



Lady Lake Area Chamber of Commerce hosted a ribbon cutting to celebrate its Official Rebranding. Guests enjoyed a ribbon cutting & scavenger hunt at the Lady Lake Historical Museum and Ye Olde Thrift Shoppe.

COVID Decrease

Ocala, Fla. — New COVID-19 cases in Marion County decreased during the past week, according to the Florida Department of Health's most recent summary, released Friday. The community's positivity rate also declined.

According to the state's report, Marion County recorded the following for the week of Oct. 14-20:

- New cases: 136. That was down from 174 cases in the state's previous report, released on Oct. 7. The number of new cases has steadily decreased since the July 15 report, when the community peaked at 1,199 new cases.
- The county's cumulative case total as of Sept. Oct. 20: 100,090.
- Latest positivity rate: 5.9%. That decreased from 8.3% in the state's Oct. 7 report and is the lowest rate since 3.5% reported on April 22.
- Statewide positivity rate: 7.1%. That remained the same as the state's Oct. 7 summary.
- Vaccines: 25. That decreased from 33 vaccines noted in the state's Oct. 7 report.
- Overall ratio of county residents 6 months or older who have been vaccinated: 61%.

Unreported at-home tests performed in Marion County are not included in the state's summary.

As of Oct. 20, the U.S. Centers for Disease Control and Prevention rated Marion County's community transmission

risk as low.

The Department of Health in Marion County encourages our community's residents to help reduce the spread of the virus as much as possible. Please stay home if you feel sick and use good personal hygiene practices, more importantly washing your hands frequently. DOH-Marion also reminds residents that vaccines may help reduce serious illness and hospitalizations from COVID-19.

From COVID-19 cases reported during the week of Oct. 14-20, Marion saw:

- An average of 19.4 new cases per day
- 35.6 cases per 100,000 residents
- 5.9% positivity rate
- A total of 25 people vaccinated

During the week of Sept. 30-Oct. 6, covered in the state's last report, Marion County recorded:

- An average of 24.9 new cases per day
- 45.6 cases per 100,000 residents
- 8.3% positivity rate
- A total of 33 people vaccinated

For the reporting period of Sept. 16-22, Marion County noted:

- An average of 40.4 new cases per day
- 74.1 cases per 100,000 residents
- 9.4% positivity rate
- A total of 49 people vaccinated

For the week of Sept. 2-8, Marion saw:

- An average of 72.4 new cases per day
- 132.8 cases per 100,000 residents
- 11.5% positivity rate
- A total of 50 people vaccinated

Hurricane Ian Recovery

Governor Ron DeSantis Issues Updates on Hurricane Ian Recovery

TALLAHASSEE, Fla. — Today, Governor Ron DeSantis visited Sanibel Island to hand deliver \$1,000 recognition payments to first responders in areas impacted by Hurricane Ian. These recognition payment checks were mailed prior to Hurricane Ian making landfall but were unable to be delivered to impacted areas following the storm. The Governor

delivered checks to first responders employed by the Sanibel Fire & Rescue District, the Captiva Island Fire Control District, and the Upper Captiva Fire Protection & Rescue Service District.

First Lady Casey DeSantis announced new mental health resiliency tools in response to Hurricane Ian. The Florida Department of Children and Families (DCF) launched the Family Support Line,

Continued page 16



The Lady Lake Chamber referral luncheon was a great success. This month it was at Texas Roadhouse Grill. The food was great, service was good and the food was wonderful. Lots off great door prizes.

Pictured is Leslie Dicesare and her honored guest her mother Krista Campbell. Next time you get a chance Experience Lady Lake and the Lady Lake Chamber visit you won't be sorry.

Christine Has Your Back



What would you think if I said my Health Insurance Lady has your back? Let me introduce you to Christine Calvert. In the Medicare Health Insurance world agents are not allowed to say certain things. But I can say them. My Medicare Insurance Lady has my back. I trust her completely with my Health Insurance needs and she will do the same thing for you. Just call her and ask for a free consultation. She will give you an honest answer. Two years ago she told me to stay with my current insurance company

and she was not my agent, she said call me if you need question answered about coverage, I did. This year I asked her and she has come up with something better. My wife and I went to her office and she explained our increased benefits and decreased cost, we are going back to sign next week. Your Medicare health insurance is very important. It won't cost you anything to look, listen and ask questions. It could save you a lot of money. I endorse very few people but this Lady is at the top of my list. The Medicare Open Enrollment period is NOW until December 7th. I suggest you call Christine now time is running short 352-572-8510.

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AS I SEE IT

CLIMATE CHANGE-Fact or Fiction?
Will it ever end?

Is it even real?
As I See It, most people accept that our Planet Earth has changed several times over its millions of years of existence. But, for some reason, many intelligent, educated people insist that those changes have stopped and that the weather we have now is the same as it's always been, and it will continue, unchanged for ever. Unfortunately, 'we, the people' have no way of learning the 'facts' because, today, the 'media' (news, television, the internet), are firmly in the control of biased, extremists on both sides of every issue.

So, the 'news' we get is "There is no problem!" or "We have a total disaster!" But, there are a few 'facts' which, I think, most people will accept.

The years 2016 and 2020 are the warmest years on record.

Ice cores drawn from Greenland, Antarctica, and tropical mountain glaciers show continuing shrinkage year-after-year. Tree rings, ocean sediments, coral reefs, and layers of sedimentary rocks provide also show the problem.

Several Paleoclimate studies show that current warming is occurring roughly 10 times faster than the average rate of warming after any ice age.

Also Carbon Dioxide from human activities is increasing about 250 times faster than it did from natural sources after the last Ice Age.

Cut down an old tree. The tree rings clearly show that there are substantial variations in rainfall year-to-year. Sometimes year-after-year.

World-wide, water levels have risen substantially. Scuba diving in the Mediterranean will show you whole cities which are now thirty feet under water. Even in the USA, many areas in the mountains have lost the snow coverage which has been there all our lives, but is now

disappearing.
The mighty Colorado River is drying up. The list goes on and on.

The deniers claim that this process is only temporary, and that, sooner or later, everything will change back to 'normal'. Maybe it will.

But, in the meantime, shouldn't we deal with the growing problems which exist now?

For example, I accept as fact, the pictures and measurements we get from satellites which all show rising water levels, shrinking snow caps and disappearing icebergs.

Even the North and South Poles are melting.

Most Scientists claim that, in the last 800,000 years, we have had at least eight Ice Ages. The last one ended about 11,700 years ago.

(Which, by-the-way, triggered the 'exodus' of modern humans out of Africa and the near-extinction of the Neanderthal people).

(I say "near-extinction" because, over the years, I've met several 'survivors', even, right here in Florida!).

Is it cynical to say that humanity is incapable of facing up to the facts?

As I See It, that question is irrelevant! Did you ever hear the story about the herds of Lemmings which commit suicide by jumping off a cliff to their death, or drowning in the river?

