coalition is strongly urging Congress to pass the SAVE Act to provide necessary security and ensure only Americans participate in American elections.

Attorney General Moody is joined by the attorneys general from Alabama, Arkansas, Georgia, Idaho, Indiana, Iowa, Kansas, Louisiana, Mississippi, Missouri, Montana, Nebraska, New Hampshire, Oklahoma, South Carolina, South Dakota, Tennessee, Utah, Virginia, West Virginia and Wyoming.

**ATTORNEY GENERAL MOODY ANNOUNCES 2024 FLORIDA SCHOOL RESOURCE OFFICER OF THE YEAR**

TALLAHASSEE, Fla.—Attorney General Ashley Moody today announced the 2024 Florida School Resource Officer of the Year, Columbia County Sheriff Deputy Scott Ceckanowicz. Dep. Ceckanowicz has served as an SRO for six years, is described by peers as being exceptionally attentive and demonstrates a keen awareness of the needs and concerns of both students and staff alike—volunteering after hours to help with school projects.

**Attorney General Ashley Moody** said, “School resource officers have a very important role in the safety and wellbeing of our students. The 2024 Florida School Resource Officer of the Year, Deputy Ceckanowicz, goes above and beyond to protect the children where he serves and ensures they have the tools they need to succeed in and out of the classroom. His dedication to the school he serves is unmatched and I am grateful for his service and the example he sets for our students.”

**Columbia County Sheriff Mark Hunter** said, “Deputy Ceckanowicz's dedication to our School Resource Unit and his passion for students is beyond measure. Everything he does for these kids, he does from the heart, not from obligation, and in doing so, strengthens the trust between the students and law enforcement.”

Known as Deputy Chewy to the students at Melrose Elementary, Dep. Ceckanowicz became a law enforcement officer in 2000

and began working at the Columbia County Sheriff's Office 13 years ago.

Through steady support and encouragement, Dep. Ceckanowicz creates a positive and nurturing environment for students. Each morning, Dep. Ceckanowicz can be seen giving each student that passes by a high five. Off duty, Dep. Ceckanowicz is known to stay late and provide extra help with activities on campus and organizing educational projects. Even on the weekends, the deputy has built shelves for teachers and fixed broken bicycles that are then donated to students who walk to school.

Dep. Ceckanowicz received the 2024 Florida School Resource Officer of the Year Award today at the Florida School Resource Officers Association Summer Conference. To nominate an officer to become the next Florida School Resource Officer of the Year, click [here](#).

To join Dep. Ceckanowicz in the state's law enforcement family, visit [BeAFloridaHero.com](#) for open positions and contact information to apply for available jobs at Florida agencies. For more information about working for the Columbia County Sheriff's Office, click [here](#) for job postings.

## Medicare's Extra Help

**Medicare's Extra Help Program Helps More People Save More Money on Prescription Costs**

Due to a new law, more people qualify for more prescription drug savings with Medicare's Extra Help program, so it could pay to apply even if you don't think you qualify or if you were denied before. Many people qualify for Extra Help and don't know it.

You may be able to save money on your Part D prescription drug costs through Medicare's Extra Help program, including \$0 drug plan premiums, \$0 deductibles, and lower out-of-pocket costs. With Medicare's Extra Help, you'll pay no more than \$4.50 for generic drugs and \$11.20 for brand-name drugs. The savings can really add up.

Apply for Extra Help if you have income below these limits:

Individuals—Your yearly income is less than \$22,590.

Married and living with your spouse—Your yearly income is less than \$30,660.

Apply through the Social Security Administration by visiting [ssa.gov/extrahelp](#) where you can complete and submit your application.

Need help applying? Access personalized health insurance counseling in your community at no cost, available from your State Health Insurance Assistance Program (SHIP). Visit [shiphelp.org](#) or call 1-800-MEDICARE for locations near you.

Even if you don't qualify for Extra Help now, you can reapply for Extra Help any time if your income and resources change.

To learn more about Medicare's Extra Help program, visit [Medicare.gov](#) or call 1-800-MEDICARE.

Information provided by the U.S. Department of Health & Human Services.

