

Meet TJ Moon



Left TJ Moon from Moon Scape Web Solutions is welcoming Walter Crumb Jr. to the After Hours that he hosted at the Holiday Inn Express on Silver Springs Blvd. Great pasta was served along with finger foods and good company, standing room only. See TJ for your web solutions.

Setting the Record Straight



Setting the record straight: Left is Lina Oliver executive account representative for TomL Publishing, Right is Leo Champaigne the last survivor of the four men who raised the Flag at Iwo Jima. The story follows below.

Interviewing Jackie Porter

School Board Budget
Tom Loury

I have been covering the School Board story since I heard someone say they are not buying local. I find that not true! There is a good portion buying local, but there are some that feel they are not inclined and are buying out of Texas and parts unknown. Then the roof issues came up and I am trying to cover that. Because it is not being covered accurately and or just not giving all a voice. It seems that the questions Jackie Porter has been asking are proving to be good honest questions, like is there a warrantee on a roof that the School Board voted 4 to 1 to replace at a price of approx \$500,000. It seems to me that there is only one person fighting for the tax payers.

Jackie Porter has agreed to answer questions about the budget process. The following are some questions and answers styled to inform you the taxpayer.

Question: Last month you told us that the tentative budget would be presented to board members on July 22 and that you would have workshops on it through August. Can you tell us any details about the tentative budget

and what to expect?

Answer: The tentative Marion County School District budget for 2010-2011 as originally presented to the School Board totals \$549,748,945. The proposed budget includes a .25 mil property tax increase described as a "critical operating needs" tax that is projected to bring an increase in revenue of \$4,324,405. The "critical operating needs" has been summarized as funding for after-school credit recovery and summer enrichment programs. I have requested a detail of those summer classes and their corresponding costs.

I voted "NO" on the tentative budget because it included the "critical operating needs" tax increase. Taxes should not be raised in the middle of a recession, especially in Marion County, currently at 13.9% unemployment which exceeds the national average. Local businesses and individual taxpayers need 100% of the tax relief that will come from the decline in their property values. It is not fair to take advantage of that tax relief by adding a .25 mil increase.

School Board members Ron Crawford,
(Continued on Page 2)

Leo Champaigne

Setting the record straight

It was the Lady Lake Chamber of Commerce Breakfast. The speaker for the event was Leo Champaigne, a veteran that wanted to set the record straight. Here is his account as best as I can recollect it.

Leo Champaigne spoke in a quiet, but matter-of-fact voice. Here is his story. In the beginning Leo Champaigne joined the Marine Corp. as a mere teenager. He went through basic training and wound up with an artillery unit, the 5th Marine Division's 13 Regiment. They went right to war. After their equipment was destroyed during the shelling on a beach landing he was told to fall in with the E Company, 2nd Battalion 28th Marines.

Four days of fighting they gained a few hundred yards. The Japanese were well dug into tunnels all over the Island. The marines'

job was to secure the base of Suribachi. First they had to get to the highest point then claim the island theirs. Leo carried an American flag under his poncho because it was raining. The Battle of Iwo Jima raged on while the four men climbed. They made it to the top and Leo and three fellow soldiers

(Continued on Page 7)

Tom's Picks

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(Continued on Page 2)

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IN GOD WE TRUST**

—Ellen B. Wilcox—

MONEY MATTERS

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

Well, my slogan above has been part of this column for more than two years now, but never has it been so important to me personally than in the past few weeks as my beloved husband of nearly thirty years progressed through the last days of his life. If there is a part of your own life where Death looms on the foreseeable horizon, I urge you to PLAN, PLAN, PLAN! Make no mistake, we are never prepared to have a loved one leave, but we can definitely be prepared for many of the myriad details that will need our immediate attention.

The obvious details involve funeral arrangements, and I know that many pre-select and pre-pay for such services. This is a good thing to do when all are in agreement and while there is cognizance between or among the parties. Having not made prior agreements, such decisions can be daunting when family members are grieving and perhaps not in synch with each other as well. This is no time for family arguments and dissension. Call a family meeting and make it the first priority to determine exactly who is in charge having the final call.

Memorial services or Celebrations of Life also involve much planning and many details. Here, too, grieving family and friends can have differences of opinion that can produce more stress than anyone needs. Except in rare instances, KISS, (Keep It Simple, Stupid) would seem to be the best

path. Ask yourself, "What would the deceased want?" It's not about you!

Unless there are unlimited resources, most will need to pay close attention to the financial side effects of end-of-life issues. It's important to gather a list of resources, websites and phone numbers where information can be given and received outlining the processes necessary to assure continuation of benefits or transfer of assets from pensions, annuities, bank accounts, Trust accounts, investment accounts, veterans organizations, etc.

Remember to update Beneficiary designations on all retirement accounts such as IRA's, 401(k) Plans, insurance contracts, pensions and military accounts. This is particularly important if there have been multiple or recent changes such as two deaths close together or a recent marriage and then the death of one partner. Our office regularly deals with changing beneficiary designations for our clients, and I can tell you for sure that there is a lot of documentation needed to change a beneficiary. It is not a simple or quick process. This is a definite area for no procrastination!

