

TURTLEMAN More of Fort King



Jimmy Riffle put's on a show was on Animal Planet. They have now moved to Anthony in north Marion County and they are still rescuing reptiles. They've

been at Ft King Festival 2 years and should continue. He's holding a snapping turtle. Photo by C Kay Johnson / CKJphotos13



Pictured is Samantha Farmer and her animal Diesel, she is one of hundreds showing their animal's at the

Southeastern Youth Fair. See more information on page two top right. Photo by C Kay Johnson / CKJphotos13

Marion Therapeutic Riding Association

Celebration of 40 Years of Serving the Community



A Premiere Accredited Therapeutic Horseback Riding Program

Ocala, Florida – Marion Therapeutic Riding Association (MTRA) has been serving Marion, Lake, Sumter, and Alachua counties for 40 years. A celebration will take place on February 4th, 2023, at CF Vintage Farm from 6 to 10 pm. Come share in the memories and love that so many have made possible. MTRA provides equine assisted services to individuals with physical, intellectual, and emotional challenges. Programs include therapeutic riding, equine assisted learning, PTSD psychotherapy for Veterans in partnership with the Ocala Vet

Center and Speech and Language pathology through Hippotherapy in partnership with Advent health. "Community support is what has driven this organization to a successful 40 years of service" says Executive Director Pam Morrison.

MTRA relies heavily on the generosity of the community and it's businesses through donations, grants and other funding. They have maintained the equine assisted therapy program in Ocala for over forty years.

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MTRA has provided therapeutic horseback riding or Equine Assisted Therapy sessions to thousands of individuals for over 40 years. Over the last few years we have seen an increase in demand for services. The goals for 2023 are to improve and increase services by 30 %. Continue to develop and improve community partnerships to enhance programming. Improve facility to accommodate growth. Overall goal to be able to provide services to anyone in need regardless of ability to pay. **MTRA is a Path Premier Accredited Center and 501c3. For information about this event please contact Jenna Rovira development@mtraocala.org.**

Dementia workshops

Marion County Libraries announce ABC of Dementia workshops through April, 2023

The Marion County Library System and Coping with Dementia LLC have announced a Spring series of free ABC of Dementia workshops again in 2023. Dates and locations through April, 2023 are as follows.

Bellevue Library, located at 13145 SE County Hwy 484. Workshops will be offered from 11 a.m. to 1 p.m. on Monday, February 27; Friday, March 31; and Friday, April 28, 2023.

Freedom Public Library, located at 5870 SW 95th Street in Ocala. Workshops

will be offered on Thursday, January 26, 2 to 4 p.m.; Friday, February 24, 2 to 4 p.m.; and Friday, March 10, 10:30 a.m. to 12:30 p.m.

Dunnellon Public Library, located at 2-351 Robinson Road, will offer a workshop on Thursday, March 30 from 11 a.m. to 1 p.m.

Marion Oaks Library, located at 294 Marion Oaks Lane in Ocala, will offer a workshop on Wednesday, April 5 from 10:30 a.m. to 12:30 p.m.

Sankofa Public Library, located at 1821 NW 21st Street in Ocala, will offer a workshop on Thursday, April 6 from 10:30 a.m. to 12:30 p.m.

All participants will receive a free packet

Continued page 2

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Kevin Sheilley

OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



As we enter this new year, the Ocala Metro has made a few national lists which are worth highlighting:

U-Haul

Every year, U-Haul unveils their Top 25 Cities for Growth.

This list ranks cities based on one-way moves using U-Haul. While not entirely scientific, it is a great barometer of where people are moving. The Ocala Metro has made this list each of the last several years but this year ranks #1 as the top city where people are moving. This is important because of who moves using U-Haul – overwhelmingly it is younger people. We know that 30-39 year olds in the Ocala Metro are growing at double the national average. This is a key demographic for workforce, home ownership, and families.

Wood & Poole

Wood & Poole is a Washington, DC, based economics firm. They recently created their Top 40 Cities for Growth through 2060. They wanted to determine what 40 cities were going to experience the most growth over the next 40 years. They ranked Ocala #30 on their list with the expectation that the population would grow to 610,000. While 40 years projections are not particularly

reliable, it is a good sense of where others see the Ocala Metro growing.

Metro GDP

Analysts and talking heads speak frequently of the nation's GDP or gross domestic product. It is a measure of the growth of the country's economy. The US Department of Commerce also measures the GDP of the 392 metropolitan areas in the US. Over the last two years, the economy of the Ocala Metro has been one of the 10 fastest growing. The area economy grew 11.3% over this period. That compares to the Florida's rate of 6.8% and the US rate of 2.9%.

In comparing the Ocala Metro to other fast growing economies, what stood out was the unique nature of the local economy. Most were home to one significant industry or employer. Several of the Top 10 represented major tech economies (Silicon Valley, Austin, etc.). Fayetteville/Northwest Arkansas is home to Wal-Mart. The diverse nature of the Ocala Metro truly sets it apart.

