

VFW Writing Award

Here in Ocala



Ocala Post Writer Takes Top VFW Writing Award

A veteran of VFW McCullough-Mixon Post 4209 Ocala has won the top award for feature articles in the 2023 Veterans of Foreign Wars National Publications Contest.

Michael P. Mauer, a Desert Storm veteran, won the Grand Award for his article, 'VFW Motorcycle Riders.' The submission appeared in the August 2022 edition of the South Hills – Mon Valley Messenger, and placed first in competition after a judges' review by two non-VFW affiliated journalism professionals.

Mauer wrote the article while assigned as the VFW PA District 29 public affairs officer. This is his fourth VFW writing award in seven years.

Mauer has written scores of articles about the VFW and veterans over the last three decades. These stories have been printed in local, regional and state-wide publications. Last year, Mauer won the Bronze Award and in 2020, the Silver Award for best feature

article in the VFW National Publications Contest. In 2016, he earned the Grand Award. He has been a life member of the VFW since 1995. He has also received citations for his work over the years with the VFW from both the Pennsylvania State Senate and the House of Representatives. Also, he was appointed a VFW National Aide-De-Camp in 2006.

He is a member of Military Veterans in Journalism.

A Bethel Park Pennsylvania native, Mauer's name is one of hundreds inscribed on the Veteran's Memorial near the borough's municipal building. He attended Bethel Park Senior High School before earning a bachelor's degree in journalism and communications from Point Park University in 1984.

Mauer won the Army's highest journalism honor, the Keith L. Ware, in 1991. He was also awarded the Joint Service Commendation Medal by Gen. H. Norman Schwarzkopf for his actions as a military

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OCALA, Fla. — Lieutenant Governor Jeanette Nuñez and Department of Elder Affairs Secretary Michelle Branham were joined by local leaders, advocates, and caregivers in Marion County to celebrate recent budget funding to support Florida's advancements in service and care for individuals with Alzheimer's disease and related dementias. During the 2023 Legislative Session, Governor DeSantis proposed and secured record funding for Alzheimer's care.

"With Governor DeSantis at the helm, Florida has put our seniors first when they needed it most," said **Lieutenant Governor Jeanette Nuñez**. "The [Framework for Freedom Budget](#) included over \$65 million for Alzheimer's support, an increase of more than \$12.5 million over the last year. We will continue to fund, support, and fight for those who live with Alzheimer's disease, their families, and caregivers."

The state budget, signed by Governor DeSantis in June, included \$12.5 million in additional funding to expand the work of the state's 17 Memory Disorder Clinics and the Alzheimer's Disease Initiative, which assist residents and caregivers affected by the disease. This also includes nearly \$500,000 in support for the Alzheimer's Association's Brain Bus, a mobile outreach unit that helps educate Floridians on early warning signs and available resources.

"Governor DeSantis and Lieutenant Governor Nuñez have been consistent

advocates for the 580,000 Floridians battling Alzheimer's disease from the very beginning," said **Department of Elder Affairs Secretary Michelle Branham**. "Thanks to their continued support and our partners in the Legislature, we've seen innovation, advancement, and renewed hope in Florida that puts our state at the forefront in the fight against Alzheimer's disease."

"I am grateful for the dedicated funding and prioritization of our seniors by our state leadership so we may continue to implement impactful initiatives to keep Marion County a special and thriving place for seniors to live," said **Jennifer Martinez, Executive Director, Marion Senior Services**.

An estimated 580,000 people aged 65 and older in Florida are living with Alzheimer's disease, and around 827,000 Floridians are serving as family caregivers. Governor DeSantis enacted a robust Five Point Dementia Action Plan in his first term, which came to fruition last June with the launch of the Florida Alzheimer's Center of Excellence (FACE). FACE pairs Care Navigators with individuals, families, and caregivers to bridge connections to local resources and services for Alzheimer's disease. FACE received over \$1 million in additional funding in the Framework for Freedom Budget to expand to serve more families in Florida.

OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



The CEP's groundbreaking series, exCEptional Mornings breakfast presented by James Moore & Company is designed to foster connections, inspire growth, and cultivate success for everyone involved.

The CEP started our exCEptional Mornings breakfast almost 10 years ago and the reason was to create an event that once a month would provide an opportunity to bring the business community together. It allows us to share information with them that is valuable to our community and to bring a speaker who is of significance to the local business community. That could be like our most recent breakfast, where we had the Secretary of the Florida Department of Business and Professional Regulation speak. It could be an elected official or a business leader. In fact, those are often our most popular when we have one of our local business executives who talks about their business.

Many times, businesses get focused on what they are doing and what is happening inside of their business. They do not know these incredible stories of success that we are

seeing in our community, which can be inspirational but also create new opportunities for businesses. The event has grown steadily over the years so that we consistently sell out now. Our current location at the Church of Hope will sell out weeks in advance because we know the business community wants to be there. They want to hear these speakers, but they also want this opportunity to network. They know that the people they want to see will be there? I know how many people have told me, “Yes, I make sure I am at breakfast because I know I will see people I need to talk to there.”

The breakfast this highly sought after event. The event has sold out fifteen times in a row. Join us at Church of Hope every third Wednesday of the month where over 350 CEP Partners eagerly attend with tickets flying off the shelves each month. Make sure to secure your spot for the next gathering in August. Register today at OcalaCEP.com.

For the CEP, it is a chance to share valuable information: whether that is a program, event, or initiative of the CEP; something happening within local government; or to celebrate a success. It has really been exciting to watch how this program has grown and allows us to share all that is exceptional about living, working, and playing in this community.



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VFW Award

Continued from page 1

reporter in Operation Desert Storm.

In 2010, Mauer was inducted into the Southwestern Pennsylvania Veterans Hall of Fame. He is also a graduate of the United States military's Defense Information School, and the Field Artillery School in Fort Sill, Oklahoma.

Mauer is employed with the United States government and currently lives in central Florida. He has been married to his spouse, Marsey, for 37 years. They have two daughters, Sarah and Rachel.

