



Pictured is some of the ABATE Club Forest Chapter. John Melin center is the current Chapter President. Left is Joe Martone a local Radio Announcer / owner. On right is Ray Thomas the Marketing person for ABATE of Florida Inc. Ray spoke

at the Ocala Business Leaders about motorcycle safety. It was an interesting talk and during Q&A there was lots of answers. The goals of ABATE is running in this paper right from the website.

Motorcycle Safety

ABATE of Florida, Inc. is a state-wide non-profit organization of motorcycle enthusiasts from all walks of life. We promote motorcycle safety awareness, encourage continuing rider training and political awareness. We fund our work through motorcycle related activities. We are your neighbors and friends, who work, pay taxes, serve our country and vote. We believe in freedom. We use all legal means to protect our rights without infringing on the rights of others.

ABATE of Florida, Inc. acknowledges the growth of motorcyclist of all ages riding in the State of Florida whether it is for economic reasons or pleasure. We are dedicated to teach our Motorcycle Safety Awareness Program in our efforts to reduce injuries and fatalities in our beautiful State of Florida. Our program is a 45 minute presentation including two videos to help everyone driving on Florida's roads become more aware of motorcyclists. Sharing the road with respect and knowledge is just one of many focuses we have pertaining to Motorcycle Safety.



We Mourn the loss of Art Meadows.

We pray for him and his family. Art was well known in Ocala, he owned and operated a jewelry store for many years. He had many friends in the Ocala Business Leaders and around town, he owned and worked on antique car. He was a member of the Ocala Business Leaders, CEP Ocala Chamber, a woodworking club a car club. So you can tell he was a busy guy.

He will be missed! I will miss him!

How are Supreme Court Justices selected?

The President nominates someone for a vacancy on the Court and the Senate votes to confirm the nominee, which requires a simple majority. In this way, both the Executive and Legislative Branches of the federal government have a voice in the composition of the Supreme Court.

Are there qualifications to be a Justice? Do you have to be a lawyer or attend law school to be a Supreme Court Justice?

The Constitution does not specify qualifications for Justices such as age, education, profession, or native-born citizenship. A Justice does not have to be a lawyer or a law school graduate, but all Justices have been trained in the law. Many of the 18th and 19th century Justices studied law under a mentor because there were few law schools in the country.

The last Justice to be appointed who did not attend any law school was James F. Byrnes (1941-1942). He did not graduate from high school and taught himself law, passing the bar at the age of 23.

Robert H. Jackson (1941-1954). While Jackson did not attend an undergraduate college, he did study law at Albany Law School in New York. At the time of his graduation, Jackson was only twenty years old and one of the requirements for a law degree was that students must be twenty-

one years old. Thus rather than a law degree, Jackson was awarded with a "diploma of graduation." Twenty-nine years later, Albany Law School belatedly presented Jackson with a law degree noting his original graduating class of 1912.

How is the Chief Justice selected? Does the most senior Associate Justice become Chief Justice? Like the Associate Justices, the Chief Justice is appointed by the President and confirmed by the Senate. There is no requirement that the Chief Justice serve as an Associate Justice, but 5 of the 17 Chief Justices have served on the Court as Associate Justices prior to becoming Chief Justice.

Three were members of the Court when they were elevated to Chief Justice:

Edward Douglas White (Associate Justice 1894-1910, Chief Justice 1910-1921)

Harlan Fiske Stone (Associate Justice 1925-1941, Chief Justice 1941-1946)

William H. Rehnquist (Associate Justice 1972-1986, Chief Justice 1986-2005)

Two had a break in service between their periods of service:

John Rutledge (Associate Justice 1789-1791, Chief Justice 1795)

Charles Evans Hughes (Associate Justice 1910-1916, Chief Justice 1930-1941)

How long is the term of a Supreme Court

How Do You Create a Socialist State!

By TomL

I have researched this subject several times and it keep's coming back to the same answers. There are less than ten rules you have to follow to create a Socialist Country. You tell me if some of this sounds familiar!

First you have to do these things...

1) Healthcare - Control total healthcare (Obama Care or affordable Care Act)

2) Poverty - Increase the poverty level as high as possible (Shutting down businesses)

3) Debt - Increase the debt to an unsustainable level (Asking for Stimulus Money)

4) Gun Control - Remove the ability to defend themselves from the Government

(Gun Control)

5) Welfare - Take control of every aspect, food, housing, income (The less jobs the more control)

6) Education - Take control of what people read (Re-Educate the young to the good of Socialism)

7) Religion - Remove the belief in God (Make people believe in Government not God!)

8) Class Warfare - Divide the people into the wealthy and the poor, eliminate the middle class (the working class is taken Advantage of in their job, they will pay taxes and will not own anything). Results Socialism then Communism.

TOTAL CONTROL!

Justice?

The Constitution states that Justices "shall hold their Offices during good Behavior."

This means that the Justices hold office as long as they choose and can only be removed from office by impeachment

Has a Justice ever been impeached?

The only Justice to be impeached was Associate Justice Samuel Chase in 1805.

The House of Representatives passed Articles of Impeachment against him; however, he was acquitted by the Senate.

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Kevin Sheilley

OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



We're #1!

The Ocala/ Marion County Chamber & Economic Partnership (CEP) has been named national Chamber of the Year by ACCE, the Association of Chamber of Commerce Executives.

ACCE is an Alexandria, Va.-based membership association that represents over 9,000 professionals who work for and with more than 1,300 chambers of commerce around the world.

Chamber of the Year, sponsored by MemberClicks, is the most prestigious and competitive award presented by ACCE and

is the only globally recognized industry award that honors top chambers of commerce. Those honored with the Chamber of the Year designation have demonstrated organizational strength and made an impact on key community priorities, such as education, transportation, business development and quality of life.

We accepted the award on September 30 during ACCE's Future of Chambers Summit, a virtual conference which replaced our annual convention.

The vision of the CEP over the last 8 years has been to be a model of what 21st Century Chamber should be and do. We value this recognition today because it is proof of that vision in action.

Chambers of commerce interested in

competing for the award first must qualify by participating in a vigorous multi-stage process. Organizations entering the Chamber of the Year competition must meet minimum thresholds in at least three of five key performance areas, including net revenue, net assets, membership account retention, and membership dollar retention.

Qualifying for Chamber of the Year is a rigorous process. Chambers compete based on meeting key performance criteria on the ACCE Annual Operations Survey. Qualifying chambers enter the competition with a written application addressing all aspects of organizational operation and programmatic work. Applications are scored by peer chamber executives to determine finalists. Winners are selected from among finalists based on an in-person interview before a panel of experienced chamber professionals.

