

## Ocala Fire Rescue Enhances Response Time



In an enhancement to emergency service response for the residents of Ocala, Ocala Fire Rescue (OFR) announces the addition of Rescue 6 to its fleet. The unit was officially welcomed at Station 6, today. This addition comes at a time as when the Southwest Ocala witnesses a surge in development, including both commercial and residential projects.

## Poll Watchers

We are in election season once again and will be conducting a group, live in person poll watching training conducted by the Republican Party of Florida and the Republican National Committee on Tuesday, April 30th from noon until 2:00 at the Ocala Police Dept. Community Room (402 S Pine Ave, Ocala).

Once again, this training will be required for any poll watcher in the State of Florida. We will be coordinating with the RPOF in determining precincts that get a higher priority than others and will offer a sign up sheet accordingly as we get closer to voting. We will also go over these concerns during the training. Good news this year, our poll

watcher identification badge will be just slightly larger than a normal identification badge worn by poll workers. Recall last year it being quite large, so that issue has been resolved with the Supervisor of Elections.

We need many poll watchers again as well as looking for some that may be able to travel to our neighboring Hillsborough county that is a county of higher risk. Please respond to this email or text me if you are able to attend this training. Thanks in advance for your willingness  
Brigitte Smith  
Chair, Marion County Republican Executive Committee  
727 482 1124



Photo by CKJ-13 Kay Johnson

We all bark for ice cream! held at Letty Towles Dog Park for PAWS Ice Cream Social, benefiting the Humane Society of Marion County Florida, put on by Ocala Recreation

and Parks. Enjoy meeting and greeting other pet lovers and grab an ice cream for your furry friend. The morning will be filled with fun-dog themed activities.

## AI Effects

Trying to understand how AI effects the Newspaper, magazine industry. As far as Copy Righting articles. I understand when a writer, write's something or an article and Ai finishes it or enhances the article with a lot of facts. The writer can copy right what he or she put into AI but not what AI created. The writer must be able to prove that they created what ever they are filing claim about.

Most publisher & writers are scared to death of AI. They should be because it is not their words it is the machines words. Is that what you want to read, research done by a

machine that has control of misinforming you? Watch what they try to do to Trump before the election. They will be using AI on him, in fact if truth be known they probably are using it to create legal information to use on him. My opinion is it is not our friend!

I have a lot of critics about grammar, sentence structure and other intellectual rules of writing. My rule of writing is did you understand the point that I was trying to get across? Nuff said! Then I write by the way you misspelled two words complaining about me. TomL

**SENIOR FISHING DERBY**  
**PHOTOS PAGES 6&7**  
Photos by CKJ-13 Kay Johnson



Pictured is a group photo of some of the Ocala Business Leaders after a meeting with City Growth Planning Officials. The some of city officials involved managers in

charge of part of the planning attended the meeting. Attending were: Rachel Fautsch – Community Outreach Manager; Jeff Shrum – Growth Management

Director; Emily Johnson – Senior Planner; Tye Chighizola – City Projects Director; Endira Madraveren – Chief Planning Official; and more.; Information and

picture supplied by Peake Wilson & the city of Ocala.

## Sarcopenia

### Addressing Sarcopenia with a Healthy Diet

(NewsUSA) - Age-related loss of muscle mass and strength can significantly impact the quality of life for older adults. However, recent research underscores the role of proper nutrition in preventing and managing this condition.

Starting around age 30, the body naturally loses 3 to 5% of muscle mass per decade. This natural process can escalate into a condition known as sarcopenia if muscle loss becomes severe. The effects of sarcopenia include decreased mobility, increased risk of falls, and reduced independence.

The effects of sarcopenia are particularly pronounced in women. Women naturally possess less muscle mass than men, and this disparity becomes even more noticeable with age due to menopause. As estrogen levels drop during menopause, the rate of muscle loss in women accelerates, making them more susceptible to sarcopenia.

Recent studies have highlighted the significance of specific nutrients in addressing sarcopenia. A healthy diet incorporating higher protein intake and select vitamins and minerals is consistently linked to preventing and managing sarcopenia.

