

## Santa Over The Rainbow



Santa Over The Rainbow, the annual Christmas event at Rainbow Springs State Park, is sponsored by the volunteer organization, Friends of Rainbow Springs State Park (FORS).

It takes about 35 volunteers to run the event each night but the preparations go on all year.

Every Monday about seven men who have been working on this project from 1 to 17 years gather to work on the lights. Each strand is repaired, if the squirrels found them tasty, and carefully checked out to prepare them for next year. The volunteers began over a month ago to install the displays and estimated 200,000 lights.

Beginning at the parking lot luminaries line the walk and lights are woven through the plants and trees and reindeer graze along the way to the visitor center. As you round

the corner of the building you find yourself in a fairyland of twinkling lights.

The gift shop ladies have transformed the shop into a village in the snow with carolers, little trees and snowdrifts and a ceiling high tree breathtakingly decorated all in red.

And, of course, Santa and Mrs. Claus authentically garbed and whiskered arrive from downriver in a festively lighted pontoon boat. They make their way to a picnic pavilion transformed into Santa's House, complete with a fireplace and pictures of the reindeer on the walls. There they settle into rockers where they greet and talk to the children, and the children can have their pictures taken.

You don't have to be a child to feel the magic as you stand in the glow of the sparkling night at the headsprings. Makes you believe. I do.

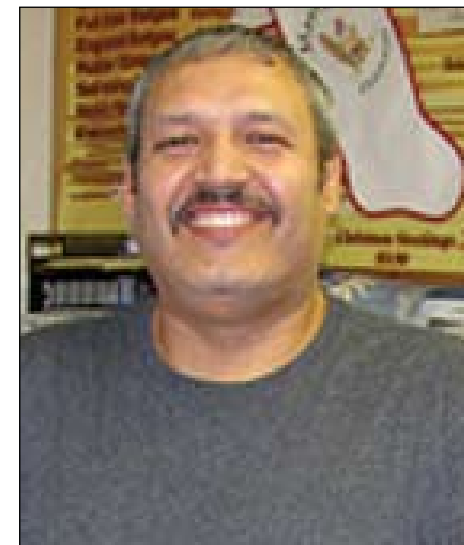
## Meet Ray Arriaga

Ray Arriaga and wife Florence have been married 24 years. They came to Ocala 8 years ago from New York City because they thought Ocala would be a great place to raise their children. Ray's hobbies are movies and music.

Ray and his wife own and operate THE COPY SHOPPE and they have been in the printing business for 8 years. The shop employs four people. Ray said he enjoys the creative side of the business and enjoys helping people create new ways to grow their business.

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I have been getting my printing done at the Copy Shoppe for 10 years and have



never had a complaint. Quality products in a timely manner at a reasonable price.

## MY Best Christmas Ever

By Tom Loury

I was raised my early years in south Florida. We were poor and my brother and sister and I went barefooted running around the neighborhood. I was nine years old and playing with a friend when I jumped into a ditch and landed on a broken bottle. It cut the tendon in my heel which was so severe that I could not walk. A local fireman rushed me to the clinic in the next town where they decide they had to perform immediate surgery.

As a young child I was really scared. My parents worked out of town and my grandmother was homebound. I did watch over my shoulder to watch some of the surgery, what little bit I could see. The surgeon kept the tendon from going back up into my leg, back then they could not retrieve it and I would have been crippled. The surgery was a success. They gave me a pair of crutches and sent me into the waiting room. They told me my parents were on their way. I was instructed not to put weight on my foot for several months through Christmas vacation.

The story fast forwards to several days before Christmas and the Christmas parade. It was always about dark for the lights and Santa was on the top of the fire engine throwing candy. I could not go, my sister 12

years took my brother by the hand at 6 years and walked two blocks to see the parade.

I remember being down in the heart and very sad that I would not be able see and enjoy the excitement and see Santa Claus. I was sitting on a chair next to the open window when I heard the parade start with the sirens going. There was much more but I could not see or hear. Sitting there I pictured my brother and sister picking up candy, we were not allowed candy except for special events like Christmas. The sounds rolling in the window seemed to get louder, louder and louder until the fire truck stopped in front of my house with most of the children from town following. Santa Claus came into my house and gave me a handful of candy, hugged me, wished Grandma a Merry Christmas and then turned and walked out the door shouting Ho Ho Ho!

Talk about an excited young man. I was floating off the ceiling. At the time I thought Santa looked a little bit like the fireman that rushed me to the clinic but then I lost the thought in the moment.



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Mark DuShane, Senior Vice President

## ECONOMIC AND MARKET REVIEW



### Information brought to you by Advance Capital Management

How is America Doing?

Now that the election of 2012 is behind us and we embark upon a new year, we should assess how we are doing economically. The media coverage of our economy reminds us on a daily basis of our growing debt, the fiscal cliff, and our under-funded social programs. But if we remember to look at the forest instead of each individual tree our outlook can certainly change.

One way that we can measure the state of an economy is by examining the performance of the stock markets. Stock markets tend to reflect investor expectations of the health and future prospects of an economy and also measure these expectations via their performance numbers. Understanding this, let's look at how the Dow Jones Industrial Average (The Dow) has performed from August 15, 1945 through October 31, 2012.

If an investor had hypothetically committed \$100,000 to The Dow on 8/15/1945 (the day after VJ Day) and reinvested their dividends, those monies would have grown

to \$108,994,783 by 10/31/2012. The total amount of the declared dividends was \$34,276,968 over this time period. And, the average annual total return equaled a positive 10.97% (data and calculations provided by Lipper).

It would appear that America has done quite well over the last 67 years as measured by the total return of The Dow. Perhaps it's time to remember all that we have accomplished and to look forward with a positive instead of a negative outlook. Happy New Year!

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It is not possible to invest directly in an index, nor is the index managed by Advance Capital. Investments are not insured, and may lose money. Client should be prepared to bear the risks associated with investing.

