

ocala

A free publication serving the people of the Ocala area

# DownTown

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Volume 3 Issue 5  
May, 2012

## Senior Fishing Derby



The 20th semi-annual Senior Fishing Derby a great success. To confirm that 20th I went back into the newspaper morgue and checked ten years worth of newspapers and there it was. I went there to take a picture and shared sponsorship with the Parks and Recreation from that time forward. There is no way this could happen without the involvement of the Parks and Recreation Department.

At this recent Fishing Derby we had well over one hundred seniors fishing. The food was great as usual and boy do I have some people to thank for all they did and donated. But first, the biggest fish was caught by a guy named Steve who came in at the last minute with his catch. John Lieb had the most fish, and the oldest fisherman was Herbert Johnson 91 years young.

I personally want to thank:

Grace Huffman for coordinating the event. Diane Leaf for shopping, supervising and just being the overseer of everything. Ire Bethea of the Parks and Recreation for making all this happen. Carla Chindamo the Aquatic Program Coordinator was our resi-

dent Life Guard.

Volunteering was Anita Knittel wh brought some of her goods for door prizes, Anita is with Promotional Products, Chris Blair who is running for Sheriff, John Bennett of Clay Electric brought his grill, cooked for our gathering and donated \$50 in cash prizes. Earl Arnette and Elizabeth Arnette, Earl is a local businsman that is running for County Commission. A special thanks to Floyd Hershberger of B-J Trophies for bringing the trophies. Linda Gyax of TD Insurance showed up with promotional door prizes for TD Insurance. Parks Ranger Brian McKay came by to show support. I saw him catch up with a guy carrying a brown bag, checking him out. Volunteering was Ann Laura Coleman and Helen Coleman who are there every year helping. Thanks to Golden Flake for their help. Talk about buying local - Golden Flake is a Potato Chip manufacturer right here in Ocala. TomL Publishing bought the groceries, donated 4 fishing rods and reels for prizes. The Florida Fish and Game Commission.

## Tom's Picks

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**Tom's Picks include:**

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## Wesley Wilcox



## Amy Keel

Meet Amy Keel

Amy Keel has been a resident of Marion County for just over 13 years. She has been in the Design and Print industry for just about as long! After receiving her BA in Fine Art from Ringling School of Art and Design in 1994, Amy went on to get a secondary degree in Drafting and Design Technology. Though Fine Art has always been a

**(Continued on Page 3)**

Wesley Wilcox is running for Supervisor of Elections. Dee Brown, current Supervisor of Elections, is retiring. Wesley spoke at the Ocala Business Leaders meeting last month.

**Memorial Day  
May 28th**

## Bullying: Community Event to Focus on Awareness and Prevention

By: Jackie Porter, Marion County School Board Member

Every day in every community, children suffer from bullying in their neighborhoods and schools. We think of bullying as face to face verbal or physical abuse, but in today's fast moving information highway with on-line social media and phone texting, bullying has turned a new page. Luckily in Marion County, our community leaders have stepped up to the plate and are teaching our youth Bullying Awareness.

Pack bullying is when a group of individuals targets a person, individual bullying is one-on-one and both may be physical, verbal, emotional or combination. Physical bullying is just as it is labeled and a form of pushing, shoving, hitting, spitting or trip-

ping. Emotional bullying involves physical threats as well, but includes derogatory remarks, name calling, and even purposely hiding someone's belongings. Our children have enough strains on their daily lives with school testing, growing up, and friendships, so we are trying to bridge the gap between adults and youth using communication skills, however much depends on the environment our youth are involved in.

That is why Jim Sampson of Sampson's Gym has called on community groups to assemble together and support an anti-bullying event. The players of the event our high school students who have turned to local amateur boxing gyms for mentorship. Some of the community groups represented

**(Continued on Page 6)**

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Mark DuShane, Senior Vice President

## ECONOMIC AND MARKET REVIEW



the tsunami in Japan last spring that brought unbelievable devastation to that country and a massive disruption to global supply chains. The protests in the Middle East last spring, which led to the ouster of several leaders, certainly caught the world by surprise. The ripple effects are still being felt around the world with unknown consequences. Finally, the debt problems in developed nations from years of binge spending and overpromises came to the forefront with the recent default by Greece in March. Now, other periphery European countries are teetering on the brink of insolvency. Contrary to popular belief and, in the face of these and other issues, our domestic economy and capital markets have strengthened and performed remarkably well over the past few quarters.

The incoming data on the U.S. economy has been more upbeat recently, suggesting that the recovery is becoming more established. While these developments are encouraging, it is far too soon to conclude that we are out of the woods in terms of generating a strong, sustained recovery. For instance, the unemployment rate has declined to 8.3 percent, the lowest in three years. Yet, about half of the drop since September was due to a declining labor force participation rate. Had the labor force participation rate not declined from around 66 percent in mid-2008 to under 64 percent currently, the unemployment rate would still be over 10 percent. In another positive sign, the economy expanded about 3 percent in the last quarter

of 2011, which was the fastest pace since the second quarter of 2010. Unfortunately, a buildup of inventories accounted for almost 2 percentage points of this growth. Historically, a quarter in which inventory investment makes a significant growth contribution is typically followed by a quarter in which that growth contribution is modest or even negative. On the inflation front, the consumer-price index climbed 0.4 percent in February, after increasing 0.2 percent in January. For the past 12-months, the consumer price index has increased 2.9 percent with higher gas prices accounting for a significant portion of this gain. Over the past two quarters, however, the rate of increase has been falling. Looking ahead, the combination of low interest rates, stimulus by the Federal Reserve and elevated commodity prices could lead to moderately higher inflation.

