# www.SENIORS VOICE OF OCALA.com

## **DELIVERED TO THE SR 200 CORRIDOR**

Volume 22 Issue 4



opening. After the opening thousands safe. Don't miss it next year, same time, upon thousands of people came through. same place! Watch for a press release in Everyone I interviewed said it was busy our February issue next year. beyond belief. That is great for the County

This picture was taking early, before the as long as everyone had fun and got home

#### Does Socia that country is controlled by the dictator and Work? Rising cost and longer life span have

#### By TomL

The question is does Socialism work? I say it works temporarily as long as they have someone else's money to work with. Remember when you tax the rich too much they will move to another country that won't tax them too heavily. Then you don't have their money to work with. They will continue moving or taxing until nothing is left

Bernie Sanders and some of the leaders in the Democratic government have been touting look at Finland! Finland's government has just collapsed because of the rising cost of universal Healthcare. The Prime minister of Finland and the cabinet have all resigned. Similar problems are occurring in Sweden and Denmark.

America Wake Up - Socialism Does Not Work!

Cuba which is under dictatorship has been propped up by different countries for a number of years. Actually I think Cuba was at one time a beautiful country. I visited as a boy the last few months of Batista's rule. Today if one of the citizens does something wrong the government turns off the electricity to the whole neighborhood and lets the neighborhood take care of what the citizen did, guilty or not. The Socialism in

as we know that can sometimes be brutal.

taken a toll on Universal Healthcare. Bernie Sanders, who took to twitter shortly before Finland's collapse, said, "In the United State it costs on average, \$12,000 to have a baby. In Finland it costs \$60. We've got to end the disgrace of our profit driven health care system and pass Medicare for all." Bernie can no longer tout Finland is the happiest place in the world! The free stuff has ended and their country is in serious trouble. I ask, will you vote for Socialism? Millenniums, you're smart. You have been educated to think for yourself. Look at the countries that have failed because of socialism. Vote by being smart, not going along with the others that are not thinking. Under our current type of government the sky is the limit! Under socialism you just join the ranks of the working class and stay there for the rest of vour life.

You can't give Universal Health care to the people of a country and then think you can take it away. When they started Universal Health Care it was an experiment and yes it works for a while but sooner or later it fails. We do not want to fail! We need to work on dropping Health care cost and prescription drug cost and that would be the best solution. What do you think?

Email me your opinion tloury@att.net

# Social Security Administ

The Social Security Administration (SSA) Announcement (PSA) campaign addressing and its Office of the Inspector General (OIG) a nationwide telephone impersonation launched a joint Public Service scheme. Social Security and the OIG



Take Me Home!

April 2019

Tallahassee, Fla. - Today, First Lady Casey DeSantis announced the 2019 Black History Month student contest winners and Excellence in Education Award recipients. This year's theme was "Celebrating Public Service" and the winners were honored during the Black History Month awards ceremony at the Florida Governor's Mansion. Black History Month is celebrated every year in Florida during the month of February.



plays ping pong with a very competitive impressed by the staff and all that ping pong player. The OBL had a great attended.

continue to receive reports from across the people falsely claiming to be Social Security employees. Calls can even "spoof" Social remain vigilant against potential fraud. Security's national customer service number Thank you,

Ocala Business Leader Angie Umpleby tour of Boys & Girls club. They were very

as the incoming number on the caller ID. The country about fraudulent phone calls from new PSAs will air on TV and radio stations across the country to alert the public to

## OCALA/MARION COUNTY CHAMBER & **ECONOMIC PARTNERSHIP**



**CEP** communications Recently, I was asked how the CEP communicates with our partners and with the public. This led to an interesting discussion and I want to share it with vou.

The goal of CEP

communications is to effectively communicate the initiatives, positions, programs and accomplishments of the CEP to its partners, stakeholders, the media, and the community. Staff works to ensure consistent branding and messaging. The messaging is focused on the partners and is evaluated through surveys to ensure

partner needs are met. The following is a description of some of

our communication tools:

#### Social Media

The CEP has significantly increased its social media engagement in the last year with the goals of 1) expanding reach and 2) providing a venue for interaction. One example is a recent campaign which encouraged viewers to comment their favorite item at the CEP-affiliated Downtown Market with one selected to receive a gift card to the market. This post generated nearly 1700 engagements, 31 shares, and over 200 comments.