## Friends of the Ocala Library

To mark African-American History Month, the Friends of the Ocala Library will present author Darcie MacMahon, who will talk about her book, "Fort Mose: Colonial America's Black Fortress of Freedom", and the larger-than-life figure of Francisco Menendez, on Sunday, February 10, at 2 p.m. at the main library on Silver Springs Boulevard.

Menendez was a multilingual African

man who escaped slavery, led a militia, and whose remarkable story is a testimony to the contributions of free black people in Spanish Florida.

Refreshments will be served by the Friends, whose website is [friendsoftheoocalibrary.org](http://friendsoftheoocalibrary.org), where the history and other information about the organization can be found.

## Memorial Reading

The reading of the names of area veterans who have passed away in the previous three months will be carried out by members of the Stone Creek Veterans organization at the Ocala-Marion County Veterans Park on

Saturday, January 5, beginning at 10 a.m. Taking part in the event will be members of Bellview High School ROTC, the Marion County Sheriff's Department, and the New Apostolic Church Choir.

## Your Opinion matters to us!

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### A HEARTFELT THANKS FROM CHRIS BLAIR AND FAMILY

Dear Citizens of Marion County,

As we begin this holiday season, I would like to take this time to thank you for embracing a common vision of combining numerous fundraisers for Marion County along with the Sheriff's campaign. I am so thankful for your contributions and the differences that they have made in the lives of those who reside in this community. This beautiful quote truly captures the spirit of these past two years:

"When we give cheerfully and accept gratefully, everyone is blessed." ~

Maya Angelou

Together, we were able to accomplish the following over the past two years:

- We built the FIRST EVER float honoring local Breast Cancer Survivors for the Ocala Christmas Parade
  - We raised over \$4,000 for Making Strides Against Breast Cancer through silent auctions, dunking booths, and other fundraising activities
  - We raised \$4,080.00 for Making Strides Against Breast Cancer by hosting the Ford Drive event, taking the lead nationally for the most monies raised in a drive event
  - We filled up the Brother's Keeper van with canned goods for needy families
  - The Angels of 2013 Breast Cancer Survivor Calendar was created and sold at different events with all proceeds going to Making Strides Against Breast Cancer
  - We participated in the Making Strides Against Breast Cancer Walk
- Once again, thank you for your hard work, your heartfelt prayers, and for putting others before yourselves. I look forward to serving Marion County as your next Sheriff and participating with you in future fundraisers for this community.

Merry Christmas and God bless you and your families,  
Chris, Sangi, Jason, and Alesa Blair

Florida House of Representatives

## DENNIS K. BAXLEY



### Victories and Challenges

Post-election is a time for assessment of where we are and what is ahead. Frequently we are obsessed with challenges, but it helps to shift gears and give thanks for victories. Marion County needs to celebrate the national attention to our area seeing a reduction in painful unemployment numbers thanks to hard work by many to tackle this issue. It seems we are making progress – we should also celebrate the excellent delega-

tion we are sending to the Florida Legislature. Having worked with all these individuals in different roles, it goes without saying that this is a talented group who will be very effective.

We should also celebrate the breakthrough in interest for planning a next chapter for Silver Springs, a gemstone of our area with deep history and a unique treasure for our region. Inputs being gathered are promising for a bright chapter of improvement for this lasting asset and symbol of our area's natural wonders.

Challenges remain, but for the first year in several the revenue estimation conference is projecting an upgrade in the revenues to the Florida treasury which is an important

indicator of economic healing for our state.

We are also heavily challenged by the analysis of impact of the Healthcare Act that begins to make serious implementation impacts on our state. This will be a major challenge for the Florida Legislature to confront as we move forward. Another pending challenge to the state budget rests on pending lawsuits, especially concerning the state

pension program.

We will continue to look for those policies that will fuel economic recovery for our state and make Florida the best place to live, work, do business, and visit.

There is nothing some prosperity would not benefit in this great state.

Onward and Upward,

## Florida Electric Utilities Site Plan

Florida Electric Utilities Ten-Year Site Plans Prepare for Future Growth

TALLAHASSEE Demand for natural gas generation in Florida continues to increase, according to the Florida Public Service Commission's (PSC) annual Ten-Year Site Plan (TYSP) Report. Natural gas-fired generating units largely comprise the state's current generation load, as well as future

plant additions projected over the ten-year planning horizon.

As Florida's population grows, generating capacity is also growing to meet customer demand. Commission approved update projects for all five existing nuclear units in Florida will increase generating capacity, with most expected to come on line in the next four years. Both Florida Power and Light Company and Tampa Electric Company received PSC approval to upgrade existing generating units that will increase capacity, save fuel, and lower emissions.

The site plans provide us with a road map to meet Florida's energy needs over the next ten years and ensure future reliability, said PSC Chairman Ronald A. Brisé. Increased use of natural gas in Florida reduces overall energy costs and lessens environmental impacts.

Although natural gas continues to dominate in Florida, utilities have encouraged other energy resources, including renewable energy. Municipal solid waste and biomass each represent roughly one-third of renewable generation in Florida, and additional renewable generation is planned.

Utilities submit Ten-Year Site Plans annually to the Commission. A PSC workshop was held in August to discuss plans for the state's 11 largest electric utilities. Each utility's plan identifies system upgrades and modifications needed to maintain adequate reliability over the next ten years.

The 2012 TYSP Report is available on the PSC website at <http://www.floridapsc.com/publications/pdf/electricgas/TYSP2012.pdf>.

Florida is served by 58 electric utilities, including five investor-owned utilities (IOUs), 35 municipal utilities and 18 rural electric cooperatives. IOUs represent 78 percent of Florida's net energy load.

For additional information, visit [www.floridapsc.com](http://www.floridapsc.com).

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Tom Loury

# PUBLISHER'S NOTES



I am not big on resolutions but we need to set goals.

