



Pictured are members of Select Business Associates donating a check of \$500 to the Veterans Village Fort McCoy. From left to right Operations Manager of Veterans Village Mike Cline next Chris Gates is the VFW state quartermaster and handles oversight of the financials of 159 VFW posts including the Veterans Village. The Village gets no federal funds and relies mostly on donations. Presenting the Check is Elaine Maiellaro of Fair Tax and Treasurer of the Select Business Association. The Select Business Association is a hand pick group of business people dedicated in helping each other and other

people also. We do business with each other, we send business to each other, our help is far reaching. One business per category, dues are \$40 per year. We meet at restaurants in Ocala. We order off the menu dutch treat. Right now we are meeting at Mojo's, near Target in private room on left as you walk in the doors. First and third Wednesday at noon I will list the category with pictures on page two, names so you know who is who on page two. Come visit us let us meet you. 352-804-1223 or tloury@att.net. More photos page 2

Photo by CKJ-13 Kay Johnson



Holiday Wonder Lane Event was supported by the Marion Senior Services. Elderly that could pull up in their car was given a gift by Santa Claus as they drove up and stopped. A great Christmas event for

Seniors in need. Thank You Marion Senior Services for helping. Almost everything is free but a few services may have a small fee. See page 6 for more photos.

Photo by CKJ-13 Kay Johnson

# From the Past

## Part one

By TomL

I like to go back and try to recollect people and events in the past that had added to our newspapers. How far back I'm going I don't know but here we go!!! I would like to talk about Veterans first then next month more info.

Many years ago I bought the Lady Lake Magazine with a friend and his wife.

I would later hire a great sales person Wendy Netherclift. She is still a great friend her and her significant other who was my biggest client for many years Bob Irwin of Bob's Coins and Jewelry near the Villages. Wendy retired and Bob retired and now they are living the dream. They are great friends of my wife and I.

Wendy and I tripled the revenue a a year and a half later. The partnership would later be changed and I would become a silent partner. After my non compete was well over I decided to buy a publication in Ocala (not in the same territory) called the Seniors Voice of North Central Florida. I ask my friend if if Lady Lake Magazine was available to buy? My partner friend and his wife contacted me and said they had made arrangements to sell their percentage to me. We came to an agreement and here I was

with two newspapers.

In our future we were lucky enough to have some great writer and interview. Robert Balfour was a writer from the Villages papers until he sent me a letter to the editor to run. Of course it was controversial that's why he came to me. Because of my Rogue reputation. It turns out that Robert Balfour was a writer for the Stars and Strips and a personal friend of Ike Eisenhower and his top team. He sent me many pictures that we published of President Eisenhower with Balfour and his team together with some famous Generals we published them. He was a great writer, I printed everything he sent me, it became a column. After many years of writing for our Villages Spectator & Lady Lake papers, he called me one day and gave me some sad news. He had cancer and was not going to have it treated because it would stop his golfing and that's all he had. He said the operation that was available was not a cure and could not play the game he loved GOLF. It was to extend his life. He said I need a favor? I said if it's within my power I will do it. He said I want to continue to write sending two column instead of one save one for later. After I am gone I would like you to run the unprinted columns one per issue as

long as they last. I said I agree, but I said if at any time you are not up to it, don't send one I'll run one of the ones that had not run. Robert Balfour sent columns for over a year and one day I got and obit to run from a family member. We ran columns for over a year and a half rerunning some from the past. I remember he said he use to be a spokes person for EZGO Golf carts. I have an old EZGO on my farm it will run through a fresh plowed field. It recently broke. It is hard to find someone who will fix it or work on it. Balfour is missed and was a great writer!!! TomL said that!!!

Another writer I want to mention was Ken Tipper he was in the Royal Navy and would not write about his military experiences. He live in Ocala and started out sending letters to the editor. He came to America got his citizenship and bought a home here. Finally one day he opened up, I think it was Veterans day at the veterans Park. He was telling another Veteran that his ship was sunk in the war. He said he was in the water (Ocean) with hundreds of troops and every once in a while a shark would attack one of the men. He said it was pitch black and when someone cried out everyone knew what had happened. After daylight the next day they were rescued by an American Ship.

Many were suffering from exposure but happy to be alive. Ken said one day that he did not like deadlines and was stopping his column, he started a blog and was happy with that. Another interesting story about a veteran.

I interviewed one of the men that put up the flag on Iwo Jima. I need some help with this one. I can't remember his name. He live in the Villages. He was on a mission to set the record straight, he was the last lone alive and owed it to his comrades. He was there and was the last alive. He felt like he should tell their story. He said the fighting was fierce on Iwo Jima. They were told to raise the flag so that the Japanese would know the US was in control of the Island. A Captain of a Cargo ship was watching the battle from of shore and saw them raise the flag. It inspired him to get a picture. The captain order his crew to get a large flag and go on shore and recreate the Flag Raising. The original men were not there. Some we're fighting on other parts of the island so they gathered some men and recreated the scene. Later the picture was sent around the world and become famous. If you knew him or remember his name I would be please if you could email it to me tloury@att.net I would like to honor him and his mission! We will try to recollect some more events next month.

