



TomL Publishing 2010 Reflections



Kathy Ranges

Kathy Ranges of the Central Florida Eye Institute located at 3133 SW 32nd Ave., Ocala FL 34474. Kathy was the presenter of a 10 minute infommercial on Glaucoma at the Ocala Business Leaders breakfast.

Most people never see it coming. Glaucoma is one of the leading causes for preventable blindness in the United States. Yet over 70,000 people lose their vision to it every year. Two out of every 100 is affected by Glaucoma.

Glaucoma is caused when the drainage system within your eye is blocked either by trauma, hemorrhage or a physiologic nature. An increase in pressure in the eye causes pressure to build around the sensitive optic nerve fibers destroying the nerve and one's vision.

Call 237-8400 for questions



Tom's Picks

Do you need some work done and don't know who to call? Call Tom's Picks at 804-1223

Presorted Standard
US Postage Paid
Permit #168
ECRWSS
Ocala, FL
Postal Customer



The following is an account of front page headlines and stories for the year and projection for 2011.

January: 2010 front page headlines reflected was a series called "How do you like Obama now?" The readers would write in and give their opinion on Obama's good and bad achievements, it ran for about eight months. We also had been running a new series called Tom's Picks, it was a free referral service that the Publisher did. People would call his cell phone and he would give them someone they could trust, sometimes reaching out to the Chamber of Commerce in Ocala and Lady Lake, the Ocala Business Leaders and his customer base.

Interviewing Jackie Porter

Tom Loury

I pose any and all of these questions to the School Board Members, including Jim Yancy, tloury@earthlink.net

There has been an outcry from the public concerning rules and regulations set by the School Board for the public to speak at School Board meetings.

Q: What is this about?

A: There is a form called "the gold sheet" which has been required to be filled out by any person wanting to talk or have public input at the beginning of the board agenda. This full page gold sheet is not a state statute. It is Marion County School Board's requirement. The speaker is required to state their name, address, telephone number, concerns that usually come before the School Board, 5 minutes to speak, and the speaker can only address the Board once per month, not at ev-

February: The one thing that hurt the most was when Ken Tipper retired. Ken is an excellent writer and critic. I always enjoy his work.

March: We ran pictures of the last night launch of the shuttle Endeavor, photo by Doug Hodson. It was exciting because in the black of night, you seeing the brilliant red and orange colors of the rockets pushing the Shuttle in an arching curve to the heavens.

April: Was the Expo month. The Ocala Business Leaders held an exciting event and will have another soon. Also the Parade of Senior Services went off without a hitch. I am always surprised by the turnout of the great numbers of Seniors. Last April was the

one year anniversary of the Opening of Too Your Health Spa in Dunnellon, the membership is growing and doing great.

May: Our 16th annual Senior Fishing Derby was a success. This Senior event is sponsored by TomL Publishing LLC which is Ocala Downtown and The Seniors Voices of Ocala and is partnered by City of Ocala Parks and Recreation. Eight and a half years ago the Seniors Voice Publisher attended a Senior Fishing Derby to take some pictures, he got hooked. TomL Publishing has been a part of it ever since, holding two a year. Also in May the headlines reflected more in the series of School Board friction.

June: The "WE ARE EXCITED" Campaign kicked off. Our new "Ocala Downtown" edition was on the street. This monthly newspaper really created a BUZZ! The day the idea was born, Publisher Tom Loury was having lunch at Harry's Restaurant reflecting what to do next. After walking outside on the square and not seeing a newspaper got the idea of starting a zone edition for Downtown but the idea soon turned into a stand alone publication. Now we are hand delivering to 700 businesses, mailing about 4,000 to the homes close to Silver Springs Blvd. We are also bulk dropping thousands of papers in the Ocala area. It is not unusual now to get inquiries from ad agencies from Atlanta asking for rates. We are very lucky to have several very successful slick magazines in this area. They do a great job for their clients. Ocala Downtown is a secondary buy costing a fifth of what it costs to go into the slick magazines and we bonus the ad into the well known Seniors

(Continued on Page 3)

(Continued on Page 6)



**GOD BLESS OUR TROOPS
IN GOD WE TRUST**

Ellen B. Wilcox

MONEY MATTERS

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

The New Year is upon us, and already we are seeing changes in Washington, DC even before the newly elected Representatives and Senators are seated. Extensions of some of the Bush-era tax cuts have already been enacted with a sigh of relief from most American Senior Citizens, along with a few groans from those Liberals who believe the wealthy are being too generously rewarded. Regardless of your political point of view, the Obama willingness to compromise on the tax cut extensions while also eliciting an extension of unemployment benefits, puts more discretionary income into the hands of consumers.

Social Security has once again been shorted by receiving zero Cost Of Living Adjustment (COLA) for the year 2011. Apparently the inflation factor wasn't high enough to warrant such an increased benefit. However, low inflation, significantly impacted (manipulated?) By Federal Reserve action as well as upticks in the Producer Price Index, is unlikely to continue for much longer, so perhaps 2012 will bring that COLA back to life for Social Security recipients. Don't hold your breath, but maybe.

Stock markets in general had a good December with most Indexes up measurably. US Large Company stocks fared well as evidenced by an upturn in the DOW, and the

technology-heavy NASDAQ also showed some gains. Even Foreign Indexes showed modest gains following the bail-out agreements finalized.

With the hoped-for extensions of the Bush-era tax cuts, major US corporations are likely to rev up both hiring and capital expenditures. Job creation results from the former, and putting currently hoarded cash into circulation results from the latter. At this point in time, a double dip recession seems less likely.

Nevertheless, the economic cycle, though not stagnant, seems to be moving forward albeit in slow motion. To support this contention, consumer spending showed a modest uptick throughout the Holiday Season. Non-essential items such as jewelry, luxury goods and nice-but-not-necessary home goods (think large flat-screen TV's and home accessories) enjoyed a slight upturn, although shoppers were attracted by amazingly competitive pricing especially on Door Buster specials on Black Friday. Wal-Mart offered a limited number of 32 flat screen TVs for \$199 with doors opening in the wee hours of the morning and shoppers actually sleeping in parking lots to be first in line!

Ridding the shelves of inventory is crucial for retailers at year-end, and savvy shopkeepers jumped on their respective bandwagons early in the game. January inventory taking is a task that is costly in

both actual dollars and the consumption of human energy. Retailers, especially the big chains, create monumental sales to reduce the impact of this chore. The big benefit of all of this is that with inventories reduced, manufacturing accelerates and jobs are now created.

On the downside, oil prices are up significantly, and with colder than usual temperatures sweeping the nation, heating costs will undoubtedly put at least a temporary crimp in discretionary income over the next few months. Here in 'sunny' Florida, we have been hit with earlier than usual freezing temperatures that will cause our current heating bills to rise immediately, thus limiting that discretionary income mentioned above!

If you have additional questions or comments regarding any of the above information, please contact my office directly at 352-259-1547, or via email at HYPERLINK "mailto:Ellen@ellenwilcox.com" Ellen@ellenwilcox.com

len@ellenwilcox.com.

*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 not affiliated with LPL. She may be reached at HYPERLINK "mailto:Ellen@ellenwilcox.com" Ellen@ellenwilcox.com or HYPERLINK "http://www.ellenwilcox.com" www.ellenwilcox.com.

The opinions expressed in this material are for general information only and are not intended to provide specific advice or recommendations for any individual. To determine which investment(s) may be appropriate for you, consult your Financial Advisor prior to investing. All performance data referenced is historical and is no guarantee of future results. All indices are unmanaged and cannot be invested into directly.