Dementia Workshops

Marion County Libraries announce upcoming ABC of Dementia Workshops

The Marion County Library System and Coping with Dementia LLC have announced free ABC of Dementia workshops at Belview and Freedom branch libraries, as follows:

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Florida State Senate

DENNIS K. BAXLEY



Dear friends,

The previous two columns we have been reporting to you on the 2023 Legislative Session and today we are bringing you the third installment in this series. This month we will

continue by highlighting some other passed legislation that will be of interest to you.

Last month's release of the blockbuster film "Sound of Freedom" has captivated American audiences and, rightfully so, brought much attention and awareness to the devastation of human trafficking. Florida continues to lead on this front to the best of our ability (our federal government must step up and secure our borders!) and a number of bills were passed to help us combat this issue. One such bill was SB 7064 by Senator Ileana Garcia. This bill requires that law enforcement officers successfully complete 4 hours of training in identifying and investigating human trafficking as part of their basic recruit training or additional training. The Criminal Justice Standards and Training Commission will develop the training in consultation with the Department of Legal Affairs and the Statewide Council on Human Trafficking. Further, SB 7064 also establishes the state's unified Statewide Data Repository for Anonymous Human Trafficking Data at the

University of South Florida Trafficking in Persons - Risk to Resilience Lab. The human trafficking data, which must be submitted by law enforcement agencies and other entities, will be used to aid in combatting human trafficking, prosecuting those engaged in human trafficking, and assisting victims of human trafficking.

The Biden Administration has failed to protect our border. Because of this, Florida is now under a declared state of emergency. The Florida Senate cannot independently fix the immigration process in this country, but we can make it clear that we value law and order, and we value the lives of immigrants being smuggled in to this country. SB 1718 requires private employers, with 25 or more employees, to use E-Verify for new employees, beginning on July 1, 2023. Also, any employer who knowingly hires an unauthorized alien will face penalties of license suspension or revocation. The bill makes human smuggling a second degree felony adds human smuggling to the list of crimes that allow for prosecution under Florida's Racketeer Influenced and Corrupt Organization (RICO) Act. The legislation provides for invalidating driver's licenses exclusively issued by another state to undocumented immigrants, and requires the Department of Highway Safety and Motor Vehicles (DHSMV) to issue citations and maintain a list of out-of-state classes of driver licenses that are invalid.

The Florida Senate is committed to protecting our communities from the influx

of deadly drugs on our streets. As criminals find new ways to harm our communities, it is imperative that we provide law enforcement the tools they need to stop them in their tracks. Synthetic alternatives of fentanyl are emerging in our country that are even more dangerous. SB 736 takes a proactive step by placing nitazene a drug much more potent than heroine or morphine, on the Schedule I substance list, empowering prosecutors to bring the full power of the law and help get these drugs off the streets. HB 365 makes it a second degree felony or a first degree felony (second or subsequent offense) for an adult to unlawfully distribute heroin, fentanyl, fentanyl-related substances, and mixtures containing any of these substances, and an injury or overdose results, when such substance or mixture is proven to have caused or been a substantial factor in causing the injury or overdose. The bill ranks the second degree felony in level 6 of the Criminal Punishment Code offense severity ranking chart.

We hope you find this informative and encouraging. Florida is strong, and we continue to lead this country on very important issues. Thank you for letting me serve you in the Florida Senate.

Onward & Upward. – Senator Dennis Baxley

Broadband Infrastructure



Governor Ron DeSantis Awards More Than \$247 Million Through the Broadband Infrastructure Program

Connecting more than 59,000 Unserved and Underserved Businesses, Homes, Farms and Anchor Institutions Like Hospitals and Libraries to High-Speed Internet

TALLAHASSEE, Fla. – Today, Governor Ron DeSantis awarded more than \$247 million through the Broadband Infrastructure Program, connecting more than 59,000 unserved and underserved businesses, homes, farms and anchor institutions like hospitals and libraries to high-speed Internet. Infrastructure deployment through 63 strategic projects in 43 Florida counties ensures that Florida residents have reliable and efficient access to workforce, education and health monitoring opportunities for generations to come.

These awards are in addition to more than \$226 million in Broadband Opportunity Grant Funding already awarded to 53 counties awards to expand broadband Internet access to unserved areas across the state, connecting more than 250,000 homes and businesses. Additional funding will become available this year through new and existing programs.

Marion County – (\$4,779,127) to add 88 miles of fiber optic cable to provide 935 unserved locations within Marion and Putnam counties with symmetrical download and upload speeds of 1GB.

Unincorporated area of Silver Springs Shores and the unincorporated community of Ocklawaha – (\$15,841,522) to add 231 miles of fiber optic cable to provide 3,296 unserved locations within Marion and Lake counties with symmetrical download and upload speeds of 1GB.

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Tom Lousy Tom Lousy 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



Check this out
Democrats kill a bill for tuition assistance for Children of Veterans Killed in Battle..... Then they approved giving tuition to the Illegal Aliens Free...Think about that!!!

Believe it or Not: Now Marco Polo, a nonprofit that focuses on investigating political corruption, has uncovered emails on Hunter's laptop suggesting that in 2016 a Burisma executive, Vadym Pozharskyi, set up a bank account in Malta for Hunter. Pozharskyi is an associate of Burisma founder Mykola Zlochevsky; Hunter and his father allegedly got \$5 million each from Zlochevsky. Emails between Pozharskyi and Hunter suggest Burisma planned to use the account to send more money to the Bidens.

What happened 173 years ago.
September 9, 1850! California became a

state! The people had no electricity, the state had no money and almost everyone spoke Spanish. There were gunfights in the streets. As you can see today nothing has changed.

In the pioneer days there was a sign at the state line of California. You are now entering California, land of milk and Honey. Now there is a sign as people leave California. Now leaving California The land of Taxation. Remember when you are in a parking lot in Florida pedestrians have the right of way, they also have the right to carry. It's called parking lot rage! Don't run over a Floridian.

TIME DOES NOT STOP! Life is a task that we do ourselves every day. This time today, unfortunately, never returns...

The time is now and the day is today!
WE ARE NO LONGER AT AN AGE TO POSTPONE ANYTHING. Geewiz, that sounds a little like Vice President K Harris.

