

## OBL Speaker Gives Infomercial

Lacee Flesher, the speaker for Neighborhood Storage, gave a great presentation on why you should use her product.

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## California Reader

by Tom Loury

I was really surprised to get a call from a reader in Beverly Hills, California. That's what the web will do for you, it sends your message around the world or across the continent or just across the street. We will put your opinion in print. Thanks for being a reader.



Lacee Flesher

## Special Guest Sings

Ocala Business Leaders held a special tribute to our Armed Forces. Wes Hunter surprised us by coming in at the beginning of the meeting and singing our National Anthem. Wes is a student of the Opera and has a beautiful voice. After singing his song he rushed off to go to school. After Wes sang each business person got up and told a short story about a family member or friend that has or is serving our great country. The stories were all inspiring after Wes sang his song. Our Independence Day Tribute will always be remembered.

## Tom's Picks Work

A gentleman called the other day and said he was sick and could not do his chores and needed someone to help. A handyman came to the rescue from Tom's Picks. It makes us feel good to be able to help people.

TomL



Wes Hunter

## School Board Budget

Budget questions asked of Jackie Porter of Marion County School Board.

By Contributing Writer

Q. With the upcoming budget shortfall what are some of the cost cutting proposals that were made by Jackie Porter and why?

A. Jackie proposed to cut salaries and benefits of all district level administration, board members, and the Superintendent by 10%; a cut that would save the taxpayers \$576,000. She made this proposal because district administrators, board members, and the Superintendent should show their commitment to saving money for the classrooms.

The other big cut was to eliminate all travel expenses. This will discourage unnecessary travel. In the past, travel expenses have included hotels such as the Grand Sierra Resort, The Hyatt Regency in Dallas and St. Louis, and Hyatt Place Atlanta. Other location traveled to include Reno, New Orleans, and Boston to name a few. Other expenses

like meals, taxis, and Sunpass reimbursements are also included in travel expenses paid for in the past by the school district.

In addition to cutting all travel expenses Jackie proposed to cut all cell phones for district employees. Every employee has access to a landline, and the majority have their own cell phones.

Cutting travel and eliminating cell phone expenses will not directly affect students in the classrooms and will save taxpayers \$854,000 per year.

Jackie also proposed a \$225,000 reduction in community service expenses that are not related to providing education for pupils in our school system.

In summary, Jackie's proposed budget cuts total over \$37 million dollars. For details on her proposal visit [www.jackieporter.com](http://www.jackieporter.com) <<http://www.jackieporter.com>> .

## School Bus Driver Picnic

Privatization of Marion County School Transportation System

The school board is to vote on July 26 on whether or not they will turn school transportation over to a private company. Student Transportation of America, (STA) [www.RideSTA.com](http://www.RideSTA.com) is the third largest company of its kind and has contracts all over the United States and Canada. Tuesday, July 19 the company hosted a BBQ lunch for transportation employees and their families including raffles for restaurants, Lowes, NASCAR gift card and many Wal-Mart gift cards, a bounce house for the kids and a bus driver rodeo for which prize money was \$250 for 1st place, \$125 for 2nd place and \$50 for 3rd place plus trophies.

STA's representative was on hand to speak to those who attended because the company has not been able to speak with the

transportation employees as of yet. He stated that they had given Marion County several proposals and did not know which, if any, the county would choose. In the meantime, the rumors and gossip were flying and he was there to answer questions and concerns. It is reported he said that the county would receive \$7 million dollars for the fleet of busses and because their policy is no busses over twelve years old, they would be spending another \$7 million on 100 new busses. He also stated that the county wanted them to keep all those currently employed and they would. All employees would receive a 1% pay increase on day one; they have Blue Cross/ Blue Shield health insurance and would match 3% funds to a 401k as they cannot participate in the State of Florida retirement plan. He said talk to the thirty-three employees from the Jacksonville area that were there, ask them about the company.

Marion County Transportation has over five hundred employees, the event was poorly attended, but those who came and listened and asked their questions came away encouraged and feeling better after all the negative rumors and gossip caused worry.

The event was covered by Channel 20 news and also the Gainesville station.

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Ellen B. Wilcox

## MONEY MATTERS

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

The heat and the hurricane season are upon us now as the recent Equinox has passed and Summer has officially arrived. Along with Summer comes kids out of school, Vacations and outdoor barbecues with family and friends.

All of this spells delight for most, but can also be a source for experiencing extra stress physical, emotional and financial.

Dealing with financial stress is not physically and emotionally healthy, and one kind of stress may indeed precipitate another. In fact, some reports show that financial stress is often the cause of physical and emotional disturbance to the point of actually generating symptoms needing medical attention.

