www.SENIORS VOICE OF OCALAcom

Take Me Home!

DELIVERED TO THE SR 200 CORRIDOR

Volume 27 Issue 9

September 2023



Equestrian Extravaganza Fund Raiser More photos on page 7 with Marion County Honor Guard in July at the Southeastern Livestock Pavilion.

Photo by CKJ-13 Kay Johnson

Where is the Social Security Fund?

By TomL

Where is the Social Security Fund we have been paying into all our lives?

Information from the net!

Social Security is financed through a dedicated Payroll Tax.

Employers and employees each pay 6.2 percent of wages up to the taxable maximum of \$160,200 (in 2023), while the self-employed pay 12.4 percent. The payroll tax rates are set by law, and for OASI and DI, apply to earnings up to a certain amount.

In listening to the financial news a comment was made about " China is our largest debtor". Not true the largest debtor is our own Social Security Fund! Politicians can't stand the fact the Social Security Fund had money in it. So they have been using the money for things other than the aging. Actually they are budgeting in advance for other things not related to the elderly before they have it in hand.

Social insurance, as conceived by President Roosevelt, he would address the permanent problem of economic security for the elderly by creating a work-related, contributory system in which workers would provide for their own future economic security through taxes paid while employed. Thus it was an alternative both to reliance on welfare and to radical changes in our capitalist system. In the context of its time, it can be seen as a moderately conservative, yet activist, response to the challenges of the Depression.

One of the first American books on social insurance was by a Columbia University economics professor named Henry Seager. he explained the principle of old-age security based on social insurance in his

1910 book, "Social Insurance, A Program of Social Reform". But they are not using it all for the aging. Today and last years they are sending checks to people who now don't want to work. If they don't work they don't pay into Social Security and that is a drag on the fund. "As changing economic conditions are rendering the dependence of old people on their descendants for support increasingly precarious, new obstacles are arising to providing for old age through voluntary saving. . . The proper method of safeguarding old age is clearly through some plan of insurance. . . for every wage earner to attempt to save enough by himself to provide for his old age is needlessly costly. The intelligent course is for him to combine with other wage earners to accumulate a common fund out of which old-age annuities may be paid to those who live long enough to need it." I ask you??? In other words they are using the money to support the Illegals. If you die before retirement age the Government consumes it, but they owe it to you! I say all these people that died of COVID were elderly. Where is all that money going that they don't have to pay any more?

How Much Money Has Congress taken from Social Security? Feb 4, 2019 · Because of Congress' borrowing they had to allow Social Security to collect \$85.1 billion in interest income for 2017, and it's expected to provide \$804 billion in aggregate interest income.

Congress, is the keepers of our financial retirement fund, have been using Social Security taxes to fund other parts of the government because, well the money is there, or it will be.

Technically the government owes the



Art of Aging is an annual collaborative art, stories, and education. See more on partnership of Marion Senior Services and MCA that celebrates aging through Photo by CKJ-13 Kay Johnson

page 6.

Guy LaBree The Barefoot Artist

There are many well known artist that have attempted to capture the culture, religion histories and day to day atmosphere of the Seminole Indians, but failed to do so. A boy hood friend did. We spent some fun times together. One day while we were going snake and alligator watching I hid my new bike in the bushes and when we came back it was gone. Back in those days we called him Harry. His name is Harry Guy LaBree.

Harry was a very unique person he went every where barefoot, They had a heck of a time getting shoes on him to go to school, when he went to school. He connected with the Seminole Indians that were in our school at an early age and after growing up he actually live with them for a short time. The Seminole Indians went to school in Dania and as population grew they went to a different school, thats when I lost tract of Harry and saw him and spoke to him on several occasions over the years. Last contact was on the phone was just before he passed away, he lived in arcadia Florida near or in what was describe to me was really rural. His is missed and I will always remmedber him. I was a bless person to experience a small part of his life.

Guy LaBree



Social Security fund an estimated \$2.9 trillion, money that has been used and not repaid to the fund. So when you see that debt analyzer that is clicking off interest on TV, thats Social Security interest also, our

Actually, the Social Security program has become much like a State Lottery it depends on people playing.

Kevin Sheilley

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



works by engaging

higher education providers.

The NEXTworks talent development initiative seeks to develop training programs university degree. and tools that align with what our business community needs. Students get real world application in these career paths businesses are aligned with high schools to create a pipeline and give kids access to opportunities they may not have been aware existed. This that are available. Through various builds awareness of what careers are available here locally in fields like paths are available to them not only from construction, healthcare, equine, technology, robotics, and logistics.

One example is the partnership between Bellview High School and Optimum RV who Metro it is more important than ever for the is also the NEXTworks presenting sponsor. The RV industry is an exploding sector and with our local educators to create and servicing those vehicles is a skill that develop the talent pipeline. requires special training and significant

The CEP's talent earning potential. Through this partnership, d e v e l o p m e n t students receive classroom instruction at initiative called Bellview and then spend a portion of their NEXTworks exist day at the Optimum facility getting hands-on because we believe experience. A fully certified RV technician the next generation can earn well over \$100,000/year.

It is one of the many lanes for students businesses with who are not targeting a university degree but Marion County are interested in furthering their education Public Schools and through certifications and training programs Career Technical while working. A growing number of Education (CTE) educators along with our opportunities exist for our local youth to move from school right into the local job market and make good money without a

> can be attained here in our community. The CEP is partnering with the school district, the College of Central Florida, and Rasmussen University to market programs NEXTwork events students find out what educations but directly from business leaders.

> With the incredible growth in the Ocala CEP and the business community to partner



Ocala Veterinary Wellness Services

Physical Exam <i>required</i>	\$25
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

The exam allows the doctor to prescribe heartworm, Dewormers, and flea products at our discounted online store.

Schedule your appointment online: Deposit required www. ocalaveterinarywellnessservices.com

Friday afternoons from 1 to 5 pm Inside Seminole Feed 5740 W. Hwy 40 Ocala, FL 34482 352-568-5691 voicemail Proceeds benefit the Florida International Teaching Zoo www.floridazooschool.com



A 501-C-3 not for profit corporation FI SC-10507

Hawaii Wildfire



Ashley Moody sent a consumer alert.