Illegals are allowed to use a copy of their arrest record as a form of Identification to

get on an airplane????? WHAT???

A million people incarcerated received stimulus checks totaling over a Billion dollars??????? WHAT???

Only 163 are serving life sentences and will never get out of prison!

Till next month TomLtloury@att.net

Gainesville Regional Airport

Rep. Cammack Announces Gainesville Regional Airport Awarded \$6.3M Grant For Infrastructure Improvements

WASHINGTON, D.C. — Today, Congresswoman Kat Cammack (R-FL-03) announced the Gainesville Regional Airport's award of \$6,354,437 to improve infrastructure and acquire a new aircraft firefighting vehicle.

"Gainesville Regional Airport (GNV)

continues to be an important part of our community in North Central Florida, providing commercial and chartered flights each day to destinations across the south and along the eastern seaboard," said **Congresswoman Cammack**. "To continue the service patrons have come to expect at Gainesville Regional, it's imperative to improve the infrastructure and continue to attract more travelers who deserve the best visitor experience possible. I know GNV will put the funds to good use, and I look forward to seeing the improvements."

"We appreciate the efforts of all who helped to make this grant possible," said **Allan J. Penska, Chief Executive Officer of the Gainesville Regional Airport**. "These funds are vital to our continued growth and maintenance of key infrastructure. The state-of-the-art aircraft firefighting and rescue vehicle will replace an older unit that is due for retirement. Continued improvements to our general

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Newspaper Deadlines

Editorial & Ad Copy for September

Seniors Voice & Ocala DownTown

Noon, August 18th

Lady Lake Magazine & Village Spectator

12am, August 23rd

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Publisher: Tom Lousy

Phone: 352-804-1223 | Fax: 352-489-7208

Email: tloury@att.net

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FAIRTax



The current federal income tax system is clearly broken - unfair, overly complex and almost impossible for most Americans to understand. But there is a reasonable, nonpartisan alternative before Congress that is both fair and easy to understand. A system that allows you only pay taxes on what you spend. The FAIRtax is a nation sales tax that treats every person equally and allows American businesses to thrive while generating the same tax revenue as the current tax code. The FAIRtax is a REPLACEMENT not an add-on to the income tax. Under the FAIRtax, every person in the U.S. will pay a sales tax on purchases of NEW goods and services, excluding necessities due to the prebate. The FAIRtax rate after necessities is 23% compared to combining the 15% income tax bracket with the 7.65% of employee payroll taxes under the current system- both of which will be eliminated. Your paycheck will be what you earned without federal deductions giving you an instant raise in pay. The FAIRtax puts Social Security and Medicare on a more solid funding foundation. Instead of being funded by taxes on worker's wages, which is a small pool, they will be funded by taxes on overall consumption by all residents. The FAIRtax provides a progressive program called a prebate. This gives every legal resident household an "advance refund" at the beginning of each month so that purchases made up to the poverty level are tax free. This prevents an unfair burden on low-income families. Tax evasion and the underground economy under the current system, costs each taxpayer an additional \$2,500 every year. But by taxing consumption the FAIRtax puts everyone in the country at the same level at the cash register. Further, only citizens and legal resident are eligible for the prebate. The I.R.S. Is no longer needed. No more complicated tax forms, individual audits or intrusive federal bureaucracy. Retailers will collect the FAIRtax just as they do now with state sales taxes and remit to the state. All money will be collected by the states and remitted to the U.S. Treasury and both the retailers and the states will be paid a fee for their collection service. By paying taxes on what you spend, you will be in control of your financial destiny. You alone control your tax burden by how much or little you consume. If you're thrifty, you'll pay lower taxes than someone who is not. Most importantly, you'll be taxed fairly. For more information, go to FAIRtax.org

Dog Saved From Fire

(OCALA, FL.) July 1, 2023 – On Saturday, July 1, at approximately 11:09 a.m., Ocala Fire Rescue's Engines 1, 2, 3, and 5, Rescues 3 and 5, Tower 1, Battalion Chiefs 11 and 22, and a Safety Officer responded to reports of a structure fire at Berkeley Pointe Apartments, 2847 NE Seventh St.

As units traveled to the scene, Dispatch advised that the apartment building was filling with smoke and tenants were evacuating.

Engine 5 arrived to find a two-story, multi-family apartment building with a working fire in a first-floor unit. Smoke and flames were visible from the unit's back-room window.

Crews were informed that a dog was inside the unit on fire.

Rescue 3 conducted a primary search, finding and retrieving the dog from the smoke-filled apartment, while Engine 3 secured a hydrant and Engine 5 attacked the fire.

Tower 1 searched the fire room and assessed the state of the second-floor unit directly above the apartment where the fire originated.

Engines 1 and 2 assisted with ventilation. Engine 2 was later assigned to search for hidden fire spots.

With hot spots addressed and the structure ventilated, the fire inspector could enter the area to identify the cause of the fire.

In speaking with the occupants of the fire unit, the inspector learned that one of the children in the home obtained a firework from a package purchased for a Fourth of July celebration and attempted to light it indoors.

Close supervision and fire education are

critical in preventing curiosity from becoming a disaster. As a precaution, Ocala Fire Rescue reminds the public to keep matches and lighters out of the reach of children, up high, and preferably in a locked cabinet.

Four units sustained fire damages (the fire unit, adjacent first-floor units on either side, and the second-floor unit directly above the

fire unit).

The Ocala Police Department, Marion County Fire Rescue's Medic 60, a Chaplain, the Red Cross, Ocala Electric Utilities, and the Ocala Building Department also responded.

Colonel Sanders

By TomL

It's a small world. I met the original Colonel Sanders. My father insured the second Kentucky Fried Chicken in Florida. It was the Marant Family Dania Beach Florida. They also put in a warehouse that my dad insured for them. My sister and I went to high school with the Marrants, one girl and two boys. The oldest boy Richard owned the restaurant and Warehouse. Who would have guessed how big it was going to get.

