

Ocala

A free publication serving the people of the Ocala area

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Volume 4 Issue 3
March, 2013

Meet Audibel Hearing

DENNIS K. BAXLEY



From left Brett Bonham, Owner/Hearing Specialist Barbara Donohoe, Community Liaison Audie Hunsbusher, Hearing Specialist Martine Deckman, Office Manager Karen Rice, Office Assistant

Many important reasons for the patient to choose Audibel Hearing Centers.

Cutting edge hearing aid technology and more than 50 years of combined service make Audibel Hearing Centers a stand out for those that need assistance with hearing loss or tinnitus. Brett Bonham, a board certified hearing specialist with 6 offices in North Central Florida, owns the Ocala office in the Hobby Lobby Plaza and the newest office in Dunnellon. The Ocala office has served that area for 28 years and the Dunnellon office in the Dunnellon Business Center on Pennsylvania Ave is the newest office.

As members of Audibel's elite platinum promise group, the offices have 7 guidelines they must follow in addition to hearing aid services. Among those guidelines are promises to give a complete hearing evaluation, to recommend only what is needed, to help the patient understand expectations, and to commit to that patient for a lifetime. Complete four step Hearing exam's are always

free of charge.

When a patient is fitted with a hearing instrument, they can expect FREE in office repairs and adjustments, Free loss and damage insurance, and Free lifetime nationwide coverage in the Audibel network of nearly 2,000 locations. Audibel works with all insurances and carries a price match guarantee.

It is estimated that over 12% of the population of the United States suffers from hear-

ing loss, which is roughly about 38 million people. Unfortunately, half of those people are left with hearing loss that goes untreated with the average person waiting 7 years before receiving treatment. Audibel's offices are working to bring that number down, one patient at a time.

In the Ocala and Dunnellon offices you will find Audie Hunsbusher, state licensed hearing aid specialist with over 30 years of

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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

To the editor,

Yesterday I received my first Senior Voice of Ocala. I liked it and I like your attitude of printing it even if you do not agree with the opinion. Right up my alley type of Editor.

Well here is my voice. I didn't notice any limitations on words but I will keep it as

brief as possible.

I keep hearing this same stupid question the last couple of days, "Will reducing the size of our Military keep us from being the #1 power of the globe?" My opinion is YES even though we have already let places like

(Continued on Page 3)



"The Truth About Elections".

Facts are stubborn things and are still true contrary to how many articles you see stating otherwise. Over the past several months, there has been much debate over 2011 House Bill 1355 regarding the elections process. Due to several contradictions in reporting and public opinion, a few more facts need to be restated.

1. As sponsor of HB1355, I never had a conversation with anyone about voter suppression. The election law update was always about preventing mishap and mischief, protecting voters from having their vote stolen and simplifying the process. That's a fact!

2. Most supervisors did not use, and many did not need, all of the early voting sites approved. That's a fact!

3. Provisional Ballots are real ballots and do count if determined to be an eligible voter. They do not count if the voter was determined to be ineligible. They are a very polite way to deal with people who show up to vote but are not showing on the precinct roll and their eligibility can be determined. Without them, ineligible votes would be counted or eligible voters might be turned away. That's a fact!

4. Early voting was not diminished by one hour. The number of days was compacted from 14 to 8 for efficiency sake! That's a fact!

5. Sunday before Election Day voting was provided in only 10 of 67 counties before HB1355. Recent testimony by numerous supervisors before the new elections and ethics committee verified that a majority of them use Sunday and Monday to set up the Tuesday General Election format. That's a fact!

6. Of the 67 counties, 62 performed on time and 5 under performed. It is not a statewide problem. Marion County Supervisor's staff was done and looking for the door at

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Mark DuShane, Senior Vice President

ECONOMIC AND MARKET REVIEW



Information brought to you by Advance Capital Management

The Bond Conundrum

When you think of investing in bonds, you tend to think “safe”, “reliable” and “bor-

ing”. Bonds are the asset class that lets you sleep at night and provides a good balance to stocks in a portfolio, particularly during turbulent periods. Yet, over the past decade, most bond sectors have outpaced the S&P 500 Index return with lower volatility and a healthy income stream. After the credit crisis of 2008-2009, the Federal Reserve embarked on a massive stimulus program which lowered interest rates to historic levels.