#### Video

Along with Social Media, the CEP has

use of video. The CEP has added a Director of Online Communications to coordinate all social media and video and added a studio to produce our own video content. Our website and social media are being populated with in-house videos and starting in April, the CEP will be producing a weekly videocast highlighting CEP news, partner news, and community stories. Look for The Weekly Buzz to debut soon on our Facebook page.

Websites

OcalaCEP.com is THE resource for Ocala. This fundamental resource ties together CEP and key community news and serves as a portal for all CEP programs, initiatives and events. The website also provides specific content for site selectors, local businesses, those relocating to the area, and current residents. Additionally, the CEP operates LiveLifeHere.com, OcalaDowntownMarket.com, and TheHorseCapital.com.

#### **Traditional Media**

Lastly, the CEP seeks to use traditional media to complement and support these digital efforts. These tools include awardwinning quarterly magazines and annual Relocation Guide, digital billboards, and column placements in area newspapers and magazines such as this one.

## Genealogical Society Meeting

Marion County Genealogical Society will meet Thursday, April 18, 2019 from 2pm -4pm in the Marion County Public Library. 2720 E. Silver Springs Blvd, Ocala, FL. Karen Fortin will present "Understanding

Historical Causes of Death". A Special Interest Group on DNA will meet in the same location prior to the general meeting from noon until 1:30pm. Everyone is invited. For more info visit www.mcgsocala.org or call (352) 897-0840.

## OBL Speaker



Ocala Business Leaders Speaker Dustin Humphrey explaining how the company started, the different types of fencing, what he recommends. A lot of information was shared, then some people in the audience

recommended Dustin based on work his company had already done. For info call 352-445-7225

## Earthquake in Florida

It is said by seismic activity specialist the quakes could be related to natural or human activity but did not confirm or deny that they were connected to oil drilling in the area.

Local meteorologist provided earthquake coverage said they had been in contact with USGS geophysicists, and that it is next to impossible that oil drilling or fracking directly caused the earthquakes.

"Our area lies along a normally inactive fault line known as the Bahama Fracture Zone. Earthquakes generally don't happen along this fault. Seeing minor activity like this is not uncommon. It happened about 30 years ago. We are told they are part of normal seismic activity."

Sandy Ebersole, who heads the division of the Geological Survey of Alabama that documents and studies earthquakes, said it's not uncommon to have multiple small-scale earthquakes back-to-back.

"We do have episodes of this kind of seismic activity clusters once in a while," Ebersole said in the article. "That's normal seismic activity for our area."







start your team at marchforbabies.org



#### Florida State Senate = **DENNIS K. BAXLEY**



week I had the pleasure of attending a private early showing, thanks to my good friend Senator Kelli Stargel, of the new major motion picture "Unplanned". The movie tells the true

story of Abby Johnson and her dramatic road to conversion from the youngest Planned Parenthood Clinic Director to a leading Pro-Life advocate. This powerful film exposes viewers to the truth of what happens in the abortion industry, and the emotional, physical and mental damage that can trap women (and men) in a prison of pain and guilt. The story also offer its viewers, whether they've been touched by abortion or not, a story of love, forgiveness and a hope for our future. Since the passing of Roe v. Wade in 1973, it has been estimated that there have been over 60 million legal abortions in the United States. Even just one is heart wrenching enough for me, but to think that we have extinguished the lives of millions of our own offspring is devastating.

This year, in New York and Virginia, we have seen the far left liberals, under the guise of being "progressive", take some of the most extreme positions on abortion law that is nothing short of infanticide. However, I am optimistic that these radical proposals are beginning to further open the

Friends, This past eyes of the American people to the true agenda of these 'progressives", and the consequences that they will have on our society. In Florida, we have a Governor who is staunchly pro-life and our court system is ripe for new legislation to combat the liberal agenda. Here in the Florida Legislature, there are three big pro-life proposals that I want to highlight for you.