First we need to see what we are looking at. Last week I was going down a road in a residential area, I was behind several

vehicles, there was traffic on a road intersecting the road I was on when I glanced over and spotted an elderly lady laying in her yard. I pulled over, I was the only one that saw her I guess. Anyway I called to her, "are you hurt?" "Yes," she answered. I said, "don't move help is on the way". I called 911, they answered on the first ring, arriving in 9 minutes. After it was all over I wondered how long she had lying there. While I was waiting for rescue a bike rider road by. I flagged her down and asked her if she knew the lady laying in the yard. She said yes and went to her. I ask myself why did I see her, but she was not seen by at least 5 other people????? I will start trying to pay more attention to what I am looking at. My compliments to the 911 call center and rescue. I was very verbal in the newspaper last year when there was a negative response.

\*\*\*\*\*

State Attorney's office: No one else will ask so here I go... Why did the State Attorney endorse Dan Kuhn? I thought they were supposed to be nonpartisan. Someone with a legal mind should ask the question - is it illegal? I have been told that it is not legal. I asked is it legal for the State Attorney's office to come out against one of the candidates, including making negative statements in the newspaper against the candidate.

Now all of a sudden the candidate is being investigated because of an anonymous call? Can this candidate get a fair shake being investigated?

The daily newspaper, Ocala Star Banner, has been accused of not getting the facts right about Chris Blair and a triple fundraiser that was held. Locals have been emailing and calling, standing up for the new Sheriff Chris Blair. I wonder if Chris Blair thinks it's worth all this. Clearing his name is certainly worth it all. I know the Blair family and the Blair team, they are all good people.

I think he is getting a lot of flack because he is not part of the good old boys.

To the Good Old Boys, There is a new Sheriff in town that you can't control and he will meet you at the OK Corral at dawn.

\*\*\*\*\*

Facts prove that the story about Commissioner Earl Arnett not living in his district

was untrue. The story was in the Ocala Star Banner. The daily reported that that they could not confirm the story about Arnett's

residence because they tried to look in the windows of the house but the blinds were down. Ha Ha! I have heard it all now!

## PSC Issues Report on Electric Vehicle Charging

TALLAHASSEE - Electric vehicles are not expected to present roadblocks for Florida's electric grid over the next 10-year planning period and will reduce dependency on foreign oil, according to a Florida Public Service Commission (PSC) report released today.

Directed by the 2012 Florida Legislature, the PSC conducted a study of the potential effects of public charging stations and privately-owned electric vehicle charging on both energy consumption and the impact on the electric grid.

"Electric vehicles are gaining popularity and more are traveling our highways and roads in the Sunshine State," said PSC Chairman Ronald A. Brisé. "We're pleased to have researched the potential impact of these vehicles on the electric grid and provide our findings to Governor Scott, Senate

President Gaetz, and House Speaker Weatherford for further review."

The PSC requested data about electric vehicles and charging stations from Florida's electric utilities and conducted independent research. To provide a discussion forum about electric vehicle charging, PSC staff held a workshop in September. Participants included the Electric Power Research Institute, General Motors Company, General Electric Company, SPX Corporation, the Florida Solar Energy Center, four Florida investor-owned utilities, and the Orlando Utilities Commission.

For more information on the PSC's Report on Electric Vehicle Charging, go to [http://www.floridapsc.com/utilities/electricgas/electricvehicles/09\\_06\\_2012/index.aspx](http://www.floridapsc.com/utilities/electricgas/electricvehicles/09_06_2012/index.aspx).



**Newspaper Deadlines**  
**Editorial & Ad Copy for February**  
**Seniors Voice & Ocala DownTown**  
**12am, January 16th**  
**Lady Lake Magazine & Village Spectator**  
**12am, January 23rd**

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# SENIOR SCHEDULE OF EVENTS

## EVENTS FOR JANUARY 2013

### INCOME TAX HELP

When: Mondays, Wednesdays and Fridays starting February 1st, thru April 15th, 2013

Time: 9:00 AM to 12:30 PM

Cost: Free

Where: 8th Avenue Adult Recreation Center, 830 NE 8th Avenue, Ocala

What: AARP Tax Help is available on these days. Please bring all your necessary documents including SS Card, W-2 Forms, 1099 Forms, last year's taxes, driver's license and some form of ID.

### SENIOR TRIP: STARLITE MAJESTY CRUISE

When: Wednesday, January 23rd, 2013

Where: Clearwater, Florida

Time: Leave 8th Avenue Adult Recreation Center 8:00 AM Return 6:00 PM

Cost: \$58.00 per person (includes transportation, admission, lunch)

What: Enjoy a dazzling afternoon and sightseeing along Florida's inland waters while cruising aboard the Starlite Princess. Listen to an informative narration covering the history of the area. You may choose entrees from a tantalizing menu. Seating is limited to 45 participants. Pre-paid registration required. For more information, please call Grace at 629-8357.

### BLOOD PRESSURE CHECKS

When: Thursdays, January 10th and Jan-

uary 24th

Time: 12:30 PM to 1:45 PM

Cost: Free

Where: 8th Avenue Adult Recreation Center, 830 NE 8th Avenue, Ocala

What: Linda from Senior Home Care will be here to take Blood Pressure checks

### MOVIES

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.

TUESDAY AND WEDNESDAY, JANUARY 8TH AND 9TH, 2013 AT 1:30 PM

"MEN IN BLACK 3" STARRING: WILL SMITH, TOMMY LEE JONES, JOSH BROLIN, ALICE EVE, JEMAIN CLEMENT AND EMMA THOMPSON

The "Men in Black" are back, and this time Agent J (Will Smith) must take a trip into the past in order to save both the future and his taciturn partner Agent K (Tommy Lee Jones). After 15 years of working with aliens from across the cosmos, Agent J is sure he's seen it all. But just when he's getting the hang of the game, he learns that history has inexplicably been rewritten. In this new timeline of events, Agent K has been dead for 40 years, and Earth will soon come under attack from an extraterrestrial force with the power to claim the entire planet. Now, in order to set the past straight and head off an

invasion of epic proportions, Agent J must travel back to the year 1969, when Young Agent K (Josh Brolin) was just a fresh new face on the force. But Agent J only has 24 hours to find the source of the coming catastrophe and discern how his longtime partner ties into the situation. Should he fail he'll be stuck in the past forever. RATED PG 13

