

Photo by CKJ-13 Kay Johnson



Howard celebrates his 100th Birthday. More photos on page 7 by CKJ-13 Kay

### Sassy's in Town!

Photo by CKJ-13 Kay Johnson



Meet Sassy she is a 16 year old miniature horse, she is certified. She came to our house in 2020 after losing our Golden Retriever. We started taking her on walks to different places. Each time, people would stop us to pet her and ask questions. That's when I decided to get

her certified as a therapy animal. She was certified in September, 2023 by Pet Partners. After that she started making her visits and putting smiles on the faces of many people. More photos on page 6 by CKJ-13 Kay Johnson

## Eight Killed When Farm Workers Bus Rolled Over

OCALA, Fla. (AP) — The Florida Highway Patrol has arrested the driver of a pickup truck that crashed into a farmworker bus early Tuesday, killing eight, on charges of driving under the influence-manslaughter.

Bryan Maclean Howard, 41, faces eight counts of DUI-Manslaughter, the FHP said in a statement. No further details were released, including what substance allegedly left Howard impaired.

Troopers said he was driving the 2001 Ford Ranger when it crossed into the center line on State Road 40, a straight but somewhat hilly two-lane road that passes through horse farms. The truck sideswiped the bus, causing it to veer off the road at about 6:40 a.m. It crashed through a fence and into a tree before overturning. In addition to the eight killed, at least 40 were injured.

## CEP Selected for "Pivot and Persist" Award

CEP Selected for "Pivot and Persist" Award at Florida Economic Development Council Annual Conference

Ocala, Florida (May 14, 2024) – The Ocala Metro Chamber & Economic is delighted to announce its receipt of the prestigious "Pivot and Persist" award at this year's Florida Economic Development Council Annual Conference. This esteemed recognition highlights the outstanding efforts of Economic Development Organizations (EDOs) in demonstrating exceptional resilience, innovation, and

dedication to local economic recovery and growth.

The winning initiative showcased the CEP's ability to adjust and excel under pressure. Faced with the challenge of presenting a vast 475+ acre industrial site with only a two-day notice for Project Sand, the team demonstrated remarkable agility. Collaborating with local business owner John Tripodi of Neptune Advertising, they leveraged a large truck fitted with LED screens to provide a dynamic and

Continued page 2

## Trump is Coming!

By TomL

I can hear the rumblings on the streets. The "left" has thrown everything they have, then I hear Rumblings "Trump is coming" and the people are coming with him. That is the important part. When he brings the masses with him as he has been doing, we can make him President and swear him in and he can fire Joe.

Our inflation is up beyond what we can endure and still he prints money and tries to buy votes with it! Unless the left pulls something shady and gets away with it. The people will still follow him. He is not always a goody goody but he gets things done that we need done. Not always the way we want it done but completed. It will be a super challenge to him to undue the damage but he and the people can fix it! To Trump ... Hire the right loyal people to and clean up this

mess, we know you can do it!

TRUMP IS COMING I hear the rumbling on the street, so VOTE FOR HIM if you want us to prosper in 2025. I want my Son's to prosper and their children to prosper. THE LOURYFARM!

Be an American, have faith, pray and vote.

### Ocala Events

June 1 5:30 PM Water Lantern Festival Tuscawilla Art Park

June 8 6:00 PM - 10:00 PM Salsa Night Citizens' Circle, 151 SE Osceola Ave.

June 15 10:00 AM Ocala Juneteenth Celebration Webb Field at Martin Luther King Recreation Complex, 1510 NW Fourth St.

## CEP Award

*Continued from page 1*

comprehensive view of the site, coupled with essential information about the upcoming interchange.

"I'm extremely proud of our Job Creation team, whose perseverance in the face of challenges and commitment to innovation continuously propel the Ocala story forward. Despite obstacles, they remain steadfast in their pursuit of new solutions, redefining traditional approaches." said Kevin Sheilley, CEO/President of the Ocala Chamber and Economic Partnership.

Feedback from esteemed visitors, such as KPMG, further underscores the success of CEP's innovative approach. David M of KPMG's Site Selection team commended the team, stating, "The Ocala team brought a creative solution to showing a site during an initial project visit in 2023. Since we were not able to drive onto the site we were evaluating, Ocala CEP leveraged a local mobile LED marketing truck to join us in the field. It showcased drone footage, utility maps, and site master planning to help understand the development potential for the site. The use of the LED marketing truck was a unique solution and is a great example of a creative approach to showing the site."

About the Ocala Metro Chamber and Economic Partnership

The Ocala Metro Chamber and Economic Partnership (CEP) was created to be a one-stop hub for the community's business attraction, creation, and retention efforts. The CEP's mission is to be the catalyst for a prosperous community. The 2020 ACCE National Chamber of the Year, the CEP has directly impacted the announced creation of nearly 11,000 new jobs and more than \$1.6 billion in capital investment and is seeking an additional 5,000 jobs and \$1 billion in investment by 2027. For more information, visit: [OcalaCEP.com](http://OcalaCEP.com).

## Improving Mental Health

(NAPSI)—When it comes to mental health, many people across the U.S. have experienced their share of challenges—but help may be at hand.

### The Problem

The issue is especially concerning in rural America, where more than 60% of people report having a mental health condition—such as anxiety or depression—yet less than half of them get the help or treatment they need. Rural Americans face unique mental health stressors and barriers to accessing care, but those living in rural communities also boast unique support mechanisms that they can tap into to flip the script on mental health stigma.