Review and update family Trusts immediately. Regardless of end-of-life issues, I recommend that Trusts be reviewed annually or whenever there is a significant change in the family structure such as marriage, divorce or births. With the diagnosis of terminal illness and pending death, your attorney is an invaluable aid to avoiding pitfalls after

the fact.

Another end-of-life financial issue is the cost of care. A long term illness can bleed the family coffers leaving debt and even financial destitution behind. Plan ahead with Long Term Care Insurance. Be sure your contract includes Home Health Care. It is statistically true that most terminally ill individuals prefer to remain in their own environment as opposed to finishing their days in a hospital or even a Hospice facility.

As for Hospice, this organization is in the business of helping the patient and the caregiver handle the process of dying in comfort and with dignity. Be sure you understand what Hospice provides. Our local hospitals often have classes where this information is available. Hospice can also provide written information which is most helpful.

Facing the death of a loved one is debilitating to the caregiver, friends and family members. Sleep deprivation is a common side-effect, and that often leads to short tempers, less than ideal behavior, and sometimes even irrational decisions.

—ONE PERSON'S OPINION—

LETTERS TO THE EDITOR

AMERICAN PATRIOT'S PRAYER

Dear God:

Today, American patriots are faced with the greatest challenge ever encountered by a citizenry in the history of mankind. The hard won freedoms given to us by our founding fathers are under attack. Daily, new shackles are being placed upon us by a malevolent government. Our freedom is diminished a

little more each passing day. Our voices are unheeded. Our pleas are logical. Our hearts are stout. Our resolve is unshakable.

In this our hour of need give us the courage, fortitude, wisdom, and perseverance to vanquish the forces of evil, who mean to enslave us.

When, once again, the planting of the "SEEDS OF HARMONY" will replace the planting of the seeds of hate. When God and country will, again, will be exalted. Lord, please hear, and answer our prayers. Amen
D.I. Larson

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Interviewing Jackie Porter

(Continued from Page 1)

Judi Zanetti, Sue Mosley, and Bobby James all voted "YES" on the tentative budget that proposes the tax increase. The final budget will be voted on at the September 14th School Board meeting 6 p.m. at 512 SE 3rd Street Downtown Ocala. All persons opposing this tax increase are encouraged to attend.

Publishers Note: It's your money...Turn off the TV and go discuss it!

Tom's Picks

(Continued from Page 1)

ers every 90 days. It astounds me that we are getting calls at this rate. I will refer you to my customers first. Then I look for services under well known Business Clubs and Chambers of Commerce to try to get you the Best of the Best. Part of the weeding process is they must be highly visible in the community, like active in the Chamber, or other large groups that screen their members.

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Statue to Move



CONFEDERATE STATUE SET TO MOVE TO VETERANS PARK

WHO: Marion County Parks and Recreation, Marion County Veterans Services, Marion County Historical Society and Landis V. Curry (a local citizen and attorney)

WHAT: Confederate Civil War soldier monument, commonly referred to as Johnny Reb, to move from the Marion County Judicial Center to the Ocala-Marion County Veterans Memorial Park

WHEN: Tuesday, Aug. 24, 2010 (The dismantling process starts on Aug. 23; however, crews are expected to start re-assembling the statue at the Veterans Park on Aug. 24. Dates are subject to change unexpectedly.)

WHERE: Ocala-Marion County Veterans Memorial Park (2528 E. Silver Springs Blvd., Ocala)

WHY: On Jan. 19, 2010, Marion County commissioners unanimously decided to move a Confederate Civil War statue, commonly referred to as Johnny Reb, from the south side of the Marion County Judicial Center to the northwest corner of the Ocala/Marion County Veterans Memorial Park.

Instead of using tax dollars to move the statue, Commissioner Charlie Stone suggested setting up a separate account to accept donations. Landis Curry, a local citizen and lawyer, volunteered to organize the fundraising effort, raising more than \$34,000.

LaPerle Memorials of Inverness will dismantle and reconstruct the monument. Local companies, including Moss Construction Management, Steven Counts Inc., Florida Concrete, A&A Trucking, Sims Crane & Equipment Co., Mid-State Electric Cooperative, Brown Sprinkler & Irrigation and United Masonry, have donated labor and/or materials. Jim Couillard, a Marion County landscape architect, has designed the new location to include sidewalks so spectators can easily get to the statue, lighting and landscaping to create an appropriate setting.

Commissioners chose the northwest section of the Veterans Memorial Park instead of the Civil War Plaza section of the park for several reasons. First, the 23-foot-tall Civil War statue would overshadow the adjacent Medal of Honor monument, which is 13-feet tall. Second, the board did not want to modify the original statue to make it better complement the aesthetics of the Civil War Plaza. Therefore, the board deemed the northwest section of the park the most appropriate location; the Marion County Historical Society agreed.

Commissioners started discussing the idea of moving the Confederate Civil War statue to a more suitable location in November 2009 when the Judicial Center expansion project started to near its completion.

BUY LOCAL EXPO



SEPTEMBER 14, 2010 | HOLIDAY INN | 2-7 PM

You are invited to the Ocala/Marion County Chamber of Commerce Business Expo featuring local retailers, restaurants, business services and more!

The event is free and open to the public on Tuesday, September 14 from 2-7 p.m. Please come to learn about our local businesses, enjoy free food, participate in the door prizes and free giveaways.