Protein is essential for maintaining and building muscle mass. For older adults, higher protein intake from foods such as lean cuts of meat, seafood, and low-fat dairy can help prevent and treat sarcopenia. Whey protein, in particular, has shown promise in improving frailty and sarcopenia.

Vitamins and minerals such as vitamin D, selenium, and magnesium have promising effects in preventing muscle loss. Deficiencies of these essential nutrients are common in older adults, especially women, and are associated with muscle weakness and an increased risk of falls. However, boosting one's intake can help maintain muscle strength and function, reducing the risk of sarcopenia.

It's important to note that the beneficial effects of a healthy diet in addressing sarcopenia are best when coupled with resistance and aerobic exercise.

"It's very important that all adults, especially women, be aware of sarcopenia and regularly discuss dietary decisions with their healthcare professional or dietician to optimize their health as they age," advises Dr. Dorothy Fink, Deputy Assistant Secretary for Women's Health.

While muscle loss is inevitable in aging, it doesn't have to lead to sarcopenia. By incorporating the proper nutrients into our diets and maintaining an active lifestyle, we can counteract the effects of this condition and continue leading strong, healthy lives.

For more information about sarcopenia and how to prevent it, the U.S. Department of Health and Human Services' Office on Women's Health's "Stronger than Sarcopenia" campaign offers valuable resources. This initiative provides comprehensive information about sarcopenia, including its symptoms, risk factors, and prevention strategies, emphasizing the importance of strength training and proper nutrition. The "Stronger than Sarcopenia" resources are available online at

[www.womenshealth.gov/sarcopenia](http://www.womenshealth.gov/sarcopenia).

Article Link

<https://about.newsusa.com/addressing-sarcopenia-with-a-healthy-diet>

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Kevin Sheilley

## OCALA/MARION COUNTY CHAMBER & ECONOMIC PARTNERSHIP



We all know that the Ocala Metro is growing, we just have not known how much. Now we do! The new Census numbers for Metropolitan areas and counties recently were

(Dallas, Atlanta, Phoenix) may have much smaller growth rates, they could still add tens if not hundreds of thousands of new residents. The Ocala Metro still ranked 31<sup>st</sup> in sheer numbers despite being smaller than any other metro ranked above it in this category.

When you break these numbers down on a weekly basis, it means approximately 269 people a week are moving into our community. Based on our average household size, it means we need 110 housing units a week for these new residents. We need jobs for these new residents and we need space for schools, healthcare, etc.

All of the construction you see throughout the community is a direct result of this growth. It is also why we are seeing so many new stores and restaurants open throughout the community. Our twice a month videocast, *POV: Ocala* presented by Ocala Flooring, highlights these new additions. You can find the videos on the CEP's Facebook, Instagram, and LinkedIn pages. You will want to check back frequently because this is the year of commercial development. It is incredible the number of new retailers and restaurants who are

released and this area is growing even faster than we anticipated. For the period of 1 July 2022-30 June 2023, the Ocala Metro (Marion County) was the 4<sup>th</sup> fastest growing metropolitan area in the nation! What does that mean? As of the cutoff date more than 9 months ago, the population of our community was just shy of 410,000 people. For comparison, the population at the 2020 Census was 376,000.

Of the 392 Metropolitan Statistical Areas in the US, the Ocala Metro now ranks 134. In 2020, we ranked 148. Not only was our growth rate (3.4%) the 4<sup>th</sup> highest, but we ranked 31<sup>st</sup> for the highest quantity growth. In other words, while extremely large metros

working on new locations.

Yes, growth does create some challenges, but it creates far more opportunities. The median wage in Ocala has grown *1/3 faster* than the national average over the last 10 years. The economy is significantly more diversified and balanced than perhaps at any

time in Ocala's history. Housing growth is robust, and the median price remains the lowest of any Florida metro and among the most affordable in the nation. All of these and more are contributing to an Ocala which is an excellent place to live, work, and play.

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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



I keep hearing "let me make this perfectly clear!" most of it is not clear because they are not following our Constitution.