### An Answer

An example of those unique support mechanisms can be found in rural Georgia, where community leader Adaris Rivera has found hope in the resilience that living in a rural community presents. "Each person's journey with mental health is deeply personal and unique, yet there's a universal truth that support and hope are within reach for everyone. No one should feel isolated in their struggles," she said. This is what inspired her to share her own story as part of a national public service advertisement (PSA) campaign called "Love, Your Mind"

*Continued page 8*

Turning 65 or new to Medicare?

## Big news: There's a 5-star Medicare Advantage plan in Lake, Marion, & Sumter Counties



### Easily switch to a top-rated plan

We're proud to offer you our Humana Gold Plus H1036-146 (HMO) plan, which earned 5 out of 5 stars—the highest quality rating—from the Centers for Medicare & Medicaid Services. It's available for a premium of \$0.

And from Dec. 8 until the end of the following November, you could switch to this plan during a special enrollment period. More stars in a plan's rating indicates higher quality and performance. Better care begins with listening to the people we serve, and our Star Rating reflects our commitment to doing just that.

### Call a licensed independent sales agent



**CHRISTINE CALVERT**  
352-572-8510 (TTY: 711)  
8 a.m. – 5 p.m.  
[Christine@medicarehealthplus.com](mailto:Christine@medicarehealthplus.com)

## Humana® A more human way to healthcare™

\* Every year, Medicare evaluates plans based on a 5-star rating system. plan enrollment is based on eligibility and availability by location.

Humana is a Medicare Advantage HMO organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to Humana Gold Plus H1036-146 (HMO). **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).** **繁體中文 (Chinese): 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 877-320-1235 (聽障專線: 711)。**

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



One of our goals here at the CEP over the last several years has been to open offices in other parts of the community. We enjoy our downtown campus, but we also know empirically the further away a business is from our office, the less likely they are to be engaged. Even though we run programming and events across the community and online, people want to feel connected to a location.

The number one area where we wanted to establish an office has long been Belleview. In fact, a Belleview location is one of the goals in our 5-year strategic plan, Forward Momentum. Our analysis told us there were approximately 1400 businesses within a 5-mile radius of the Belleview City Hall but only 17 of those were current CEP partners so the opportunity was significant. We spent most of 2023 looking for an office but struggled to find one which would work. We

finally decided to first hire a Director and then worry about a location. We had developed a three-year plan to help make the office sustaining. Then we brought in Joe Reichel to be the first Director, Belleview CEP, and he quickly dashed all our plans!

Joe has done a phenomenal job of literally going door-to-door to meet with Belleview area businesses. He is a passionate networker and has met hundreds of area businesses. In January we hosted the launch party for Belleview CEP and had over 500 attendees! In March, we hosted our first Belleview on the Rise – a monthly breakfast held the 4<sup>th</sup> Tuesday of each month at Belleview High School. On the following Thursday, we held our first Belleview Business After Hours. Both of these events were smashing successes, and we look forward to engaging with business leaders and partners on the 4<sup>th</sup> Tuesday and Thursday of each month. Soon we will launch our Belleview Business Works education series.

The best part is a Belleview CEP partner is fully engaged as an Ocala Metro CEP partner. The Belleview CEP is not a separate organization but a branded programming initiative. Partners can attend events and

programs at either or both locations. The Belleview CEP website (BelleviewCEP.com) will soon be live so partners can access events and register online.

The mission of the CEP is to be a catalyst for a prosperous community and that does indeed mean the entire community. Our Impact Initiative sponsored by Ausley Construction is focused on expanding entrepreneurship development in West

Ocala, Silver Springs Shores, and Marion Oaks and we will open our Impact Neighborhood Incubator in the Shores this summer. Belleview CEP is focused on sparking prosperity in Belleview and South Marion. Based on this success, we are already thinking about where to open the next office. Opportunities for success for all 410,000+ residents of the Ocala Metro is our goal and this is a great example of that effort.

## Levin Insurance Services

### Life Insurance from the BEST companies

**Annuities, Long Term Care Insurance and more**

**We broker the best and highest quality policies throughout the USA.**

**Eddie Levin, CLU, MBA,**

**46 year Lifetime Member of the Million Dollar Round Table.**

**Call/Text 352 634 4793**




> [edwardjones.com](https://edwardjones.com) | Member SIPC

## Compare our CD rates

Bank-issued, FDIC-insured

3-Month	6-Month	9-Month
<b>5.40%</b> <small>APY*</small>	<b>5.40%</b> <small>APY*</small>	<b>5.35%</b> <small>APY*</small>

Call or visit your local financial advisor today.

**Nick Navetta, AAMS<sup>a</sup>**  
 Financial Advisor

814 E Silver Springs Blvd  
 Suite B  
 Ocala, FL 34470  
 352-629-2165

\*Annual Percentage Yield (APY) effective 05/22/24. 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 depository institution, for each account ownership category. Please visit [www.fdic.gov](http://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



How do I start this??? This is some of the worst political day's I have ever seen. Let's see what is a good thing??? A lot of politicians are quieting their job's. Cleaning out the dead wood is good.

this bill. When you listen to other politician's they say they wrote the same bill, well when it comes right down to it they each took part and added their own vote for there own interest affecting them and their voters.