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Tom Loury

PUBLISHER'S NOTES

Again I hear the News Media quoting Obama about inheriting a huge deficit from Bush and there are some people actually swallowing it. It is utter nonsense!

Spending does not come from the White House / President, it comes from the party that holds the majority in Congress. The Democratic party has controlled Congress since 2007. They controlled the budget process for 2008 and 2009 as well as 2010 and 2011.

George Bush made them slow down their spending, when Bush belatedly got tough on spending increases. Nancy Pelosi and Harry Reid bypassed him entirely, passing continuing resolutions to keep government running until Barack Obama could take office. At that time, they passed a massive omnibus spending bill to complete the 2009 budgets. "DON'T YOU REMEMBER?"

At this time Barack Obama was a member of that very Congress that passed all of these massive spending bills. He signed the omnibus bill as President to complete 2009. Just remember what the deficits looked like during that period.

Democrats inherited the 2007 deficit, the last of the Republican budgets. The 2007 deficit was the lowest in five years, and the fourth straight decline in deficit spending. It did not take long after Democrats in Congress took control and changed that spending, and that includes Barack Obama, who

voted for the budgets. Obama inherited the deficit that the Democratic Congress created, which he was a part of. I don't understand why anyone would believe that George Bush created this deficit unless they are just uninformed or looking for an escape goat.

I received a list of Banks that could be Vulnerable. The list was created by Martin Weiss, Ph.D. I saw some on that list that I drive by every day. The list was graded in correlation to vulnerability, some were given D D+ and F. I recognized a few from Ocala and Lady Lake. Martin Weiss listed 4,306 Banks and Insurance Companies at risk. Of course some of the financial institutes have a way of staying off the list of weakest by separating the high risk in a separate subsidiary, which keeps the Regulators in the dark. I don't understand Weiss's grading system but it does not sound good for them if this guy is legitimate. Time will tell.

The election is going to be a head turner. I believe that women voters will be more involved and more organized than ever before. I did not know how many women were in high positions in local, state and federal offices. They are determined, meticulous and hard working. You guys better watch out! The phrase "Yes dear" will take on a whole new meaning. I think it's great!

Due to recent budget cuts and the rising cost of electricity, gas and oil, as well as current market conditions, the Light at the End of the Tunnel has been turned off. That's just a joke. Buuuut it is coming closer to the truth every day!

Jackie Porter is the one to four vote at the Marion County School Board budget process, a tentative budget has been approved passed with a 4 to 1 vote. The taxpayers need to get involved before the School Board Budget causes a raise in your taxes. It's unbelievable how people just get led around like sheep with no opinion voiced at these meetings. Fight to keep what you have earned to put groceries on the tables, why have the American people gotten so passive? Go to meetings, get involved. I promise you it's better than sitting in front of the TV. You retirees can go to day meetings and watch what is happening to your dollars. VOICE YOUR OPINION!

Letter to the editor tloury@earthlink.net Include your phone number so that I can call and verify that you wrote it. I will run your initials only, don't call names but be short and sweet!

Back to the Basics

I recently read that Vince Lombardi said, "Back to the Basics". We get so busy trying new ways to approach our clients we forget the fundamentals that makes up the steps of a successful sale. Don't get this confused with learning new ways to meet "New

Clients". I find that reminding your clients or potential clients of all the advantages of your company has to offer and most certainly new services that you have created, helps with the sale.

A very successful selling tool is selling Features and Benefits. Don't be afraid to point out the Advantages your company provides to your customers. They have the Advantage if they understand the features you offer.

If you are trying to work or write up a contract ask critical questions that will help you write a tailor made contract to that customer. When presenting it point out the unique points of interest that gives the customer the advantage.

Take advantage of training when offered. Listen to the Gurus then figure out how to adapt their philosophy to your business practice. It won't all be good for your business but you are coming much closer to your goals on this journey. Go to the Lady Lake Chamber workshops and take notes on good ideas that sound like it would be workable for you and your business. You can tailor make the idea to fit your business, which becomes a new service for your customer and will generate more revenue.

Make your approach unique, make your service unique, you won't be sorry. The real Gurus are the people who bring you what other Gurus say and do to promote a business. It's up to you to pick out what you need and how to apply it.

Newspaper Deadlines

Editorial & Ad Copy for October

Seniors Voice & Ocala DownTown

12am, September 22nd

Lady Lake Magazine & Village Spectator

12am, September 29th

Ocala DownTown

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THE OMBUDSMAN

The Long-Term Ombudsman Programs district office is located in Ocala at 1515 E. Silver Springs Blvd. # 203. Stop by and pick up some information about this fascinating program. I am sure that once you understand more about the Ombudsman program you will be eager to become a volunteer.

As stated many times before, there is not a program offered that can give you that nice warm feeling of being able to help someone as good as the Ombudsman program. There are so many people living in facilities that have no one but the volunteers to listen to their problems and help them. Many resi-

dents have outlived their loved ones, some of them have family, but they live in other states or many miles away. There is that feeling of helplessness when a problem arises and there is no one to turn to. The residents of these facilities do have someone to help them, they have the Ombudsman. A volunteer with the time to listen and help. Someone who cares and does this because they know that they can help if only by being there to listen.

