

Jaye Baillie Graduates from Institute



Jaye Baillie, APR, IOM, President and CEO of the Ocala/Marion County Chamber of Commerce has graduated from Institute for Organization Management (Institute), a four-year nonprofit leadership training program at the Loyola Marymount University in Los Angeles, California.

"Institute graduates are recognized across the country as leaders in their communities," said Raymond P. Towle, IOM, CAE, the U.S. Chamber's vice president of Institute for Organization Management. "These individuals have the knowledge, skills, and

(Continued on Page 7)

OBL Holds Political Forum



Kurt Kelly
For Congress
District 8



Tony Mendola
For Marion
County Commis-
sion, District 2



Don Browning
For Congress
District 6



Dean Blinkhorn
For
School Board



Tom Patrick
For School
Board
District 4



Kathy Bryant
For Marion
County Commis-
sion District 2



Robert Hodges
For Circuit Court
Judge



Owen Hayden
For Marion
County Commis-
sion District 4

Interviewing Jackie Porter

By Staff Writer

The questions and answers with Jackie Porter were so popular last month we decided to continue them one more time. So far we seem to have a 4 part series going.

Question? Where are you currently with the Dunnellon High School Roof Warranty Issue & Public Information Requests?

Answer! Before August 1st I will have the opportunity to review all records the Superintendent provides. I have been informed there is new information from Honeywell since the June 3rd workshop. I am eager to share my findings in the next issue of the Seniors Voice and Ocala DownTown. I feel like all avenues of cost savings measures need to be taken including warranty claims throughout the school district.

Question? What issues for the upcoming 2010-2011 school year are you most concerned about?

Answer! I will be looking at the budget

shortfall due to taxable property values declining. When property taxes decline that means there will be less revenue provided by taxpayers to the school district. The school district must make budget reductions based on those revenues. The Superintendent's proposed budget will be submitted for review to the school board members on July 22. Workshops will be conducted throughout August to find additional ways to save taxpayers' money. The final budget will be voted on at the September 14th school board meeting. Readers are encouraged to e-mail cost savings ideas through my website at www.jackieporter.com.

Question? Have you had anyone submit cost saving proposals to you?

Answer! One proposal from a concerned citizen was to eliminate the summer enrichment programs. These programs include transportation to schools for courses such

(Continued on Page 7)



Carl Zalak
For
Marion County
Commissioner



Les Smith
For
Marion County
Commissioner

The political forum proved to be an interesting morning. Each candidate made a short speech and after everyone had spoken, each one was asked a question by the audience. I was impressed by all of them. Won't be long now!

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Mr. PC

By Patti Lewis

What You Need To Know About Wireless Security

We've all heard the advice to run an anti-virus program and to make sure that Windows updates run automatically. We've been told not to open e-mail attachments if we aren't 100 percent sure what they contain, and to be careful on social networking sites. Computer security doesn't stop with those steps. There are a few other common-sense things that we can do to keep our computers, and networks, more secure.

It seems that wireless networks are everywhere these days, from our favorite coffee shops to our homes. While wireless Internet access has certainly made it easier to stay connected, it also poses some risks. There are some steps we can take, at home and away, to make things a bit safer.

A wireless network is convenient, but can let people steal your bandwidth and allow unauthorized access to your computers.

When you installed your wireless router, did you change the default settings on it? Many people don't. This is a huge mistake. Failing to change the network name, and add a password, means that anyone with a wireless-enabled device (such as a laptop or smart phone) can access the Internet using your network. You pay for your Internet connection; why should your neighbors (or passers-by) be allowed to freeload?

Why would this be a problem? A person who is using your Internet connection could be using it for less-than-legal reasons.

They also could be downloading huge files, such as movies, which would significantly slow down your connection. Also, allowing Joe Schmoie to have access to your network means that he also could be looking at what you have on your home computers. Even worse, he could be using your computers to send out spam e-mail messages, serve pornography and distribute viruses. Having your computers on an open network is bad news.

What can you do? Take steps to block access.

Be sure to change the SSID (name of your network), and put a password on your network. You may wish not to broadcast your network name and availability at all. It is also possible to restrict network access only to certain devices in your home or office. This would mean that someone can't just walk in, or walk by, and get on your network.

Another way to discourage nosy neighbors and others from poking around in your network is to make sure that there isn't a strong signal for them to find. You can do this by placing your router in a central location inside of your home, rather than against an outside wall or near a window. Your house would still be well under the coverage area for your router, but the neighbors might not.

What works even better is a SonicWall Internet security appliance. A SonicWall can replace your standard wireless router, and acts as a sentry between your home network and the outside world. You can filter entire categories of content, such as spam, sexually explicit material, violence, gambling, or social networking sites, to name a few. You can define exactly what you don't want to reach your computers, and it won't.

When using a public wireless network (or an improperly secured network), you also have to be cautious. You don't know who's on the network, so avoid conducting transactions that involve sensitive information, such as credit card or Social Security numbers. Be sure that your Windows firewall is turned on. Another thing to consider: make sure no one's looking over your shoulder when you enter passwords or other personal information.

The folks here at Mr. PC can come to your home or office and make sure that your wireless network is secure. We can password-protect your router, and make sure that your computers all have the latest anti-virus software and Windows updates installed. We also can discuss how a SonicWall can prevent intrusions into your network.

Editor's note: Patti Lewis is the Custom-



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Tom Loury

PUBLISHER'S NOTES

Congress says they are looking into this Bernard Madoff scandal. Oh Great! The guy who made \$50 Billion disappear is being investigated by the people who made \$1.5 trillion disappear!

Communication is very important, but texting can be a hazard to your health and down right rude some times. I have seen drivers going down the road seventy miles an hour while texting, they are all over the road and are not aware of what is going on around them.

I was recently at a very nice luncheon where we had top notch speakers. Two out of eight people at the table were texting the whole time. I think it is addictive. It's not for me, I will not start because it is too time consuming.

The cell phone is great, it saves me a lot of time, I can get back to people fast. It is important to my business to keep myself available to our salespeople, clients and the 20 part-time people it takes to put out our newspapers.

Internet backup: What would you do if the Internet went down for a long period of time. Would your business survive it? You need a backup plan. As I'm working on the newspapers, I copy on what I refer to as a memory stick. In different stages I

will update my information. If I had to, I could mail or hand carry the memory stick to my Graphic artist. When completed at the Graphic Artist we could again put the info on the memory stick and hand carry it to the printer. In this volatile world there is not reason to believe that some time the net will be a target, probably already is. So make a backup plan just in case.