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 on January 15th, 2011. We will meet at the Hilton Ocala, 3600 SW 36th Avenue in Ocala. The menu will be apple & plum stuffed pork loin with mashed potatoes, vegetable, bread, beverage and dessert. Entertainment will be provided by Harry Chambers. The cost is \$15 per per-

son and reservations and advance payment are required. Payment must be received by Wednesday, January 12th. Please make checks payable to Bill Thompson, the club's treasurer, and mail to him at 582 Dowling Circle, Lady Lake, FL 32159. For further details call Don Clauson 352-861-1235, Lillian Woodman 352-873-0427 or Bill Thompson 352-751-5174.

TOO YOUR HEALTH SPA 

2011 Healthy & Fit **\$119.50** **TWO CAN JOIN**
per person + tax 

- Indoor Heated Swimming Pool • Sauna • Whirlpool • Tanning
- Cybex • Body Master Free Weights • Aerobic • Hammer Strength
- Racquetball Courts • Zumba • Yoga • Pilates • Kickboxing • PERSONAL TRAINING

Attention Seniors - Now Accepting Various Insurance Fitness Programs
Call 352-237-6149 for more information

SPA I 694-1141 <small>(Behind Blvd. Car Wash)</small>	SPA II 237-6149 <small>(Behind CFCC)</small>	SPA III 245-2800 <small>(Behind Sonny's Bar-B-Q)</small>	SPA IV 489-3383 <small>(W. Dunnellon Rd 488)</small>
---	--	--	--

Join Now! Limited Offer . . . \$129.00 **Single Membership plus tax** 

Are you in pain?

Try Therapeutic Massage Therapy

Erin's Therapeutic Touch, llc MM22305

Offering Deep Tissue, Trigger Point, Swedish, Hot Packs, & Much More

www.erinstherapeutictouch.com

1409 NE 22nd Ave, Ocala

(352)216-7515



Interviewing Jackie Porter

(Continued from Page 1)

lengthy at times, however we are elected to listen and serve the public, no matter how late we must stay at the meeting. Open communication with the public should be the future, and any item the public wishes to pull for discussion should be accepted as best practice.

Q: When is this topic going to be talked about amongst the Board members?

A: Throughout 2010 many citizens and I requested the Board to make changes for the public to address the Board. At our August 26, 2010 work session I discussed with the other Board members my concerns of the “gold sheet” procedures. The other four board members disregarded my concerns. Since the November 2010 election, we have a new Board in place. On January 6th, 2011, there is a School Board work session and this topic is on the agenda for discussion once again. Hopefully the public

will prevail.

Publishers note: It seems to me that the School Board should be following the same rules and regulations as the County Commissioners and quit try to upstage them. If it takes too much time to hear the public during these meetings it means your doing things the taxpayers don't like!

The County Commision meeting works this way, you get put on the agenda, after the people on the agenda speak, more of the public is invited to speak open floor. It does not seem right not to let the people you work for speak as many times as they wish. Wake up school board, you work for us, THE TAXPAYERS!

TomL



Crime Stoppers

CRIME STOPPERS RAMPS UP COLD CASE EFFORT WITH \$1,000 REWARDS

A special Crime Stoppers “Cold Case” campaign is targeting more than two dozen of Marion County’s unsolved homicide cases. Major component of the effort is the organization’s website, ocalacrimestoppers.com, which features photos and case histories going back to the 1950’s and 1960’s.

Leo Smith, local Crime Stoppers president, said his group will offer \$1,000 rewards for information leading to arrests in any of the 28 unsolved cases. “We know there are people walking around in our community who have vital information about these cases and we’ll pay \$1,000 for it, no questions asked,” Smith said.

One of the more noteworthy of the unsolved cases is the murder of Patricia Sofia, 51, an employee of the Silver Springs WalMart, who was found brutally shot to death in her Belleview home on January

2, 2005. Another is the murder of 84-year-old Eileen Gaffney, described as “a perfect grandmother,” whose body was found in her southeast Ocala swimming pool on September 2, 2004.

Oldest unsolved case on the website is the murder of Julia Pratt, 54, who died of blunt head trauma in Ocklawaha in 1958 and one of the more recent is the violent death of Everett Jackson, 39, whose dismembered torso was found in the Ocklawaha River near the Sharpe’s Ferry bridge in September, 2008. Ongoing investigations on these cases may have stalled and authorities need more information to develop leads or make arrests.

Smith said that any information can be reported anonymously on the Crime Stoppers tips line at 368-STOP (7867) or on ocalacrimestoppers.com

For more info, contact R. Hauck @ 843-1499 or Leo Smith at 572-0914



HAWTHORNE VILLAGE

RETIREMENT COMMUNITY

SERVICES AVAILABLE AT
HAWTHORNE VILLAGE OF OCALA CAMPUS

- Bounce Back Rehabilitation
- Skilled Nursing Care
- Garden Court - Alzheimer’s /Dementia Care
- Hawthorne Inn - Assisted Living

“Independent Living Coming Soon!”

4100 SW 33rd Ave., Ocala • (352) 237-7776

www.hawthornevillageofocala.com

Tom Loury

PUBLISHER'S NOTES

Well, the group of outgoing politicians still don't get it. They drug us kicking and screaming into HealthCare that no one wants. We will have to wait a few months to see what the newest politicians are going to do to help fix the economy and country. Meanwhile the Tea Party is just sitting there idling. If our newest batch of politicians don't come in fighting and kicking some butt the third party has to emerge. I would rather see the two party system survive but they don't know how to work together. I believe we will see a strong third party emerge.

The Tea Party pretty much did what it intended to do, it turns out that we are not a bunch of idiots and troublemakers, but concerned taxpaying citizens that will not stop until things are fixed right. If you have been following what I have been writing I said four or more years ago that a third party would emerge. The clashing and fighting between the two dominant parties has deteriorated our country as we knew it.

Now the Tea Party has formed a core. The National Tea Party Chairwoman Amy Cramer spoke on TV the other day. She said that the outgoing politicians still don't get it. She also is encouraging taxpayers to stay involved. I think they will become official, and announce as a third party at the end of 2011. I think Sarah Palin will be the candidate. She is tougher than any of the recent men I've seen on the political scene. I be-

lieve she can scare the hell out of most of the dictators in these hostile countries. If backed into a corner she will come out with guns blazing (a matter of speech). I also believe she will win and serve unafraid and get our country back in order.

You know Obama Bills remind me of the good samaritan that saw an elderly lady standing near a traffic light on the corner. He took her by the arm and said I'll help you across the road. The elderly lady said, thank you but I don't need to be helped. Don't worry it will only take a minute and rushed her across the street. Reaching the other side the elderly lady looked back and said you made me miss my bus. The bus had stopped across the street and drove off. That was her bus and that was why she was standing there. Well Obama and his administration has decided to help us across the street whether we want to go or not. Did the good samaritan call the elderly woman a cab and pay for his blunder? No he walked off leaving the elderly lady to cross back across the street and wait for the next bus which was an hour later.

At the end of the day the elderly woman was worse off than before she got all of the great help. Get the mission right before you start out.

Marion County School Board. I recently

heard on the radio that the School Board was considering stopping the "brownouts" for the schools. The school gets \$300,000 off the electric bill in Marion Co. through Progress Energy, for letting Progress Energy turn the power off for 4 peak hours. The Peak times would be until 10 A.M and on cold mornings that might be too long. I talked to several people who work in the school system in Ocala and asked what they thought of considering the "brownouts". It was unanimous that the school employees thought it would be too much for the elementary children.

What someone needs to do is go on a fact finding mission and make a recommendation to the School Board. I would say renegotiate with Progress Energy for the times for the middle school children and the elementary children. The High School students can dress warm for that first hour. The taxpayers certainly cannot afford to pay an extra \$300,000 next year.