Become an Ombudsman. Volunteer today. One phone call is all it takes. 1-888-831-0404

Scandinavian Club

The Scandinavian Club of Marion County invites people of Danish, Finnish, Icelandic, Norwegian and Swedish descent to join us at our next meeting at 11:30 AM on Saturday, September 18, 2010. We will meet at The Hilton Hotel, 3600 SW 36th Ave., Ocala. Meal will be roast beef, mashed potatoes, veggie, salad, bread, beverage and dessert. Cost is \$15.00 per person and res-

ervations and advance payment is required. Payment must be received by Wednesday, September 15. Send payment to Jim Neate, 643-A Midway Drive, Ocala, FL 34472. Entertainment will be presented by The Jo Trio. For further details call Jim Neate 687-1580, Vivian Hendricks 687-2644 or Peggy Jones 629-3443.

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Donation Made to PACE Center

August 18, 2010

(OCALA, FLORIDA) Firehouse magazine, a national fire service publication, issued three Community Service Awards this year. Battalion Chief Brian Stoothoff with Ocala Fire Rescue was the recipient of one of the awards.


In keeping with the theme of community service, Chief Stoothoff decided to donate the check he received to PACE Center for Girls. The acronym PACE stands for Practical Academic Cultural Education. The mis-

sion of the organization is to provide girls and young women the opportunity for a better future through education, counseling, training and advocacy.

In addition to the check from Firehouse magazine, he matched the amount with a personal check to PACE Center. The check presentation was made at a ceremony held last evening at the Marion County Library.


In the inserted photo, Brian Stoothoff stands with Cathleen Blagay, executive director of PACE.

Good Rat.




d.martin

Bad Rat.




r.norvegicus

Worse Rat.



b.madoff



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SENIOR SCHEDULE OF EVENTS

MOVIE TIME

When: Tues. & Wed., September 6th & 7th at 8th Avenue Senior Center "LEAP YEAR"

Thurs. & Fri., September 8th & 9th at BWSAC "LEAP YEAR" Starring: Amy Adams, Matthew Goode, Adam Scott, John Lithgow, Noel O'Donovan and others. A woman Anna (Amy Adams) heads to Ireland in order to force her boyfriend Jeremy (Adam Scott) to accept her wedding proposal by scheduling it on leap day, the only time when he couldn't refuse due to the country's tradition. Declan (Matthew Goode) co-stars as a handsome innkeeper who throws a wrench into the woman's plans. RATED PG

When: Tues. & Wed., September 21st & 22nd at 8th Ave. Sr. Center "THE BOUNTY HUNTER"

Thurs. & Fri., September 23rd & 24th at BWSAC "THE BOUNTY HUNTER" Starring: Jennifer Aniston, Gerard Butler, and others. Hapless bounty hunter Milo Boyd (Gerard Butler) jumps for joy at the prospect of tracking down his bail-skipping ex-wife, Nicole Hurley (Jennifer Aniston), but gets a hard dose of reality when the job proves tougher than anticipated. Every time Milo gets close to resourceful reporter Nicole, she gives him the slip. A high-profile murder has been committed, and Nicole is determined to stay out of jail long enough

to crack the case. And she must be getting close, because now someone is trying to take them both out. They may not have been able to make marriage work, but if Milo and Nicole can just stay alive long enough to solve the murder, they might discover they're not such a bad team after all. RATED PG 13

Time: 1:30 P.M. - 3:30 P.M. at 8th Avenue Senior Center - Telephone: 629-8545*

Time: 1:00 P.M. - 3:00 P.M. at Barbara Washington 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.

Note: The Ocala Senior Activity Senior Center has been re-named. It is now the Barbara Washington Senior Activity Center. It will be abbreviated as BWSAC in the calendar.

COMING IN OCTOBER:

"THE BACK UP PLAN"

"CRAZY HEART"

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: BWSAC, 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. Call the center for info and to register for the next class.

MOVIE IN THE PARK

When: Friday, September 10th, 2010

Time: 8:00 pm - 10:30 PM

Where: Gehrig Field at MLK Recreation Complex, 1510 NW 4th Street, Ocala

Cost: Free What: The movie "The Blind Side" will be shown. Please bring lawn chairs or blankets to sit on. For more information call Stan Creel at 629-8444.

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

SPORTSABILITY OCALA 2010

When: Friday & Saturday, October 1st & 2nd, 2010

Time: 10:00 AM to 3:00 PM Where: Friday at MLK Recreation Complex & E.D. Croskey Recreation Center, 1510 NW 4th St., Ocala Saturday at Carney Island, 13275 SE 115th Ave., Ocklawaha

Cost: Free

What: This two day event will enable individuals with disabilities the opportunity to experience a variety of recreation and leisure activities. Discover the latest in equipment, trends & resources designed to encourage participation regardless of age or ability level. For more information, please call Diane Leaf at 401-3916.

EVENTS COMING IN OCTOBER:

Senior Fishing Derby

Monday, October 25th, 2010

Mini Health Fair,

Thursday, November 4th, 2010 from 9:30 AM to 12:00 PM at 8th Avenue Senior Center

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Leo Champaigne

(Continued from Page 1)

put the flag up on a piece of pipe protruding out of the ground the Japanese were using as air pipes. No one realized once the flag was up it would have such an effect. Hours later the Japanese came out of the tunnels and the battle escalated, many died.