I'm still not sure I heard this information correctly. The person in charge of the space program has been instructed to make the Muslims feel good about themselves and feel good about their scientific contributions in the past.

Danger of Methane gas in the Gulf

Lee Iacocca has not been in the spotlight for a while. He is a great American, he always has been. He is eighty two years young and still looks great. His is speaking out like he might want to take on a big challenge as he did when he pulled Chrysler out of the hole. You do know there was a team under him who helped him pulled Chrysler out of ruin. Yes Lee was the main one! I can't recall the guy's name but he was in charge of the Ford racing team, he later married a Chrysler and then he purchased Team National which is a huge multi million dollar company. That

being said Lee said some great things in a recent email/rant. I could pull out 4 or 5 famous quotes out of these writings.

We should make him our leading economist with a great team behind like before, he picks the team. I believe as long as he has his health he could do even greater things now. We are so much further in the hole than Chrysler was, but we have more to work with, we the people!

The Ocala DownTown is really creating a stir, so are my writings about Jacki Porter. It seems as though the roofs still had a manufacturing warrantee which they are checking out now. She is opening the eyes of the taxpayers in Marion County. This is just the tip of the iceberg, I predict there will be other things uncovered now that this is being looked at. There may be grounds for an outside agency to look at the process. Of course I'm just guessing but I think more will come.

I am following a new philosophy, this quote describes it best by Ralph Waldo Emerson.

"Do not go where the path may lead, instead go where there is no path and leave your own trail."

A lot of people are saying where are the jobs that were promised. The stimulus is being spent on everything but stimulating small businesses who are the only people that can show growth to escape the recession. They have created 0 jobs.

In big business hundreds of thousands of jobs could be created by stimulating the nuclear power program. It takes eight thousand people eight years to build a nuclear power plant. If the federal Government approved ten in every state, helping by promising guaranteed low interest notes, the unemployment problem would be all but over. When constructed it takes two thousand people to run the nuclear power plant and it will be cheap electricity.

Of course I'm leaving out the strategic plan on the timing and such but the end results will be clean power, less energy consumption to produce the power making it cheaper for the consumer.

We are a big, strong, smart nation, beware to anyone inside or outside our country that tries to distort or change our constitutional right. When backed against the wall we will out-fight, out-smart, out-produce any country in the world.

All the talk about helping the small businesses hire more people is not working. The only thing the federal government is good at is bungling projects like the electric car factory that they gave millions of dollars of our tax money and are doing a contract for batteries outside the country. The car or truck costs three times what a regular truck costs.

Enough is enough, NO MORE LIP SERVICE.....

JUST DO IT!

Newspaper Deadlines

Editorial & Ad Copy for September

Seniors Voice & Ocala DownTown
12am, August 18th

Lady Lake Magazine & Village Spectator
12am, August 25th

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Publisher Tom Loury 352-804-1223 Fax: 352-489-7208 TLoury@earthlink.net	General Manager Wendy Netherclift Ocala Office 237-5396 Cell 895-4168
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■—Ellen B. Wilcox—■

MONEY MATTERS

by Ellen B Wilcox*

Most folks don't plan to fail: They just fail to PLAN!

I recently had the pleasure of speaking with Debra Castaldo, PhD, a couples and family therapist practicing in New York. Dr. Castaldo, or Dr. Deb, as she is more popularly known, focuses her counseling practice on women, specifically divorced and divorcing women. In my own 30 year career in financial planning, I have had the joy and the anguish of working with many women contemplating divorce, facing divorce or dealing with the financial aftermath of divorce. Dr. Deb and I wondered if there was a connection here.

She and I shared some interesting stories about our own lives as well as our own business practices in preparation for a radio show we will collaborate on in late July. Unknown to each other, we discovered that we were both Pennsylvania natives, with strong stoical upbringings, that we had both divorced, and that we had both become significantly successful afterwards. Hmmmmmm..... Is there a message here? We plowed on with our conversation, and we determined that the message is loud and clear, and it bears further exploration.

Going back to our roots, we acknowledged that children learn not only what they are taught, but also what they observe. A no-brainer, you say? But, wait! Subtle messages pass us every day and all day, not

just when we're children. Ah, yes, but it is well documented that messages received during childhood, and from those closest to us, generally our parents and other family members, remain deeply entrenched for a lifetime. Modifying or erasing those messages presents a formidable task. Even skilled psychologists and psychotherapists are often not able to help us affect departures from that which is ingrained.

We live in an era of planned obsolescence and what a friend of mine calls a "throw-away society." If it doesn't work, get rid of it. If it hasn't been used, toss it! Unfortunately, we have applied these attitudes to relationships as well as to material possessions.

Consider that the divorce rate in the US shows that more than 50% of all first marriages fail. Surprisingly, 75% of subsequent marriages also fail. Specifically regarding women in these marriages, Dr. Deb and I explored what lies behind this phenomenon. We agreed that there are several core issues women face that are not, for the most part, also faced by men. Financial issues play a key role.

First and foremost, women are generally not exposed to financial matters, especially in childhood. This leads to a feeling of financial incompetence for most women. As this feeling is reinforced, women tend to back away from financial matters, often leaving these issues entirely to their male

counterparts. It is not unusual, for instance, for an adult woman to refuse to deal with financial information and financial events. (Check this out at your next cocktail party. Try discussing the day's financial report with any woman present!)

Based on a feeling of financial incompetence, many women make relationship decisions based on their own deeply perceived need for financial security. It doesn't take a rocket scientist to understand the fallacy of such a decision making process. In older women, the feelings are deep-seated, more prevalent, and more difficult to reverse. This is also true of younger women with children. (Divorcing women without children face some different obstacles. These are explored in Dr. Deb's book, "Divorced Without Children")

So, what should women facing divorce do to feel more financially competent? As with anything, identifying and acknowledging the issue is the first step. Next, make a plan for dealing with the situation. Enlist the help of those in similar circumstances in a local support group. Consult experts such as therapists, financial advisors and attorneys who have extensive experience in

handling similar cases. Take a class, read a book, learn financial terminology, develop references and skills. In short, take every possible step to promote that most powerful feeling of financial competence. Brighter horizons will follow!

*Ellen B Wilcox is a Registered Principal with, and offers securities through, LPL Financial, Member FINRA/SIPC. Ms Wilcox is President and CEO of Wilcox Wealth Management, a Registered Investment Advisor.

Wilcox Wealth Management is a separate entity from LPL Financial. Ms Wilcox may be reached at Ellen@ellenwilcox.com or www.ellenwilcox.com <<http://www.ellenwilcox.com/>> .