Biden fired thousands of servicemen for not getting shots and then he let's ten time that many come into our country without any vaccinations. What is wrong with that picture? They needed to take away his executive privileges but not soon enough. He has caused unmeasurable damage to our country and it has to stop and be cleaned up. When they talk about the college students

Cleaning out the weak is good thing! Do not mistake the few that are retiring at the end of their term. Have you ever noticed a politician say I wrote this bill or I created

**PUBLISHER of TOML, Tom Loury... I don't text!**

I email back and forth to Government officials, clients and personal friends. **All ads should be in PDF format!** JPEG has a tendency to get weak when you enlarge or reduce them. If you send a PDF ad the fonts are embedded in the ad and will not change. Photos must be in focus and clear. No guarantee that they will run. We will try. TomL

## Newspaper Deadlines

*Editorial & Ad Copy for July*

**Seniors Voice & Ocala DownTown**  
**Noon, June 21st**

**Lady Lake Magazine & Village Spectator**  
**12am, June 26th**

## 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.

rampaging, I wrote about the foreign student's going to college years ago. That was just the beginning and no one questioned it. The students worked with some of our technology and then took the information back to their country. How lame can we be to ignore this threat. Now we are letting military age men from many country why don't know who they are and if they are criminals? Our people are dyeing because of it. It is the administrations fault. FIRE THEM AND LET'S START FRESH!

Let me say something about some small town politicians. They want to back something they can see happen during the time term in office. They can't see what is going to be good in twenty years...The really good politicians have a vision, a life time goal. Have you ever ask yourself what is your life time goal? My life time goal is the farm that my wife and I have struggled at for 54 years. In our growth pattern we have lost ground and gained ground. I idea is to gain more than you lose. After you struggled for years to grow a farm then is your children going to keep it as a farm and grow it together??? I hope so! Will your life be better for it??? Are you more comfortable with it??? I think anyone can be comfortable if they except the environment they are in. Plant a garden, have your own beef cow, have your own water supply and get your electric energy from the sun.

The world is coming down around us and we are having trouble stopping it! We stake our hope in one person. What happens if that person is not available to take the job??? Will people just give up or fight??? Remember China says a perfect war is to win without firing a shot. They are already buying up the youth in the colleagues, buying up our farm land. Are there still people here that will stand up against all odds. I believe so..., I think we will soon see.

How do we end this and still keep our freedom? Stand for good and throw out the evil. There is only GOOD and EVIL.

Killing off a human race is not good. Stopping an ideology might be the answer. Having a religion is good as long as it does not call for killing each other. Defending your self and your family is good, I can't think of a single thing against protecting your family. GOD will help to protect good and help to cast out evil.

I Recently heard that someone wants to change the American Flag and the national Anthem???

We need to double down on both of these. These people trying change our Countries history and change what we hold in high regard is a move to breakdown the United States and how it is run. I have a question, if things are so bad why are hundreds of thousands of immigrant's fleeing into this country. Interesting thing is people move from one state or country and then they try to change the new location when they were fleeing for a reason. Yes let's change it to what you were fleeing from...Get real!!! Some people don't like change and some times they don't like new people coming into their neighborhood or their country. Be careful what you wish for.

Bidenomic's, Electric Vehicles, Ford Motor Company has reported they have lost \$132,000 per car since they have started the Government mandate. They are force to building cars that no one wants! Ford reported \$4.7 billion from sales of 116,000 units. I smell a bale out coming and it's our money he will use. We are out of money we are borrowing money to bail out the college tuition for some college students.

Trump says if he is elected he will save money in Social Security by getting rid of a lot of illegal claims that being paid. Speaking of which there has been several trial's going on for Trump in several states. That is our tax money they are spending trying to stop him from running, when most of us want him to be President so he can save our country from Socialism. Get Trump in and he will fire Joe.

What say you? [tloury@att.net](mailto:tloury@att.net)

## 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

**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

# God Bless our Troops

# Support Our Veterans

# We Endorse The Constitution

## DENNIS K. BAXLEY



Good morning friends-

The election season is upon us and everybody is working on campaigns. It's time for you to start getting acquainted with those that would be serving your districts, whether it be

on the local, state or federal level. Spend time now getting to know them, asking questions in order to make a conscientious vote for the person you think would do the best job for you. Many of them are at campaign events in the local area

and are on social media, where you can find out where to go meet them in person.

It's not too early with the primary coming up on August 20, 2024, to make sure your voting registration is in order and you know where your voting precinct is located.

The General election will be held on November 5<sup>th</sup>, 2024.

Onward & Upward



## FAIRTAX



In my previous article, I talked about what Scott Rasmussen

called the "elite 1%" and how they crave power and control over the other 99% and how they oppose the FAIRtax for challenging

that craving. With so many 1%ers in DC, how will the FAIRtax ever get passed? Although we will never stop trying to win over the federal political elite, we must also work on the state level.

Take Nebraska for example. EPIC, an acronym for "Eliminate Property, Income and Corporate

Taxes", is a state level proposal to replace these taxes at all levels of state government in

Nebraska with a FAIRtax style consumption tax. Let's look at this proposal:

1. EPIC proposes to eliminate property, income and corporate taxes. Inheritance taxes will be eliminated with the income tax. Corporate taxes refer to all business taxes. It proposes to

replace the current state sales tax with a consumption tax on new

goods and services at the retail level.

2. The proposed rate of 7.5% is based on a dynamic model constructed by the Beacon Hill

Institute and has been praised by such luminaries as Stephen Moore, Distinguished Visiting

Fellow, Institute for Economic Freedom, The Heritage Foundation.

3. The proposal is to replace the state sales tax, not local sales taxes. Local taxing authorities

will have the ability to impose their own consumption tax. The rate is expected to be much

lower than the current sales tax rate because they have much less revenue to replace than

on the state level.

