

Nick Has Your Back



What would you think if I said, "Nick has your back? Nick Navetta is a financial advisor. There are things that a financial advisor can and can't say, but I can. I can say them after experiencing help from him myself. Where can you go to

talk to a trusted financial advisor that has your back? In other words, one who has your best interest in mind when he makes a recommendation. He actually shows you different plans along with recent results and you make up your own mind if you are interested. Take a look at what banks are currently paying you for interest on your savings. Typically, they are paying in the .01 percent range, whereas Certificates of Deposit (CDs) earn you a lot more interest. These CDs are bank-issued and FDIC-insured. I would say that is a "no-brainer". Talk to Nick ASAP to get your free consultation because the investment world is changing every day. You can reach Nick Navetta at (352) 629-2165.

See Nick's ad on page 5

See Christine's ad on page 3

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.

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.



Mainstreet Community Bank sponsored Ocala CEP Metro Chamber of Commerce. Pictured from left Tom Ingram Marketing CEO, Angie Clifton Marketing President, Joe Vorwerk Community Lender, Felecia Judge Marketing Representative. Large crowd as usual, Plenty of good food, great people, entertainment and lots of great door prizes.



Attending the Ocala CEP Metro the Boys and Girls Club of Marion County / Chamber of Commerce were friends I Floyd Hershberger of B-J Trophies and recognized from left Walter Krumm, of Awards. Walt's Brake & More / April Savarese of

Hurricane Ian Recovery

By TomL
Governor Ron DeSantis Issues Updates on Hurricane Ian Recovery

If anyone ever doubted Governor Ron DeSantis capabilities, they can lay them to rest. I don't know of one Governor in office today that do a better / faster / more efficient job than Ron DeSantis. He had his list of priorities and made them work. I'm sure he help save lives of some people that tried to ride out Ian but it was a mistake. All of the first responders save lives, there probably were a few that lost their life while saving others.

The Hurricane center seemed to be ahead of the storm but a friend of mind was watching the satellite imagery and she said it did a Zig Zag before hitting land. Warning was an hour to late to let the public know. It did not come ashore where the weather bureau predicted. I guess they have to fly an airplane through the Hurricane to confirm what it was doing while we were watching it from satellite imagery. We need to rely on the new technology more. Some of those people could have left had they been notified of the change. Not DeSantis' fault!

I lived in South Florida in my early days and went through some devastating Hurricane and our family experienced loss and damage. As I grew I realized that they

were building homes in the Everglades where water was standing all year round. The builder developers would dig a canal to put in a road then they would dig more canals to fill the land to build a WATERFRONT HOME! The canals did not go anywhere, there was no water flow. I guess it is a good thing that Ian did not hit further south. I saw a tide surge within the city limits of Dania Florida now call Dania Beach, salt water on the Dania Bank sidewalk which was one mile from the beach. So maybe we a lucky it did not hit further south. As a boy I remember staying at the school in the hallways with bedrolls while the parents worked to block the windows with desk.

Of course the Turnpike would have cut off the water drainage from going east, during Ian Hmmm maybe??? Most people don't realize roads stop drainage on a catastrophic flood. Once the water go over the roads then it will begin to drain, The Turnpike is build up. I hope we learn from this storm. There are lots of Hurricane picture online just ask for them. I was talking to a friend that had a house down there, she said she was lucky she has a place to go but there are a lot of people who have no place to go! Maybe they can do the mobile home thing, temp housing while they rebuild.

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Kevin Sheilley

OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



The CEP has been working over the last year to partner with businesses and governments in Lake County to create the Lake Economic Area Development (LEAD) Partnership. This public/private organization has been

created and designed to lead efforts in further growing, diversifying, and uniting the Lake County regional economy. The organization will work closely with government, private businesses, chambers of commerce, educational and workforce organizations, and other related stakeholders to collectively drive economic growth in Lake County.

Lake County has experienced significant population growth over the last two decades. However, while the population has grown, the community has not seen a corresponding increase in the number of primary employers. For more than two years, business leaders from throughout Lake County have been meeting and discussing how to play more of a leadership role in the economic agenda for the community. This concept of leadership—leading on the diversification of the local economy, leading on better-paying jobs, leading to grow the tax base, leading to build a self-sustaining economic future—is the premise on which LEAD is built.