Knowing that not only is the Ocala Metro one of the premier communities to relocate but one that has a fast-growing economy is key to the continued growth and development of our community. Ocala is a truly amazing place to live, work, and play and we are committed to maintaining our Forward Momentum!

explains Alzheimer's and other forms of dementia in plain language, suggests techniques for becoming a better and less-stressed care partner, and provides useful resources to families living with dementia." She adds, "While the workshop is designed primarily for care partners and family members of a loved one living with dementia, everyone is welcome, including persons experiencing dementia."

Due to the popularity of these workshops, reservations are encouraged. For more information or to reserve seats, call 352-422-3663 or e-mail deb@coping.today.

Dementia Workshops

Continued from page 1



of useful information.

Coping with Dementia President and Certified Dementia Practitioner Debbie Selsavage

reports, "Our ABC of Dementia workshop

Southeastern Youth Fair



The Southeastern Youth Fair is pleased to announce the 83rd annual Fair which will be held from Thursday, February 23rd to Saturday, March 4th at the Southeastern Livestock Pavilion in Ocala, Florida. We have approximately 150 market steers, 250 market swine, 70 market lambs, and 50 market goats which will be sold throughout the week.

The Southeastern Youth Fair is the oldest all-youth Fair in the country that continues to operate without a midway. We are also the largest all-youth Fair event in the state of Florida. Our Steer Show, the foundation of our Fair, began in 1941. The Youth Fair, as we know it today, officially began in 1978.

1978 was also the start of our Beef Heifer, Dog Obedience, Dairy & Meat Goat, Garden, Home Arts, Horse, Kitchen, Poultry, Rabbit, and Swine Show, our largest animal show. In 2004 we showcased our first Dog Agility Show.

The SEYF operates with only one paid employee and over 200 volunteers, whose time is valued at over \$50,000, and provides almost 4,000 hours each year. The Fair continues its growth and success every year because of the dedicated efforts of our volunteers, and the generous donations of local businesses and individuals in our community.

The SEYF is guided in operation by their guiding principles which include:

- a focus on maintaining a production show
- fostering a unique experience for a child to act as a producer, to market their animal from beginning to end
- protecting that project as best we can; for the buyer's sake with a high-quality product, for the child's sake in protecting their initial investment, and with a goal for the highest possible return for the child
- creating educational experiences for Marion County youth

The mission of the Southeastern Youth Fair is to recognize the outstanding youth of Marion County through the Southeastern Youth Fair as a showcase for competition, exhibition, enhanced educational opportunities, and the promotion of self-esteem, and personal growth and development while aiding in the education of the Citizens of Marion County regarding the importance of agriculture and related industries in our area.

The SEYF is a free event, open to the public. Any business or organization is encouraged to attend and to participate in our market animal sales! It is a great way to support our youth and all of their hard work. Only one registration is necessary for all auctions. All animals are sold to the highest bidder. Online bidding is also now available and information will be posted on our website on how to register the week prior to the Fair.

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Florida State Senate

DENNIS K. BAXLEY



Dear Friends,
2023 is off to a quick start in the Florida Senate as we focus on preparing for the Legislative Session which begins March 7th. So far, we have completed four weeks of

committee meetings and a special session and we have another three to go. There have been, roughly, 300 bills filed in the House and Senate. In previous years, we have seen as many as 4000 filed bills before the end of Session. So, it is a bit surprising how low this number is, but these last three weeks is when the majority of these bills will reach the "filed" status. When that happens, there will be a lot of information to sift through, but a good thing to remember is that less than ten percent of bills actually pass the legislature and lots of bad (and some good) ideas will die off.

Currently, in addition to serving as President Pro Tempore, your Senator sits on the following eight committees. The policy Committees on Agriculture, Community Affairs, Judiciary, Rules and Children, Families and Elder Affairs. The

Appropriations Committees on Health and Human Services, Criminal and Civil Justice, and the full Committee on Appropriations. The full Appropriations Committee and the Rules Committee are the largest of the Senate Committees and most, if not all, of bills filed will have to come through one of these two committees. We are very excited to be a part of both of those committees and for the opportunity we have to review, give input, and vote on every piece of legislation that comes through the Florida Senate.

This will be the first time we have served on the Agriculture committee, led by my good friend Senator Jay Collins, and looking forward to accomplishing some great things for our farmers, ranchers and all of those in the Ag community.

The Florida Department of Citrus recently provided an update to our committee on the state of Florida's Citrus Industry and the challenges they are facing. Regarding the overall state of the industry, during Fiscal Year 2020-2021, Florida's citrus industry generated nearly \$7 billion in revenue, provided over 30,000 jobs, and added close to \$3 billion in value to our state's GDP. Florida is also projected to account for approximately 70% of all domestically produced orange juice.

However, Hurricanes Ian and Nicole are estimated to have caused between \$385 million and \$635 million in total commercial losses. In addition to these losses, producer operations and facilities have experienced significant infrastructure damage. These challenges, combined with other economic factors, have resulted in a projected total decline of 50% of Florida citrus production compared to 2021-2022 season. Last year, the Legislature appropriated \$3 million to help ensure citrus nurseries have all the necessary resources to

grow unique varieties of citrus that are resistant to citrus greening, one of the most serious plant diseases in the world. Citrus greening continues to be one of the largest hurdles that the industry faces.