Why does this matter to you? It means the CEP is operating at the highest level and leading efforts to meaningfully impact our

community. The combination of metrics reviews, white papers, and in-depth interviews means that we are testing and reviewing our data and efforts and they are consistently coming out among the very best. In fact, this year we *are* the very best!

This year's competition drew entries from chambers throughout the U.S and Canada. This was the third time in four years that the CEP was a finalist following previous finalist appearances in 2017 and 2019.

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FOR IMMEDIATE RELEASE Oct. 1, 2020

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Ocala Fire Rescue Launches the Ocala Recovery Project

(OCALA, Fla.) Oct. 1, 2020 – Ocala Fire Rescue is launching the Ocala Recovery Project (ORP), a complimentary program for addiction rehabilitation.

Funded by a Centers for Disease Control and Prevention (CDC) grant and the Marion County Hospital District, the ORP was designed to reduce opiate overdose deaths and dependency. Through a systematic approach comprised of Medication-Assisted Treatment (MAT), outpatient treatment, inpatient treatment, and counseling, the ORP addresses participants' emotional, psychological, and physiological well-being.

The program aims to help recurring overdose patients, new and expectant mothers suffering from substance dependency, Substance Exposed Newborns (SEN), and anyone ready to begin the path toward recovery.

"Addiction can affect anyone, at any time," said OFR Captain Jesse Blaire. "With a hands-on approach, including emotional support and comprehensive medical care, we are certain that participants will achieve program success."

According to the Center for Disease Control and Prevention (CDC), opioids are currently the main driver of drug overdose deaths. Between Jan. 1 and Sept. 30, 2020, first responders in Marion County received 1,101 calls resulting from overdose or poisoning. Moreover, 1,022 doses of the opiate blocking drug, Narcan, were administered in Marion County during this period.

For details about the ORP, contact Captain Jesse Blaire at 352-266-4769.

SANTA OVER THE RAINBOW

SANTA OVER THE RAINBOW CANCELLED FOR 2020

~Popular winter holiday event cancelled~

DUNNELLON, FLA. – The Friends of Rainbow Springs has announced that Santa Over the Rainbow, a popular event held in December each year, has been cancelled for 2020.

The annual event provides family-friendly activities focused on the arrival of Santa and Mrs. Claus at Rainbow Springs State Park. The couple typically arrives by boat.

The event is hosted by the Friends of Rainbow Springs, an organization of

Continued page 3

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Santa

Continued from page 2

volunteers who support the park year-round.

"The Friends of Rainbow Springs group enjoys the Santa Over the Rainbow event more than you will ever know. We spend many months planning and working to make this event happen," said President Connie Santoro. "This year, for the health and safety of everyone in our community, we have made the difficult decision to postpone our event until 2021."

Due to COVID-19, the Friends of Rainbow Springs have evaluated events normally held this time of year. Santa Over the Rainbow is one of the largest. For the safety of visitors, volunteers and staff, the organization made the hard decision to cancel the event for 2020.

Hopefully this event will continue in December 2021. We thank everyone for your continued patience and support as we navigate our way through this crisis.

About [Friends of Rainbow Springs](#): The organization raises money to purchase equipment, make repairs and improvements to the property, and to create programs that can be presented at the park. The organization provides volunteers to take part in park maintenance, operations and other projects as well. The business affairs of **Friends of Rainbow Springs** are managed by a 13-member Board of Directors who are elected by the voting members of the organization.



Family Caregivers Of Veterans Eligible For Free Professional Help

(NAPSI)—The Elizabeth Dole Foundation and U.S. Department of Veterans Affairs have launched an emergency respite care fund for the family caregivers of wounded, ill, and injured veterans. The program, Respite Relief for Military and Veteran Caregivers, will provide non-medical, no-cost, professional home care to veteran caregivers who are struggling during the COVID-19 pandemic. CareLinx, a nationwide professional home care network, helped launch the fund with a donation of \$1 million worth of services. Wounded Warrior Project then contributed an additional \$1 million to expand the program. The Foundation expects to provide 75,000 hours of care to more than 3,000 veteran caregivers.

"The lack of affordable, convenient, professional respite care has always taken a significant toll on the emotional and physical well-being of veteran caregivers,"

said Steve Schwab, CEO of the Elizabeth Dole Foundation. "Now, due to the increased health risks and limitations created by the pandemic, we are seeing a spike in the need for short-term relief."

Even as states re-open, some of the most critically wounded or ill veterans and their caregivers will have a long journey back to the pre-pandemic world. These veterans often have vulnerable immune systems that require their caregivers to take every precaution against exposure. By asking family and friends to keep their

distance, they are losing a vital source of daily support.

"We are grateful to CareLinx and Wounded Warrior Project for helping us respond to this urgent need," Schwab continued. "We hope other organizations also step up, so we can ensure every veteran caregiver suffering during COVID-19 receives the help they need."

The program is rolling out in select regions and will expand nationwide over time. Eligible caregivers can request services that include companionship, grocery shopping, cooking, mobility assistance, transportation, bathing, and other activities of daily living. AARP and Bob Woodruff Foundation have also joined as key collaborators for this effort to help spread the word to military and veteran caregivers.

To learn more and apply, visit www.hiddenheroes.org/respite.

(NAPSI)—Your company can get money from a surprising source: the Post Office.

That's because the U.S. Postal Service now has a program that gives credits to registered businesses that use Click-N-Ship® services. As of August 1, 2020, businesses can earn these credits when they buy Priority Mail® and Priority Mail Express® products. The credits can then be used toward future purchases of the products, using Click-N-Ship.

How It Works

Registered business users of Click-N-Ship services will be automatically enrolled and automatically accrue the credits.

Companies that are already registered get a \$40 credit for every \$500 spent on Priority Mail and Priority Mail Express products using Click-N-Ship.

New Click-N-Ship users earn an additional \$40 for the first \$500 they spend.

Once earned, credits are added to the connected USPS.com account within 30 days.

Credits expire one year from the date of issuance.

Make Your Money Go Even Further

More good news from the USPS: Starting January 2021, the Postal Service will help your business grow faster by adding tiers to the USPS® Loyalty Program. Your tier will be based on your qualifying shipping totals from the previous year. A higher tier means a larger benefit.