This action further accelerated the appeal of bonds and helped to produce above average returns. While looking in the rear view mirror is easy, it is deciphering what’s ahead that can be difficult. Some investors are now starting to ask whether the heyday for bonds is over and if now is a good time to be investing or holding bonds in their portfolio.

There is also a growing sentiment among some market prognosticators that the Federal

Reserve’s policy of keeping interest rates at historically low levels has inflated Treasury bond prices to a point of creating a “bubble” that will eventually burst and hurt all types of bond securities. The Fed has kept interest rates low in order to stimulate borrowing in the midst of the economic malaise. Even with worries about the United State’s ability to deal with its deficit problems, the U.S. bond market has continued to be the safe haven for many investors. Now, investors are becoming concerned that once the Fed’s stimulus is reduced or removed from the economy, interest rates could rise to a more “normal” level. If this occurs, bond prices could fall precipitously as a result (bond prices move inversely to interest rates).

Before you convince yourself either way about the future of bonds in your portfolio, let’s take a deep breath, think rationally and review the role bonds play in a portfolio: The first is for Diversification. Bonds tend to be less volatile than stocks and can therefore stabilize the value of your portfolio during times when the stock market struggles. Having a combination of both types of investments over the long term can often provide comparable returns with less risk than a portfolio devoted to only one type of investment. Second is for Stability. Price fluctuations in bonds tend to be much lower as compared to stocks. Since a large part of

bond returns comes from interest payments, the value of bonds tend to stay relatively stable. Next, bonds provide Consistent Income. Unlike stock dividends, coupon payments are consistently distributed at regular intervals. Individuals seeking this consistent income might find bonds a better alternative than the dividend payments some stocks offer. Finally, an investor could save on Taxes. Payments from some bonds are exempt from federal taxes. For individuals in high tax brackets, these investments are often an excellent vehicle for their portfolio. Over the past few years, bonds have benefitted from an accommodative Federal Reserve along with risk-averse stock investors. The low yielding alternatives such as CDs and money markets have further added to the allure of bonds. As the economy continues to strengthen, it is likely that the level of interest rates will revert back to a more normalized level. That would put the yield on the 10 Year U.S. Treasury bond at around 3.5 to 4.0 percent, as compared to around 1.9 percent today. If this transpires over years, it would crimp bond returns and not be catastrophic, since the income provided by bonds should also rise. If yields rise over a shorter period of time, bond returns would be hit harder. No one has a crystal ball and the market seldom proceeds down a rational or expected path. In our best assessment, based on the current monetary and economic environment, and after many years of above average returns in bonds, we expect yields to steadily rise over several years.

We do not expect a sudden and violent rise in bond yields. Under our modest rise scenario, total returns in bonds would roughly equal the underlying coupon rate on the bond. While not great, it is far from catastrophic and should be looked at as an opportunity to invest in higher yielding bonds at some point in the future. For most investors, it is prudent to review your bond holdings to ensure there is proper diversification and determine whether changes are in order. However, remember why you hold bonds in the first place and the many positive attributes they provide to your overall portfolio. There are still opportunities in the fixed income markets including foreign bonds and certain areas of the mortgage market.

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 close to \$2 billion of their assets. Please join us at the Grand Oaks for our next seminar on March 13th. RSVP at 352-259-1154.

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Meet Audibel Hearing

(Continued from Page 1)

experience, Martine Deckman, Office manager for 8 years. Karen Rice who has been there 10 years, and of course Owner Brett Bonham, who is also a specialist.

Audie Hunsbusher, Hearing Specialist in both locations, says "The reason I love working for Audibel is because the company puts the needs of the patient first. " Patients have come to know the infectious laugh of Office Manager Martine Deckman and the caring service of the entire staff. "We find more patients paying attention to hearing loss because so many medical journals have linked the hearing loss to dementia...they are realizing the importance of addressing it", says owner Brett Bonham.