Thank you to the constituents of Senate District 13 for letting me serve you and work on these unique challenges with you. We look forward to providing more quick reports from our committees next month.

Onward & Upward,
Senator Dennis Baxley

Ocala Veterinary Wellness Services

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| Dog/cat one year rabies vaccination (over 3 months old) | \$14 |
| Dog/puppy distemper/parvo 5 way vaccination combo | \$20 |
| Dog/puppy kennel cough/bordetella intranasal vaccine | \$22 |
| Cat/kitten distemper 3 way vaccination combo | \$20 |
| Canine heartworm test | \$25 |
| Fecal analysis (intestinal parasite worms) | \$25 |

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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



The under lying problem with society today is to many people think they should live free of charge. We need to get back to Pride in our work and our country. Show respect to our history. But the main word is

HOPE! When there is no hope people do desperate things. That is why crime is up. There is no consequence. In some states there is no enforcement because they prosecutors just turn them loose. Remember we need HOPE!

The problem with Natural Immunity is it's free and no one is gouging the tax payers for money for it.!

I've learned that pleasing everyone is impossible, but pissing everyone off is a piece of cake. I'm responsible for what I say, but not how you understand.

In the old days the legendary frontiers people would call Fauci's cure snake oil. Look how much money it cost for the snake oil, plaque he might have helped create.

What are those fools in Washington think they are doing about electing a Speaker. The agenda is set, bring the guy into the leadership position so the rest of the Republicans can get the investigations under way. They are holding the country for blackmail on the vote. They are puffing like a tode, it makes them feel important! I don't think they know what they want. They want some kind of deal, but they don't seem to know what that is... They should be thrown out of office for holding up progress of our country for days! Make yourself part of the team or get out!

It sound's to me like that 99% of the public are not offended by everything we do, why are we catering to the 1%?

Our generation has changed dramatically. I feel like there are some that would unplug a

person's life support, just to charge their cell phone.

Who said??? The north pole will not have any ice on it the summer of 2013? How much did this expert make on that statement. The Government has spent Billions on the statement Al Gore made that never happened!!! He should have to pay the tax payers back!

What is going on with our youth? I think what is wrong with our youth is despair from politicians lying to them and telling the history of our country is wrong. They say there is no honor and integrity!

The youth don't want to die fighting for a foreign country that did not like us just a short time ago. They are dying in the streets

of our country from the crime spree's because the local Government was defunding the police Every country MUST HAVE LAW AND ORDER! Florida Sheriff says if someone is looting your store shoot them. MAGIC... there is no looting. I wonder how much crime is because the gang are fighting for territory? How many have come across the border? The Chinese are smiling and buying land in our country.

Let's look at the others who use the Global Warming statements and create a real problem. They are the uneducated with no common sense. We have to stop the stupidity. Base on what Al Gore said the goal warming craze started stop the drilling and is putting our country into a world disaster. It is interesting how one person can

Continued page 5

Newspaper Deadlines

Editorial & Ad Copy for March

Seniors Voice & Ocala DownTown

Noon, February 17th

Lady Lake Magazine & Village Spectator

12am, February 22nd

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

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Engineering Day 2023



the Florida Engineering Society (FES) and Ocala Electric Utility (OEU), will host Engineering Day Saturday, March 4, 10 a.m. to 2:30 p.m. at the Discovery Center, 701 Sanchez Ave. Registration will begin 9:30 a.m.

Children, ages 5 to 15, will plan, build, test and compete in specialized challenges alongside engineering professionals. Children, ages 5 to 10 must be accompanied by an adult.

Admission is free, however, registration for participants is required. Adults do not need to register. Lunch is included for all attendees.

The deadline to register is Friday, February 24 by 5 p.m. Visit

www.mydiscoverycenter.org to register.

For more information, please call 352-401-3900 or visit

www.mydiscoverycenter.org.

Give Plasma Save Lives.

(NAPSI)—As Alice Drennon entered her 50s, she started experiencing a lot of severe infections. After missing 122 days of work in one year and numerous medical visits and blood tests, she learned, at age 54, she had a rare genetic disease called common variable immune deficiency (CVID).

“My antibodies had oddly disappeared,” said Drennon. “I knew I had to live a ‘new normal’ life or wait for death to come knocking at my door.”

Living for Drennon means getting IVIG plasma infusions every 28 days for 4 to 5 hours. The IVIG is made from antibodies called immunoglobulins that help her body fight off infections. The infusions partially replace the antibodies her body should be making, but they need to be replenished every month. She will need them for the rest of her life.

Today, Drennon is living a full life, including volunteering at her local plasma center.

“I thank each donor when they come to our center,” she says. “They’re amazed to see an actual patient, which lets them put a face on a plasma recipient.”

Why give plasma?