Gag order on Trump is Un-Constitutional! Everyone affiliated with the trial can do

Social Media and talk to the press BUT TRUMP CAN NOT Ruled by the judge. That is Un-Constitutional! I can't see him not talking to the people of our country, he

will do that, maybe on his way to jail. I wonder if there would be like the old days and have a JAIL BREAK? It would have to be done in a legal way. Bragg wants him held for contempt of court but mention no one else!

From what I have been told Bragg does not have the credentials to prosecute Trump but New York is letting him do it and they are making up their own laws.

Press release from Bernie Moreno Homeland Security Secretary Alejandro Mayorkas has done. Mayorkas has not just

failed in his duties; he has presided over an ALL-OUT invasion at our southern border. Sherrod Brown has been complicit in these traitorous actions, serving as a rubber stamp for the radical left's open-border agenda.

During the holiday's Good Friday was named Vietnam War Veterans recognition Day. I am grateful to the nine million Americans that served our country from 1955 to 1975. We will never forget your service and sacrifice.

Press release from The RED Alert News Homeland Security Secretary Alejandro Mayorkas over the illegal immigrant invasion at the Southern Border, marking him as the second Cabinet member in US history to avoid conviction and removal from office. Mayorkas stands out as the first to be acquitted without any presentation of evidence concerning alleged "high crimes and misdemeanors."

Information on the net saying President Biden announced LGBTQ recognition day on EASTER. Biden said he did not say that or do that, Well someone did that! I'm glad Biden did not, it's not a joke! That is the Day Jesus rose from his grave. Jesus needs to put his hand on who ever did that and let them know he forgive them.

Israel is a real fighting force. Biden needs to give them supplies to fight the war. What will they do for arms when they run out. The deaths will be on his hands. At press time Biden says he is sending them arms.

You ask what is wrong with our country...John Kerry (Climate ZAR! He is the guy with 5 houses / 12 cars / 2 Yachts / a private jet, telling us to take a bus, just find another job if you work in the petroleum Industry (Oil & Gas)! You ask what is wrong with this country?

The politicians out a fence around the capital Building, why can't they do the same at the border.

So Biden forgave the student loans by transferring the debt to the Tax Payers.

We borrow money to support Foreign countries so they can fight their wars!

There is so much I just have have faith in Family, god. country and faith in our fellow Americans to stand up to up hold the constitution!

### Ocala Events

May 2 - 8:00 AM Downtown Square [National Day of Prayer](#)

May 3 - 6:00 PM Downtown Square [First Friday Art Walk](#) Downtown Square

May 4 - 6:00 PM Downtown Square [Live On the Square-- Halfway Hippie](#)

May 10 - 6:00 PM Downtown Square [Live On the Square-- Stephen Perry](#)

May 11 - 8:00 AM Downtown Square [Mother's Day 5 K](#) Citizens' Circle [Live On the Square-- Heather Lynn](#)

May 17 - 6:00 PM Downtown Square [Live On the Square-- Becky Baby](#)

May 18 - 6:00 PM Downtown Square [Live on the Square-- Brandon Dull](#)

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## Newspaper Deadlines

*Editorial & Ad Copy for June*  
**Seniors Voice & Ocala DownTown**  
Noon, May 24th  
**Lady Lake Magazine & Village Spectator**  
12am, May 29th

### Seniors Voice of Ocala/Ocala Downtown

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P.O. Box 1698, Dunnellon FL 34430

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

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# God Bless our Troops

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# We Endorse The Constitution

# DENNIS K. BAXLEY



Dear Friends,  
In the last few days, Governor DeSantis signed the following education bills into law:

HB 931 establishes a statewide school chaplain program, which:

- Authorizes school districts and charter schools to allow volunteer chaplains to be on school campuses and provide additional counseling support to students.

Chaplains will be assigned by the district school board or charter school governing board.

A student may only receive support offered by school chaplains with written parental consent.

HB 1317 authorizes districts to allow civic and patriotic organizations to visit schools to encourage student participation and involvement. These organizations include:

- Big Brothers Big Sisters of America
- The Boy Scouts of America
- The Boys & Girls Clubs of America
- The Civil Air Patrol
- Future Farmers of America
- The Girl Scouts of the United States of America
- Little League Baseball
- The Marine Corps League
- The Navy Seal Cadet Corps

SB 1264, which does the following:

- Adds to existing Communist history standards with instruction on the history of Communism in the United States and the tactics of Communist movements.