Erik Lehane

## THE GAITWAY GROUP



### Practice Falling To Prevent Falling

What do a bouncy 14-month-old and a drunken sailor have in common? Sooner or later, they are going to fall... and so are you! It is inevitable; unless you curl up on the couch for the rest of your life, you are going to lose your balance and fall. Even if you possess the grace of a stork on one leg or the agility of a Wallenda walking the line, unforeseen hazards like slick floors, stealthy patches of ice, mischievous bumps in the sidewalk, or Fluffy's chew can still pose a threat.

Given that the prospect of taking a fall is practically unavoidable, the question becomes: What can we do to improve our chances of remaining upright? Surprisingly, the answer lies in practicing falling. Now, before you lock me in a padded room, hear me out.

Our younger generation, God help them, loses their balance exponentially more than active seniors. However, they do not fall nearly as much, and when they do fall, the repercussions are significantly less damaging. What gives? Of course, we can always point the finger at too many revolutions around the sun, but what specifically? A look under the hood reveals that as we age, communication or the velocity of our nerves can slow down. The message that we lost our balance is delayed, slowing the reaction response. Those lost milliseconds are all the difference between

an embarrassing stumble and a broken hip.

This is where the rubber meets the road; we need to knock the dust off those stolid maturing nerves and teach them how to be unapologetically sassy. When we deliberately, but safely, repetitively practice moving our center of gravity outside of our base of support and then return to the starting position, we hone in on enhancing nerve velocity, increasing the reaction time.

If you are free from pain and do not have any exercise contraindications, this little dandy of an exercise could potentially prevent a broken hip, head trauma, or even death. I call it (forgive me) "Gracefully."

1. Stand in front of your bed with your feet shoulder-width apart.

2. Lean forward until you feel like you're about to fall onto your bed.

3. Experience the discomfort and then return to the starting position. Repeat this exercise sideways and backward, ensuring the bed is ready to catch you.

Here is a link to a video demonstration:

<https://youtu.be/d34sCXSPQlg>

As you progress, increase the speed and incorporate steps in different directions. Dedicate just 5 minutes, 3-4 days a week to this practice, and you'll not only feel the stability benefits but also observe improvements in other activities.

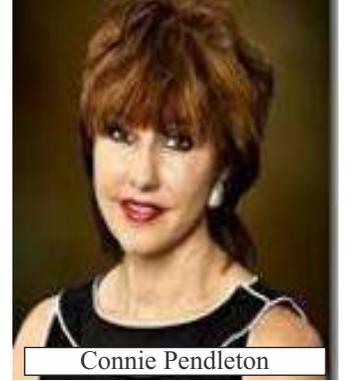
Some say it is not how many times you fall, but rather how many times you get up. I argue it is not how many times you fall, but rather how many times you do not have to get up.

### Lighting the Way, Erik

Erik Lehane, the visionary behind the Gaitway Group ([thegaitwaygroup.com](http://thegaitwaygroup.com)), introduces a groundbreaking approach to enhance the lives of active seniors with his innovative Revolutionary Exercise 180. For inquiries, feel free to reach out to Erik via email at [erik@eriklehane.com](mailto:erik@eriklehane.com).

## Select Business Association Members

- Walter Krumm Jr CEO Walts Brake and More (vacation & football fanatic)
- Eddie Levin Life Insurance Specialist
- Rick Steven with Horses for Warriors
- Connie Ann Pendleton Business Broker
- Nick Navetta Financial advisor Edward Jones
- Ron Hipner Kangen Water (the water warrior)
- Frank Turner Promotion and Social media
- Elaine Maiellalro Faiser Tax Representative



Connie Pendleton

- Missing Tom Loury President Digital Newspaper Publishing out sick
- Missing Christine Calvert Healthcare out of town on business
- Missing Sue Fullerton (Walk Don't Run Travel)
- Missing Tamara Huttom Mortgages

Photos by CKJ-13 Kay Johnson



Ron Hipner



Eddie Kevin



Nick Navetta



Walter Krumm Jr



Rick Stevens



Frank Turner

Support the heART of our community.

[mcaocala.org](http://mcaocala.org)

**CEP Ocala / Marion County Chamber & Economic Partnership**

MISSION: To be the catalyst for a prosperous community.