TUESDAY AND WEDNESDAY, JANUARY 22ND AND 23RD, 2013 AT 1:30 PM

"MIRROR MIRROR" STARRING: JULIA ROBERTS, LILY COLLINS, SEAN BEAN, ARMIE HAMMER, NATHAN LANE, ROBERT EMMES AND OTHERS

The timeless fairy tale Snow White gets a dazzling makeover in this fantasy adven-

ture starring Oscar Winner Julia Roberts as the Evil Queen and newcomer Lily Collins as the fair-skinned Princess Snow White. When handsome Prince Alcott (Armie Hammer) falls for angelic Snow White, the jealous Evil Queen seizes control of a magical kingdom and casts the orphaned princess into exile. Meanwhile, as the diabolical queen schemes to win the heart of handsome Prince Alcott with the help of her bumbling servant Brighton (Nathan Lane), Snow White befriends a gang of pint-sized thieves who will help her reclaim her rightful place on the throne and win back the man of her dreams. RATED PG

COMING IN FEBRUARY "HOPE SPRINGS" AND "THE CAMPAIGN"

## Jeffrey Gillen Appointed to the Fifteenth Judicial Circuit Court

Tallahassee, Fla. –Governor Rick Scott appointed Jeffrey D. Gillen, of West Palm Beach as judge of the Fifteenth Judicial Circuit Court, yesterday.

Gillen, 61, has served as the statewide appeals director for the Department of Children and Families since 2008. Previously, Gillen handed dependency cases with the Department of Children and Families from 1997-2008. Gillen managed his father's business, Gillen Development Corporation from 1990-1997 and co-managed Gillen Broadcasting Corporation from 1987-1990. Gillen was a partner with Harder, Silber &

Gillen from 1980-1987. From 1978-1980 he practiced with General Foods Corporation and from 1976-1978 he practiced with Robert H. Jones, III. He received his bachelor's degree from Denison University and his law degree from Syracuse University.

"Jeff has dedicated the majority of his professional life to serve Florida's families," Governor Scott said. "I am confident that he will bring the same service and sense of fairness and integrity to the Fifteenth Judicial Circuit bench."

Gillen will fill the vacancy created by the resignation of Judge John H. Hoy.

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## Expansion of Aircraft Manufacturing Operations

Gov. Scott and L-3 Crestview Aerospace Announce Expansion of Aircraft Manufacturing Operations

TALLAHASSEE, Fla. – Today, Governor Rick Scott and L-3 Crestview Aerospace (L-3 CA) announced that the company will create 340 jobs within two years through the expansion of their aircraft manufacturing operations in Okaloosa County.

The project also marks an investment of more than \$13.7 million, which will include \$7 million in facilities upgrades and the retrofit of hangar space at Bob Sikes Airport in 2013 and 2014.

Governor Scott said, “After visiting L-3’s facility in October, I am proud they are continuing to help Florida’s families with the creation of 340 more jobs. Florida is an aviation and aerospace leader because of the growth and innovation of businesses like L-3 CA. These are hundreds of jobs that will positively impact Florida’s communities – and is a great sign of Florida’s growing economy. Since taking office, the private sector has created nearly 175,000 jobs, Florida has experienced the largest drop in unemployment in the nation - and as families get more jobs, residential real estate is projected to rise for 2013, which is great news for Florida communities.”

L-3 CA, a division of L-3’s Integrated Systems Group, is a world-leading provider of aerospace fabrication and assembly and aircraft modification. Since June

2011, 158 of these jobs have already been added.

“We’re a vertically integrated, one-stop shop for detail parts fabrication and machining through end-item aerostructure assemblies and fixed- and rotary-wing modifications,” said Jeff Barger, L-3 CA’s vice president and general manager. “The continued growth of our facility and workforce increases our capacity to provide high-quality aerostructure fabrication and aircraft modification services to our existing and new customers.”

Organizations that partnered to support L-3 CA’s expansion included the Bob Sikes Airport, City of Crestview, Crestview-Okaloosa Industrial Air Park, Economic Development Council for Okaloosa County, Enterprise Florida Inc., Okaloosa Board of County Commissioners and Workforce Development Board of Okaloosa County.

“As one of Okaloosa County’s top employers, the Economic Development Council has been honored to assist L-3 Crestview Aerospace on their business expansion needs,” said Kay Rasmussen, interim president for the Economic Development Council of Okaloosa County. “Larry Sassano, the EDC’s previous president, started working with L-3 over a year ago as a targeted industry for high growth and high wage job potential. This is a wonderful success story of utilizing multiple partners to bring a project to fruition.”

Headquartered in New York City, L-3 employs approximately 51,000 people worldwide and is a prime contractor in C3ISR (Command, Control, Communications, Intelligence, Surveillance and Recon-

naissance) systems, aircraft modernization and maintenance, and national security solutions. L-3 is also a leading provider of a broad range of electronic systems used on military and commercial platforms.

## Rick Scott: Florida Voting Needs Changes

Florida Gov. Rick Scott on Wednesday outlined new measures — including how many days are included in early voting — the Sunshine State will be exploring in order to better facilitate elections, in the wake of voting complications in November.

“There’s three things,” Scott said on CNN’s “Starting Point.” “One, the length of the ballot. Two, we’ve got to allow our supervisors more flexibility on the size of our polling locations. And three, the number

of days we have. We’ve gotta go back and look at the number of days of early voting we have.”

...  
He added, “But we do need change. We’ve got to have a bipartisan group come together, Republicans and Democrats, and say, ‘We’ve got to improve this. We’ve got to restore the confidence of all Americans in the election process in Florida.’”

## Unemployment Rate Drops

TALLAHASSEE— Governor Rick Scott today announced that Florida’s seasonally adjusted unemployment rate dropped to 8.1 percent for the month of November – down 0.4 percentage points from last month and the lowest since November 2008. This was the largest drop in the rate over the month since October 1992, and was the second time it occurred this year. The November 2012 rate was 2.0 percentage points lower than the year-ago rate of 10.1 percent. Private-sector job growth over the month jumped to more than 24,000. Since December 2010, the state’s unemployment rate has dropped 3.0 percentage points and 202,500 private sector jobs have been created.