Apparently, every few years, hundreds of them blindly follow a new leader off into the great unknown to eventual catastrophe. Does that sound more and more like us? Where our leaders and their followers demand unquestioning, blind loyalty. No questions asked.

Of course, homes lost in a flood, or burned in a forest fire might affect 'them'.

But not us!
So, why worry?
'til next time, . . .

Unified Command I Am Ashamed Established

UNIFIED COMMAND ESTABLISHED TO MONITOR ASTOR FLOODING

The Lake County Sheriff's Office, Lake County Fire/Rescue, and the Lake County Office of Emergency Management have established a unified command in Astor to monitor and manage the flood situation along the St. Johns River that has come about as a result of Hurricane Ian.

Areas of the community that are adjacent to the river are currently being assessed. At this point, the most impacted areas are as follows:

- Claire Street, and adjoining roads
- Alligator Road, Possum Road, and the roads to the north of these

In addition, the following boat ramps are closed due to flooding and unsafe conditions:

- Butler Street Boat Ramp
- Pearl Street Boat Ramp
- Lake George Boat Ramp

Several of the roads in these areas are under water, with more flooding likely in the coming days; therefore, these areas are closed to non-residents. Residents who must travel in these areas are asked to maintain minimal speeds to avoid forcing more water into the yards and homes of other residents.

People are also being asked to stay off the water in the Astor area to avoid pushing more water into the aforementioned areas.

The situation will continue to be monitored and further updates will be provided as they become available.

<https://www.lcso.org/mediaReleases/>

From The Internet

I thought three of the most trusted organizations are FBI / Department of Justice and the postal authority, employees and Inspector. I have heard stories about all of them in the last six months. If true, I am really ashamed, I never thought I would see the day we would drop to this level of corruption.

According to internet sources DOJ has arrested five IRS agents for stealing COVID related checks. They were buying expensive cars and expensive trips to Los Vegas. IN THE FUTURE if an IRS EMPLOYEE steal's your COVID check and if you catch them they might shoot you with a government supplied gun and ammunition. They will accuse the person they shot as the offender. Let's see if the ITS agents go to prison. How many did not get caught? This a great feather in Biden's cap. I'm sure he is so proud of the agents, his son and brother. I feel strongly that he knows about it. Anyone making deals against our country is "TREASON!"

Should the penalty be a "Firing squad!" I am sure there would not be any problem getting volunteers. That probably stop the corruption.



Green Chicken Enchilada Cauliflower Casserole



Ingredients

- 20 oz frozen cauliflower florets (about 4 cups)
- 4 oz cream cheese, softened
- 2 cups cooked chicken, shredded
- 1/2 cup [Salsa Verde](#)
- 1/2 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- 1 cup shredded sharp cheddar cheese
- 1/4 cup sour cream
- 1 tablespoon chopped fresh cilantro (optional)

Instructions

- Put your cauliflower in a microwave safe dish and cook for 10-12 minutes or until fork tender.
- Add the cream cheese and microwave for another 30 seconds. Stir.
- Add the chicken, salsa verde, salt, pepper,

- cheddar cheese, sour cream, and cilantro. Stir.
- Bake in a preheated oven at 375 degrees (F) in an ovenproof casserole dish for 20 minutes.
- OR you could microwave on high for 10 minutes.
- Serve hot.

More yummy recipes may be found at <https://www.ibreatheimhungry.com/>

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Florida State Senate

DENNIS K. BAXLEY



Dear Friends,

The election season will officially conclude November 8 and we are very excited to bring this cycle to a close. We are grateful to live in America, where, even if we make a mistake about who we choose

to lead us, we have the ability to choose differently in the next election. No one person can dominate the government for a lifetime. In Florida, we are grateful to have anti-incumbency laws in our constitution so that we are always ready to receive wisdom and fresh ideas from another who is willing to serve. We should not be afraid of those who do have experience serving in elected roles, they bring highly valuable insight and knowledge. We do recognize, however, that we cannot allow our state to operate as Washington D.C. does. There, men and women hold office for decades and become so entrenched that they lose all sense of what it means to be an average citizen. It is not true of all that serve in federal government, but it is a concern for many.

We are confident that we will have a smooth and fair election where voters can be assured that their ballot was counted accurately and that our elections are legitimate. The Florida Legislature has worked hard these last few years to ensure that it is incredibly difficult to cheat our elections. As the Chair of the Ethics and Elections Committee, your Senator had the opportunity to directly sponsor and/or oversee some of the largest elections changes this state has seen in decades. SB 90 (2021) and SB (524) fixed issues and loopholes surrounding drop boxes, ballot harvesting, and vote-by-mail ballots. In

addition, we established an investigative unit on elections security within the Department of State that will weed out potential abusers of our elections. No system is perfect and our work is never finished. "The price of freedom is eternal vigilance". In Florida, we will continue to make it easy to vote, but very, very hard to cheat.



Our prayers continue for our neighbors in the southern part of the state who, little by little, are piecing back together their lives after the destruction caused by Hurricane Ian. How Floridians have responded to such tragedy is truly amazing and it is a blessing to be serving some of the most hardworking and dedicated people in this entire country. Governor DeSantis did an amazing job coordinating the state's response to this disaster and we are fortunate to have a leader like him for times such as this.

Thank you for your trust and confidence; it is an honor to serve you in the Florida Senate.

Onward & Upward,
Senator Dennis Baxley

Fall Back Into Healthy Habits

(NAPSI)—Whether your family has been on its A-game when it comes to dental health or you were subject to the summer slide, the start of the school year is a great chance to reset. While your kids get used to the earlier wakeup call, incorporating oral health techniques along the way will help them beyond their first day.

Summer break doesn't usually include the same strict schedule as the school year and dental health can sometimes fall by the wayside. It's important to implement

Continued page 7

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

PUBLISHER'S NOTES



We are being taken, it's like a shell game. Distract with one hand and take with the other. For instants... Crisis being created

1960's All our oil will be depleted

1970's We will have

an ice age

1980's Acid rain would destroy our crops

2000's Icecaps are melting

Not one has happened why? Follow the money. We paid more tax's for the shell game and politicians made a lot of money.

NOW... We are being told to turn the thermostat up on hot days because we are putting to much stress on the electrical Grid while we are being told to buy electric cars which will really put an overwhelming effect on power grids. This needs to stop!

Follow the money, our tax money!!!

Here is a good example of of politicians at work!

Coal power Plant's in a few other

countries are

- The EU has 468 - building 27 more... ... Total of 495

- Turkey has 56 - building 93 more... Total 149

- India has 589 - building 446 more... Total 1035

- Japan has 90 - building 45 more... Total 135

- China has 2,363 - building 1,171 more... Total = 3,534

I think we have 15 coal power plants left.

As you can see we are not polluting the world, so the Global Warming thing is not true or we can't change it unless the rest of the world goes along with it. I think it's a grab for power and our tax money!