**INVEST. ENGAGE. GROW.**

**BENEFITS OF PARTNERSHIP**

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- EARN CREDIBILITY**: Research shows businesses who belong to a chamber are more successful. *Boost your reputation!*
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- INCREASE YOUR VISIBILITY**: Listings in our online & printed directories, mailing lists, and advertising opportunities. *Be seen!*
- SHOP CEP SAVE MONEY**: Get discounts on office supplies, shipping, and more. Plus, a flat partner fee includes discounts. *Start saving!*
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- RECRUIT TOP TALENT**: List your job openings with the CEP to reach your next staff member. *Expand your team!*
- GAIN AN ADVOCATE**: The CEP is a single, strong, unified voice that advocates politically for your business. *Gain support!*
- EXPAND YOUR NETWORK**: Join the CEP & get thousands of professionals in your network. *Get inspired!*

Your partnership in the CEP is an investment in your business and your community. By taking advantage of the CEP's many programs, events, and services available exclusively to CEP partners, we are confident that you will find a substantial return on your CEP investment.

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Visit us online at [www.OcalaCEP.com](http://www.OcalaCEP.com)

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



We have just completed celebrating 10 years of the CEP. The celebration focused on the CEP's impact on businesses and impact on our community. The CEP is nothing without the involvement and engagement of our 1,200 business partners. It is that engagement when businesses are positively impacted that the magic happens. We have seen that play out time again over the last decade.

But how did all of this happen? What sparked this effort? The catalyst for the CEP is no different than the catalyst for any other – it is leadership. In particular, leaders within the business community stepped up and decided they wanted more for their community. Leaders stepped up and committed to an out-of-the-box approach. Leaders stepped up and committed their time, talent, and treasure to bringing this

vision to reality. In other words, leaders led. Among those leaders (and there have been many over the last ten years), the seven business leaders who have served as Chair of the CEP Board are some of the most influential. Any discussion of the CEP or leadership must begin with the inaugural chair, Doug Cone, who led the charge to see the CEP birthed and has passionately worked to grow our community. The incredible emotion with which he speaks on why Ocala is so important to him will and has engaged many a business and community leader to become involved.

Kevin McDonald fought strenuously for a robust business engagement effort with our schools. Today, the CEP's NEXTworking Initiative presented by Optimum RV is engaged with all aspects of education and is viewed as a model around the country. Without Kevin's leadership, that program would not exist. Ken Ausley led efforts to strengthen the Farmland Preservation Area and spearheaded the initial local option sales tax which is so vital to funding our transportation and first responder needs.

I can think of no one who was better suited to lead the business community (and really our community) than Angie Lewis through the pandemic. Her compassion and desire to see businesses positively impacted pushed CEP staff to work strategically and creatively to assist our business community. It was not by mistake that the Ocala Metro outperformed the nation during this time.

Chad Christianson led us to continuing the drive to think differently about our community and our economy. One of the most significant efforts of the CEP moving forward is the Sphere initiative presented by Haven Home Health. This effort seeks to grow our healthcare economy by attracting and growing our healthcare businesses to support and expand our strong existing partners. Long term this may be one of the most impactful areas of work at the CEP and it happened because of catalytic leadership.

Finally, current Chairman Chris Langley has been the leader to ensure the CEP continued to lead as a business and focus on strategic growth. The structure and growth of the CEP itself is essential if it is to evolve and grow with our community.

Each of these chairs is a leader not because of their position but because of their engagement. Again, these are but a few of the leaders making a difference in and for our community. Leadership IS the catalyst.

**Ocala Events**

**Sunset Song Series-- Downtown Band**

Date:01/10/2024 6:00 PM - 8:00 PM  
 Location:Downtown Square, 1 SE Broadway St.

**Dr. MLK Jr Wreath Ceremony**

Date:01/13/2024 12:00 PM - 1:00 PM  
 Location:Webb Field at Martin Luther King Recreation Complex, 1510 NW Fourth St. 34475

**3rd Thurs. Sip and Shop**

Date:01/18/2024 5:00 PM - 8:00 PM  
 Location:Downtown Square, 1 SE Broadway St.



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

### PUBLISHER'S NOTES



Boy are we getting an education in the medical world. My wife was recently moved to a new Medical Doctor. I did not see anything wrong with the doctor that she had but she was talked into it.

While at a Ophthalmologists they found some problem with her eye's. They ask for a full heart workup. They said she needed a full Heart workup and check the blood flow, check for blood clots, Check the carotid artery's and finally they found bad blood flow in her legs. So they stop the big artery from flowing and hope the small vessels will take over. This is going to happen on four artery's two in each leg. On her third visit from Dunnellon to Ocala the nurse Practitioner that had taken over from the Heart doctor suddenly wants to put her on three different kinds of Prescription medications and want to see her back in four weeks. Npw we have a family doctor /

Ophthalmologists / a Heart Specialist and a Nurse Practitioner. Something is not right!!! They want her on Blood Pressure meds / Cholesterol meds / and etc just in case. This robs your body of it's effectiveness to heal it's self and rob the Insurance company and you wallet. Where do you go to find out what is necessary? It sounds to me like three different doctors want her under their care. The original Heart Specialist is no longer seeing her. I am going to demand to see each Specialist and ask what gives???