I like the buffet so I could pick out the chicken that I liked when I was looking at it. The chicken and the Cole Slaw was out of sight. I think they lost a little bit of money because of the dividing wall separating the incoming customer to the people eating. A couple would come in and one would order the cheapest thing on the menu and the other would order buffet. You know what happened then. If they tore down the wall inside the dining room it would eliminate most of that.

Back to the Colonel, I saw him many time and talked to him at the store in Dania Florida. He wore a white three piece suit, bow tie some times a string bow tie and was very friendly.

Recently I saw a guy calling himself the Colonel but he was a far cry from the original. I would run into the original Colonel Sanders in Dania Beach then it was just called Dania.

My wife and I went to Kentucky on business in the 80's saw the house in Shelbyville and another on In Louisville both own by the same family and both served Chicken.

There was only one way to get to the beach going south was through Dania so

they renamed it. The Kentucky Fried Chicken is still at the same location.

PS Same town same era Royal Castle was thriving. I miss it terribly! Birch beer in a frosted glass. Breakfast at 6 am. One person working the store if that guy did not show I don't know what would happen. He never missed a day. I met the manager a Blue Ribbon Meats during that time he said Royal Castle ordered his best grade of hamburger meat. Does anyone out there miss Royal Castle?

tloury@att.net

Ocala Events

YOUTH PROGRAMS



Ocala Recreation and Parks offers a variety of sports, programs, activities and events for kids! Whether your three-year-old wants to Start Smart with playing soccer or you are looking for after school programs, there are plenty of options for kids of all ages in Ocala!

T-Ball

Start Smart T-Ball League | Ages 5 - 6
Mondays & Wednesdays | Sept. 4 - Oct. 18 | 6 - 7 PM

Jervy Gantt Park | 2200 SE 36th Av.

\$65/person

Little Batter Up! We'll help your mini 5-6 year old athlete get started on their athletic journey. This program will help participants develop their talents and learn sportsmanship in a safe and encouraging environment.

Basketball

Skills and Drillz | Ages 6 - 8
Aug. 9 - 30 | Wednesdays | 5:30 - 6:30 PM
Mary Sue Rich Community Center at Reed Place | 1821 NW 21st Ave.

\$20 per person

Help your mini athlete gain a competitive

Continued page 6

\$5 Bye-Bye Monthly Bill

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Events

Continued from page 5

advantage while participating in youth sports. Kids will compete in fun and exciting drills designed to sharpen hand, foot and eye coordination.

Future Ballers | Ages 5 - 12

June 5 - July 29 | Mondays - Fridays | 5:30 - 8 PM

Mary Sue Rich Community Center at Reed Place | 1821 NW 21st Ave.

\$60 per person

Your future basketball champion will enjoy our fun recreational basketball league, where we focus on the fundamentals, teamwork and sportsmanship. Evaluations will be held for each athlete to assess players skills to assign to teams. Games will be held weekly in age group (5-7, 8-10, 11-12)

Teenz Hoops Basketball League Ages 13 - 17

Mary Sue Rich Community Center at Reed Place | 1821 NW 21st Ave.

Aug. 2- Sept. 1 | Wednesdays & Fridays | 5:30 - 8:30 PM

\$60 per person

Got Game? Then show off your skills by joining our league. This recreational basketball league is designed to give teens the opportunity to compete in a fun and organized basketball program. With a focus both on and off the court in teamwork, leadership, and the value of sportsmanship. Deadline to register is May 30.

After School Programs

FUNtastic After School Program | E.D. Croskey Recreation Center

This program has it all! After school activities include healthy snacks, homework helps, educational fun, fitness, arts and crafts, computer lab, and indoor/outdoor games and sports. Fun field trips on school half-days!

Mondays-Fridays (during the school year) 2-6 p.m.

\$75/child per month plus a one-time \$25 registration fee is due at time of registering.

Teen Volleyball League

Ages 13 - 17

July 17 - August 18 | Monday - Friday | 5:30 - 7 PM

Mary Sue Rich Community Center at Reed Place | 1821 NW 21st Ave.

\$50 per person

Bump, set, spike! Join our co-ed Teen Volleyball League where participants will learn the basics of the sport, meet new friends and enjoy competitive game play. All skill levels are welcome.

City Walkers

Ages 13+

July 31 - Dec. 6 | Mondays & Wednesdays | 5:30 - 6:30 PM

Mary Sue Rich Community Center at Reed Place | 1821 NW 21st Ave.

Free

Come walk with us! Bring your friends or come make new friends as we get our steps in at the indoor track.

Homeschool STEAM Team

Ages 5 - 17

Wednesdays | Aug. 2 - Oct. 4 | 10 AM - 2 PM
\$20/month per person

Help students develop leadership skills, teamwork, and a love of learning through S.T.E.A.M lessons that will enhance their knowledge base and promote physical fitness.

Bluebird of Happiness Day

Ages 10+

Sunday, Sept. 24 | 9 - 10 AM

Tuscawilla Park | 800 NE Sanchez Ave.

Free

Join us on National Bluebird of Happiness Day as we build nesting boxes for our local bluebirds!

Bluebird populations have faced many hardships and decline over the past 10 years, yet their symbolism of happiness and hope continues to soar. Join one of Ocala's Park Rangers to help build nesting boxes for our local bluebirds. This program is free, however registration is required in advance to secure supplies.

Happy Feet Fitness

Ages 4 & Under

Thursdays | Aug. 3 - Dec. 14 | 10 - 11 AM

Mary Sue Rich Community Center at Reed Place | 1821 NW 21st Ave.

Free

Let your kids get up, get out, and get moving! Join us along with the Sankofa Library staff for engaging activities and exercises that promote physical fitness, coordination, and overall health. This

program will help children build strength and endurance through a variety of games, challenges, and creative movement exercises. Parents must attend with children.

Funtastic Afterschool

Ages 5 - 12

Monday - Friday | Aug. 10 - May 24, 2024 | 2:30 - 6 PM

E.D. Croskey Recreation Center | 1510 NW Fourth St.