So what is the best way to enjoy the visits, the vacations, the kids, and our friends without stressing out financially?

Let's begin with the idea that we all have a well defined and well known quantity of financial assets upon which to call as our daily lives unfold. Necessities, by their very nature, require financial satisfaction first. No need to list them here; we all know what they are.

Next in line are the nice-but-not-necessary things. Dining out, a movie, tickets to a special performance, golf, tennis and health club memberships, special interest classes, and hobbies fit into this category. Higher up

the pyramid such things as travel, gourmet foods and wines, and gifts or treats for family and friends can be added.

Cost is implicit in this latter category, often manifesting itself most obviously in Summer and at Holiday time. No one wants to have the kids visit and not be able to take them for a movie, an ice cream sundae, or a nice family dinner at a good restaurant. Its not the time for scrimping, BUT there is no need to go overboard with a two week cruise to The Bahamas, or a Three-Park Pass to local attractions 55 miles away. All of this is perfectly fine and a loving gesture IF it is affordable without changes to ones everyday living standard.

After thirty years as a Financial Advisor, I am forever amazed at the lack of pure pragmatic common sense that flies out the window when adults, especially seniors, allow themselves to be put in the position of truly needing to say a polite but firm "No." Maybe an all-day romp at the local pool is more cost-appropriate than the cruise vacation for seven or eight people. Think it through before agreeing or being tethered into the unaffordable activities, places or events. After all, just being together is the true goal.

A sixty-seven year old single woman of limited means recently came to me distressed that she felt the financial need to downsize her already small home and re-

locate to more affordable quarters in the midst of less affluent neighbors. I know for a fact, that she has spent many years in her current home entertaining beyond her means and traveling more than affordable, all the while gifting well beyond her means to both family and friends.

With Summer now in full swing, family visits prevalent, vacation plans discussed at every gathering, resist being drawn into the world of others. Retain your self-esteem and keep your budget intact. Enjoy each day, but keep a cool eye on your own financial future days as well. Financially, emotionally and physically the end result is healthier.

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, which is 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 .

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There is no guarantee that a diversified portfolio will enhance overall returns or outperform a non-diversified portfolio. Diversification does not ensure against market risk.

Stock investing involves risk including loss of principal.

International investing involves special risks such as currency fluctuation and political instability and may not be a suitable for all investors.

## Friends of the Ocala Library

By Ken Tipper

The Friends of the Ocala Library will hold their quarterly book sale at the main library on Silver Springs Boulevard on Saturday, August 6, from 10 a.m. to 4 p.m. Browsers will find tenderly treated hardcover books for 50 cents, and paperbacks for 25 cents in both fiction and non-fiction. The Friends

support the library with the proceeds of these book sales, and provide funds for non-budgeted items throughout the year. Come support your library and in the process find some really good reading at these affordable prices. Go to [friendsoftheocalalibrary.com](http://friendsoftheocalalibrary.com) for information.

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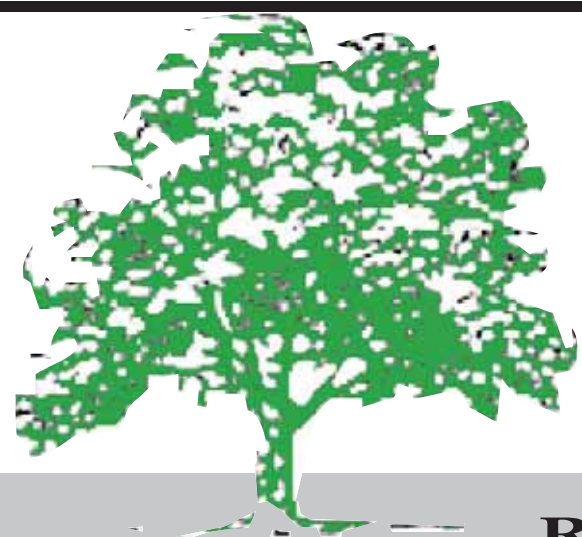
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ONE PERSON'S OPINION  
LETTERS TO THE EDITOR

Dear Editor,  
In your estimation what is more important safety or aesthetics? Since CR466 was widened from a two lane to a four lane in 2009, residents in the Villages have been pushing for a traffic signal at Chula Vista Avenue and CR466. Lake County hired a consultant to perform a Signal Evaluation Study and the study was completed in February 2010. Lake County Public Works then recommended installing a full traffic signal with the time frame for the installation by the end of 2010. To date this has not happened. It seems that Lake County uses the standard concrete poles with overhead wire. The Villages prefers painted steel mast arms, which are more expensive. The Villages is not willing to pay the difference and the County cannot make an exception, as it would start a precedent. Between January