A lot of doctors are now treating you and then turning you over to a Nurse Practitioner and their practice grows without them seeing any of the patience but once. I am going to see if I can find someone that is willing to give me a second opinion. Thank God for our health insurance agent Christine Calvert she is local Ocala based.

Because the banks were not paying interest on savings accounts we moved what little bit we have into CD's. Nick Navetta six a financial advisor and has help us a lot with

interest growth, we are getting 5 and 6 % on three months to a year. He calls every once and a while asking if where we want him to send us the interest? By the way Nick has an extensive long military career... Thanks for your service!

Speaking of banks...Another thing we are learning about is banking. I am in business and I have been depositing the same check from the same customer for many years. My bank manager says all of a sudden they can't deposit a check. I ask what has changed they said nothing. I have four newspapers and receive checks from customers with the name of the newspaper. They are under an LLC. If the newspapers is not listed in the LLC paper work they will not deposit my checks and I can only have one additional name on the LLC. By the way the bank had many branches so I deposited the check in another branch and it went right through. Now I have to tell all the customer to send a check in the name TomL Publishing LLC. It is a never ending complex world. If I was taking money out of the bank I could see the bank trying to be careful but putting money in the bank, they are not going to lose money. Now I'm getting digital flyers from the bank saying I don't have to have an account at that bank to cash a check...Just pay \$5 to cash it! Thanks for the favor. I have a new bank and am fazing out the old one. I have been with the current bank since they have been open. I will tell everyone my story but I will not tell name unless it's a private conversation. But be careful who you do business with I got hack at the same bank.

I really enjoy hearing from our reader. Here is a few...

I am in the military. Love reading your paper Tom

Merry Christmas!

Hope to see you at OBL breakfast.

Take Care,  
Jean

Thanks for sending me your newspaper my friend.

Debra

I receive your first paper in Dubai that was vin a shoe box sent out

by ladies in Bellevue to away from home troops. Now I am in Kuauait and

I read it on line. Thanks for some home news!

My response to solder, THANK YOU FOR YOUR SERVICE!

Thanks for being a reader!

Received an eCard from John & Becky Pearce

John says cut the cable and buy satellite from me

See ad in this paper.!

I have a endorsement of businesses...

This world is full of ambitious and not so nice people wanting to grow a practice sell something or use your money without a return. You can trust Nick Navetta Financial advisor and Christine Calvert a Health Insurance Specialist they are the real deal!!!

**YOUR OPINION MATTERS!**  
**Email [tloury@att.net](mailto:tloury@att.net)**

## Newspaper Deadlines

*Editorial & Ad Copy for February*

**Seniors Voice & Ocala DownTown**

**Noon, January 19th**

**Lady Lake Magazine & Village Spectator**

**12am, January 24th**

## 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](mailto:tloury@att.net)**

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## Select Business Associates Of Ocala

*Where Friends Meet and Businesses Prosper*

- \* Exclusive Categories One Per Industry
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- \* Nonprofit Group
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- \* No texting & no messages

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Fair Tax | Printing | Financial Advisor**



**God Bless our Troops  
Support Our Veterans  
We Endorse The Constitution**

Florida State Senate

**DENNIS K. BAXLEY**



Dear Friends,  
The 2024 Legislative Session has officially commenced as we held opening day on January 9<sup>th</sup>, 2024. Leading up to this momentous day, our

Committees have been working diligently throughout December to ensure that we hit the ground running.

The Senate Committee on Health Policy passed the Live Healthy Legislative Package. Aimed at addressing healthcare workforce shortages and advancing innovation in healthcare, this legislation is critical to ensure that every Floridian has access to vital healthcare services. Access to healthcare is critically important at every phase of life, and due to Florida's shortage of healthcare professionals, insurance does not guarantee access. Live Healthy provides robust policy enhancements and strategic investments to generate growth amongst our workforce and stimulate innovation across all sectors of healthcare, expanding access to services and enhancing the quality of care.

The Senate Committee on Fiscal Policy passed a legislative package aimed at cutting burdensome red tape and providing more flexibility to neighborhood public schools across the State of Florida. Through the three critical pieces of legislation contained in this package, the Florida Senate is reaffirming its commitment to support teachers, empower parents, and level the playing field in Florida's K-12 education system.

The Director of Policy and Budget for the Executive Office of the Governor, appeared before the Senate Committee on Appropriations to present the Focus on Florida's Future Budget proposal for Fiscal Year 2024-2025.

The Focus on Florida's Future Budget includes \$114.4 billion in total funding for public safety, education, economic development, and other needs across the State of Florida. This budget proposal also maintains \$16.3 billion in state reserves,

dedicates \$455 million to accelerate the reduction of our state's outstanding debt, and provides significant tax relief for Floridians.