This week, we issued a Consumer Alert warning Floridians who wish to give funds to those affected by the Maui wildfires of the potential for charity scams. The devastation caused by this disaster in Hawaii is heartbreaking—claiming more than 100 deaths and burning thousands of acres across the island of Maui. The residents in the affected areas have endured tragic losses and many Floridians may wish to donate to aid organizations.

However, scammers may try to exploit the Other opportunities require training which tragedy to take advantage of generous

> Anyone wishing to donate to victims of the wildfires, or charities providing aid, should be on guard against scammers looking to exploit the disaster for personal

Tips to avoid charity scams in the wake of a disaster include:

- Check the Better Business Bureau's Wise Giving Alliance at Give.org or Charity Navigator to determine whether a charity exists and if there are any complaints against the organization before donating;
- Research how the charity uses donations;
- Refrain from providing personal or financial information to unsolicited calls or emails on behalf of a charity;
- Carefully review the charity's name before making a donation. Scammers may try to trick unwary donors with titles that resemble legitimate organizations.

For more tips related to charity scams, view our Scams at a Glance: Charity Scams resource by clicking here.

Please be cautious of bad actors when making donations to help the victims of this disaster. Floridians can report charity scams to our office by calling 1(866) 9NO-SCAM or visiting MyFloridaLegal.com.

Turning 65 or new to Medicare?

When you retire, don't lose health coverage

Retire with a Humana Medicare Advantage plan that fits your life

Your local, licensed sales agent can help you explore your options and see if you're eligible to enroll in one of Humana's affordable Medicare Advantage plans upon retirement. Get the benefits you want and need so you can focus on making your retirement what you want it to be and enjoying the things you love.

From helping you find a doctor to arranging a ride to an appointment, Humana strives to go above and beyond to help you get the healthcare you need. That's called human care.



352-572-8510 (TTY: 711)

ccalvert@guidedmedicare.com

Christine Calvert

Humana to healthcare™

A more human way

Humana is a Medicare Advantage HMO. PPO and PEFS organization and a standalone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. . We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 800-MEDICARE (TTY users should call 877-486-2048), 24 hours a day/7 days a week to get information on all of your options. At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language. **English**: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **Español (Spanish)**: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235** (TTY: 711). 2n (Chinese): 油中 877-320-1235711

Y0040_GHHJWWVEN23_AD_M

DENNIS K. BAXLEY



As we prepare for the next legislative session, allow us to take the time to remind you to stay prepared during hurricane season. Stretching from June 15 November 30th, we

still have three long months until we're in the clear. During last session, the Florida Legislature passed two separate two-week Disaster Preparedness Sales Tax Holidays to help Florida citizens prepare for the coming stormy weather. The first sales tax holiday was between May 27th and June 9th. Don't worry, if you forgot to take advantage of the first Disaster Preparedness Sales Tax Holiday, there is another one from August 26th to September 8th. Hurricane season is well underway but there's still time to stock up on all the supplies you'll need!

Despite the rainy season, our summer has been full of exciting and memorable events that are well worth sharing with the constituents of Senate District 13. Firstly, any Christian elected official or anyone supporting Christians serving in elected office were afforded the opportunity to attend the National Association of Christian Lawmakers Conference in Lynchburg, Virginia. NACL is an incredible platform that allows Christian lawmakers from all over the U.S. to come together and work as a

team to ensure that faith, family, freedom, opportunity, and life are at the forefront of our nation. Also, members of the Appropriations Committee on Criminal and Civil Justice were so graciously invited to tour the Sumter Correctional Institute, Ocala Center for Success and Independence, the Marion Regional Juvenile Detention Center, and the Arnette House (CINS/FINS Shelter). All of these facilities provide various opportunities for Florida citizens to get back on their feet and on the right path. Sumter CI has partnered with Pride Enterprises, which is a selffunded enterprise whose mission makes a positive difference in Florida by training eligible inmates in vocational skills and transitioning them into the job market upon completion of their sentences. The Ocala Center for Success and Independence serves males, between the ages of 15 and 18 years of age who are adjudicated to the Department after being assessed and referred as appropriate for non-secure placement and are in need of Mental Health Overlay Services and/or Substance Abuse Treatment Overlay Services. The Marion Regional Juvenile Detention Center provides supervision of youth in a safe, secure and humane environment. Services for youth include: education, mental health, substance abuse, and health care. Lastly, the Arnette House provides programs and services to the 5th circuit which includes Marion, Lake, Sumter, Citrus, and Hernando Counties by caring and dedicated

professionals who focus on the strengths of the family while providing skills and Florida's Third made us proud by winning knowledge to help improve life at home. Touring these facilities equipped us with an even more profound understanding of the importance of faith, family, freedom, opportunity, and life.

As we sail through the last few months of summer and prepare for the next legislative session, I hope this letter encourages you to support your community and reminds you, not only to be prepared for the end of hurricane season, but to continue to have an active part in your government. Nothing significant is ever done alone, but one person can make a difference!

Florida Senate.

Onward & Upward Senator Dennis Baxley

Criss-Crossing Florida's Third

Dear Neighbor,

With the school year now underway across the district, it amazes me how fast this year is moving! We hope all of our students, teachers, and parents have had a productive first week back in the classroom and are looking forward to a fulfilling year ahead.

I've had the opportunity to visit many folks across the district over the last week. from Levy and Lafayette Counties to Suwannee, Marion, and beyond. Take a look below to learn about our time on the Withlacoochee River, on a delivery with J&J Gas Service, at an event with Advent Christian Village, and more.

This week, several young ladies from gold at the International Baton Twirling Federation World Championships in Liverpool, England. Young women from Alachua, Baker, Bradford, Lafayette, Suwannee, and Union Counties traveled across the pond to make us proud on the world stage. We hope you'll join us in congratulating them.

As a reminder, nominations for our nation's service academies are now open. We will soon be announcing the upcoming Service Academy Day where interested students can meet with representatives from each of the academies and learn more about Thank you for letting me serve you in the the application process. The military academies serve as an excellent opportunity for young men and women to serve our nation while receiving a high-quality education that will serve them well during and after their time in the Armed Forces. For more information, check out the information below or contact Dorothy by calling (352)

> With all that's happening this Congress, it is my greatest honor to represent you and hear from you about the issues that matter most. You can read below about what we've been up to this week, and as always, you can stay up to date with us here, on our website, and on $\underline{\text{Twitter}}$, $\underline{\text{Facebook}}$, $\underline{\text{Instagram}}$, and YouTube.