While I'm talking about the School system, what is happening about the Toxic Dump the Marion County Public Schools have at the North Transportation Depot located at 5470 NW Gainesville Road, Ocala?

The DEP looked at it, now I wonder what they are going to do about it? Is the School Board going to see that it is cleaned up? I would not let this go without fixing it. The toxins could be harmful to the ground water or the people who work and live in the area. The dumping has probably gone on for many years before the current administration. What to do?

One more thing that bothers me about the school system purchasing of goods from outside our country. How do we secure the safety of the students and faculty if we are receiving and using products brought in from outside the country. It was brought to my attention that we are using ink cartridges from China? Anything can be hidden inside these large cartridges. If this is true? We need to take a serious look at it. I am sure a local vendor could match the price and could use the money here in Marion County.

We all need to go into this year with great hope. Our newly energized politicians will make change that will be for the good of the country. Continue to buy local, help others by referring prospective buyers and we will grow together.



Newspaper Deadlines

Editorial & Ad Copy for February

Seniors Voice & Ocala DownTown
12am, January 19th

Lady Lake Magazine & Village Spectator
12am, January 26th

Ocala DownTown
A Product of TomL Publishing LLC
P.O Box 1698, Dunnellon FL 34430

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

Circulation 237-5396

www.OCALADOWNTOWN.com and Ocala DownTown, its owners, editors and publishers are not responsible or liable for typographical errors, misinformation, misprints, and the like, unintentionally contained herein. All letters received become the property of www.OCALADOWNTOWN.com and may be reproduced without further consent. All above are independent contractors.

LETTERS TO THE EDITOR reflect the opinion of the writer, not the opinion of this newspaper. Letters should be typed, double spaced, and limited to 300 words or less. Letters must have the written signature of the author and the current telephone number. Signatures for publication may be withheld on request. Letters that are libelous, or considered in poor taste, or are personal in nature, will not be published.

COPYRIGHT NOTICE 1996. The contents of this publication are protected by the copyright laws of the United States of America. Any reproduction in part or in whole is forbidden without the express written consent of the publisher. Violators can and will be prosecuted to the fullest extent of the law.

COLUMNS are the opinions of the writer and do not necessarily reflect the opinion of the SENIORS VOICE, and are chosen to represent a diversity of views on local issues. The editorial on page 4 is the opinion of the Publisher only.

Thermo Cool
Air Conditioning & Heat, Inc
"Keeping Central Florida Comfortable since 1992"

Please see the schedule below for a complete listing of our air conditioning seminars. If you do not see your park listed below, talk with your activities director to attempt to schedule before it is too late.

January

14th **Cherrywood** 12-1:30 pm
27th **Holiday Travel** 4-6:00 pm

February

9th **Pine Run** 11-1:00 pm
22nd **Parkwood Vill.** 11-1:00 pm

March

22nd **Mid Fla Lakes** 4-6:00 pm
29th **Grande Island** 4-6:00 pm

Call now for free estimates!
Lake (352) 326-5530
All Others (877) 526-5225
www.thermocoolair.com
License # CAC008930

Heroes are not born . . . they volunteer



Call today to find out
how you can make a
difference.

MAGGIE "MICKI" MIDDLETON
352.629.0137 ext. 2001
marionmrc@doh.state.fl.us



No medical experience necessary

www.marioncountymrc.com • www.medicalreservesrcs.gov

TomL Publishing 2010 Reflections

(Continued from Page 1)

Voice of Ocala free giving you a buy one get one free deal.

Also in June we continue the “School Board Turmoil” series, “How do you like Obama now?” And of course Tom’s Picks.

July: Gave us more of the series “School Board Turmoil” and County Commissioners denied the rezoning request for Mud Bogging Events and approved one for a quarter horse race track and gambling card room.

August: Brought Ocala political season. Front page headline: The Ocala Business Leaders held a Political Forum. All but one of the politicians running ads in the Ocala DownTown won! WOW! Also in this month we had more of the School Board story continuing with an interview of Jackie Porter and continuing Tom’s Picks averaging about 30 calls a month to the publisher.

September: Headline was a story about the last remaining survivor of the original four men to raise the flag at Iwojima, Leo Champagne. Leo posed for a picture with one of our sales staff Lina Oliver and of course we continued the series interview with Jackie Porter. One of the main reasons for that series was the daily newspapers would not give her an interview.

October: Headlines, Ocala Chamber of Commerce launches their Buy Local Campaign which has been very successful. The local businesses win from this one. The next headline reads School Board Jackie Porter discusses budget.

November: Headline reads Senior Fishing Derby draws record crowds. Another headline request to all newly elected officials and incumbents . . . GET BUSY!!!

December: Headlines are about Ocala

DownTown having a Vintage Ferris Wheel right on the square. Oh yes, my national prediction of a 15% increase in revenue

next year, my goal is for 40% increase AT LEAST!

ONE PERSON’S OPINION

LETTERS TO THE EDITOR

White House will not do Christmas!

Thought you might be interested in this information from the White House..

This isn’t a rumor; this is a fact.

A very talented artist for several years has painted ornaments to be hung on the various White House Christmas trees. The WH sends out an invitation to send an ornament and informs the artists of the theme for the year.

She got her letter from the WH recently. It said that they would not be called Christ-

mas trees this year. They will be called Holiday trees. And, to please not send any ornaments painted with a religious theme. She was very upset at this development and sent back a reply telling them that she painted the ornaments for Christmas trees and would not be sending any for display that left Christ out of Christmas.

Just thought you should know what the new residents in the WH plan for the future of America. If you missed his statement that “we do not consider ourselves a Christian Nation” this should confirm that he plans to take us away from our religious foundation as quickly as possible.

Just another step toward turning America away from Christianity!

We should shout to the highest hills that the White House is ours - not the Obama’s, and 85% of Americans believe in Christ (Christmas).

R. K.

To the editor

I enjoyed your article on page 10 in Volume 29, Number 11 on your TN vacation. I would like more information about the place where you stayed. We are planning a family reunion and it looks like a perfect venue.

Thanks,
K. Q.

Editors Note: Very nice accomodations. I will forward the phone number.

Dear Congressman:

THIS IS A CITIZENS AGENDA FOR CUTTING SPENDING.

Social Security, and Medicare are last on the list.

Our cut and eliminate list:

1. IRS: gone. Replaced with FAIR TAX.
2. UN: Revoke our membership, and eliminate all agencies that implement UN regulations in the US. This will rid us of sustainable development, Agenda 21, and a lot of other globalization schemes.
3. Education Department: Gone. Education: Back to the states where it belongs.
4. Hedge Funds and derivatives made illegal. They are the world’s biggest Ponzi schemes.
5. Public sector unions are unconstitutional. They must be decertified.
6. Lobbyists are a menace to citizens. Color them gone.
7. Earmarks gone. Legitimate programs do not need to be piggy-backed. They can stand alone.
8. All government elected officials, and bureaucrats shall be compensated, in wages, and benefits, on a par with private sector jobs. This includes congress.
9. This should rid us of a great many useless bureaucrats, and bureaucratic waste fraud, and corruption, and save trillions.
10. Federal Reserve System scrutinized.

(Continued on Page 14)



WEEKLY SPECIALS

Monday

All You Can Eat Rotisserie Chicken
\$6.99

Served with vegetable medley and yellow rice.

Tuesday

Seafood Fest Extravaganza \$9.99
Your choice of broiled, fried or sauteed combination of Shrimp, Scallops, Grouper and Mahi Mahi. Served with garden salad and fixins’.

Wednesday

2 for 1 Medium Brick Oven Pizza’s,
Your Choice!

Thursday

All You Can Eat Spaghetti \$5.99
With our famous “Nonna” (Meat) sauce.