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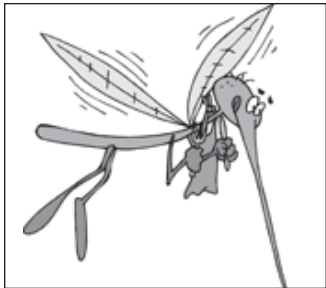
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Mosquito-Borne Disease Advisory

MOSQUITO-BORNE DISEASE ADVISORY ISSUED FOR LAKE COUNTY

-- Two Recent Cases of Eastern Equine Encephalitis Confirmed --

Lake County – The Lake County Health Department has received confirmation of two horses that tested positive for the Eastern



Equine Encephalitis (EEE), a mosquito-borne disease. No human cases of

any mosquito borne illnesses have been reported, however, the risk of transmission to humans is possible. This virus can cause mild to severe symptoms in humans including a serious brain infection. Horse owners can help reduce illnesses by talking with their Veterinarian to make sure their horses are properly vaccinated.

The Lake County Health Department reminds residents and visitors to avoid being bitten by mosquitoes that may cause encephalitis disease. Lake County Mosquito Control and the health department continue surveillance and prevention efforts and encourage everyone to take basic precautions to help limit exposure by following the department of health recommendations.

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Jaye Baillie Graduates from Institute

(Continued from Page 1)

dedication to achieve professional and organizational success in the dynamic association and chamber industries."

Since 1921, Institute has attracted association and chamber professionals from across the country to its five university sites. During the four years, most Institute participants attend the one-week sessions at the same site, building valuable relationships with others in the industry. Through a combination of required courses and electives, Institute participants are able to enhance their own organizational management skills and add new fuel to their organizations, making them run more efficiently and effectively.

"Institute provides the most comprehensive professional development available in our profession," said Russell C. Salzman, IOM, CAE, CEO and Executive Vice President of the Institute for Real Estate Management and chairman of the Institute Board of Trustees. "The program allows attendees to share today's best practices in an ever changing economic environment."

Graduates of Institute receive the IOM recognition, signifying completion of 96 hours of course instruction in nonprofit management. In addition, participants can earn points toward the Certified Chamber Executive (CCE) or Certified Association

Executive (CAE) certifications.

"The Institute experience is one of a kind in terms of quality content. Its primary focus is to ensure comprehensive understanding of the Chamber environment and its value propositions; economic and community development and industry trends. All in an effort to remain relevant for our members and our community. The content is delivered by subject matter experts well regarded in their field. Institute ignites those who experience it and provides a cohort group of nearly 40 as a 'go to' reference for ideas and solutions", Jaye Baillie said of her time at Institute.

Jaye featured with Jerry Wheeler, Chairman of the West Institute Board of Regents (Left) and Russell C. Salzman, IOM, Chair for the National Board of Trustees of Institute (Right)

Institute is a 501(c) (3) affiliate of the U.S. Chamber of Commerce and is the premier nonprofit professional development program for nonprofit professionals, fostering individual growth through interactive learning and networking opportunities.

The U.S. Chamber of Commerce is the world's largest business federation representing the interests of more than 3 million businesses of all sizes, sectors, and regions, as well as state and local chambers and industry associations.

Interviewing Jackie Porter

(Continued from Page 1)

as Yearbook Boot Camp, Tennis for Beginners, and Beginners Dance Class among over 100 other summer enrichment courses. The school district provided the citizen who proposed the elimination of the summer enrichment courses with an estimated cost of \$850,000 for the summer of 2010. When the summer school program was originally submitted to board members it was for credit recovery and remedial courses only.

Question? Is there anything new about

the school district that you can share with our readers?

Answer! There are new requirements for Science and Math that will move our students into a global learning environment to better prepare them for their future. The new Marion Oaks Elementary School will have a ground breaking ceremony in September with an Exceptional Student Educational Facility.

"More to come next month."

Your Opinion matters to us!

Let us know what you think about the Seniors Voice and Downtown. 804-1223



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—Mike Netherclift

THE WORLD IN REVERSE

“Do You Have The Family Castle Syndrome?”

For many seniors, the most valuable asset is their home. According to the Society of Certified Senior Advisors, more than 50% of Americans over age 65 own their home free and clear. An additional 25% have considerable home equity with a small current mortgage balance. Some of these homeowners are house-rich and cash-tight.

Many of today's seniors grew up during the Great Depression and have lived through World War II. They are very frugal and conservative when it comes to financial planning. A paid off home with no mortgage represents stability and security to them. Consequently, many seniors have developed a Family Castle Syndrome mentality whereby the home is not viewed as an investment or asset. Instead, the home equity is seen as a right of passage for the kid's inheritance. Their home's equity is not seen as a retirement financial planning vehicle to tap into and create more options during the golden years.

Some seniors do however recognize and truly believe their home equity should be treated just like their social security, their pension, and their 401(k). Unfortunately, some of these senior homeowners, with great intention, have flocked to bankers and lenders to do traditional mortgages and home equity loans which require a new monthly house payment. Seniors do not need another payment. What they really need are OPTIONS! Fortunately, there is good news for

the elderly.

Thanks to Federal Housing Administration and the Federal Department of Housing and Urban Development, senior homeowners age 62 or older can now tap into their home's trapped equity through a senior friendly home equity conversion mortgage program. Seniors can take their cash equity in the form of monthly payments, a lump sum, or place the funds in a growing line of credit, and most importantly never have a monthly house payment while the home is occupied. There are no credit or income requirements and the senior homeowner retains the title and ownership of their home. There are no or very limited out-of-pocket costs and all pay out options are tax free. The program is non-recourse which means the homeowner is totally secure and protected by FHA/HUD and no debt can ever be passed to the heirs.

According to Michelle Graves, the author of Reverse Mortgages: A New Source of Income, the reverse mortgage has evolved into a great financial planning tool that enables seniors to stay in their homes, or age in place, and maintain or improve their standard of living without taking on a new monthly mortgage payment. This allows the Family Castle to be a great financial planning and asset management tool to allow senior homeowners to experience a rich and gratifying retirement.

Mike Netherclift is a contributing writer for the Ocala Downtown, Lady Lake Magazine, Senior Voice, and Village Spectator.