SB 792, also known as the "Heartbeat Bill", is the legislation that your Senator has filed for this year. Along with a companion bill in the House, filed by Rep. Hill, this legislation would prohibit the termination of a pregnancy once a fetal heartbeat can be detected. SB 792 also requires a physician to perform an examination for, and inform a woman seeking to obtain an abortion of the presence of a fetal heartbeat. I think that this legislation is one that the left fears the most, because it is so real, simple, and convincing. In the history of humankind, the heartbeat has always been the clear signal that life is present. It is a signal that connects us so well to our own human emotion and conscience, because it can be physically seen, felt and heard.

SB 1774, known as the "Parental Consent for Abortion Act", filed by Senator Stargel, prohibits a physician from performing an abortion on a minor unless the physician has been presented with consent from the minor's parent or guardian. Your Senator as

also co-sponsored this bill.

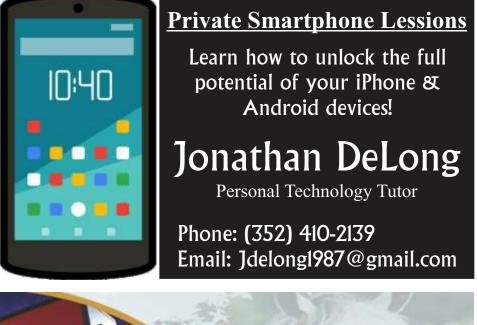
SB 558, the "Florida Pain-Capable Unborn Child Protection Act" filed by Senator Joe Gruters, prohibits a physician from performing the abortion of an unborn child that is deemed capable of feeling of pain. In the bill, an unborn child is defined as being pain capable at 20 weeks postfertilization.

I am excited about the opportunity that we have to protect innocent life, and each of these pieces of legislation has the potential to make a big difference in our fight against abortion. It is an honor to be your Senator, thank you for allowing me to be "the man in the ring" and for sending me to Tallahassee to protect innocent life.

Onward & Upward,

Dennis Baxley







= 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



Russia collision Investigation is over. There are some sealed indictments whatever that means, but there will be no

more indictment filed. They say there was no collusion between Trump and Russia. There were some of Trump's past employees found guilty of various things that happened before the election. The original charges that started this whole thing were bogus so anything found after that should be expunged. They were found guilty of being Trump's friend! Now the DOJ needs to prosecute the people on the other side, probably most of people working for Obama. Let's investigate the person not the crime Obama might have committed. Talk about collusion! I guess we will find out soon enough. It turns out that John McCain was the one that turn in the fake dossier to

Late Breaking News: the DOJ. I feel bad about that. He was a hero The Trump / Russia and served our country! He spent his last Collusion? The DOJ days hating that much, it should be a time for days hating that much, it should be a time for family, God, love and reflection. May he rest in peace.

#### \*\*\*\*\*\*

I talked sometimes about reflecting some info from last year and some from further back in the past. Right now in the present we have probably one of the most important times in American history. The moral fabric of our country is eroding terribly. I think some of the erosion is fabricated and some is true. With the internet added to our fast paced world, people are misusing the internet to guide the uniformed to their power structure. Today you can reach millions of people in an instant and a large portion is for this use: bring down a famous person, bring down a powerful person, expose a nasty person, praise a good person but it is seldom used for that.

Today hackers are busy stealing our information for all of the above reasons and

**Newspaper Deadlines** Editorial & Ad Copy for May Seniors Voice & Ocala DownTown 12am, April 17th Lady Lake Magazine & Village Spectator 12am, April 24th

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for financial gain. I personally have been hacked a number of times. I had to shut down my Facebook because of the abuse of the system. My phone number has been used for a credit card scam and just recently I had a woman call me and ask who I was and why my phone number shows up on her phone. I looked back to see if the number appeared on my phone. It did not. So I suggested that the lady tell the Sheriff Department because it a violation of the law to use my phone number and obviously they were up to no good! Back to the credit card scamming thing, I had people calling me and threatening me because they apparently got scammed. The Marion County Sheriff Department was happy to help me with the person threatening me by notifying them by phone and explaining to them what was going on. I think the solution to cure this problem is, that all hackers get ten years in prison and a \$10,000 fine! All persons buying or using information from these hackers get five years in jail and a \$5,000 fine. Take the money from the fines and offer rewards for information leading to the arrest of such hackers. Also never let them own a smart phone or a computer for life!