\$100/month per person

Our fantastic, Funtastic afterschool program has everything your student needs to thrive. From outdoor sports to homework help, from science projects to arts & crafts, your child will be sure to enjoy the many opportunities for fun and learning offered by our highly experienced staff.

Tyke Hikes

Ages 4 & Under

Thursdays | Sept. 7 - May 23, 2024 | 9 - 10 AM | Free

Tykes will go on weekly mini adventures around the city while exploring nature and learning about our beautiful city parks. We have monthly themes and weekly topics so there's always something new to learn. Come make new friends and join us for an adventure.

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ACHIEVE OUR MISSION OF SAVING VETERAN LIVES.

CALL 352-422-8057

Register: www.horses4warriors.org

Teachers Civics Seal of Excellence

More Than 11,000 Florida Teachers Receive Civics Seal of Excellence Endorsement

Each educator earning a Civics Seal of Excellence Endorsement receives a stipend worth \$3,000 each

TALLAHASSEE, Fla. — Today, Governor Ron DeSantis announced Florida has awarded 11,000 teachers more than \$33 million for completing civics training offered by the Florida Department of Education. The educators have completed either the Summer Civics Professional Learning Series or the first-of-its-kind Civics Seal of Excellence Endorsement, which equip teachers with the knowledge and skills to provide high-quality civics instruction.

Governor DeSantis and the Florida Department of Education (FDOE) launched the Civics Seal of Excellence in January, and more than 10,000 teachers registered for the course within the first week. Course enrollment is at capacity with 20,000 teachers enrolled and an additional 11,000 educators on the waiting list. FDOE enlisted the assistance of nationally recognized civics experts to create the 50-hour online program that contains over 28 hours of high-quality video lessons focused on America's history, civics, and government.

"Understanding the founding principles of our nation is the key to protecting and maintaining our republic for generations to come," said **Governor Ron DeSantis**. "Florida teachers are leading the way in civics education, which is demonstrated by our student success, especially when compared to the rest of the nation. Congratulations to our educators who have taken advantage of Florida's unique civics professional learning opportunities."

"Through state leadership and the commitment of thousands of educators, Florida has provided students unprecedented civics education," said **Commissioner of Education Manny Diaz, Jr.** "Thank you to Governor DeSantis for distributing \$33 million to teachers who

have completed civics training to better prepare their students to become civically engaged and honor their responsibilities as American citizens."

"The Civics Seal of Excellence course should be a model for the entire nation," said **Kelley Mathews, Social Studies Teacher at Fort White High School in Columbia County**. "The text assignments and materials are extremely valuable in making connections between historical context and modern day applications. I teach U.S. Government, Economics, African American History, Law Studies, and Florida History, and this course will benefit each and every one of these classes."

Since taking office, Governor DeSantis has prioritized civics education. In 2020, Governor DeSantis established the Florida Civics and Debate Initiative (FCDI), the first statewide program of its kind focused on using debate as a tool to enrich civics education. Schools that participate in the FCDI have demonstrated higher pass rates on both the Civics and U.S. History End-of-Course Exams than schools without an FCDI team. The application form for schools to join the FCDI for the 2023–2024 school year is available at: [Florida Civics and Debate Initiative Participation Request SY23–24](#).

The Civics Literacy Excellence Initiative was created in July 2021 to continue elevating civic literacy and education for Florida's students. Efforts within the Civics Literacy Excellence Initiative include the Civics Seal of Excellence, professional learning aligned to the revised civics and government standards, the Portraits in Patriotism oral history resources, Stories of Inspiration, and Civics Academies.

Airport

Continued from page 4

aviation pavements allow us to better serve the many charter aircraft that visit our facility, facilitates new storage hangars, and extends the life of critical infrastructure."

The grant is part of the FY23 Airport Improvement Program (AIP) administered by the Federal Aviation Administration (FAA).

Functional Fitness



How Functional Fitness Can Help You Keep Up with the Grandkids

(NAPSI)—One of the greatest joys—but potentially biggest challenges—for many grandparents is time spent with the grandkids. Whether yours are toddlers or teens, keeping them entertained requires a level of fitness that might include everything from lifting a child to chasing them at the playground to competing in a round of golf. For grandparents seeking an enriching and active experience with their grandkids, it's important to engage in everyday fitness routines that can help:

- maintain muscle mass,
- preserve cardiovascular health,
- fortify flexibility, and
- bolster balance.

Functional fitness training can help with these goals.

What is Functional Fitness?

"Functional fitness uses multiple muscle groups and movements to help train muscles, joints, limbs, and nerves to all work better together for everyday tasks, like lifting groceries from the car, or outmaneuvering the grandkids," says Jaynie Bjornaraa PhD, MPH, PT, who is vice

president of rehabilitation services and fitness solutions at American Specialty Health Fitness.

Examples of functional fitness exercises include lunges, squats, and planks. "Lunges help improve balance and make the legs stronger," says Dr. Bjornaraa. "Squats help strengthen the muscles used in sitting, standing, or lifting heavy objects safely. Core training, like planks, helps strengthen the lower back, hips, and abdominal muscles. A strong core provides a stable base when lifting, standing, or performing the chores of everyday life."

There are many ways to incorporate functional fitness into an everyday fitness routine. For example, online workout classes such as Pilates, yoga, or strength training can provide easy access to beginner, intermediate, or advanced exercise routines. Gyms offer in-person classes plus access to most any kind of fitness equipment you may need to practice functional fitness, from mats and free weights to fitness balls and exercise bands.

If cost is a factor in joining a gym or fitness classes, programs such as the Silver&Fit® Healthy Aging and Exercise Program, which is available through certain Medicare Advantage plans, offer no-cost or subsidized low-cost access to thousands of standard name-brand gyms and YMCAs, in addition to premium boutique studios around the country. These programs may also include online access to fitness video classes such as dance, cardio, tai chi, Pilates, strength training, yoga, and others that teach proper form and technique. Nearly five million participants use the Silver&Fit program to help them stay fit.

"Functional fitness offers terrific health benefits for everyone, no matter your age or

Continued page 8



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REUNIONS AND RECEPTIONS

NO WEDDINGS

PROFESSIONAL PHOTOGRAPHER PERMIT FOR SHALOM PARK.