The Focus on Florida's Budget establishes record funding for education, increasing the per-student allotment to ensure that all students have access to the full array of educational opportunities. Further, this budget increases the teacher salary allocation, allowing Florida's public schools to recruit and retain the very best teachers.

This budget proposal also provides full funding for affordable housing programs such as the State Apartment Incentive Loan Program, the State Housing Initiative Program, and the Hometown Heroes Program. This funding ensures that the policy measures and funding established in the Live Local Act continue to expand access to affordable housing opportunities.

Additionally, this proposed budget makes significant investments in preserving and protecting Florida's beautiful natural resources. Through strategic funding dedicated to Everglades restoration, water quality improvements, and citrus protection, the Focus on Florida's Future Budget places a specific emphasis ensuring that generations of Floridians will be able to experience an enjoy the paradise we call home. The Senate and House will review and consider the Governor's proposed budget before drafting their own proposed budgets for Fiscal year 2024-2025.

We thank you for taking the time to read this letter and we hope that it has provided insight into the critical areas of need that we will be focusing on this session.

Onward and Upward,  
Senator Dennis Baxley



**FAIRTAX**



During this time of year many people are more apt to give to charities and that brings up the question "How will the FAIRtax affect charitable giving? Won't I lose my tax benefit?" Charitable contributions depend on one factor more than any other: the health of the economy (not tax benefits). As a wide range of economists agree on the economic expansion the FAIRtax delivers, charitable contributions benefit also. For all the money that pours into churches and a broad range of charities every day, only 30% who

itemize their income tax get any tax benefit. The other 70% have given and will continue to give with no tax benefit whatsoever. The FAIRtax allows people to make charitable contributions out of their pre-taxed dollars. Thus those less affluent taxpayers who do not itemize see their cost of charitable giving go down under the FAIRtax. Finally, the wealthy make decisions on charitable giving based on the cause. Once they have determined the cause is worthy, their contribution is structured to maximize the gift and minimize the tax. But the intention to give comes first; taxes simply determine the structure - rarely the amount - of the gift. For more information go to FAIRtax.org



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**WE** meet at Ocala Golf Club (Muni)  
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Ocala Business Leaders  
352-502-3811

# Marion Senior Services

## Holiday Wonder Lane Event

Our elderly and disabled clients hope to remain in their homes as long as possible. To help maintain their independent living

status, MSS Marion Senior Services provides for their physical and emotional well-being by offering the following support services:

Adult Day Care, Caregiver Support, Case

Management, Congregate Dining, Emergency Alert Response, Homemaker Assistance, Meals on Wheels, Personal Care, Respite Care and Transportation. Some of these services require a fee, based

on income levels.

Marion Senior Services, Inc.

Photo by CKJ-13 Kay Johnson



# Fort King Festival

Ocala Downtown/Seniors Voice - January 2024 Page 7

Step into the 1800s at the Festival at Fort King! This is a FREE two day event featuring historic themed reenactments, crafts, food, drinks, activities, living historians, vendors. Photo by CKJ-13 Kay Johnson



## Family Engagement District Advisory

Our first Family Engagement District Advisory Council gathered in a call-to-action for parents and caregivers to partner with schools and the community. These parents are the core qualities of involvement and inspiration. They joined the Family FOCUS team in our commitment to effective family engagement by taking a stance to support their children's success.

We look forward to growing our Family Engagement District Advisory Council. Our next meeting is on January 31st at 5 PM.

Join the Family FOCUS team in making a difference. For more information, email [EngageMCPS@marion.k12.fl.us](mailto:EngageMCPS@marion.k12.fl.us).

Sincerely,  
Alecia Randolph  
Hammett L. Bowen, Jr. Elementary School PTO President

## Ocala Camellia Society

The Ocala Camellia Society will present its annual camellia show on Saturday, January 27 through Sunday, January 28, 2024 at the Ocala Municipal Golf Course (3130 E. Silver Springs Blvd.). Members of the public are invited to both attend the show and enter their own blooms; show admission and entry for flowers are free. For new exhibitors, experienced club members will be available to help sort, name and place flowers for judging.

Dozens of exhibitors are slated to show off hundreds of camellia flowers. Shows typically receive nearly 1500 flowers. Judging takes place on Saturday, January 27

at 10 AM, and the show will open to the public for viewing from 1-5 PM, and again on Sunday, January 28 from 10 AM until 4 PM. In addition, the club will offer camellia plants for sale that be available on both days, which includes dozens of varieties especially suited to growing for this region.

## ABC of Dementia Workshops

The Marion County Library System and Coping with Dementia LLC have announced a Spring series of free ABC of Dementia workshops at the Belleview Library, located at 13145 SE County Hwy 484, again in 2024. This series includes the following dates:

- Wednesday, February 7, 2024.
- Wednesday, March 6, 2024.
- Wednesday, April 10, 2024.
- Wednesday, May 8, 2024.