I have one word to explain the cure for the IRS being weaponized, **FAIRTAX!**

Our tax money is being plundered through. First they create a crisis then they need money to fix the crisis. In ten years there will be another crisis. That cycle will continue until we get several President's in a

row that truly want to stop the plundering.

I think that our current administration in trying to bankrupt our country, we are well on our way. We need an investigation in corruption all the way to the top. We need to investigate the the people who are paying the FBI informants hundreds of thousand to come up with bogus information. They all need to go to jail!

Actions uncovered of Pelosy in a video saying saying she would punch Trump out! I ask you who is creating chaos? Who is acting stupid? Are our law makers acting responsible? **NO!** They need to be replaced! Some need to be impeached!



Again I think the Florida Turnpike Authority should be disbanded and given jobs with the DOT who is their governing agency anyway. Florida tax payers don't need to be harassed every several years. Residents are selling their homes to avoid the confrontation meetings. To Governor DeSantis it is not fair! Please stop them! This area was hit hard by the Barge Canal (under state control)...IT FAILED the state took Tax Payers land and later used it for purposes other than the Barge Canal. They turned it into a Park? Then came the Turnpike extension came twice in the years past. The local residents fought it back. Then here came the Gas Line on the same path the Turnpike wanted to go through. The Gas Line went through. I through them off me property several times. Through legal means it went through. Today there are gates at every property line and they have the same code on the locks from Alabama to Orlando. Several times I have caught people who should not be there (Trespasser's) on my property. Mind you these are the same farmers and Ranchers that just fought the Turnpike Extension a few years before. Recently an agency calling themselves the Turnpike Extension Authority has approached again! The City, Town, County's and land owners rose up to fight again. Again Tax Paying residents are being harassed. Wait there is an election coming up let's PAUSE IT until after the election is over. In the past there was all kinds of trickery applied. I know them all, I now have a Gas Line on my farm. Should it blow up I only hope that some of my family will be left to sue them! Think about this, that land the Gas Line went through has been devalued. No one wants to build a house

right next to the Line. So they paid once for the right to put the Gas Line there but as long as it is there the land is worth less. BUT we still pay taxes on it to the County.

Governor DeSantis please stop them from plundering of our land!

Last but not least Google has given the green light to Trumps Platform!

The Justice Department has charged five current and former IRS employees with stealing COVID relief money and using it to make lavish personal purchases—including a new Mercedes and trips to Las Vegas.

About a Letter to the Editor

I received a letter this month, I think it is probably the same person bashing some of our top law makers in the state in a letter last month. This is the most rude and misinformed person that I have ever received a letter from. I will not print the letter because it is driven by hatred and is so misinformed about their facts. It's for curtain they have Democratic ties and are hell bent on destruction of the Republican party. The person did not sign the letter and did not put a return address on the envelope, I don't print letters if they are not signed, I don't print their name in the paper but if it is not addressed then I can't answer it. So if you want a response put your mailing address on the letter. I think you are full of hate and misinformation. Take a chill pill and educate yourself by looking things up and fact checking them. Oh you probably don't know how?

Newspaper Deadlines

Editorial & Ad Copy for December

Seniors Voice & Ocala DownTown

Noon, November 18th

Lady Lake Magazine & Village Spectator

12am, November 23rd

Village Spectator / Lady Lake Magazine

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FROM THE DESK OF CONGRESSWOMAN KAT CAMMACK



Reps. Kat Cammack, Ed Case, Steven Palazzo & Jimmy Panetta Announce Establishment Of Bipartisan

Aquaculture Caucus

WASHINGTON, D.C. — Today, Reps. Kat Cammack (R-FL-03), Ed Case (D-HI-01), Jimmy Panetta (D-CA-20), and Steven Palazzo (R-MS-04) announced the establishment of the Aquaculture Caucus, for which the four representatives will serve as inaugural co-chairs.

The caucus will serve as a resource and forum to educate and share the potential for growing sustainable, innovative domestic aquaculture. It will also provide policy updates and share initiatives in Congress that support U.S. aquaculture and work to make it more competitive at the global level.

"Aquaculture should be one of the United States' priorities as we grow our focus on food security. In Florida, we've seen the benefits of aquaculture firsthand, breeding, raising, and harvesting shellfish, fish, and aquatic plants in our waters. We've demonstrated that it's possible to provide healthy, fresh food that's produced sustainably at home to support our growing population," said **Congresswoman Cammack**. "The Aquaculture Caucus shares our enthusiasm for pushing these industries and their innovations forward while growing our infrastructure and market domestically."

"Aquaculture has always held great

promise to help us achieve our broader goals of creating sustainable food systems and responsibly managing our marine resources," said **Congressman Case**. "Congress should focus more directly on how best to mold federal policy to realize the full potential of American aquaculture. Our new Aquaculture Caucus will provide that focus as we clarify often confusing and contradicting regulatory schemes while ensuring that we protect our marine environment."

"Since first introducing the Advancing the Quality and Understanding of American Aquaculture Act (AQUAA) in 2018, the conversation on expanding our nation's aquaculture industry has only grown," said **Congressman Palazzo**. "The fact of the matter is, the United States is missing out on an incredible economic and sustainable opportunity to grow aquaculture on our own shores, creating more American jobs. I'm proud to be a part of the new Aquaculture Caucus and look forward to the conversations and ideas this caucus moves forward."

"It is reported that we import well over three-quarters of the seafood that we consume in the United States. Aquaculture can play an important role in reducing our reliance on other countries for fish and increase our consumption as well as our domestic production of sustainable seafood," said **Congressman Panetta**. "The bipartisan Congressional Aquaculture Caucus will work to create policies to support not just a sustainable source of food that can create jobs, but also ensure that it's economically feasible and environmentally friendly."

"Stronger America Through Seafood (SATS) thanks Reps. Cammack, Case, Palazzo, and Panetta for establishing a congressional caucus for lawmakers to learn about the benefits that a robust aquaculture industry would provide communities nationwide," said **Horace Dawson, III, General Counsel of Red Lobster and Member of SATS**. "The growth of American aquaculture would create new jobs across the seafood supply chain while supplying our communities with local, sustainable seafood. For the U.S. to realize the full economic potential of aquaculture, federal legislation is needed."

"The leadership to create bipartisan participation in an Aquaculture Caucus is strongly supported by the aquaculture

community," commented **Sebastian Belle, President, National Aquaculture Association**. **President Belle continued,** "Creating a caucus to advocate for fish, shellfish, crustaceans and aquatic plant farms supporting thousands of jobs throughout the nation is important to effectively communicate the nationwide economic impact of aquaculture farms and their ancillary businesses to rural inland and coastal communities. Organizing an Aquaculture Caucus is very timely as the nation is experiencing food supply shocks and rising prices. We believe U.S. aquaculture is under appreciated for the diversity of freshwater and saltwater animals and plants farmed and sold live,"

Continued page 12

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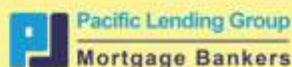
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Presented by:
Dan Kapellen
Reverse Mortgage Expert
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Genetically Modified Mosquitoes

NIH Used a Box of Genetically Modified Mosquitoes to Vaccinate Study Patients

(RightWing.org) – The National Institutes of Health (NIH) continue to find themselves surrounded by controversy. For instance, several lawmakers and scientists have accused the agency of funding dangerous gain-of-function research overseas — in China, to be exact. Likewise, a recent news report revealed the NIH funded a study that used a box of genetically-altered mosquitoes in an attempt to vaccinate study patients.