4. Because the EPIC plan eliminates all business taxes, not only can Nebraska businesses expect to be the most competitive in the nation, Nebraska retailers can expect to win the

so-called "border bleed" battle because their retail products will not have those business taxes hidden in their prices.

5. A retail consumption tax puts Nebraska State Government in the same pricing boat as

Nebraska retailers. If they impose a tax too high, their net revenue will go down as

shoppers go elsewhere. This puts a more effective cap on the cost of government than any

plan driven by Nebraska legislators.

6. EPIC restores property rights to all Nebraska residents by taking away the implicit rent to

the state for their homes, farms and ranches.

As you can see, the Nebraska EPIC proposal leans heavily on the FAIRtax proposal. By

passing this type of legislation at the state level and encouraging other states to do the same,

it will create pressure on the government at the federal level to make the FAIRtax the law of the

land. The more pressure the states create, the better the chances are that the FAIRtax will get

passed. For more information go to FAIRtax.org

# IRISH GOLD

9 DAYS | 8 NIGHTS | 12 MEALS

**March 16 - March 25, 2025**

**\$2,845 Per Person (Land Only)**

**Sue Fullerton**  
**Walk Don't Run Travel**  
 travel@walkdontrunllc.com | 352-400-1721 Cell

**\$5 Bye-Bye Monthly Bill**

ASK ABOUT CELL PHONE BOOSTERS FOR YOUR HOME AND BUSINESS

Installers & Dealers Wanted

We Buy Used Tower

## John's Antennas

WATCH FREE TV WITH AN AFFORDABLE OFF-AIR ANTENNA

TIRED OF PAYING HIGH BILLS

## CUT THE CABLE

best RATED 2022

Sky Blue Antenna

The Best Made Antennas in the world!

It's easy as	SB22	SB20	SB 48	2605
Select your antenna	\$199.95	\$149.95	\$199.95	\$69.99
Add an amplifier (30 dB Gain)	\$100	\$100	\$100	included
Get it installed <small>INCLUDES: 20 Ft Mast and installation to 1 TV</small>	\$279.95	\$279.95	\$279.95	\$279.95
Your cost (not including tax)	\$579.90	\$529.90	\$579.90	\$349.94

**SPECIAL The Black Arrow \$479.99**  
Includes antenna & Amp on 20 Ft. Mast Pipe (2000-2000000000)

**INTERNATIONAL SATELLITE ANTENNA 1-352-237-3811**

VISIT OUR WEBSITE AT **WWW.JOHNSANTENNAS.COM**

AREAS LARGEST SELECTION OF HDTV ANTENNAS & ACCESSORIES

FREE Shipping Install-It-Yourself and SAVE Visit our Showroom on Hwy 200 in the Jasmine Plaza

**WE ARE A FULL SERVICE DEALER - RESIDENTIAL - COMMERCIAL - INSTALLATION - REPAIR**

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

# Howard Mauter is 100 years old

Photos by CKJ-13 Kay Johnson

Howard Mauter is one of the oldest living Veterans. He just turned 100 and a celebration was held to honor him on his birthday. Howard is also a big supporter of the Veterans Park and all veterans as

well. He served in World War II from 1942 to 1945. He was in the US ARMY AIR CORPS SSGT. "Thank You for your service Howard and we hope you live another 100 yrs". I heard some personal story about World

War II and it was not a sight you would want to see. Many lives lost, many soldiers came home with wound that effect them for the rest of their lives, but they were lucky to come home. I heard a few stories from my

father-in-Law who would have been about Howard age. Average men who became hero's! Thank You for your Service. Many Marion County Officials attended and thanked him!



# Sassy's in Town

Photos by CKJ-13 Kay Johnson



**Sassy**  
**34 inch**  
**Miniature**  
**Horse**



Erik Lehane

## THE GAITWAY GROUP



Superman, Spiderman, Wonder Woman, and active seniors — what do they all have in common? Incredible superpowers. Yes, you are a superhero in your own right! While you may not be able to fly or scale buildings, you possess type two muscle fibers (fast twitch) that grant you the power to live life to the fullest in your later years.

The key equation that can change your life is: Force x Acceleration = Power. Power is our life force. It signifies independence and quality of life, and it's derived from our type two muscle fibers.

However, like the big guy with the red cape, active seniors have a weakness — a kryptonite. If they fail to stimulate their type two muscle fibers, they begin to lose them at an alarming rate, and consequently, their power plummets.

What does this decline look like? Next time you're at the grocery store, take a moment to observe. It can be disheartening.

Even more concerning, many well-intentioned seniors are missing the mark. Traditional exercise has its benefits, but most do not effectively engage fast-twitch muscle fibers. In fact, some forms of exercise may even accelerate the loss of these fibers.

Remember the equation mentioned

earlier: Force x Acceleration = Power (type two stimulation). To activate your type two fibers, you need to generate strength quickly and explosively. Think sprinting, jumping, bounding, and leaping. Yes, active seniors can safely perform these activities with the right coaching.

The encouraging news is that you can start building type two fibers at any age, although starting sooner is preferable.

Begin today. Regardless of your current fitness level, exercises can be modified to engage your type two muscle fibers — provided you have no contraindications to exercise.

For example, try marching as fast as you can from a chair for 30-second intervals, squatting up and down quickly at your kitchen counter for 10 reps, adding 20-second running intervals to your daily walk, or performing rapid floor transitions 10 times in under 25 seconds. You can even press a gallon of water overhead explosively for added resistance. You don't need fancy equipment or a gym, just a bit of time. Your daily activities can even be tweaked into type two stimulating movements.