In this modest growth environment, corporations posted solid earnings while consumer confidence inched higher. Investors were a bit more willing to reach for yield in bonds and take on more risk in stocks. For the quarter, stocks turned in a very solid performance with the S&P 500 Index rising 12.59 percent and the Nasdaq Composite up 18.98 percent.

Article was written by Chris Kostiz, President of Advance Capital Management. Advance Capital has been in business since 1986 and provides financial planning and investment advice to over 5,000 brokerage and investment advisory clients, who have entrusted our firm with more than \$2 billion of their assets. Please join us at the Grand Oaks Resort for our next seminar on May 15th to learn more. Please RSVP at 352-259-1154.

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### Information brought to you by Advanced Capital Management

First Quarter 2012

Economic and Market Review

One of the most endearing characteristics of U.S. economy is its flexibility to work through structural issues and find viable, long-term solutions that reignite growth and prosperity for all. While many issues remain on our road back to full prosperity, and, at times, appear overwhelming, our economy is on the right track. Still, over the past year, our road has been littered with obstacles and unforeseen events that question the strength of these positive trends. It is hard to forget



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## Life is Short Enjoy it Now

By Charlotte Poss,

My granddaughter once called me and asked me some questions for a school paper. The one question that was to be asked was. What is it like to be as old as you are, over 60 years old at that time. I thought about that for awhile before I gave her an answer. I said to her that back in the BC's , that was before children. I could never picture myself as a wife, mother or grandmother. I was young and felt that anything over 25 was old. Well all that changed after I reached 25. My entire life changed after my children were born and more so when the grandchildren and great grandchildren started coming

along. What is life like when you grow old? Good question, hard to answer.

I told my granddaughter that I felt that life went by too fast. In a blink of an eye I was a wife, mother, grandmother and great grandmother, where did the time fly to. I used to be invited to weddings, now I go to funerals, and it seems more funerals then I ever thought I would ever would have to go to.

It seems like yesterday that I would sit on the floor with my head on my own mothers lap. But, that was years ago, and Mom has been gone for over 50 years. Where did the time go? Life is too short. It flies by in

the blink of an eye. I was there when my first granddaughter came into this world and soon she will be giving birth to her second child. Time goes by so fast. Blink and you have missed something.

So, what is it like to be getting old. I told her, Life is like a wind up toy, the closer it comes to the end the faster it starts running out. As I said life is too short. Enjoy what you have and share if you have more than you need. Try to help someone every chance that you can. Spend some time with an older person who may not have any family living close by or is alone. You will be surprised at what you can learn. The older generation has more knowledge in their heads then you could ever get out of a book. Remember

that some of us were here before computers, cell phones, TV., Astronauts, air conditioning, refrigerators, Ice was delivered to your house and there were no reality shows. What is it like to get old. Great. So many good memories, so much to share with the younger generation. When we were younger we went on picnics and had fried chicken and potato salad made with mayo and no one ever got sick and we did not have coolers. Children could play outside and mothers did not have to worry about them being picked up by strangers and molested. No one ever locked their doors, The older generation just has so much to share with everyone. Try talking with a senior citizen and see how much you can learn.

Like a wind up toy the closer to the end the faster it runs down. Do not wait until it is all unwound. Enjoy life it is too short. Spend some time learning from one of these older people.

### Amy Keel

(Continued from Page 1)

passion, Amy has made a career out of providing professional, super affordable Design and Print solutions for small business!

After working for a design firm out of Ocala back in 1999 - 2000, Amy officially established Amy Keel Designs in 2001 after having her 2 children. Her client base has steadily grown, and today she serves more small businesses than ever before!

Amy says "My main goal is to provide quality, professional design and print to YOU, the customer, at a fraction of the price you would pay at most full service design houses." The fact that she work from home office eliminates the majority of my overhead expense, AND allows me to present you with professional quality high standard design that you would pay top dollar for elsewhere!" - Amy definitely brings experience to the table, and can help guide you through those projects that can tend to be less than pleasant. She has a way of anticipating what can go wrong when submitting layouts to the printer, and she has narrowed down the printers that she works with based on affordability and quality, always looking out for the best interest of her clients.

A recent addition to the Board of Directors of Marion County Referral Network, Amy is anxious to become more active within the community and help more small business achieve professional marketing at an affordable price!

Visit [www.akeeldesigns.com](http://www.akeeldesigns.com) <<http://www.akeeldesigns.com>> to see all of the services Amy has to offer, and you can view samples of her design work at [www.facebook.com/AmyKeelDesigns](http://www.facebook.com/AmyKeelDesigns) <<http://www.facebook.com/AmyKeelDesigns>> .

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Join us for summer camps at the Discovery Center for ages 8 - 14 yrs. [www.mydiscoverycenter.org/programs/camps](http://www.mydiscoverycenter.org/programs/camps) - Ocala Recreation and Parks, 828 NE 8th Avenue, Ocala, FL 34470

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FLORIDA DEPARTMENT OF HEALTH

Tom Loury

# PUBLISHER'S NOTES



I have been receiving 6 to 8 Press Releases a day from the Sanford Police Department for the last month. I save this one for you.

\*\*\*\*

Press Release from the Sanford Police Department

Sanford Police parked a marked police vehicle in the parking lot of Bentley Elementary School located at 2190 Oregon Avenue, as a visible deterrent, due to tour buses using the school property to park during the day and evening hours. This morning, at approximately 4:30 am, unknown persons shot

the police car several times. There were no injuries and the shooting is under investigation.

\*\*\*\*

I'm not sure who is guilty here but this is a bad way to handle this incident.

As far as I can tell Zimmerman probably is guilty of stalking Trayvon Marton. What was Trayvon doing in the Gated Community? Who did what after the stalking will be decided in a court of law, not on the street by Jesse Jackson or Al Sharpton. When there is chaos it makes these two guys important. I was impressed by the Mother of Trayvon Martin. She seemed to be composed and absolute about the law prevailing. What will happen if Zimmerman gets off will be another story.