For Freedom,

Congresswoman Kat Cammack

Proudly Representing Florida's Third Congressional District

Edward Jones[®]

> edwardjones.com | Member SIPC

Compare our CD Rates

Bank-issued, FDIC-insured

6-month

5.20 % 5.25 % APY*

9-month

5.30 %

Call or visit your local financial advisor today.



Nick Navetta, AAMS™ Financial Advisor 814 E Silver Springs Blvd Suite B Ocala, FL 34470 352-629-2165

Annual Percentage Yield (APY) effective 08/15/2023. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depositor. institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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



One persons opinion! "MINE"

Starting out with this column is hard to decide what to start with. But here we go "BIDEN LIED?" no matter what is said from this time forward I will not believe anything he says,

thats my opinion! They can spin it anyway they want, he is **not** telling the truth. He and his son both need to be impeached and or prosecuted. They need to be fined for every cent they stole and put it into the United States Treasury fund to repair foreign affairs. I ask you if you were from another country and was promised preferential treatment after paying millions of dollars for it! What would you do? It's a perfect storm, they can't admit to paying bribery money.

No wonder these foreign countries are so mad at us. Promises made promises broken! Apparently they paid a lot of money to the Biden's.

Conflict of Interest? AOC receives a salary of \$174,000 and she still owes \$50,000 in student debt!

When Bidens Social spending proposal was a staggering \$1.75 trillion she want him to put pressure on Student debt forgiveness.

More interesting late braking news release...People say solar panels don't produce carbon emissions, but they do. And now, a major new investigation by Environmental Progress, drawing on the research of @enricomariutti, finds that solar panels made in China produce at least 6x more carbon emissions than IPCC claims.

Some years back I wrote a story about Anthony Facci and the fact that he was funneling money through a company to fund research at the Wohan Lab during the Obama era. No one would agree with me, actually I got scolded by some people saying I should be ashamed of myself. Well now shame on you! Are you not curious why these young athletes are having their hearts

stop while playing sports. In the early stages of the COVID shots a doctor said they were manipulating the electrical system in your body. I have heard a lot about the Heart Specialist trying to treat a heart patient in this electrical system we have in our bodies. I also have noticed people with pacemakers have to keep going back to get their pacemaker adjusted.

Now a secret Lab is discovered in California that is probably a planted so the left can claim the leak was from that Lab here in our own country. They will leak that information to the lefts media, they will jump on it. Where is the Governor of that state? What he doing? Why are we letting him do it? America wake up! Some of these states are headed toward ruin and already lawless.

Justice Delayed is Justice denied!

Lawyers??? I would like to bring to light of innocent people that are found guilty. I

will attempt to tell several short stories.

First some young people having a bon fire. Two boys argued one got in his pickup truck and spun out and threw rocks all over the two boys standing there. The two boys that had rocks flying at them gave chase and one boy threw a coke can at the fleeing. The can hit the truck. Now the boy who threw the coke can is a convicted Felon.

Second story man and wife are divorcing were in a nasty turmoil, wife accuses husband of doing things to her daughter, to get daughter released in her name. An examination did not show anything to prove it. The father says I out of money. Lawyer says claim no contest. He is now a convicted Child Molester.

Lady ask on attorney to represent her in a workman's Comp case.

The lawyer got his money and started. During the investigation it was found out that the school system said to the workman Comp office get her off workman comp at all

Continued page 5

Newspaper Deadlines

Editorial & Ad Copy for October
Seniors Voice & Ocala DownTown
Noon, September 15th
Lady Lake Magazine & Village Spectator
12am, September 20th

Seniors Voice of Ocala/Ocala Downtown Products of TomL Publishing, LLC

P.O Box 1698, Dunnellon FL 34430

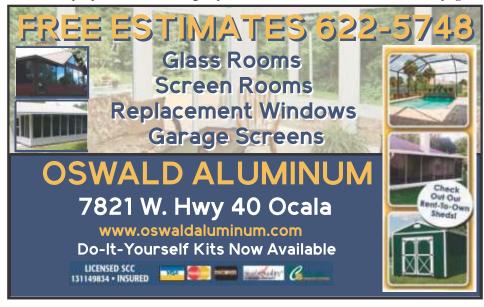
Publisher: Tom Loury Phone: 352-804-1223 | Fax: 352-489-7208 Email: tloury@att.net

The "Ocala DownTown" (Newspaper) www.OcalaDownTown.com (Online Product) and the Seniors Voice of Ocala (Newspaper) and www.SeniorsVoiceofOcala.com are owned and operated by TomL Publishing LLC, a sole proprietor Corp. Its owners, editors, writers, compositors, printers and publishers are not responsible or liable for typographical errors, misinformation, misprints, and the like, unintentionally contained herein. All letter hard copies or online received become the property of TomL Publishing LLC and may be reproduced without further consent. All above are independent contractors.

LETTERS TO THE EDITOR reflect the opinion of the writer, not the opinion of these newspapers. Letters should be online typed and limited to 300 words or less. Letters must have the written signature of the author and the current telephone number. Signatures for publication may be withheld on request. Letters that are libelous, or considered in poor taste, or are personal in nature, will not be published.

COPYRIGHT NOTICE 1996. The contents of this publication are protected by the copyright laws of the United States of America. Any reproduction in part or in whole is forbidden without the express written consent of the publisher. Violators can be prosecuted to the fullest extent of the law.

COLUMNS are the opinions of the writer and do not necessarily reflect the opinion of the above named newspapers and online products. Writers are chosen to represent a diversity of views on local issues. The editorial on page 4 is the opinion of the Publisher only.



Select Business Associates Of Ocala

Where Friends Meet and Businesses Prosper

- * Exclusive Categories One Per Industry
- * Dues are \$40 a year and you buy your own lunch.
- * Nonprofit Group
- * New membership takes 100% approval by members
- * No texting & no messages

We meet every Wednesday at different restaurants weekly throughout the year.