[Learn More](#)

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

PUBLISHER'S NOTES



Art Meadows

I was floored to hear my friend of many years passed away. I knew he was sick but not that sick. The President of the Ocala Business Leaders made the announcement and we each took time to remember him. Many members spoke in remembering him. He was known for his practical jokes. I am sorry that I could not get a proper Obit for him, it just was not available. One of my number one remembrances was twenty some odd years ago he invited me to the Ocala Business Leaders meeting. They had just renamed the club, Dave Liner was the founder, Art Meadows was a cherished member. I sat at the same table with him for many years. I will miss him!

The worst wildfire season in California's history blanketed Silicon Valley in a fog of

smoke, burnt timber and destroyed homes. There is no Forest management program in California to prevent these fires. In Florida we have controlled burns to burn the under brush, so that there is nothing on the ground to flare up and go out of control. Now California want the United States Tax payers to bail them out for their mismanagement. Trump says NO! They have been warned time after time that it was a ticking time bomb. Now it has happened.

According to the masterminds at Facebook, Twitter & Google, we should not be watching and listening to doctors who actually meet and treat patients. No, we should listen to the heads of huge bureaucracies who have not treated a patient in decades.

I understand that one of the doctors in one video has hired the same attorney who is representing Nicholas Sandman, the teenager who was slandered by the media. This could get interesting.

Facebook and twitter has the power to change peoples lives and don't have to answer for any of it. When the Hunter Biden email were uncovered by a computer repair shop, they hit the Facebook / Twitter platforms and were immediately froze. They could not be accessed. Apparently the emails show it goes deeper than just Hunter. Nevertheless the whole thing looks very suspicious to me. Family members should not be aloud to profit from our Government Officials.

If you have been a reader of this newspaper you might remember for years I have been predicting a third party would rise and be as strong as the two we have now. Well, Burnie Sanders was well on his way to a third party, but he decide to try to take over the Democratic Party and he almost did. Sanders figured with a third Party it would be splitting the vote and Trump would win. So they made some kind of deal, nobody knows what it is but I'm sure, if they win we will feel it.

Now is the time for us retirees to look at our Health Insurance. There are some changes as I have heard. Have not heard them yet, right now I am with Humana, not sure what I am going to do. My agent is running an ad in this newspaper on page three.

I listened to this hearing on Judge Amy Coney Barrett. I was disgusted when Senator Sheldon made accusations about big money involvement in the Supreme Court Justices. Senator Ted Cruz of Texas took it to him and said you should make accusations about big money. Out of the top twenty wealthiest people in the United States sixteen had donated almost a Billion dollars to the Democrats.

I got a phone call from a Lady in the Villages. She did not like my story with the headline that said VOTE TRUMP! She attack my spelling, my Punctuation's, my use of words or misuse of words and did not like the fact that I gave a one sided view. I said you sound like a democrat? She admitted she was. I said if you don't like my views send me your views and I'll run them right next to mine. I said my job is to serve the Community by giving them the right to see their opinion in print. I ran her opinion!

To end this months column, I would like to say that I am very nervous about this election. I can't see the support that the media keeps reporting, that Joe Biden is ahead and might win the election. The other thing that makes me nervous is all of these mail in ballots floating around. That would be and could be an illegal way to win an

YOUR OPINION MATTERS!
Let your voice be heard!
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election. Also hear in Florida right now I know several people telling me they have gotten mail in ballots for dead people who used to live in their address. The proper way to take care of that in Marion County Florida is to call the Supervisor of elections and they can give you an address to return the Ballot to in Jacksonville. The Ballots had shown up several times and have not been able to stop them.

Comfort For Your Family

(NAPSI)—Here's a look at something you may not like to think about—but could still be good to know: a funeral concierge can help you navigate planning a funeral and negotiating related expenses. Funeral concierge services are available from Everest Funeral Package, LLC.

How It Works

Expert Everest consultants compare and negotiate best prices to save money, personalize the funeral plan, and assist in paperwork. In addition, their services include a secure online vault for copies of such vital documents as a will, medical directive, and power of attorney, saving families the time and worry of locating these documents after the passing of a loved one. Everest not only assists the family in completing paperwork it helps them coordinate with the insurance company and may even be able to get a portion of the death benefit available from the life insurance policy in as little as three days.

You can even use the service to pre-plan and be sure things happen the way you want. The service includes 24/7 access to an expert consultant who assists with planning the funeral and negotiating funeral expenses, as well as online tools for creating a will and other estate planning documents and an online secure location to store these documents.

As an independent consumer advocate, the company is not associated with any funeral home or funeral provider and does

Continued page 5

Bringing our community together...
Ocala Downtown • Seniors Voice of Ocala
Locations to pick up papers

- Elks Club (OBL meeting)
- Library Silver Springs Blvd
- VA at the west end of the Cascades Plaza
- Senior Center 8th Ave
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- Tax Collectors building
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Lady Lake Magazine & Village Spectator
12am, November 25th

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God Bless our Troops
Support Our Veterans
We Endorse The Constitution

Florida State Senate

DENNIS K. BAXLEY



Dear Friends,
As this is being written, Election Day is almost upon us and by the time this reaches you, Americans will have either re-elected Donald J. Trump or they will have chosen

the Biden/Harris ticket. Readers know by now that my fervent prayer is that we re-elect our President, and overwhelmingly so, but more importantly, our prayer is for God's will to be done in all things. While we are confident that President Trump will be victorious, there is no magical crystal ball that can show what the future may hold.

What we do know is this; America's foundation is still stronger than ever. The vision that our forefathers outlined in our founding documents have stood the test of time and outlived many Presidents, some who were very good, and others who were near disasters. One man will not tear the freedoms and liberties that are stated in our constitution apart. So many of our nation's heroes have fought and died for these God-given rights and they will not be last. The price of freedom is eternal vigilance and our country still has many patriots that are willing to take that stand. If President Trump is re-elected, our job just got a whole lot easier, but only for a few short years.

The outcome of this election will not change the truths in our core principles. Truth persists and we should be grateful and press on with the battle. Faith, family, freedom, opportunity and life itself are worth fighting for, and we will not quit.

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat." – Theodore Roosevelt

Onward & Upward,
Senator Dennis Baxley



Comfort

Continued from page 4

not profit from any of the family's decisions. It provides peace of mind and confidence when making difficult financial and emotional decisions.

Transamerica and Everest

Life insurance can be an important tool to protect loved ones from financial hardship. Individuals shopping for permanent life insurance should know that Transamerica offers a funeral concierge rider. Transamerica, a major finance and insurance company, has collaborated with Everest Funeral Package, LLC to add a unique feature to certain qualifying life insurance products. Consumers should contact a licensed life insurance agent and determine whether a life insurance policy best suits their financial plan. Permanent life insurance is a life-long financial commitment and is not appropriate for everyone.