If the Black Panthers really did put a bounty on murdering someone then they should pay also. Paying to have someone murdered is not legal.

I believe there are a lot of facts that will come out in the future that we don't know yet. Luckily there were two witnesses that can kind of fill in the gaps. The two that were fighting were making so much noise that I'm sure there are more witnesses if they will just come forward.

\*\*\*\*

Prime Minister Julia Gillard of Australia says Muslims who want to live under Islamic

Sharia law were told to get out of Australia, as the government targeted radicals in a bid to head off potential terror attacks.

Gillard angered some Australian Muslims by saying she supported spy agencies monitoring the nation's mosques.

Quote: 'IMMIGRANTS, NOT AUSTRALIANS, MUST ADAPT! Take It Or Leave It.

Gillard said "I am tired of this nation worrying about whether we are offending some individual or their culture. Since the terrorist attacks on Bali, we have experienced a surge in patriotism by the majority of Australians."

\*\*\*\*

The August 14, 2012 primary election ballot may contain two separate items for the voters of Marion County to decide Yes or No to support:

A half-mill property tax for school capital projects states the money will be used for:

1. Developing an alternative school for students expelled from their home-base school

2. Making capital/maintenance improvements

3. Improving computer technology

A half-mill property tax for school operations states the money cannot be used for salaries and will be used for:

1. Paying for reading coaches at schools

2. Improving art, music and library programs

3. Funding middle and high school summer programs

4. Tutoring and credit recovery for students

The final decision if these two referendums will be placed on the August ballot must be decided by the Marion County Board of County Commissioners. What do you think? [tloury@earthlink.net](mailto:tloury@earthlink.net)

\*\*\*\*

Well it happened again. There was a guy

playing chicken on highway 40 west in Ocala the other day. He was actually going the wrong way challenging drivers as they got close. I know because I was one of them. I veered off the road when he got to close, then he would go across the media and drive in the opposite direction challenging the drivers going the opposite direction again. I saw him do that several times. I CALLED 911 AND DID NOT GET AN ANSWER! Holy Cow, what is going on over there????? The UnderSheriff Dan Koon said the 911 dispatch was being run by the county. The standard not my fault statement. You know I met Dan Koon who is running for office and he seems to be a nice guy! But he's an attorney and I don't think he is qualified to run the Sheriff's Department. I kind of like the guy, maybe he needs to be our County Attorney. Anyway you make that decision at election time.

I did hear about several recent other incidents in Marion County where 911 did not answer. A lady fell in her son's shop and it took 9 minutes just to get help, dispatched help, then add travel time and it spells disaster.

I posed the question about 911 not answering to several County and State officials, they agreed that it was unacceptable. The only life line we have between the victim or someone needing emergency services is the 911 dispatch. When 911 doesn't answer someone is not doing their job.

\*\*\*\*

The quote of the month is by Jay Leno: "With hurricanes, tornados, fires out of control, mud slides, flooding, severe thunderstorms tearing up the country from one end to another, and with the threat of swine flu and terrorist attacks. Are we sure this is a good time to take God out of the Pledge of Allegiance?"

What do you think? [tloury@earthlink.net](mailto:tloury@earthlink.net)

## Newspaper Deadlines

*Editorial & Ad Copy for June*  
**Seniors Voice & Ocala DownTown**  
 12am, May 16th  
**Lady Lake Magazine & Village Spectator**  
 12am, May 23rd

## Ocala DownTown

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# SENIOR SCHEDULE OF EVENTS

EVENTS FOR MAY, 2012

## MOVIES

TUESDAY AND WEDNESDAY, MAY 8TH & 9TH 2012 AT 1:30 PM

“MIDNIGHT IN PARIS” STARRING: OWEN WILSON, MARION COTILLARD, RACHEL McADAMS, KATHY BATES, CARLA BRUNI AND OTHERS

This romantic comedy is about a family on a business trip in the City of Light. As a young couple engaged to be married experiences a profound transformation during their visit to Paris, an idealistic man with a romanticized view of the city finds that there's plenty of truth to the old adage about

the grass being greener on the other side. RATED PG13

TUESDAY AND WEDNESDAY, MAY 22ND & 23rd 2012 AT 1:30 PM

“WE BOUGHT A ZOO” STARRING: MATT DAMON, SCARLETT JOHANSSON, COLIN FORD, THOMAS CHURCH, MAGGIE JONES, ELLE FANNING, ANGUS MacFADYEN AND OTHERS.

A widower (Matt Damon) purchases a zoo in order to bring his family back together in this Twentieth Century Fox adaptation of Benjamin Mee's autobiographical memoir. RATED PG

COMING IN JUNE:

“WARHORSE” AND “THE DESCENDANTS”

The latest videos are shown two times per month, Reservations must be made at the 8th Ave. Senior Center. Seating is limited to 8 persons per video. Please call the Center at 629-8545 to reserve your seat.

## WALK ABOUT – TALK ABOUT BRICK CITY QUARRY

When: Thursday, May 3rd, 2012

Where: Brick City Quarry, 1211 SE 22nd Road

Time: 10am-11am We will meet at the playground near the entrance of the park at 9:50am..

Cost: FREE

What: A series of walks with education have been developed to provide participants an opportunity to get a little exercise and learn something about Ocala. Join guide Jeanette Lewis for a walking tour of the Brick City Quarry, and learn about the history of the quarry including plant identification, and how limestone and karst ground tie into the sink holes, caves and springs.