Article Link  
<https://about.newsusa.com/medicare-extra-help-program-helps-more-people-save-more-money-on-prescription-costs>

## Pharmacy Benefits



**Pharmacy Benefit Companies Are More Valuable Now Than Ever**

Recently, there has been a lot of discussion by politicians about how to address prescription drug prices and out-of-pocket costs for Americans. Unfortunately, some of that discussion has wrongfully pointed the finger at pharmacy benefit companies (PBMs).

How do PBMs work? PBMs help ensure more than 275 million Americans can get the medicines they need, easily and affordably. Your employer or health insurance company chooses to hire a PBM for their expertise in prescription drugs and pharmacy benefits. PBMs negotiate directly with drug companies to lower drug costs by \$1,040 per patient every year. They also reduce medication errors, provide valuable clinical services, and help keep patients healthy.

Because of the savings PBMs secure, drug companies who want to be paid more for their products and pharmacies that want to be paid more for their services are funding self-interested attacks on the PBM industry.

Americans should be skeptical of these attacks on PBMs – the only stakeholder dedicated to lowering drug costs.

Concerningly, some members of Congress have taken the bait from drug companies and are considering misguided policies targeting PBMs. For example, a proposed policy called “delinking” is being pushed as a solution, yet respected economists from the University of Chicago, USC Schaeffer Center, and Jack Kemp Foundation agree that the policy would instead increase costs for patients, employers, and taxpayers.

Fortunately, encouraging innovation in the pharmacy benefits market is improving how patients access and pay for their prescription drugs. For example:

The PBM marketplace has grown more competitive with over 70 full-service companies offering varying benefit design and contracting options.

In light of rising drug prices, PBMs have implemented new innovative offerings to help employers lower out-of-pocket costs for patients.

PBMs have responded to the high list prices of popular GLP-1 weight loss medications by negotiating savings and providing employers options to cover these drugs.

Greater biosimilar uptake is being encouraged by PBMs, as a more affordable alternative to high-priced brand name drugs.

PBMs are empowering pharmacists to practice at the top of their license and implementing programs to support rural pharmacies.

Policymakers have an opportunity to deliver what patients need when it comes to prescription drugs – lower costs and better

GOVERNOR DESANTIS



Governor Ron DeSantis Awards More Than \$12 Million in Northwest Florida Through the Job Growth Grant Fund

**PENSACOLA, Fla.**—Today, Governor Ron DeSantis awarded funds for workforce development and infrastructure improvements through the Florida Job Growth Grant Fund (JGGF) and the Defense Infrastructure Grant (DIG). Awards were made to Pensacola State College, the city of DeFuniak Springs, Santa Rosa County, and Jackson County for projects that will support the aviation and aerospace industry, the military and defense industry, and increase access to workforce housing.

“Today’s awards will help bring high demand, high wage jobs and businesses to Northwest Florida,” said **Governor Ron DeSantis**. “These strategic investments will benefit Escambia, Walton, Santa Rosa and Jackson counties and provide new opportunities for families from across the Panhandle.”

“Governor DeSantis’ focus on catalytic infrastructure and workforce investments, especially in sectors such as manufacturing, aerospace and aviation, and military and defense, will continue to bring job creators and job seekers to Northwest Florida,” said **Secretary of Commerce J. Alex Kelly**. “I’m especially grateful for the Governor’s support of the community-driven visions in each of these projects.”

The following entities will receive an award through the Florida Job Growth Grant Fund:

▪ **Pensacola State College (\$4,410,000)** – to establish a new Airframe and Powerplant Mechanics program. This project will support the construction of a new hanger, training equipment, and operating costs for the education program which will be located at the Pensacola Airport.

▪ **DeFuniak Springs (\$3,051,550)** – to construct two 6,400-square-foot hangers, one 10,000-square-foot hanger, a taxiway, an access road, and associated utilities. This infrastructure will allow the airport to attract new innovative employers in aerospace and defense, including Advanced Air Mobility (AAM). The project will create 500 jobs and have a total estimated fiscal impact of more than \$12.3 million.