To get invited to our referral club

Call Tom Loury 352-804-1223

Categories Taken:

Social Media | Automotive Repair | Banking | Newspaper Fair Tax | Printing | Financial Advisor Insurance | Business Broker





FAIRTAX



FAIRtax share some similarities they also

have many important differences. They are both flat rate taxes that are neutral with respect to savings and investments. However, the flat tax retains the invasive income tax administration apparatus (known as the IRS) and can easily revert to a graduated, convoluted mess as it has many times in the past. Few people truly understand the flat tax. It's authors will tell you it is a consumption tax that uses the income tax system for implementation. Any politician that claims the flat tax will eliminate the IRS is not telling the truth. Only a government bureaucrat could come up with the idea of a consumption tax being regulated by the IRS when you can simply have a retail sales tax (the FAIRtax) that reduces the bureaucracy by 90% or more. In addition, a large part of the tax burden of the flat tax (the business tax) remains hidden in the price of goods and services. The FAIRtax eliminates that hidden cost. FAIRtax.org.

Flat Tax or Individuals would still need to file income FAIRtax? Although tax returns under the flat tax and, while the the Flat Tax and the form may be simplified, it still requires burdensome record keeping. Under the i m p o r t a n t FAIRtax, individuals never file a tax return. When you pay at the cash register, your tax obligation is over. Under the flat tax, the payroll taxes, which are the most regressive of taxes on the working family, would be retained. Under the FAIRtax, the payroll taxes are repealed and you bring home a paycheck with no federal withholding. Congress has tried many times over the years to reform the income tax with the results being a tax code that is so complex, so convoluted and so large that no one is able to understand it completely allowing for greater evasion, fraud and abuse. The problem is the income tax itself and we need to stop tinkering with it and eliminate it completely. Contrast this with the FAIRtax which is simple, easy to understand and visible. It cannot be converted to an income tax. It's time to do away with the income tax and start over with a tax system more appropriate to a free society. It's time for the FAIRtax. For more information go to

Ocala Events

Legends of the Fort

Date: 09/30/2023 6:00 PM - 10:00 PM Location: Fort King National Historic Landmark

3925 E Fort King St. Ocala, Florida 34470

Step back in time and explore Ocala's history with a guided lantern tour at the fort. Meet the legends of Fort King's past as they tell you of a time gone by. Enjoy pioneer games and food while you wait for your tour to start. Guests should arrive 30 minutes before their tour time starts to ensure prompt transportation to the fort. There will be no parking onsite, parking will be available at the Klein lot. \$10 per person. For details, please contact Kathleen Ramirez, Outdoor Historical Resource Archaeologist, at Fort King National Historic Landmark, at 352.368.3355.

Into the Light

Date: 10/21/2023 4:00 PM - 8:00 PM Location: Downtown Square 1 SE Broadway St. Ocala Florida 34471

A free and encouraging event full of music, the art of worship, art, baptism, and prayer. For details, please contact Chris Dolan of Chris Dolan Music, Inc. at 352.304.1659.

Publisher's Notes

Continued from page 4

cost. Workman's Comp told the surgeon release her for work. The lady leg split long ways up into the knee joint. Ten days the surgeon released her to go to work. She was with a full time nurse crying every hour in pain. She called in sick using all the sick days she had accumulated so she would not get fired. Later during a settlement discussion her lawyer said you must settle now because I can't represent you any more on workman Comp money. You can image what happened next. The school system won

I could go on and on. There are plenty of examples. Many people's lives ruined and the lawyer made their money. There are judges that are close friends with attorneys. Who is suppose to be monitoring this? There should be a government agency that will look at these cases for people that were innocent.

Not all attorneys are that way but enough that would make a difference in people lives. We need and independent council looking into some of these cases and the attorneys won't walk away from the case without finishing it right.

A couple weeks ago, FAIRtax Power Radio reported on an IRS raided a gun store

owner was met by armed agents who confiscated thousands of names and addresses of people who had bought firearms at the store. I ask is that legal? You people out there that bought a gun at that store...Expect a visit! Probably not legal and there probably will be blood shed.

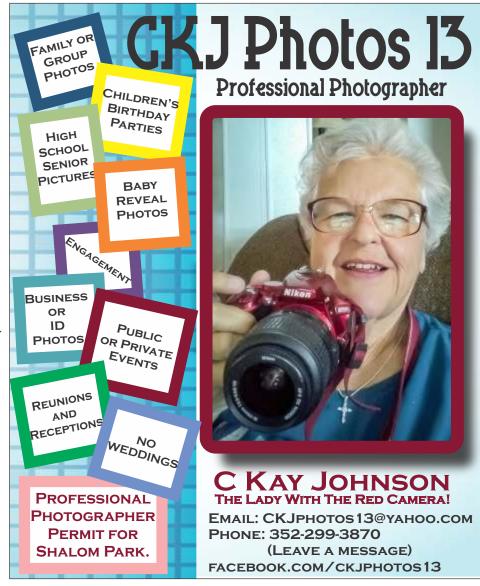
YOUR OPINION MATTERS! Email tloury@att.net

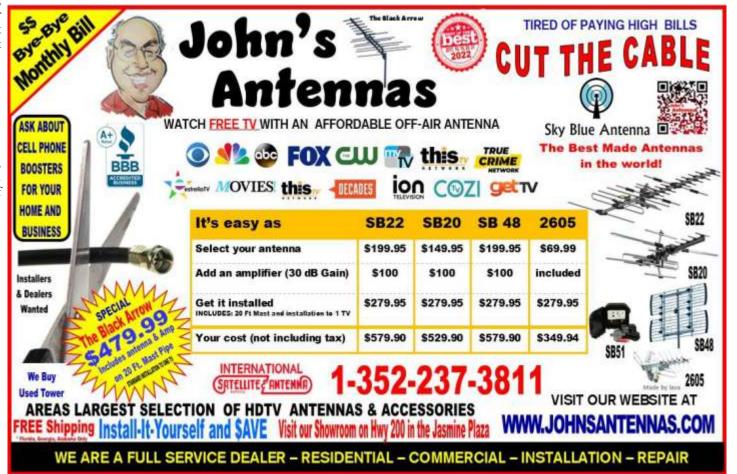
Liver Disease

Liver Disease And Your Life

(NAPSI)-You may be at risk for liver disease and not even know it. Consider this: Fatty liver disease affects an estimated 80 to 100 million Americans and many are completely unaware they have it. Fortunately, you don't have to be among