Audibel has always strived to be on the forefront of technology. In 2006, the company released the first digital hearing aid which virtually eliminated feedback. The next development, the LX was Audibel's attempt to redesign hearing aids, which also won over a dozen design and consumer electronic awards. In 2008, Audibel introduced Invisibel, the industry's first custom invisible hearing aid. In 2011, Audibel introduced the first truly wireless system of hearing aids which not only offers benefits of clearer sound and more noise reduction, but also allows the wearer to stream their favorite media directly to their hearing aids without an extra attachment such as the television or even cell phone calls.

The new Multiflex Tinnitus Device, Audibel's most recent technological advancement, offers relief to millions of Americans who suffer from forms of Tinnitus. Tinnitus is a common occurring symptom for approximately 30 million Americans. Using Audibel's patent-pending Multiflex Tinnitus Technology, "A2 Tinnitus" creates a customizable and comforting sound stimulus that you and your hearing professional can fine-tune to sooth the unique, irritating sounds you hear. The result is personalized sound therapy designed to mask or cover up your tinnitus, reduce the loudness of your tinnitus, and take your focus off your tinnitus. This new technology has opened up a

world of options for those who suffer from even the mildest forms of tinnitus.

"We know that hearing loss can be so frustrating for the person with the loss and the family and friends around them" says specialist Audie, "We work with all of them to navigate through their hearing health journey".

The main office is located at 2400 S W college Road in Ocala (352-873-0034) and the newest office in Dunnellon is at 20170 E Pennsylvania Ave (352-789-1559)

The whole staff agrees that Hearing is all they do, it is their passion, their focus, and their purpose, and excellence is how better hearing happens.

Florida House of Representatives

DENNIS K. BAXLEY

(Continued from Page 1)

10pm. That's a fact!

7. The access to pick up an Absentee Ballot, complete it, and give it back to the clerk at the supervisor's office really gives thirty days of early voting. An absentee ballot is an early vote. That's a fact!

8. The length of the ballot is a function of how much public policy the voters are allowed to express themselves regarding. All voters get a sample ballot, so they can prepare their response. That's a fact! (If you think this ballot was long, just think how long your ballot would be if Hometown Democracy had passed!)

At the end of the day, it comes down to

logistics. We can vote the whole state in four hours if enough voting stations are provided at the polling sites and if precincts designated are not over-populated.

In spite of these facts, let me make clear my confidence in Chairman Boyd and Chairman Latvala, the leaders of the respective Committees over election legislation, to reach reasonable changes in our election law to facilitate success. We want it to be easy for eligible voters to vote and hard for ineligible voters to cheat. I will be ready to support any changes that will accommodate that end without compromising the integrity of the result. That is always the objective in a Democratic Republic.

ONE PERSON'S OPINION

LETTERS TO THE EDITOR

(Continued from Page 1)

Iran see our backs. Our President has an opinion or solution for everything except what is necessary. These people are laughing at us because we do not stand up to them.

We have bankrupted ourselves trying to buy friends and then arming them. They are our enemies and will never respect us arming them in the old days that would have been Treason, right?

The states that have the toughest gun laws in the country also have the highest number of murders. We need to enforce the laws we already have. How many of the parents of these sick children have been punished for allowing their kids to get hold of their weapons? None that I know of.

Well that is it for now. It makes me feel better.

PL

PUBLISHERS NOTE:

Hi PL

What area do you live in? I will look into why this is the first time you have seen it. SORRY! Thanks for your opinion.

TomL

Dear Editor,

Well Congress has done it again and passed legislation to permit the government to borrow hundreds of billions of dollars to avert another so-called "fiscal cliff" and add to the over \$16 trillion we already owe.

I could not believe the comments made, if Congress failed to pass the bill, by Sen.

Max Baucus, D-Montana who said, "Every single American would feel the economic impact." Does he and all in Congress have their heads in the ground. Don't they realize that every single American already feels the economic impact? What with the increase in gas prices, food prices, medical insurance costs, home and car insurance costs, etc. and the decrease in take home pay because of the payroll tax increase Americans are already hurting. Add to that the lack of jobs, the foreclosures (yes, people are still losing their homes), the children that go to bed hungry and families that live in cars, trucks or the Ocala Forest because they lost their homes or have no place else to go it is unconscionable that this is happening in the United States. Yet Congress just keeps piling on the debt and borrowing more and more and it makes no difference because you can't spend your way out of debt or throw money at things to fix them. It just doesn't work. Government spending is totally out of control. When does it stop?