## TUSCAWILLA WONDERS

When: Tuesday, May 15th, 2012

Where: 300-499 NE Sanchez Avenue  
Time: 10am-11am We will meet at the picnic pavilion by the playground across the street from the Discovery Science Center at 9:50am.

Cost: FREE

What: A series of walks with education have been developed to provide participants an opportunity to get a little exercise and learn something about Ocala. Join guide Julie Johnson for a walking tour that focuses on plants, animals and more that call Tusawilla Park their home.

## SENIOR TRIP: TARPON SPRINGS

When: Thursday, May 17th, 2012

Where: Tarpon Springs, Florida

Time: Leave 8th Ave. Adult Recreation Center at 8:30 AM Return 6:30 PM

Cost: \$43.00 per person

What: Tarpon Springs Day Trip and Sun Line Cruise Join us for a fun day shopping and Sun Line Cruise to the Gulf of Mexico. Relax and enjoy the sights and sounds of the dolphins, shorebirds and the barrier island of the Gulf. Registration required. For more information, please call 629-8357.

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References Provided

## I-75 Message Boards

UPDATE: I-75 MESSAGE BOARDS AND CAMERAS TO BE PUT IN PLACE IN THE COMING MONTHS

Gainesville, Fla. – With heightened wildfire activity in spring months and a 25,000-acre wildfire already sending smoke south from Columbia County, Representative Keith Perry (R-Gainesville) seeks to caution motorists in north central Florida of the dangers associated with wind-driven smoke on Florida's highways.

"The tragic accidents in late January and the fires we are now seeing are stark reminders of the dangers that remain a reality in our area. Although we were successful in securing funding to provide advanced warning of these dangers, the system and the message boards will not be in place until later in the summer," Representative Perry said.

Florida's Department of Transportation

anticipates message boards being placed at both the Micanopy and Williston exits on either end of Payne's Prairie later this summer. The funding will not be made available until July 1 when the state's new fiscal year begins. However, the Department is currently working on camera coverage of the Gainesville area which should provide advanced warning of condition changes in the area.

Rep. Perry continued, "While it is disappointing that the early warning detection system won't be available any sooner, I'm glad the legislature saw the importance of this issue. Public safety is at the heart of what government does and our roads are becoming more dangerous all the time."

For further updates, please contact Rep. Perry's district office in Gainesville.

## Bullying: Community Event to Focus on Awareness and Prevention

(Continued from Page 1)

Fraternal Order of Eagles, Marion County Vets Helping Vets, Marion County Public Schools, Marion County Board of County Commissioners, Marion County Sheriff's Office, City of Ocala, Fire Rescue Departments City and County, and School Safety Resource Officers.

Youth need mentorship and resources to grow as positive citizens and this organized boxing event will bring awareness in an effort to prevent gang and individual bullying and raise money for scholarships for Marion County high school seniors.

The Event: USA Amateur Boxing, participants are student athletes who attend Forest High, Lake Weir High, and Vanguard High Schools

The Date: May 19th – 5pm

The Place: Marion County Ag Center next to the Livestock Stock Pavilion

I attended this event organizational meeting representing Marion County Public Schools and was very impressed with the passion of the group. Our students need to know they have mentors and can talk with their School Resource Officers. These Resource Officers are trained in identifying bullying in schools and how to resolve or prevent a situation. Also, our First Responders will be on hand at this event to promote Anti-bullying. This issue is no longer confined to the Principals and Deans office. Legislation and the courts have entered into the picture and we as a community must not turn a blind eye to the problem. Let's support this event!

# Marion County Referral Network

A premier group of business professionals with the sole purpose of referring business by building strong relationships and trust amongst its members in order for each member to continue to run a profitable, professional business.

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

Dear editor  
 What is all this cry for “bloodshed” all about, and who is doing the calling for bloodshed?

There is an audio circulating on the net by a group calling for bloodshed in America. They stipulate it is NOT the Red SEA in the Middle EAST, but a sea of red blood in America. This is a group to be heeded. They cry for blood in America, to compensate for manufactured wrongs in order to secure for them the POWER they seek for themselves. The bloodshed is their method of seeking control.

These people are some of the most privileged people to have ever lived on this planet, yet they perceive their good fortune as some sort of persecution. This is the means to implement their madness, and you, I, we are the pawns in their mad scheme. We will bear the brunt of this bloodshed, while they sit back, and wait for their chance to take over the power structure. We do the dirty work, they reap the power. Sounds like fun to me.

Are creatures, who openly call for bloodshed, even human? Not in my book. When will we learn to ignore these calls for bloodshed? It is always others blood they cry for, never theirs. No human I know would ever call for bloodshed. What then must these creatures be? The devil incarnate? What of those who actually spill the blood? Humans????

Is what you are watching on TV in other parts of this planet right now human? How about Syria, for example? Is this acceptable for America? Are we going to allow it to happen here, too?

Not every creature in human form is human. Some are more animal than human. What are going to do about it this time? It is your blood they are calling for this time. Time to say “NO”? It is the 21st century, how many more centuries will we allow ourselves to be duped? I happen to like my blood just where it is, thank you, in my veins. Think I will pass on this round of bloodshed. Anyone with me?

D.I. L.

ous forms of epilepsy.

By sponsoring the Blues Festival, your company will further establish itself as a community builder and a corporate leader, enhance awareness of its reputation as a “good neighbor” in our community, enhance its corporate image, while being identified

with a hugely successful fund-raising event.

Brick City Blues Festival to Benefit The SOS Foundation will be held on May 12, 2012 at OEC.

The evening will include three popular blues bands with an amazing BBQ catered by Mojo Grill & Catering.

**Crimestoppers Unveils New Website**

Crime Stoppers of Marion County is introducing their newly-updated website, ocalacrimestoppers.com. The totally-revamped site features photos of locally-wanted fugitives, victims of unsolved homicides, plus useful information on law enforcement.