As Spiderman's uncle wisely noted, "with great power, comes great responsibility." However, I prefer to say, "with great responsibility, comes great power." By exercising in a proactive and preventative manner, we can responsibly leverage the superpower of our type two muscle fibers and add life to our years!

Erik Lehane, a dedicated physical therapist with expertise in preventive care, is the visionary founder behind The Gaitway Group (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.

## Mental Health

Continued from page 2

from Huntsman Mental Health Institute and the Ad Council.

Rivera experienced hardship while growing up in Puerto Rico, moving to the Midwest and eventually laying down roots in rural Georgia. In the PSA video, she talks about her story, saying "I've been through a lot" including trauma, anxiety and depression. For Rivera, the goal of sharing her story is to help others who may be going through the same thing. She advocates for people to seek professional help when needed, and shares how daily practices can also be helpful—such as spending time in

nature, journaling and finding time for prayer or reflection.

On her mental health journey, Rivera found solace in one unique benefit of living in a rural place: easy access to nature. "When I come home exhausted, there's nothing more rejuvenating than stepping into my backyard. Cooking with the door open, letting the breeze in and stealing a few moments on my deck to listen to a mental health podcast."

Another benefit of rural living that has supported her healing: having a close-knit community. When it comes to mental health, one key step is finding people with whom you can talk openly. Rivera is a strong

**LOURY'S**  
**LAND SERVICES LLC**

**352-427-2423**

LAND CLEARING - SITE PREP - DRIVEWAYS  
DEMO - DEBRIS REMOVAL - BUSH HOGGING

FREE ESTIMATES      MARION - CITRUS - LEVY

# CKJ Photos 13

Professional Photographer

**C KAY JOHNSON**  
**THE LADY WITH THE RED CAMERA!**

EMAIL: CKJPHOTOS13@YAHOO.COM  
PHONE: 352-299-3870  
(LEAVE A MESSAGE)  
FACEBOOK.COM/CKJPHOTOS13

- FAMILY OR GROUP PHOTOS
- CHILDREN'S BIRTHDAY PARTIES
- HIGH SCHOOL SENIOR PICTURES
- BABY REVEAL PHOTOS
- ENGAGEMENT
- BUSINESS OR ID PHOTOS
- PUBLIC OR PRIVATE EVENTS
- REUNIONS AND RECEPTIONS
- NO WEDDINGS
- PROFESSIONAL PHOTOGRAPHER PERMIT FOR SHALOM PARK.

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

MISSION: To be the catalyst for a prosperous community.

**INVEST. ENGAGE. GROW.**

**BENEFITS OF PARTNERSHIP**

- ATTEND OUR EVENTS**: The CEP produces over 100 events per year, including networking, educational, forums, and more... Get engaged!
- EARN CREDIBILITY**: Research shows businesses who belong to a chamber are more successful. Raise your reputation!
- IMPROVE YOUR SKILLS**: The CEP offers 3 monthly skill building opportunities and one 1/2 day workshop each year. Gain knowledge!
- INCREASE YOUR VISIBILITY**: Listings in our online & printed directory, mailing lists, and advertising opportunities. Be seen!
- SAVE MONEY**: Get discounts on office supplies, printing, and more. Plus, a lot of perks for employee discounts. Start saving!
- MAKE MORE MONEY**: Build your brand. Expand your business. Referrals & recommendations pay. Grow your business!
- GET BUSINESS SUPPORT**: The CEP is your business partner—meeting needs. Get advice at 10 a.m. & 10 a.m. Wednesdays. Make a member!
- RECRUIT TOP TALENT**: List your job openings with the CEP to recruit your next staff member. Expand your team!
- GET BUSINESS SUPPORT**: The CEP is your business partner—meeting needs. Get advice at 10 a.m. & 10 a.m. Wednesdays. Make a member!
- EXPAND YOUR NETWORK**: Join the CEP & add hundreds of professionals to your network. Increase your revenue. Get inspired!
- ADVOCATE**: The CEP is a single, strong, unified voice that advocates politically for your business. Get in support!

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.

**Ready to Move Your Business Forward?**  
Jennifer Madden, Director of Partner Relations  
352.629.8051 Jennifer@OcalaCEP.com  
Visit us online at [www.OcalaCEP.com](http://www.OcalaCEP.com)





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](http://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](http://HABITATOCALA.ORG)

WE OFFER  
COMMUNITY  
SERVICE HOURS!

\*RESTRICTIONS MAY APPLY\*



HELP WITH VARIOUS  
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](mailto:TSTARR@HABITATOCALA.ORG)

FOR MORE INFO, VISIT OUR  
WEBSITE AT [HABITATOCALA.ORG](http://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.



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.



Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Payment enclosed: \$ \_\_\_\_\_

Visa  M/C  Discover Card # \_\_\_\_\_ Exp date: \_\_\_\_\_ Code: \_\_\_\_\_

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

FROM THE DESK OF

ATTORNEY GENERAL MOODY



Owner Of Home Health Services Agency And Parent Of Disabled Child Arrested For Medicaid Provider Fraud

TALLAHASSEE, Fla.—Attorney General Ashley

Moody's Medicaid Fraud Control Unit announced the arrest of the owner of a home health services agency and a parent of a disabled child for Medicaid provider fraud. Latrena Marie Thomas is the owner of A River's Journey, a home health care agency with residential home care facilities located in Yulee and Jacksonville. Thomas is accused of hiring non-licensed individuals to provide hands-on personal care services to Medicaid recipients.