LN

Dear T Loury

6,200,000 people gave their lives to win Freedom for black American slaves, a scant 150 years ago. See how little value that sacrifice and gift means. In 2012 they voted away that hard won freedom. The price, not even thirty pieces of silver, just some "FREE STUFF"/ Never in the history of

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Tom Loury

PUBLISHER'S NOTES



Marion County Sheriff Office:

I have been talking to sheriff deputies and most are really excited about the changes going on within the Sheriff Department. A new crimes

unit will be designed to take the super elusive and super bad guys off the streets that plague our county. The detectives have been spread so thin that they don't have the time it takes to catch some of these guys. The special crimes unit will.

The public that I talk to feel excited and the majority are optimistic. An anonymous call started a Sheriff Chris Blair investigations for campaign violations by the Florida Department of Law Enforcement. They have turned their findings over to Alachua County States Attorneys Office, who have had the report for a long time. It's not fair to the community to drag this out any further. The FDLE released their report to the Alachua County States Attorneys Office because the Marion County States Attorneys office had to excuse itself after openly attacking Chris Blair in the daily newspaper. In my opinion, someone, maybe the governor, needs to look

at the Marion County States Attorneys Office and find out why they acted the way they did, in my opinion they should stay neutral "NO MATTER WHAT!" What do you think? tloury@att.net

Federal Government:

Boy have we got ourselves into a mess. The new ObamaCare has started a trend. The new trend now is to cut employees down to part time status even for the small businesses. If you cut three employees to 25 hour weeks, they are now part time and they are not required by law to get health benefits. Say when this small business makes these three employees part time he or she saves a tremendous amount of money. Cutting hours to 25 they can hire a fourth person for 25 hours and still save money on the health benefits. You pay no benefits and the unemployment numbers will go down because it takes more part time people to run your business. Now the average wage per person went down \$150 per week or \$600 per month \$7,800 less per year. The average wages in this country is going down or they will collect unemployment/well welfare or whatever.

During Obama's State of the Union he said he wanted to raise the minimum wage to \$9.00 per hour for full time employees.

Again another reason to make people part time and then they won't come under the wage per hour laws.

Our president's plan is ruining the wage per week and the people on government checks will lose sooner or later when the money runs out.

Right now things don't appear bad to the uninformed. If you think things through you will see what the bottom line is going to do. Let's add the money that the fed is printing. Now remember the wages have gone down, we will be paying higher taxes and when

you print more money it devalues the dollar, gas and grocery prices go up, we have people making less wages. All this because our President and his cabinet think that they can spend their way to success. My question is whose pockets will be full?

Meanwhile jobs are looking up in Florida. Industry is leaving states that have state taxes and coming to Florida because there is no state tax.

I'm sorry to say, I think the president's plan is ruining our great nation.

What do you think? tloury@att.net

Devastating Blow

REP NUGENT: "THIS IS GOING TO BE A DEVASTATING BLOW"

(WASHINGTON, DC) Following the announcement by Duke Energy that they will permanently close the Crystal River Nuclear Plant, Rep. Rich Nugent (FL-11) issued the following statement:

"For the six hundred families who are directly affected by Duke Energy's decision, this is going to be a devastating blow. But the economic impact of the decision goes far beyond just the workers employed at the plant. The plant has been a key economic engine in this community for thirty years and all of Citrus County will be affected in a very real way.

"Community leaders all over the county have been pushing Progress and then Duke Energy to repair the plant for years now, including myself. I know all parties involved have worked as hard as possible to find a solution for Citrus County and the focus will now shift to making sure that Citrus will be

home to future investments by the company. In particular, the natural gas-fueled plant being considered by Duke would be a tremendous asset for the state and for the community for years to come and I plan on working with both the leaders in this community and Duke Energy in the coming months to find a viable way forward. It's energy and it's jobs and Central Florida desperately needs both. I know we're all going to do everything we can.