18th and January 22nd residents of the Villages had petitions signed for and against the traffic signal. There were 916 signatures. Of those signatures 864 were for the traffic signal and 52 were against. Copies of those petitions were then sent to Lake County. Lake County then sent a letter to the Village Community Development District asking for the needed easement for the installation of the traffic signal poles. The issue of an easement was then addressed at the June 22nd Amenity Authority Committee Meeting where three members voted for the easement and three members voted against it. One of the members who voted against it mentioned that she was concerned that the County would not put the landscaping back to meet their standards. There have been three accidents at that intersection with

(Continued on Page 5)



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Tom Lorry

## PUBLISHER'S NOTES

This writing is the expressed opinion of one person and is not necessarily the opinion of this newspaper.

\*\*\*\*

“Today you are You, that is truer than true. There is no one alive who is Youer than You.”

“Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.” - Dr. Seuss

\*\*\*\*

Liars Win!

How true the Dr. Seuss writings are, that is why so many people will sit back and let

other do their bidding for all the wrong reasons and they don't like confrontation. There are those who will lie, connive, manipulate and in many cases they win. Make no mistake it is not for your good it is to further their own agenda. But always remember it always comes out right IN THE END! The GM wants the person that will say anything to him look good when his upper corporate CEO come to visit.

I have worked for several fairly large Corporations. The best story not the truth excels and I ask myself why? The only thing I can come up with is that CEOs that run

these sub-level Cooperation like the story they hear. They are being told what they want to hear and the person who tells the truth and exposes the reality gets discouraged and leaves and goes on to be a success somewhere else.

The difference perception or reality. Perception is never real! Reality is never nice to hear!

Apply this to what is going on in the White House and you will see a good example. Most CEOs don't want the whole truth and nothing but the truth!

Be true to yourself and to God, the rest will take care of itself, you have no one else to please but yourself to sleep at night.

\*\*\*\*

Missouri has NO ILLEGALS, WHY.

First no illegals demonstrate. The state government put a proposed constitutional amendment designating English as their official language it passed by 98%.

Now law enforcement officials check the immigration status of any person arrested and if illegal they inform federal authorities.

Illegal immigrants have no access to taxpayers benefits such as food stamps and state health care. The state has passed legislation to make it a crime to give financial aid to illegals. No school financial aid.

Bottom line is that Missouri has no non tax paying citizens.

\*\*\*\*

We have the greatest Nation ever mustered anywhere in the world. There are forces that want to change us and bring us down to their level. The real force in this nation are the people. We have been tested before, we're being tested now and will be

tested again. We must stand for what is right, expose the untruths and move on. In Charm school they teach you to say untruths instead of calling someone a Liar. Candy coated, it all means the same thing! A Liar is a Liar!

\*\*\*\*

Anyone know a good fair veterinarian. I took my dog to the vet last week on the first day we gave them \$400 and he was diagnosed with stones which is what we said was going in. The second day was an operation to flush the stones out. I was told maybe \$500 or \$600 at the most, but it was \$900. I was looking for a fair vet when I went in there and if he was and charged what he said I would still go back. I'm damn sure not going back now. \$1300 that's why people won't keep pets because they get lean over and their pocket cleaned. We had a good vet that was fair, he sold his business and the new guy wanted to get rich quick. So if you have a good fair Vet let me know.

\*\*\*\*

Media Matters

Media Matters is a 501C3 It is Government funded which means we the tax payers are funding the organization. Their stated mission is to shut down Fox News. The start up funds came from George Soros. He is the Puppet Master.

David Brock is the CEO and is a higher up in the Soros Group. 2nd in command is Ari Rabin-Havt and in my opinion is a right wing hit man that brought down Clinton.

Sources say they are targeting Fox News staff, staff's family, friends, clients, management and owners. Maybe that is why Glenn Beck is leaving, because he has been exposing Soros, maybe Beck was making it to

(Continued on Page 6)

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## Newspaper Deadlines

*Editorial & Ad Copy for September*

**Seniors Voice & Ocala DownTown**

**12am, August 17th**

**Lady Lake Magazine & Village Spectator**

**12am, August 24th**

## Ocala DownTown

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ONE PERSON'S OPINION  
**LETTERS TO THE EDITOR**

(Continued from Page 3)

one causing over \$10,000 in damages to the car. Thank goodness no one died. It is unconscionable to put aesthetics before safety. Hopefully, the people in power will readress this issue and do what is right for the majority of its residents.

KAL  
 \*\*\*\*\*

Dear Editor:

What matters? Where are our priorities?