All workshops are scheduled from 11 a.m. to 1 p.m. They are free and open to the public, including individuals who may be experiencing dementia. Each participant will receive a free packet of useful information.

Coping with Dementia President and Certified Dementia Practitioner Debbie Selsavage reports, "Our ABC of Dementia workshop explains Alzheimer's and other forms of dementia in plain language, suggests techniques for becoming a better and less-stressed care partner, and provides useful resources to families living with dementia."

Due to the popularity of these events, reservations are encouraged. For more information or to reserve seats, call 352-422-3663 or e-mail [deb@coping.today](mailto:deb@coping.today).

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# Is Hosting:

## ABC of Dementia

A **FREE** Alzheimer's awareness and care-giving workshop

**Presented by:** Debbie Selsavage, President, Coping with Dementia LLC



**Headquarters-Ocala Public Library**  
2720 E. Silver Springs Blvd. Ocala, FL 34470  
**Thursday February 15, 2024**  
11:00 am – 1:00 pm

**What is "Alzheimer's" and "dementia?"**  
**What can you expect of this progressive disease?**  
**How can you become a better care-partner.**

**How do you reduce your own stress?**  
**What are some of the resources available to you?**  
**Understanding will provide you with a better quality of life**

Each participant will receive a handout packet.

**R.S.V.P 352-422-3663 or [deb@coping.today](mailto:deb@coping.today)**



Coping with Dementia LLC  
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## Love is just a leash away!!

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

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

### How can you help?

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

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

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

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



Bilbie

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



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



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

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



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



## FROM THE DESK OF ATTORNEY GENERAL MOODY



**Attorney General and other officials gather in Kissimmee for impaired driving awareness**

**KISSIMMEE, Fla. —**

The month of December breaks records for lives lost due to

impaired driving.

It's a statistic that local law enforcement agencies are hoping to change.

Attorney General Ashley Moody and other officials gathered in Osceola County on Thursday to promote safe driving during the holiday season.

DUI arrests peak between Christmas and New Year's, Moody said, emphasizing that more people are going to holiday events and then choosing to drive impaired this time of the year.

Moody, along with Osceola Sheriff Marcos Lopez, urged Central Florida to make better decisions this year.

"If we catch you, you will go to jail," Moody said, adding that impaired drivers were not only risking jail, but also the morgue.

"Chad and Sarah were born and raised right here in Central Florida," Deanna Hehmann, the mother-in-law

Hehmann lost her son-in-law after he was hit and killed by an impaired driver who was going over 80 miles an hour.

"On September the 21st, 2019, we laid Chad to rest, three days before his 22nd birthday," Hehmann said.

She says he left behind his high school sweetheart, Deanna's daughter, and their two twin boys.

The driver admitted to being under the

influence.

Moody says in 2022, there were 6,200 crashes caused by impaired driving.

She says 1,100 of those were fatal, and 600 of them were all in the month of December.

"We have to remember that when we talk about these statistics, they're not just numbers. They represent people and families and lives," Moody said.

"You know, this year alone, we arrested 310 people for driving under the influence of drugs and alcohol. That means there was 310 people who didn't care about you, your loved ones, your family members and were arrested," Lopez said.

Moody gave tips on staying safe this holiday season, which included utilizing rideshare services, reporting any suspicious drivers to FHP and being vigilant when driving at night during the holidays.

"If you do choose to drink while you're socializing, we want you to be merry, but we want you to be safe, so please use a ride-sharing service or designate a driver or call someone for help," Moody said.

"Now is the time for action to end this 100% preventable crime," Hehmann said.

AAA also offers their tow-to-go service as well. They'll tow your car to your home and take you home, too.

### ATTORNEY GENERAL MOODY URGES PARENTS TO PRIORITIZE CHILD ONLINE SAFETY ON NATIONAL APP DAY

TALLAHASSEE, Fla.—On National App Day, Attorney General Ashley Moody is encouraging parents and guardians to protect children online by monitoring a

child's activities on mobile phones and implementing parental control measures.

According to research, 95% of teenagers have a smartphone and 43% of children ages 8 to 12 also have a smartphone.

Online predators and traffickers lurk on mobile apps and social media to target children. Attorney General Moody is offering online safety tips for parents to protect children from digital drug dealers, sexual predators and human traffickers.

Attorney General Ashley Moody said, "On National App Day, I'm urging parents to pay attention to what children are doing on their phones. There are many apps out there, and while some may be helpful, it is important to know there are dangers lurking in cyberspace—from digital drug dealers to online predators and traffickers. Please, be aware of what your children are looking at online and who they are talking to and use parental controls to keep them safe."