"The employees affected by this closure are extremely capable engineers and operators and they are truly an asset to this community and to the industry. I am extremely hopeful that as the Crystal River facility is taken offline and as the Levy facility is brought online, that these employees will continue to find a home with Duke Energy. It's a mighty tough day for Citrus County, but I know we're all going to turn our eyes now to the future to see what is possible."

Newspaper Deadlines

Editorial & Ad Copy for April

Seniors Voice & Ocala DownTown

12am, March 20th

Lady Lake Magazine & Village Spectator

12am, March 27th

Ocala DownTown

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February 6, 2013 – A vehicle fire resulted in rush hour traffic congestion this afternoon at the intersection of North Pine Avenue and 10th Street. Ocala firefighters responded to a 911 call at 4:53 p.m. and arrived within two minutes to find a thick column of dark smoke and flames coming from the engine compartment of a four door sedan. The driver of the vehicle told fire officials that while she was driving other motorists told

her the car was on fire. She then pulled into a parking lot. The car was occupied by two adults and 4 children who were not injured. Firefighters quickly extinguished the flames and contained the fire to the engine compartment. The 1995 Buick Park Avenue was valued at \$2,000.

In the photo, firefighters with Ocala Fire Rescue begin extinguishing the fire.

Governor Rick Scott
FROM THE GOVERNOR'S DESK

FLORIDA WORKING TO KEEP TRADE GROWING

Rule Changes to Streamline Truck Permitting and Gain Parity with Other States on Load Limits

TALLAHASSEE - Governor Scott announced that in order to capitalize on the expansion of the Panama Canal and to strengthen Florida's position as a leader in international trade, the Florida Department of Transportation (FDOT) implemented administrative rule changes to reduce the regulatory burden on trucks, while protecting the integrity of Florida's infrastructure and preserving our commitment to safe mobility on our roadways.

The implemented administrative rule changes will:

- Streamline the permitting process for applicants
- Provide the same level of service to both trip and blanket permit applicants by eliminating the requirement for trip permit applicants to submit a height survey letter prior to obtaining a permit for vehicles up to 18 feet in height
- Increase the number of days for which a trip permit is valid from 5 days to 7 days
- Increase the maximum gross vehicle weight allowed for sealed containerized cargo units from 95,000 pounds to 100,000 pounds, and
- Reduce the number and/or type of es-

corts required when traveling on a limited access facility.

These changes advance Governor Scott's vision to make Florida the trade gateway for America. A properly permitted sealed truck container can now haul the same weight levels as other surrounding states thereby allowing Florida's farmers and manufacturers to ship and receive goods through Florida ports that previously went through other states, therefore more jobs for Florida families.

Governor Rick Scott said, "In the last three years, we've invested \$421 million in Florida's ports to make our state a hub for global commerce and job creation. In addition to our investments, we've eliminated 2,300 onerous regulations that hamper businesses growth - and created an environment where businesses can grow jobs for Florida families. By streamlining operations we'll better position Florida to capitalize on the increased trade opportunities that the expansion of the Panama Canal will bring to our communities."

FDOT Secretary Ananth Prasad said, "By implementing these rule changes, we are not only enabling freight to flow better but ensuring that Florida remains competitive. A level playing field leads to more business opportunities and good jobs for Florida families."

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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

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mankind have humans sunk to such a depth of ignorance.

This shows how low humans can sink when they are the victims of unfair advantage due to the machinations of the unscrupulous. They will sacrifice a hard won freedom, for a few possessions. Not a fair trade.

No one is so blind that they cannot see that some have taken unfair advantage, and gotten more than their unfair share of "STUFF", using nefarious means.

BUT, isn't there any other means to correct this problem, other than the sacrifice of Freedom?

I think so. Turn the tables on the offenders. Repeal all their self-serving laws and regulations. That is a win-win. You keep your freedom, and they lose all their stuff.

Giving up FREEDOM is stupid, and ungrateful, ungrateful to the founders who sacrificed everything, and the 620,000 bodies in the Civil War. No one has ever lived higher on the hog than this past generation of Americans of all races, and creeds.