The problem with people attacking other people on the internet, Twitter, Facebook or any vehicle is people believe what they see in the papers, internet, see on TV, hear on the radio. The theory behind the political battle with the current President is if you tell someone the same story day after day there are some that will cave under the pressure and agree. Getting a vote by lying day after day will certainly take a toll on the person lying.

About every other year for the last eight years I predicted a new party would emerge. I thought the tea party was it but when the IRS attack them and they almost folded that was lost. Now I see a faint image of the Tea Party gaining strength. I hope if they do recover they will get a little more organized. I could not see a nucleus in the party. Their membership was Dems, Reps and Independents. They need to have a cause, raise money and all agree on the same issue. Form committees to pick out people they are going to endorse, not based on money but based on what they have accomplished and what they have stood for over a prolong period of time. We need to make it against the law to investigate a person and stick to investigating a crime. When the investigation of a crime leads us to a person then look at them. It is time to determine a standard law on what infringement of the law can be brought up in public.

I know of many cases for instance where teenagers were in love. The boy is just of legal age and the girl was one year under age. They elope. The girl's parents have charges brought against the boy as a sex crime. They will carry that for the rest of their lives. On cases like this there should be a review maybe in 5 years and see if anything else has occurred or the couple later got married and see if it was the intent to committee a crime.

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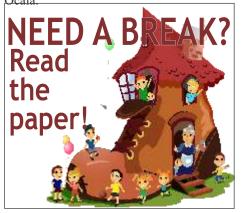
With newspaper advertising, our customers can study the rate card to choose to advertise just his or her logo, address, and phone number, or a full-color ad that can highlight your entire inventory. For businesses new to advertising, buying a print ad is a more low-key decision than trying to decide how to produce a complicated, expensive commercial. Try our newspapers as part of your marketing program. Put us in the mix of radio, television, etc. but don't just run a few ads. Our most successful clients run on a regular schedule year round.

Read the story about the happiest place on earth. Finland's socialist government has collapsed because of the rising cost of healthcare leaving all of the people with no services or free stuff at all. What's Bernie going to do now? I got an idea, "Bernie how about you bail out Finland?" You have been using it as an example of the happiest place on earth. This could happen to us if you vote for socialist candidates.

Read the letter reader about ending the Federal Reserve to end the corruption. This person has made me think about the Federal Reserve and its power. Who gains, who loses, who is really in charge? Follow the money!

I heard of a young man who is trying to start a business. He is giving private smartphone lessons for a fee. Great idea. I have heard so many people say I don't understand this @#\$%^&\* thing talking about their new smart phone. This young man will give you someone to go to. Call Jonathan DeLong 352-410-2139 or email jdelong1987@gmail.com. I don't know Jonathan personally, but his mother asked me to give him a plug. There it is. Try him and let me know how it works out.

We have some new videos on our website. Go to tomlpublishing.com. Check us out. Our webmaster is Website Design Ocala



#### = ONE PERSON'S OPINION =LETTERS TO THE EDITOR

#### End the Fed and end corruption Dear Editor

What exactly is the Federal Reserve and why is the United States in perpetual debt with itself?

The Fed, simply the United States' central bank, was created in 1913 by the Federal Reserve Act under President Woodrow Wilson. The Fed is independent from the government as far as "ownership", but was established by Congress as a means to end the stronghold of private bankers. That's the official, short historical origin.

A more sinister version purports it was created out of pure greed by private bankers themselves after President Andrew Jackson closed down the (second) Bank of the United States and America was not only debt-free, but ran a surplus. Naturally this was problematic for bankers, so a devious scheme was hatched to undermine the president and create mistrust by the American people.

It is thought the financial crisis of 1907 stemmed from a rumor by J.P. Morgan against one of his competitors. This created a domino effect when people rushed the banks, demanding back their funds and sending the stock market into dangerous waters. In order to right the ship, both political parties agreed that the system needed to be reformed. Enter the creation of the National Monetary Commission. The Chairman of the newly formed Commission, ironically the father-in-law of J.D. Rockefeller, invited seven individuals, under an oath of secrecy, to a "duck hunting" retreat at Jekyll Island, Georgia. These special guests included a senior partner from

Rothschild banking dynasty in Europe. Coincidence?