Attorney General Moody is offering essential tips for parents to enhance their child's online safety:

**Open Communication:** Talk about online safety, and encourage children to share concerning encounters while using mobile apps;

**Set Boundaries:** Set clear guidelines on what children can view and share while using mobile devices;

**Use Parental Controls:** Enable parental controls on devices and apps. These allow parents to manage and restrict content, screen time and more;

**Regularly Monitor:** Routinely review a child's mobile activity. Stay informed about the apps being used and interactions that happen with people online. Keep in mind that many apps have a

vanishing feature where messages will disappear after being read; and

**Stay Updated:** Be informed about the latest trends in apps and digital platforms. Being aware of emerging apps helps in understanding potential risks.

Last year, Attorney General Moody released the Online Safety Toolkit, designed to help empower parents to teach their children about the dangers of human traffickers online. The toolkit contains a list of apps commonly used by predators that parents need to know about.

Attorney General Moody previously shared parental control resources to help parents protect children online.

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FROM THE DESK OF

## GOVERNOR DESANTIS



[Governor Ron DeSantis Awards More Than \\$6.5 Million For Infrastructure Improvements Through the Florida Job Growth Grant Fund](#)

**TALLAHASSEE, Fla.** — Today, Governor Ron DeSantis awarded more than \$6.5 million through the Florida Job Growth Grant Fund (JGGF) to support key infrastructure improvements that will help bridge supply chain gaps and increase access to industrial sites. The JGGF awards will help expand business opportunities and create more than 2,900 new high-wage jobs and facilitate the growth of Florida's aerospace, defense and manufacturing sectors.

"These infrastructure investments will support local economies and create nearly 3,000 new jobs," said **Governor Ron DeSantis**. "In Florida, we are focused on making investments in competitive industries like manufacturing, which will continue to pave the way for a strong, resilient economy that generates business growth."

"Under Governor DeSantis' leadership, key investments like today's awards to Ormond Beach, Marion County and Haines City focus on Florida's future by providing site-ready infrastructure to their communities," said **Secretary of Commerce J. Alex Kelly**. "As people and businesses continue to move to Florida, investments in public infrastructure cement good, high-paying job opportunities and make it possible for businesses to relocate

and expand."

**The following entities will receive an award through the Florida Job Growth Grant Fund:**

- **Marion County Board of County Commissioners (\$4,746,307)** – to complete the final phase of the infrastructure improvements to Florida Crossroads Commerce Park, an industrial park that will target the food manufacturing and distribution, consumer product distribution, E-commerce and aviation and aerospace manufacturing industries.

- **City of Ormond Beach (\$1,623,426)** – to increase access and promote business development at Ormond Beach Airport Business Park by installing a secondary access road to connect the City's Airport Business Park to Pineland Trail.

- **City of Haines City (\$200,000)** – to repair a rail spur which will help commercial manufacturers in the area to distribute products such as food, lumber, trusses and housing components.

Since 2019, more than \$191 million has been awarded through the Job Growth Grant Fund, making strategic investments in programs that build stronger communities and support workforce training across the state. The Florida Job Growth Grant Fund is an economic development program designed to promote public infrastructure and workforce training across the state. Proposals are reviewed by FloridaCommerce and are chosen by Governor DeSantis to meet the demands for workforce training or infrastructure needs in communities around the state.

["Governor Ron DeSantis Awards \\$5 Million to Strengthen Floridas Teacher Pipeline"](#)

**TALLAHASSEE, Fla.** — Today, Governor Ron DeSantis awarded \$5 million through the Pathways to Career Opportunities Grow Your Own Teacher Grant to expand opportunities for teacher apprenticeships in Florida. This program strengthens the state's teacher pipeline by creating a no-cost apprenticeship pathway to the teaching profession, and will help more than 200 teachers per year become credentialed.

"Florida is proud to offer a hands-on teacher apprenticeship program that prioritizes classroom experience over university-based learning," said **Governor Ron DeSantis**. "As the national leader in education, we will continue to support our teachers and make sure we have high-quality educators at every school in the state."

"Governor DeSantis continues to prioritize Florida's education system through innovative initiatives like the Pathways to Career Opportunities Grow Your Own Teacher Grant," said **Commissioner of Education Manny Diaz, Jr.** "This funding will allow more aspiring educators to enter into a teaching career while alleviating teacher shortages."

Earlier this year, Governor DeSantis reinforced Florida's commitment to recruit and retain high-quality teachers by signing HB 1035, which established the Teacher Apprenticeship Program. The Department of Education worked in partnership with the University of Florida to establish the framework for the program before the legislation passed so that new teachers could start entering the profession as quickly as possible.

"Today's announcement of the \$5 million Pathways to Career Opportunities Grow Your Own Teacher Grant is great news for Florida's future educators. This will provide a new pathway to the teaching profession that emphasizes hands-on training by working directly within classrooms to get

the necessary experience to earn an educator certificate," said **Representative Karen Gonzalez Pittman**.