The world is on the verge of financial collapse, and a political upheaval, and a pos-

sible holocaust. But, does anyone take note of these facts? Very few. Very, very few. You could ignite an atomic bomb under people, and they would just yawn.

However, televise a murder trial, and people become transfixed. Some are greatly inconvenienced when it becomes necessary to visit even the doctor.

While waiting in a doctor's office, for a friend, this is what transpired:

Part 2:  
 Patient enters spouting "Why isn't that TV on? I am missing the trial. I will have to be briefed by someone on what I am miss-

ing." Next patient: "Hope they can get me in quickly, I am missing the trial." Patient taken in quickly, and states: "Good now I won't miss much of the trial."

This dialogue is heard repeatedly, in various locations. Anywhere, any place, any time. The obsession was palpable.

The coverage was so over saturated, it was sickening. It seems each time one of these incidents occurs the media notches up the hype, and the public follows right along. Where will it all end?

What is this fascination with mayhem, all about?

Our country is in dire straits. Does anybody care?

Part 2:

America is broke, folks. Broke, broke. Embed that fact onto your brain.

You can yell and scream all you want about whether something is an entitlement, or, an investment. There is no money for either. You cannot get blood from a turnip, nor, money from an empty fund.

The time for yelling, and screaming is long past. This should have been done when our illustrious government began to raid the funds from the SS piggy bank. The government wasted {excuse me: spent} all our SS money. There are no funds. They smashed the piggy bank to smithereens.

Not only has the government raped the SS system, but the financial funds of every stripe.

How are you living on your stock funds, your money market funds, and CD's? Living high on the hog? How far is that .01% taking you?

Last month I received one whole cent interest on my checking account. I am salting that straight into my retirement account. Some day the interest on it may save my life.

{Joke.}

Nanny is broke. The government cannot pay anyone anything. Get it?

The government must stop spending. Pay off its credit cards, and shred them. "We the people" must pay attention henceforth. Keep bureaucrats on a very short leash. They cannot be trusted. You see where trust has gotten us, thus far.

Our inattention has brought us a gigantic headache. Anyone have an aspirin big enough, or a couple extra trillion to spare? I have .01 I might consider contributing.

(Continued on Page 6)



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ONE PERSON'S OPINION  
**LETTERS TO THE EDITOR**

(Continued from Page 5)

Part 3  
 Yippee!!!  
 I have found it. A sure cure for voter apathy.  
 Watch: [www.thefloridachannel.org](http://www.thefloridachannel.org), Bright House 78.8, Cox 115, or, any other channel that carries the redistricting, and other government meetings. If you can stomach these for even one day, and not be jolted out of your disinterest in the voting process, you are made of stone.  
 Pay particular attention to:  
 The enjoyment factor {dog & pony

show}  
 The uninteresting factor  
 The lauding of public servants {They are not our masters}  
 The convoluted factor  
 The waste factor  
 The patronizing factor  
 The hot air factor  
 The cheering for more government  
 The bang your head against the wall factor  
 The disgust factor  
 The Florida Government waste factor  
 The loss of FREEDOM factor



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Do not take anyone's word for what goes on in government. WATCH IT YOURSELF.

If you are happy with what you see, then go on your merry way. If you take umbrage, get up, and do something about it.

Voter apathy is killing America. If you

are enjoying your freedom, you had better takes steps to preserve it. FREEDOM IS NOT FREE. Even if is for only a few years. You will miss it when it is gone. That is a guarantee. Life will not be pretty.

D.I. L.

Tom Loury  
**PUBLISHER'S NOTES**

(Continued from Page 4)

for Fox News.

Rupert Murdoch who owns Fox Media Group world wide had to shut down his tabloid newspaper in the UK because of the wiretapping scandal. Murdoch says he knew nothing of the wiretapping and fired everyone visibly connected which started an exit of high ranking employees. Murdoch quickly shut down the tabloid, shuttered the windows and apologized.

Fox News here in the United States is not part of the network involved. Media Matters are trying to connect the two.

Fox News is eating everyone's lunch on news here in the United States and is a pain

in the current administration's side. They are exposing his high ranking people and re-playing tapes of the promises made during speeches of which many did not come true, exposing the current administration's facts and figures as wrong.

The most important part that a lot of people are missing is the structure of the Soros group. They started the group with Soros' money and use it against the faction they want to boost or ruin then figure out how to turn it into an organization paid for by the Tax Payers. Why do you think Soros is one of the riches men in the world? Because he is working with tax payer money.