Fitness

Continued from page 7

fitness level,” added Dr. Bjornaraa. “I encourage my friends, family, and clients to engage in some kind of functional fitness exercise every day to maximize the benefits.”

If you're ready to try some functional fitness exercises but aren't sure where to begin, you may care to check out a functional fitness exercise video called “3 Functional Exercises Using Only Body Weight.”

Learn More
For information about the Silver&Fit program, visit www.silverandfit.com.

Cutting-Edge Technology

Learning to Save Lives With Cutting-Edge Technology
(NAPSI)—For most people, a college education can lead to a better life, but for one group of students at a unique institution, it can lead to saving lives.

EMS Education
At Texas State Technical College (TSTC), the Emergency Medical Services program has taken training students to a new level with the introduction of the first complete ambulance simulator in North America.

Echo Healthcare delivered to TSTC's Abilene campus a Ford F350 ambulance that was converted from a road-operating vehicle to a full-size simulator.

Coby Meyer, Echo Healthcare's chief operating officer, explained the reason: “When it comes to

Why It's Needed
According to onetonline.org, the need for paramedics in Texas was expected to grow

19% between 2020 and 2030. The annual average salary for paramedics in Texas is \$48,380.

In its Emergency Medical Services program, TSTC offers an Associate of Applied Science degree in Paramedic, as well as certificates of completion in Emergency Medical Services—EMT, Emergency Medical Services—Advanced EMT (AEMT), and Emergency Medical Services—Paramedic. The program is available at the Abilene, Brownwood and Harlingen campuses.

How it Works
To turn the ambulance into a classroom, the engine was replaced with SimLeader technology and the windshield and side windows are now equipped with large video monitors that give trainees the feeling of actually traveling on various roadways.

The ambulance is used to play out different scenarios. Students begin by responding to a medical scene in TSTC's Immersive Interactive lab. The scene, displayed on three walls and the floor in a different classroom, could range from a city park to a family home.

The trainees arrive on the scene to find a medical manikin. They assess the patient and begin the transport process from the scene to the ambulance. Once loaded into the ambulance, one student will be in the back treating the patient while the other will be driving.

Instructors will be able to see what is happening through video monitors, letting them change road conditions through the installed computer programming. Those road conditions could include skidding on ice or hitting a pothole, which will actually give those inside the feeling that they are sliding or bouncing.

Once the students arrive at the virtual hospital, the patient will be transported back

to the Immersive Interactive lab, which will be reset into a virtual emergency room.

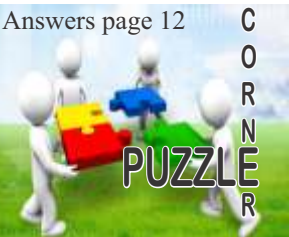
“Cutting-edge technology in EMS education accomplishes much more than providing an efficient, safe and realistic opportunity for students to learn,” said Ronnie Pitts, director of decision support of TSTC's Allied Health division. “TSTC creates learning environments that inspire students to embrace innovation, adapt to technological advancements, and actively contribute to the rapidly evolving world. We are preparing them to be future leaders, problem-solvers and contributors in a technology-driven society in as lifelike a simulation as possible.”

Good For The Profession
For ambulance companies, the simulator will save time spent in training employees. “We send our EMTs to a two- to three-day course for them to learn how to drive an ambulance,” said Will Hendon, the North

Texas regional director of Global Medical Response and a 2010 TSTC EMS graduate. “Imagine driving a smaller car your entire life. Getting into the driver's seat of an ambulance will feel overwhelming. It brakes differently than a regular vehicle, and it accelerates differently. This is going to help ambulance companies in that respect the most.”

Good for the Students
Kyle Nichols, a current Paramedic student at TSTC, sees another benefit of the simulator. “To have someone actually in the driver's seat so we will be able to communicate time and distance from the hospital will be vital to our training,” he said. “Our entire career is built around good communication.”

Learn More
For further information, visit www.tstc.edu.



- Answers page 12
- CORNER
- Across
- 1. Mormon title
 - 6. Sound projectors?
 - 10. Word with beaten or by
 - 14. Blackmore's Doone
 - 15. Shrimp part, sometimes
 - 16. Famous canal
 - 17. Prepares for target practice
 - 18. First lady of scat
 - 19. Tiny stream
 - 20. Suntan lotion inits.
 - 21. Result of an interior decorator/telemarketer union?
 - 24. Larger-life separator
 - 26. Sheet of ice
 - 27. Organize, in a way
 - 31. Sailor or comedian
 - 35. "God ___ our side"
 - 36. Many lipstick shades
 - 38. Item used in curling
 - 39. ___ Maria liqueur
 - 40. Figurative language
 - 42. Words with leash or

- whim
- 43. Dresses with fat
 - 45. Remote button, perhaps
 - 46. Of common origin
 - 47. Ingratiate oneself
 - 49. Accentuates
 - 51. Luang Prabang's locale
 - 53. Astringent substance
 - 54. Result of a watchmaker/pharmacist union?
 - 59. ___ broche (cooked on a spit)
 - 62. Landslide
 - 63. Midwife's action
 - 64. Seven-time batting champion Rod
 - 66. Disk or bachelor ending
 - 67. Edible root
 - 68. Spud
 - 69. Emulates Pac-Man
 - 70. Laurel of slapstick
 - 71. Insolent
- Down
- 1. These wings don't flap
 - 2. Flying stunt
 - 3. Result of a bartender/carpenter union?
 - 4. It may be bitter
 - 5. Spanky, for one
 - 6. Declare confidently
 - 7. Soften, as a heart
 - 8. Seasoned rice dish

- 9. Whelk and winkle
- 10. One part in a hundred
- 11. Lily Pons specialty
- 12. Money drawer
- 13. Alternative to high water
- 22. Render defenseless
- 23. Rambunctious
- 25. Nomadic barbarian
- 27. "The Odd Couple," e.g.
- 28. Chinese or Indian, e.g.
- 29. Ravens or Cardinals, e.g.
- 30. Peripheries
- 32. Result of a librarian/professor union?
- 33. Orphan of stage and film
- 34. College officials
- 37. On its way, as a fax
- 40. Stern with a bow
- 41. "R" in RFD
- 44. Erases, as a disk
- 46. Sun Devils' sch.
- 48. Pot and rib
- 50. Provides a seat for
- 52. Sound of a wet impact
- 54. Corner
- 55. Slightest trace
- 56. Jeff's pal
- 57. Gilbert of "Roseanne"
- 58. Stratford-Avon link
- 60. Dregs
- 61. Off-kilter
- 65. Battery type



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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.