“For many of Florida’s families during this holiday season there could be no greater gift than a regular paycheck,” said Governor Rick Scott. “Florida’s economy continues to improve as evidenced by the more than 24,000 Floridians that filled private-sector jobs created in November, for one of the largest over the month rate declines in more than 20 years. We’re now over 200,000 private-sector jobs created in the two years since I took office with the largest drop in unemployment in the country. More people are moving here, more businesses are expanding, our home prices are recovering and more people are pursuing the careers of their dreams. We have more work to do, but Florida is clearly on the right track for

greater job creation.”

More Jobs Being Created

· Florida job postings increased sharply in November 2012 compared to the previous November by 29,522 (an increase of 12.4 percent), for a total of 267,310 openings (seasonally-adjusted) according to the Help Wanted OnLine data series from the Conference Board.

· Florida has experienced positive annual job growth now for 28 consecutive months.

· Florida’s job growth month-to-month has been positive for 14 of the last 17 months.

· Florida is expected to create more than 900,000 new jobs by 2018, according to the Florida Economic Estimating Conference.

· The number of available online job openings in STEM-related (sciences, technology, engineering, and math) fields in Florida have sharply increased since last year, up 13.9 percent, for a total of 65,825 postings in November 2012.

Unemployment Continues to Decline

· Florida’s unemployment rate has now declined year over year for 24 consecutive months.

· Initial claims for Reemployment Assistance benefits were down by 7.6 percent from one year ago while continued claims were down from an average of 553,000 in December 2010 to 279,164 for the week

(Continued on Page 11)



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The Ocala/Marion County Chamber of Commerce and the Economic Development Corporation are **Moving Forward!** and have unified to create the Ocala/Marion County Chamber & Economic Partnership (CEP).

The CEP will serve as the central resource for all businesses in Marion County: new, relocating, existing, large, small and budding entrepreneurs!

The forward momentum of this vibrant organization will focus on economic growth while maintaining the beauty and quality of life in Ocala and Marion County.

*We invite you to get acquainted at a complimentary, no-obligation*  
**“GET GOING! New Partner Orientation”**

This 60-minute overview is a casual format for you to learn more about the CEP and how partnership in this progressive organization will provide you with additional resources, connections, and advocacy to help in YOUR business development and growth initiatives.

For more information and the date of the next session, please contact:  
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## DR. DULGAR



### “BUCK-IT” LIST 2013

Hopefully you’ve made it through the Mayan calendar date of December 21, Christmas, and the New Year’s celebrations and are still in one piece!

We spent the last three months of last year discussing the words “epiphany” and “revelation” and related it to you and your health. We talked about how your health is a triad of physical, chemical, and psychological states which, viewed from a holographic geomet-

ric standpoint, combine to make the basis of a pyramid, where the outer surfaces are triangular and converge to a single point at the top, with the apex being your spiritual self. We mentioned the base of the pyramid could be any polygon shape. What we did not mention is that this “base” is a combination of your genetic inheritance combined with your life’s experiences (nature and nurture).

So to start this year, as we did last January, we bring you the “BUCK-IT” LIST to assist you in keeping your own “pyramid” as balanced as possible. You should be familiar with the popular “seriocomic” 2007 movie BUCKET LIST, directed by Rob Reiner and starring Jack Nicholson and Morgan Freeman as terminal patients on a

road trip with a “wish list” of things to do before they “kicked the bucket.” I would like to suggest again this year of starting off the New Year with a list of things to do to make your 2013 the best that it can be. You don’t have to go anywhere to do this, for it has to do with the thing closest to you –YOURSELF, and how what you do NOW affects your future. So “BUCK-IT” – buck the system. “BUCK-IT” - buck your hurry-up, over-medicated, processed-food world; “BUCK-IT” - buck the old habits and bring on the New Year with an epiphany that creates New Life! And don’t forget to let your chiropractic physician assist you when necessary.

1. “BUCK-IT”: don’t forget to renew your mind: start the day in silence, reflection, and prayer. Expect good things to happen.

2. “BUCK-IT”: don’t forget to renew

your nutrition: eat less manufactured foods; drink plenty of water.

3. “BUCK-IT”: don’t forget to renew your body: take a 30 minute walk every day; get plenty of sleep.

4. “BUCK-IT”: don’t forget to renew your emotions: laugh; make others smile.

5. “BUCK-IT”: don’t forget to renew your brain: read books, do puzzles, learn a new dance or language.

6. “BUCK-IT”: don’t forget to renew your dedication to your healthcare: seek regular chiropractic, dental and medical care.

7. “BUCK-IT”: don’t forget to renew your forgiveness: forgive yourself and others; don’t hate.

8. “BUCK-IT”: don’t forget to renew your happiness: no one is in charge of your happiness except you.

9. “BUCK-IT”: don’t forget to renew your perspective: list your blessings; repeat your blessings; remember your blessings.

10. “BUCK-IT”: don’t forget to renew your relationships: keep close to family, friends and pets.

Submitted by Dr. Garry Dulgar, Lady Lake Chiropractic Clinic

# This Newspaper is Smokin!



Brody, a pre-kindergartener, left his Christmas tree decorating friends to catch up on the local news.

Be at War with your Vices, at Peace with your Neighbors, and let every New Year find you a better man.  
  
- Benjamin Franklin

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—A.J. “Tony” Powell—

## AS I SEE IT

### NEW YEAR RESOLUTIONS . . .

—After the defeat of the Republican candidate for the Presidency of the United States, I’m hoping that the GOP will, finally, see the light, and moderate their extremist policies to reflect the wants & needs of the American people..

Based on these excerpts from the Republican Party website, a lot of changes are needed. -

QUOTE - “We believe in the power and opportunity of America’s free-market economy.”.