LEAD is incorporated as a Florida non-profit and are in the process of securing their IRS designation as a 501(c)6 business organization. A Board of Directors is comprised of business, community, and government leaders. They will be responsible for setting the strategic plan and approving annual Plans of Works and the budgets necessary for their implementation. Additionally, the CEP will work closely with the LEAD Board of Directors and staff in the implementation of the plans through a management agreement.

CEP Chief Growth Officer Heather Shubirg will oversee the LEAD team which will be focused on Business Attraction, Business Retention, and Business Creation, with primary initial goals of 1) 3,500 new primary employment jobs; 2) those jobs will pay wages 15% above of County Average Wage; 3) Lake County Average Wage will increase 25%; and 4) Assist 250 entrepreneurs.

The CEP has hired two staff members to work exclusively in Lake County and is finalizing a third. It is important to note the Lake County staff and activities are 100%

funded, supported, and dedicated to Lake County. The CEP will continue to drive growth and development for the Ocala Metro while providing this back office support for LEAD as funded by LEAD.

Economic development is not a zero-sum game. As one community wins, our entire region wins. We look forward to continued growth and development throughout the Ocala Metro while celebrating new opportunities in the region. Watch for some exciting new company locations in the Ocala Metro coming by the end of the year.

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

Continued page 6

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Connect with your community...

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

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

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

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

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Nick Navetta
Financial Advisor
Ocala, Florida
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References needed for those who would like to be in this ad.

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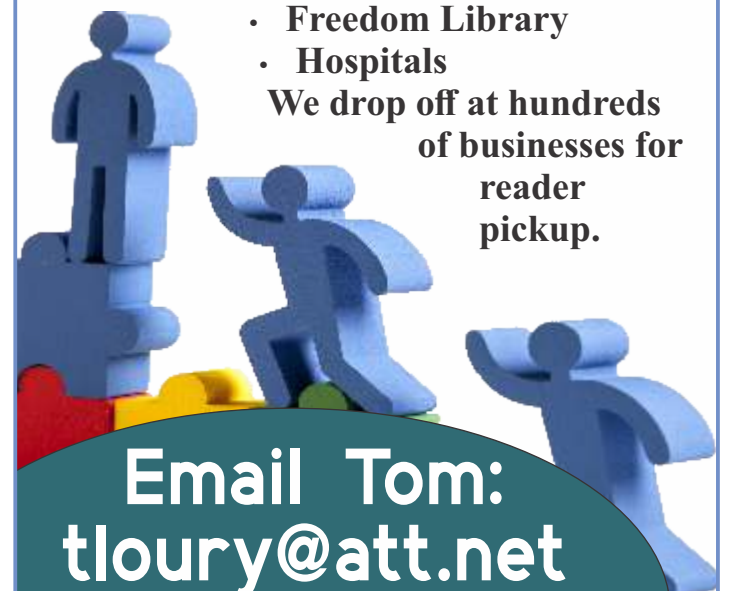
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Tom Loury Tom Loury Long time member of CEP/Ocala Chamber of Commerce, Past President of the Ocala Business Leaders and current member, Co-Founder and past President of Select Business Associates, Past President of the Lady Lake Chamber and current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

Newspaper Deadlines
Editorial & Ad Copy for December
Seniors Voice & Ocala DownTown
Noon, November 18th
Lady Lake Magazine & Village Spectator
12am, November 23rd

Seniors Voice of Ocala/Ocala Downtown
Products of TomL Publishing, LLC
P.O Box 1698, Dunnellon FL 34430
Publisher: Tom Loury
Phone: 352-804-1223 | Fax: 352-489-7208
Email: tloury@att.net
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During the summer months of June, July, August and September, yards need no more than 1/2 to 3/4 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.
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See page 7 for instructions on how to install a rain barrel system.

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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, 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.

Mosquitoes

Continued from page 2

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?

Tiktok Trend

Tiktok Trend Exposes Dark Side Of Vaping

(NAPS)—Chest pains. Ventilators. Collapsed lungs. Life support. Young people are warning each other about the



dangerous and painful effects of vaping by doing what they do best – sharing their personal stories on TikTok.

One 23-year-old TikToker went viral in July 2022 after posting a video about her painful experience from lung surgery after her lung collapsed. Vaping contributed to her health problems which left her hospitalized and using inhalers for weeks post-surgery.

"When I woke up from the surgery I asked the nurse if this is what death is... it was one of the most horrific pains I have ever experienced." - @gracejohanna

Social media is filled with examples of young people exposing the damage that vaping has done to their bodies. Many are sharing photos and videos from hospital beds, speaking up about the scary health crises they've faced from using vapes, and pledging to kick the habit for good.