"Everest exists to advocate for families, be their champion, and offer support

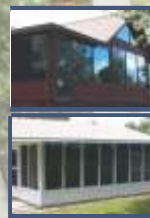
during one of life's most challenging times," said Mark Duffey, President and CEO of Everest Funeral Concierge. "We're proud to collaborate with Transamerica as they continue to find ways to put families first. Our relationship is a natural fit. Both Everest and Transamerica are deeply committed to helping people make informed decisions today so they can worry less about tomorrow."

Learn More

For further facts on the funeral planning concierge service, go to www.Everestfuneral.com.



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ONE PERSON'S OPINION
 LETTERS TO THE EDITOR

Dear Editor:

Obamacare is healthcare, or is it?

Because Someone says it is does not make it so. People can say anything, you do not have to believe it.

I see people sitting in grocery stores, drug stores, different sorts of walk in facilities, but. Is there a doctor in sight, an MD?

Programs for free this that and another thing, but, again where is the MD?

Again, exercise of every type, but no MD?

Healthcare always translated MD, what happened to that concept?

Now, it is even heath care by phone , internet, and people eat it up.

No matter what they tell some people, they buy it hook line and sinker.

Canadian, and Scandinavian health care, are touted as examples of universal healthcare, except when they have serious issues, they flock to the United States for the serious medical care.

The serious stuff is what is missing from Obamacare. Want no part of it. Fortunate I have been able to hang onto my coverage, at a steep price, but soon I may be priced out of that. The price goes up every year, and thus far, I have had little need to use it. It is called insurance, thus, I must keep it, for when I do begin to fall apart.

In addition I pay a monthly fee to a group of doctors who have opted out of any insurance payments. These MD's will not take even Medicare, especially Medicare.

When people are unhappy they find another way to survive. This is what MD's are doing.

There is always a catch to free stuff, and one hears horror stories about what happens to patients with the free stuff coverage.

Why is it so easy to fool people? When healthcare means anything but an MD., is it healthcare? It is now.

If you give someone a bottle of aspirin, is that healthcare?

Does OBAMACARE have clay feet? Is it truly FAUX care?

Concerned Citizen

Dear Editor:

Our founding fathers thought they gave us the best kind of government to keep corruption at bay. But since they never expressed that sentiment in just those words, and we did not get the message, guess what?

We have been remiss, and we now have the most corrupt government that has possibly existed on the face of the earth. We sit and let it happen.

The goal of humankind is and always been the hindrance of corruption, however we never seem to recognize it until it is too late. The corrupters invent new stealth means to perpetrate an updated form of corruption. They have done one spectacular number on our current government and economic system.

Our congress has no clue what becomes law as others write the laws. Now they want

to vote long distance , and avoid having to show up in Washington, and still expect to collect their paycheck. How corrupt is that?

In order to make millions or billions no product is necessary. Google and Facebook are doing it with clicks and data, your clicks and data. If you want to hunt for money for that income equity, look here.

Surveillance Capitalism, a book by Shoshanna Zuboff, lays it all out in detail, and these barons go to extreme lengths to conceal that fact. They are new crop of robber barons, only they steal clicks and data and sell it as their property. Nice setup as long as you can fool the sheep. They are the new Clicks and Data Barons. The problem is: the clicks and data barons scrupulously hide the fact that those clicks and data belong to you and me. The Robber Barons at least had a product to sell.

Not only do they use the clicks and data to make money, but for control as well, hello 1984, or Animal Farm.

The very least we can do is pay attention. Next, look for honest candidates to vote for. Acquire knowledge, it is different from education. Education is for work, knowledge is for life.

If corruption is O.K. with you sail on your merry way. If corruption is a problem for you get up and confront it. Either we confront it or corruption devours us. You have a choice.

The choice is Freedom or slavery, the only 2 choices. Pick one.

Dear Editor:

Light bulb comes on.

Sent the Stalin letter to an acquaintance,

they liked it, but,

Did not take the words in a context of a reference to anything that might happen to them. That they could become a victim of a bunch of power hungry monsters. We have a tribe of them fighting tooth and nail to take over and start killing the 90 million humans they deem excess population.

They have been using abortion for years to accomplish those ends. All they did was change the word and the responsibility for the deed, from eugenics to abortion, and wallah, the deed is done. Now we have a virus, wallah, another million gone in 6 months.

What will be their next move?

Does anyone get it? Stalin, Mao. PolPot, Hitler reduxes are among us today, waiting to act. The struggle for control of this nation is step one. Watching Hong Kong and Venezuela might give us a hint to what lies ahead for us. Monsters do not improve with age, if anything they become even more diabolical. High tech affords them all manner of possibilities.

Our vote this election will determine the road we take. The Patriotic Candidate or, the diabolical monsters ready for the new killing fields.

Gates has a phosphorous patch for under your skin to keep track of you. It will know if you have not gotten the mandatory vaccine, etc. Which future do you want, your choice or their choice? They play rough. Think before you vote!

D.I.L.

To the Editor

Tom, In my call to you asking that the

Continued page 8

Join us at the Ocala Downtown Market (ODM) to purchase a diverse array of products from farmers, artisans, craftspeople, food trucks! A true destination location, ODM is set just blocks off the Ocala Downtown square, in a beautiful open-air Market Pavilion. Besides permanent roof cover the facility it also has large overhead fans, restrooms, a nearby ATM, and water fountains. The Market Pavilion is also available for rental.

Interested in becoming a vendor?
Visit www.ManageMyMarket.com

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Naturally Boost Your Immunity



(NAPSI)—As greater importance is placed on building strong immune systems these days, nutrients such as vitamin C are gaining in popularity. According to the Office of Dietary Supplements, fruits and vegetables are the best source of vitamin C. Getting your vitamin C from food helps the body absorb the vitamin better and minimizes any risk of toxicity.

A serving of 8 large strawberries has a full day's worth of vitamin C, about the same as a large navel orange.

Strawberries' vitamin C may work in synergy with their fiber, flavonoids and other compounds to promote health beyond the immune system. In June 2020, six different universities presented research on the potential health benefits of strawberries at a

top nutrition conference.

Some of the findings included strawberries' potential to lower cholesterol, fasting blood glucose, insulin resistance, and Alzheimer's dementia risk. Changes to the gut microbiome were also found after people ate strawberries, which may have positive effects on intestine, colon and heart health.

Recent surveys showed that people associated these heart-shaped berries with feelings of joy and memories of summer, yet strawberries can be enjoyed throughout the year. Fresh California strawberries are hand-picked year-round and frozen strawberries can be found in most grocers' freezers winter, spring, summer, and fall.