- Authorizes the newly-established Institute for Freedom in the Americas at Miami Dade College to promote the importance of economic and individual freedoms as a means to advance human progress—specifically in Latin America and the Caribbean.

This institute will partner with the Adam Smith Center for Economic Freedom at Florida International University.

- Enables the Florida Department of State, in collaboration with the Florida Department of Education, to recommend to the Legislature the creation of a Florida-based museum on the history of Communism.

- Prepares students to withstand indoctrination on Communism at colleges and universities.

Thank you for reading this legislative update and for engaging in your government. As always, it is an honor to be your Senator.

Onward & Upward,  
Senator Dennis Baxley



# FAIRTAX



Who is hindering the passage of the FAIRtax? The answer: those who benefit from the current system. A recent Rasmussen survey may provide a partial answer to who those people are.

Scott Rasmussen provides a revealing look at a group that he calls “America's elite 1%”. This group is defined as people who make over \$150,000 a year, live in densely populated areas and have postgraduate degrees. **Here is some of the results of the survey:**

- The elite 1% represents 1% of the population and are extraordinary influential.

- A heavy concentration of them went to one of 12 elite schools.

- About half of the policy positions in government and half the corporate board positions in America are held by people who went to one of those 12 schools.

- They are in power centers - Manhattan or D.C.

- Most Americans believe we don't have enough freedom but over 50% of the elite and 70% of the politically involved elite say we have too much freedom.

- 70% of the elite trust government to do the right thing and believe we would all be better off if they were in charge of making decisions for the rest of us.

**What does the elite 1% control?**

- Most of the important positions in the current and prior administrations.
- Most think tanks - both conservative and liberal ones.

- Most policy groups in D.C.

**What is it that the elite 1% don't want?**

- The other 99% to control how much federal taxes they pay.

- To lose the I.R.S. as a way to intimidate and control the other 99%.

- To lose the ability to reward their friends and punish their enemies using the tax code.

- To lose the ability to use the tax code to coerce people into acting against their own best interests in order to achieve an outcome that is beneficial to them.

The elite 1% in D.C. is ignoring the one real solution that allows us to remain citizens and not subjects - the FAIRtax.

**The FAIRtax:**

- eliminates income tax and payroll taxes

- eliminates the I.R.S.

- eliminates tax lobbyists selling tax benefits to special interest groups

- eliminates any federal tax on spending up to the amount needed to provide the basic necessities for you family

- eliminates the penalties on earnings, savings and investments

The list continues but I think you can see why the FAIRtax is seen as a threat to the elite 1%. Under the FAIRtax we pay taxes only when we decide to spend. Until then, all the money we earn all goes to us. Power is the name of the game and the FAIRtax puts that power back where it belongs - in the hands of the 99%

For more information please go to FAIRtax.org

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# Florida Talks by Eliot Kleinberg



Florida Humanities and the Friends of the Ocala Public Library to Host

“Florida Talks” Author Eliot Kleinberg

**For Immediate Release**

Florida Humanities and the Friends of the Ocala Public Library will host Eliot Kleinberg, retired journalist and author of “War in Paradise: World War II in Florida”, Saturday, May 11<sup>th</sup>, 11 a.m. at the Headquarters-Ocala Public Library, meeting room C. (2720 E. Silver Springs Blvd., Ocala). He will also be providing copies of his book for sale. [www.ekfla.com](http://www.ekfla.com) for more information!

Kleinberg, a former journalist for the Palm Beach Post, brings to light the impact of World War II on the Sunshine State. From U-Boat attacks off of Florida's coast to sprawling military bases, hear how a world at war transformed a sleepy southern state into one of the nation's hotspots.

This “Florida Talks” program is sponsored in part by Florida Humanities, with funds from the State of Florida, Department of State, Division of Arts and Culture, the Florida Council on Arts and Culture and the National Endowment for the Arts.