AISI – Twelve years of Bush League

‘Business (de)-Regulation, didn’t work too well did it? The Dow Industrial Index crashed from around 13,000 to about 6,000. Hundreds of thousands of people lost their homes to foreclosure. Our banks borrowed themselves into bankruptcy, and survived thanks to a ‘tax-payer-funded’ bailout. Our Balance-of-Trade with China turned the USA into a debtor nation. The list goes on and on!

QUOTE - “We oppose interventionist policies that put the federal government in control of industry”.

AISI – It’s only the ‘Intervention’ of the

Federal Government that protects us from oil spills, deforestation, poisoned food, toxic chemicals and consumer rip-offs. Tragically, many dangerous threats to the public went unchecked during those twelve disastrous years of Republican de-regulation.

QUOTE - “President Ronald Reagan’s approach to America’s national defense, successfully confronted the Soviet Union and ended the Cold War. Peace through strength-An enduring peace, based on freedom and the will to defend it.”

AISI-What a joke! Ronald Reagan’s invasion of Grenada in 1983 sent seven thousand US troops, backed up by two aircraft carriers against a tiny Caribbean country with only 110,000 people. What happened to their Democracy and their freedom to vote?

QUOTE - “Today, it requires defending America’s homeland, confronting global terrorism, maintaining a robust defense against the threats arising from nuclear proliferation, including a strong ballistic missile defense for America”.

AISI-The new so-called ‘Homeland Security’ bureaucracy has proven to be more of a threat and inconvenience to Americans in the USA than it has been to any ‘terrorists’. Construction of a ‘Ballistic Missile System’ is another billion-dollar boondoggle, which is designed to make the rich get richer, at the expense of the tax-payers.

QUOTE - “And it requires a sustained international effort, which complements our military activities, to ...protect our vital national interests”.

AISI-This means that our politicians

are sending the American Military all over the world to ‘enforce’ the interests of ‘Big Business’ (which is what they mean by “our vital national interests”). Why else are we in Europe? – we have no ‘enemies’ there. Why are we ‘occupying’ the Middle East? Who cares who runs these little countries? Most Americans don’t!

QUOTE -”Health Care -We support common-sense reforms that will lower costs,m ensure quality health care that Americans deserve. We oppose government-run health care . . . “

AISI-This is a blatant lie! Does the ‘government-run health care’ that the Republicans say they oppose, mean a system which uses tax-payers money to ‘subsidize’ health insurance?

AISI-This is a gross hypocrisy! From the President of the United States (regardless of political party) on down, our ‘elected officials’ and their hired bureaucrats at every level of government, enjoy the benefits of the very program which they say they oppose!

AISI-There isn’t enough space here to list their undeservedly generous Health Care Plans. Suffice to say that their Tax-Payer Subsidized Health Care Programs include a lot more coverage for a lot less money that is available to the rest of us.

AISI-Why are we giving the politicians (and their families) better health care for less money than we give our Veterans?

AISI-I don’t know if ‘OBAMA-CARE’ is good or bad. But I do know that the Re-

(Continued on Page 11)

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## Winter Workout Tips

(Family Features) Just because the season has changed, it doesn't mean that you have to give up on your workout routine. Here are a few winter workout tips from Aaron Ruth, strength and conditioning coach at St. Vincent's Sports Performance in Indianapolis, which works with more than 300 professional and amateur athletes. You can stay fit no matter what the temperature is outside.

**Don't Skip the Warm Up** – In colder weather, your muscles are tighter, making them more prone to muscle pulls and strains. Spend a little more time warming up your body to help you avoid injury.

**Stay Hydrated** – When it's cooler outside, you generally drink less water – but when you exercise, you still sweat and lose fluids and electrolytes. Be sure to drink plenty of water before and during your workout to avoid dehydration.

**Dress in Layers** – Exercising generates body heat and sweat, and when sweat starts to dry in cold weather you can get chilled. Dress in layers that can be removed when you start to sweat. Start with a thin layer of synthetic material which will draw sweat away from your body. Then add a layer of fleece or wool, and top it all off with a waterproof and breathable outer layer.

**Protect Your Extremities** – When it's

cold outside, the body tends to concentrate blood flow to the core, which can leave your hands, feet and ears susceptible to frostbite. Wear gloves, warm socks and a hat or headband.

**Have a Post-Workout Refueling Plan** – What you put in your body after you work out is just as important, if not more, than what you put in it before. After exercising, refuel and rebuild your muscles with essential carbs and protein by drinking great tasting Rockin' Refuel® Intense Recovery protein fortified milk. Made with 100 percent real milk, Intense Recovery is packed with 20 grams of natural protein and features a 2:1 carb to protein ratio, which is ideal for optimal muscle recovery.

**Wear Sunscreen** – It might be cooler outside, but you can still get sunburned. Choose sunscreen that blocks both UVA and UVB rays, and

has an SPF of at least 30. Don't forget to protect your lips with a lip balm that has sunscreen.

**Vary Your Routine** – Beat the winter workout blues by changing up your routine – and by having fun. Get the whole family moving by doing things together such as

building a snowman, going ice skating or sledding, making snow angels, and having a snowball fight.

For more tips for your winter workout or to purchase Rockin' Refuel Intense Recovery, visit [www.rockinrefuel.com](http://www.rockinrefuel.com).



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■ A.J. “Tony” Powell ■

## AS I SEE IT

(Continued from Page 9)

publicans need to get themselves out of it, or get the rest of us in . . .

QUOTE - “Education- We believe parents should be empowered to send their children to the school of their choice”.

AISI-In other words, the wealthy elite can set up private, privileged schools for their spoiled little brats, while Republican spending cuts provide only a second-rate education for the rest of us.

QUOTE – “Energy - We believe in energy independence (including) nuclear power, clean coal, solar, wind, geothermal, hydro-power, (and) drilling for oil and natural gas in an environmentally responsible way.”

AISI-If these extremist Republican

Policies are implemented, most large cities would look like East Chicago (or worse). The much touted oil pipeline which is proposed to run south to the Gulf of Mexico, is, in fact, for export only. It’s one big Republican lie that any part of that production would go to the American consumer, or have any effect on our oil or gas prices.

QUOTE -”Courts-Republicans believe a judge’s role is to interpret the law, not make law from the bench.”