Later after the fact they had sent Leo and the other three men to the other side of the island on assignment.

While on assignment they found out that a second flag raising happened to get photos and to put up a larger flag making their point as victors.

Leo said nothing about the second flag raising, two of the four men was killed during battles a short time after that. The one

other did live long enough to make it home and died soon after.

After serving three + years in the Marine Corp. he came home to celebrate with his friends and family the end of the war. Everything was quiet on the home front. The celebration had already happened and left him behind.

Leo did not tell the story to his family and friends. Leo's daughter recognized his picture in an old Veterans Magazine picture and she started asking. That is when he told her his story and he has been telling it ever since. After Leo found he was the last of the four who really did raise the flag he decided to tell his story. The other three died without recognition and Leo thought he could get

them some recognition for what they had done and set history straight. Leo did not want to let his buddies down, him being the last one.

No one is left alive to deny or confirm his story. The historians say they have no evidence of his accounts, but they were the same historians that mistook the second larger flag as the original flag to be raised first. Remember these historians were not there and Leo was.

I believe Leo's story! First I sat at the

Lady Lake Chamber of Commerce breakfast while he told his story. He has nothing to gain. The photos that got all the attention were of the second flag raising. We have many stories told in history and I think he is setting the record straight. Historians need to listen! Ask questions, get to the truth.

We have a real hero alive and well living in the Villages. We have many heroes living there, many don't tell their story.

Thanks to all veterans who sacrificed to keep our country safe.



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Gas Leak Causes Evacuation

August 19, 2010

(OCALA, FLORIDA) A contractor working with heavy equipment ruptured a two inch natural gas line in downtown Ocala. Firefighters responded at 3:17 p.m. and arrived on scene less than two minutes later. A strong odor of gas prompted the evacuation of four businesses, including Starbucks Coffee, Auroras, B.F.E. restaurant and Stellas Modern Pantry.

Firefighters remained on scene over ninety minutes while TECO Gas employees worked to control the leak. Several roads were closed temporarily, including South Magnolia and Broadway Street. The gas leak was located at 18 Southwest Broadway Street.

In the inserted photo, firefighters pull a fire hose towards the vicinity of the gas leak.

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Friends of the Ocala Library

By Ken Tipper

Confused already by the amendments to the Florida Constitution, especially Amendment 4? Never fear, because the Friends of the Ocala Library have invited former County Commissioner Judy Johnson to explain these often times wordy and confusing items on which we will vote on November 2. Ms. Johnson has done this community service several times in the past, and will be in Room C at the main library on Silver Springs Boulevard at 6.30 p.m. on Thurs-

day, September 30, to help us understand what we are voting for or against.

Come early to get the lowdown on the amendments and enjoy light refreshments provided by the Friends. To learn what the Friends are all about, log on to their website, www.friendsoftheocalalibrary.org and consider joining the organization that, since 1980, has supported the library with funding for many programs, events, etc. A single membership costs only \$5 a year and a family membership \$10.

Ollie North Senate Hearings

You Might Not Remember 1987.....but, I had forgotten all of this. Do you remember when the senators were giving Ollie North such a bad time? This brings it all into perspective doesn't it?

Do you remember 1987..... An old news video of Lt.Col. Oliver North testifying at the Iran-Contra hearings during the Reagan Administration.

Ollie was in front of God and country getting the third degree, but what he said was stunning! He was being drilled by a senator Al Gore. "Did you not recently spend close to \$60,000 for a home security system?" Ollie replied, Yes, I did. Al Gore continued, "Isn't that just a little excessive?"

"No sir," continued Ollie.

"No? And why not?" the Gore asked.

"Because the lives of my family and I were threatened sir."

"Threatened? By whom?" Gore ques-

tioned.

"By a terrorist sir", Ollie answered.

"Terrorist? What terrorist could possibly scare you that much?"

"His name is Osama bin Laden, sir" Ollie replied.

Then there was laughing going on while Al Gore attempted to pronounce the name. Then the Gore continued. "Why are you so afraid of this man?" the Gore asked.

"Because, sir, he is the most evil person alive that I know of", Ollie answered.

"What do you recommend we do about him?" asked Gore.

"Well, sir, if it was up to me, I would recommend that an assassin team be formed to eliminate him and his men from the face of the earth."

The senator disagreed with this approach, and that was all that was shown of the clip.

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Sarah's Story

Recently I read an article in Parade Magazine regarding dog fighting and Michael Vick's abused pit bulls. After reading this article in Parade Magazine I felt the need to share Sarah's story.

Dog fighting has been a part of society for hundreds of years. As a dog lover it pains me to think of all the poor dogs that have been used and abused over the years in the sport of dog fighting. If you have ever wondered what is so wrong with dog fighting maybe Sarah's story will help show what happens to the victims of dog fighting, the dogs themselves.

A few years ago I adopted a bull dog mix who I named Sarah. She came to us the night prior to the 2008 presidential elections so I named her Sarah after Sarah Palin who was running for Vice President. My husband was out walking our lab/greyhound mix, Murphy, when he spotted this half starved bull dog. My husband called into the house to tell me he had a half dead pit bull in the garage. I went out to the garage to see what he had now brought home since he seems to attract stray dogs.