People give plasma for different reasons. One reason is that it helps save lives of people such as Drennon. For many people with rare diseases and chronic conditions, plasma-based therapies are the only way to treat their condition or disease.

What happens during the donation?

From check-in to recovery, giving plasma for the first time can take up to 2 hours. After that, it takes anywhere from 1 to 1½ hours.

Check-in: When you arrive at a plasma center, you will check in at the front desk. You will need to show a valid photo ID, proof of address, and proof of Social Security.

Screening: Every time you donate, you will receive a health screening. This ensures that you are eligible to donate and are in good health. During the screening, you will give a blood sample and get your vital signs checked, including your blood pressure, pulse, and temperature.

Physical exam: The first time you give plasma, you will receive a confidential limited physical exam given by a trained medical specialist. You will receive a

Continued page 12

Publisher’s Notes

Continued from page 4

tell a lie base on nothing and others pick it up and create a global disaster.

We have to stop the invasion of our southern border NOW! We must stop it at all cost! You will see states going bankrupt, people losing their business because of the looting. Citizen of this country are losing their jobs to Non-Citizens. Non-citizens that are hungry or criminals attack citizens working for a living for their money. Then our citizens become victims and it is Biden and the Democrats fault for defunding the police!!! And letting these people invade our country!

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FROM THE DESK OF CONGRESSWOMAN KAT CAMMACK



Congresswoman Kat Cammack Announces Selection To Serve Second Term On House Agriculture Committee
GAINESVILLE, FL

— Today, the House Committee on Agriculture announced its committee roster for the 118th Congress. Representative Cammack will serve a second term on the committee as the only Florida Republican of the 26 total GOP Conference members appointed.

"It's an honor to serve a second term on the Agriculture Committee," said Rep. Cammack. "2023 is a big year for the committee with the 2023 Farm Bill heading our way. The Farm Bill will prioritize the needs of our farmers, ranchers, and foresters who work hard each day to feed, clothe, and fuel our nation. After the last two years of labor shortages, supply chain challenges, and soaring prices, I'm looking forward to joining my colleagues to put the needs of our producers and rural communities first."

"I welcome this diverse group of legislators to the House Committee on Agriculture for the 118th Congress," said Rep. Glenn 'GT' Thompson, Chairman of the House Committee on Agriculture. "It's imperative we hit the ground running through a rigorous hearing schedule, listening sessions, and aggressive oversight. I look forward to working closely with my colleagues as we put forward commonsense solutions that provide certainty for rural America."

"Florida is a top producer of dozens of commodities and I'm proud to continue championing the issues that matter most to the Sunshine State. I traveled all over the state during the last Congress to learn more about the challenges facing our rural communities and look forward to continuing these trips to ensure we're responsive, focused, and equipped to deliver," Cammack added.

The Committee on Agriculture was created on May 2, 1820, and has jurisdiction over agriculture and related subjects including forestry, agro-economics, agricultural research, agricultural products and commodities, commodity exchanges, the animal industry, crop insurance, water and soil conservation, the dairy industry, human nutrition, rural development, agricultural engineering, and more.

In addition to the Committee on Agriculture, Rep. Cammack serves on the House Committee on Energy and Commerce during the 118th Congress.

Rep. Cammack Joins GOP House Conference Vice Chairman Rep. Mike Johnson In Resolution Condemning Intimidation Tactics Of Pro-Abortion Activists

WASHINGTON, D.C.— Rep. Kat Cammack joined more than 100 Republican Members of Congress on House Republican Conference Vice Chairman Mike Johnson's (LA-04) congressional resolution condemning the nationwide wave of violence, property damage, threats, trespassing, and intimidation against pro-life organizations in 2022 by pro-abortion activists in the wake of the Supreme Court opinion overturning *Roe v. Wade*.

"The Supreme Court opinion re-establishing the authority of individual states to prohibit the killing of unborn children sent the Democrat Party and other radical pro-abortion activists off the deep end in 2022," said Rep. Johnson. "Since there has been so little accountability for the leaked draft opinion and ensuing violence and intimidation against pro-lifers, we are introducing this resolution to make the position of Congress crystal clear: violence, property damage, threats, and intimidation tactics must be condemned, and these clear violations of federal and state laws must be prosecuted."

The resolution is scheduled for a vote in the House this week.

Congresswoman Cammack Introduces REINS Act To Limit Executive Overreach

Over 140 GOP Conference members sign on as original cosponsors

WASHINGTON, D.C. — Today, Congresswoman Kat Cammack announced the introduction of the Regulations from the Executive In Need of Scrutiny (REINS) Act of 2023.

This bill would reassert Congress' legislative authority and prevent excessive overreach by the executive branch in the federal rulemaking process. It would require every new "major rule" proposed by federal agencies to be approved by both the House and Senate before going into effect. The bill would also preserve Congress' authority to disapprove of a "nonmajor rule" through a joint resolution.