On August 24, Science Translational

Medicine a research study involving a genetically-altered parasite engineered to create a vaccine to protect humans from malaria. Particularly concerning is the fact that is the deadliest species of its class that spreads malaria in humans through animal or insect bites or stings.

Study participants literally place their forearms over a cardboard box containing hundreds of mosquitoes infected with the altered Plasmodium falciparum. The containers had a wire mesh top that allowed the insects to bite but prevented them from escaping. One of the participants NPR the researchers “literally [used] a Chinese food

takeout container.” Scientists hope one day to release infected mosquitoes to vaccinate unwitting and unwilling humans against the ravages of malaria. However, full vaccination requires multiple bites, and so far, the efficacy rate of this particular vaccine is far less than necessary to protect the population. It calls to question. What other vaccines could be unleashed on our population without us knowing it's happening?

Watch the Weather Wait to Water



During the summer months of June, July, August and September, yards need no more than ½ to ¾ inch of water every 2 to 3 days. If your lawn has received enough water from rainfall, turn off your irrigation system, and turn it back on when needed.

Follow these tips when you "watch the weather, wait to water":

- Water only when your yard needs it
- The simplest way to determine if your yard needs water is to look for these visual clues:
- Grass blades are folded in half lengthwise on at least one-third of your yard.
- Grass blades appear blue-gray.
- Grass blades do not spring back, leaving footprints on the lawn for several minutes after walking on it.
- Check the forecast
- If your yard is showing signs that it needs

- water, check your local forecast to see if rain is on the way.
- Use a rain gauge to determine how much rain your yard has received.
 - Check your rain sensor
 - If you have a rain sensor, make sure that it is working properly.
 - Take full advantage of the rain
 - Make sure gutter downspouts are directed into landscaped areas or lawn.
 - Install a [rain barrel](#) to capture excess rainwater.

Medicare Advantage Fitness Plans



Three Ways A Medicare Advantage Fitness Plan Could Help Reduce Your Health Risks

(NAPSI)—Have you heard the saying, “Movement is medicine?” Countless studies have shown that physical activity can help reduce the risks of serious health conditions, such as heart disease, diabetes, back and neck pain, some types of cancer, and even falls. That's why the Centers for Disease Control and Prevention recommends that adults aged 65 and older participate in 150 minutes of physical activity a week. This includes aerobic, strength, and balance activities.

If you're already engaging in a vigorous

Continued page 15

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Lady Lake Police

CHIEF ROBERT TEMPESTA.



November is the Season of Giving Thanks and Safety Awareness

November is military family appreciation month. During this month, families with members of the military, past and present, are honored and recognized for their commitment and contributions in support of our military and nation. November 11th is Veteran's Day. Thank a member of the military for serving

this country. It is important for them to hear your appreciation, but most of all, it's respectful.

With the holiday season upon us, we should be thankful for the time that we have to spend with our family and friends. There are families that are separated because a member is away serving our country in the military or worse, they have sacrificed their life for our country. In reality, freedom is not free. It is important to reflect that these families have a difficult time coping with their situation. We should be thankful for those who make sacrifices and also for our families, friends, and the opportunities we have in this country.

November 24th is Thanksgiving Day. It

began as a day of giving thanks for the blessing of the harvest of the past year. It is important to spend time with family and friends. Remember that there are families that are missing members because of their sacrifice both here and abroad.

This also means the start of the annual kick off of holiday shopping. The staff of the Lady Lake Police Department would like to remind you to be patient and safe out there when traveling on the roadways. When you factor in the ongoing construction project causing detours and traffic pattern changes along with the increased traffic, it creates a hazardous condition. Officers of the Lady Lake Police Department will be out enforcing traffic violations from speeding to seat belts. It is the responsibility of all drivers to be aware and take extra precautions to ensure safety.

You are also reminded to please safeguard your property. Always lock your car and close the windows, even if you're only gone a few moments. When possible, lock all merchandise or packages in the trunk of your car. Load your packages before departing, not at the next destination. Though there will be officers of the Lady Lake Police Department on specialized patrol details during this holiday season, you must stay vigilant to avoid becoming a victim because, there are those who are looking to take advantage of opportunities watching what you are doing.

The men and women of the Lady Lake Police Department would like to wish you a safe and healthy holiday season.

Healthy Habits

Continued from page 3

positive brushing and flossing habits with your kids as they start the school year off, for happy smiles in those class photos.

"The routine gets disrupted when summer happens," says Kim Trieu, DDS, a Delta



Dental of Washington member dentist, who also teaches at the University of Washington School of Dentistry. "And when we get out of routines, we get out of habits."

Helpful Hints

Daily reminders of brushing for two minutes twice a day and flossing at least once are a great place to start. This reduces the risk of cavities by removing food and plaque which build up with the increase in summertime snacks and treats. Before you leave the house in the morning and prior to bedtime, a quick "Did you brush yet?" can get the job done.

In addition to verbal reminders, try posting a visual reminder on the bathroom mirror such as a brushing and flossing chart or setting a daily phone alarm. Brushing and flossing charts are available at www.toothfairy.deltadentalwa.com/blog/tooth-fairy-approved-brushing-and-flossing-chart.

As well as getting your family to brush and floss consistently, check to make sure they're doing it thoroughly. Check for food or plaque on your kids' gum line. They can be evidence of missing a spot while brushing and flossing and lead to unnecessary dental treatments due to lack of oral hygiene.

Turn To The Tooth Fairy

If your kids need some extra encouragement, the Tooth Fairy is on the case. Parents can request a letter from the

Continued page 8

Why Join The Lady Lake Area Chamber?

- **Networking Opportunities**- Connect with business professionals
- **Visibility** - Get noticed in your community
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Bellevue Chiropractic Clinic celebrated the grand opening of its new location with a ribbon cutting. Dr. Michelle and her



PPL Motorhomes in Summerfield, FL hosted a ribbon cutting and grand opening event for their first location in Florida. The company is based out of Texas and recently acquired what was previously RV Swap Shop.

Healthy Habits

Continued from page 7
Tooth Fairy to motivate kids to be active participants in their dental health. Delta Dental of Washington has also partnered with the Tooth Fairy to offer helpful tips for parents too, including the downloadable “Caring for your Smile” home curriculum, the quarterly Grin & Grow e-newsletter, articles, activity sheets, videos and storybooks.