Continued page 7

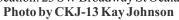




Art of Aging

Aging opening reception a success. Art of Aging: The Golden Age artwork was from artists that know about the Art of Aging. Be

Marion Senior Services, participating sure to stop by during gallery hours to see artists, La Casella Catering, all the sponsors, and attendees made the Art of Alliance gallery hours are Tuesday - Friday, 10 am to 5 pm, and Saturday, 11 am to 4 pm. Location: 23 SW Broadway St Ocala, FL





















Equestrian Extravaganza

Photos by CKJ-13 Kay Johnson







Liver Disease

Continued from page 5

Take the Liver Health Quiz

Through a simple liver health quiz, available at ThinkLiverThinkLife.org, it is easy to find out if you're at risk and learn what to do next. Those who are most at risk for fatty liver disease include:

- People with type 2 diabetes
- People who are obese or have a high
- People in Asian and Hispanic communities

What To Know

Fatty liver disease is one of the most common causes of liver disease in the U.S. and the most common cause of liver disease worldwide, affecting one billion people. It is the most common form of liver disease in children in the U.S. and cases have more than doubled over the last 20 years.

Causing excess fat to build up in the liver, fatty liver disease has little to no symptoms. Its exact causes are unknown but continued research indicates genetics, digestive disorders and diet can all play a role.

Research also indicates that fatty liver disease is not caused by heavy alcohol use (alcohol-associated liver disease). Nonalcoholic steatohepatitis (NASH) is an advanced form of fatty liver disease causing inflammation and liver damage, which can lead to liver failure and the need for liver transplant.

A Look at Your Liver

A healthy liver is essential to your overall health and wellness, and performs many necessary functions such as:

- Filtering toxins from your blood
- Making bile to help with digestion
- Storing sugar for energy
- Making protein for blood plasma

Additionally, the liver is the only solid organ in your body that can regenerate or repair itself, so getting an early diagnosis is critical. Often, liver patients can reverse liver damage or slow disease progression with a few small changes to their daily lifestyle.

Minimizing Your Risk

Everything you eat, breathe and touch is processed through your liver, therefore ensuring good liver health is critical. You can take steps to minimize your risk of fatty liver disease by following these simple tips:

- Maintain a healthy weight
- Eat a healthy diet
- Exercise regularly
- Limit alcohol intake
- Take medications only as prescribed

In October, which is National Liver Awareness Month, the American Liver Foundation (ALF) encourages everyone to find out if they are at risk for fatty liver disease through its national public awareness campaign, Think Liver Think

About ALF

ALF is dedicated to ensuring every American understands their risk for liver disease, receives the appropriate diagnostic testing and care coordination and feels wellinformed and supported throughout their liver journey. By partnering with community health centers and state departments of health, ALF offers screenings for those most at risk for fatty liver disease and provides them with connections to follow-up care when appropriate.

Getting a diagnosis early is critical for having a chance to reverse course before liver disease progresses. You can find out if you're at risk by taking ALF's liver health

www.ThinkLiverThinkLife.org.

Let the CEP help your business!



- Get more customers
- Connect with other great businesses
- Generate more revenue Support Ocala's thriving economy

Visit our website: www.OcalaCEP.com







Ocala Wetland Recharge Park



The Ocala Wetland Recharge paved walking trail, and wildlife Park allows the City of Ocala to overlooks. efficiently use its water resources. • Hours: Monday through By developing and operating this park, the City of Ocala has created • a wetland ecosystem, is improving water quality, and boosting • regional groundwater supplies, by utilizing treated wastewater. The park sits on a 60-acre site, located https://www.ocalafl.gov/governm near Lillian Bryant Park. The Ocala ent/city-departments-i-z/water-Wetland Recharge Park is home to resources/ocala-wetlandeducational exhibits and kiosks, recharge-park boardwalks, two and a half miles of

- Sunday Sunrise to Sunset
- Address: 2105 NW 21st Street, Ocala, FL 34475
- Contact: 352-351-6772
- Price: There is no fee to enter the park





ACTIVITIES





Across

- 1. Truisms
- 6. Heavenly sight
- 10. Building projection
- 14. Plume source
- 15. Wall covering, perhaps
- 16. Shredded side
- 17. Hippodrome
- 18. Sniggler's haul
- 19. Brobdingnagian
- 20. Shoe type
- 21. Gap-toothed actor
- 24. Escape the clutches of
- _ American Cousin"
- 27. Unit named for a French physicist
- 29. Rectifies
- 34. Halt
- 35. Midshipman's
- counterpart
- _ Free" 36. "Butterflies _
- 37. Performs musically, in a
- 38. Measure of dignity

- 39. Cornell's ____ Hall
- 40. Ox attachment
- 41. Fake name
- 42. Split
- 43. Dilapidated
- 45. Bother continually
- 46. Suffix with Darwin
- 47. Some candy containers
- 48. Water moccasin
- 53. Restriction 56. Deseret, now
- 57. Ages upon ages
- 58. Type of orange
- 60. Less or some preceder
- 61. Hairline cut
- 62. Happen again
- 63. Cicatrix
- 64. Sound stages
- 65. Word with truth or
- ambition

Down

- 1. Achievement
- 2. Uttar Pradesh tourist
- 3. Party decoration
- 4. Midmorning
- 5. Eminence
- 6. One cubic meter
- 7. Tower part
- 8. Treaty signer
- 9. Brought back to original condition

- 10. Having missed the boat
- 11. Horner's discovery
- 12. Heroic chronicle
- 13. Rams' mates
- 22. City near Arnhem
- 23. On the disabled list
- 25. Sale-priced
- 27. Having a sharpm taste
- 28. Opponent of Lee
- 29. Jeweler's unit
- 30. Poems of tribute
- 31. North American wild
- duck
- 32. Apple and pear
- 33. Crystal ball users, e.g.
- 35. "Blondie" creator
- 38. Property of an attractively thin person
- 39. Dried-up
- 41. Furthermore
- 42. Cornet kin
- 44. Any one of the two
- 45. Stolen, slangily
- 47. Some mantel pieces
- 48. Skips class
- 49. Concerning the ear
- 50. Scarlett's place
- 51. Burrowing creature 52. "Put a lid !"
- 54. A malarial fever
- 55. Eggheady sort
- 59. Mermaid's home

Ocala Skate Park

Ocala Skate Park 517 NE Ninth St.