For more information about this and other programs and services provided by the

Continued page 12

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# Seniors Fishing Derby

Photos by CKJ-13 Kay Johnson

The Annual fishing derby was a great success. As you can see there were a lot of fish caught. The senior fishing derby has buses from some of the assisted living care. It give them a chance to get out and breath some fresh air in the sun. Actually fish if they want to and get a hot meal. If you have a senior in your family or know a senior that does not get out see about getting them to a half day of fun in the sun. Put on by then Ocala Parks and Recreation.



**Gone Fishing**



# Seniors Fishing Derby

Photos by CKJ-13 Kay Johnson



Erik Lehane

## THE GAITWAY GROUP



### “Dog Gone It: This is Even Better Than Stretching

When was the last time you engaged in pandiculation? No, it's not a religious ritual or a Beyoncé dance move, and certainly not an intimate interplay. In fact, you needn't look any further than your beloved four-legged companion to witness the essence of pandiculation.

Pandiculation is our body's innate mechanism for awakening the sensorimotor system and priming us for movement. Picture yawning and stretching, extending your arms, elongating your spine, and rotating your head, or observe the graceful stretch of your pet after waking from a nap. Pandiculation isn't merely stretching; it involves a controlled contraction of muscles at their maximum length, alleviating accumulated stress from inactivity.

The benefits of pandiculation are manifold, encompassing improved posture, circulation, mobility, strength, proprioception, pain reduction, lymphatic flow, and neural, somatosensory, and cognitive stimulation. It's an instinctive response observed even in utero.

What sets pandiculation apart is its motor sensory component. The process entails contracting muscles, lengthening them, and

finally relaxing them, thereby stimulating a feedback loop among nerves, the spinal cord, and the brain. Pandiculation essentially hits the body's natural reset button, facilitating efficient and effective muscle movement. In contrast, stretching lacks this crucial neural feedback loop.

Unfortunately, as we age, the benefits of pandiculation diminish due to compensatory mechanisms, sedentary lifestyles, poor posture, weakness, and decreased awareness. Consider the individual who spends hours hunched over a computer each day; their muscles shorten, tense up, and become painful. Attempts to alleviate the discomfort through stretching offer only temporary relief, as the muscles revert to their shortened state shortly after.

Pandiculation, however, teaches muscles to function properly again through an innate system that naturally resets muscle length and tension. As Thomas Hanna eloquently put it, “If you want to untie a knot, you must look at the cord carefully then gently undo the tangle. Yanking on the cord will only make the knot tighter.”

To enhance the power of pandiculation, I integrate it with one of the seven foundational movement patterns: squatting, lunging, pushing, pulling, rotating, hinging, and locomotion. These movements, collectively known as the Magnificent 7, encompass all activities and profoundly impact independence and quality of life as we age.

Here's an example of pandiculation intertwined with a foundational movement pattern. If you're experiencing pain or have

any medical concerns, please refrain from attempting this exercise:

- . Stand upright.
- . Hinge at the hips and reach forward, extending your arms as if pushing against a wall.
- . Hold for 10 seconds.
- . Release the position and stand tall, extending your spine and hips, and reaching toward the floor with your arms.
- . Hold for 10 seconds, then release.
- . Stand naturally and relax for 10 seconds.

Pandiculation can be applied to all muscles and joints; just be creative and remember the three steps: contract, lengthen, and relax, within the framework of the Magnificent 7.

Take a cue from our furry companions and incorporate pandiculation into your routine after periods of inactivity. Consider this: when was the last time your dog or cat suffered from a sore back or pulled hamstring? Pandiculation might just be the “purrfect” addition to your health and wellness regimen.”

Erik Lehane, a dedicated physical therapist with expertise in preventive care, is the visionary founder behind The Gaitway Group ([thegaitwaygroup.com](http://thegaitwaygroup.com)). Through this venture, he empowers active seniors with the knowledge and tools to “add life to their years.” For inquiries, contact Erik at [erik@eriklehane.com](mailto:erik@eriklehane.com).

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## 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](http://www.ManageMyMarket.com)



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## Love is just a leash away!!