Launched in 2019 as part of Delta Dental's vision for a cavity-free Washington, The Tooth Fairy Experience (www.TheToothFairyExperience.com) program aims to improve dental health habits at an early age, reduce the incidence of tooth decay, and increase the number of kids who regularly visit the dentist.

Learn More

For further information on how to access the Tooth Fairy's materials, visit the parent resources page. For information about oral health in general, visit Delta Dental of Washington's blog at www.DeltaDentalWA.com/blog.



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Lady Lake Chamber Referral Luncheon

The Last referral luncheon of the year was held last week. In looking at the picture it was well attended. I spoke about the "Inflation Buster" I sold a three month deal at that meeting. So if you have the

right product and your not shy you can move a product or service. There are only 6 inflation buster ads left...Limited offer. Their a good bunch of business people, so go visit the Lady Lake Chamber next month



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DONATIONS NEEDED!

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

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

Donations Can Be Dropped Off at the following locations:

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Lady Lake Area Chamber
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FROM THE DESK OF GOVERNOR DESANTIS



Governor Ron DeSantis Announces Emergency Repairs to Sanibel Causeway Completed More Than a Week Ahead of Schedule

TALLAHASSEE, Fla.

— Today, Governor Ron DeSantis announced that emergency repairs to the Sanibel Causeway have been completed in 15 days, more than a week ahead of schedule. As of this morning, access to Sanibel Island has been restored for residents, reconnecting Sanibel Island to the mainland. To watch the Governor's full remarks, click here.

“The work that has been done to restore vehicle access to Sanibel Island has been historic,” said Governor Ron DeSantis. “Cutting through bureaucratic red tape and delivering on our promise to get Sanibel Island up and running has been a top priority. By restoring access over the causeway, repair crews, first responders, emergency vehicles, business owners and residents will be better able to expedite recovery from this storm.”

“I am grateful for our dedicated team members who quite literally built a road in the Gulf in 15 days,” said FDOT Secretary Jared W. Perdue, P.E. “While the bridges were largely undamaged by the storm, portions of the causeway which connect bridge structures together were washed

away by Hurricane Ian, leaving the bridges unconnected to the mainland or the island. A project like this, under normal circumstances, could take months. However, FDOT, along with our law enforcement partners at the Florida Highway Patrol, Lee County and Florida Department of Emergency Management made use of strategic and innovative techniques to rebuild the causeways quickly. Under Governor DeSantis' leadership, and thanks to the hard work of hundreds of FDOT employees and contractors, we were able to relink Sanibel Island to the mainland.”

On October 4, Governor DeSantis directed FDOT to prioritize repairs to the Sanibel Causeway with an estimated completion date by the end of October. On October 11, the Governor announced that due to steady progress on repairs to the causeway, a one-time convoy of more than 350 vehicles for utility restoration would be able to safely cross the bridge onto Sanibel Island.

Damage from Hurricane Ian prevented vehicles from being able to cross the 3-mile-long bridge, delaying the delivery of needed services and supplies to the hard-hit Sanibel community. Crews worked around the clock to restore drivable access for the over 6,000 residents of Sanibel Island. With the completion of the temporary emergency repairs to the Sanibel Causeway, FDOT will now work with Lee County on plans for



Island 1 Breech before



Island 1 Breech now



Island 1 Bridge before



Island 1 Bridge now

permanent repairs on the causeway.

FDOT, in partnership with Lee County, has completed emergency repairs to several other damaged bridges in the Lee County area, including repairs to the Pine Island Bridge in less than three days in addition to Big Carlos Pass, Big Hickory, Little Carlos Pass, and New Pass Bridges.

Access to Sanibel Island via the Sanibel Causeway will be managed by Lee County. For more information, please visit www.leegov.com or follow Lee County on Facebook at

www.facebook.com/leecountyflbocc.

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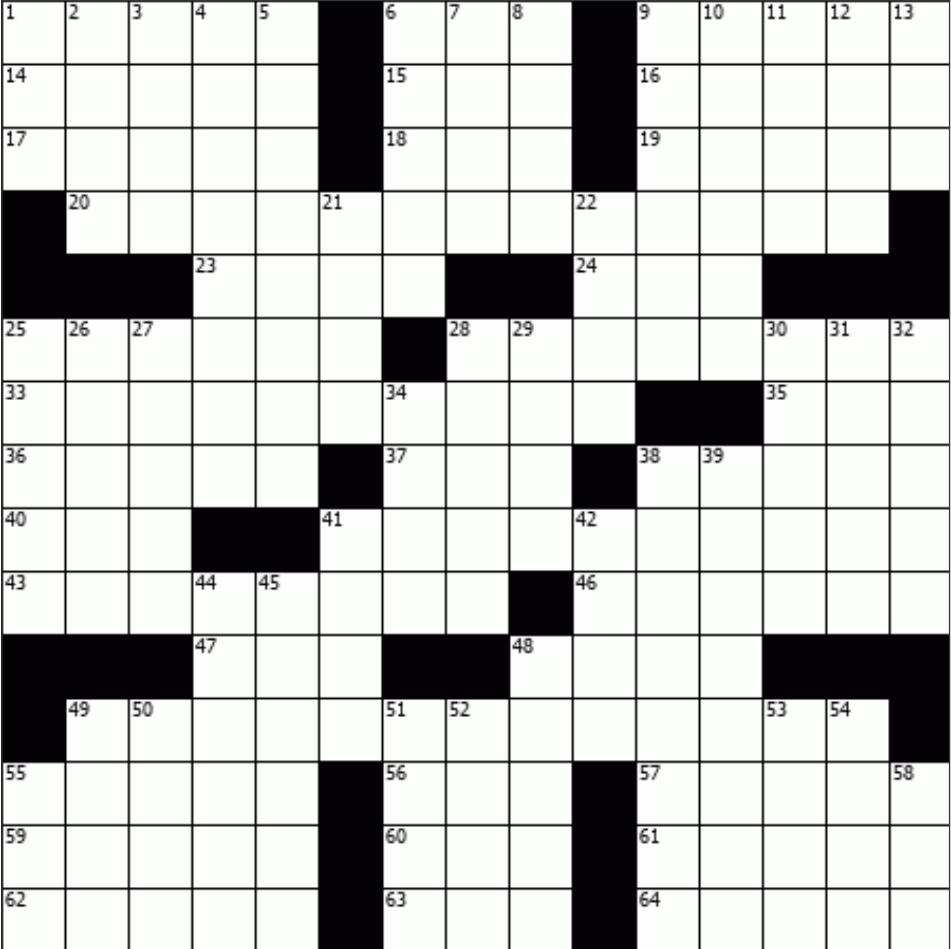
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CORNER