Friday & Saturday

Chef’s Choice, Tantalizing choices changed weekly.

Sunday

Italian Feast for Two \$19.45
Choose from over 20 menu items served “Family Style. Includes garden salad or homemade soup, specialty dessert and coffee or iced tea.

Pasta Faire Ristorante
10401 US 441 South
Bellevue, FL 34420

352-347-3100

www.PastaFaire.com



■ Charlotte Poss

THE OMBUDSMAN

I hope everyone had a Merry Christmas. I want to wish each and everyone of you the best New Year ever. I wish for each and everyone of you, Good Health & Wealth.

Make someone happy go visit someone in a Nursing Home, Assisted Living Facility or Adult Family Care Home. Many of the residents living in these facilities do not have family or their families live far away in other states.

Volunteer and become an Ombudsman, then you can visit these residents often. The smile on their face's will warm your heart. Call today for an application, start your new year off right. Call 1-888-831-0404. An application will be sent to you. Fill it out send it back, get an interview, and start sharing your time to make others happy.

Please call today. 1-888-831-0404.

Our Elected Officials

By Charlotte Poss

I am sure that you know by now if your candidate won the election. Now all you have to worry about is how this candidate handles the job.

With many new politicians in office we will be seeing many needed programs being cut. It seems that everything that is working for the average working person is being cut or eliminated. The only place you will never see a cut back is in the politicians salary and benefits. When the wealthiest in our nation are put in charge of controlling our income, we are the losers. Rich people do not know what it is like when raises are not there, even something as small as COLA increases.

Many of you have received your Social Security mailings telling you that Social Security will not have a COLA (Cost of Living Allowance) again this year. It is stated

that, the government measures changes in the cost of living through the Department of Labor's Consumer Price Index. The CPI has not risen since the last cost of living adjustment was determined in 2008. Well I don't know where these people live but I am sure that they have to use gas to get around and this has gone out of bounds. In 2007, you could fill your tank for twenty five dollars, now your lucky if sixty plus will fill the tank. Yet they keep raising the price of gas and your mileage is less because they put 10% ethanol in the gas. Your paying more and getting less. The same goes for everything you buy.

Those in charge of regulating whether we get a COLA or not do not take into consideration that the prices of items at times do not go up but the quantity you receive is less. So you must buy more to get the same amount you used to get. If that is not an increase in cost of living, I do not know what else to call it. Coffee still comes in the same size three pound can but you only get thirty three ounces. Ice Cream used to be a half gallon now it is much less, but the price is the same. A large box of cereal is still a big box that you cannot find a shelf to fit it on, but the box is half empty before you even open it up. The cost of living has gone up. The government just does not want to give the middle class and those living on Social Security a break. It would be nice to see if some of these fat cats who hold office could live on what an average person living on Social Security alone lives on. I can assure you they could not last even three months. The electric bills alone would do them in. Progress Energy charges dollar for dollar for fuel cost. If your electric bill is say \$150.00 your fuel charge is \$150.00 so your total bill is \$300. Now they say that cost of living has not gone up. I wonder how they got to be millionaires and billionaires when they cannot figure out that the cost of living has gone up.

We are stuck with all of them for, four years. Everyone has to speak up, write letters. Let them know you will not stand for this. They all got their tax breaks what about us getting any kind of a break. Start yelling, we won't stand for this.

BUY LOCAL

We do it all

Transmission • Brakes • A/C Repair • Etc.

A&B Automotive Repair *Complete Auto Repair*

2200 NE 36th Avenue
Ocala, FL 34470

352-351-0031
352-219-9611



Full Service Lawn Mower Repair





march of dimes[®]
march for babies[®]

one day...
all babies will be born healthy.

the walk starts at marchforbabies.org

our national sponsors



this ad courtesy of

www.SENIORS VOICE OF OCALA.com
MAILED FREE TO GATED COMMUNITIES ON THE 200 CORRIDOR

BUY LOCAL! Take Me Home! FREE

ocala Downtown
A free publication serving the people of the Ocala area

BUY LOCAL! Take Me Home! FREE

© 2009 March of Dimes Foundation

SENIOR SCHEDULE OF EVENTS

JANUARY, 2011 PROGRAM OF ACTIVITIES

MOVIE TIME

When: Tues. & Wed., January 11th & 12th at 8th Ave. Sr. Center - "JESSE STONE: NO REMORSE" Starring: Tom Selleck, Krista Allen, William Sadler, Stephen McHattie, Kohl Sudduth, William Devane, Kathy Baker and others. Disgraced former Paradise, Massachusetts Police Chief Jesse Stone (Tom Selleck) goes into self-imposed exile after being suspended from the force, investigating a bizarre series of interconnected murders in Boston that implicate Gino Fish (William Sadler), the city's most ruthless crime kingpin. RATED PG

When: Tues. & Wed., January 25th & 26th at 8th Ave. Sr. Center - "RED" Starring: Bruce Willis, Morgan Freeman, John Malkovich, Helen Mirren and others. A group of former government assassins fights back against the CIA after they're targeted for knowing too much. Frank Moses (Bruce Willis) used to be a hired gun for the CIA. Along with Joe (Morgan Freeman), Marvin (John Malkovich), and Victoria (Helen Mirren), Frank's specialty was carrying out contracts that the government didn't want the public to know about. These days, Frank and his old gang are all retired, but the powers that be are still concerned that they know too much, and dispatch a team of top assassins to ensure their silence. Now, Frank and

his former team members realize that their only hope for survival is to break into CIA headquarters and expose the truth. But once they're in, the group uncovers evidence of a massive cover-up that promises to rock the very foundation of our government.

RATED PG13 Time: 1:30 P.M. - 3:30 P.M. at 8th Avenue Senior Center - Telephone: 629-8545 What: Enjoy a free movie in a comfortable setting. Please call the center to reserve your seat.

COMING IN FEBRUARY 2011:

"SECRETARIAT"

"KNIGHT AND DAY"

COMPUTER CLASSES FOR ADULTS OF ALL AGES

When: Thursdays

Time: 9:30 A.M. to 11:30 A.M. for class, 12:30 P.M. to 2:30 P.M. for lab sessions and 2:30 P.M. to 4:00 P.M. for advanced classes.

Where: BGW Senior Activity Center, 210 NW 12th Avenue, Ocala Tel. 629-8357

Cost: \$75.00 for singles and \$110.00 for couples, and \$38.00 for singles in advanced classes 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,

(Continued on Page 9)

Lossing INSURANCE

a trade name of Bowditch Insurance Corporation

Serving Marion County Since 1976

Professional service with a personal touch!

SPECIALIZING IN:

- Home Owner's
- Automobile
- Mobile Homes
- Rental Dwellings
- Life Insurance
- Motor Homes
- Motorcycles
- Personal Umbrella

Review your policy before a disaster strikes..... call for a free evaluation of your current homeowner's policy.




Linda Gygax, API, AIS
Personal Lines Insurance Agent
linda.gygax@lossinginsurance.com

1724 SE 17th Avenue • Ocala, FL 34471
352.732.4550
Toll Free: 800.843.4942 • Fax: 352.732.0132
www.linda.gygax@lossinginsurance.com

Hearing Aid Maintenance Kit

Call for Details: 800-934-6815

Protect Your Investment!



Over 12 Years Experience

Website: www.moistureguard.us

Manufactured by S & S Laser We Also Offer a Wide Variety of Custom Engraved Products!

Unique Gifts For Any Occasion

SENIOR SCHEDULE OF EVENTS

(Continued from Page 8)

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.