AISI-The US Supreme Court is responsible for interpreting (and, indirectly enforcing) the US Constitution, The Bill of Rights and every law or statute that is brought before them.

-What the Republicans seem to be say-

ing is that any court decision or ruling which they support qualifies as ‘interpreting’ the law. While anything they disagree with is ‘making’ the law. Personally, I don’t see any difference. At one time, according to the Supreme Court, slavery was legal, women voting was illegal, abortion was illegal, then legal. Respecting Native Americans as sovereign nations was the law. Then it wasn’t!

-Fact is, the US Supreme Court is no more infallible than the Pope (but that’s an-

other story). Whether they know it or not, the President of the USA, the Justices of the Supreme Court and all other politicians and government officials are subject to the approval and support of the American people. So, if they’ve learned their lesson well, the Republicans New Year Resolution will be to follow the ‘will-of-the-people’ and get out of the way of progress.

‘til next time.

## Unemployment Rate Drops

(Continued from Page 6)

ending December 15, a 50 percent decrease.

Home Sales Robust

· Florida housing starts were up over the year in November (the most recent month available) by 60.2 percent and median home prices were up 11.2 percent over the year.

· Home sales remain robust as the backlog of existing homes on the market is down by 41 percent from November 2011 (Florida Realtors).

Economic Growth Trends Up Across State

· A U.S. Census Survey reported that Florida experienced an influx of people moving into the state, with two of the top ten single destination moves, New-York-to-Florida (+59,288) and Georgia-to-Florida migrations (+38,658). Florida also led the nation in migrations from Puerto Rico with a net total of almost 15,000.

· Florida is running a trade surplus of over \$24 billion – with \$86.8 billion in exports and \$62.4 billion in imports in 2011, up from \$73.1 billion in exports in 2010 and \$53.2 billion in imports in 2010.

Consumer Confidence High

· Consumer confidence in Florida is near a five-year high, according to the University of Florida’s Consumer Confidence Index.

Workforce Boards Assisting in Employment

· In November, the state’s 24 Regional Workforce Boards reported 46,000 Floridians placed in jobs.

· An individual who receives employment and training assistance through a One-Stop Career Center and finds a job within 180 days is deemed a placement and may be reported by a regional workforce board. Of these individuals 14,211 previously received Reemployment Assistance. Since January, more than 383,000 Floridians were placed in jobs, with nearly 98,000 former claimants finding employment.

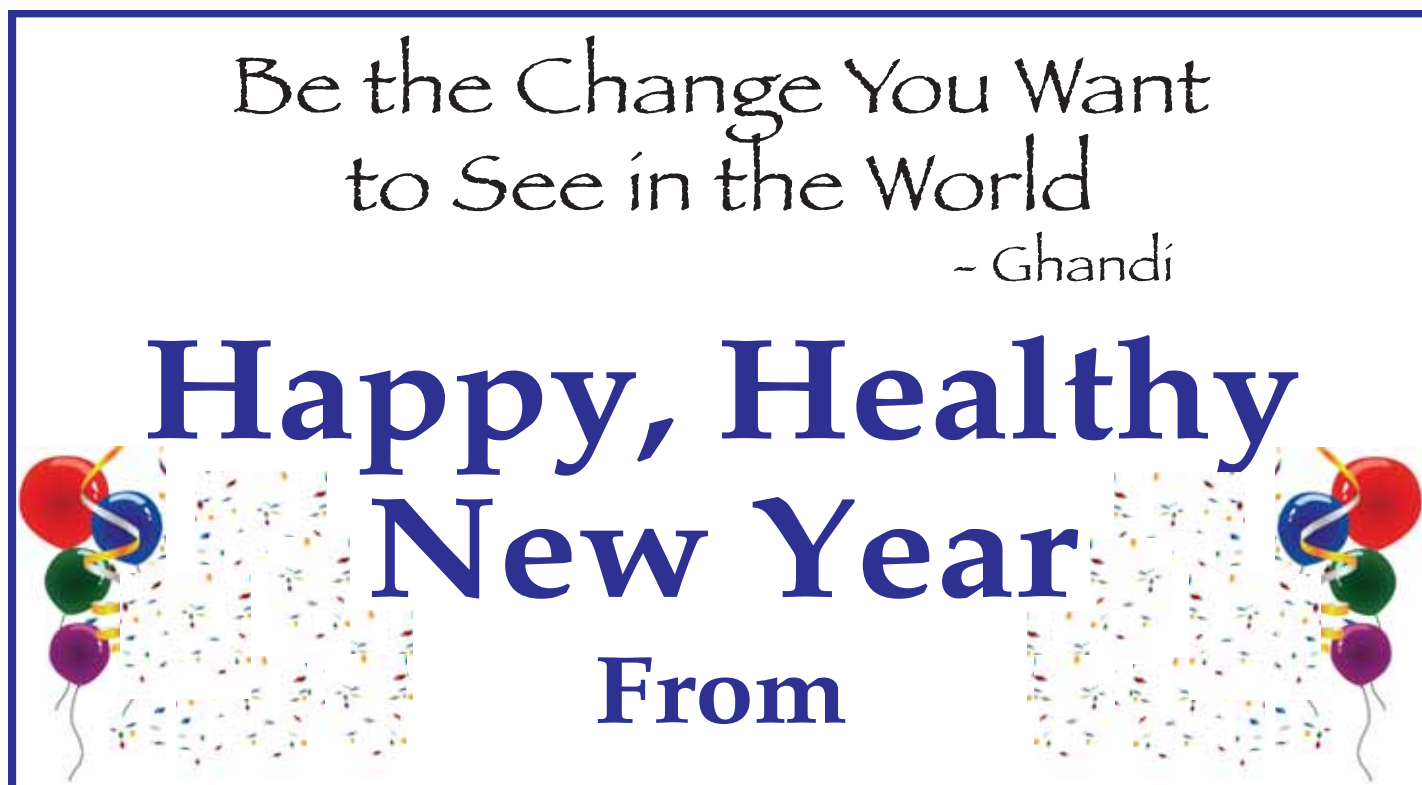
To view the November 2012 monthly employment data visit:

[www.floridajobs.org/labor-market-information/labor-market-information-press-releases/monthly-press-releases](http://www.floridajobs.org/labor-market-information/labor-market-information-press-releases/monthly-press-releases).