The REINS Act would define a "major rule" as any federal rule or regulation that may result in: an annual effect on the economy of \$100 million or more; a major increase in costs or prices for consumers, individual industries, government industries, government agencies, or geographic regions; or significant adverse effects on competition, employment, investment, productivity, innovation, or the

ability of U.S.-based enterprises to compete with foreign-based enterprises.

"During the first year of this administration, the Biden White House added more than \$200B in new regulatory costs," said Rep. Cammack. "These new regulations cost the American taxpayers over \$2T per year in compliance costs and economic losses without the proper oversight from the legislative branch. The REINS Act is a core part of House Republicans' mission to reintroduce government accountability and to restore Congress' role to check the regulatory actions of federal agencies. I'm grateful to the overwhelming support of my colleagues on this bill and look forward to seeing it pass the House this Congress."

"For too long, Washington bureaucrats have been empowered to create rules that cost our nation hundreds of millions of dollars," said House Majority Whip Tom Emmer. "We are proud to join Representative Cammack in this effort to make these unelected regulators answer to Congress."

"For the last two years, President Biden and progressive Democrats have imposed harmful regulations on the American people," said Rep. Jim Jordan, Chairman of the House Judiciary Committee. "The REINS Act will place a much-needed check on unelected bureaucrats. It's time for Congress to reclaim its lawmaking

authority, and this bill is an important first step toward ending the Biden Administration's radical overreach."

"Unnecessary government regulations and excessive red tape impose crushing economic burdens on Kentuckians and Americans across this country," said Rep. James Comer, Chairman of the House Oversight & Accountability. "Since President Biden took office, his administration and unchecked bureaucrats are full steam ahead on enacting a radical, far-left agenda through executive action. I am proud to support Representative Cammack and her legislation to ensure federal rulemakers no longer bypass Congress. Americans deserve a voice in the federal rulemaking process and have suffered from significant and costly regulations for far too long."






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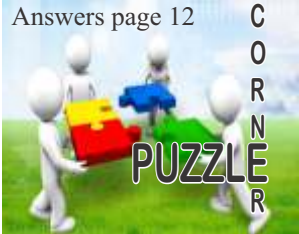
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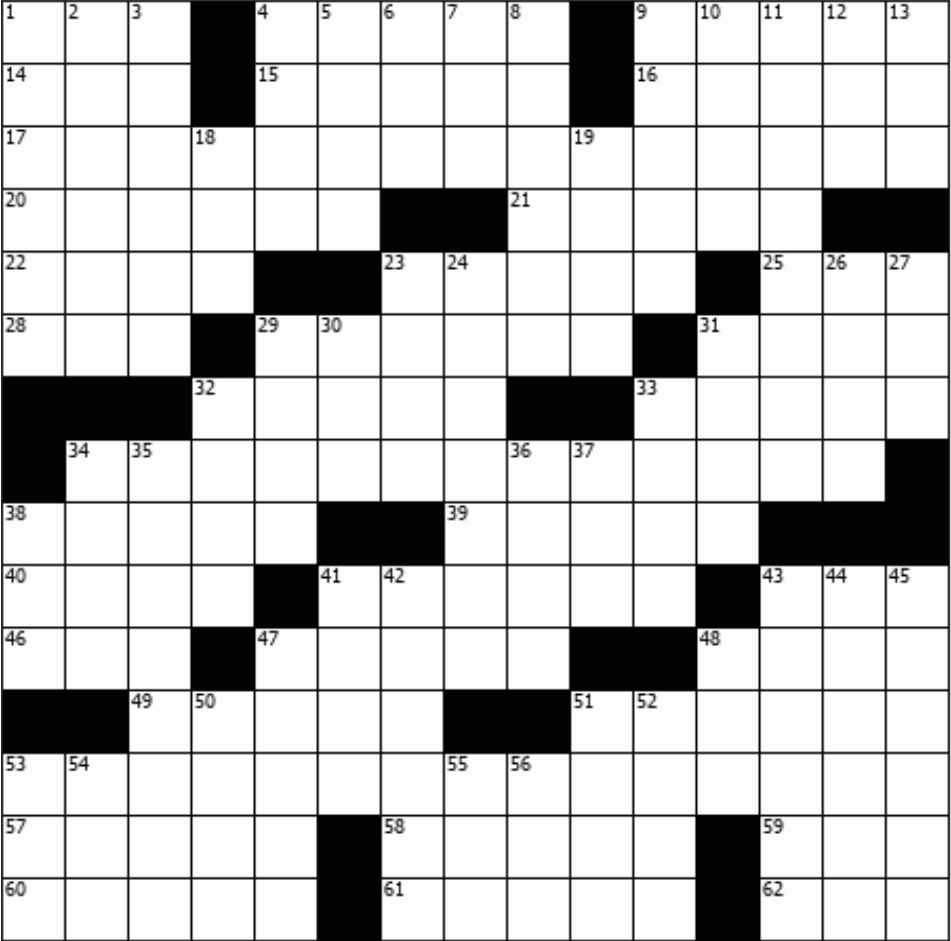