He is Florida's self-proclaimed #1 Home Equity Conversion Mortgage Crusader and advocate for senior citizens. If you would like to book Mike to speak to your organization or senior club about the federally insured HECM Mortgage or listen to a free 3

minute educational recording on the HECM reverse mortgage, call 1-800-830-1261. To contact Mike via phone or email, call toll free at 866.656.8540 or 362-2145 or email him at MikeInReverse@gmail.com

Stuff The Bus

MARION COUNTY, Fla. (July 22, 2010) – From now until Aug. 11, 2010, the Marion County Board of County Commissioners and its 25 departments will collect new school supplies, personal hygiene items and clothing to benefit Operation Stuff the Bus. This annual campaign aims to ensure that Marion County's 1,700-plus homeless children have the tools they need to start school.

The Marion County Employee Relations Committee, composed of representatives from several Marion County departments, is organizing county government's part of this year's event. The items needed include the following. All items must be new.

* School supplies: backpacks, three-ring binders, calculators, pens and pencils, crayons, small dictionaries, folders, colored

markers, dividers, scissors, graph paper, notebook paper and alarm clocks.

* Personal hygiene items: deodorant, shampoo and conditioner, toothpaste and toothbrushes and laundry detergent.

* Clothing: sneakers, shorts, t-shirts, jackets, socks and underwear (all sizes).

The public can drop off donations for the campaign at any county office. The Marion County Public Schools Homeless Children Program, the Military Officers' Association of America Kingdom of the Sun Chapter and other veterans' groups sponsor the campaign. For more details about Operation Stuff the Bus or other initiatives for homeless children, call Suzanne McGuire at 352-671-6847.

In 2009, Marion County employees contributed \$8,517.53 to the campaign.

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THE OMBUDSMAN

The Ombudsman Programs have been around for 35 years. The Long-Term Care Ombudsman Program was created nationally in 1975 as part of the Older Americans Act. This program had a purpose and that was to respond to the needs of residents facing problems in long-term care facilities.

The Older Americans Act was amended to include a requirement that each state develop an LTCOP in order to protect the health, safety, welfare, quality of care and rights of the residents residing in nursing homes, assisted living facilities and adult family care homes.

The Long-Term Care Ombudsman Program is made up of more than 400 volunteers who are dedicated to improving the quality of life for all residents living in these facilities. It takes a commitment from these

special volunteers who offer their time, knowledge and love to be the voice for those who cannot speak for themselves.

Unfortunately many long-term care residents do not have anyone to look out for their best interest when it comes to personal health, safety, welfare and rights. The Ombudsman is a compassionate, dedicated individual who dedicates thousands of unpaid hours to ensure that the voice of Florida's long-term care facility residents' are heard.

It takes a special kind of person to commit to this program. Please join this group of proud volunteers. To learn more about how the Long-Term Care Ombudsman Program can help you or someone you know, call 1-888-831-0404. or visit at <http://ombudsman.myflorida.com>.

Put a Disaster Plan in Place

What would you do if your business lost power for a week?

Do you manufacture something and need electricity? Or do you run equipment to do a service? Like mailing or labeling machines!

Here is what happened to me! I set a plan in place one year prior to this event.

Lightning struck an underground line going to the building of our daily newspaper. It knocked out one whole side meaning half of the building. Our electrical panel was 10 feet wide with doors on them making them not available to the public. I called in the electrician in that I had made a deal with. The deal was that I would use him for our electrical work all year. In return I wanted him to be on call along with his number one electrician in case of emergency.

We met at the plant in 45 minutes. First we assessed what was still running, the press was OK but the prepress equipment did not have power. I had them run jumper leads to provide power to the equipment we needed. We worked in half the lights and was back up and running in 2 1/2 hours. The first assessment was 5 days. I had worked out an emergency plan ahead of time. They threw a big party for me to thank me for the work I had done in advance.

When the power Company restored the power I had the electricians put everything back like it was before the power company turned the power back on.

What I would do if the Internet went

down in the middle of the newspaper production?

Here is what I have planned! As I am writing or as the writers send me stories I receive them on my computer and put them on the memory stick. After I have collected all the stories/copy and ads, at some point the Internet goes down. I got to each writer and collected the stories on the memory stick. I would overnight the memory stick, (I could hand carry if necessary) to my graphic artist in north Florida. I could use fax for minor stuff. If she lost power I would carry my generator to her so she could produce the newspaper. She could then put it on a memory stick and I could hand carry it to the printer or over night it.

What would you do if the cell phones went dead?

I would try to setup a system to forward all calls. I will start printing an emergency number which is my fax number at home. I can put in a machine to answer calls and take messages. Right now the line is dedicated to Internet and fax only. It could be expanded easily.

How would you deal with keeping your business running?

Have the information on your computer and on paper. Know where to find it. Inform the people work with you where to find the plan.

This is a serious issue - put a plan in place.



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Brick City Restaurant located 2019 East Silversprings Blvd Ocala. Pictured is the Ellater family. Al is the chef and does a great job fixing the simplest thing. He can take a fish sandwich and turn it in to a marvelous meal. This is not all of the crew but the ones who were working the day I took these pictures. From left to right Amanda Ellater, Ahmed Ellater Junior, Al Ellater and Irene Ellater. Go in and try them, you won't be disappointed. They are on Silver Springs Blvd just east of staples. Look for their ad in this paper.



Ocala Chamber of Commerce members got a real treat having their After Hours at the Ocala Gran Prix race track. Many Chamber members did the race track and had a ball. The catering was done by The Gourmet Affair Catering. Ocala Gran Prix is a premier race track for go carts. Pictured is Jaye Bailey, President of the Chamber, presenting Troy Mitchell with a plaque. Ocala Gran Prix is open seven days a week. Go Cart rental is Wed. & Thurs 12 noon to 5 pm . Fri. Sat. & Sun. 10 am thru 8 pm. They also have Go Cart parts, repairs, Accessories and more. Take the whole family out for the experience, located next to the Ocala Flea Market.

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New County Attorney

MARION COUNTY, Fla. (July 20, 2010) – During today's board meeting, Marion County Commissioners unanimously ratified an employment agreement with Matthew G. Minter, Marion County's new

County Attorney. Minter will start work on Aug. 2, 2010, and will replace Acting County Attorney Jeff Fowler, who is expected to retire this year.

Minter, 57, comes to Marion County

from Seminole County, where he served as the deputy county attorney in an eight-attorney office. Minter has 25 years of litigation experience in Seminole, Orange, Charlotte and Sarasota Counties. He is also board certified in city, county and local government law and has tried more than 60 cases on a broad range of legal topics.

Under the final contract ratified today,

Minter will initially earn \$165,000 a year. He will also receive a \$200 per month car allowance and \$2,000 in moving expenses.