▪ **Jackson County (\$4,680,059)** – to connect a workforce housing development with an industrial area with a new 1.3-mile, two-lane road. This project will create at least jobs 400 new jobs and has an estimated impact of \$12.5 million. This award builds on more than \$23 million in strategic investments in Jackson County, including more than \$15 million through the Rural Infrastructure Fund, more than \$7 million through the Broadband Opportunity Program, and \$1.5 million through the Florida Small

Cities Community Development Block Grant program to encourage job creation, capital investment, and economic development.

The Florida Job Growth Grant Fund is an economic development program designed to promote public infrastructure and workforce training across the state. Proposals are reviewed by FloridaCommerce and are chosen by Governor DeSantis to meet the demands for workforce training or infrastructure needs in communities around the state.

**The following entity will receive an award through the Defense Infrastructure Grant:**

▪ **Santa Rosa County Whiting Aviation Park – Security Fence Project (\$500,000)** – to create a secure, double-entry gate system connecting NAS Whiting Aviation Park. This will allow aircraft to move safely and efficiently between the base and maintenance area, which will enhance security and maintenance operations. A new electronic gate will also speed up emergency response and provide a secure route for personnel and equipment.

Defense Infrastructure Grants support transportation and access, housing, utilities, communications, and security needs for military communities across the state.

**Governor Ron DeSantis Appoints Six to the Florida Greenways and Trails Council**

**TALLAHASSEE, Fla.**—Today, Governor Ron DeSantis announced the appointment of Paul “P.J.” Marinelli, Karl Rasmussen, and Morgan Wilbanks and the reappointment of Michael Stephens, Scott Stryker, and Stephanie Wardein to the Florida Greenways and Trails Council.

**Paul “P.J.” Marinelli**

Marinelli, of Naples, is the President of RiverGlades Family Offices, LLC. Active in his community, he serves as Chairman of the Florida Wildlife Corridor Foundation Board of Directors. Marinelli earned his bachelor’s degree from Duke University.

**Karl Rasmussen**

Rasmussen, of Tallahassee, is a Senior Policy Advisor at Metz, Husband, & Daughton, P.A. Previously, he served as a Deputy Chief of Staff and Director of Cabinet Affairs for Governor Rick Scott. Rasmussen also served as the Assistant Director of State Lands and as the Cabinet Affairs Director for the Florida Department of Environmental Protection.

**Morgan Wilbanks**

Wilbanks, of Fleming Island, is the Vice President of Operations for the Stellar Group, Inc. Active in his community, he is a board member of the Clay County Economic Development Corporation and Young Life Clay County. Wilbanks earned his bachelor’s degree in construction engineering from Texas Tech University.

**Michael Stephens**

Stephens, of Umatilla, is the Senior Vice President for United Southern Bank. Active in his community, he serves as Chairman of the Trails Committee of Lake 100 and is a member of the Ocala Mountain Bike Association. Stephens earned his bachelor’s degree in business administration from

Stetson University.

**Scott Stryker**

Stryker, of Estero, is the Director of Membership and Communications for the National Association for the Self-Employed. Active in his community, he currently serves as a board member of the Lee County Metropolitan Planning Organization Bicycle Pedestrian Coordinating Committee. Stryker earned his bachelor’s degree in philosophy and legal studies from Florida Gulf Coast University.

**Stephanie Wardein**

Wardein, of Babcock Ranch, is the President and Chief Executive Officer of the Ronald McDonald House Charities of Southwest Florida. She serves as the event Chair of the American Heart Association Board of Directors and is a member of the Ave Maria University School of Nursing Advisory Board. Wardein earned her bachelor’s degree from Franciscan University of Steubenville and her master’s degree from Ave Maria University.

equity and access—emphasize that the best way to reduce the risk of severe illness from both flu and COVID-19 is to stay up to date with recommended vaccinations.

Some viruses, such as those that cause measles and polio, change infrequently. This means that the vaccines for these viruses can provide immunity that is longer-lasting. By contrast, frequent changes in the viruses that cause COVID-19 and flu mean the protection provided by these vaccines will wane as new variants emerge.