Frozen Strawberries Just as Nutritious as Fresh

Frozen strawberries provide the same nutritional benefits as the fresh ones. They're harvested at their peak nutrition and frozen immediately. Science shows no significant differences in vitamins, minerals, fiber or antioxidants between fresh and frozen strawberries. People can feel good about having affordable, nutritious frozen

Continued page 9

You can help create great futures by sponsoring a child to attend the Boys & Girls Club of Marion County.
PO Box 4109
Ocala, FL 3448
352-690-7440



www.bgcofmarion.com

UPCOMING EVENTS

ELVIS: ERA OF A KING CONCERT

NOVEMBER 13TH, 2020

IT'S THE RETURN OF ELVIS AT THE REILLY ARTS CENTER! WORLD CHAMPION ELVIS TRIBUTE ARTIST COTE DEMETH WILL TAKE THE STAGE AGAIN BRINGING YOU AN ACTION-PACKED SHOW. FEATURING ALL 4 ERAS OF THE KING, INCLUDING 50'S, THE MOVIES, 60'S AND 70'S. THIS HIGH ENERGY SHOW IS LIKE NO OTHER!

4TH ANNUAL STRAWBERRY JAM SK

MARCH 6TH, 2021

A DELICIOUSLY SWEET ADDITION TO THE ANNUAL HABITAT STRAWBERRY FESTIVAL! THIS SK STARTS/ENDS AT MCPHERSON COMPLEX AND WINDS THROUGH THE HIGHLANDS NEIGHBORHOODS. PROCEEDS GO TOWARD OUR 'STRAWBERRY HOUSE'.

8TH ANNUAL OCALA STRAWBERRY FESTIVAL

MARCH 6TH, 2021

JOIN US FOR SOME FAMILY FUN AS THIS EVENT FEATURES LIVE MUSIC & ENTERTAINMENT, OVER 200 VENDORS, A CAR SHOW, PIE EATING CONTEST, PET SHOW, KIDS ZONE, FOOD/DRINKS, DELICIOUS STRAWBERRIES & MORE!

3RD ANNUAL MISSY KING'S HOOKIN' FOR HABITAT FISHING TOURNAMENT

MAY 22, 2021

A FUN, SALTWATER FISHING TOURNAMENT THAT WILL PROMOTE A HEALTHY AND FRIENDLY OUTDOOR EXPERIENCE FOR THE ENTIRE FAMILY. THERE WILL BE A YOUTH DIVISION FOR TWO AGE GROUPS TO ENCOURAGE OUR FUTURE LEADERS TO STAY & PLAY OUTDOORS AND LEARN ABOUT THE ECOSYSTEM.

FOR MORE INFO, VISIT HABITATOCALA.ORG/EVENTS

SANTA'S CALLING

Schedule a call with Santa from the North Pole!

Ocala Recreation and Parks has partnered with the North Pole to directly connect Ocala's good little boys and girls to Santa! You can schedule an evening call from December 8-10 when Santa's helpers will call your home so your child can speak directly with Mr. or Mr. Claus!

To schedule a call with Santa, fill out an online application at ocalafl.org/holidays

Applications must be submitted by November 30.

352.368.5517 | recpark@ocalafl.org | ocalafl.org/recpark

Ads sponsored by TomL Publishing and Ocala Business Leaders

Love is just a leash away!!

The HSMC is here for you and the animals who depend on us. We wanted to share that we will continue to be here to help unwanted pets during this pandemic while following all Marion County and Florida state guidelines.

As this situation is constantly changing, we ask that you continue to visit our Shelter using the safety guidelines in place.

How can you help?

Pet Food Bank: Help stock our Pet Food Bank with pet food and supplies for people who cannot afford them due to job loss or other reasons. You can also bring donations to our Shelter daily from 10-6. Masks required please! If you need help keeping your pet with you during this time, our Happy Paws food program is here for you.

Volunteer: A small number of volunteers have returned to help in various departments. We are accepting volunteer applications but do not yet know when we will schedule orientations for new volunteers. Please contact us for more information about volunteering. We are currently working on a digital orientation.

Opt to adopt: According to the Centers for Disease Control and the World Health Organization, there is no evidence that companion animals such as cats and dogs can spread the virus that causes COVID-19.

Donate: We know there is a lot of uncertainty right now but homeless and unwanted animals still need us. Donate to help the Humane Society of Marion County so we continue our lifesaving work and make them feel safe and loved.

Bilbie

Bilbie is a 14 weeks old male brought to the HSMC with her brother Wombat! We believe they could be Xolaitzcuinli, or Xolo, which is Mexican hairless dog breed.

Fuchsi

Fuchsi is a 15 week old paralyzed kitten full of love.

Ninja

Ninja is paralyzed in his hind legs but enjoys runs with his wheels.

Your donations make it possible to provide medical care, food and shelter to animals in need. On behalf of all the animals, thank you for caring.

Humane Society of Marion County
PO Box 1542 Ocala, FL 34478
Mail check or complete the credit/debit card payment form.

Name: _____ Phone: _____
Address: _____
City: _____ State: _____ Zip Code: _____ Payment enclosed: \$ _____

☐ Visa
 ☐ M/C
 ☐ Discover Card # _____ Exp date: _____ Code: _____

Donations to the Humane Society are tax-deductible. Check with your accountant for more information. No goods or services have been provided to the donor as a result of this gift.



- Answers page 11

Across

 - Bulb unit
 - Simple form of payment
 - Goosey stuff
 - "____ Jury" (Spillane novel)
 - Canadian singer Paul
 - Revere
 - "The Lost World" creature
 - Word with head or hook
 - 1964 Elvis song
 - Argued
 - "A-Team" member
 - What the cow said to the calf late one night? (With "It's")
 - French possessive
 - One out of the money
 - Copier
 - "Surely, you ____!"
 - Biblical beast
 - "The Nanny" minus the "Thong Song" singer?
 - Place for a pin
 - Bee's nephew
- Down**