Commissioners said they will task Minter with bringing a substantial amount of litigation and legal matters, currently handled by outside counsel, in-house to save money and improve efficiency.

Six Steps for a Healthy Heart

Family Features

Heart disease is the number one cause of death in the U.S. The good news is that there is much you can do to fight, as well as slow the progression of heart disease by simply following some heart-healthy lifestyle and diet habits. Here are six simple ways to protect your heart, from Elizabeth Somer, M.A., R.D.

1. Waist Not, Want Not

Excess weight increases the risk for high blood pressure, diabetes, and high cholesterol, factors that escalate the chances of developing heart disease. One way to control calories, which will help manage weight is to choose "low ener-



gy-dense" foods. These are foods that supply few calories, but still fill you up and leave you feeling satisfied. Foods such as fruits, vegetables, cooked

(Continued on Page 14)

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Marion County Public Library August 2010 Events

“Make A Big Splash @ Your Library
Summer Reading Program”

Aug. 02 - 10:30 a.m.

Open Computer Lab
Dunnellon Public Library

Aug. 03 - 1 p.m.

Tuesday Movie Matinee
Bellevue Public Library

Aug. 03 - 10:30 a.m.

Family Flix
Bellevue Public Library

Aug. 03 - 3 p.m.

Computer Classes
Seating limited tickets required
Forest Public Library

Aug. 03 - 10:30 a.m.

Toddler Storytime
Forest Public Library

Aug. 05 - 1 p.m.

Comedy Summer Movie
Dunnellon Public Library
for ages 13+

Aug. 06 - 10:30 a.m.

Preschool Storytime
Marion Oaks

Aug. 07 - 10 a.m.

Ocala Friends of the Library
Quarterly Book Sale
Headquarters - Ocala

Aug. 09 - 10:30 a.m.

Computer Classes: Cool Tools for
Booklovers
Dunnellon Public Library

Aug. 10 - 1 p.m.

Tuesday Movie Matinee
Bellevue Public Library

Aug. 10 - 10:30 a.m.

Family Flix
Bellevue Public Library

Aug. 10 - 3 p.m.

Computer Classes
Seating limited tickets required
Forest Public Library

Aug. 13 - 10:30 a.m.

Genealogy @ Your Library
Dunnellon Public Library

Aug. 13 - All Day

Closed for Maintenance
Headquarters and Forest

Aug. 13 - 10:30 a.m.

Preschool Storytime
Marion Oaks

Aug. 16 - 10:30 a.m.

Computer Classes: Price It!
Antiques & Collectible
Dunnellon Public Library

Aug. 17 - 1 p.m.

Tuesday Movie Matinee
Bellevue Public Library

Aug. 17 - 10:30 a.m.

Family Flix
Bellevue Public Library

Aug. 17 - 3 p.m.

Computer Classes
Seating limited, tickets required.
Forest Public Library

Aug. 20 - 10:30 a.m.

Preschool Storytime
Marion Oaks

Aug. 23 - 10:30 a.m.

Open Computer Lab
Dunnellon Public Library

Aug. 24 - 1 p.m.

Tuesday Movie Matinee
Bellevue Public Library

Aug. 24 - 3 p.m.

Computer Classes
Seating limited tickets required
Forest Public Library

Aug. 25 - 2 p.m.

Wednesday Matinee for ages 13 +
Forest Public Library

Aug. 26 - Noon

Ft. McCoy Public Library
Brown Bag Lunch
Ft. McCoy Public Library

Aug. 27 - 10:30 a.m.

Genealogy @ Your Library
Dunnellon Public Library

Aug. 27 - 10:30 a.m.

Preschool Storytime
Marion Oaks

Aug. 30 - 10:30 a.m.

What's Cooking?
Internet Recipe Resources
Dunnellon Public Library

Aug. 31 - 1 p.m.

Tuesday Movie Matinee
Bellevue Public Library

Aug. 31 - 3 p.m.

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Why waste our few precious years on this planet hating? Harmony will lead to much happier lives for every one. If we try it, we might like it.

THIS IS THE PLAN: “SEEDS OF HARMONY”. Spread them far, and wide to everyone you know, everyone you meet. Please help spread the :“SEEDS OF HARMONY“, and let this be the first generation to triumph over the demonic blood lusting hate mongers.

Let the blood lusters meet the fate they deserve. Get those rubber rooms ready.

Is this a plan, or what? Can we do it? Just think of it a world without bloodbaths. Delicious!!!!

D.I. L.
Ocala, FL

Subject: Obama at his finest

Sent by Retired Vice Admiral Bob Scarborough, of Arlington , Va.

“I wanted to give you all some disturbing information on our wonderful president.

I work with the Catch-A-Dream Foundation which provides hunting and fishing trips to children with life-threatening illnesses. This past weekend we had our annual banquet / fundraiser event in Starkville . “As a part of our program, we had scheduled Sgt. 1st Class Greg Stube, a highly decorated U.S. Army Green Beret and inspirational speaker who was severely injured while deployed overseas and didn't have much of a chance for survival to come. Greg is stationed at Ft. Bragg , NC and received permission from his commanding officer to come speak at our function. Everything was on go until Obama made a policy that NO U.S. SERVICEMAN CAN SPEAK AT ANY FAITH-BASED PUBLIC EVENTS ANYMORE. Needless to say, Greg had to cancel his speaking event with us.. Didn't know if anyone else was aware of this new policy. Wonder what kind of news we all will receive next. You're just starting to see the Obamanation. Your religion is on the list next.? I don't know about you, but this makes me furious.

This is just how the Nazis did it in the 30's, slowly, one step at a time. If you don't see the similarities you are truly blind.

Six Steps for a Healthy Heart

(Continued from Page 12)

whole grains, and broth-based soups are typically high in water, fiber and nutrients, but moderate in calories, so you feel fuller after eating them and are likely to consume fewer calories. So, snack on watermelon, have a fiber-rich bowl of oatmeal for breakfast, a bowl of vegetable soup for lunch, and add an extra serving of steamed vegetables to dinner.

2. Don't be a Salty Dog

Diets high in sodium diets are linked to an increased risk for high blood pressure, a major risk factor in heart disease. Limit daily sodium intake to no more than 2300 milligrams, or about one teaspoon of salt. Use salt substitutes when cooking. Look for lower-sodium varieties of your favorite foods, including foods with the American Heart Association's heart check mark on the label.