READ MORE:

<https://tomlpublishing.com/florida-news/owner-of-home-health-services-agency-and-parent-of-disabled-child-arrested-for-medicaid-provider-fraud/>

Attorney General Moody Activates Price Gouging Hotline For State Of Emergency Following North Florida Tornadoes

TALLAHASSEE, Fla.—Attorney General Ashley Moody is activating Florida's Price Gouging Hotline following a state of emergency declaration for the North Florida tornadoes. The order follows Governor Ron DeSantis's state of emergency declaration covering Baker,

Columbia, Gadsden, Hamilton, Jefferson, Lafayette, Leon, Liberty, Madison, Suwannee, Taylor and Wakulla counties.

READ MORE

[:https://tomlpublishing.com/florida-news/attorney-general-moody-activates-price-gouging-hotline-for-state-of-emergency-following-north-florida-tornadoes/](https://tomlpublishing.com/florida-news/attorney-general-moody-activates-price-gouging-hotline-for-state-of-emergency-following-north-florida-tornadoes/)

Resources For Seniors During National Elder Law AND OLDER AMERICANS MONTHS

TALLAHASSEE, Fla.—May is National Older Americans Month and Elder Law Month, and in recognition, Attorney General Ashley Moody is sharing helpful resources for Florida seniors. Attorney General Moody is committed to protecting the more than 5.5 million seniors who call Florida home. The Florida Attorney General's Office offers and promotes several resources to assist older Floridians who fall victim to scams, fraud and exploitation.

READ MORE

<https://tomlpublishing.com/florida-news/attorney-general-moody-shares-resources-for-seniors-during-national-elder-law-and-older-americans-months/>

READ MORE PRESS RELEASES FROM STATE AUTHORITIES AT:

<https://tomlpublishing.com/category/florida-news/>

FROM THE DESK OF

GOVERNOR DESANTIS



Governor DeSantis Signs Legislation to Keep Lab-Grown Meat Out of Florida

H A R D E E C O U N T Y , Fla. — Today, Governor Ron DeSantis signed SB 1084 to prohibit the

sale of lab-grown meat in the state of Florida. Florida is taking action to stop the World Economic Forum's goal of forcing the world to eat lab-grown meat and insects, "an overlooked source of protein." While the World Economic Forum is telling the world to forgo meat consumption, Florida is increasing meat production, and encouraging residents to continue to consume and enjoy 100% real Florida beef.

"Today, Florida is fighting back against the global elite's plan to force the world to eat meat grown in a petri dish or bugs to achieve their authoritarian goals," said Governor Ron DeSantis.

READ MORE

<https://tomlpublishing.com/florida-news/governor-desantis-signs-legislation-to-keep-lab-grown-meat-out-of-florida/>

Governor DeSantis Ensures Order on Florida's University and College Campuses

GAINESVILLE, Fla.—Today, Governor Ron DeSantis touted Florida's success in maintaining order and ensuring student safety on Florida's campuses. In Florida, pro-Hamas encampments were disbanded in

minutes, and Jewish students were kept safe from harassment.

"In Florida, we prioritize order and student safety on campus," said Governor Ron DeSantis. "While other states allowed their college campuses to be vandalized and taken over by antisemitic agitators, Florida held the line."

READ MORE

<https://tomlpublishing.com/uncategorized/governor-desantis-ensures-order-on-floridas-university-and-college-campuses/>

Governor Ron DeSantis and First Lady Casey DeSantis Highlight the Success of Hope Florida and Present Awards to Hope Florida Partners

Hope Florida has helped nearly 30,000 transition off of government assistance and is consequentially estimated to save Florida taxpayers nearly \$800 million dollars over the next 10 years.

PANAMA CITY BEACH, Fla. —Today, Governor Ron DeSantis and First Lady Casey DeSantis highlighted the success of the Hope Florida Initiative and awarded seven Panhandle nonprofit organizations with \$20,000 each through the Hope Florida Fund. Recipients recognized by the Governor and First Lady were: ....

READ MORE

<https://tomlpublishing.com/florida-news/governor-ron-desantis-and-first-lady-casey-desantis-highlight-the-success-of-hope-florida-and-present-awards-to-hope-florida-partners/>

Your "SOURCE" for News, Talk, Music, Sports, Prizes, & More!

ON AIR

TUNE IN

THE SOURCE News-Talk-Music-Sports

96.3 FM 1370 AM

WOCA

# Mental Health

Continued from page 8

supporter of this idea, saying “Accepting help means that we are allowing somebody to bless our lives.”

She has also found ways to share that hope with her community. She organizes group activities to create “mental health boxes” for individuals who are struggling or being seen for inpatient mental health care. The boxes contain such things as

reminders of family and loved ones, items to help with daily self-care and positive messages and quotes.

### Expert Opinion

The notion of leaning into your community for support is one that's also backed by experts. Dave Eldredge from Huntsman Mental Health Institute says, “The reality is, we all have mental health—just like we all have physical health. And when we take care of our minds, we can show up stronger in our work and for

the people we care about.”

Eldredge grew up in both rural Utah and rural Idaho and knows that talking about mental health in rural communities can feel difficult at first. “A big part of the challenge can be our mindset. We pride ourselves on being self-reliant, and that can be a wonderful thing. But when we open up to others for a helping hand or just a listening ear, we can actually be stronger.”

### Online Help

To empower individuals and break down

the stigma that can sometimes exist with this topic, the “Love, Your Mind” campaign launched a website with free mental health resources at [LoveYourMindToday.org](http://LoveYourMindToday.org). As Eldredge says, “We want people to know that they are not alone, and resources like [LoveYourMindToday.org](http://LoveYourMindToday.org) are a great place to take steps forward for your mental health. Together, we can change the narrative around mental health in rural communities across the country.”