I was appalled when I saw her. I could not believe that anyone would allow a living animal to get into the shape that Sarah was in. She had sores on most of her body and had lost most of her hair due to malnutrition. I counted twenty-seven scars on her head alone. Sarah was nothing but a bag of bones, every rib showed and I could see her back and hip bones. She also looked as if

she had just recently weaned a litter of puppies.

Just moments after my husband found Sarah a sheriff deputy knocked at our door. The sheriff explained that someone had called and reported that a pit bull was running the neighborhood. Upon seeing the shape that Sarah was in I thought that this young sheriff was going to cry. The sheriff determined that Sarah was not a threat to anyone and asked if we could keep her until animal control could pick her up, which I agreed to. Animal control could not get to my home fast enough as far as I was concerned.

I had read and heard what bad dogs pit bulls were and I did not feel very comfortable having one of these mauling machines in my garage, even for a night. After listening to my husband's weeping most of the night as he kept Sarah company in the garage I began to wonder if I was not going to have another dog.

Well two years and nearly two thousand dollars later spent on returning Sarah to good health we are now the proud owners of a beautiful bull dog mix. All of the nice people who have helped us get Sarah healthy again believed that she was used for dog fighting at one time and then turned into a breeder to produce bait dogs. Bait dogs are used for fighting dogs to train on, kind of like a chew toy. Our vet feels that Sarah was left on the highway to die after she stopped producing pups.

Prior to meeting Sarah I never gave much thought to dog fighting. Dog fighting did not affect me personally so why give it any thought at all. Since meeting Sarah I have read many stories about hundreds of dogs just like her and it breaks my heart to read them. I have spoken to a local humane society director and he told me that dogs are put to death every day across the United States because no one wants to adopt a dog that is a pit bull.

Dog fighting and the media have created an image that all pit bulls are vicious killers that maul small children. There are over four million pit bulls living in homes across the country giving their owners devotion and love everyday. If socialized and loved pit bulls are one of the most loving and loyal breeds.

Recently I read an article relating to pit bulls that stated not to judge a book by its cover because it may be the best book that

you ever read. The dogs used in dog fighting are the victims and should be given a chance of finding a good and happy life. No dog should have to live as Sarah lived prior to finding happiness at our house.

An end must be put to the needless suffering of innocent animals. Dogs are meant to be man's best friend and not used for his sick entertainment. The biggest roll model of dog fighters is Michael Vick one of the current quarterback's for the Philadelphia Eagles. It would make me and animal lovers all over the world extremely happy to see Michael Vick and people like him spend their lives in jail just like the abused dogs spend their lives in cages and fear. Today when I see a pit bull I now see the breed as lovers and not fighters. Give this breed a chance; stop the hurt and misunderstanding of these beautiful dogs.

Sarah's Mom

Stuff the Bus Campaign a Success

MARION COUNTY, Fla. (Aug. 17, 2010) – Going back-to-school shopping can be fun for many families, but for the approximately 1,700 school children in Marion who are homeless, it can serve as an unhappy reminder. From late July until Aug. 11, county employees sought to alleviate this by collecting school supplies through Operation Stuff the Bus.

The employees of the Marion County Board of County Commissioners, Clerk of

the Circuit Court and the Marion County Tax Collector collected more than \$6,600 in school supplies, personal hygiene items and clothing for this year's Stuff the Bus campaign. This annual campaign aims to ensure that Marion County's 1,700-plus homeless children have the tools they need to start school.

Marion County government has participated in this campaign since 2003.

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The Importance of Senior Fitness

(Family Features) According to the National Institutes of Health (NIH), exercise and physical activity are some of the best things older adults can do to stay healthy. Even moderate exercise can improve the health of those who are frail or who have age-related diseases.

Some seniors are concerned that physical activity or exercise may be too strenuous or may do them more harm than good. In fact, it's an inactive lifestyle that proves to do more harm than exercise does.

Without physical activity, older people tend to grow weaker in four areas important for staying healthy and independent: strength, balance, flexibility, and endurance. The NIH maintains that:

- * Increasing strength and endurance make it easier to climb stairs and carry groceries.
- * Improving balance helps prevent falls.
- * Being more flexible may speed recovery from injuries.

Exercising regularly can also have a positive impact on the immune system, blood pressure, cardiovascular system and it can decrease the risk of heart disease and help with depression or anxiety.

The American Senior Fitness Association has some recommendations for those wanting to start a fitness program.

- * Get medical clearance to exercise.

* Don't exercise if you are injured, sick, or running a temperature.

* Always warm up and always cool down.

* Drink plenty of water before, during and after exercise.

* Avoid heavy meals for about two hours before energetic exercise.

* If fatigue and/or discomfort last longer than one or two hours after exercising, cut back the next day but don't stop completely. Comfort ranges can change daily, so don't get discouraged if you can't do the same amount of exercise as you did the day before.

* Concentrate on exercises that improve and maintain your range of motion, lubricate the joints and keep muscles flexible. Everyday activities will be easier to carry out and you'll have less pain, too.