3. Boost Nutrients

A varied diet filled with minimally-processed foods, such as fruits, vegetables, legumes and fish, is rich in vitamins, minerals, fiber and omega-3s, which help keep the heart in tip top shape. Salmon with a side spinach salad is a delicious example of a heart-healthy meal loaded with antioxidants, vitamins, and omega-3 fatty acids. Add some sliced watermelon, which contains citrulline, an amino acid that helps maintain the arteries, blood flow, and heart health.

4. Think Produce

A diet rich in vegetables and fruits is key for a healthy heart. Find sim-

ple and tasty ways to include at least two servings in each meal and at least one serving at snack time. Aim for at least the MyPyramid daily recommendations of two and a half cups of vegetables and two cups of fruit. For example, toss dried fruit onto a tossed salad or add grated carrots and broccoli to pasta sauce. You even can drink your produce. Blend watermelon with lemon yogurt and a touch of ginger for a refreshing mid-morning snack. Besides, produce such as watermelon is cholesterol-free, fat-free, and very low in sodium.

5. Cut Back on Saturated and Trans Fats

Choose extra-lean meats and poultry without skin, preferably breast meat. Then prepare those meats with little or no saturated or trans fats. Choose non-fat or one percent low-fat milk products. When choosing processed foods, make sure they are trans fat free. Also keep an eye on portions; a serving of meat is three to four ounces, about the size of a deck of cards.

6. Move More

Balance a healthy diet with daily physical activity. Take the stairs instead of the elevator; wear a pedometer and aim for 10,000 steps a day; opt for a bike ride instead of an afternoon on the couch. Regular physical activity can help reduce blood pressure, improve cholesterol levels, drop pounds, and is a great stress reliever. Aim for at least 30 minutes of physical activity most days of the week.

ONE PERSON'S OPINION

LETTERS TO THE EDITOR

Dear Editor:

Today there is so much hate, venom, and talk of killing, mayhem, and out right barbarism.

What to do about it?

Why must every generation go through a bloodbath? The killing of millions of humans at the hands of demonic blood lusting hate mongers. Every generation has them. Is this the generation that will turn the tables, and say no more blood baths. ENOUGH!

Look at recent past history. Millions killed. Do we want a repeat? Do we want to be the next victims of those demonic blood lusting hate mongers?

What to do? What to do?

Two steps might prevent this happening to this generation.

!. RUBBER ROOMS! Yes rubber rooms for these obviously mentally ill individuals.

2. This idea sprang from a most unlikely place. After reading books by many philosophers, the most amazingly simple phrase came from an inebriated individual,

Rodney King.“ Why can't we all just get along?”

Indeed, why not?The animosity we feel toward one another is fostered by the blood luster's to create the scenario they need to carry out their bloodbath. Let us fool them.

SENIOR SCHEDULE OF EVENTS

MOVIE TIME

When: Tues. & Wed., August 10th & 11th at 8th Avenue Senior Center “INVICTUS” Thurs. & Fri., August 12th & 13th at Ocala Senior Activity Center “INVICTUS” Starring: Morgan Freeman, Matt Damon, Tony Kgoroge and others. Actor Morgan Freeman portrays anti-apartheid activist and former South African president Nelson Mandela in this Clint Eastwood-helmed political drama adapted from author John Carlin’s book “The Human Factor: Nelson Mandela and the Game That Changed the World.” Set just after the fall of apartheid and during Mandela’s first term in office, The Human Factor explores how the political prisoner-turned-president used the 1995 Rugby World Cup - which was hosted by South Africa - as a means of bringing blacks and whites together after decades of violence and mistrust. Matt Damon co-stars as rugby player Francois Pienaar. RATED PG 13

When: Tues. & Wed., August 24th & 25th at 8th Ave. Sr. Center “TOOTH FAIRY” Thurs. & Fri., August 26th & 27th at OSAC “TOOTH FAIRY” Starring: Dwayne Johnson, Ashley Judd, Julie Andrews and more. 20th Century Fox presents this family comedy following a star hockey player’s (Dwayne Johnson) temporary transformation into a full-fledged tooth fairy as a penalty for discouraging a young fan. Director Michael Lembeck helms the family

comedy, based on a screenplay by veteran comedic writers Lowell Ganz and Babaloo Mandel.

RATED PG Time: 1:30 P.M. - 3:30 P.M. at 8th Avenue Senior Center - Telephone: 629-8545 1:00 P.M. - 3:00 P.M. at Ocala Senior Activity Center - Telephone: 629-8357

What: Enjoy a free movie in a comfortable setting. Please call the center of your choice to reserve your seat.

COMING IN SEPTEMBER
“LEAP YEAR”
“THE BOUNTY HUNTER”

COMPUTER CLASSES FOR ADULTS OF ALL AGES

When: Thursdays Time: 9:30 A.M. to 11:30 A.M for class and 12:30 P.M. to 3:30 P.M. for lab sessions Where: Ocala Senior Activity Center, 210 NW 12th Avenue, Ocala Telephone: 629-8357

Cost: \$70.00 for singles and \$100.00 for couples, payable in advance of class starting time. What: We have easy classes for the beginner student. Learn what a personal computer can do for you. We offer an introductory class in word processing. Beginner classes are for 6 consecutive weeks on Thursdays, 9:30 A.M. to 11:30 A.M. and workshops (lab classes) are 12:30 P.M. to 3:30 P.M. Advanced classes are offered for Database, Spreadsheet, the Internet and

more. The lab instructor will be available during labs on Thursdays.

AQUASIZE

Water Aerobics for Adults When: Tuesdays & Thursdays, August 3rd thru August 26th Time: 6:30 P.M. - 7:30 P.M.

Where: Hampton Aquatic Center, located on Martin Luther King Blvd.

Cost: \$20.00 per participant for 4 week session.

What: A water fitness class that will focus on enhancing movement, strengthening muscles and increasing range of motion. Modifications will be demonstrated for all fitness levels. Please call Diane at 401-3916 to register for the class. Class is limited to 15 participants.

TRIP--SALVIDOR DALI MUSEUM
When: Thursday, September 16th, 2010
Time: Leave 9:00 A.M. Return 6:00 P.M. Leave from 8th Avenue Senior Center
Where: Salvador Dali Museum, St.Petersburg, Florida

Cost: \$38.00 per person. Limited to 45 people.

What: Don’t miss an opportunity to browse through the world’s most comprehensive collection of fine arts. The St. Petersburg Pier is an inverted pyramid that has become a landmark in itself. Downtown waterfront with five stories of shopping, dining and boutiques. Lunch on your own. For more information, call Grace at 629-8357.