 - ____ all due respect
 - "In that thou laid'st ____ ..." (Shak.)
 - Silent star Bara
 - Oil, informally
 - College grounds
 - Words after lend
 - Blade site
 - Bowler or boater
 - Dig fragments
 - Was defeated by
 - Squid secretion
 - May celebrant
- Wash cycle
 - Mesabi yield
 - Darker-than-beer brew
 - What twins from Prague are considered?
 - Rather good at reporting?
 - Division result
 - TV's Gomez Addams
 - Contented murmur
 - Get out of Dodge
 - Eng's Siamese twin
 - Work with bricks, perhaps
 - Disorders
 - Home with a flap door
 - Corrida yells
 - Stable youngster
 - Palindromist's preposition
 - Ship's rear
 - Develops compassion
 - Deep, musically
 - Baghdad native
 - Gardner's fictional attorney
 - USNA grad
 - Blazing
 - Hospital holding area, briefly
 - Pop star Jackson
 - Part to grab hold of
 - Clear wrap brand
 - Small land mass
 - Particular
 - "____ better to have loved ..."
 - Kim Basinger title role, 1987
 - Halloween color
 - Atlantic islands
 - Comparable
 - Batter's challenge, perhaps
 - Name-tag word
 - Fishhook fastener
 - Assay
 - Pretense
 - "There ____ goes ..."
 - Dancing shoe attachment
 - HMO alternative

Letters

Continued from page 6

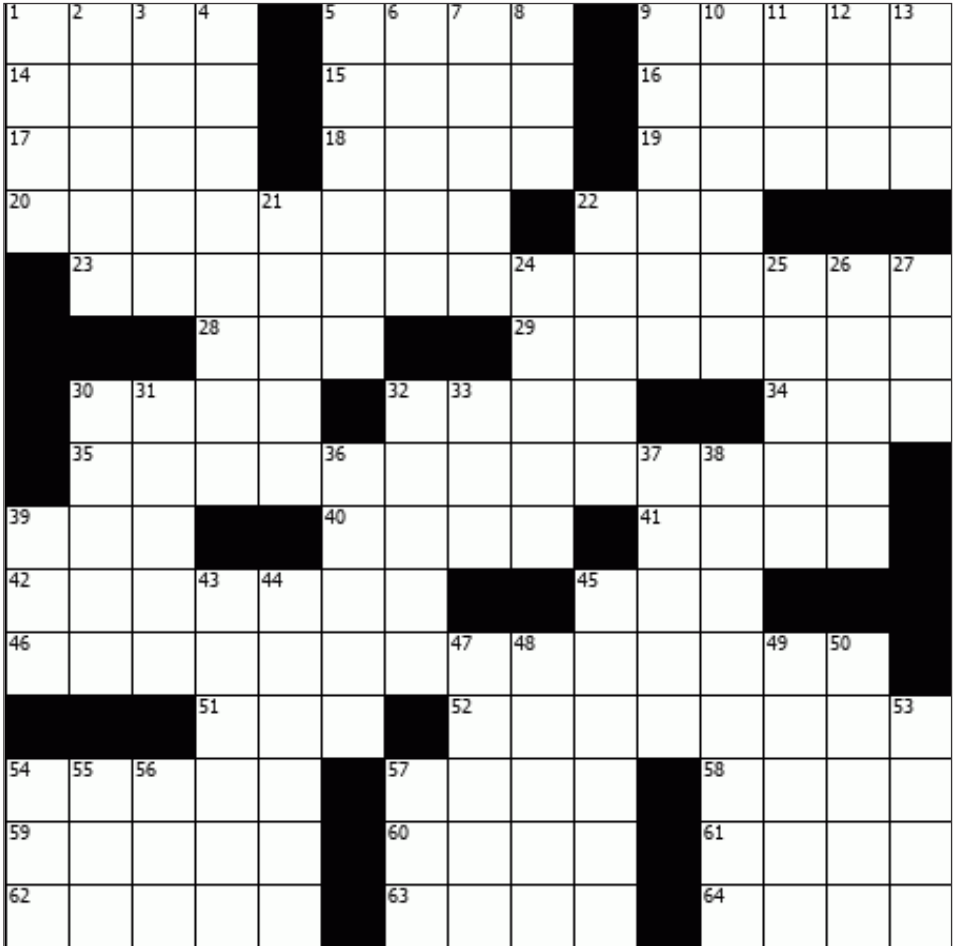
Lady Lake Magazine be more balanced to represent a cross -section of readers' opinions other than those choosing to vote for President Trump, here is my reply.

Please consider when accepting Letters to the Editor that they be less a preponderance of right and ultra- right thinking. The recent issue became a near total campaign for voting only one way. The Vote for Trump urged throughout precludes any effort to be unbiased, or to serve readers

who differ from that urging...there are many.

When I inquired of your mission as a publication you said " to serve the community". As a member of that community, the bad spelling, unsubstantiated claims and statements in many letters invalidated reasons to read further issues. Printing slanted and missing resources is unfairly disrespectful to the many in the community you say you serve.

If opinions want to be taken seriously, the Lady Lake Magazine should request that the language reflect thoughtful and fair communication.



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D. P. The Villages Publishers Opinion...

I assume you are a Democrat and you feel I have been unfair to you and your candidates. You are welcome to your opinion and I printed it, that is my job. I received an anonymous letter unsigned that has a very similar flair for words... So there are two of you with feed back from this issue of 16,000 readers. I don't think that is a bad average. I also received a lot more than two praises. You are right about grammar and punctuations being important, but what is

more important is content. I think you got the point of that. The people reading my paper are more active and positive about Trump. Again I respond to the readers. I run their letter and their information just like I did yours!

There is the results pending from and investigation. I think the information from the investigation should be dumped to the public right now before the election and let the chips fall where they may. I think you will see who has been unfair!

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RESTAURANT REVIEWS



Olive Garden
3363 SW College Road
Ocala, FL 34474

An old classic for Italian. Surprisingly, there was no waiting, as we ordered our beverages, the breadsticks were at our table, I ordered

Alfredo Sauce to dip our breadsticks. The delicious legendary tossed salad was at our table shortly the waitress took our order.

For our appetizer we had Toasted Ravioli yummy pan fried, bite size, beef filled, with Marinara dipping sauce. My wife ordered Lasagna, a large portion of pasta layered with mozzarella, beef, sausage, mixed in their sauce. I choose Eggplant Parmigiana with spaghetti. The eggplant was breaded, crisp, covered with a layer of mozzarella lightly toasted on the eggplant.

Needless to with the salad, appetizer and main course, we didn't have room for dessert and took home a good portion of our meals. Always a great value where for a nice meal.

M. Frank Turner

Cheddar's Scratch Kitchen

4065 SW College Road
Ocala, FL 34474

Cheddar's is a great restaurant for comfort food. My first Cheddar's experience was in Dallas, Texas, 30 years ago. The menu has been refined since the old days but the

favorites like Chicken Fried Steak, Ribs, Hamburgers, Salads, Chicken, Steaks and Seafood are on the menu for everyone's diet and cravings.