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

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

### How can you help?

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

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

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

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



Bilbie

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



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



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

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



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



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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 MOODY FILES CRIMINAL CHARGES AGAINST VIOLENT RETAIL THIEVES TALLAHASSEE, Fla.—Attorney

General Ashley Moody is filing criminal charges against two violent organized retail thieves. Raheem Davis Jr. and co-defendant Vayshoun Harris are facing charges for multiple robberies at Home Depot stores across five different counties that involved physical violence against store employees.

Attorney General Ashley Moody said, "These two criminals committed multiple robberies at Home Depot stores across five counties, violently assaulting employees in the process. In one incident, a defendant even pepper sprayed a cashier in the face. We do not stand for organized retail theft in this state, especially theft that involves violence—I proudly stood with Gov. DeSantis recently as he signed a new law strengthening our statutes against crimes just like these. We will continue to hold these thieves accountable."

READ MORE...

https://tomlpublishing.com/florida-news/attorney-general-moody-files-criminal-charges-against-violent-retail-thieves/

ATTORNEY GENERAL MOODY LEADS MULTISTATE LEGAL ACTION DEMANDING THE EPA

RESCIND "ENVIRONMENTAL JUSTICE" INITIATIVES HARMING STATES

TALLAHASSEE, Fla.—Attorney General Ashley Moody today led a 23-state coalition in filing a legal action demanding that Biden's Environmental Protection Agency modify its Title VI regulations. These regulations—known as "disparate impact" regulations—are what the EPA is using to advance much of its race conscious "environmental justice" initiatives.

Attorney General Ashley Moody said, "The EPA should be focusing on enforcing the environmental laws passed by Congress, not so called 'environmental justice,' which is a euphemism for Biden's extreme agenda. His radical exploitation of Title VI, if followed, would force states to unconstitutionally discriminate against their own citizens. The EPA should grant our Petition and revise its Title VI regulations."

Title VI of the Civil Rights Act of 1964 was established to prevent any person in the United States from being excluded from any program receiving federal funding on the grounds of race, color or national origin. Since Biden has taken office, "the EPA has taken unprecedented steps to use the EPA's Title VI regulations to advance what it calls 'environmental justice'..."

READ MORE...

https://tomlpublishing.com/florida-news/attorney-general-moody-leads-multistate-legal-action-demanding-the-epa-rescind-environmental-justice-initiatives-harming-states/

FROM THE DESK OF

GOVERNOR DESANTIS



Governor DeSantis Champions Legislation to Further Enhance Florida Education

PENSACOLA, Fla.— Governor Ron DeSantis highlighted parts of HB 1285, a bill that further enhances

Florida's top-ranked education system.

Today's highlights from the bill included simplifying the process to convert failed "turnaround schools" to charter schools, streamlining the book objection process to limit those from individuals without children in the district, and the establishment of Purple Star School Districts.

"Florida is number one in the nation for education, but there's always more to be done," said Governor Ron DeSantis. "We won't stop working for Florida's students and parents. HB 1285 codifies several great enhancements for education that will keep Florida #1."

"Governor DeSantis has made it clear: we are committed to ensuring our students receive a high-quality education and we will not tolerate those trying to score cheap political points at the expense of our educational system," said Commissioner of Education Manny Diaz, Jr. "Because of Governor DeSantis' leadership, Florida remains the beacon of educational opportunity and I am proud of the work we are doing across the state."

In part, HB 1285 does the following (more to be announced tomorrow):

READ MORE

https://tomlpublishing.com/florida

-news/governor-desantis-champions-legislation-to-further-enhance-florida-education/

To Benefit the Hope Florida Fund, First Lady Casey DeSantis Asks Floridians for Kid-Friendly Recipes

Submissions will be used to support Hope Florida—A Pathway to Prosperity

TALLAHASSEE, Fla.—Today, First Lady Casey DeSantis announced a new website to collect family-oriented, kid-friendly recipes for a project designed to benefit the Hope Florida Fund. She invites Floridians and parents from across the state to submit their favorite recipes.

"In the DeSantis family, we love cooking with the kids," said First Lady Casey DeSantis. "I am asking Floridians to share their favorite kid-friendly recipes to be included in a project that will benefit the Hope Florida Fund. The Governor and I look forward to submissions from parents and cooks in the Sunshine State."