Consider the phrase "If you can't beat Cheers! them, join them." These competing private RRM bankers banded together and drafted a Congressional bill to enact the Federal Reserve Act. This bill was conveniently presented when most of Congress had already left for Christmas break, leaving just a handful of Senators to vote. Not surprising it was unanimously passed. Congress was duped by the very people they were trying to disallow, and today America is \$22 trillion in debt to the successors of these bankers, or in short, the Fed.

America's debt grew exponentially after 2009 when the economy collapsed and the Fed bailed out big banks across the country, essentially preserving their own family fortunes. There are deeper layers associated with the founders' actions, such as media manipulation for massive programming, warmongering, and other nefarious motives, but that will be another story for another day.

There are still people today who want to abolish the Fed and return to the Gold Standard, but this would be a mammoth and exercise. John F. Kennedy actually tried to back U.S. currency with silver in June of 1963 (Executive Order 11110, and we all know how that story sadly ends...coincidentally.

Until such a day America can escape the Fed's restraint, give your bank a second look. Believe it or not, there are banks that survived the economic collapse without asking for, or using, Federal bailout funds. These small, community banks are who I

trust and with whom I choose to do business. As a small dot on the American canvas, I have no power to change history or enact change, but I can support those who didn't J.P. Morgan and a representative of the fall prey to the metastatic corruption of an your hobby. For example, if you search oppressive entity and its gluttonous architects.

## Hobbies That May Make You Money



(NAPSI)-In the gig economy, many people take hobbies such as playing video games, travel or food and turn them into very lucrative side hustles.

For example, the eSports market started as a community of online gamers and is now estimated to be a \$1 billion industry with investors including ESPN and YouTube. Four Steps Toward Fun And Profit

So how do you take your passion and turn it into cash? Here are four tips to see if you can turn your hobby into a generous source of income.

Search Popularity-It's important to know how popular your hobby is to assess whether there's moneymaking potential. One way to gauge popularity is by looking at

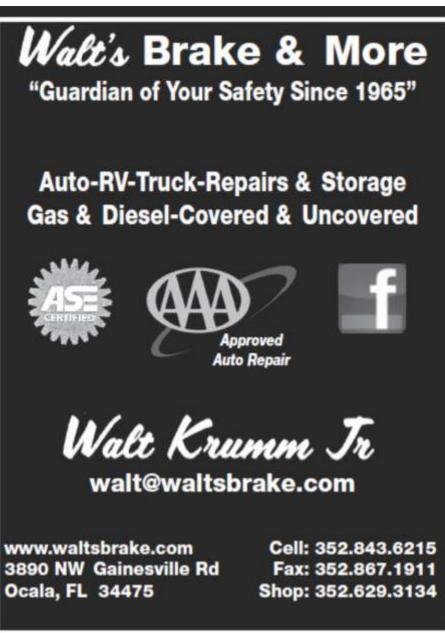
whether people are searching for it on Google. A free online tool, Wordtracker, can help you look at how many people are searching your hobby and items similar to "food," it shows that approximately 7.4 million monthly searches are done on food. This is definitely a passion you should explore to make money.

Explore Social Fandom—Another way to determine whether your hobby can be a moneymaker is to look at communities on such social networks as Facebook, Twitter, Instagram and LinkedIn. You can search #food, #travel and so on or look for groups related to your hobby. See how many members or followers these top groups or most popular handles have to determine your potential fan base.

Test Your Concept—Once you're certain there's interest, it's time to test the market and see what sells. It's quite easy to start your own eCommerce website or blog using platforms such as <u>WooCommerce</u> or WordPress. And if you're not very tech savvy, that's OK. There are companies such as Liquid Web that can fully manage and host your website or blog so you don't have to worry about security or the site going down.

Finally, Share Your Website—Let it be seen by those superfans you find on social media and your fellow hobbyists. Make it fun and enjoyable. Set goals each month and see how you do. Try new ideas, attend events, and talk about your website with everyone you meet.

And that's how you can enjoy turning your hobby into cash.





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The Boys and Girls Club held an open house for the Ocala Business Leaders. Some of the Boys and Girls competed against the visiting business people in games. Grownups and children alike gave testimonies and at the end, everything looked very optimistic. If you would like to donate money or your time or more, call April Savaries with the Boys and Girls Club 352-690-7545 Tell them Tom sent you!



