Leo Smith, president of the local Crime Stoppers organization, said visitors can anonymously give instant information on any crime or wanted person any time. “By clicking ocalacrimestoppers.com, concerned citizens can report real-time vital information about any criminal activity 24-7 and

remain totally anonymous,” Smith said. He added that the new website contains more information and is more user-friendly than ever before.

If information reported on-line or via the phone tips line -- 368-STOP -- results in an arrest, Crime Stoppers may give a reward up to \$1,000. The new site, designed and constructed by ocala4sale.com, also features links to local law enforcement as well as information on Crime Stoppers’ community partners.



**Brick City Blues Festival**

BRICK CITY Blues Festival  
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The SOS Foundation Funds cutting-edge Epilepsy research performed by Dr. Paul Carney, Chief of Pediatric Neurology, and

Director of Comprehensive Pediatric Epilepsy Program at the University of Florida and McKnight Brain Institute. The Principle focus of SOS is to fund the discovery of non-medicinal treatments and cures for vari-

# Senior Fishing Derby



Seniors fishing on the bridge on the south end of Lake Tusawilla get help from their caregivers.



From left Chris Blair candidate for Sheriff, Floyd Herberger of BJ Trophys bringing the trophies and Tom Lory of TomL Publishing.



One senior netted a rod and reel during the drawing. Rod and Reel donated by TomL Publishing.

## Join Us in Celebrating Memorial Day 2012!

**Monday, May 28, 2012, 10:00 A.M.**

**Ocala-Marion County Veterans Memorial Park  
2601 SE Fort King Street, Ocala, FL 34471**



**For more information,  
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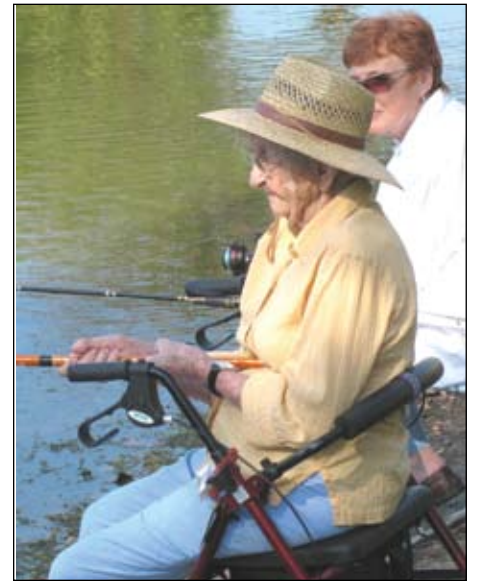
# Senior Fishing Derby



Volunteers left Anita Knittels of Promotional Products and Linda Gyax of TD Insurance were helping. In this picture they are giving out fishing poles.



Relaxing in the shade and enjoying the outing.



This lady said she was going to catch the fish this time.



Oldest Fisherman, Herbert Johnson at 91 years young, wins trophy.



Carla Chindamo of the City Parks quick reflexes save this lady on the left from a nasty fall. Carla fixed her chair and she soon caught a fish.



## Nation's 100 Top Hospitals

OCALA REGIONAL AND WEST MARION NAMED AMONG NATION'S 100 TOP HOSPITALS BY THOMSON REUTERS

OCALA, FL, April 17, 2012 – Ocala Regional Medical Center and West Marion Community Hospital, part of Ocala Health System, were named among the nation's 100 Top Hospitals® by Thomson Reuters, a leading provider of information and solutions to improve the cost and quality of healthcare.

The Thomson Reuters 100 Top Hospitals® study evaluates performance in 10 areas: mortality; medical complications; patient safety; average patient stay; expenses; profitability; patient satisfaction; adherence

to clinical standards of care; post-discharge mortality; and readmission rates for acute myocardial infarction (heart attack), heart failure, and pneumonia. The study has been conducted annually since 1993. This is the second year that Ocala Regional and West Marion have made the list.

"This ranking is the result of a data-driven assessment of health care organizations by an independent, impartial health information company. Their findings clearly demonstrate that high-quality patient outcomes can be achieved while improving efficiency and showing strong fiscal management," said Randy McVay, Chief Executive Officer, Ocala Health System. "The significance to our community is great: easy access to

medical care that has higher survival rates, less complications, a safer environment, and higher patient satisfaction."

"While hospitals are regularly evaluated against a broad range of performance standards, only 100 make this prestigious list—less than 2% of all the hospitals in the entire country. This distinction is a clear testament to the hard work and dedication of our physicians, employees, and volunteers to delivering the highest quality care to our patients and their families," added McVay.

To conduct the 100 Top Hospitals study, Thomson Reuters researchers evaluated 2,886 short-term, acute care, non-federal hospitals. They used public information — Medicare cost reports, Medicare Provider Analysis and Review (MedPAR) data, and core measures and patient satisfaction data from the Centers for Medicare and Medicaid Services (CMS) Hospital Compare website. Hospitals do not apply, and winners do not pay to market this honor.

"This year, the concentration of 100 Top Hospitals award winners has shifted significantly, with Texas, Florida, and California housing the most winners," said Jean Chenoweth, senior vice president at Thomson Reuters. "A major change in performance geographically is an encouraging indication that the bar for quality care has been raised once again."

More information on this study and other 100 Top Hospitals research is available at [www.100tophospitals.com](http://www.100tophospitals.com) <<http://www.100tophospitals.com>> .