INCOME TAX HELP

Where: 8th Avenue Senior Center, 830 NE 8th Avenue

When: Mondays, Wednesdays and Fridays starting February 2nd

Time: 9:00 AM to 12:00 PM

Where: BGW Senior Center, 210 NW

12th Avenue

When: Tuesdays ONLY starting February 1st

Time: 9:00 AM to 1:00 PM

Cost: Free

What: AARP Tax help is available at these Centers listed above. Please bring your driver's license or identification card, social security card and all tax documents. Please call the center(s) if you have questions about what documents to bring.

TRIP: STARLIGHT PRINCESS PADDLE BOAT

When: Thursday, January 20th, 2011

Time: Leave 8:30 AM Return 5:00 PM
 Where: Paddleboat Trip, Daytona Leave from 8th Ave. Sr. Center Cost: \$58.00 per person (includes transportation, admission & lunch) What: Enjoy a dazzling afternoon dining and sightseeing on the Halifax River while cruising aboard the Starlite Princess, one of the few authentic paddleboats in the country. You may choose entrees from a tantalizing menu. Seating is limited to 45 participants. Pre-paid registration is required. For more information call Grace at 629-8357.

LIVING HEALTHY WORKSHOP

When: Tuesdays, Starting February 8,

2011 for 6 consecutive weeks

Time: 10:00 AM to 12:30 PM

Where: BGW Senior Activity center

Cost: Free

What: Living Healthy Workshop (Chronic Disease Self Management) is a program that empowers older adults to take control of their health. You will learn how to live a healthy life in these two and one half hour interactive, six week workshops.

"Living Healthy Workshops" are designed to educate participants about common chronic diseases, prevention strategies and regaining function.

Ocala Fire Rescue: 125 Years of Histry

by Natalia Martinez

On Thanksgiving in 1883 a fire destroyed downtown Ocala.

Residents demanded a fire department be formed in 1885. More than one hundred years later men and women still wear the badge of the Ocala Fire Rescue.

"Firemen are still doing the same things by going to hot smokey buildings and rescuing people," Ocala Fire Rescue Battalion Chief, Brian Stoothoff said.

The Chief gave TV20 a look back in time, showing photographs dating back to the late 1800's.

Many photographs and memorabilia of the department's history are displayed behind a glass case at their headquarters.

Among the historic artifacts, ribbons and trophies can also be found. They are now proud reminders of the department's past.

"It's nice to remember our history and to see the progress that we've made," Stoothoff said.

Although much has changed for Ocala's Fire Rescue in more than a century's time, the city's firefighters say they are still at the vanguard, ready at call.



DO-IT-YOURSELF

SAVE 30% OR MORE

Step by step Instructions • Free Expert Installation Advice
If you can handle a drill and level you can install
your own windows or screens!

CUSTOMIZED WINDOWS • 30 YEARS EXPERIENCE

RETAIL STORE OPEN
MONDAY THRU FRIDAY 8 AM-4 PM
Custom WINDOW SYSTEMS
"It's as easy as 1-2-3"

OSWALD ALUMINUM
5190 NW HWY 441, OCALA
622-5748



"I found my forever home on..."

ocala4sale.com

The Best Place to Buy and Sell in Marion County!

GET CLASSIFIED

Visit Ocala4sale.com and post your free listing today.



2011 Southeastern Youth Fair

"Celebrate our future in action"

Rodeo February 18 - 19

Sunday, February 20 - Sunday, February 27

Sunday, February 20

Dog Obedience & Agility
Beef Heifer Show

Monday, February 21

Tractor Driving
BBQ Contest
Steer Show

Tuesday, February 22

Steer Showmanship
Beef Dinner (Call for tickets)
Steer Auction

Wednesday, February 23

Dairy, Kiddie & Meat Goat Shows
Lamb Breed Show
Market Lamb Show
Market Lamb Auction

Thursday, February 24

Ag. Ventures - Hands on learning
about agriculture

Friday, February 25

Swine Show

Saturday, February 26

Swine Auction
Pork BBQ Lunch

Sunday, February 27

Horse Show



**Activities
All Week!**

Mechanical Bull
Food Vendors
Bungee
Home Arts & Garden Shows
Chicken & Rabbit Shows
& More!



FREE PARKING ★ FREE ADMISSION

Family Friendly with Something for Everyone

For event tickets or more information, call

352.629.1255 or visit **www.seyfair.com**

Economic Stimulus

Buy from local businesses you know and trust.

by TomL

This is indeed a very exciting program, and I'll explain it by using a Q & A format:

What is an 'Economic Stimulus' payment? It is money that the federal government will send to taxpayers.

Where will the government get this money? From taxpayers.

So the government is giving me back my own money after taxing it and charging management fees, there is only a smidgen of it left.

The purpose of this payment plan is for you to purchase a TV set, thus stimulating the economy. That would be stimulating China!

Following is some helpful advice on how to best help the U.S. economy by spending

your stimulus check wisely:

If you spend the stimulus money at Wal-Mart, the money will go to products made in China.

* If you spend it on gasoline, your money will go to the Arabs..

* If you purchase a computer, it will go to India, Taiwan or China ..

* If you purchase fruit and vegetables, it will go to Mexico, Honduras and Guatemala ...

* If you buy an efficient car, it will go to Japan or Korea ..

* If you purchase useless stuff, it will go to Taiwan ..

* If you pay your credit cards off, or buy stock, it will go to management bonuses and they will hide it offshore.

Keep the money in America buy American, buy Local.

Dunn and the Writing Profession

Ken Tipper

Writers and would-be writers will find lots of help in their endeavors from Forest High School teacher and free-lance writer John Dunn when he talks about the craft on Sunday, January 23, at 2 p.m. in Room C of the main library on Silver Springs Boulevard.

Dunn has almost 40 years' experience as

a free-lance writer, and has published more than 350 articles in 20 publications. In addition, he has written many scripts for audio-visual productions, a childrens play, and 14 books for young adults. He will talk about how to start a free-lance writing career, find markets for submissions, and provide advice on the business end of the writing profession.

Senior Special

Creative Vinyl Systems
Windows
Patio Enclosures ♦ Siding



Free In-Home Consultation

**48 Months
LOW Interest
Financing**
Offer Expires 1/31/11

Patio Enclosures

- Vinyl
- Glass
- Acrylic
- Screen

**FREE
Estimates**

FREE
Heat Shield Glass
With Purchase Of Any
Glass Patio Enclosure

Coupons May Not Be Combined With Any Other Offer. Must Present Coupon At Time Of Estimate. Not Valid On Previous Contracts. Expires 1/31/11.

**5 Day 4 Night
Caribbean Cruise for 2
for the first 20 contracts
(In excess of \$3,000)**

**Taxes & Port Charges Not
Included**

Not valid on existing or prior contracts. 1 per household, not valid with any other offer, time management offer Expires 1/31/11.

Gutter Filter

Never Clean Your Gutters Again

1-866-942-1225

30 Day money Back Guarantee

Philip Dolfi – owner



STATE CERTIFIED CBC1252878





Ocala Firefighters Deliver Toys to Local Charities

On December 21, 2010 hundreds of toys were delivered to local charities by Ocala firefighters. For the past two weeks fire stations have been collection sites for those less fortunate. A truck load of toys were delivered to Salvation Army, Interfaith Emergency Services, the Centers Inc. and the Domestic Violence Shelter.

“We thank our citizens and firefighters for being so generous. Our hope is that every child in need this season will receive a gift,” stated Fire Deputy Chief John DeIorio.

In the inserted photo (left), firefighters Vernest Alexander, Kelley Owens, Will Roberts and John McEarchern IV stand with a pickup truck loaded with toys.

Christie Commutes

N.J. Governor Chris Christie Commutes Gun Owner’s Prison Sentence

NRA Hails Decision, Calls for Real Reform Fairfax, Va.