Marion County Parks and Recreation website next year.







#### Seniors Voice/Downtown - April 2019 Page 7

Parade of Senior Services was held March 22 at CFCC Klein Center. There was a full house of vendors, well over one hundred and I would guess over one thousand visitors attended. It was open from 10 am to 2 pm and was a packed house. The Marion County Parks and Recreation Department puts this on every year to educate the Seniors on all the free services available to them in this County. There were a few vendors that were not free services but they gave out a lot of free stuff, most was pretty neat. Let's see if I can remember a few items. Free: tote bags, tire gauge, stainless drinking straw, pill boxes, rulers, walking counter, bandana, candy, literature on hearing, seeing, close caption phones, animal rescue, realtors, movers, insurance people, wood whittlers' and more. A few vendors made personal little goody bags which means more to me than a store bought item.

The event was well organized, well-advertised, weather was good, well attended -what else could you ask for of a great event. Next year call Bridget at Ocala Parks and Recreation to be a part of the event.





















## Attorney General Moody



The week of March 10th, we celebrated Sheriffs Day at the Florida Capitol. Supporting Florida's law enforcement community is a top priority of our office, and as the wife of a federal law enforcement agent I know intimately the risks and sacrifices involved with upholding an oath to defend others.

To say thank you, we invited sheriffs from across Florida to our office for coffee. I am grateful for the commitment these men and women make to fight crime and protect Floridians.

We had the opportunity to honor one of these heroes at the Florida Cabinet meeting. Hillsborough County Lieutenant Anthony Collins grew up in a dangerous neighborhood in Tampa and that inspired him to become a law enforcement officer.

Lt. Collins uses his personal experience to

create positive relationships between local law enforcement and the community, especially youth struggling with anger management or drug abuse. Lt. Collins was joined by his family as we presented him with the Attorney General's Back the Blue Award.

His son Anthony Jr. even spoke up at the Cabinet meeting to let everyone know how proud he is of his father.

For more information about Back the Blue, go to MyFloridaLegal.com

Later in the week, we honored more law enforcement officers and first responders at the Florida Restaurant and Lodging Association's

Hometown Heroes Awards Ceremony. The ceremony recognized people who went above and beyond the call of duty during Hurricane Michael.

I was humbled by their stories. These first responders neglected their own safety and well-being to help people through the storm.

For every award we give out and story of bravery and sacrifice we tell, there are hundreds of other stories we never hear. Stories of law enforcement officers buying groceries for struggling families or helping the homeless find employment.

These officers give so much of themselves, and we owe them more than we could ever repay. The next time you see a law enforcement officer, even if they are writing you a speeding ticket, please take a moment to say thank you.

## The Opiod Crisis

From Attorney General Moody

Ending the opioid crisis in Florida is a top priority of our office, and this week, we received great news from the Florida Legislature. A bill to create the Statewide Task Force on Opioid Drug Abuse passed its first committee. The Senate Health Policy Committee voted 10-0 in favor of SB 1658.

The following day, the House companion bill, HB 875, passed the House Criminal Justice Subcommittee without a single no vote. There is not a corner of the state that has not felt the grave effects of the opioid crisis. Establishing a statewide task force solely focused on stopping opioid abuse is vital to our mission of combating the crisis and saving lives.

Florida's Statewide Task Force on Opioid Drug Abuse would:

- Study the cost of the crisis on state and local governments;
- Identify available programs that have been successful in combating opioid abuse:
- Work to better understand the sources of addiction;
- Explore whether there is need for additional regulatory activity; and, among other things,
- Evaluate and identify ways to reduce the demand for opioids and decrease the supply.

I want to thank the House and Senate this week for their hard work. And, I will continue each day fighting to end the opioid epidemic.