- Answers page 16
- Across
1. Doctor's request
 6. FDR project
 9. Book after Obadiah
 14. Dean Martin's "That's ___"
 15. Lay low
 16. "Faust," e.g.
 17. Couric's cohost
 18. "Frasier" character
 19. "A thing of beauty is a joy forever" poet
 20. Outline hydrogen atoms?
 23. Adorable
 24. "Odds ___"
 25. Pepsi alternative
 28. 1962 N.L. Cy Young Award winner
 33. Add color to elms?
 35. Swamp
 36. Windmill parts
 37. Mellow, as wine
- Down
1. Erie Canal mule
 2. Latin conjugation word
 3. Part of MYOB
 4. Montana's 406, e.g.
 5. Schwarzenegger's first film role
 6. Fates count
 7. Six-stringed instrument
 8. Woodworker's tool
 9. Deck's pair
 10. Double-clicked, as a file
 11. Without ice
 12. Cultural interests
 13. Doesn't lack
 21. Pierre's state
 22. Player in 24 All-Star games
 25. Answers to a host
 26. Type of store or letter
 27. Playground retort
 28. "Ballet Rehearsal" artist
 29. Snorkeling site
 30. "___ Irish Rose"
 31. Mr. Moto portrayer
 32. Cast out
 34. Avis adjective
 38. Persian Gulf sheikdom
 39. Came clean
 41. Lucy's love
 42. 6-Down, to Diego
 44. Ventriloquist whose hand was a puppet
 45. Sink in pool
 48. German sausage
 49. Responded in court
 50. Drip site
 51. Beef cut
 52. Whittle
 53. Tony winner Moreno
 54. They're built on Broadway
 55. Pugilist Laila
 58. Battleship initials



Cammack

Continued from page 5

fresh and processed to the American consumer; complexity and cost of federal and state regulations; lack of therapeutants to insure animal care, and the value and benefits of federal research to advance sustainable production. The new Aquaculture Caucus creates an exciting focal point for national dialogue. We look forward to working with the caucus members."

The introductory caucus members include Reps. Cammack, Case, Palazzo, Panetta, Salud Carbajal, Jerry Carl, Buddy Carter, Rick Crawford, Scott Franklin, French Hill, Barry Moore, Maria Salazar, Abigail Spanberger, and Rob Wittman.

Everyone Hates Using Passwords

New Study Shows Everyone Hates Using Passwords But Generational Differences Persist

(NAPSI)—Most people are well aware of the shortcomings of passwords. Generally, they just don't deliver the level of security and convenience you expect. They can be weak, prone to theft and loss, and just a major source of frustration.

In fact, a recent Aware study suggests these levels of frustration have hit a whole new threshold. Uniformly across age demographics, research shows that around 30 percent of users are incredibly frustrated when they have to undergo a password reset process. And, while people of all ages are similarly irritated with the length and complexity requirements of passwords, those in the "rush hour of life," generally considered to be 25-45, report higher levels of frustration than any other age group.

Age Matters

Continued page 15

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FROM THE DESK OF

ATTORNEY GENERAL MOODY



Attorney General Moody Launches 2022 Human Trafficking Summit

TALLAHASSEE, Fla.—Attorney General Ashley Moody today launched the virtual 2022

Human Trafficking Summit. The summit brings together local, state and national leaders to discuss efforts in the fight to eradicate all forms of trafficking. Former award-winning Major League Baseball player Adam LaRoche will deliver the keynote address. More than 2,300 attendees are registered to receive more than 16 hours of educational content and breakout sessions from presenters across the nation. Learning opportunities created at the summit allow Florida to continue working to protect victims and prosecute traffickers.

Attorney General Ashley Moody said, "I'm excited to launch this year's Human Trafficking Summit. During this virtual event, participants will hear from experts from across the country—including our keynote speaker, former MLB player

Adam LaRoche. Adam is an incredible advocate for survivors, and I look forward to participants hearing his message of hope and ideas for ending trafficking."

2022 Human Trafficking Summit Keynote Speaker Adam LaRoche said, "I am honored to have the opportunity to speak at this year's summit on anti-human trafficking. Unfortunately, this is a growing concern in the United States, and we must continue to address this topic and take active steps towards recognizing, understanding, and combating these atrocities. I am thankful to the state of Florida for taking a leadership role in actively engaging in this fight."

LaRoche played with the Atlanta Braves, Pittsburgh Pirates, Boston Red Sox, Arizona Diamondbacks, Washington Nationals and Chicago White Sox over a 12-year span. LaRoche won a National League Gold Glove Award and Silver Slugger Award in 2012 with the Nationals, finishing sixth in the Most Valuable Player vote that season.

Following his playing career, LaRoche, along with his wife Jennifer, established the E3 Ranch Foundation in 2017, a multi-faceted organization that supports combat veterans and those in the fight against human trafficking—including trafficking survivors.

As part of the summit, Attorney General Moody, the Florida Department of Children and Families and the Florida Department of Juvenile Justice honored advocates and officials for working to fight and end human trafficking.

Below are the list of awards and winners:

- Survivor Advocate of the Year—Savannah Parvu
- Community Advocate of the Year—Katie O'Rourke
- Prosecutor of the Year—Lisa Thelwell
- Law Enforcement Official of the Year—Special Agent Jessica Hurak
- DCF Human Trafficking Investigator of the Year—Shanta Grant Rouse
- DJJ Human Trafficking Advocate of the Year—James Garner

The Florida Attorney General's Office hosted this year's summit, along with the Statewide Council on Human Trafficking, DCF, DJJ, the Florida Department of Health, the Florida Alliance to End Human Trafficking and Florida State University.

Registration for the 2022 Human Trafficking Summit is still open at [HumanTraffickingSummit.com](https://www.humantraffickingsummit.com), and content will remain accessible through March 2023

Attorney General Moody Encourages Wise Giving to Ian Recovery Efforts During International Charity Fraud Awareness Week

TALLAHASSEE, Fla.—As Florida continues rebuilding in the wake of

Hurricane Ian, Attorney General Moody is recognizing International Charity Fraud Awareness Week with wise-giving tips for people donating to recovery efforts. Many Floridians may wish to contribute to the continuing recovery effort from Hurricane Ian. More than \$45 million donors have given to the Florida Disaster Fund alone. Generous Floridians must stay alert, as scammers often try to exploit disasters to rip off donors.

Attorney General Ashley Moody said, "This year's International Charity Fraud Awareness Week comes as we continue to rebuild what Hurricane Ian destroyed. Generous Floridians and people across the country are contributing to the recovery efforts and we are so grateful for their support, but I want to remind those who want to give to watch out for charity scams and do some research before donating."

Attorney General Moody is issuing the following tips to Floridians looking to give:

- Research a charity before donating. Search the organization's name with the word 'scam'. Use [CharityNavigator.org](https://www.charitynavigator.org) for further vetting;
- When donating, use a credit card for extra protection;
- Avoid aggressive solicitors and urgent deadlines;
- Pay close attention to email addresses and website URLs—fraudulent sites will have slight changes from the legitimate sites;
- Keep records of all donations and transactions; and
- Do not click on any suspicious links in emails or text messages soliciting money or financial information, even if it seems like it is for a good cause.