"It's currently 4:30 am I was fine last night until suddenly I couldn't breathe and had chest pains. 5 years of vaping and I'll never touch it again" —@bellaspresent

The tobacco industry makes vapes in kid-friendly flavors that mask the harsh taste and high nicotine content of the products. A

Continued page 8

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Ocala Parks/City Events

The First Friday Art Walk

First Friday Art Walk takes place the first Friday of each month, September through May from 6 to 9 p.m. First Friday Art Walk is a free event located within Ocala's historic downtown. Event festivities include over 30 artist displays, monthly live entertainment, free family art activities provided by local arts organizations and extended shopping hours. The public is invited to enjoy an evening of art, live performances, and downtown shops and restaurants. Pick up your map on the square or go to <https://www.ocalafl.org/> to download a digital copy to take a self-guided tour of local artists displaying their works for sale in front of our downtown business. Stop to take in the performing artists stationed along the way.

Levitt AMP Ocala Music Series

The Levitt AMP Ocala Music Series is a joint partnership between the Marion Cultural Alliance and the City of Ocala bringing free, accessible music to citizens and residents in our community. Each year we provide 10 shows with 20 artists, 10 cultural arts not-for-profit intermissions and 1 public art project, all completed throughout the 10



week Levitt AMP Ocala Music Series. In addition, we celebrate and activate Webb Field, a central public green space. For some, the series is the only opportunity to access cultural arts programming. Through the series, attendees access over 7 genres of music, national, regional and local artists as well as learn about 10 not-for-profit cultural arts organizations that are providing year-round programming locally. The series is a safe community space that transcends socio-economic barriers and unites our community socially and civically with the love of free live music. Rain can't stop the music! Inclement weather will move the concert series indoors to the E.D. Croskey Center. We have new sound panels to improve the sound indoors and need your support to help keep music in public spaces. Stay tuned on our Facebook page for a rain relocation announcement.

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Retro Sounds

Each March, First Friday Art Walk travels back in time with Retro Sounds! Retro Sounds pays homage to the generations of past musical genres and performers. The evening features a musical performance by professional tribute artists and bands. Travel



back through the decades and hear all your favorite hits!

For 2023, Retro Sounds will celebrate the big band era of the 1940's with a performance by Swing Theory! Kick off the evening with swing dance instructions so you can burn up the dance floor. Enjoy a car show and themed activities, in addition to fine arts vendors throughout downtown.

How to Install a Rain Barrel



Benefits

Supplement irrigation and save money over time

Reduce stormwater runoff which can lead to reduced levels of pesticides and fertilizers in our water

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.

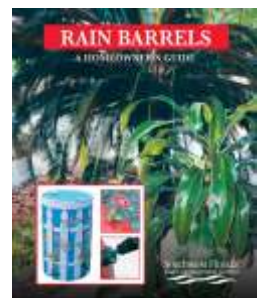
Additional Information

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).