Real Estate Sales Tax

Under the new health care bill - did you know that all real estate transactions are now subject to a 3.8% Sales Tax? The bulk of these new taxes don’t kick in until 2013 (presumably after Obamas re-election). You can thank Nancy, Harry and Barack and your local Democrat Congressman for this one. If you sell your \$400,000 home, there will be a \$15,200 tax. This bill is set to screw the retiring generation who often downsize

their homes. Is this Hope & Change great or what? We can vote the bums out in November and demand that they eliminate the bill or at the very least defund it. Then in 2012 repeal it.

Oh, you weren’t aware this was in the Obamacare bill? Guess what, you aren’t alone. There are more than a few congressmen that aren’t aware of it either. AND, there are a few other surprises lurking.



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Ana is shown front center surrounded by staff of Ocala Fire Rescue.

Firefighters Wear Pink

On July 14th all Ocala firefighters wore pink, in support of a member of the honor guard who is also the wife of a veteran firefighter. Ana Schulz is undergoing treatment for breast cancer, and is appreciative of the efforts by firefighters to help raise awareness of the importance of early detection.

“Early detection saves lives and I thank all my heroes for their unwavering support” states Ana Schulz.



Firefighters Daniel Kiel, Brian Cribbs and Ed Floyd disperse the gas vapor with a fire hose.

Gas Leak Causes Evacuation in Ocala

A natural gas leak caused the evacuation of several businesses in Ocala on July 15th. A private contractor digging at 1010 North-east 16th Street ruptured a two inch gas service line. Ocala Firefighters responded at 10:54 a.m. and arrived three minutes later. Because of the potential danger firefighters evacuated several businesses in the industrial park, including the Marion County

Supervisor of Elections, Constant Velocity, Coastline, and Electric By Design.

Firefighters secured the scene and used a hose line to spray water to disperse the gas vapor until representatives from TECO Peoples Gas was able to stop the leak. The employees were allowed to return to their businesses shortly before noon.

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Rubio Announces 12 Simple Ways to Cut Spending

Lays Out Second Set Of 'Ideas To Reclaim America' As Clear Alternative To Washington

Jacksonville, FL On July 26th, at a town hall meeting in Jacksonville, U.S. Senate candidate Marco Rubio made the second in his 'Ideas to Reclaim America' proposals to offer a clear alternative to the out-of-control spending in Washington. America is the greatest country in the world but Washington has been taken over by big spending politicians from both parties who will say or do anything to get elected. Marco is the only candidate who will challenge the direc-

tion the're taking our country.

"My children Amanda, 10; Daniella, 8; Anthony, 5; and Dominic, 2 are too young to understand what Washington politicians are doing to them and their generation. But I do, and it's what motivates me each day to do something about it. The decisions we make today and in the coming years will determine what kind of country they live in. Every day we postpone acting decisively to rein in wasteful spending and cut the debt, we pile even more on the backs of millions of young Americans," said Marco Rubio.

To start cutting spending in Washington

and begin to reclaim our country, Marco has proposed 12 simple ideas:

* IDEA #1: Cut The Budgets Of The White House And Congress By Ten Percent. As recently documented, the budgets of the White House and Congress are out-of-control. Salaries alone at the White House have increased by at least \$4 million from 2008. We must cut the budgets of Congress and the White House by 10%. One of the first things Republicans did when they took over Congress in the 1990's was reduce the number of committees, committee staff, and cut the Congressional budget. We need to do it again, this time adding in the White House budget.

* IDEA #2: Reduce The Size Of The Federal Bureaucracy. To get spending under control, we must cut the size of the government workforce. To begin, we should freeze federal civilian workforce pay for one year and bring the pay scale back in line with market rates. In addition, we should reduce its size to 2008 levels. To accomplish this without disrupting critical government services, we should implement a policy of only hiring just one civilian employee for every two that leave government.

* IDEA #3: Reallocate The Bank Bailout Program Funding To Cut The Debt. While the TARP program needs to be ended, using it to help offset the Financial Regulation Reform, which is beyond its purpose, is wrong. The funds should be returned to the Treasury and other spending cuts should be made to offset the financial regulation reform costs.

* IDEA #4: End The Stimulus Program And Use The Savings To Cut The Debt. We must end the wasteful stimulus program that has failed to create jobs. Stimulus money that has not been spent should be used for something that will actually help the economy and create jobs, or to pay down the debt. Canceling unspent stimulus funds could save nearly \$300 billion.

* IDEA #5: Ban All Earmarks. We should ban earmarks as Sen. Jim DeMint proposed in Congress this year. This could save \$15-20 billion annually and stop Congress from using pork barrel projects to buy votes for things like the health care bill. Marco will also demand on-the-record votes for any proposal that requires taxpayer money to be spent on a specific federal program.

* IDEA #6: Pass A Constitutional Amendment Requiring Congress To Balance The Budget. A balanced budget amendment will force Congress to make cuts by eliminating spending, not raising taxes. If the Florida Legislature and almost every state in America is required by their state constitution to pass a balanced budget each year, so should Washington and Congress.

* IDEA #7: Require Any New Federal Taxes Only Be Approved By A Two-Thirds Vote Of The House And Senate. With the out-of-control spending and our mounting debt crisis, Democrats in Washington will be pushing an agenda to increase taxes on Florida families. To prevent that, Marco believes that any new taxes should require a

(Continued on Page 19)

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DR. DULGAR

LIFE EXTENSION LESSONS

Last month we discussed wellness care and how there are things you can do to stay healthier longer that lead to a more independent life by making your own declaration of independence. This month I would like to go into more depth on some of “The Power of Nine” lessons from the book BLUE ZONES that was recommended to you last month along with the web site: www.bluezones.com. It is important for you to be able to discern fact from fiction with all that is out there for you read and the “information highway” of the Internet. It is not always easy, as there is always someone out there trying to sell you something! I can give you a case in point from a seemingly benign “neutral” general source of information that the general public reads regularly, but is not accurate. It is the April issue of Reader’s Digest and its front cover titled “The Vitamin Scam”. If that isn’t an eye-catcher! The featured article “Vitamin Truths & Lies” can best be summarized by its first and last paragraphs: “Once upon a time, you believed in the tooth fairy. You counted on the stability of the housing prices and depended on bankers to be, well, dependable and you figured that taking vitamins was good for you”

So here’s the Reader’s Digest Version of the truth about vitamins: Eat right, and supplement with vitamin D. That’s a no-brainer... If life were so easy! Although it is true that some people take too many supple-

ments, and there is a lot of misinformation out there, we are each biochemically unique. To announce in a shotgun fashion that all vitamins except vitamin D are worthless, well, you be the judge. I might mention that there were no ads for vitamins in this issue, of course, but there were six ads for pharmaceutical drugs, with three to four pages for each ad, which also listed all their possible side-effects.