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Hemp, Krill

this revision may help clarify the meaning of

## **Product Label** Changes



Major Changes Headed To A Product Label Near You

(NAPSI)-If you're like 90 percent of shoppers, you consult the Nutrition Facts panel on food packages before you buy. To make it easier to make informed food choices, the U.S. Food and Drug Administration (FDA) has developed a new Nutrition Facts label. Here are the seven

major new features:

1. Increased print size for "Calories." Calorie counts will be easier to see. 2. Inclusion of "Added Sugars."

The FDA currently defines added sugars as "sugars that are either added during the processing of foods, or are packaged as such, and include sugars (free, mono- and disaccharides), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100 percent fruit or vegetable juice of the same type." Sugar alcohols, or polyols, provide sweetness but aren't counted as "added sugars" because they're not sugar. These low-digestible carbohydrates can replace sugar as a lower-calorie alternative. Common polyols include erythritol, maltitol, sorbitol, mannitol, xylitol, lactitol, isomalt and hydrogenated starch



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3. Changing "Sugars" to "Total "Daily Value". Sugars."

Sugar can be present in healthy foods. This change can help consumers understand the amount of sugar the product contains from any source.

4. Removal of "Calories from Total Fat."

Research shows the type of fat (for example, polyunsaturated) is more important than the total calories from fat. Labels still include "Total Fat," "Saturated Fat" and "Trans Fat."

5. Increased print size for "Serving Size" and "Servings per Package/Container."

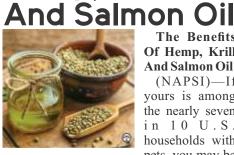
Portion control remains a problem for many. Increased visibility of recommended serving sizes can help people make better, more accurate decisions.

6. The amounts of vitamin D and potassium are now required, instead of vitamins A and C.

Based on research from the Institute of Medicine, the new labels will include this information to increase visibility of vitamin D and potassium requirements. Though voluntary, similar information for vitamins A and C may still be included.

7. Revision of "Percent Daily Value" Footnote.

The new language will specifically state: "The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice." Experts at the Calorie Control Council, a nonprofit association that seeks to provide objective, science-based communications about lowcalorie foods and beverages, suggest that available from NaturVet.



The Benefits Of Hemp, Krill And Salmon Oil (NAPSI)—If yours is among the nearly seven in 10 U.S. households with pets, you may be

glad to learn of a good way to keep them healthy. Hemp seed, krill and salmon oil are some of nature's best sources of natural essential fatty acids: omega-3 and omega-6 (EPA and DHA).

#### Why Pets Need Them

Essential fatty acids cannot be produced in the body and must be supplied by other sources to help ensure optimal health and wellness for your pet from the inside out. In addition to fatty acids, hemp seed oil contains phytonutrients and antioxidants. Krill oil also contains phospholipids, astaxanthin and high amounts of natural antioxidants, all of which work with salmon oil to support overall health and wellness. In addition, the unique combination of the oils helps support healthy joint function and helps to maintain proper skin moisture and respiratory health for occasional or seasonal allergies.

Hemp seed oil is nonpsychoactive and cannot get your pet high. You can find the three oils in a tasty (to pets) supplement

Bee's Knees! I sold it on Ocala4sale.com and you can too!



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#### Page 10, Seniors Voice/Downtown - April 2019





#### **Raising Kids Who Speak For The Bees**

(NAPSI)-Remember the Lorax, who spoke for the trees? Dr. Seuss' tale laid important groundwork by encouraging the next generation to care about the environment. As Seuss wrote, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." Regardless of age or ability, students who care "a whole awful lot" can become some of bees' best advocates.

With pollinators facing challenges including a lack of forage (food) that provides them with proper nutrition and habitat, we have a great opportunity to empower the next generation to "speak for the bees" and give them the tools to help.

#### **Impact Beyond the Classroom**

When kindergartners at The Orchard School in Indianapolis learned they wouldn't have chocolate without pollinators, what began as a snack time discussion led to a burning desire to help. Their curriculum model allowed students to work together to plant and maintain a pollinator-attractant garden, which more than 15 species visit regularly. To further this student-driven impact, the school applied for funding through the Bayer Feed a Bee program, which provides grants to create forage areas to feed bees and other

pollinators.

This spring, the grant will fund the renovation of an older butterfly garden, broadening it to serve more pollinators by planting native wildflowers and installing 'pocket beds" of annual flower species. Students across grade levels will participate in plant selection, plant rearing and garden design.

"There is nothing more powerful in education than student voice," wrote Vicky Prusinski, science specialist at The Orchard School. "Funding for this project quite literally allows my students to put their money where their mouths are and do what they passionately feel compelled to do.'