Individuals interested in submitting a recipe can do so at www.Floridarecipes.com. Special consideration will be given to recipes that are specifically tailored for kids and incorporate the cuisine of a region in Florida. Submissions will be accepted through June 3, 2024.

READ MORE...

https://tomlpublishing.com/florida-news/to-benefit-the-hope-florida-fund-first-lady-casey-desantis-asks-floridians-for-kid-friendly-recipes/

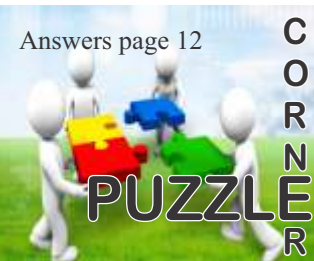
Advertisement for WOCA radio station. Features a large blue circle with 'ON AIR' sign, 'THE SOURCE' text, and 'News-Talk-Music-Sports' genres. Includes frequencies 96.3 FM and 1370 AM, and the slogan 'Prizes, & More!'.

# Turtle Travels

January 20 to May 11



Explore the world of turtles and tortoises and learn about their various habitats, migration patterns, and the threats they face. Play a giant board game that helps you navigate a turtle's migration route safely, see how shell shapes suit different lifestyles and habitats and design a turtle-friendly housing development. You can even find out what a loggerhead sea turtle sees as it swims! \*This exhibit was provided with support from Jane's Trust and the Institute for Museum and Library Services.



Answers page 12

**Across**

- 1. Sign of healing
- 5. Greek messenger of the gods
- 9. Let out, in a way
- 14. Cicero's wear
- 15. Diplomat's forte
- 16. Get along
- 17. Secret target?
- 18. "\_\_\_ out?" (dealer's query)
- 19. Like candles
- 20. Chips
- 23. Scale starts
- 24. Ironically funny
- 25. Prefix for hazard
- 28. Shower attention
- 31. School of painting
- 36. Employment
- 38. Jump over
- 40. Korbut the gymnast
- 41. Chips

- 44. Phrontistery product
- 45. Pre-deal payment
- 46. Basic principle
- 47. Kind of layer
- 49. Ferber or O'Brien
- 51. 53-Down is one
- 52. Formerly called
- 54. Dash lengths
- 56. Chips
- 65. Demolish
- 66. Ill-gotten gains
- 67. Draw in
- 68. Unified
- 69. Church part
- 70. No longer docked
- 71. Chromosome occupants
- 72. Title for a Romanov
- 73. It's game

**Down**

- 1. Pack provisions
- 2. Sonata finale
- 3. Bug-eyed
- 4. Revealed to the world
- 5. Phrase in a playground argument
- 6. Hindu royal
- 7. Revered picture
- 8. Backbreaker, in proverb
- 9. Eternally
- 10. Yarn measures
- 11. Get ready to take off
- 12. Like this clue number
- 13. Slots spot
- 21. Where to see chaps
- 22. Orange container
- 25. Raising a sweat, perhaps
- 26. Parenthetical comment
- 27. Indiana athlete
- 29. Undecided
- 30. Wax theatrical
- 32. Place for a run
- 33. Dull impact sound
- 34. Don't differ
- 35. Unpleasant, as weather
- 37. A little fat
- 39. Coffee variety
- 42. Fence pickets
- 43. Imprint
- 48. Low-down joints?
- 50. More in order
- 53. What "Eroica" was written in
- 55. Caesar, for one
- 56. Type of beetle or party
- 57. Rhinologist's study
- 58. "This must weigh \_\_\_!"
- 59. Prop for Astaire
- 60. Spill reaction
- 61. Civil rights figure Parks
- 62. Artful dodge
- 63. Inspiration for Kilmer
- 64. Once around the sun

# Attack of the Bloodsuckers

May 25 to August 31



Discover the science behind bloodsucking creatures! Dive into the world of mosquitoes, fleas, ticks, leeches, and other parasites. Explore their characteristics, habits, and the reasons they bite. Understand how they are attracted to heat and CO2 in your breath, and identify them by their mouth parts. Engage in the fun TwITCHer Game that will make you itch! Stop in and learn about the role of bloodsuckers in the ecosystem and how to prevent them from bothering you.