Stop exercise and consult your physician immediately if you experience any of the following:

- * chest pain or tightness in the chest, neck or throat
- * considerable difficulty breathing
- * abnormal heart rhythm; nausea, dizziness, light headedness, or visual interruption
- * excessive cold sweat
- * extreme or lasting weakness or fatigue



For a good, overall exercise program, consider tai chi. Tai chi is a self-paced system of gentle physical exercise. It involves standing and performing a series of movements in a slow, graceful way. Each movement smoothly flows into the next. Studies suggest that tai chi may improve balance

and knee joint stability, both of which help balance.

Staying active does the body and the mind a world of good. Find exercise and activities that you enjoy and you'll be able to stick with it and improve your quality of life.

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Making Munchies Matter

Better-for-you snacks kids will love (Family Features) Kids love to snack. But left to their own devices, most kids don't always make the healthiest snack choices. A new study of long-term eating patterns in children, from researchers at the University of North Carolina, shows that kids today are getting nearly one-third of their daily calories from unhealthy snacks such as chips, crackers and candy.

Nutritious and delicious snacks are as close as your produce aisle. Watermelon is practically a multivitamin unto itself - and its natural sweetness is something kids love.

Did You Know?

- A 2-cup serving of watermelon is an excellent source of Vitamins A, B6 and C.

- Vitamin A found in watermelon is important for optimal eye health.

- Vitamin B6 found in watermelon is used by the body to manufacture brain chemicals (neurotransmitters), such as serotonin, melatonin and dopamine, which preliminary research shows may help the body cope with anxiety and panic.

- Vitamin C in watermelons can help to bolster your immune system's defenses against infections and viruses, and is known to stimulate the immune system and protect against free radical damage.

- A 2-cup serving of watermelon is also a source of potassium, a mineral necessary for water balance and found inside of every cell. People with low potassium levels can

experience muscle cramps. A 2-cup serving has less than 10 percent of the daily reference value for potassium.

Try these fun recipes as after-school and post-activity snacks. For more kid-friendly recipes and healthy eating tips, visit www.watermelon.org.

Send some healthy lunch munchies to school - watermelon chunks are an easy way to brighten up a sack lunch and give kids a tasty nutritional boost in the middle of the day.

Watermelon Kebabs

1-inch cubes of seedless watermelon

Smoked turkey breast

Cheddar cheese

Coffee stirrers or beverage straws

Cut watermelon, turkey and cheese in cubes and skewer on stirrers or straws.



Watermelon Nachos

Serves 6 to 8
12 to 16 1/2-inch thick watermelon triangles

with 3-inch sides

2 cups Greek vanilla yogurt
1/2 teaspoon vanilla extract
A few drops almond extract
1 cup Craisins
1 cup white chocolate chips
1/2 cup toasted sliced almonds
1/2 teaspoon ground cinnamon

Arrange the watermelon triangles on a serving platter or glass cake stand. Mix yogurt with extracts and spoon yogurt over the watermelon in the fashion of nacho cheese sauce. Sprinkle craisins, white chocolate chips, and almonds over the yogurt and dust with cinnamon.



Watermelon Dippers

8 ounces sour cream
4 tablespoons sugar

1 teaspoon vanilla extract
Watermelon sticks or small wedges

Blend together the sour cream, sugar and vanilla in a small serving bowl. Use as a dip for the watermelon.



Watermelon Cut Outs

Seedless watermelon, cut into 1/2- to 3/4-inch-thick slices
Yogurt
Granola or sim-

ilar cereal

Using your favorite cookie cutters, cut shapes out of watermelon slices. Frost with vanilla or other flavored yogurt. Sprinkle with granola.

Watermelon Berry Slush

Makes 6 servings
4 cups cubed, seeded watermelon

1 10-ounce package frozen raspberries

1 12-ounce bottle sparkling mineral water

Place watermelon in a single layer in shallow pan; freeze until firm. Remove from freezer and let stand 5 minutes. Drop watermelon through food chute of a food processor or blender with the motor running. Add frozen raspberries alternately with mineral water, processing until smooth.



Watermelon Jelly Logs

Makes 6 servings

6 3-inch x 2-inch x 5-inch watermelon rectangles
3 flavors all fruit or low sugar



preserves

6 ginger, molasses or peanut butter cookies

Using a melon baller, cut 3 divots into a

(Continued on Page 12)



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Making **Munchies** Matter

(Continued from Page 11)

long side of each watermelon rectangle. Fill each divot with a different all-fruit or low-sugar preserve. Serve each rectangle with a cookie.

Healthy Eating Tips

Healthy eating habits start at home. One of the best things you can do for your kids is to be a role model for smart food choices. Here are some simple things you can do to help your kids develop healthy lifelong habits.

- Shop for food together and take time to examine, discuss and select fruit and vegetables that catch your child's eye. Allow your child to help you to prepare these healthful

foods. For example, let your child use a melon-baller to create melon balls from watermelon, cantaloupe and honeydew to create a festive, nutritious and visually appealing dessert.

- Make healthy snacks available at all times for your children by keeping the fridge filled with flavorful, nutrient-rich treats such as grapes, cherries, carrots and watermelon cubes.

- Simple changes are easier for your child to get used to. Try switching from full fat milk to non-fat milk, serving sherbet, sorbet, ice milk or fruit juice bars, or adding fresh fruit to his or her cereal in the morning.