"Thank you to Governor DeSantis for prioritizing Florida's education system workforce pipeline with visionary initiatives like the Pathways to Career Opportunities Grow Your Own Teacher Grant," said **Senator Alexis Calatayud**. "This initiative and funding allows colleges and universities to partner with their local school districts and charter schools to provide more opportunities to those aspiring to become teachers."

In addition to the PCOG GYO investment, Governor Ron DeSantis has championed several initiatives to recruit and retain high-quality educators, including:

- Expanding the pathways to become a certified educator in Florida including creating the Military Veterans Certification pathway to allow military service to count toward the requirements for a temporary educator certificate under the mentorship of a certified teacher.

- Investing over \$3.3 billion in teacher salary increases and securing an average starting teacher pay over \$48,000 for the first time in Florida's history.

- Extending the temporary certification time period from three years to five to provide educators additional time to meet the requirements to receive a professional educator certificate.

- Allowing educators on a temporary certificate to satisfy the General Knowledge requirement providing flexibilities for educators to meet the mastery of general knowledge, professional education, and subject area exams.

- Expanding adjunct certification to support charter schools and extending the validity period of the adjunct certificate to five years.

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FROM THE DESK OF  
**CONGRESSWOMAN KAT CAMMACK**



**Investigations To Impeach President Biden Continue**

Dear Neighbor,  
 This week wrapped up the final business of the U.S. House of Representatives before Christmas.

Members of Congress are heading home to their families and districts this weekend, and I'm happy to be back in Florida and look forward to seeing so many of you between now and the new year.

**On Wednesday, I voted to fully support the impeachment inquiry for President Biden, and on Thursday, I voted to return whole milk back to our public schools!** Both were bills passed and more action on both will be coming soon. We will keep you updated on the impeachment inquiry in the new year.

**Additionally, this week we are so proud to announce the selection of District Three's Veteran of The Year, Mr. Olajuwon White.** Mr. White is currently the Director of Veteran Services in Levy County and he previously served with the Department of Veterans Affairs and Alachua County after his time in the Navy. We look forward to honoring him in January with a ceremony in Gainesville.

**As we continue into the holiday season and get closer to Christmas, Team Kat wishes you and your families the very best for a blessed end to 2023 and prosperous start to 2024!**

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 [Twitter](#), [Facebook](#), [Instagram](#), and [YouTube](#).

For the Republic  
 Congresswoman Kat Cammack  
 Proudly Representing Florida's Third Congressional District

**Rep. Cammack Leads Letter With Energy & Commerce Colleagues To FCC Chairwoman On Congressional Review Act (CRA) Violation**

WASHINGTON, D.C. — Today, Rep. Kat Cammack led a letter to Federal Communications Commission Chairwoman Jessica Rosenworcel about the adoption of a new Report and Order in the *Data Breach Reporting Requirements* proceeding that includes rules that would violate the Congressional Review Act (CRA).

The Congressional Review Act exists as part of Congress's Article I authority to exercise oversight of federal agencies. If Congress passes a Resolution of Disapproval about a rule, the new rule does not take effect and may not be reissued substantially in the same form in a future rule.

The letter states: "These rules are substantially the same as those Congress disapproved of in the *Protecting the Privacy of Customers of Broadband and Other Telecommunications Services* proceeding (2016 Privacy Order) in 2017. Therefore, it

would be unlawful for the FCC to adopt these new rules."

It continues: "In many ways, the proposed Data Breach Reporting Requirements rules are substantially the same as the rules in the 2016 Privacy Order. For example, requirements for notification, content of customer notification, and recordkeeping largely mirror each other. Given these similarities, we are shocked that the FCC is attempting to revive these rules after Congress explicitly rejected them... [w]hen Congress overrules an agency, that action is final; no agency has the power to ignore the plain meaning of a Congressional statute. Here, Congress has already spoken: rules like those in the 2016 Privacy Order are not to be adopted. Therefore, we urge you not to move forward with the Data Breach Reporting Requirements Report and Order."

Congresswoman Cammack spoke about this issue during a subcommittee hearing with FCC Commissioner Brendan Carr in November. Watch the clip [here](#).

Joining Congresswoman Cammack on the letter are her colleagues on the Energy & Commerce Committee: Neal Dunn, Gus Bilirakis, Morgan Griffith, Randy Weber, Larry Bucshon, Richard Hudson, Jeff Duncan, Rick Allen, and Greg Pence.

**Rep. Cammack Receives 2023 Congressional Bone Health Champion Award**

Rep. Cammack said, "It's an honor to be named one of this year's Congressional Bone Health Champion Award recipients. As a co-chair of the Bipartisan Women's Caucus, women's health is one of our top priorities, and we were fortunate to hold a bone health briefing earlier this year. For women—and adults across the U.S.—bone health is too often overlooked, but it's an important part of an individual's overall health. I look forward to continuing to raise awareness around this issue."

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