**"Be A Fan" Golf Scramble**

The Ocala Palms Community will hold a Best Ball Scramble at 8:30 a.m. at Ocala Palms G&CC, 5000 N US Hwy 27, Ocala on Sept. 17 to benefit Special Olympics Marion County, \$75 pp incl. breakfast & lunch. \$1M Hole-in-One for a man and a

woman; 3 Holes-in-One for an Acura TSX, Chrysler 300, & EZGO golf cart. There will be a host of raffles and prizes. (629-5407 or [www.somcmarioncounty.org](http://www.somcmarioncounty.org) <<http://www.somcmarioncounty.org>> . for registration.

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## Hearing for FairTax in Ways & Means Committee

It is official, Congressman Dave Camp, Chairman of the Committee on Ways and Means made the official announcement that the Committee will hold a hearing “on alternative tax systems, with a focus on tax systems that are based on taxing consumption rather than income. Specifically, the Committee will consider the FairTax” For the full announcement go to this website: <http://waysandmeans.house.gov/News/DocumentSingle.aspx?DocumentID=252675>

A number of people will testify before the committee including former Arkansas Governor Mike Huckabee, Congressman

Rob Woodall, the primary sponsor of HR 25 and Dr. Karen Walby of the Florida FairTax Education Association.

### YOU CAN HELP

Are you on Facebook? The House Ways and Means Committee is on Facebook. You can go to their Facebook page by going to this link: <https://www.facebook.com/WaysandMeans> When you are there, you can ‘Like’ the entry about the FairTax hearing. Also, you can go to the Democrat Ways and Means Facebook page at this link: <https://www.facebook.com/waysandmeanscommittee> Let these folks know you are pleased that a hearing of the FairTax will take place.

Keep your eyes open for a petition on [fairtax.org](http://fairtax.org) that will lend support to Woodall, Huckabee and the others who will be testifying. The goal is to get 100,000 signers of this petition by midnight before the hearing. As of this writing, it’s not there, so keep checking.

We need to get CSPAN to broadcast the hearings. Here is CSPAN’s contact information: <http://www.c-span.org/About/Contact-C-SPAN/> Call or email CSPAN and ask that they broadcast the FairTax hearing in the Ways and Means Committee next week. A national broadcast of the FairTax hearing will help thousands learn about the FairTax and a video record of this hearing will be invaluable for educating more people about the FairTax in the coming months.

Don’t forget to contact your Representative and if they are a co-sponsor of HR 25, give them a big Thank You. If they are not a co-sponsor yet (such as Daniel Webster) encourage them to become a co-sponsor.

Also, we will update the Marion Co. FairTax website ([http://www.fairtax.org/site/Clubs?club\\_id=1060&pg=main](http://www.fairtax.org/site/Clubs?club_id=1060&pg=main)) so you can send this link to others to keep them informed.

This is a big step in the journey of the FairTax and all the supporters and volunteers deserve a great big THANK YOU for your efforts. Remember the quote by Gandhi “First they ignore you, then they laugh at you, then they fight you, then you win.” We have not won yet, but we are marching forward. Much hard work remains, but again -- Thanks to all of you!

Ron & Elaine Maiellaro

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# SENIOR SCHEDULE OF EVENTS

## MOVIE TIME

When: Tues. & Wed., August 9th and 10th at 8th Ave. Adult Recreation Center  
 “YOU AGAIN” Starring: Kristen Bell, Jamie Lee Curtis, Odette Yustman, Sigourney Weaver. A high powered PR professional discovers that her brother is about to marry the woman who made her high school life a living hell. Back in her teens, Marni (Bell) was a little awkward. These days she’s a

successful career woman, but the memories of being tormented by popular cheerleader Joanna (Yustman) still make her break out in a cold sweat. Flying home for her brother Will’s wedding, Marni realizes to her horror that she will soon be sister-in-law to the pompom-wielding mean girl who once humiliated her in front of the entire student body. Now that they’re to become family, Marni and her mom (Curtis) do their best

to let bygones be bygones. But old grudges die hard, and by the time the wedding bells chime, these old foes will already have some saucy stories to share with their grandchildren. RATED PG

When: Tues. & Wed., August 23rd and 24th at 8th Ave. Adult Recreation Center

“THE TOWN” Starring: Ben Affleck, Rebecca Hall, Jeremy Renner and more Boston bank robber Doug MacRay (Affleck) falls for a woman his gang had previously taken hostage. The son of a tough Charlestown, Mass. thief, Doug passed on his chance to walk the straight and narrow in favor of becoming a career bank robber. Over the years, Doug’s fearless partners in crime have become a surrogate family to him; Jem (Renner) the most dangerous of the bunch, is the closest thing Doug ever had as a brother. Jem takes bank manager Claire Keesey (Hall) hostage. The group discovers that she hails from their own tight-knit suburb. Doug turns on the charm while pretending to bump into Claire by chance, and becomes convinced that she doesn’t suspect him of being the same man who just robbed her bank. Doug finds himself falling for Claire and searches desperately for a means of cutting his ties to his criminal past. RATED R

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.