The National Rifle Association praised New Jersey Governor Chris Christie for commuting the prison sentence of Brian Aitken, a gun owner who was arrested, convicted and imprisoned for illegal possession of firearms, even though he had made every effort to comply with New Jersey’s restrictive and confusing laws. The NRA Civil Rights Defense Fund supported Mr. Aitken’s case.

On behalf of the 4 million members of the National Rifle Association of America, “I would like to thank Governor Christie for freeing Brian Aitken in time to spend the holiday with his family,” said Chris W. Cox, executive director of the NRA Institute for Legislative Action.

Mr. Aitken was convicted last year of il-

legal possession of firearms, following a trial in which the judge refused to let the jury hear about exceptions in the law that allow possession of firearms without a license, while moving to a new residence. Mr. Aitken was sentenced to a seven-year prison term even though he had lawfully purchased and owned the firearms.

“While Governor Christie’s grant of clemency was absolutely the right thing to do, Brian Aitken’s case is just one example of how New Jersey’s ridiculous gun laws turn law-abiding gun owners into criminals,” added Cox. “There is a serious need to reform New Jersey’s gun laws so that the full weight of the state’s law enforcement and legal system falls squarely on the shoulders of criminals, not on people like Brian Aitken.”

-NRA-

CENTRAL STATE CONSTRUCTION, INC.
Family Owned and Operated
35+ YEARS STRONG

Ask About Free Pressure Wash

State Certified General Contractor
 State Certified Building Inspector
 Licensed Real Estate Broker
 Licensed: Plumbing, Electrical, Roofing Contractor

\$500⁰⁰ OFF
 Home Improvements
 (minimum purchase required)

352-694-2710

Discounts for Seniors, Vets, Teachers, Policemen and Firemen
 License #CGC004004

Running Short?

Let the Seniors Voice and Ocala Downtown Expose your Business . . . to the Most Stable Market in the World!

804-1223

CERTIFIED MEDICAL SYSTEMS

Marion County’s Largest Inventory New and Used

- Auto Lifts installed and serviced
- 16 years in the mobility industry
- Ocala’s largest inventory
- Factory trained sales and service personnel
- Satisfaction guaranteed
- Medicare, insurance & third party billing

At Certified Medical Systems, Tom the Boss says:
“You are not just a customer, you’re a friend for life”

237-4146 Toll Free 1-877-322-0873

6225 SW Hwy 200 Ocala, FL • Across from Jasmine Square

The Neighborhood Community Foundation

The following is not the opinion of the Publisher, nor anyone affiliated with these publications and will not hold this publication responsible for any of the information below!

SAVE YOUR HOME: Foreclosure Prevention Workshop Scheduled for January 6 in Ocala as Marion County Homeowners React to Allegations of Bank's Illegal Foreclosure Procedure

Recent Legal Defenses Give Homeowners Increased Leverage in The Fight Against Losing Their Homes

Ocala, FL, December 15, 2010 – "The most obvious and compelling reason why

homeowners should attend this workshop is to get honest information about their loans from objective and qualified third-party sources rather than from the banks that are currently under scrutiny for illegal activity," says Florida Foreclosure Defense attorney David C. Hicks. He will be serving as the Keynote Presenter at this free workshop designed to teach homeowners in Marion County about new legal strategies and the potential solutions for defending against foreclosure eviction. The event, sponsored by the Neighborhood Community Foundation, is designed to empower homeowners with knowledge and resources that may help them in preventing their foreclosure.

What: **SAVE YOUR HOME** – Foreclosure Prevention Workshop

Where: Howard Johnson Conference Center- 3951 Blycton Rd., Ocala, Florida 34482

When: January 6, 2011, 7:00 PM to 9:00 PM

Cost: Free - Advanced RSVP is requested at 877-306-5299

Why should Florida residents attend this foreclosure prevention workshop?

Following foreclosure moratoriums by a number of well known local banks, the settlement of deceptive marketing charges by a well known Bank and the Attorney General's investigation into faulty foreclosure practices at the Florida Default Law Group, the many Law Offices, a Florida court ruled that banks must provide evidence of ownership when attempting to foreclose on a property. The recent decisions come amid critical reports of judicial foreclosures receiving "rocket docket" processing despite missing and/or poorly prepared documents. In October, one of the banks admitted making mistakes in 55,000 foreclosure cases but promised to expeditiously address them. Now, a growing number of concerned homeowners- including many who have missed their mortgage payments are now moving to challenge their foreclosure proceedings. Attorney Hicks states that these and a host of other lender-caused issues may result in the prevention of foreclosure eviction and encourages homeowners to learn the facts

about their loan. He emphasizes that lender violations are typically found in 8 out of 10 reviewed loan files. "In many cases, lenders made violations that are actionable in a court of law," said Hicks, "but 95% of homeowners don't realize that they also have legal rights that could potentially prevent their foreclosure from continuing." During the workshop, Hicks will provide free legal information about homeowners' rights and the most recent discoveries in Florida foreclosure defense law. In addition, homeowners will receive information from participating non-profit agencies to help them better assess a practical course of action for their needs. Participating sponsors include Legal Aid, Boys and Girls Club, Goodwill Industries and more.

Topics covered in the free foreclosure prevention workshop include:

Loan Modifications – Effective techniques in working with banks

Federal Foreclosure Programs – HAMP and HAFA

Loan Review – How to identify errors in your loan papers

Buying More Time in Your Home – Simple steps to postpone your move

Protecting Against Foreclosure Predators

County Agency Resources

Potential Legal Defenses

Open Question and Answer Session

"I'm encouraged to see that many more

(Continued on Page 13)

LIFE DOESN'T STAND STILL AND NEITHER SHOULD YOUR INVESTMENTS.

To schedule a complimentary portfolio review, call or visit today.

Jim Hilty Jr
Financial Advisor

www.edwardjones.com Member SIPC

11 NE 1st Ave
Ocala, FL 34470
352-629-2165

Edward Jones
MAKING SENSE OF INVESTING

2201 SW College Rd., #1 - Ocala, FL 34471
Monday - Friday 8:30 am - 5:00 pm
Some Saturdays 8:30 am - 12 noon

352-351-1163

Fax 352-351-1350 • cjcopyshoppe@aol.com
cjcopyshoppe.com

MORE THAN JUST A COPY CENTER

T-shirts • Mouse Pads • Coasters • Candles
Wine Bags • Christmas Stockings • Tote Bags

Specialty Items

Graphic Design • Websites • Display Boards

Business Starter Kits

Business Cards • Invoices • Letterhead
Envelopes • Anything To Fit Your Needs

Design and / or Print

Announcements • Brochures • Flyers
Invitations • Letters • Menus • Newsletters
Programs • Resumes • Tickets

THE COPY SHOPPE

AVMM



Because Mobility Means Independence

ADVANCED VEHICLE MODIFICATIONS

Accessible Vehicles, Wheelchairs
High Tech Driving System, Stair Lifts
Anything Your Mobility Needs Require

352.622.4467

www.avmmobility.com



Only Authorized Braun Dealer in Marion County



ASK ABOUT THE NEW H.D. LENSES

PROGRESSIVE PACKAGE **\$219**
Complete Pair

Includes: Frame*, Lens, UV and Tint
1 Year Warranty. Exp. 1/31/11 Coupon Required

BI-FOCAL PACKAGE **\$99**
Complete Pair

2 Pair Only \$189
Includes: Frame*, Lens, UV and Tint
1 Year Warranty Exp. 1/31/11 Coupon Required

SAVE ALL DAY, EVERY DAY

* Selected Frames (Large Selection)



Full Service Optical Boutique

Golf & Computer Glasses • Progressive Lens Specialist

\$55 Eye Exams \$55
Medicare Accepted

Macular Degeneration?
Low Vision Aids

• New & Used Reading Machines • TV Magnifiers
Lighted Magnifiers • Talking Watches & Clocks • Magnifying Mirrors

307-6797

7 Miles North of The Villages
11773 S. US Hwy 441 • Belleview



The Neighborhood Community Foundation

(Continued from Page 12)

people are taking an interest in protecting what's legally theirs," said Hicks. "Taking responsibility to prevent foreclosure will make a difference not only to the family, but to the community-at-large."