Answers page 12



CORNER

### Across

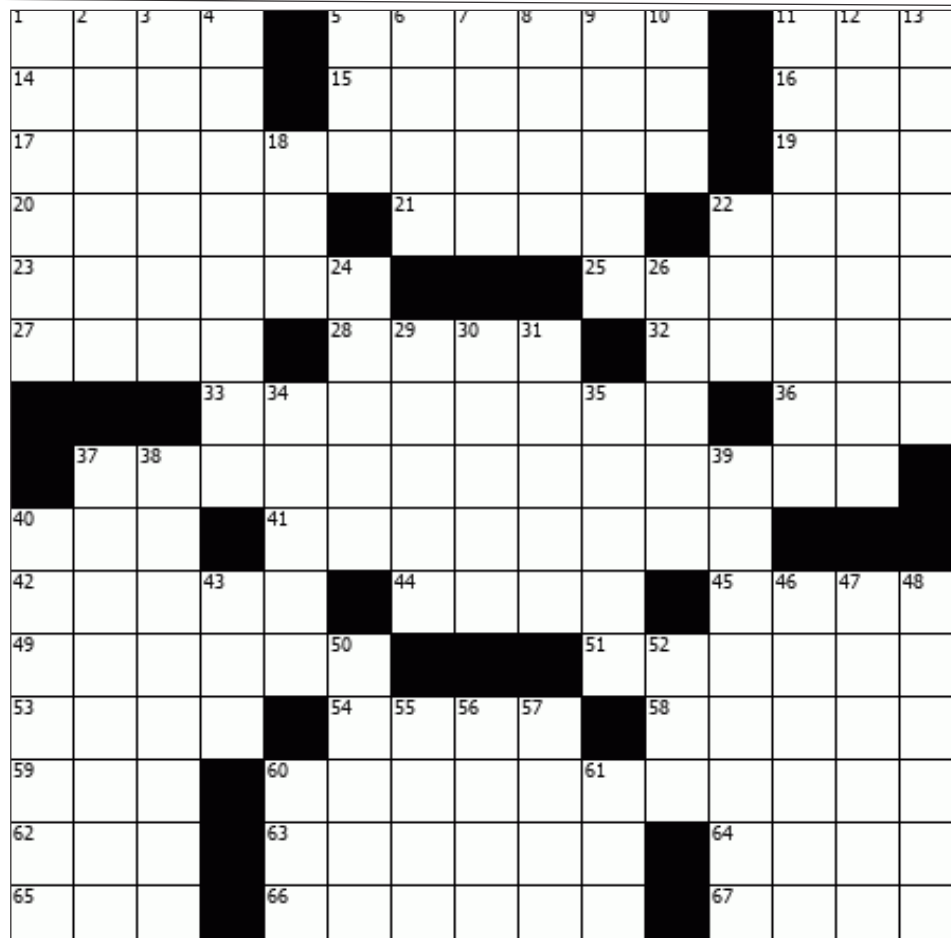
- 1. Another name for Jersey Standard
- 5. Bit of music
- 11. Sounds of meditation
- 14. Look like a satyr
- 15. He was Sinatra in "The Rat Pack"
- 16. Skirt, as the hoop
- 17. Pie throwing?
- 19. It's just what a feller needs
- 20. Menotti's shepherd boy
- 21. Halfway, to begin with
- 22. Rob Roy or Captain Kidd
- 23. Small stuffed triangular turnover
- 25. "All the President's Men" director Alan
- 27. Lacking height or depth
- 28. Devil-may-care
- 32. Crow toe
- 33. Vanquish
- 36. Palindromic potentate
- 37. Watergate hanging?

40. Cat's paw?

- 41. Nobel honoree
- 42. Tuned in
- 44. Kind of period or stop
- 45. Rank and vile
- 49. Defer to everyone else
- 51. Lampoon
- 53. Wet blanket?
- 54. Empowered
- 58. B in chemistry
- 59. TV show stoppers
- 60. Secret meetings with the queen?
- 62. "Stagger \_\_\_" (1959 Lloyd Price chart-topper)
- 63. Pamplona's peninsula
- 64. Hit the roof, like Santa
- 65. Slip or trip
- 66. Sinatra's Big Band boss
- 67. Dirty old man

### Down

- 1. West Texas birthplace of Debbie Reynolds and Bill Paxton
- 2. Queeg or Queequeg
- 3. Tahini ingredient
- 4. Like Sunni Muslims
- 5. Laminated layer
- 6. Blow off steam?
- 7. Hitchcock's first color film
- 8. Split bit
- 9. Pay off a poker debt, perhaps
- 10. Word between two dogs
- 11. Prophetic
- 12. Skill with screwdrivers, rusty nails, and more
- 13. Bohemian composer of "The Bartered Bride"
- 18. "Treasure Island" monogram
- 22. Caribbean calypso cousin
- 24. Big game locale
- 26. What this is only
- 29. Pianist Rubinstein or Schnabel
- 30. Throw a \_\_\_ into
- 31. Some are high and some are false
- 34. Meadow mice
- 35. Lamb, ham, and Spam
- 37. "Ohh, that explains it!"
- 38. 1964-65 Beatles tune
- 39. Refuse to choose booze
- 40. Garage disposal?
- 43. Rarer than rare
- 46. Two-fisted
- 47. Double-edged
- 48. Margin-of-victory unit
- 50. Exercise system developed by Billy Blanks
- 52. Exercise target
- 55. Welsh rarebit ingredient
- 56. Crossword fillers (abbr.)
- 57. The shallowest of HOMES
- 60. Auction action
- 61. "I completed the crossword!"