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## COMPUTER CLASSES FOR ADULTS OF ALL AGES

When: Thursdays (Call Grace at the center for dates and details)

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, 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.

## TRIP: BASEBALL GAME/TAMPA BAY RAYS

When: Wednesday, September 7, 2011  
 Time: Leave 9:00 AM Return 6:00 PM from 8th Ave. Adult Rec. Center

Where: Tropicana Field, Tampa, Florida  
 Cost: \$45.00 per person

What: See the Tampa Bay Rays play the Texas Rangers. Please call Grace at 629-8357 for more information about this trip.

AGELESS AQUA CLASS – Session 2  
 (Continued on Page 9)

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# SENIOR SCHEDULE OF EVENTS

**(Continued from Page 8)**

When: Fridays, August -September  
 Time: 10:00 AM to 11:00 AM Where:  
 Hampton Aquatic Center, 255 NW Martin  
 Luther King Blvd.

Cost: \$27.00 per person Limited to twenty  
 seniors.

What: A water fitness class for active seniors  
 that focuses on enhancing movement,  
 strengthening muscles, increasing range of  
 motions and improving balance. Music provides  
 the backdrop for an enjoyable class that is  
 designed to get everyone moving. Call Grace  
 at 629-8357 for details.

**AQUABILITY (AGES 6 PLUS)**

When: Tuesdays, August 2nd -23rd or

Thursdays, August 4th-25th

Time: 5:30 PM to 6:30 PM

Where: Hampton Aquatic Fun Center,  
 255 NW Martin Luther King Blvd.

Cost: \$22.00 per person .

What: An adaptive aquatics program for  
 individuals of all ages with disabilities.  
 Limited to 7 people per session. For more  
 information, please call Diane at 401-3916  
 for dates and details.

**AQUASIZE (AGES 18 PLUS)**

When: Tuesdays and Thursdays, August  
 and September

Time: 6:30 PM to 7:30PM

Where: Hampton Aquatic Fun Center,  
 255 NW Martin Luther King Blvd.

Cost: \$27.00 per person .

What: This class provides a workout that  
 incorporates the use of buoyancy equip-  
 ment (noodles, belts/cuffs, hand buoys).

Class activities include stretching, cardi-  
 ac, toning, strength training, and abdominal  
 workouts. Music is used to make it lively  
 and fun. Modifications will be demon-  
 strated for all fitness levels. This class is  
 limited to 20 people. Please call Diane at  
 401-3916 for dates and details.

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 also be available on Tuesday mornings from  
 9am-12:00pm.

**FAMILY NIGHT AT JERVEY GANTT  
 POOL**

When: Thursdays, August 4 & 13

Time: 7:15PM to 9:00 PM

Where: Jervey Gantt Aquatic Fun Center,  
 2390 SE 36th Avenue

Cost: \$4.50 per adult and \$3.50 per child

What: The entire family is invited to en-  
 joy a SPLASHTASTIC night out! Includes:  
 music, games, a hot dog, chips and a soda  
 For more information, please call Carla at  
 401-3918.

**SPORTSABILITY**

When: Friday & Saturday, September  
 30th & October 1st, 2011

Time: 10:00 AM to 3:00 PM

Where: Friday at MLK Rec. Complex &  
 E.D. Croskey Rec. Center, 1510 NW 4th St.  
 Saturday at Carney Island, 13275 SE 115th  
 Ave., Ocklawaha

Cost: Free

What: Experience a variety of recreation  
 activities available for people with dis-  
 abilities. For more information, please call  
 Diane Leaf at 401-3916. Check out all of  
 our other activities at [http://Recreation and-  
 Parks.ocalafl.org](http://Recreation and-Parks.ocalafl.org)

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## Local Youth Recognized

MARION COUNTY, Fla. (July 5, 2011) – A lakeside picnic. A walk under a tree canopy. Vigorous exercise on a tennis court. Marion County parks evoke some of the best memories of fun, relaxation and, yes, intense workout for many county residents.

But for residents Emilia Gamero, 9, and Kaden McMillan, 11, county parks are all about creating a sense of community, respect for nature and a desire to safeguard Florida's future. At Tuesday's regularly scheduled meeting, the Marion County Board of County Commissioners recognized Gamero and McMillan as winners in the first Marion County Parks Poster Contest. Marion County Parks and Recreation, in partnership with the City of Ocala Recreation and Parks

Department, hosted the contest in June as part of local celebrations commemorating National Recreation and Parks Month.