www.swfwmd.state.fl.us/residents/water-conservation/rain-barrels

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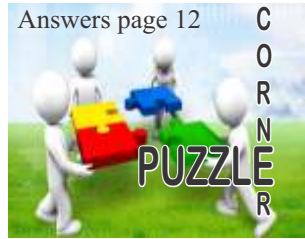
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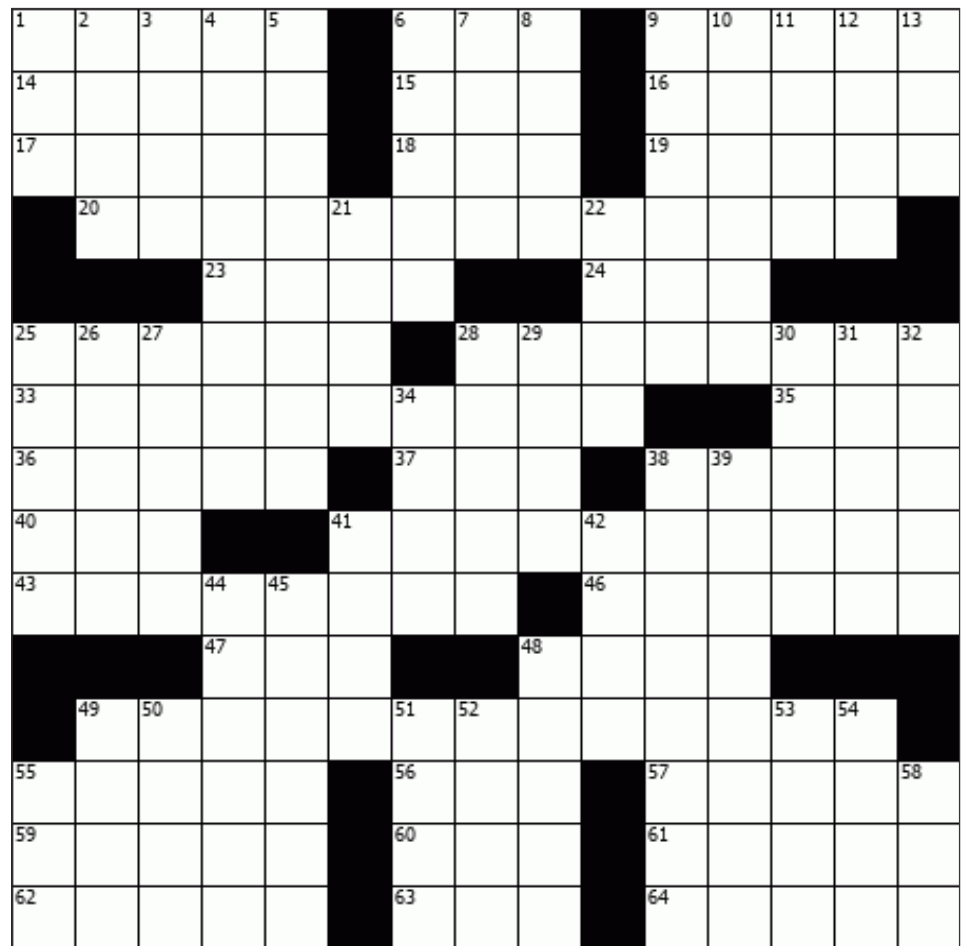
Across

- 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
- 38. Hot

- 40. Detectives, briefly
- 41. Sketch some microbrews?
- 43. Stir-fry veggies
- 46. Winter apple
- 47. Canon camera
- 48. Attaches firmly
- 49. Draw moms with strollers?
- 55. Word of woe
- 56. Dinghy need
- 57. Bid word
- 59. Flood barrier
- 60. 1040EZ issuer
- 61. Joke subjects
- 62. That is, in Latin
- 63. Take home
- 64. What "check" means, in poker

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



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 certain 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?

Vaping

Continued from page 6

staggering 96% of California kids who vape use flavors—and once they're addicted it can become a lifelong struggle. The tobacco industry's plan: get customers addicted to vapes, and they are likely to try their other products. Teens who vape are three times more likely to become daily cigarette smokers.

Tobacco industry organization front groups like Foundation for a Smokefree World have worked hard on slick PR campaigns to convince people that their vaping products are much safer than cigarettes. The result: a tobacco industry-created youth vaping epidemic. Marketing these products as safer lured many young people into a lifetime of addiction and disease.

The tobacco industry tricks young people into thinking that vaping is "safer" than smoking but it only takes some scrolling on social media to see firsthand the damage vaping can cause. Young people are fighting against the tobacco industry's manipulation and deceit by exposing the truth about vaping and reaching an audience of millions.

TikToker [@chocolatecandle26](https://www.tiktok.com/@chocolatecandle26), who used vapes for more than four years, went viral with a video viewed 29 million times about being hospitalized for two weeks and ending up on life support.

"When flavored air put you in the hospital for 2 weeks and life support for 4 days." [@chocolatecandle26](https://www.tiktok.com/@chocolatecandle26)

Vapes have been engineered by the tobacco industry to maximize addictiveness. Designed specifically for vaping, many of the most popular vapes use nicotine salts which deliver a highly

Continued page 12

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IMPROVE YOUR SKILLS
The CEP offers 3 monthly skill building opportunities and multiple workshops each year...
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Join the CEP & add hundreds of professionals to your network...
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MAKE MORE MONEY
Build your brand. Expand your business. Enhance & recommendations pay...
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SHOP CEP SAVE MONEY
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Join us at the Ocala Downtown Market (ODM) to purchase a diverse array of products from farmers, artisans, craftspeople, food trucks! A true destination location, ODM is set just blocks off the Ocala Downtown square, in a beautiful open-air Market Pavilion. Besides permanent roof cover the facility it also has large overhead fans, restrooms, a nearby ATM, and water fountains. The Market Pavilion is also available for rental.