Open daily | Sunrise - 10 PM

The Ocala Skate Park is 6 acres with a dedicated parking lot, murals, benches, and most importantly, plenty of surfaces for skaters!

Pursuant to Florida Statute, 316.0085, the skate park is only for skateboarding, in-line skating and freestyle bicycling only. No other recreational activity is permitted in this designated area. Mountain bikes and off-road biking are not permitted.

Please exercise caution and follow all recommended guidelines. Failure to comply with all rules and regulations may prohibit your future use of the park. Your understanding and cooperation will benefit all users. No modifications to the riding surface or features are allowed.

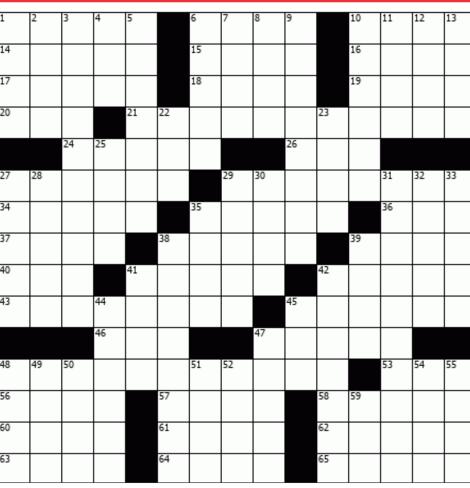
Rules to Ride at the Ocala Skate

Children ages eight years and under must be accompanied by a parent or guardian or another adult authorized to be responsible for the minor by the minor's parent or legal guardian.



Get more information: https://www.ocalafl.gov/government/









Providing free year-round sports training, competition and health services to children and adults with intellectual disabilities.

PARTICIPATE • VOLUNTEER • COACH • DONATE • BE A FAN

specialolympicsflorida.org • (800) 322-HERO

You can help create great futures by sponsoring a child to attend the Boys & Girls Club of Marion County. PO Box 4109 Ocala, FL 3448 352-690-7440



www.bgcofmarion.com

Ads sponsored by TomL Publishing

OCALA DOWNTOWN MARKET

Join us at the Ocala Downtown Market (ODM) to purchase a diverse array of products from farmers, artisans, craftspeople, food trucks! A true destination location, ODM is set just blocks off the Ocala Downtown square, in a beautiful open-air Market Pavilion. Besides permanent roof cover the facility it also has large overhead fans, restrooms, a nearby ATM, and water fountains. The Market Pavilion is also available for rental.





Interested in becoming a vendor? Visit www.ManageMyMarket.com

CALLING ALL Volunteers!

SEE ALL THE WAYS YOU CAN VOLUNTEER WITH HABITAT



CONSTRUCTION

HELP BUILD A HOME!
BUILD DAYS ARE EVERY TUES.
THURS. & SAT. FROM
7:30AM-12:30PM

TO VIEW OUR CURRENT CONSTRUCTION SCHEDULE, VISIT HABITATOCALA.ORG

WE OFFER
COMMUNITY
SERVICE HOURS!
RESTRICTIONS MAY APPLY

FOR MORE INFO, VISIT OUR WEBSITE AT MARITATOGALA.ORG



RETAIL TASKS
FLEXIBLE SHIFTS AVAILABLE
MON-SAT/8:30-4:30



HELP WITH VARIOUS
HABITAT EVENTS THROUGHOUT
THE YEAR INCLUDING THE
STRAWBERRY FESTIVAL &
SOUTHEASTERN PRO RODEO

TYLER STARR
VOLUNTEER COORDINATOR
(352) 351-4663
TSTARR©HABITATOCALA.ORG



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.



Bible is a 14 weeks old male brought to the HSAC with her brother Wombot! We believe they could be Xulaitassintif, or Xola, which is Mexican hairless dag brees







runs with his wheel

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.

ess:	State:	Zip Code :	Payment enclosed: 5
A NO KIII sheller	- 10 - XXX		Phone

Donations to the Humane Society are two-deductible. Check with your accountant for more information.

No goods or services have been provided to the donor as a result of this soft.

FROM THE DESK OF

ATTORNEY GENERAL MOODY



URGES CONGRESS TO PASS GUARD VA BENEFITSACT

TALLAHASSEE, Fla. — Attorney General Ashley Moody is pushing Congress to

pass legislation to protect veterans. In a bipartisan coalition of 44 attorneys general, Attorney General Moody is calling on congressional leaders to support the passage of legislative proposals included in Governing Unaccredited Representatives Defrauding Veterans Affairs Benefits Act.

Attorney General Ashley Moody said, "Our veterans sacrifice so much for our freedom, and they should be able to access the benefits they earned without being preyed upon by bad actors. We need Congress to help protect these brave Americans by passing the GUARD VA Benefits Act and reinstating criminal penalties for unlicensed individuals who may try to prey on our nation's veterans."

In a letter sent to congressional leaders, the coalition of attorneys general explained would hold unlicensed and unregulated actors accountable for targeting and preying upon veterans who apply for benefits through the U.S. Department of Veterans Affairs.

Federal law requires proper accreditation by the VA Office of General Counsel for

ATTORNEY statute against anyone who did not follow GENERAL MOODY the law due to the removal of criminal penalties.

Attorney General Moody and the coalition argues in the letter that, without accountability, unlicensed actors can advertise coaching and consultation services that are purportedly superior to the free services offered by approved actors such as veteran service officers, claim agents and attorneys. In reality, the veterans do all of the work, and the unlicensed actors may only answer questions or advise.

According to the coalition, many of the unapproved actors never contact the veteran once the claim is finished. Approved veteran service officers and claim agents, on the other hand, do all of the required work and remain available to the veteran. Additionally, since unlicensed actors do not have access to the VA claim system, some require the veteran to share system logins, passwords or even bank account information so fees can be immediately withdrawn before the veteran even learns claim money has been deposited.