Scammers may also target charitable organizations, especially after a disaster. A scammer could attack an organization's cybersecurity systems in hopes of stealing donors' identity or financial information, or may create an imposter organization that poaches donors from the true charity.

Florida charitable organizations can help prevent charity fraud by:

- Investing in trusted cybersecurity systems and providing cybersecurity training for all employees;
- Reviewing payment processing systems to double-check that it follows industry standards; and
- Keeping all software up to date.

For additional information and tips for donating safely, check out Attorney General Moody's Scams at a Glance: Charity Scams. To view, click [here](#).

Floridians can report charity scams to the Florida Attorney General's Office by calling 1(866) 9NO-SCAM or visiting [MyFloridaLegal.com](https://www.MyFloridaLegal.com).

More headlines at
www.myfloridalegal.com

AG Moody and Law Enforcement Agencies Bust Gang Members and Seize Enough Fentanyl to Kill Half of Florida's Population

Attorney General Moody and 20-State Coalition Opposes Biden Administration Rule Requiring States to Reach Net-Zero Highway Emissions

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Rain Barrels



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A How-to for Installing a Rain Barrel Benefits

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Help reduce the amount of water that may settle around the foundation of your home

Uses for Collected Water

Connect to a soaker hose (with the pressure-reducing washer removed)

Fill a watering can and hand-water plants, flower beds and gardens

Keep your compost bin moist

Rinse off gardening tools

How Do I Get Started?

Step 1. Start With a Drum

Many people make rain barrels out of inexpensive 50-gallon food-grade drums that were used to carry juices, olives, pickles, etc. Stay away from ones that were used to carry harsh chemicals. Often you can find barrels for around \$10 from drum and barrel suppliers.

Be sure to get a heavy-grade plastic container that won't let in light — clear or translucent barrels can speed the growth of algae, which can clog pipes.

Rinse the inside of the barrel with a mixture of 1/8 cup of bleach and 5 gallons of water to wash away food or juice remnants.

Step 2. Chose a Location and Install a Hose Spigot

Some subdivisions have guidelines affecting size, location and appearance, so check with your homeowners association before installing a rain barrel.

Decide where to place the barrel — many people put them under a downspout for easy attachment. Also consider the distance to your plants, gardens and flower beds. If you

don't have gutters, put the barrel under a valley in the roof that sheds a lot of water, and put a screen over the open barrel.

To install a 3/4" hose spigot, drill a 15/16" hole for the spigot threading just a few inches from the bottom of the barrel. This will provide a few inches of clearance for attaching a hose or filling a watering can and will allow for debris to settle below the outlet to reduce clogging.

Step 3. Build a Platform

Concrete cinder blocks provide a strong, stable and level platform for your rain barrel. If you use more than one layer of blocks, stack them in a crisscross pattern so they won't tip over.

Step 4. Connect Downspout to Barrel

Position the barrel at its set height and measure where you need to cut or disconnect your downspout. Often you can disassemble the downspout at the gutter by taking out screws or drilling out rivets. If you do have to cut it off, use a fine-toothed hacksaw blade or tin snips.

A flexible downspout extender makes an easy transition from the downspout to your barrel lid and eliminates the need for exact measurement because it bends and stretches to the length you need.

Step 5. Cut Barrel Opening and Add Screen

Place the downspout connection in the barrel. If your barrel comes with a lid, or if it has a sealed top, you will need to cut a hole in it. Use a window screen or wire mesh to keep out debris and insects, and clean the tank periodically to remove any settling. Leaf debris, bird droppings and chemicals from roof material won't likely be harmful to plants.

Additional Information

Download or order a 28-page homeowners guide that explains harvesting rainwater with a rain barrel. www.swfwmd.state.fl.us/residents/water-conservation/rain-barrels

It's important to keep your rain barrel independent from existing house piping or sprinkler system piping to prevent a cross-connection to your potable water.

You may want to connect an overflow pipe or link multiple barrels together. An overflow pipe will carry excess water that would normally overflow the barrel to another part of the yard or into another rain barrel. This is a great way to reduce water around the foundation of your house during rain.

A typical 1/2-inch rainfall will fill a 50- to 55- gallon barrel. Figure about a half gallon of water per square foot of roof area during a 1-inch rainfall. A 2,000-square-foot roof can collect about 1,000 gallons of water (accounting for about 20% loss from evaporation, runoff and splash).

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Freedom Pointe at The Villages (RN, LPN, CNA)	Slezak Financial Security Agency (Work from home opportunity)
Goodwill Industries of Central Florida (Cashiers, Clerks, Donation Attendants, & More)	Texas Roadhouse Click here to apply online
Insight Credit Union Click Here to Apply Online Now!	Trustco Bank (Assistant Branch Manager, Teller)
Just Dandy Pet Parlour	United Southern Bank (All Jobs)

Medicare

Continued from page 6

walk each day, or playing golf or pickleball, good for you! But what else could you do to enhance your strength, balance, and cardiovascular health? Many health plans, including Medicare Advantage plans, offer exceptional fitness programs that provide low-cost or no-cost benefits to help you meet these physical activity recommendations and stay healthy. Here are three benefits that Medicare Advantage fitness programs may offer to help improve your fitness:

1) Low-cost or No-cost Gym Memberships. Many Medicare Advantage plans offer fitness programs that give members access to gyms, YMCAs, recreation centers, and boutique studios for no cost or a very low cost. These fitness centers offer a variety of workout opportunities, such as free weights, weight machines, workout classes, swimming pools, and other amenities to help members achieve their fitness goals. The Silver&Fit® Healthy Aging and Exercise Program is one example that provides access to 15,000+ standard and 5,000+ premium gyms, including national name-brand chains, YMCAs, and boutique fitness studios. Besides offering a variety of options for getting fit, a fitness center can provide a social outlet for members who want to connect to others in their community.

2) Access to On-demand Video Workout Classes. Going to the gym can be a daunting task if there's no gym close by, if the weather is bad, or you don't have transportation. Fortunately, some Medicare Advantage fitness programs include access to on-demand workout videos you can do right from home! It's easy to start, maintain, or increase your workout regimen when you have a library of cardio, strength, dance, yoga, Pilates, meditation, and cycling classes to choose from. It's not unusual for such programs, like the Silver&Fit® Healthy Aging and Exercise Program, to offer thousands of video class options and even offer free online classes via social media.

3) Health and Fitness Coaching. Setting and maintaining your health goals is one way to avoid becoming a couch potato. Stay engaged in your well-being journey by connecting with a personal health coach through a Medicare Advantage fitness program. Whether you'd like to increase your activity level, reduce stress, improve your eating habits, enhance your sleep quality, or just feel better every day, a health coach can give you the boost you need via phone, video, or chat sessions. For those who are looking for extra assistance with their fitness, programs including the Silver&Fit® Healthy Aging and Exercise Program offer a “Get Started” exercise plan, designed to help you begin a goal-based fitness routine.