My wife started with a side salad and I had their fresh Baked Potato Soup, topped with cheddar cheese and bacon. We each had a hot and flaky Croissant drizzled with honey. Of course, I had the Chicken Fried Steak with mashed potatoes and green beans. My wife had their Homemade Chicken Pot Pie with a thick, flaky and crisp top straight from the over to the table. We shared their desert creation, called the Monster Cookie, it's served in a skillet, with Ice Cream, Whip Cream, Nuts and Cherrie topper.

The service is prompt, attentive and the food is filling with nice presentation. If you're looking for a home cooked experience without having to cook or the clean up afterwards, this is the place.

M. Frank Turner

Sayulita Taqueria

10 NE 1st Street
Ocala, FL 34470
352-629-4700

Sayulita Taqueria, serves good Mexican Food and Beverages at reasonable price. We choose to eat outdoors in the back. Trees, games, swing and music. A beautiful Vintage Airstream Travel Trailer converted as the bar for cocktails.

My friends and I started with the perfect appetizer, The Tres Amigos. A large dish containing hot fresh tortillas chips with a

large portion of Salsa, Queso and Guacamole, perfect with our beverages.

My friends ordered a Carnitas Tacos, on Blue Corn Tortilla and a Buffalo Chicken Taco served on a Homemade Corn Tortilla. Others ordered Chicken and Chorizo Burrito included rice, beans, queso, pineapple and salsa. Another ordered a Salad in a Fried Flour Tortilla Bowl with Steak. I had the Korean Steak Quesadilla, perfect mild spice with cheese, folded in a flour tortilla and lightly toasted, wonderful flavor. I added salsa, sour cream and guacamole. We enjoyed sitting and visiting in a backyard environment under a tree on a picnic bench table.

M. Frank Turner

Taipei Garden

2602 SW 19th Ave. Rd., #203
Ocala, FL 34471
352-873-2765

Recommend by a friend, my wife and I tried this Chinese Takeout. Located in front of WalMart's in a strip center. I'm not big on takeout food but this restaurant gives you your money's worth!

You can call ahead but we ordered at the location. Extensive menu with all the favorites, ordering by item number, as most Chinese Restaurants.

We both ordered combination meals. They suggested we order the lunch meals, since it was before 3:00pm. We chose our main course, included was fried rice, fortune cookie and choice of soup, egg roll or caned soda. The food must have weighed 3 pounds and only \$6.50ea!

Overall plenty of food, fast and made to order for those Chinese craving!

M. Frank Turner

Immunity

Continued from page 7

strawberries with a longer shelf-life all year long.

When peak season ends, freezing strawberries can be a great option. It's easy to do. Simply rinse strawberries under cool, running water and gently pat dry. After removing the stems, place strawberries on a parchment-lined cookie sheet and freeze for 24 hours. Then transfer the strawberries to a plastic freezer bag. Strawberries can stay in the freezer for several months. Frozen strawberries maintain their sweetness and are versatile enough to be used in recipes ranging from smoothies to ice cream, baked goods to breakfasts.

Here's a nutritious recipe using frozen strawberries in waffles:

Strawberry Oat Waffles

Yield: 6 mini/3 regular waffles

1cup oat flour

1/2cup plant-based milk

3Tbsp oil

1egg

1tsp vanilla extract

1tsp baking powder

1/2cup chopped frozen California strawberries

Cooking spray

Optional Toppings: maple syrup, fresh California strawberries

Preheat a waffle maker. Whisk together flour, milk, oil, egg, vanilla, and baking powder until smooth. Gently fold strawberries into the mixture. Grease the waffle iron with cooking spray and pour in 1/2 cup batter. Cook until golden brown on both sides for about 2-3 minutes. Repeat until all batter is cooked.

Bee's Knees!

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FROM THE DESK OF

ATTORNEY GENERAL MOODY



Attorney General Moody Advances Fight to End the National Opioid Epidemic Even as COVID-19 Pandemic Rages

TALLAHASSEE, Fla.—The COVID-19 pandemic has changed

daily routines around the world, but it hasn't lessened Attorney General Ashley Moody's resolve to end the deadly opioid crisis plaguing Florida. Even as the novel coronavirus spreads, Attorney General Moody continues efforts to curb the national opioid crisis claiming lives in Florida — issuing statewide recommendations to address the opioid crisis, creating new partnerships to help Floridians struggling with substance abuse and crafting criminal justice training to assist prosecutors in shutting down the sham sober home industry.

Attorney General Ashley Moody said, “Our nation and our state face many challenges, but be assured that nothing will dampen my resolve to put an end to the national opioid crisis that continues to claim lives in our great state. Even before the COVID-19 pandemic struck Florida, we were working hard to stop opioid misuse and save lives, and as we continue to work together to stop the spread of COVID-19, please know that our fight against the deadly opioid crisis has not abated.

“There are signs that the pandemic may be contributing to an increase in opioid deaths, and that is even more reason why we cannot waiver in our fight to stop drug abuse—and why I will continue to work every day, on the local, state and national level, to end this deadly crisis affecting Florida families.”

Attorney General Moody began working to stop the crisis even before taking office in 2019. Recent efforts, amid the COVID-19 pandemic, include:

As Chair of the Statewide Task Force on Opioid Abuse, Attorney General Moody and members of the team completed and issued the Task Force's report of findings and recommendations;

Continuing to enhance and update the Attorney General's statewide resource **DoseOfRealityFL.com** with information to help Floridians struggling with addiction;

Securing a new partnership with 211 to help better connect Floridians with local substance abuse treatment and counseling services; and

Creating and distributing a new virtual training tool to assist prosecutors in shutting down the sham sober home industry.

Prior to the COVID-19 pandemic,

Attorney General Moody's efforts included:

Assembling a statewide **working group of experts** to identify strategies and best practices for addressing the opioid crisis;

Issuing a strategic report for combating the national opioid crisis impacting the lives of Florida families;

Personally appearing in court and advocating for expediency in the state's opioid litigation to hold responsible the nation's largest opioid distributors, manufacturers and pharmacies;

Securing a **successful ruling** denying the defendants' motions to dismiss the state's opioid litigation; and

Pushing back against the loosening of opioid prescribing guidelines by requesting that the U.S. Department of Health and Human Services **reverse a recommendation that medical providers rely on personal judgment** instead of consulting evidence-based recommendations, including opioid prescription duration and dosage.