Get down on your knees, and Thank God. Quit your whining. Look at how good you have had it, even the meanest life in America is better than anyone has ever had on this earth. Look at the sunny side.

Almost everyone has a bigger better house than I have. Do I care?

NO. Envy is not a nice human trait. I have

lived in worse.

I am happy with my house, why stew about what I do not have?

Enjoy what you have. It works wonders. D.I.L. *****

Dear T. Loury

The 2nd amendment per the founding fathers, Pages 696-700 The Making of America.

The people have the RIGHT to keep and bear arms without interference by the federal government. The founders considered it to be an unalienable RIGHT connected to the preservation of life, liberty, and property.

Historical fact is governments who want control begin by trying to disarm citizens. Next is registration, next impose heavy penalties, next provoking widespread rioting, then Marshall Law. Our founding fathers were NOT dummies. They did their homework. They studied governments going back to the beginnings of governments, and left no stone unturned.

The object is that every man be armed. { Henry }

1623, Virginia, Colonists forbidden to travel unarmed. 1631 Colonists to target practice on Sundays, and bring their peeces to church. 1658 Every household had to have a functioning firearm, and if they could not afford one the government would buy one, and it could be paid for when possible.

1644 a 6 shilling fine imposed on any citizen NOT armed.

Joseph Story commented: The RIGHT to bear arms was the palladium of the liberties of a republic, which deterred tyranny, and enabled the citizenry at large to overthrow it should it come to pass.

Did these men know human nature? You bet they did. The 2nd amendment exists for two reasons: 1. To protect life, liberty, and property, and 2. Fend off a tyrannical government. Period.

Any hint of a tyrannical government in the wind??????? I definitely smell something. Is my nose fooling me? God, I hope so.

D.I.L. *****

To the editor: Sir,

Today I received my first edition of "Senior Voice of Ocala.Com" at my home in Cherrywood. I am impressed with the info you provide to seniors in the area and hope AARP can list our monthly AARP Driver Safety Courses as a News Release in the Counties you service.

I'm the Volunteer District Coordinator for those courses in Marion County. We also have volunteers doing the same job in Lake and Sumter Counties. We offer Driver Safety Courses in all three counties as well as nationwide on a regular basis. As a volunteer program we do not have the funds to pay for advertising but, most of the local media post our monthly schedules for the benefit of the seniors in the area and it appears your publication is focused on the age group most likely to take our courses.

Our courses are held at host locations who provide the room and visual display equipment and we provide the instructors, workbooks, CDs and certificates for successful completion. Florida Statutes mandate that

auto insurance companies offer a discount for successful completion of a State approved course (discounts vary by company). The courses are 6 hours in length and are scheduled by agreement between the instructor and host. The courses cover the changes in, not only the roads and driving conditions that change, the changes in our vehicles but, also the changes we all encounter as we get older. They also cover changes in the laws and include many safety suggestions. The cost of the courses is \$12 for AARP members and \$14 for non-members. This cost is nearly always less than the annual discount for the participants auto insurance and the discount is for three years.

Attached please find a copy of the news release we posted in local media for February. I would like to be able to post a similar course listing in your monthly issue. If this is agreeable to you please let me know and I'll make sure the news release is sent to you in plenty of time for your March issue.

Thank you in advance for your consideration of this request.

Respectfully, Al Pitts, AARP DSP

Volunteer District Coordinator Marion County, FL PH 352-873-3659

PUBLISHERS NOTE:

Hi Al

Thanks for being a reader. We are ever expanding our circulation. We are delivering your area by hand. We do not normally run anything free that people pay anything for, but this sounds like a good cause and thanks for being a volunteer and helping people. There is not enough people doing that. I try to keep in mind that AARP is an insurance company. This is one of the causes I think is worth getting involved in.