- Answers page 12
- Across**
1. Its bite could kill
 4. Roof style
 9. Jordan's capital
 14. Fashionable resort
 15. Homer's work
 16. Farm equipment name
 17. Noted circumnavigator
 20. Blue Jay adversary
 21. Bird call
 22. It's put before Descartes?
 23. Expansive
 25. Bull run?
 28. Children's game
 29. Darwin and Newton each had one
 31. Penguin's achievement?
 32. Tavern orders
 33. Clear the slate
 34. Famous satirist
 38. Biblical mount
 39. Distinguished
 40. Fashion designer
 - Cassini
 41. Impede

43. One of two ways
46. Highest degree
47. Prides of the pride
48. Quick look
49. Osmatic stimulants
51. Gravelly
53. St. Paul's Cathedral architect
57. Favored seat location, perhaps
58. Find out about
59. Kind of wind
60. Pizzeria shovels
61. First name in cosmetics
62. Done with a wink, maybe

- Down**
1. Classify
 2. Japanese shrub
 3. Cutting back
 4. Funny one of film
 5. Winglike parts
 6. Receptacle
 7. Varnish ingredient
 8. Newspaper worker
 9. Type of attraction
 10. Nothing more than
 11. Common potluck dish
 12. Floating zoo
 13. Indicating a maiden name
 18. Adversary
 19. Influence one's decision

23. "Little Women" woman
24. Country singer Cash
26. Bridge position
27. It has a head and hops
29. Bangkok resident
30. How some like it
31. Crisscross framework
32. Fly in the ointment
33. Wide-spouted pitcher
34. Leave in the lurch
35. Like some towns
36. Gives approval, in a way
37. French holy woman
38. Trinity member
41. "Once in a Lifetime" author
42. Shoe part
43. Amusement ride inventor
44. Put on the market again
45. In plain sight
47. He took two tablets
48. Foot in a pound
50. Pickling spice
51. Roll call word
52. Caen's river
53. Ballplayer's headwear
54. Step on it
55. Human's foot, anatomically
56. It may be over your head



years to come, strategically position photos of those smiling faces in the places you used to take your smoke breaks.

Maybe you're quitting because you like the idea of putting thousands of dollars back in your pocket? Add to your wallet or purse a note keeping track of how much you're saving every day, and set a goal to save for a specific treat, reward or trip with those savings.

Tell your friends and family about your quit date and plan.

Thank your personal network in advance for their patience and support as you start your quit journey. This might include switching up your plans to include new routines to meet up in different places from where you used to go if tobacco was part of that experience. And, of course, they can cheer you on along your path to success.

Learn about the options in the community for free help and think about which ones seem best to help you “quit your way.”

Support can be what makes this quit resolution stick. That can come in many forms. Tobacco Free Florida's Quit Your Way program offers free Phone Quit, Group Quit and Web Quit services across the state, text-based support, a Quit Guide and more. Group Quit classes are also free, either in person in any of the 67 counties across Florida or even virtually, right from where you are.

Nicotine replacement therapy (NRT) such as gum, patches or

lozenges could double your chances of quitting for good, Centers for Disease Control and Prevention statistics show. Free 2-week starter kits are available when medically appropriate.

Teens should know interactive, text-based quit support is available by texting VAPEFREE to 873373 to join the state's Live Vape Free program to help quit e-cigarettes. As a state, we are making progress against e-cigarettes: youth use of electronic vapor products has dropped each of the last five years, including going down by more than 17% last year, according to the Florida Youth Tobacco Survey. Working together, that number can continue to drop for 2023.

Make 2023 your year to be smokefree. Stay focused, share your awesome plan and get help in the way that works best for you, and you can do it. Thousands across Florida already have.

Check out TobaccoFreeFlorida.com for more tips, ideas and support.

Resolve To Be Smokefree In 2023

by Laura Corbin, Bureau Chief, TobaccoFreeFlorida

(NAPSI)—The ball, the confetti and the 2022 wall calendars have all come down, and our attention turns to the annual tradition of making New Year's resolutions. This can include health goals, such as deciding to have 2023 be the year to finally quit tobacco successfully. Most adult smokers in our state tried to do so at least once in the past year, reports the Florida

Department of Health.

Quitting for good may take several attempts. With the resolution to quit, every year more and more people succeed on their own. But it may help to know some tips, and to know that you don't have to do it alone.

Are you resolving to quit tobacco? If so...

Remember your reason.

What's your biggest personal motivator to quit? If what keeps you going is a desire to be healthy and be there for your kids for



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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 Xoloitzcuintli, or Xolo, which is Mexican hairless dog breed.

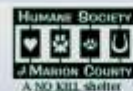


Fuchsia is a 15 week old paralyzed kitten full of love.



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.



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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's Statewide Prosecutors Secure 30-Year Prison Sentences for Members of Massive Identity Theft Scheme

TALLAHASSEE, Fla.—Attorney General Ashley Moody's Office of Statewide Prosecution today secured 30-year prison sentences for members of a massive identity theft scheme. The lengthy sentences are a result of three individuals, Carnessa Rouse, Gregory Engram and Samishia Askew stealing the identities of more than 120 individuals—most victims being above the age of 65. Using the victims' identities, the defendants opened fraudulent credit card accounts to fund luxurious lifestyles.