Ocala Health System (OHS) encompasses Ocala Regional Medical Center, a 200-bed facility located in the heart of Ocala, and West Marion Community Hospital, a 70-bed hospital located in West Marion County. OHS has the only Commission on Cancer approved cancer center in Marion County and is directly affiliated with the Moffitt Cancer Center. The hospitals offer a host of other quality and award winning services including bariatric surgery, orthopedic care and joint replacement, robotic surgery, cardiac and vascular services including open heart surgery and interventional procedures, emergency, neurological and rehabilitation services. Ocala Health's outpatient facilities include Family Care Specialists, a primary care network of seven locations throughout Marion County; Advanced Imaging Centers with three locations; a freestanding Wound Center with Hyperbaric Therapy; as well as the Senior Wellness Community Center.

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Governor Rick Scott  
**FROM THE GOVERNOR'S DESK**

**Osteopathic Medicine**  
 Tallahassee, Fla. – Governor Rick Scott announced the appointment of Dr. Bridget Bellingar to the Board of Osteopathic Medicine.

Bellingar, 52, of Largo, has been a self-employed physician since 1987. A research affiliate with DMI Research, she is past president of the Florida Society of the American College of Osteopathic Family Physicians and a member of the American Osteopathic Association, the Florida Osteopathic Medical Association, the American College of Osteopathic Family Physicians and the Pinellas County Osteopathic Medical Society. Bellingar received a bachelor's degree from the University of South Florida and a medical degree from the Southeastern College of Osteopathic Medicine. She will be succeeding Dr. Allen Escher Jr. and is appointed for a term beginning April 19, 2012, and ending October 31, 2014.

The appointment is subject to confirmation by the Florida Senate.

\*\*\*\*\*

Governor Scott Appoints Four to Indian River State College District Board of Trustees

Tallahassee, Fla. – Governor Rick Scott announced the appointments of Susan R. Caron, Jose "Joe" Conrado, Mark Feurer, and Phoebe Raulerson to the Indian River State College District Board of Trustees.

Caron, 52, of Fort Pierce, has been an administrative assistant for the St. Lucie County Board of County Commissioners since 2010. Previously, she was an owner and vice president of Robert M. Caron Construction Inc. for 28 years. She served on the Treasure Coast Regional Planning Council from 2007 to 2009 and the St. Lucie County Planning and Zoning Commission for five years. She succeeds Samuel L. Patterson, and is appointed for a term beginning April 18, 2012, and ending May 31, 2014.

Conrado, 62, of Vero Beach, has been the president of Conrado Enterprises since 1982. He has served on the Indian River State College Foundation Board since 1985 and the Palm Beach McDonald's Marketing Association since 1992, serving as the organization's president from 2008 to 2012. Conrado received an associate degree from Indian River Community College. He succeeds Gerald T. Roden, and is appointed for a term beginning April 18, 2012, and ending May 31, 2015.

Feurer, 57, of Vero Beach, has been the president of Communications International Inc. since 2005. From 1981 to 2001, he served in the United States Navy. Feurer received a bachelor's degree from Antioch College. He succeeds Tomas R. Perez, and is appointed for a term beginning April 18, 2012, and ending May 31, 2014.

Raulerson, 73, of Okeechobee, is a re-

tired educator who served as superintendent of Okeechobee County Schools from 1998 to 2004. Previously, she served as assistant superintendent from 1996 to 1998 and principal of Okeechobee High School from 1984 to 1996. She served on the State Board of Education from 2004 to 2009. Raulerson received bachelor's and master's degrees from the University of Florida. She succeeds Cheryl L. Kirton, and is appointed for a term beginning April 18, 2012, and ending May 31, 2014.

The appointments are subject to confirmation by the Florida Senate.

\*\*\*\*\*

Governor Rick Scott Appoints Catherine Cabanzon to Board of Dentistry

Tallahassee, Fla. – Governor Rick Scott announced the appointment of Catherine Cabanzon to the Board of Dentistry.

Cabanzon, 51, of West Palm Beach, is a registered dental hygienist with The Sadati Center for Aesthetic Dentistry and with Dr. Robert J. Miller DDS. She is appointed for a term beginning April 18, 2012, and ending October 31, 2012.

The appointment is subject to confirmation by the Florida Senate.

\*\*\*\*\*

Governor Scott Appoints Dane Grey to Commission for the Transportation Disadvantaged

Tallahassee, Fla. – Governor Rick Scott announced the appointment of Dane E. Grey to the Commission for the Transportation Disadvantaged.

Grey, 26, of Jacksonville, is the president

of Elite Parking Services of America. He is appointed to fill the vacancy created by the resignation of Jill B. Houghton, and is appointed for a term beginning April 18, 2012, and ending August 13, 2012.

\*\*\*\*\*

Governor Scott, Lt. Governor Carroll Launch Task Force on Citizen Safety and Protection

Tallahassee, Fla. – Continuing his commitment to seeing that justice, due process, and the rule of law prevail in response to the tragic death of Trayvon Martin, Governor Rick Scott, along with Lt. Governor Jennifer Carroll, announced the members of the Task Force on Citizen Safety and Protection today. Lt. Governor Carroll will chair the task force along with vice chair Reverend R. B. Holmes Jr., the pastor of the Bethel Missionary Baptist Church in Tallahassee.

The purpose of the Task Force on Citizen Safety and Protection is to thoroughly review Florida Statute Chapter 776 <[http://www.leg.state.fl.us/statutes/index.cfm?App\\_mode=Display\\_Statute&URL=0700-0799/0776/0776.html](http://www.leg.state.fl.us/statutes/index.cfm?App_mode=Display_Statute&URL=0700-0799/0776/0776.html)> and any other laws, rules, regulations or programs that relate to public safety and citizen protection. They will make any necessary recommendations to the Governor and Legislature to improve public safety in Florida.