Provisional data from the Centers for Disease Control and Prevention include 70,980 fatal overdoses in 2019, with about 1,000 more deaths to likely be added, marking a 4.8% increase from the year before. The data indicates the U.S. last year likely eclipsed the prior record high of 70,237 overdose deaths set in 2017—and that the pandemic could exacerbate the opioid crisis.

In August, Attorney General Moody sponsored a cabinet resolution declaring Aug. 31, International Overdose Awareness Day.

Attorney General Moody Obtains Judgment Resolving Community Health Systems Data Breach Investigation

TALLAHASSEE, Fla.—Attorney General Ashley Moody, along with 27 other state attorneys general, obtained a judgment against Tennessee-based Community Health Systems, Inc., and its subsidiary, CHSPSC LLC. This judgment resolves an investigation of a data breach that impacted approximately 6.1 million patients, including more than 430,000 from the state of Florida.

At the time of the data breach, CHS owned, leased or operated 206 affiliated hospitals, including 37 located in Florida. Information exposed in the breach included the addresses, birthdates, names, phone numbers and Social Security numbers of patients. The judgment, agreed to by CHS, requires a \$5 million payment to the states and provides that CHS agrees to implement and maintain a comprehensive information security program reasonably designed to safeguard personal information and protected health information that will

include specific information security requirements.

Attorney General Ashley Moody said, “Health care patients are routinely asked to reveal personal information in the course of treatment. The added stress surrounding a data breach exposing personal information can be overwhelming. I'm glad we were able to provide relief to the more than 430,000 Floridians impacted by the negligent actions of this health care company.”

Specific information security measures contained in the agreed judgment include requirements to:

- Develop a written incident response plan;
- Incorporate security awareness and privacy training for all personnel who have access to protected health information;
- Limit unnecessary or inappropriate access to protected health information; and
- Implement specific policies and procedures regarding business associates, including use of business associate agreements and audits of business associates.

In addition to Florida, represented by Consumer Protection Division assistant attorney general Patrice Malloy, the multistate group includes Alaska, Arkansas, Connecticut, Illinois, Indiana, Iowa, Kentucky, Louisiana, Massachusetts, Michigan, Mississippi, Missouri, Nebraska, Nevada, New Jersey, North Carolina, Ohio, Oregon, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Utah, Vermont, Washington and West Virginia.

The proposed judgment is pending judicial approval.

Attorney General Moody Recognizes October as National Domestic Violence Awareness Month

TALLAHASSEE, Fla.—Attorney General Ashley Moody is recognizing October as National Domestic Violence Awareness Month by reminding victims of domestic violence that help is still available to them amid the COVID-19 pandemic. With many Floridians limiting social and professional interactions to stop the spread of the novel coronavirus, domestic violence can be even harder to detect—and victims may not know where to turn for help. Victims do not need to isolate with their abusers and abuse counselors have adapted to the pandemic to provide more communication resources for victims. Advocates can be reached 24/7, 365 days a year through the Florida Domestic Violence Hotline by calling 1(800) 500-1119.

Attorney Ashley General Moody said, “With signs that domestic violence cases may be on the rise amid the COVID-19 pandemic, it is more important than ever for victims of domestic violence to know they have our support and that help is available. Domestic violence shelters across the state are open and advocates are available 24/7 to

provide safety to victims and their families with protocols to protect against COVID-19 in place. If you or someone you know are a victim of domestic violence, know you are not alone. Please reach out for help.”

During the COVID-19 pandemic, domestic violence centers have worked tirelessly to ensure that services remain available to survivors and the community. These services not only meet the needs for safety from violence but also incorporate measures to prevent the spread of COVID-19. Domestic violence center outreach and shelter services remain operational and advocates are available 24/7 to develop safety plans for survivors and families based on specific needs throughout the pandemic. Survivors, as well as their friends, family members and other community members can contact any domestic violence center through its 24-hour hotlines. Local certified domestic violence centers have increased the ability to communicate with survivors through the use of various applications.

For a map of the certified domestic violence centers and the features a center has available for text or web communication, go to <https://www.myffamilies.com/service-programs/domestic-violence/map.shtml>.

If you are a survivor, you can receive free, confidential legal advice from the Florida Legal Services, Inc. Domestic Violence Legal Hotline. Lawyers are available Monday through Friday from 8:00 a.m. to 4:00 p.m. by calling the Florida Domestic Violence Hotline at 1(800) 500-1119. You will be transferred to a lawyer who can help answer questions and provide free legal advice on family law, housing, injunctions, immigration, public benefits and other matters and make referrals to other services to help.

In April, Attorney General Moody shared resources available to victims of domestic violence throughout the pandemic, urging anyone isolated with an abuser to contact law enforcement and seek help to escape abuse.

In May, Attorney General Moody announced a partnership with Uber that offered free rides to help victims of domestic violence escape abuse. Through the program, free Uber rides were directed to domestic violence shelters in areas of Florida that saw the highest call volumes during the stay-at-home orders including Hillsborough, Orange and Pinellas counties.

Also in May, Attorney General Moody spread awareness about a free secure reporting app, SoSecure, for victims of domestic violence. The app, available on all Apple and Andriod devices, can help domestic violence victims signal for help without alerting abusers with a simple swipe on mobile phones.

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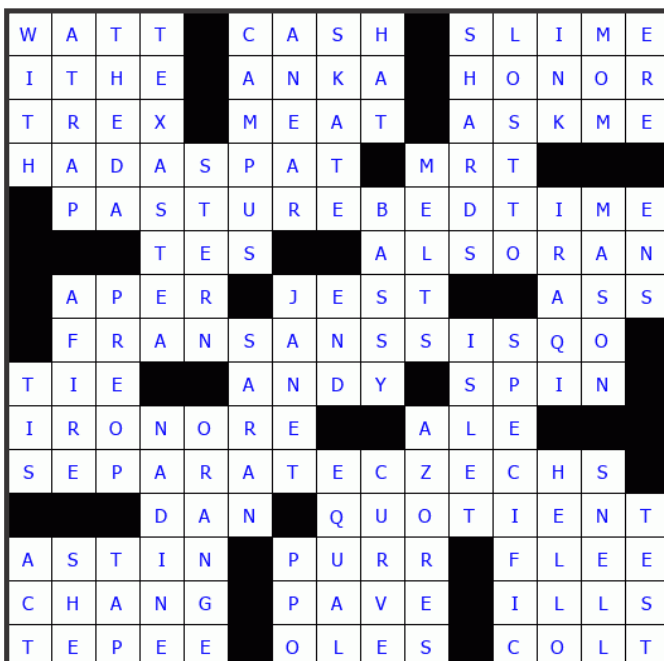
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