A recent 2022 poll showed that nearly half of all eligible Medicare beneficiaries enrolled in Medicare Advantage plans. It's no wonder when you consider the many well-being benefits offered to members. The fitness programs and resources described above can help you create a personalized fitness routine so you can reduce your health risks and continue to live your best life.

Always remember to consult with your doctor before starting a new exercise routine and to discuss what types of exercises are safest for you.

Using Passwords

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This study also reveals some interesting generational differences with regards to acceptance of new authentication options such as biometrics. Compared to members of the Baby Boomer generation, millennials and respondents in generations X and Z, are more than twice as likely to be comfortable adopting biometrics. The younger respondents were, the more willing they would be to implement facial recognition to protect their accounts; almost double the number of 18-to-24-year-olds indicated a willingness to use the technology compared to Baby Boomers.

Big On Biometrics

Despite these differences, people as a whole seem receptive to using biometric authentication. Over half, regardless of age bracket, said they'd replace passwords with biometrics for activities such as ecommerce, online banking and social media. Almost half of respondents said they'd also do so for online government services. Additionally, across all age brackets, the majority of users said the ability to sign up for a new service with their biometric identity made them more likely to use that service.

So what's it going to take to get everyone to do away with outdated passwords and get on board with biometrics? Public education goes a long way; it's important to ensure that every generation understands the benefits and protections around this kind of data, especially as biometric security becomes more and more commonplace. In many cases, biometric data is deleted within milliseconds after being used. Even in cases where it's stored, images are broken down into bits so small that hackers wouldn't be able to make a composite image to access personal information. And, of course, commercial services can't use your biometrics without consent.

While there aren't many issues that can prompt agreement over generational divides, it's pretty clear that passwords are a universal source of frustration. It's hoped as data indicates, those frustrations will subside as biometric authentication becomes a more popular and convenient option.

Learn More

For further facts and tips, visit www.aware.com.



Password Hygiene

Commit To Password Hygiene Or Resign To Getting Hacked

(NAPSI)—Passwords—they're so ubiquitous, yet are the source of so many online hacks due to poor password hygiene. According to a recent Aware poll, more than 50 percent of people choose to use the same

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Password Hygiene

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password across multiple accounts, which means that if a hacker has a password to one account, they can likely access several of that person's accounts. In fact, almost 70 percent of people remember passwords by picking those that are easy-to-use, or writing them down on a stray piece of paper.

Currently, there are billions of passwords available on the Dark Web, all aggregated through various attack methods, from malware and phishing to brute force. Passwords are highly prone to being weak, stolen, or lost—which brings up the question: Why don't people adopt more sophisticated techniques?

What is Password Hygiene?

Password hygiene is the practice of ensuring passwords are strong (hard to guess) and not prone to theft or loss. Best password hygiene practices include choosing unique passwords for each account, routinely changing passwords and never storing them somewhere obvious. But with people's attention spans and patience so often stretched, does anyone really do this?

Alternatives to Traditional Passwords?

Nearly 67 percent of Aware survey respondents know people who have been victims of account hacks. Unfortunately, the likelihood of those hacks will only continue to grow as cybercriminals get smarter and their methods become more agile. With all the problems around passwords, what are some more sophisticated approaches that could supplement or replace them?

1. Use two-factor authentication: Two-factor authentication requires an additional step before the user logs into the account. It typically is a one-time password via text, phone or email to ensure that only the account owner can gain access. Many websites do let users override two-factor authentication for trusted devices, so be sure not to do this, no matter how convenient it may seem.

2. Leverage a password manager: Password managers help users generate strong passwords and store them all in one encrypted place, alleviating the burden of remembering individual passwords for every account. In fact, you need to remember only one password in order to access that password manager.

Password managers can be a great organizational tool but aren't foolproof; if someone gains access to the password manager account, they have access to all the passwords stored within, which could be disastrous. Additionally, should a password manager company experience a data breach, all of its customers would be in danger.

3. Implement "passphrases" instead of passwords: Many organizations have begun locking sensitive data behind passphrases, not passwords. Instead of a password constructed by letters, numbers and symbols, some organizations require users to type out a whole phrase or sentence to access sensitive data. Again, this isn't a foolproof method, as sentences and phrases can also be guessed, but the length and strength of that passcode definitely supersede that of a password, making it more difficult to guess.

4. Biometrics: Biometric authentication

methods are considered the strongest means of authenticating people because they rely on something that can't be stolen or guessed at: their face, voice, fingerprints or iris. In addition to its superior security, biometric authentication is highly convenient, and the widespread presence of cameras on computers and smartphones makes it very easy to implement. The Aware survey also found that most consumers would choose to replace passwords with biometrics for most online services, including shopping and banking.?

It's never been more important for users to adopt good password hygiene in both their personal and their work lives. Between those efforts and the growing implementation of biometric security, it's possible to reduce the incidence of cybercrime.

Hurricane Ian

Continued from page 1

which connects individuals and families who were impacted by Hurricane Ian with peers who were impacted and have recovered from Hurricane Michael. Volunteers from the Panhandle will use their personal experiences to provide support, advice and a helping hand to victims of Hurricane Ian. Individuals who would like to talk with a Family Support Peer can call 888-850-SWFL.

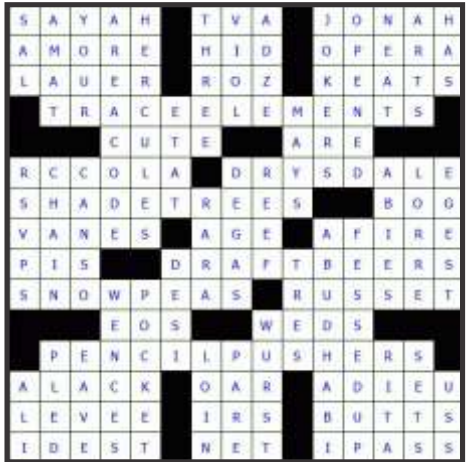
The Florida Department of Health (DOH) and DCF have partnered with BetterHelp to offer mental health services through three months of free online therapy to those impacted by Hurricane Ian. To access these free services, Floridians can visit betterhelp.com/voucher and use code: [hurricaneian](https://hurricaneian.betterhelp.com). BetterHelp will then prompt

impacted Floridians with a questionnaire to best match them with a licensed mental health professional.

Additionally, the First Lady has worked with the State Disaster Recovery Mental Health Coordinator, Sara Newhouse, to compile a webpage of resources to help first responders navigate resources for mental health needs post hurricane. To visit the site, click here. Mental health resources for individuals and communities are available at [MyFLFamilies.com/HurricaneIan](https://myflfamilies.com/hurricaneian). Floridians' health and well-being are a top priority, and the Department of Children and Families is reminding individuals that they are not alone. All Floridians impacted by Hurricane Ian can find someone to talk to today through the Disaster Distress Helpline by calling 800-985-5990.

First Lady Casey DeSantis has continued to highlight the Florida Disaster Fund and the support it has received from private entities across the nation.

See more at www.flgov.com



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