TomL

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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: Felecia Prather at 352-629-8051 or felecia@ocalacc.com

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SENIOR SCHEDULE OF EVENTS

MOVIES

TUESDAY AND WEDNESDAY, MARCH 12TH AND 13TH, 2013 AT 1:30 PM

“A THOUSAND WORDS” STARRING: EDDIE MURPHY, CLIFF CURTIS, KERRY WASHINGTON, CLARK DUKE, RUBY DEE, ALLISTON JANNEY AND OTHERS

Director Brian Robbins re-teams with the film star, Eddie Murphy, for this comedy about a smooth-talking man who discovers that he has only 1,000 words left to speak before dying. RATED PG 13

TUESDAY AND WEDNESDAY, MARCH 26TH AND 27TH, 2013 AT 1:30 PM

“PLAYING FOR KEEPS” STARRING:

GERALD BUTLER, JESSICA BIEL, NOAH LOMAX AND OTHERS

A burnt-out soccer star tries to win back his family but gets distracted by his wandering eye. His bank account drained and his libido fatigued, professional soccer player George (Butler) hangs up his cleats and heads back to Virginia. Determined to do right in the eyes of his ex-wife (Biel) and their lonely son (Lomax), George takes a job coaching a local soccer team and begins working to form the young players into true athletes. But with every cougar in town eyeing him from the sidelines, George finds that staying focused on the job and keeping his prurient impulses in check are easier said than done. RATED PG 13

COMING IN APRIL

“THE GUILT TRIP” AND “LIFE OF PI”

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.

COMING EVENTS FOR MARCH 2013

INCOME TAX

When: Mondays, Wednesdays and Fridays starting February 4th 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: STRAWBERRY FESTIVAL

When: Thursday, March 7th, 2013

Where: Plant City, Florida

Time: Leave 8th Avenue Adult Recreation Center 8:00 AM Return 7:00 PM

Cost: \$36.00 per person

What: Each spring Florida Strawberry Festival rolls out the red carpet to welcome you to the enchanting festival with world class entertainment, festival dances, talents, and arts and crafts and much more. Also enjoy the luscious strawberry shortcake, ice cream and chocolate covered strawberries and more. Pre-paid registration required. For more information call 629-8357

PARADE OF SENIOR SERVICES

When: Friday, March 22nd, 2013

Where Ocala

Time: 10:00 AM to 3:00 PM

Cost: FREE

What: Over 60 government, non-profit and public service agencies will be represented to provide literature answer questions and offer services to senior citizens of Marion County. Tax Aid, Health Care, Recreation, City, County, State and Federal Government Services, Social Services and much more!

For more details about this event, please call Diane at 401-3916.

ECONOMIC AND MARKET REVIEW

(Continued from Page 2)

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Governor Rick Scott

FROM THE GOVERNOR'S DESK

(Continued from Page 5)

Roy Schleicher, JAXPORT Interim CEO said, "This move sends the message to our private sector partners that this state is good for their business and we will work to remove unnecessary obstacles so they can grow along with us. Clearly, JAXPORT will benefit as we compete head-to-head with ports in other states for cargo; cargo which will bring jobs and dollars to North Florida."

The Department's Office of Freight, Logistics and Passenger Operations and Office of Maintenance are focused on freight and

trucking issues and are constantly working with the motor carrier industry and other stakeholders on ways to streamline processes without compromising public safety.

Louisa Lee, Regional Sales Manager for Norton Lilly International (agents for SeaFreight Line) said, "The State of Florida increasing their over the road weight limits to match those of surrounding states allows Florida ports and carriers like SeaFreight Line to compete on a level playing field with regards to cargo weights with other South Atlantic and Gulf ports such as Savannah, Charleston and Mobile."

Mary Lou Rajchel, President and CEO of the Florida Trucking Association said, "Florida's ports and freight distribution systems are vital components of the state's current and future economy. The Florida Trucking Association supports the Governor and the Florida Department of Transportation in their efforts to make Florida's freight logistics system more competitive with our surrounding states. As an essential industry that is the sole means of supply for more than 80% of the state's communities, Florida's trucking industry appreciates the critical role trucking plays in this equation. To that end, we look forward to the increased opportunities for collaboration and enterprise that will result from this increase in weight limits for containerized freight."

Gov. Rick Scott said Wednesday he wants to earmark roughly \$4.5 million in the state budget to fight human trafficking and help victims recover in a safe place after they're rescued.