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

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Address: _____
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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



GENERAL
MOODY WARNS
ABOUT
SWEEPSTAKES
SCAMS ON
NATIONAL
LOTTERY DAY
TALLAHASSEE,

Fla.—Today is National Lottery Day, and Attorney General Ashley Moody is releasing a Consumer Alert warning Floridians about sweepstakes scams. Lottery scams often begin when a scammer calls or sends messages to targets, often seniors, claiming the target won a prize. The scammer will then request service fees or financial information from the target stating that this is necessary for the winnings to be transferred.

Attorney General Ashley Moody said, “Receiving a message that you have won a large cash prize can be exciting, but it’s also likely a scam. If you receive one of these messages, be suspicious, do some research and never open any links included in the message. For more tips to avoid lottery scams, check out our latest Consumer Alert.”

When scammers impersonate a credible lottery source and promise large winnings, targets could be fooled and may eagerly pay to receive a prize that will never be delivered. Targets are often asked to keep the winnings confidential helping scammers hide fraudulent efforts. For more information on the latest lottery scams, see the advisory recently released by Mega Millions.

- To avoid lottery scams:
- Be aware that the Florida Lottery never contacts an individual regarding winnings in a game that the player never entered;
 - Be cognizant that a legitimate

sweepstakes will not require winners to pay anything to receive a prize;

- Never provide banking or personal information over the phone to an unsolicited caller purporting that a fee is required to receive lottery winnings; and
- Know that winners will never be asked or required to keep prizes confidential.

To report a lottery or sweepstakes scam, contact the Florida Attorney General’s Office at 1(866) 9NO-SCAM or file a complaint at MyFloridaLegal.com.

To report a fraudulent sweepstakes or lottery offer received by mail, contact the Postal Inspection Service online at USPIS.gov.

ATTORNEY GENERAL MOODY
WARNS DOJ AGAINST
POLITICALLY-MOTIVATED
INVESTIGATION OF FLORIDA’S
IMMIGRANT RELOCATION
PROGRAM

TALLAHASSEE, Fla.—Attorney General Ashley Moody is warning the U.S. Department of Justice against a politically-motivated investigation of Florida’s immigrant relocation program. In a letter to the DOJ, Attorney General Moody states that there is no legal basis for California’s request for the DOJ to investigate the program. Attorney General Moody’s letter responds to a request by the California Governor and Attorney General to the DOJ to investigate Florida and defends the state’s actions to transport illegal immigrants to sanctuary cities on a volunteer basis. The letter also points out that California’s request is a political stunt and not a legal request, as California’s letter does not identify any violation of federal statute, judicial decision

or law.

Attorney General Ashley Moody said, “California’s letter requesting that the U.S. Department of Justice investigate Florida is a ridiculous political stunt. Our voluntary immigration relocation program is lawful, and California’s request fails to identify any violation of federal law. As an Attorney General who leads hundreds of highly-qualified lawyers and has led dozens of legal challenges against this administration, it is jarring that California is not competent enough to articulate even a minimal legal basis for its request. I thought California loved to tout its commitment to illegal immigrants, but now its governor does not want more immigrants in California, claiming that more of them could break his state—how ironic.”

Attorney General Moody is strongly urging the DOJ to not bail out California or engage in another political investigation. The letter states, “You have repeatedly stated that ‘political or other improper considerations must play no role in any investigative or prosecutorial decisions.’ Yet, the Democrat Governor and Attorney General of the State of California invite you to do exactly that in their letter to you dated July 6, 2023... While I would urge you not to bail out California or engage in another political investigation or litigation, if you make the unconscionable and unfounded determination to do so, Florida stands ready to fight against DOJ’s overreach. Florida has had tremendous success litigating against DOJ under the Biden Administration and I and Florida’s lawyers stand ready to depose, subpoena, and question Biden Administration officials in connection with such a proceeding... Another opportunity for litigation will only shine a brighter light on the Biden Administration’s complete abdication of its responsibility as to immigration and the jeopardy in which it has placed our country and its citizens.”

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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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WOCA

FROM THE DESK OF GOVERNOR DESANTIS



Projects to Protect Communities from Impacts of Flooding and Storm Surge

On July 13, 2023, in News Releases, by Staff

TALLAHASSEE, Fla. — Today, Governor Ron

DeSantis announced the award of \$300 million in state funding from the Florida Department of Environmental Protection (DEP) for 71 new resilience and adaptation projects and three previously awarded projects to help prepare coastal and inland communities for the adverse impacts of flooding and storm surge.

“The Framework for Freedom budget is a testament to our unwavering commitment to protect Florida’s communities and secure their economic vitality,” said Governor Ron DeSantis. “Florida is a storm-prone state, and following two back-to-back hurricanes last year, this funding advances Florida’s continuing efforts to strengthen our infrastructure and fortify against the impacts of storm surge and flooding.”

Last month, Governor DeSantis signed the Framework for Freedom Budget for Fiscal Year 2023-24, solidifying Florida’s position as a national leader in resilience action. In the budget is \$356 million for resilience, which includes \$300 million for implementing statewide resilience projects as well as \$56 million for resilience planning and coral reef protection.

“We are grateful for Governor DeSantis’ steadfast dedication to the resilience of our state,” said Department of Environmental Protection Secretary Shawn Hamilton. “The funding for this year’s Statewide Flooding

and Sea Level Rise Resilience Plan enables us to prepare both inland and coastal communities for the risks of storm surge, rainfall-induced flooding, and hurricanes. It underscores the importance of protecting Florida’s natural resources and critical infrastructure.”