#### **Agriculture-Focused Camp Programs**

Gateway to the Arctic Camp outside of Talkeetna, Alaska, also got a Feed a Bee grant to provide hands-on education for young people. The nonprofit teaches campers the significance of serving those in need and the value of hard work through fun activities involving sustainability, farming and environmental stewardship. For years, the camp planted wildflowers to attract pollinators to its 3 acres of gardens, and this summer it will dedicate an entire field as forage for native bees and other pollinators. Campers of all abilities, including those with special needs, can discover the connection between bees and the crops they pollinate. The Feed a Bee program celebrates this program not only because of its commendable mission but because the organization's grant meant Feed a Bee met its goal of funding forage for pollinators in all 50 states

Since 2015, Feed a Bee has distributed more than 3 billion wildflower seeds nationwide and provided grants to 163 organizations in efforts to increase forage and, perhaps most importantly, to teach kids the importance of bees.

Learn More

For further facts and to learn how you can help, visit www.FeedABee.com.

8. Ranch mate

9. Shoshonean

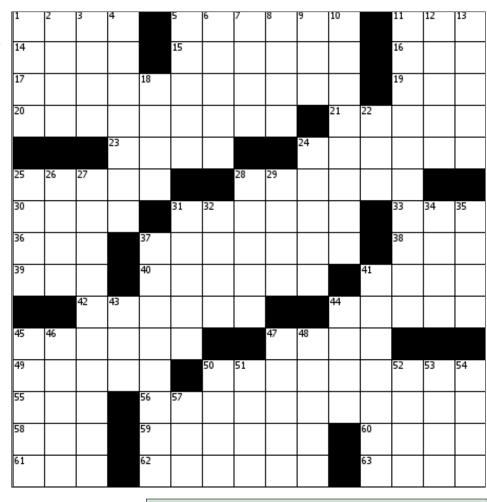
10. Most irritating



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52. " \_ pretty picture" 53. Co. auditors 54. Bk. after Nehemiah 57. Set down



С Answers page 11 0 R Across 1. Leftists

- 5. First-rate, in Rugby
- 11. Displeased cluck 14. Vicinity
- 15. Francis Drake, for one
- 16. "Star Wars" name
- 17. Temporary solutions
- 19. Comic Philips
- 20. Edge
- 21. "Bam!"
- 23. Rackets
- 24. Some horoscope readers
- 25. Hide
- 28. Equality word
- 30. Well-ventilated
- 31. Oil industry leaders
- 33. Tippler
- 36. Go downhill fast
- 37. With 56-Across, use every available means (and

instructions regarding 17-Across and 11- and 27-Down)

11. Editor's order no. 40. Fraternal 12. Tonga neighbor groups 41. Editor's mark 42. Makes known 44. Like older siblings, at times 45. Jump ship kid 47. Slippery eel 49. Leaping fish 50. "Not likely' 55. It bruises easily 56. See 37-Across 58. "Evil Woman" gp. 59. "...\_, O Ship of State!": Longfellow 60. Maine, to Marcel 61. Quinella, e.g. 62. Data entry person 63. Pinch Down 1. Pizza Quick Sauce maker 2. Give \_: care 3. "Ed Wood" star 4. Like some dry-cleaning service 5. Hall of Famer Warren

6. Actress Kudrow et al.

7. of good luck

38. Military

39. Classified ad

address

13. Doesn't have to guess 18. The phantom of the opera 22. "Alias" network 24. Thumb-sucking comics 25. Players 26. Saying, in teenspeak 27. Cop's warning 28. "That Old Black Magic" composer 29. Subpar 31. Rupture 32. "A Sand County Almanac" author Leopold 34. Some Met works 35. Rare trick taker 37. Sunday dinner choice 41. Given 43. Fair-hiring abbr. 44. Scornful sounds 45. Loser

- 46. Apollo 11 module 47. A Musketeer
- 48. A hound may pick it up
- 50. Go crazy (over)
- 51. Gudrun's husband

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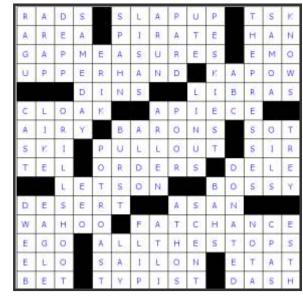
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