Attorney General Ashley Moody said, "We secured lengthy prison sentences for three defendants for their roles in a massive identity theft scheme spanning at least seven counties in Florida. These fraudsters victimized more than 120 Floridians—most of them seniors—by stealing and misusing ill-gotten personal information to open fraudulent credit card accounts. They then used the credit accounts to fund their extravagant lifestyles. Now their lifestyles will be much more modest in prison thanks to the great work of my Statewide Prosecutors and our hardworking law enforcement partners."

According to a law enforcement investigation, the trio frequently utilized

aliases to hide personal identities from banks, law enforcement and other public entities—opening hundreds of credit card accounts in the process. The defendants used the fraudulent credit cards to rent luxury cars, stay in expensive hotels, embark on extravagant vacations and pay for everyday goods.

The Honorable Pat Siracusa, Circuit Judge for the Sixth Judicial Circuit of Florida, sentenced the trio to 30 years in prison each. Several victims of the identity theft, most ages' spanning 70-90, appeared or provided a victim impact statement for the sentencing. The victims testified about suffering through anxiety, stress and trauma.

Attorney General Moody's OSP Tampa, with unlimited cooperation from State Attorney Bruce Bartlett, prosecuted this case. The law enforcement agencies involved in the investigation included the Clearwater Police Department, Florida Highway Patrol, Hillsborough County Sheriff's Office, Pinellas County Sheriff's Office, Port St. Lucie Police Department, St. Petersburg Police Department and U.S. Bureau of Alcohol, Tobacco, Firearms and Explosives.

Attorney General Moody Warns Parents About Illicit Fentanyl as New Study Shows Children Under 14 Dying at Fastest Rate

TALLAHASSEE, Fla.—Attorney General Ashley Moody is warning parents about the dangers of fentanyl, a highly lethal synthetic opioid. A new [study](#), conducted

by Families Against Fentanyl, found that children under the age of 14 are dying of fentanyl poisoning at a faster rate than any other age group. Fentanyl continues to be the number one killer of adults 18-45. With these alarming statistics, Attorney General Moody is urging Floridians to never use illicit drugs and is sharing the Fast Facts on Fentanyl Toolkit to help parents talk to their children about fentanyl.

Attorney General Ashley Moody said, "This is disturbing news, and as the mother of a school-aged child, I want to make sure every family is engaging in an open dialog about the dangers posed by massive amounts of illicit drugs flooding into our country. We have known for a while about the skyrocketing fentanyl deaths among young adults—and we suspected it was having a growing impact on small children, but this report confirms the urgent public-safety risks all parents are now facing when trying to protect their children from this deadly synthetic poison flooding into our country from Mexico."

In addition to the recent Families Against Fentanyl study, there are news reports of at least two high school [students](#) having complications from using [vapes](#) that are possibly laced with fentanyl. With these alarming statistics and news reports, Attorney General Moody is urging Floridians to never use illicit substances and asking parents to talk to their children about illicit drug use.

The Fast Facts on Fentanyl Toolkit provides information for parents about protecting children from digital drug dealers. The resource highlights how drug dealers use social media to sell illicit substances and warns that those substances

may contain deadly amounts of synthetic opioids. The toolkit also provides examples of emojis used as codes in online conversations regarding illicit drug transactions.

Attorney General Moody developed the Dose of Reality Florida website for Floridians to learn how to find help and spot someone who may be abusing drugs. The site serves as a one-stop resource to obtain information about the dangers of opioid misuse, how to receive support for addiction and where to safely dispose of unused prescription drugs..

In case of emergency, always dial 911 and contact local law enforcement.

For more information on this topic go to <http://www.myfloridalegal.com/newsrel.nsf/newsreleases/428E20C2F9B7D87A8525893C00543CB4?Open&>

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FROM THE DESK OF GOVERNOR DESANTIS



Governor Ron DeSantis' Executive Order to Stewardship of Florida's Natural Resources TALLAHASSEE, Fla.

—(Read to the end) Governor Ron DeSantis signed and Executive

Order 23-06 (Achieving *Even More Now* for Florida's Environment) to further advance the protection of Florida's environment and water quality.

Read what environmental leaders and stakeholders are saying about the future of conservation in Florida:

"The Everglades Foundation applauds Governor DeSantis' four-year record commitment of \$3.5 billion for the Everglades.

"A week after his inauguration, on the anniversary of the momentous executive order he signed four years ago, Governor DeSantis has signed a new executive order laying out a blueprint that builds off the promises he fulfilled during his first term. The executive order increases his funding commitment to \$3.5 billion over the next four years for Everglades restoration, water quality initiatives, and protecting water supply for Floridians, "Clean and usable waterways are the backbone of Florida's economy. Governor DeSantis recognized this issue from the beginning of his term and has continued to deliver on his commitments.