"We are a nation of laws, and I am committed to letting our legal system work to ensure the people of in our state are safe and protected," Governor Scott said. "I have the utmost confidence that Lt. Governor Carroll

**(Continued on Page 12)**

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Governor Rick Scott

**FROM THE GOVERNOR'S DESK**

**(Continued from Page 11)**

and Reverend Holmes are the best people to lead the review of Florida's citizen safety laws."

Governor Scott convened the Task Force on Citizen Safety and Protection immediately after the conclusion of Assigned State Attorney Angela B. Corey's investigation into the death of Trayvon Martin.

"We look forward to hearing from the citizens of our state about their concerns and recommendations for keeping our state safe," said Lt. Governor Carroll. "Governor Scott has tapped a diverse and qualified group to carefully review our laws and our policies."

In addition to Lt. Governor Carroll and Reverend Holmes, the other members of the task force include:

Sheriff Larry Ashley, of Shalimar, Okaloosa County Sheriff's Office.

State Representative Dennis Baxley, of Ocala, Florida House of Representatives, District 24. Former Florida Supreme Court Justice Kenneth B. Bell, of Pensacola, shareholder with Clark Partington Hart Larry Bond and Stackhouse. State Representative Jason Brodeur, of Sanford, Florida House of Representatives, District 33.

Derek E. Bruce, of Orlando, attorney with Edge Public Affairs.

Joseph A. Caimano Jr., of Tampa, criminal defense attorney with Caimano Law Group. Edna Canino, of Miami, president of the Florida Embassy of League of United Latin American Citizens, Council 7220. Gretchen Lorenzo, of Fort Myers, neighborhood watch coordinator for the Fort Myers Police Department. Judge Krista Marx, of West Palm Beach, Fifteenth Judicial Circuit of Florida. Maria Newman, of Melbourne, neighborhood watch volunteer with the City of Melbourne. Katherine Fernandez Rundle, of Miami, state attorney for the Eleventh Judicial Circuit. Stacy A. Scott, of Gainesville, assistant public defender with the Eighth Judicial Circuit.

Mark Seiden, of Miami, self-employed attorney. State Senator David Simmons, of Altamonte Springs, Florida Senate, District 22.

State Senator Gary Siplin, of Orlando, Florida Senate, District 19.

During its first meeting, the task force will lay the foundation for its work, develop

a mission statement, and establish locations for future meetings and public hearings. Throughout the coming months, the task force will hold public hearings, take testimony, solicit ideas and review all matters related to the rights of all Floridians to feel safe and secure. The first meeting is tentatively scheduled for Tuesday, May 1, 2012, in Tallahassee at the Florida Department of Transportation headquarters. More details will be released in the near future.

The public is invited to provide input by e-mailing the task force at CitizenSafety@eog.myflorida.com. For more information, visit [www.FLGov.com/citizensafety](http://www.FLGov.com/citizensafety) <<http://www.flgov.com/citizensafety>> or follow the task force on Twitter <[@FLCitizenSafety](https://twitter.com/#!/FLCitizenSafety)> @FLCitizenSafety.

\*\*\*\*\*

**Governor Scott Signs Budget with \$1 Billion for K-12 Schools=**

St. Johns County, Fla. – In keeping his pledge to add \$1 billion to the K-12 education budget, Governor Rick Scott signed the 2012-13 state budget today while visiting Cunningham Creek Elementary School in St. Johns County. Governor Scott made \$1 billion in additional education funding the centerpiece of his legislative agenda this year.

"Over the last year I have traveled the state to hear from Floridians what issues they care about most. That's why this budget should be known as an education budget," Governor Scott said. "The two issues that Floridians care most about are jobs and education, and the two go hand-in-hand since a good education is critical to getting a good job."

Governor Scott thanked Senate President Mike Haridopolos and House Speaker Dean Cannon for their leadership in including the new funding in the budget. The \$1 billion allows for:

A \$405 million increase in per-student funding or roughly \$150 per student.

An extra \$47 million for enhanced reading programs.

\$663 million to fill funding gaps due to the influx of 31,000 expected new students next year and lower property taxes.

Funding that will enable districts to reward the best teachers.

The 2012-13 budget makes ends meet

**(Continued on Page 14)**



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# PUTTING THE SPOTLIGHT ON SPUDS

Fresh ways to enjoy potato classics

(Family Features) Potatoes are the ultimate comfort food, but a few twists on classic side dishes like mashed potatoes, salads and casseroles can take potatoes to a whole new level. With so many delicious types available year-round, it's easy to create exciting and nutritious side dishes that can be the highlight of any meal.

Here's what you need to know about the seven different potato types to help you start experimenting with different colors, textures, cooking methods and flavor additions:

**Fingerlings** - These small, slender "finger-sized" potatoes range from two to four inches in length. They come in a wide range of skin and flesh colors and most possess a firm, waxy texture, which makes them ideal for potato salads. Pan-frying enhances their robust flavor and showcases their wonderful nutty or buttery tastes.

**Petites** - Petites share the same flavor and texture as their full-sized cousins, but their flavors are actually more concentrated, and they cook more quickly. Petites can be found in red, white, yellow, brown and purple, and make delicious roasted potatoes and potato salads.

**Purples/Blues** - Purple/blue potatoes have a deep purple skin with flesh that ranges from purple to almost white. The moist, firm flesh retains its shape and adds rich

colors and a mild, yet distinctly nutty flavor to tossed salads. They are also sensational roasted.

**Reds** - Reds are widely known for their rosy red skin and white flesh. The moist, waxy flesh stays firm and flavorful throughout cooking, making it ideal for roasting. The slightly sweet, always-tender texture complements any dish, and the vibrant red skin adds appealing color and pizzazz to potato salad, soups and stews.

**Russets** - Russets are characterized by a brown, netted skin and white flesh. The delicate potato flavor and grainy texture of a baked russet creates light and fluffy mashed potatoes and crispy pan-fried potatoes.