“Governor DeSantis’ bold vision for a Resilient Florida is driving progress toward safer and more productive communities,” said Chief Resilience Officer Dr. Wes Brooks. “By prioritizing infrastructure investments and leveraging nature-based solutions, this plan aims to safeguard communities, foster economic vitality and build a resilient future for Florida.”

During Governor DeSantis’ administration, the state has invested more than \$1.4 billion to increase the coastal and inland resilience of Florida’s communities.

Earlier this year, Governor DeSantis announced the award of more than \$275 million for 75 resilience projects using previously appropriated funding through the Resilient Florida program. Additionally, DEP announced the award of over \$28 million to develop or update comprehensive vulnerability assessments. At the conclusion of these assessments, all 67 counties in Florida will have completed a vulnerability assessment.

DEP is currently accepting grant applications through the Resilient Florida Grant Program until Sept. 1, 2023, for new proposed projects that could be funded in the next Statewide Flooding and Sea Level Rise Resilience Plan. Some of these proposals aim to protect critical assets such as transportation and evacuation routes; critical infrastructure; critical community and emergency facilities; and natural, cultural, and historical resources.

Please visit DEP’s website for a list of projects in the Statewide Flooding and Sea Level Rise Resilience Plan.

Governor Ron DeSantis Highlights Accomplishments During First Year of Election Integrity Office

TALLAHASSEE, Fla. — Last year, Governor DeSantis signed Senate Bill 524, which established the Office of Election Crimes and Security to be solely dedicated to investigating election law violations. Today, Governor Ron DeSantis highlighted the major accomplishments of the Office of

Election Crimes and Security (OECS) during its first year.

“We have taken bold steps to ensure Florida is the national leader in conducting fair and secure elections,” said Governor Ron DeSantis. “Since the formation of the Office of Election Crimes and Security, we have held illegal voters and our election officials accountable, cracked down on ballot harvesting, and strengthened ID requirements for mail-in ballots. In Florida, we will not allow anyone to circumvent the will of the people or the law.”

Read more at <https://www.flgov.com/>



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Marion County's Internet Marketplace

FROM THE DESK OF

CONGRESSWOMAN KAT CAMMACK



FY 2024 National Defense Authorization Act (NDAA)
WASHINGTON, D.C. — Today, Congresswoman Kat Cammack voted to support FY 2024 National Defense

Authorization Act (NDAA).
"With continued threats from the Chinese Communist Party, it's more important now than ever to make sure our military is prepared to strengthen our national security. Our Armed Forces must have the necessary resources to keep our nation safe, and I'm glad this NDAA takes the proper steps to put our readiness first. We increased servicemembers' pay to support our servicemembers and their families, removed radical, woke ideology, training, and requirements for our military, rejected Green New Deal initiatives, provided a path back to service for those who did not take the COVID vaccine, and reduced the burden on our military families for housing expenses.
"I'm also excited to see my own amendment included in the NDAA, including legislation to explore the uses of blockchain technology to create additional accountability within the DoD," **said Cammack.**

The annual defense legislation sets priorities and policies for the U.S. Armed Services. FY24 NDAA saves taxpayer dollars while improving military readiness,

increasing pay for servicemembers, countering aggression from the Chinese Communist Party (CCP), and making critical investments in the United States' national defense. Important provisions include:

- 5.2 percent increase in servicemember pay, the largest in two decades;
- Rejecting the Biden administration's efforts to reduce the size of the U.S. Navy;
- Increased funding for new technologies needed to deter the CCP on future battlefields, including AI, autonomous systems, cyber, mobile micronuclear reactors, and high-energy lasers;
- Increased funding for military information operations assistance to Indo-Pacific allies to counter Chinese influence operations;
- Saving \$40 billion in taxpayer dollars, or five percent of current defense spending levels, without sacrificing national security;
- A pathway back to service for 8,000 servicemembers discharged for not taking the COVID-19 vaccine by requiring the Secretary of Defense to inform each discharged servicemember of the process to be reinstated, requiring Service Secretaries to consider reinstating separated servicemembers at the same rank, and treating time away from service for any servicemember reinstated as a 'career intermission' to not impact future promotions.

Bipartisan Letter To HHS Secretary To Prioritize Women's Cardiovascular Health
WASHINGTON, D.C. — U.S.

Representative Kat Cammack (FL-03), Co-Chair of the Bipartisan Women's Caucus, and Emilia Strong Sykes (OH-13), Co-Vice Chair of the Bipartisan Women's Caucus, Co-Chair Susie Lee (NV-03), and Co-Vice Chair Representative Monica De La Cruz (TX-15), led a bipartisan letter to U.S. Health and Human Services Secretary Xavier Becerra, calling for the prioritization of women's cardiovascular health.
"Cardiovascular disease (CVD) is the number one killer of all. While many heart attacks, strokes, and deaths caused by CVD are preventable, the widespread lack of CVD awareness and subsequent lack of screening, diagnosis and treatment only broaden the impact this disease has on women," **wrote the signers.** "All women deserve quality cardiovascular care with a focus on prevention, which includes access to innovative treatments when needed. Special attention should be focused on the disparities that exist among racial and ethnic groups. According to a report published by the American Heart Association, non-Hispanic Black women are more likely to suffer from CVD than their non-Hispanic White female peers. Between 2015 and 2018, the alarming prevalence of CVD was 42.1 percent in non-Hispanic white women, 42.7 percent in Hispanic women, and 58.8 percent in non-Hispanic Black women aged 20 years or older."

"We support this bipartisan call to prioritize women's cardiovascular care. The documented disparities in screening, treatment adherence, and access to innovative therapies such as PCSK9 inhibitors underscore the urgent need for action. Our work champions comprehensive care by eliminating barriers to life-saving treatments, and with greater support from Secretary Becerra and HHS leadership, we believe we can significantly reduce the risk of heart attacks and improve the health outcomes of women across the nation," **said Ryan Gough, Executive Director, the Partnership to Advance Cardiovascular Health.**
This letter has also been endorsed by the American Heart Association.

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