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- Ghandi

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# Celebrating the Sandwich

(Family Features) Sandwiches are a delicious, easy and affordable way to enjoy a healthy meal any time of day. From satisfying meat-and-cheese combos, to sandwiches piled high with savory vegetables, to the many “PB and” combinations, the possibilities for outstanding sandwiches are limitless. But all the deliciousness starts with one key, wholesome ingredient — bread.

The complex carbohydrates in bread provide lasting energy that busy adults and youngsters need on a daily basis. A big key to maximizing your energy and health is taking a look at how you fill your plate in a balanced way. The Dietary Guidelines for Americans and the USDA MyPlate program recommend eating six one-ounce servings of grain foods each day, half of which should come from whole grain sources.

To help you and your family get your “daily fix of six,” the Grain Foods Foundation has partnered

with celebrity chef and sandwich aficionado Bryan Voltaggio to create these sensational sandwiches. To find more great sandwich recipes, visit [www.gowiththegrain.org](http://www.gowiththegrain.org) or GoWithTheGrain on Facebook and Twitter.

### The Pastrami Reuben

Makes 6 sandwiches  
12 slices rye bread  
24 ounces sliced beef pastrami  
12 slices Muenster cheese, thin  
1 1/2 cups sauerkraut, prepared and



drained  
1/2 cup Thousand Island dressing  
2 ounces butter, at room temperature

Lay out two slices of rye bread on a cutting board.

Top first piece of bread with one slice of Muenster cheese, then about 2 ounces of sauerkraut, 4 ounces (or roughly three to four thin slices) of pastrami, and a second slice of Muenster cheese. Set aside.

Spread second piece of bread with Thousand Island dressing, then place on top of the other half of the sandwich.

Brush top and bottom of sandwich with butter.

If you own an electric sandwich maker or Panini press, place sandwich inside for 2 1/2 to 3 1/2 minutes. If you don't have a sandwich press, simply place sandwich in a sauté pan on top of your stove, set at medium heat. Cook for 3 1/2 to 4 1/2 minutes on each side.



Remove sandwich and while still hot; cut in half and serve.

### The Banana, PB and Honey

Makes 6 sandwiches  
12 slices enriched white bread  
6 bananas, sliced  
1 cup spiced peanut butter (see recipe)  
2 tablespoons honey  
1 teaspoon sugar  
1/2 teaspoon cinnamon  
2 ounces butter, at room temperature

(Continued on Page 13)

# Celebrating the Sandwich

(Continued from Page 12)

Lay out two slices of enriched white bread on a cutting board.

Spread both slices of bread with peanut butter. Set one aside.

Take one slice and top with sliced bananas, then drizzle with honey. Place the reserved slice of bread on top.

Brush top and bottom of sandwich with room temperature butter.

If you own an electric sandwich maker or Panini press, place sandwich inside for 2 1/2 to 3 1/2 minutes. If you do not have a sandwich press, place sandwich in a sauté pan on top of your stove, set at medium heat; and cook for 3 1/2 to 4 1/2 minutes on each side.

While cooking, combine cinnamon and the sugar in small bowl.

Remove sandwich and while still hot, season liberally with cinnamon and sugar.

Cut in half and serve while hot.

## Spiced Peanut Butter

Yield 1 cup

- 1 cup peanut butter
- 1 teaspoon salt
- 1 3/4 teaspoons honey
- 1/8 teaspoon ginger powder
- 1/8 teaspoon cinnamon, ground

Mix all ingredients together in a bowl until well blended.

Place the peanut butter in an airtight container and store in the refrigerator for 6 to 8 weeks.

## The Pilgrim

- Makes 6 sandwiches
- 12 slices seven-grain bread
- 24 ounces turkey, sliced
- Orange Cranberry Compote, as needed (see recipe)

Sage Cream Cheese, as needed (see recipe)

4 tablespoons butter, at room temperature

Seasoning salt, to taste (see recipe)

Lay out two slices of seven grain bread on a cutting board.

Spread Orange Cranberry Compote evenly across one slice of bread. Set aside.

Spread Sage Cream Cheese evenly across second slice of bread, then top with about four ounces of turkey.

Place slice of bread with the Orange Cranberry Compote on top of turkey.

Brush top and bottom of sandwich with room temperature butter.

If you own an electric sandwich maker or Panini press, place the sandwich inside for 2 1/2 to 3 1/2 minutes. If you do not have a sandwich press, simply place the sandwich in a sauté pan on top of your stove, set at

## Orange Cranberry Compote

- Yield 1 cup
- 1/2 pound cranberries
- 1 orange, quartered
- 1/4 cup sugar
- 1/2 teaspoon salt
- Pepper, to taste

In medium sauce pot, cook cranberries, orange and sugar for approximately 20 minutes at a low simmer, then stir in a pinch of salt.

Remove pieces of orange, and pour into blender or food processor. Puree until smooth, then lightly season with pepper.

## Sage Cream Cheese

- Yield 2 cups
- 2 cups cream cheese, at room temperature
- 15 sage leaves, finely chopped
- 1 garlic clove
- 1/2 teaspoon salt

In bowl, combine cream cheese and sage using a rubber spatula, mixing well. Grate (or very finely chop) garlic, adding to bowl. Season to taste with salt.

## Seasoning Salt

- Yield 1 cup
- 1/4 cup sea salt
- 3 juniper berries, toasted and ground
- 1 orange, zested

Lightly toast juniper berries in a pan, then place in a spice grinder and blend. Combine juniper, salt and orange zest in a mortar and pestle, and combine all evenly.



medium heat, and cook the sandwich for 3 1/2 to 4 1/2 minutes on each side.

Remove sandwich and while still hot, season liberally with seasoning salt.

Cut in half and serve while hot.

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