**Bee's Knees!**

I sold it on [Ocala4sale.com](http://Ocala4sale.com) and you can too!

Ocala **4sale**.com

Marion County's Internet Marketplace

FROM THE DESK OF

# CONGRESSWOMAN KAT CAMMACK



## Bill To Rename Melrose Post Office Signed By President Biden

WASHINGTON, D.C. — President Biden signed into law Congressman Aaron Bean (FL-04) and Congresswoman

Cammack's bill to rename the Melrose, Florida post office after local letter carrier Pamela "Pam" Jane Rock, who tragically died after sustaining injuries while delivering mail in northeast Florida.

"Pam had a servant's heart, and it was obvious in the way she lived her life. While her time on this earth was tragically cut short, she served the U.S. Post Service with passion and integrity," said Congressman Bean. "Designating the Melrose Post Office in her name will honor her legacy in the community she loved. I am very proud to see our bill signed into law officially memorializing Pam's memory and commitment to Floridians.

"I'm glad to see the bill to rename the post

office after Pamela Rock signed into law. It's been a long time coming to honor Ms. Rock's memory, and I look forward to soon seeing her name on the side of the post office in Melrose. We hope this measure brings some comfort to her family and those who had the honor of working alongside her for many years," said Congresswoman Cammack.

"We would like to thank Congressman Bean and Congresswoman Cammack for their tireless efforts in securing the name of this USPS facility for our beloved sister Pam," said the Rock Family. "Pam was a devoted USPS employee who was sadly taken away from us while working in the line of duty. The naming of this facility honors Pam and her life of service, and is a comfort to all of us."

## Rep. Cammack Joins Rep. Roy In Fight To Save American Elections

WASHINGTON, DC — Representative Kat Cammack joined Chip Roy (TX-21) and a group of 48 GOP House members in introducing the Safeguard American Voter Eligibility (SAVE) Act to protect U.S. elections.

Since President Biden took office, millions of illegal aliens have poured into our country illegally and many are given the opportunity to register to vote in federal elections. The SAVE Act would thwart Democrat efforts to cement one-party rule by upholding and strengthening current law that permits only U.S. citizens to vote in Federal elections.

Representative Roy said, "Secure elections are a key cornerstone for any representative government; without them, we won't have a country. Radical progressive Democrats know this and are using open border policies while also attacking election integrity laws to fundamentally remake America. That's why I am proud to introduce the SAVE Act with Speaker Johnson and my Republican colleagues, along with the invaluable support of citizens and organizations that recognize we must end the practice of non-citizens voting in our elections."

"As we approach the 2024 elections, the American people must have absolute certainty in the integrity of our election system. This bill would fortify federal elections by ensuring that only American citizens vote in American elections. I am grateful to Congressman Roy for his important leadership on this critical issue and for introducing this legislation in the House," said Speaker Mike Johnson.

"Illegal immigrants and non-citizens across the nation are being improperly registered to vote, allowing them to cast illegitimate ballots in federal elections," said Senator Mike Lee, who has companion legislation in the Senate. "At a time when trust in voting is more important than ever, we must stop foreign election interference and pass the SAVE Act. Voting is both a sacred right and

responsibility of American citizenship, and allowing the people of other nations access to our elections is a grave blow to our security and self-governance. I'm proud to stand with Chip Roy to save our democratic process and representative government."

The SAVE Act would protect and preserve the right of American citizens to vote by:

- Requiring states to obtain proof of citizenship – in person – when registering an individual to vote.
- Requiring states to remove non-citizens from existing voter rolls.

Read TomL Newspapers Online 24/7  
TomLPublishing.com

E	S	S	O		P	H	R	A	S	E		O	M	S		
L	E	E	R		L	I	O	T	T	A		R	I	M		
P	A	S	T	R	Y	S	P	O	R	T		A	X	E		
A	M	A	H	L		S	E	M	I		S	C	O	T		
S	A	M	O	S	A					P	A	K	U	L	A	
O	N	E	D		R	A	S	H		T	A	L	O	N		
					O	V	E	R	C	O	M	E		A	G	A
	N	I	X	O	N	T	A	P	E	S	T	R	Y			
T	O	M		L	A	U	R	E	A	T	E					
A	W	A	R	E		R	E	S	T		E	V	I	L		
G	O	L	A	S	T					S	A	T	I	R	E	
S	N	O	W		A	B	L	E		B	O	R	O	N		
A	D	S		B	E	E	T	R	Y	S	T	I	N	G		
L	E	E		I	B	E	R	I	A		A	L	I	T		
E	R	R		D	O	R	S	E	Y		L	E	C	H		

**FREE ESTIMATES 622-5748**

Glass Rooms  
Screen Rooms  
Replacement Windows  
Garage Screens

**OSWALD ALUMINUM**

7821 W. Hwy 40 Ocala

[www.oswaldaluminum.com](http://www.oswaldaluminum.com)

Do-It-Yourself Kits Now Available

LICENSED SCC  
131149834 • INSURED

Check Out Our Rent-To-Own Sheds!

**Businesses You Can Trust!**

**OCALA**

Business Leaders

If you are looking to build your business, be our guest.

6:45 AM – 8:00 AM at Ocala

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

**GIVE**

Support the heART of our community.

**mcaocala.org**