Gamero, who won in the 6 – 9 age group, portrayed all eight of the themes associated with the contest's "It Starts in Parks" message, including "achievement," "sense of community," and "heritage," in a colorful diagram. McMillan, winner in the 10 – 14 age group, promoted the messages of "respect for nature" and "conservation of natural resources" through an educational illustration showing the importance of not littering in parks.

Also on Tuesday, commissioners presented a "Parks and Recreation Month" proclamation.

**(Continued on Page 11)**



## PAX Looking for Host Families

"PAX", a non-profit Program of Academic Exchange, is currently looking for host families for the 2011-2012 school year. The students come from 40 different countries and are chosen from pre-qualified and above average academic achievers. These students are between the ages of 15 and 18 years of age and speak fluent English. They have their own health insurance and spending

money. They may be hosted on a temporary trial basis or for the entire school semester. Host families can be retired people, empty nesters, young families with children, and even single people etc. PAX is U.S. State Department and CSJET approved. For more information please contact Pam Guenther at 352-547-9898 or e-mail at aubrie29@aol.com.



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## Marion County Health Department Honored

Ocala, FL – The Marion County Health Department (MCHD) was honored at the 2011 annual conference of the National Association of County and City Health Officials (NACCHO), a body of peers, for developing and implementing several programs that demonstrate exemplary and replicable qualities in response to a local public health needs. The MCHD School Diabetic Resource Nurse Program was one of 41 public health programs developed by a local health agency selected from across the nation to receive NACCHO's Model Practice Award. The MCHD also received two NACCHO's Promising Practice Awards.

The School Health program at the Marion County Health Department provides services to over 42,000 public school students. Although diabetic students represent a small percent of the total, medical management is complex. The number of diabetic students requiring medical management is increasing. Over the last 20-30 years, diabetes in American children has increased by 40%. Providing safe care at school presents difficult challenges to school nurses and non-medical school personnel. The Marion County Health Department created a specialized Diabetic Resource School Nurse position to address diabetic issues. The position provides a greater degree of safety for students by improving medical management.

The first MCHD Promising Practice

Award was for the development of The Epidemiology Annex. This supplemental planning document was utilized during the H1N1 pandemic influenza response with details for responding to an outbreak. It provides contact investigators with information regarding case containment, surveillance and reporting systems. It has been reviewed by peers and has received a 5 of 5 star rating.

The second MCHD Promising Practice Award was for their Strategic Planning Process. This proactive tool was created based upon a strategic planning tool offered by the federal Medical Reserve Corps. The tool provides a comprehensive step by step planning process for local Medical Reserve Corps unit. This process was successfully implemented with the local unit and is updated annually to reflect system changes.

"We are proud to receive the NACCHO's Awards. The awards are evidence of our commitment to promote, protect and improve the health of Marion County students, residents and visitors," said Dr. Nathan Grossman, director of the Marion County Health Department.

Each innovative project receiving the award was peer-reviewed (by other local health department professionals) and selected from a group of 130 applications. Since 2003, NACCHO's Model Practice Awards program has honored initiatives—including

programs, resources, and tools—that demonstrate how local health departments and their community partners can effectively collaborate to address local public health concerns. The MCHD School Diabetic Resource Nurse Program is now part of an online, searchable database of successful public health practices in areas ranging from immunization and maternal and child health to infectious diseases and emergency preparedness. The NACCHO Model Practice database allows users to benefit from colleagues' experiences, to learn what works, and to ensure that resources are used wisely on effective programs that have been implemented with good results. It also enables NACCHO to share information with key stakeholders and media about the good work being done by local health departments across the country.

This award puts the Marion County Health Department into special company—

a select group of health departments that exemplify a forward thinking, proactive attitude toward protecting and promoting the health of communities across the nation.

To learn more about other school health services offered by the MCHD, click School Health Programs <[http://doh.state.fl.us/chdMarion/services/school\\_health.html](http://doh.state.fl.us/chdMarion/services/school_health.html)> . For more information about the NACCHO Model Practice Awards and to view a list of other award winners, go to [www.naccho.org](http://www.naccho.org) <<http://www.naccho.org/>> .

About the National Association of County and City Health Officials

The National Association of County and City Health Officials (NACCHO) represents the nation's 2,800 local governmental health departments. These city, county, metropolitan, district and tribal departments work every day to protect and promote health and well-being for all people in their communities.

## Local Youth Recognized

(Continued from Page 10)

mation recognizing the contributions of local parks to the health and quality of life of Marion County residents.

"Parks and recreation are integral foundations in the well-being of our citizens," said Gina Peebles, the county's parks and recreation director. "Our park areas don't just encourage fitness and active lifestyles; they also help drive economic growth through in-

creased commerce and property values."