AG MOODY ENCOURAGES that the passing of the bipartisan legislation PARTICIPATION IN HALLWAY HEROES INITIATIVE AS NEW **SCHOOLYEAR BEGINS**

TALLAHASSEE, Fla.—As a new school year begins, Attorney General Ashley Moody is encouraging participation in a new initiative to help students build positive relationships with school resource officers. anyone who assists veterans in preparing, The Hallway Heroes initiative will provide presenting, or prosecuting claims. schools with crime-prevention resources to However, in 2006, the OGC became foster relationships with school resource schools with crime-prevention resources to virtually powerless to enforce the federal officers and urge students to report

suspicious activity.

Attorney General Ashley Moody said, "As the mother of a school-aged child who is about to head back to class, I am excited about our new initiative to keep students safe and help law enforcement stop crime. Our Hallway Heroes initiative will encourage students to build positive relationships with their school resource officers to increase school safety. We have already seen how building these bonds of trust between students and officers can help law enforcement stop crime and better protect students, and we hope this new initiative will serve to further strengthen these important relationships."

The Hallway Heroes initiative will introduce three different styles of crimeprevention posters in elementary, middle and high schools across the state. Each poster will be tailored to the age group of the school. The goal of these resources is to

encourage students to work with Hallway Heroes, school resource officers, to tell the officers if students are aware of a crime. In the case of middle and high schoolers, the posters include information on how to use the statewide tip reporting line, **TIPS.

More than two years ago, Attorney General Moody partnered with the Florida Association of Crime Stoppers to launch the first-ever, statewide phone number for the anonymous citizen reporting process, **TIPS. Now, Floridians can anonymously report information from anywhere in the state to reach the local Crime Stoppers office. Last February, Crime Stoppers USA adopted the phone number for nationwide

The idea for Hallway Heroes came from stories about students reporting suspicious situations to school resource officers—providing the officers with the information needed to protect students.



Come to a FREE Breakfast Wednesday Mornings and check out this PREMIER networking group. WE meet at Ocala Golf Club (Muni) 3130 E Silver Springs Blvd, Ocala, FL 34470

> **Ocala Business Leaders** 352-502-3811



GOVERNOR DESANTIS



DeSantis and First Lady Casey **DeSantis Award** \$6.9 Million through the Florida Disaster Fund to Support Hurricane Ian Recovery Efforts

TALLAHASSEE, Fla. — Today, Governor Ron DeSantis announced \$6.9 million in awards through the Florida Disaster Fund to support continued Hurricane Ian recovery efforts in Southwest Florida. These funds have been awarded to support efforts on the ground and ensure that the impacted communities have ample resources to support the long-term recovery efforts. With today's awards, the Florida Disaster Fund has awarded all \$63.2 million in committed and received funds raised to help Floridians impacted by Hurricane Ian.

'When Hurricane Ian struck Florida, the First Lady and I made a promise that we would be with the people of Florida every step of the way," said Governor Ron DeSantis. "Just under a year after the storm, I am happy to be awarding these funds to continue helping Southwest Florida in the recovery process. The Florida Disaster Fund has helped to cut through red tape and get money quickly into the hands of those who need it most. We've worked hard to raise more money than ever before and to disburse those funds faster than with any other storm."

"When we launched the Disaster Fund for Hurricane Ian, the Governor and I were

Governor Ron overwhelmed by the outpouring of support for the people of Southwest Florida," said First Lady Casey DeSantis. "Today, I am proud to announce another \$6.9 million in awards to support the long-term recovery of those impacted by the storm. Floridians are resilient and it has been incredible to witness the work of non-profit organizations on the ground who have made record progress in making these communities whole.

Awards announced today include \$2.3 million to 17 long-term recovery groups in the counties hit hardest by Hurricane Ian. These funds will help the long-term recovery groups that are coordinating the recovery process on the ground in Southwest Florida.

Additionally, \$2 million has been awarded for Lee County Working Waterfront repairs. Lee County's historic working waterfront on Matlacha experienced severe damage following Hurricane Ian. This project will help ensure the fishing industry is maintained in the area while they continue to await approval of a Federal Fisheries Disaster Declaration.

Lee County Emergency Management in partnership with the United Way of Lee, Hendry and Glades counties will receive \$900,000 to house and manage the distribution network of commodities to Hurricane Ian survivors. This funding will support the long-term recovery efforts and connect available commodities and building supplies with Floridians in need and other non-profit organizations engaged in construction efforts.

To further support the hurricane recovery process, the Florida Disaster Fund is awarding \$500,000 towards public boat ramp repairs. Southwest Florida is a hub for

destroyed many of the public boat ramps in the area and the funds will expedite the use of these facilities rather than causing residents and visitors to be further delayed with the FEMA reimbursement process.

The Pine Island Beacon of Hope Organization will receive \$500,000 to continue their work in supporting local businesses and self-employed contractors to purchase tools that were destroyed in the storm in addition to assisting seniors in navigating services to support their recovery and helping to rebuild the playground for the only preschool on Pine Island.

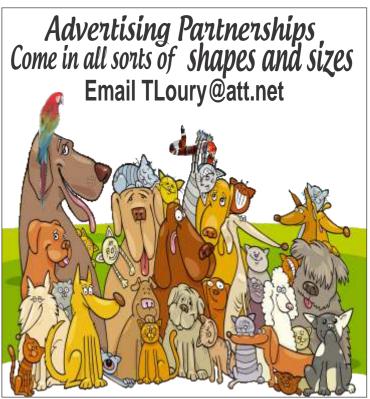
\$500,000 in funding will be awarded to help rebuild the Fort Myers Bayside Park. In August 2022, community members came together to build this community park and

less than a month later, it was destroyed by Hurricane Ian. The funds will allow the community to rebuild this park which drives traffic to businesses in the area and gives the families of Fort Myers Beach a place to bring their children to play.

The Jewish Federation of Lee and Charlotte Counties has been awarded \$200,000 to continue their work in helping residents of Lee and Charlotte counties as they continue to recover following Hurricane Ian.

fishing and boating. Hurricane Ian Since Hurricane Ian made landfall, the Jewish Federation has helped impacted Floridians with food, debris cleanup, clothing and household items and many other important services.