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Love is just a leash away!!

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

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

How can you help?

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

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

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

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



Bilbie

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



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



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

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



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

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

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



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 Nation-als 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, 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 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.

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

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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

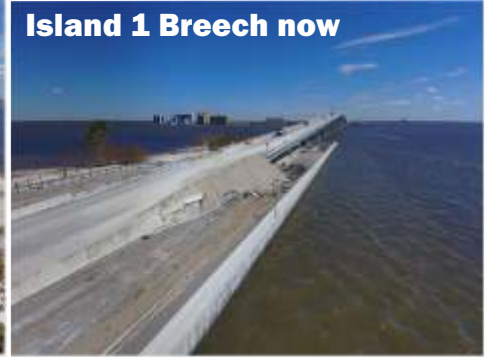
enforcement partners at the Florida Highway Patrol, Lee County and Florida Department of Emergency Management made use of strategic and innovative techniques to rebuild the causeways quickly. Under Governor DeSantis' leadership, and thanks to the hard work of hundreds of FDOT employees and contractors, 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 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.



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, 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. For State response efforts go to

www.flgov.com/2022/10/18/governor-ron-desantis-issues-updates-on-hurricane-ian-recovery-14/



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ONE PERSON'S OPINION
LETTERS 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 certain they have Democratic and are hell bent on destruction of the Republican party. The person did not

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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.



<https://www.ibreatheimhungry.com/>

Vaping

Continued from page 8

concentrated form of nicotine with less irritation.

In fact, a single Juul pod can contain as much nicotine as a whole pack of cigarettes. Nicotine is as addictive as heroin and rewires the brain to crave more of it. Vaping is so addictive that young users start using more and more—resulting in serious damage to the brain and body.

But nicotine isn't the only danger. E-cigarettes contain toxic chemicals with health risks we are only beginning to understand. Similar to people who smoke, people who vape or use e-cigarettes are at a higher risk of chronic diseases such as cancer and lung issues such as asthma, COPD, emphysema, and bronchitis, making it difficult to breathe. Vaping is known to increase risk of heart damage, and cause lung inflammation, and nausea. Chemicals found in e-liquid may impair the heart's ability to pump blood and is linked to a dangerous respiratory disease known as popcorn lung.

It's nearly impossible for our young people to escape exposure to dangerous tobacco industry products. In California, there's a store that sells tobacco for every 293 kids – that's twelve times more stores that sell

tobacco than Starbucks.

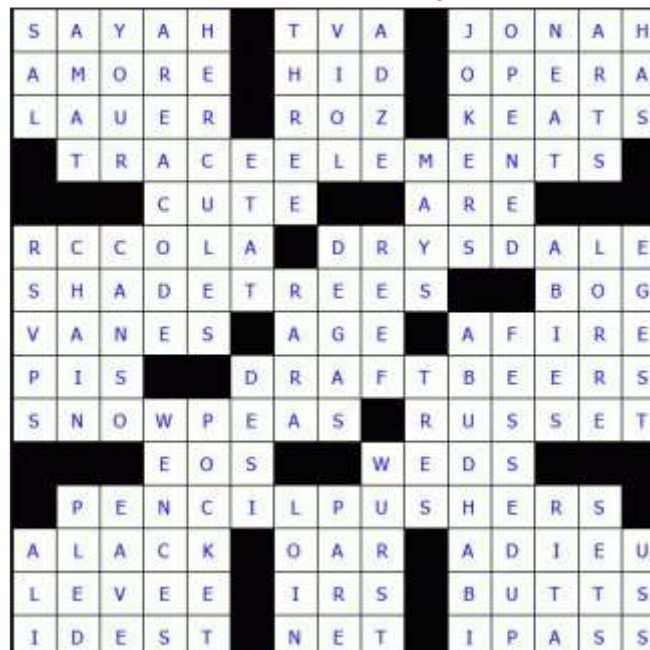
This is the moment to break the cycle of addiction. We have the power to create a better future in California and that starts with keeping Big Tobacco from targeting our kids for disease and death.

Quitting tobacco is difficult. Anyone looking to quit vaping can text "I Can Quit" to 66819 or visit KickItCA.org to join the free text messaging program.

"Stop vaping before you end up in hospital. I always thought 'it'll never be me'. Here we are with lung inflammation and the worst chest pain I've ever experienced."

—@rosehajjar

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