**Whites** - This all-purpose potato has a white flesh and white (sometimes light tan) skin. They are slightly dense and creamy, with a subtly sweet flavor. Their delicate, thin skins add just the right amount of texture to mashed potatoes without the need for peeling. Grilling whites brings out a more full-bodied flavor; or use them in soups and stews.

**Yellows** - This type boasts golden skin and golden flesh. Grilling gives them a crispy skin, which enhances the dense and buttery texture, and gives them a slightly sweet, caramelized flavor. Their naturally smooth texture also lends itself well to lighter versions of baked or roasted potatoes.

To get more healthy potato recipes and

to sign up for the US Potato Board's weekly recipe email, visit [www.potatogoodness.com](http://www.potatogoodness.com). You can also "like" the USPB on Facebook at [www.facebook.com/potatoestater-sandspuds](http://www.facebook.com/potatoestater-sandspuds) to enter contests, sign up for sweepstakes and get new recipes with a community of potato lovers.

A medium size potato (5.3 ounces) with skin is 110 calories, has no fat, sodium or cholesterol, provides 45 percent of the Daily Value of vitamin C, and has more potassium than a banana.

## Spinach and Artichoke Heart Two Potato Casserole

Makes 8 servings

Prep time: 20 minutes

Cook time: 1 hour 30 minutes

1 pound red potatoes

1 pound Yukon Gold potatoes

1 1/4 cups vegetable broth or stock

1/2 cup shredded Parmesan cheese

1 teaspoon garlic salt

4 ounces Neufchatel (1/3-less fat) cream cheese

4 ounces fat-free cream cheese

1 7.5-ounce jar marinated artichoke hearts, drained and chopped

1 6-ounce bag baby spinach, coarsely chopped

1/2 cup sliced green onions

Preheat oven to 425°F and coat a 9-inch square baking dish with nonstick cooking spray.

Cut potatoes in half lengthwise. Place cut side down on a board and slice very thinly. Place in a large bowl and set aside.

Heat broth, Parmesan, garlic salt, cheeses and artichoke hearts in a medium saucepan until cheeses are melted.

Stir in spinach and cook until wilted.

Stir mixture into potatoes with green onions, mixing well to coat potatoes as evenly as possible.

Spread in prepared dish and bake for 30 minutes. Cover loosely with foil and reduce



(Continued on Page 14)



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# PUTTING THE SPUDS SPOTLIGHT ON

(Continued from Page 13)

temperature to 375°F; cook for 1 hour more or until potatoes are tender when pierced with a fork.

Quick Tip: To shave an hour off the cook time, boil potatoes for 5 minutes or until tender, then drain well. Prepare as directed above then bake at 425°F for 30 minutes.

### Roasted Fingerling Potato Salad with Lemon and Thyme

Recipe created by Laura Bashar, Family Spice, www.familyspice.com

Makes 6 servings

Prep time: 20 minutes

Cook time: 20 to 25 minutes

Cool time: At least 10 minutes

#### Salad

1 1/2 pounds fingerling potatoes (mixed colors), cut into 1/2-inch circles

1 red bell pepper, cut into 1-inch cubes

1 red onion, cut into 1-inch cubes (do not separate layers)

3 tablespoons extra virgin olive oil

1/2 teaspoon kosher salt

1/8 teaspoon pepper

#### Dressing

1/4 cup light or olive oil based mayonnaise

1 1/2 tablespoons lemon juice  
2 teaspoons extra virgin olive oil  
2 teaspoons fresh thyme leaves  
1 1/2 teaspoons lemon zest  
1/4 teaspoon kosher salt  
1/8 teaspoon pepper  
Preheat oven to 425°F.

Toss all salad ingredients together in a large bowl. Spread in a single layer on a large baking sheet and cook for 20 to 25 minutes or until potatoes start to brown. Let cool for at least 10 minutes.

Meanwhile, whisk together all dressing ingredients in a medium bowl; toss with cooled vegetables. Serve at room temperature or chilled.



### Mediterranean Mashed Potatoes

Makes 4 servings

Prep time: 15 minutes

Cook time: 10 to 13 minutes

1 1/4 pounds russet potatoes, cut into 1-inch cubes (best for light and fluffy mashed potatoes), or

1 1/4 pounds white or red potatoes, cut into 1-inch cubes (best for creamier mashed potatoes)

1/2 cup nonfat plain yogurt

1/2 cup fat-free milk

1 1/2 tablespoons heart-healthy buttery spread

1/4 teaspoon sea salt (or 1/2 teaspoon garlic salt)

1/2 cup reduced-fat Italian blend shredded cheese

1/4 cup sun-dried tomatoes, chopped

2 tablespoons snipped fresh basil

2 green onions, sliced

1 2.2-ounce can sliced ripe olives, drained

Freshly ground pepper to taste

Bring a large pot of water to a boil. Add potatoes and cook for 10 minutes or until tender; drain well. Transfer back to pot and mash well, then stir in yogurt, milk, buttery spread and salt. Gently stir in remaining ingredients and cook for 2 to 3 minutes more to heat through.



Governor Rick Scott

## FROM THE GOVERNOR'S DESK

(Continued from Page 12)

in spite of a budget gap in excess of \$1 billion, on top of a \$3.7-billion gap during the current budget year. Governor Scott vetoed \$142.7 million from the budget, adding to Florida's reserves.

"Education is the key to Florida's long-term prosperity, so we had to find a way to

pass the critical increase in education funding in the budget," Governor Scott said. "The increase in education funding, paired with my 2012 Job Creation and Economic Growth Agenda and auto insurance fraud reform, are all steps on the road to making Florida the greatest state in the nation to live, work and play."

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