"As Florida continues to recover from hurricanes Ian and Nicole, the need to strengthen flood protection has never been more urgent. These proactive investments,

including expedited recovery assistance, vulnerability assessments and coastal flood protection.

"Governor DeSantis has his commitment to Florida's natural resources since his first days in office. He has promised and delivered record funding and innovative environmental policies, with a focus on resiliency, habitat and water quality, that will ensure the health of our state's iconic fisheries for the future.

"Under Governor DeSantis' leadership, Florida remains one of the most sought-after destinations for world-class fishing, hunting and outdoor recreational opportunities. The Governor has and continues to make protecting Florida's natural resources one of his top priorities.

PUBLISHERS NOTE Message To Governor DeSantis:

Hi Governor I see you are trying to keep your promises about protecting Florida Natural Resources with one statement and your about to ruin our Natural Resources in North Central Florida with your Turnpike Extension! I know you put it on pause which means a temporary stop. Now that the election is over are you prepared to let the Turnpike Authority run over the good people of North Central Florida that help elect you, let them run dangerously close to the Rainbow River, Back Water of lake Russo, ruin private pastor land, run over the barge canal and private land owners. No matter where you go with the extension you will destroy Natural Resources of Florida. You have done a good job in many area's of the state. DON'T SPOIL IT NOW! Stop the extension and stop the people who keep bringing it back up every couple of years. Disband the Turnpike Authority and send the employees to the DOT. TLOURY

Governor Ron DeSantis Announces Nearly \$20 Million for Water Quality Projects to Restore the Indian River Lagoon

TALLAHASSEE, Fla. — Today, Governor Ron DeSantis announced nearly \$20 million to support water quality improvement projects along the Indian River Lagoon (IRL). These projects will help collect stormwater runoff and treat it to reduce the amount of pollutants and nutrients that enter the IRL. These projects are in addition to the \$255 million Florida is already investing to protect the IRL, including targeting wastewater, septic to sewer, and other needed restoration projects.

"Investing in the protection of our waterways is a great way for us to ensure the long-term health of our natural resources," said **Governor Ron DeSantis**. "This funding will help build the infrastructure needed to improve water quality as we continue to make investments to protect and restore the Indian River Lagoon."

"Decades of human impacts have resulted in impaired water quality in the Indian River Lagoon, specifically from nutrients," said **Department of Environmental Protection Secretary Shawn Hamilton**. "As a result of the leadership of Governor DeSantis and unprecedented investments in water quality, the Department, in conjunction with project partners, is focusing on tackling the root cause of nutrient pollution."

Governor DeSantis signed Executive Order 23-06, continuing his historic commitment to the stewardship of Florida's natural resources, including pledging to secure \$3.5 billion over the next four years for Everglades restoration and the protection of water resources and establishing the Indian River Lagoon Protection Program to expedite water quality restoration of the IRL.

Over the past three years, Florida has invested more than \$500 million in coastal communities to address excess nutrients entering our waterways. The Freedom First budget signed by the Governor this year includes more than \$558 million for targeted water quality improvements across the state.

The IRL is the most biologically diverse estuary in North America and an important resource for species such as the Florida scrub-jay, manatees, and sea turtles. Currently, the water quality of the IRL is impaired for total nitrogen and total phosphorus. The nutrients flow into the lagoon from overland runoff, drainage canals, groundwater seepage, and rainfall. Excess nutrients can contribute to increased frequency, duration, and intensity of algal blooms and negatively impact the growth of seagrass in the lagoon. Seagrass is the most important resource within the IRL, providing habitat and food for manatees and other species.



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Plasma

continued from page 5

physical exam at least annually to make sure you stay in good health.

Donation: After approval, plasma center staff will set you up at a plasmapheresis machine. This is a specialized medical device that collects whole blood from a vein in your arm. It separates out the plasma and returns the

remaining blood components to your body. Your blood cells (red and white) and platelets are returned to your body via the machine. During the donation, you are usually given saline to help you maintain your circulation. Sometimes you may receive oral fluids instead. The entire process takes about an hour. Plasma center staff will monitor the process to be sure you are safe and comfortable.

Recovery: The last step is

recovery. As a safety precaution, plan to stay at the plasma center for about 10 to 15 minutes after you have given plasma to be sure you begin to rehydrate and are feeling well enough to travel home.

Plasma center staff will also show you how to care for your bandage and give you a few other at-home instructions. You should continue to drink water and eat a small meal shortly after giving plasma to restore your energy.

How often can I donate?

Plasma regenerates quickly. With proper hydration, your blood volume returns to normal within 48 hours. Because of this, you can give plasma twice in any 7-day period, but no more than once in a 48-hour period.

You can typically schedule a return visit while you are at the plasma center. Many people choose to set up a series of visits. Repeat, committed visits are the best way to support the growing need for plasma.

Your plasma can be used only after you give two times. You must return to the same plasma center within 6 months and give again before any of your plasma can be used, which is a safety precaution. Plasma collection in the United States is regulated by the U.S. Food and Drug Administration (FDA), which requires two separate tests on a person's plasma to make sure it is safe to share with others.

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