Flu and COVID-19 are serious diseases. Between October 1, 2023, and June 1, 2024, there were approximately 44,000 deaths attributed to COVID-19, and at least 24,000 deaths associated with flu. These numbers highlight the ongoing importance of staying current with vaccinations to protect yourself and your family from these viruses.

Updated flu and COVID-19 vaccines will be available this fall that are formulated to protect against the variants that are most likely to be circulating during the upcoming respiratory illness season. The Centers for Disease Control and Prevention (CDC) recommends the 2024-2025 COVID-19 vaccines and routine annual influenza vaccines for individuals aged 6 months and older.

COVID-19 remains a serious threat to public health and still poses significant risks. Staying current on your flu and COVID-19 vaccines is the best way to maintain protection from these illnesses. Help reduce the risk of interruptions and challenges that come from upticks in flu and COVID-19 infections by getting vaccinated this fall.

Visit [cveep.org/stayupdated](http://cveep.org/stayupdated) for more

**Pharmacy Benefits**

*Continued from page 13*

access. By encouraging the market to continue innovating to address these needs and tailoring policies to promote competition and build on this progress, we can work together to help patients have affordable access to the drugs they need. Learn more about how PBMs are delivering value to patients, employers, and pharmacies at [www.HowPBMsWork.org](http://www.HowPBMsWork.org).

Article link: <https://about.newsusa.com/pharmacy-benefit-companies-are-more-valuable-now-than-ever>

**Changing Flu & COVID viruses**



**Protect Yourself from Changing Flu and COVID-19 Viruses**

(NewsUSA) - The viruses that cause COVID-19 and flu continuously change or “mutate” to escape our natural immune responses and the protection provided by vaccines. As a result, for both flu and COVID-19, vaccination is not a “one and done” proposition.

Fortunately, as these viruses change, flu and COVID-19 vaccines are updated to protect the public against the variants that are currently circulating. Experts at Champions for Vaccine Education, Equity, and Progress (CVEEP)—a coalition dedicated to educating the public about vaccines and promoting

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# How To Teach Your Children To Be Household Helpers



consuming, involving your children in the home can bring a sense of joy and togetherness, helping them gain confidence, a sense of accountability, and a deeper connection to their family members.

If you're thinking, "But where do I start?" the key is in the approach and consistency.

thumb, your child should be assigned one role or responsibility for each year of age. If they're three years old, give them three tasks. Make sure the tasks fit their developmental level. If you make them too difficult, they could get frustrated along the way.

It's all about learning and growth. If you

keep this top of mind, you're bound to be successful. Take the time to explain and demonstrate each task, then do the task with the child the first few times. After that, let them try it on their own. It won't be perfect, but each attempt is a step towards independence. Set expectations with your child and be clear in your ask. Take each task one at a time to avoid overwhelming your child.

Your encouragement is crucial. If you tried to do something new and failed repeatedly, you, too, would begin to feel discouraged. Remember, your child may feel the same when taking on new roles and responsibilities. Your positive feedback and support can make a world of difference. Tell them what you liked and what they did well. Encourage your child along the way and keep it fun—turn up the tunes, start dancing, and get to work. As they gain more independence with the task, make sure to tell them how and why they're doing a great job.

Don't forget the transitions. Use "first-then" sentences to break a multi-step activity into two components. "First, we're

going to put away our race cars, and then we'll start cooking dinner." Timers are great visual and auditory cues to help your child know when it's time to stop what they're doing and move on to another task. The timers should be fun, interactive, and visible for your child. The timer should be implemented when you're ready to follow through and should be used consistently. While using them, be sure to give verbal time updates and warnings, as time lengths will vary per child and task. This tool removes the person-to-person dynamic and helps your child understand the concept of transitions.

Each of these tips is also a best-practice teacher tool, so check in with your child's teacher to see how they may introduce roles, responsibilities, and transitions with your child that you can carry over at home. For more information and resources, visit KinderCare.com.

Article link:

<https://about.newsusa.com/how-to-teach-your-children-to-be-household-helpers>

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TomL Publishing, LLC  
P.O. Box 1698  
Dunnellon, FL 34430  
tloury@att.net | 352-804-1223

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