About The Neighborhood Community Foundation

The Neighborhood Community Foundation is a non-profit organization that seeks to preserve and strengthen Florida communities by partnering with city leaders, attorneys and relief agencies in educating homeowners about foreclosure prevention.

Address: 7350 S. Tamiami Trail #153 Sarasota, FL 34231

www.neighborhood-community.org

Phone: 941-556-4473

About David Candler Hicks, Attorney-at-law, Keynote Presenter

David Candler Hicks has been a member of the Florida Bar Association since 1993. He is a third generation Floridian and grew up in Pinellas County where he has been in private practice since 1998. Mr. Hicks earned a Bachelor of Science in Journalism

and Communications from the University of Florida and a Juris Doctor from Loyola University's College of Law. Upon graduation, David worked for the Hillsborough County Public Defender's Office as a staff attorney before serving as Counsel for several litigation firms. Having gained extensive experience in public and private sectors, Mr. Hicks opened the Alliance Legal Group focused upon defending homeowner's rights.

Main Office:

Alliance Legal Group
8220 S. Tamiami Trail
Sarasota, FL 34238

877-560-4440

www.alliance-law.com <http://www.alliance-law.com/>

Additional offices in Tampa and Bonita Springs.

Your Opinion matters to us!

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



Large Hall Rental

Available for Special Events

Full Kitchen • Air Conditioned • Tables & Chairs Available

Suitable for:

- Dances
- Birthday Parties
- Anniversaries
- Receptions



352-347-4470

Located 2 Miles West of Belleview on Highway 484

Believe In You Network Create Success



Founder
Ivette Feraimont

Network, Connect, Learn & Grow Your Business. Join us every Wednesday for our Business Mixer From : 12:30 pm @ Las Palmas Restaurant , 506 S Pine Ave, Ocala, Phone : 352-732-2100. E-mail : believeyouinfo@yahoo.com Phone # 352-207-2198

Phn. 352-261-1400
Cell 352-266-6174
Cell 352-266-6175



***PICK UP & DELIVERY SVC.**
***HOUSEHOLD OR COMMERCIAL MOVES**

Let us help you
ADELL ROBINSON **ARDELL'S**
Licensed & Insured **MOVING & DELIVERY SERV.**

Country Meadows Nursery

Landscape Design & Maintenance • Retail • Wholesale
Please Call for an Appointment

Marsha Dawe
Owner
352-591-5099
E-mail: plantitmd@yahoo.com • Reg # 47234248

DR. SUSAN F. SANDS

Chiropractic Physician
Life Graduate

DOWNTOWN CHIROPRACTIC & WELLNESS CENTER, P.A.

Office: 732-2745 • Fax: 732-8066
1007 SW 1ST AVE. 8484 S.W. 103RD STREET RD.
OCALA, FL 34471 OCALA, FL 34481
(NEAR THE "S" CURVE)

www.downtownchiropractic.us



Ivette Feraimont

Marketing Representative
Lady Lake Magazine
The Village Spectator
Seniors Voice
Cell # 352-207-2198
E-mail : believeyouinfo@yahoo.com



Cheryl S. Johnson
Vice-President

2210 SE 17th Street, Suite 301
Ocala, Florida 34471
Office: 352-671-3332 or 800-671-5907
Annuities • Long Term Care • Life • Major Medical
Medicare Advantage Plans • Medicare Supplement/RX Plans



One of a kind DNA-guided Nutrition
LifeMap Me DNA Customized SKIN REPAIR SERUM
Cell # 352-615-2345
Home #352-245-6103
Website : www.dna-aging.com
E-Mail : mimonoccala@men.com
Website : www.mygenewize.com/LinaO
Contact Me
Lina M Oliver
For A Better YOU!

3-2-1 ... Happy New You!

Successfully set and achieve your weight loss goals

(Family Features) As the pumpkin pie, holiday cocktail and sugar cookie memories begin to fade, we're reminded that the time has come to set or "re-set" our goals. Popular New Year's resolutions - to lose weight and/or stay fit - resurface with a bang year after year.

Help yourself to successfully achieve your weight loss resolution with these tips from registered dietician Tara Gidus, also known as the Diet Diva.

-Think of You. Take "me" time to rest, relax, shop or exercise for stress relief. Stress hormones have been tied to weight gain.

-Break It Down. Have an ultimate goal, and then break it into mini goals that are easily achievable. This makes the road to success seem easier and allows you to celebrate along the way.

-Flavor It. Calorie moderation doesn't have to mean boring. Use Hidden Valley Original Ranch Salad Dressing & Seasoning Mix to add a punch of flavor without compromising calories. It's especially great to use in dips and other snacks.

-Keep Track. People who keep track of what they eat can lose up to twice as much weight as people who don't. Jotting down how much you ate and how you were feeling can also help you connect food to energy and mood.

-Get Your Zzz. Snooze your way to weight loss. Getting enough sleep is critical to keep the hormones that control your appetite in check.

-Flex Your Muscles. The more muscle mass you have the more calories you burn while you are sleeping. Stay fit by doing strength training twice a week.

-Don't Multitask. Turn off distractions like the TV and computer while eating or you could lose track of how much has gone in. Tune in to your body's hunger and fullness cues to know when to eat and when to stop.

For great eating ideas using Hidden Valley products, check out these recipes, or go to www.hiddenvalley.com.

Baked Chicken Tenders

Prep Time: 20 minutes

Chill Time: 6 to 24 hours

Cook Time: 16 to 18 minutes

Makes 8 (3-ounce) servings

1 packet (1.1 ounces) Hidden Valley Original Ranch Salad Dressing and Seasoning Mix, divided

2 cups non-fat Greek yogurt

1 1/2 cups low-fat buttermilk

1 package (20 ounces) fresh 99% fat free chicken tenders

1 cup whole wheat bread crumbs

1/3 cup sliced almonds

1 teaspoon garlic powder

- 1/4 teaspoon pepper
Olive oil cooking spray
1. Combine 1/2 packet Ranch Dressing and Seasoning Mix with yogurt; refrigerate.
 2. Combine remaining Ranch Dressing and Seasoning Mix with buttermilk; refrigerate.
 3. Rinse chicken and thoroughly pat dry on paper towels.
 4. Combine chicken and buttermilk mixture together in a food storage zipper bag.
 5. Refrigerate 6 to 24 hours.
 6. Heat oven to 425°F.
 7. In a food processor, combine bread-crumbs, almonds, garlic powder and pepper.
 8. Coat chicken in breadcrumb mixture.
 9. Set a wire rack on baking sheet and coat with cooking spray.
 10. Lay chicken pieces on wire rack and spray with more cooking spray.
 11. Bake 16 to 18 minutes until no longer pink (internal temp at least 170°F).
 12. Use yogurt mixture as a dipping sauce.



ONE PERSON'S OPINION LETTERS TO THE EDITOR

(Continued from Page 6)

11. Now, Social Security, and Medicare can be considered.

Other Citizens are weighing in, and the list keeps growing. If you are in the need of guidance on where to look for cuts just ask us. Should you not care to consult with us, we are going to tell you anyway. IT IS OUR MONEY YOU ARE SPENDING.