- Serve your children colorful, deeply pig-

mented plant food. These foods tend to offer tremendous nutritional value. For example, red peppers, carrots, broccoli, oranges and watermelon are all packed with minerals, vitamins and antioxidants.

- Start each day with breakfast, preferably fruit with low-fat yogurt or granola. Make a fruit smoothie by blending watermelon cubes and a banana with crushed ice.

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National Recognition

MARION COUNTY, Fla. (Aug. 13, 2010) – The National Association of Clean Water Agencies, or NACWA, awarded Marion County Utilities six Gold Peak Performance Awards recently. NACWA Executive Director Ken Kirk commended the department for consistently meeting federal compliance standards and ensuring that Marion

County citizens receive the best possible water quality.

The six Marion County facilities that received awards include Loch Harbor Wastewater Treatment Facility, Northwest Regional Wastewater Treatment Facility at Golden Ocala, Oak Run Wastewater Treatment Plant, Salt Springs Wastewater Treatment


Facility, Spruce Creek Preserve Wastewater Treatment Facility and Stonecrest Wastewater Treatment Facility.

To operate a public utility, agencies must meet between 230 and 600 federal compliance points (depending on the type of system) to keep its federally required National Pollutant Discharge Elimination System permit. Winners of the Gold Peak Performance award met those federal standards 100 percent of the time.

“Achieving 100 percent compliance is not easy,” Utilities Department Director Flip

Mellinger said. “On any given day, a rain storm, equipment failure or power outage could disrupt the system. Even if the disruption was a minor problem that lasted only 15 minutes, that system would not qualify for the gold standard. This means that six of our facilities operated perfectly all 365 days in 2009.”

Kirk recognized Marion County Utilities at the association’s 2010 summer conference in San Francisco, California in late July. However, due to budget constraints, Utilities staff could not attend the event.



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Buddy MacKay Book

By Ken Tipper

One month after he lost a tough gubernatorial campaign against Jeb Bush, and learning that the era of the Yellow Dog Democrat era was over, Ocala Buddy MacKay had to step into the Governor’s mansion for just 23 days due to the untimely death of his friend, Governor Lawton Chiles. MacKay served as a state legislator, member of Congress, and Lt. Governor, and recalls his thirty years of public service in a book titled, “How Florida Happened: The Political Education of Buddy MacKay”.

During those sometimes tumultuous

years, MacKay has seen the Sunshine State grow from a semi-rural to a mega state, and political dominance shift from the left to the right. He will talk about his book in a program sponsored by the Friends of the Ocala Library on Sunday, September 19, at 2 p.m. in Room C at the main library on Silver Springs Boulevard. Early arrival is recommended as a full audience is anticipated. Refreshments will be served by the Friends.

For information on the Friends log on to their website, www.friendsoftheocalalibrary.org.

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New Process for Permits

MARION COUNTY, Fla. (Aug. 6, 2010) – Traditionally, when event organizers wanted to host a community festival, fair or concert in unincorporated Marion County, they would need a special event permit from Marion County government. Special event permits (not to be confused with special use permits) are required for properties not specifically zoned to host events that last one to seven days.

Getting that permit required applicants to obtain seven signatures from county and state officials, including law enforcement, fire rescue and public health among others. The process, which officials described as “antiquated” and “fragmented,” could take several weeks to complete and required event organizers to travel to various locations throughout the county. Now, however, that process has changed.

In a unanimous decision on Aug. 3, 2010, Marion County commissioners adopted a new, streamlined process for special event permits. Marion County Fire Rescue Division Chief Paul Nevels led a seven-person committee to improve the process, after commissioners received complaints from the community.

Richard Guynn, Past-President of the Ocala Jaycees, tested the new process when applying for a permit for the annual “God and Country Day” Fourth of July event. Guynn told commissioners that the new process is

better than ever. He said he received his permit within five days whereas the previous process took a month.

Applicants can complete this process in three simple steps:

1. Download and thoroughly read the special event permit application online at www.marioncountyfl.org <<http://www.marioncountyfl.org>> . Click on the “I Want to Tab” at the top and select “Apply for a Special Event Permit.” Or, fill out the application in person by visiting the Marion County Zoning Division (2710 E. Silver Springs Blvd., Ocala).

2. Meet with a Zoning Division representative who will guide you through the process. When you meet, bring all of the required documents, e.g. site plans and written authorization from the property owner among other documents.

3. Receive confirmation from the Zoning Division.

Using an existing software program, Zoning Division officials will enter your information into the system and send it to the required reviewers. In short, event organizers will no longer need to drive to various locations to gather the signatures required to obtain the permit. If all goes as expected, the permit can take as little as 72 hours to complete (depending on the circumstance and complexity). The special event permit costs remain \$15.

Terrorist Pilot

Mohammad Atta blew up a bus in Israel in 1986. The Israelis captured, tried and imprisoned him. As part of the Oslo agreement with the Palestinians in 1993, Israel had to agree to release so-called political prisoners.

The Israelis would not release any with blood on their hands. The American President at the time, Bill Clinton, and his Secretary of State, Warren Christopher, insisted


that all prisoners be released.

Thus Mohammad Atta was freed and eventually thanked us by flying an airplane into Tower One of the World Trade Center.

This was reported by many of the American TV networks at the time that the terrorists were first identified. It was censored in the US from all later reports.


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