The Florida Disaster Fund raised nearly \$64 million to help in the recovery efforts following Hurricane Ian. This was more than double the support the disaster fund received following hurricanes Michael and Irma combined. In addition to raising more funds, Volunteer Florida was able to award more than 84% of those funds in the first 24 weeks following the storm, in comparison to 9.3% of funds awarded in 24 weeks following Hurricane Michael and 12.8% of funds awarded following Hurricane Irma.





CONGRESSWOMAN KAT CAMMACK



Congresswoman Florida." Kat Cammack Announces Lake City As Recipient Of DHS, FEMA's Assistance To Firefighters' Grant

Congresswoman Kat Cammack (FL-03) announced the

Lake City Fire Department's 'Assistance To Firefighters' Grant (AFG) award from the Department of Homeland Security (DHS) Federal Emergency Management Agency (FEMA). The department will receive \$208,261.90 to improve its operations and safety, including using the grant for new protective equipment such as air packs.

The Assistance to Firefighters Grant is one of three grant programs administered by DHS and FEMA to enhance the safety of the public and firefighters with respect to fire and related hazards.

"I'm so excited for our brave men and women in Lake City to have the equipment. necessary to help them do their jobs more safely and effectively. Our first responders are heroes and it's imperative that we ensure they stay safe while serving our communities," said Congresswoman Cammack. "I couldn't be prouder of our firefighters in Lake City. As the wife of a firefighter and paramedic myself, I know how deserving our departments are of this grant and I know they'll continue to responder community in North Central Aquaculture & Seafood Industries

"Lake City Fire Department is very excited to receive the AFG award this year to replace our outdated air packs. As a smaller department we are constantly seeking grants to supplement our budget," said Lake City Fire Chief/Fire Inspector Joshua Wehinger. "This grant will allow us to replace our aging air packs and ensure that we are creating a safe working environment for our firefighters. The support we have received from Congresswoman Cammack has been above any expectations. We are thankful for her support of all first responders. She has made herself very accessible and for that we are thankful."

In June, Congresswoman Cammack announced Gainesville Fire Rescue's award of \$47,122 and Alachua County Fire Rescue's \$570,954 to improve their operations and safety.

In FY 2020, the AFG program administered nearly \$320 million in competitive grants to eligible applicants whose awards would best address the priorities of the AFG program.

The Office of Congresswoman Kat Cammack offers information on federal grant programs available to communities in Florida's Third Congressional District. To learn more, visit cammack.house.gov or contact the Gainesville District Office at 352-505-0838

Representatives Cammack, Pallone demonstrate the very best of our first Introduce SEAS Act To Support

seafood industries. The Supporting Equity aquaculture. for Aquaculture and Seafood (SEAS) Act Representatives Suzanne Bonamici (OR- Cammack. 01) and Lisa Blunt Rochester (DE-At Large) are original co-sponsors of the bill.

Aquaculture is the production of fish and

shellfish in controlled environn becoming important product recommend at least e seafood pe a healthy d recommend a dispro percentag funding agriculture producers. commu aquacultu without ed federal fund American aquacultur keep pace with the rest of

Congresswoman Kat Cammack (R-FL- the world. According to NOAA, the United 03) and Congressman Frank Pallone, Jr. (D- States imports 70 to 85 percent of its seafood. NJ-06) announced the introduction of a It is estimated that more than half of this bipartisan bill to support aquaculture and imported seafood is a product of foreign

"When it comes to food security, we know reforms federal agricultural policy to ensure our national security depends on our ability these industries receive equal treatment to produce our own food supply. The within the United States Department of Sunshine State is a leader in aquaculture Agriculture (USDA). The bill requires the production and it's imperative that we USDA Secretary to give the same continue this momentum to ensure consideration to aquaculture producers as Americans have safe, sustainable, and animal agriculture producers and ensure affordable seafood across the state and adequate and fair funding levels are made nation. I'm pleased to join Rep. Pallone in available to aquaculture producers through ensuring critical congressional support for grants under USDA programs. USDA's aquaculture programs," said

Read more at

cammack.house.gov/media/press-releases.

in controlled [0/0			75				-	5.0		1/2	1-3	1	6	٦
nents and is	F	Α	C	Т	5		5	Т	A	R		Α	P	S	E	
an increasingly	Е	G	R	E	Т		Т	I	L	E		5	L	A	W	
nethod of food	Α	R	Е	N	Α		E	E	100	s		н	U	G	Æ	,
ion. USDA	-	- 11	-				_	-	-					-	-	,
s that adults eat	T	A	P		Т	E	R	R	Y	T	н	0	М	Α	S	
ght ounces of			E	L	U	D	E			0	U	R				ı
week as part of	7		3/5	1015	10	100				22	1000	2(0)				
iet. Despite this	Α	М	P.	E	R	E		С	0	R	R	E	C	Т	S	
lation, it awards	C	E	A	5	E		C	A	D	E	T		A	R	E	
portionate	R	Α	р	5		5	н	R	Е	D		5	N	Е	Ε	
e of program	K	A	P	5		2	п	К	E	D		5	IN	E	-	
to animal	1	D	E		Α	L	1	Α	5		5	E	٧	E	R	
and land-based	D	E	R	Е	1	1	С	T		н	Α	R	Α	5	5	1
-	100	-	-17	-	-7	20				77	1157	11-	570	-	.00	
				1	5	M			В	0	X	E	5			ı
	С	0	т	Т	0	N	М	0	U	Т	н		В	A	N	'
ual access to	100	100		CV-S			72.0	20	100 m		227	74561	1525	100225	100	
ling. As a result,	U	T	Α	Н		E	0	N	5		0	5	A:	G	E	
investment in	Т	1	R	E		S	L	I	Т		R	E	C	U	R	
	s	c	A	R		5	E	т	5		N	Α	K	E	D	,
	C U T	0 T	T	T H E	5	M N E	M 0 L	N	U S T	0	X H O R	E S	S B A	A G U		N E

rom L Publishing

Serving Communities in Marion, Lake & Sumter County Florida



TomL Publishing, LLC P.O. Box 1698 Dunnellon, FL 34430 tloury@att.net | 352-804-1223



Visit Us Online: www.TomLPublishing.com www.LadyLakeMagazine.com www.VillageSpectator.com

www.SeniorsVoiceOfOcala.com

www.OcalaDowntown.com



Connect with us on Facebook at **OcalaVillagesNews**