Now, on to the first lesson on life extension: moving naturally. This is dear to we chiropractic physicians, for as the old adage goes if you don’t use it, you lose it, but I might add don’t overuse and abuse it. If you are injured it restricts your ability to stay active. Chiropractic care of the spine and pints on a regular basis allows for freedom of movement as a preventative measure and, when injured, can assist in recovery. The point of the first lesson is to be active without having to think about it.

For example, inconvenience yourself. When going to the grocery store, park a little farther away from the store so that you have to walk farther. Get up to change the channel. Sometimes our modern conveniences actually add to our becoming unfit. Look at all the time you spend on the computer. Look at all the time kids spend with those electronic games with no movement, which has helped lead to the obesity problem we now have in this country. Also, make your physical activities fun. Rather than exercising for just

the sake of exercising, make it part of your life-style. Ride your bike instead of using the car or golf cart when you can. Build activity into your daily routine, if you’re not already doing it now. Do what you enjoy. Forget doing the activities you don’t like, as you’re not as likely to be consistent about doing it regularly if it becomes a chore. In other words, make exercise a fun game for yourself. Walking is one activity that all successful centenarians did. It’s free, easier on the joints than running, relieves stress, and helps burn calories, especially if you walk before eating. Now, I know some of you are bored by walking, so sometimes you have to be creative. You can make it a social occasion by walking with friends. You can water walk, especially if you have foot, ankle, knee, hip or back problems that are aggravated by walking on hard surfaces. There are many variations of treadmills that some of my patients prefer to use at home or at the gym so they can exercise indoors. I believe

some of them don’t want to miss their favorite TV shows, so they have their TV close to their treadmill at home! Of course, there are many exercise-type classes available where you can exercise with others. Yoga classes are a great way of exercising.

Next month we’ll start with the second lesson on the road to longevity. “hary hachi bu”. Hopefully this will stimulate you to not wait for a month to find out what that means and either buy the book or get on the web site. Suffice to say, it has to do with cutting down on your caloric intake. Did you know that research shows that senile dementia and Alzheimer’s disease can be affected by the number of calories you consume daily. More on that next month!

“The road (journey) is better than the Inn”

-Miguel de Cervantes-

Submitted by Dr. Garry Dulgar, Lady Lake Chiropractic Clinic

Reaffirming the Second

Extra! Extra! Read All About It!

The U.S. Supreme Court’s recent ruling in McDonald v. Chicago was a landmark victory for all law-abiding Americans, reaffirming the Second Amendment Right to Keep and Bear Arms as a fundamental right, regardless of where one lives.

This 33-page special edition of America’s 1st Freedom Digital magazine features in-depth coverage of the McDonald case and what it really means to all of us. Go to <http://viewer.zmags.com/publication/05be2967>

<<http://www.nranews.org/UM/T.asp?A2.62.8797.1.6820458>> to view this special digital edition, which also features dozens of embedded videos and hyperlinks to related information.

Note that a good Internet connection and a fast processor are necessary for a satisfactory digital magazine experience, and Adobe Flash Player 9 is required to experience the rich media features.

Savor this hard-fought victory, and prepare for the many battles still ahead!



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Rubio Announces 12 Simple Ways to Cut Spending

(Continued from Page 17)

two-thirds vote of the House and Senate to pass. This will ensure that the balanced budget amendment achieves its goal via spending cuts, not tax increases.

* IDEA #8: Put A 'Check-Off' Box On The Federal Tax Form Allowing Taxpayers To Designate 10 Percent Of Their Existing Tax Bill To Go Toward Paying Down The National Debt. In the Senate, Marco will support proposals that would allow individuals and businesses to check-off an amount, up to 10 percent of their existing tax bill, to be dedicated to retiring the national debt. Congress would have to match the amount contributed by taxpayers from taxes they already owe with spending cuts. If not, a Gramm-Rudman style across-the-board reduction would occur, exempting certain critical spending such as Social Security and defense. This would help Congress to prioritize spending.

* IDEA #9: Automatic Sunset Of Government Programs. We need to end the permanent lease on life that government programs are given. Too often, Congress creates a spending program, increases its funding and never looks back to see if it is actually working. We should mandate that all discretionary spending programs end every 10 years after the Census unless Congress specifically votes to continue them.

* IDEA #10: Freeze Federal Non-De-

fense, Non-Veterans Spending At 2008 Levels. We should freeze non-defense and non-veterans discretionary spending at pre-Obama levels. In addition, we should actually enforce our goals to cut spending and reduce the deficit by making automatic cuts if politicians won't. This could save hundreds of billions of dollars over 10 years.

* IDEA #11: Give The President The Line-Item Veto. Marco believes the President should have the authority to make line-item vetoes to the federal budget. If most state governors have the power to veto unnecessary individual spending, so should the President.

* IDEA #12: Reform Entitlement Programs. Over the next 75 years, the present value of the total shortfall in Social Security and Medicare will exceed \$45 trillion. Social Security, Medicare, and Medicaid are going broke and will bankrupt our country. Benefits for those currently receiving them or those approaching retirement should not and will not change. But the truth is that for those who are younger, the programs will need to change or they will no longer exist when they themselves approach retirement age. Unlike his opponents, Marco has been willing to confront this reality, to talk about it with voters, and to come up with common-sense solutions that will safeguard our economic future.

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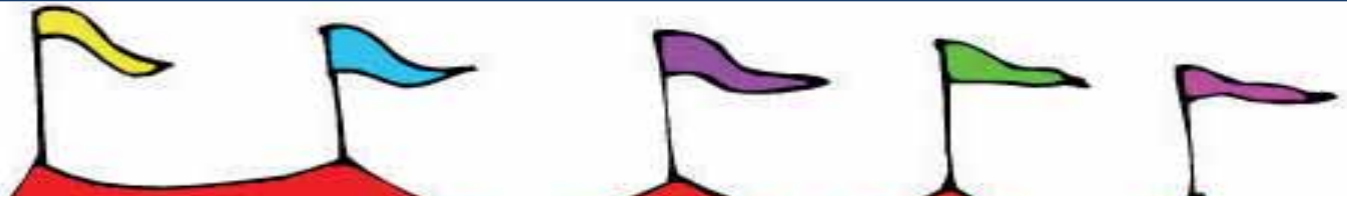
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