Cities and counties nationwide celebrate Recreation and Parks Month in July to recognize the role park and recreation facilities play in creating successful communities. To learn more about Marion County parks and recreation opportunities, visit [www.marioncountyfl.org/parks.htm](http://www.marioncountyfl.org/parks.htm) <<http://www.marioncountyfl.org/parks.htm>>, or call 352-671-8560.

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# HEALTHY SUMMER EATING MADE EASY

Don't take a vacation  
from eating right

(Family Features) Warm weather is synonymous with trips to the beach, baseball games and summer vacations. While enjoying these outings, you may find yourself

tempted by hot dogs, ice cream and other summer indulgences. A busy schedule, combined with tempting summer treats, could throw off your healthy eating routine. Registered Dietitian Robin Kline, MS, RD, CCP, offers three simple tips for how to stay healthy throughout the

season.

“Planning ahead is your best strategy to stay on track for great summertime eating,” said Kline. “Whether it’s visiting the farmers market for fresh, seasonal produce or packing healthy snacks for on-the-go, being prepared results in smart eating.”

Think Simple. No one wants to spend time in a hot kitchen preparing meals on a nice summer day. Finding quick, healthy meal options

that can be prepared in 20 minutes or less will provide you with more time to spend outdoors enjoying the warm weather. A healthy salad that contains a rainbow of nutrients is easy to prepare and helps you avoid turning on the oven.

Think Fresh. Many delicious fruits are in season during the summer, including peaches, berries and melons. Fresh fruits are naturally sweet, a good source of vitamins and are easy for on-the-go eating. Eat them alone as a snack, blend into a smoothie or create a breakfast parfait with berries, granola and cottage cheese.

Think Healthy. The United States Department of Agriculture (USDA) states that the amount of protein needed in the average American diet depends on gender, age and level of physical activity, but recommends selecting a variety of lean sources of protein. Fish high in omega-3 fatty acids are a good lean protein source, while cottage cheese and legumes are great options for adding variety. Cottage cheese is a versatile option that can be incorporated into a number of different recipes. Daisy Brand Low Fat Cottage Cheese is 100 percent natural with only four ingredients, a good source of calcium, lower in sodium than many other brands and an excellent source of protein with 14 grams per half-cup serving.

By following these few easy tips, you can enjoy summer with the peace of mind that you are maintaining a healthy lifestyle. The following recipes are great starters for summertime foods. Visit [www.DaisyBrand.com/CottageCheese](http://www.DaisyBrand.com/CottageCheese) for more information and recipe ideas.

## Strawberry Banana Parfait

Prep Time: 5 minutes

Total Time: 5 minutes

Serves: 4

- 1 banana, cut in chunks
- 1 tablespoon lime juice
- 1 cup strawberries, quartered
- 1/4 cup honey
- 1/4 cup toasted walnuts, chopped
- 2 cups Daisy Brand Cottage Cheese

Toss banana with lime juice in a small bowl. Mix bananas with strawberries, honey and walnuts. Spoon mixture into parfait glasses.

(Continued on Page 14)



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# HEALTHY SUMMER EATING MADE EASY

(Continued from Page 12)



Top each glass with 1/2 cup of cottage cheese.

## Strawberry, Spinach and Cottage Cheese Salad

Prep Time: 15 minutes

Total Time: 15 minutes

Serves: 4

6 ounces baby spinach

1/4 cup green onions, sliced

1/2 cup light raspberry vinaigrette

1 cup fresh strawberries, sliced  
1/4 cup walnuts, chopped  
2 cups Daisy Brand Cottage Cheese

Toss spinach and green onions with vinaigrette; divide evenly onto 4 salad plates. Top each salad with



strawberries and walnuts. Spoon cottage cheese over spinach mixture and serve.

## Black Bean Nachos

Prep Time: 10 minutes

Total Time: 15 minutes

Serves: 8

1 cup Daisy Brand Cottage Cheese

1/4 cup Daisy Brand Sour Cream

3 dashes hot sauce to taste

1/2 teaspoon cumin

4 cups pita chips

1 15.5-ounce can black beans, rinsed and drained

1 cup reduced fat Mexican cheese blend, shredded

1/2 cup green onions, chopped

1 medium tomato, chopped



Mix cottage cheese, sour cream, hot sauce and cumin in small bowl; set aside. Layer pita chips evenly on 2 large microwave-safe plates. Top each plate with half of the beans and shredded cheese. Microwave 1 plate on high for 1 minute or until cheese is melted. Drop half of cottage cheese mixture by spoonfuls over melted cheese on nachos. Top with half of chopped green onions and tomato. Repeat with second plate.



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