1. Obamacare: Repealed
2. Tort reform

3. Insurance sold countrywide
 4. Balance the budget
 5. Term limits
 6. NO Perks for congress
 7. Welfare reform
 8. Clean up disability abuse
- Citizens: The list is wide open, feel free to contribute your suggestions.
OUR GOAL IS: 2000 PAGES
D.I. L. Ocala

BRICK CITY CATERING INC.
Custom Catering

Come and Visit Our New Location

**Buy 1 Dinner Get
Second 1/2 Off
Daily 3pm to 7pm**

Call Us to Book Your Events **Brick City Restaurant** Live Music Featuring: Seabreeze every Friday at 6pm

867-0905

web site: www.brickcitycatering.com
E-mail: brickcitycatering@embarqmail.com
2019 E. Silver Springs Blvd., Ste. 102, Ocala, FL 34470

Grow Your Business

For just
\$495.00
a 25-word classified ad in the Community Papers of Florida network will reach more than
4.5 million homes
and over
8 million readers.
So what are you waiting for?
Call today!

Tom Loury
352-804-1223

Statewide Classifieds

DISH - BEST OFFER EVER! \$24.99/ mo (for 1 year.) 120+ Channels, FREE HD! FREE DVR Upgrade! PLUS, Call NOW & SAVE Over \$380! CALL 1-866-573-3640

Every baby deserves a healthy start. Join more than a million people walking and raising money to support the March of Dimes. The walk starts at marchforbabies.org.

PROFLOWERS for the HOLIDAYS! Gifts and Bouquets Starting at just \$19.99. Go to www.Proflowers.com/ Beautiful to receive an extra 20% off your order or Call 1-888-806-9325

SELL YOUR DIABETES TEST STRIPS. We buy Any Kind / Any brand Unexpired. Pay up to \$16.00 per box. Shipping Paid. Call 1-800-267-9895 or www.SellDiabeticstrips.com

SWIM SPA LOADED! 3 Pumps, LED lighting, OZ Cover, Never used \$8995. Hot Tub, Seats 6, 5HP, 220, 28 jets. \$2695. Can deliver. 727-851-3217

VONAGE Unlimited Calls Around The World! Call the U.S. AND 60+ Countries for ONLY \$24.99/Month 30-Day Money Back Guarantee. Why Pay More? 1-877-872-0079

We Buy guitars, banjos, mandolins, ukuleles & accordions! Any condition! Fair, honest, reliable. Locally owned. Call Vintage City Guitars Now! 239-349-2507

Abortion Not an Option? Consider Adoption. It's a Wonderful Choice for an Unplanned Pregnancy. Living/Medical Expenses Paid. Loving, Financially Secure Families Await. 1-877-341-1309 Atty Ellen Kaplan (#0875228)

ADOPTION Give Your Baby The Best In Life! Living Expenses Paid. Many Loving, Financially Secure Couples Waiting. Call Jodi Rutstein, an Attorney/Social Worker who truly cares about you. 1-800-852-0041 #133050

ADOPTION 866-633-0397 Unplanned Pregnancy? Provide your baby with a loving, financially secure

family. Living/Medical/Counseling expenses paid. Social worker on staff. Call compassionate attorney Lauren Feingold (FL Bar#0958107) 24/7

ADOPTION 888-812-3678 All Expenses Paid. Choose a Loving, Financially Secure family for your child 24 Hrs 7 Days Caring & Confidential. Attorney Amy Hickman. (Lic. #832340)

DIVORCE BANKRUPTCY Starting at \$65 *1 Signature Divorce *Missing Spouse Divorce "We Come to you!" 1-888-705-7221 Since 1992

PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. You choose from families nationwide. Living Expenses Paid. Call 24/7 Abby's One True Gift Adoptions. 866-413-6298

AVIATION MAINTENANCE / AVIONICS Graduate in 14 Months. FAA Approved; financial aid if qualified. Job placement assistance. Call National Aviation Academy Today! 1-800-659-2080 or NAA.edu

HIGH SCHOOL DIPLOMA! Fast Affordable & Accredited PACE Program Free Brochure. Call Now! 1-800-532-

6546 ext. 16 www.continentalacademy.com

Boats; 1000's of boats for sale www.floridamariner.com reaching 6 million homes weekly throughout Florida. 800-388-9307, tide charts, broker profiles, fishing captains, dockside dining and more. (

GEORGIA 560 ACRES, Timber, riverfront property, 6 miles paved road frontage, power, high speed internet, telephone. Private gated boat ramp. Best investment in GA! \$2950/acre. Will divide. Owner 912-529-6198

IRS PUBLIC AUCTION - January 20, 10am. Registration 9:30am. Tampa, FL - 3br/2ba 2983sq.ft. Home w/dock. 10707 Donbreso Ave. Altamonte Springs - 3br/1ba, 2736sq.ft. home w/pool& garage. 175 Spring Chase Cir. Sharon Sullivan 954-654-9899 www.irssales.gov

N. FLORIDA LAND Lafayette County. Planted Pine, hardwood bottoms, road frontage, great hunting.*26 Acres \$2500/acre. *29 Acres \$2400/acre.*27 Acres \$2300/acre. Call 352-867-8018

NORTH CAROLINA MOUNTAINS Spend the holidays in the mountains and start a family tradition! Even the family pet is welcome! Foscoe Rentals 1-800-723-7341 www.foscoerentals.com

SELL/RENT YOUR TIMESHARE FOR CASH!!! Our Guaranteed Services will Sell/ Rent Your Unused Timeshare for CASH! Over \$78 Million Dollars offered in 2009! www.sellatimeshare.com (877)554-2430

VIRGINIA MTN CABIN- Galax area. Brand new! Great views, private, fishing in stocked trout stream! 2 acres, ONLY \$149,500. Call owner, 1-866-275-0442

Donate Vehicle Receive \$1000 Grocery Coupon Noah's Arc Support No Kill Shelters, Research to Advance Veterinary Treatments Free Towing, Tax Deductible, Non-Runners Accepted 1-866-912-GIVE

Donate your Car Truck or Boat to HERITAGE FOR THE BLIND Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 1-866-905-3801

TomL Publishing LLC

Serving Communities in Marion, Lake & Sumter County Florida



Tom Loury



Lina Oliver – Account Executive
Ivette Fermaint – Account Executive
Wendy Netherclift – General Manager

Visit Us Online:

- www.LadyLakeMagazine.com
- www.TheVillageSpectator.com
- www.SeniorsVoiceOfOcala.com
- www.OcalaDowntown.com

TomL Publishing, LLC
P.O. Box 1689, Dunnellon, FL 34430
TLoury@earthlink.net
Phone: (352) 804-1223 • Fax: (352) 489-7208



DISPLAY ADVERTISING RATES 12 Month Bulk Buy

Full Page	\$ 528
1/2 Page	384
1/4 Page	224
1/8 Page	112
Color	30

2011 New Year, New Bling!!

In with the Old - Walk Out with the New



DIAMONDS, GOLD and PRECIOUS STONES

\$\$ PAYING TOP DOLLAR \$\$

Old Broken Jewelry & Silver • Silver Tea Set & Trays • Silver Flatware • Old Glass & Ceramics • Old Toys - Call for Types • Autographs & Old Documents • Old Fountain Pens • Collectible Coins

EXPERT JEWELRY & WATCH REPAIR

Remove Links • Ring Sizing • Adjust Watch Bands • Solder Chains • Adjust Watchbands

14K CHAINS, BRACELETS & EARRINGS • DIAMONDS & PRECIOUS STONES

We Are Buying All Early Type Coins!



Bob's Coins & Jewelry

The Lowest Prices - Shop & Compare

The Terrace Shoppes
of Spruce Creek

347-7900

Hwy 441, Summerfield
Hours: Mon-Fri 9:00-5:00
SAT 9-2