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FROM THE DESK OF

## CONGRESSWOMAN KAT CAMMACK



Reps. Cammack, Magaziner, Malliotakis, Panetta Introduce Bipartisan Alleviating Barriers For Caregivers Act (ABC Act)

WASHINGTON, D.C. — Today, Congresswoman Kat

Cammack (R-FL-03), Congressman Seth Magaziner (D-RI-02), Congresswoman Nicole Malliotakis (R-NY-11), and Congressman Jimmy Panetta (D-CA-19) introduced the Alleviating Barriers for Caregivers Act (ABC Act).

The ABC Act would help reduce red tape for family caregivers at the Centers for Medicare and Medicaid Services (CMS) and Social Security Administration (SSA) by requiring the agencies to review the eligibility determination and application processes, procedures, forms, and communications of Medicare, Medicaid, Social Security programs, and the Children's Health Insurance Program (CHIP) to reduce administrative challenges

for caregivers. It requires a report on the findings and remedy plan back to Congress within a year of the bill's enactment to streamline the policies and procedures.

"America's family caregivers work around-the-clock to provide essential care for their loved ones, and over half—56 percent—act as advocates on behalf of their family members. The last thing these caregivers need is more red tape that distracts from their support for those in their care," said Rep. Kat Cammack. "I'm honored to introduce this bipartisan and bicameral ABC Act with my colleagues to lower the burden around the important medical decisions caregivers must make every day. Together we can support the 48 million caregivers that make up a critical part of our health care landscape in the U.S."

READ MORE...

<https://tomlpublishing.com/florida-news/rep-cammack-joins-rep-donalds-in-bipartisan-initiative-to-protect-big-cypress-national-preserve-from-destructive-biden-admin-meddling/>

Rep. Cammack Joins Rep. Donalds In

Bipartisan Initiative To Protect Big Cypress National Preserve From Destructive Biden Admin. Meddling

WASHINGTON, D.C. — Rep. Cammack joined Rep. Byron Donalds (FL-19) in a bipartisan letter alongside Representatives Mario Díaz-Balart, Scott Franklin, and 14 additional colleagues from across the Sunshine State in demanding that the Biden administration does not proceed with any proposed wilderness designation at Big Cypress National Preserve.

Federally-designated wilderness areas are defined as areas "where the earth and its community of life are untrammelled by man, where man himself is a visitor and does not remain." Any wilderness designation of Big Cypress by Biden administration officials would not only restrict the free movement of the local Miccosukee and Seminole Tribes, but it would supercharge the spread of invasive species, destroy local small businesses, and restrict wildfire response capabilities.

Representatives Byron Donalds (R-FL), Mario Díaz-Balart (R-FL) and Scott Franklin (R-FL) were joined in support by Representatives Aaron Bean (R-FL), Gus Bilirakis (R-FL), Kat Cammack (R-FL), Matt Gaetz (R-FL), Carlos Giménez (R-FL), Laurel Lee (R-FL), Brian Mast (R-FL), Cory Mills (R-FL), Jared Moskowitz (D-FL), Bill Posey (R-FL), John Rutherford (R-FL), María Salazar (R-FL), Greg Steube (R-FL), Michael Waltz (R-FL), and Daniel Webster (R-FL).

"Big Cypress National Preserve is an iconic fixture of our Southwest Florida community that must be protected from debilitating federal overreach," said Rep. Donalds (R-FL). "I proudly stand with my constituents, local stakeholders, and environmental officials from

across the Sunshine State in demanding that the Biden administration does not proceed with any wilderness designation of the preserve. It is imperative that we block this disastrous and completely unnecessary potential action by out-of-touch bureaucrats in Washington."

READ MORE...

<https://tomlpublishing.com/florida-news/rep-cammack-joins-rep-donalds-in-bipartisan-initiative-to-protect-big-cypress-national-preserve-from-destructive-biden-admin-meddling/>

## Florida Talks

Continued from Page 5

Friends of the Ocala Public Library, visit the Friends' website at <https://friendsoftheocalalibrary.org/> and follow the Friends on social media. For questions regarding the May 11 presentation, please contact Sheryl Creech at (352) 789-7276.

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