The bulk of the money would create 30 rape crisis centers statewide and help improve law enforcement response to crimes of rape and sexual abuse. Another \$1.5 million will also provide victims of sex trafficking with a safe place to rehabilitate instead of charging them with prostitution or holding them in juvenile detention facilities. The "safe houses" around the state will help victims heal in a therapeutic environment, officials said.

During a press conference in Miami with Scott on Wednesday, juvenile justice and

child welfare officials also announced they are expanding a pilot program that helps identify sex trafficking victims.

Department of Juvenile Justice Secretary Wansley Walters said Florida is the first state in the nation to attempt to identify victims immediately upon arrest.

TALLAHASSEE— Governor Scott announced the number of available online job openings in Florida increased by 27,979 in January 2013. That is a 12 percent increase over the year, for a total of 255,749 openings (seasonally adjusted).

Governor Rick Scott said, "With more than 255,000 job openings available in our state, it's clear the decisions we're making are helping employers feel more confident about the future of their businesses. My Florida Families First Budget lives within our means while continuing our progress of job creation by providing a quality education for every Floridian, ensuring we have a talented workforce available for current and future employers and improving the state's business climate to facilitate job creation. Ensuring that every Floridian who wants a job, gets a job remains my number one priority."




Florida's labor demand, measured by online advertised vacancies, bottomed out in April 2009 at 151,251 ads and has increased by 104,498 openings (+69.1 percent) since then.

According to the Help Wanted OnLine




(Continued on Page 10)

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Governor Rick Scott

FROM THE GOVERNOR'S DESK

(Continued from Page 9)

data series from The Conference Board, on-line job demand was strongest in the large metro cities, led by Miami, Orlando, Tampa, and Jacksonville. Among the cities with the most online ads, the highest percentage gain over the year in online ads was in Miami (+26.3 percent).

Major occupational groups with the most online ads in January were healthcare practitioners and technical occupations; sales and related occupations; office and administrative support occupations; and computer and mathematical occupations.

The Florida Department of Economic Opportunity combines the state's economic, workforce and community development efforts. This new approach helps expedite economic development projects to fuel job creation in competitive communities. For more information, including valuable resources for employers and job seekers, please visit www.floridajobs.org.

MIAMI, FLA. – Governor Rick Scott held a press conference with victim advocacy organizations to highlight investments in the Florida Families First Budget to sup-

port victims of human trafficking. The recommended budget includes \$1.5 million to provide trafficked youth with a safe home, \$2.5 million to enhance the efforts of the Florida Council Against Sexual Violence to fight abuse and nearly half-a-million to support state and local law enforcement in the areas of high tech crime and Electronic Surveillance Support Teams. The Governor also highlighted the Department of Juvenile Justice's "Victim Identification Pilot Project," – a program that's the first-of-its-kind in the nation that identifies trafficking victims and coordinates support services.

Governor Scott said, "As a father of two daughters and a grandfather, I take the health and safety of Florida's families seriously. We've made progress in making our communities safer and FDLE recently reported that Florida is at a 41 year crime low. The Department of Corrections also announced the state's recidivism rate has decreased from nearly 34 percent to nearly 27 percent over five years.

"While these figures demonstrate that we are improving in our efforts to protect Florida families, the reality is that even one violent crime is devastating. We are committed to making our communities even safer."

Human trafficking is a form of modern day slavery that affects more than 27 million people worldwide, including an estimated two million children who are trafficked for child labor and sexual exploitation. In the United States, the Polaris Project advocacy group estimates approximately 100,000 kids are currently trapped in the commercial sex

trade of human trafficking.


To better protect children, Governor Scott signed the Safe Harbor Act and HB 7049 to help fight human trafficking by increasing the prosecution of criminals who exploit children and also provide better services to the victims who are rescued from this heinous crime.

Last year, the Department of Juvenile Justice took steps to support children by creating the "Victim Identification Pilot Project" to identify victims of sex trafficking and coordinate with the Department of Children and Families to get children in a supportive environment where they feel safe. The program is the first-of-its-kind in the nation and was implemented in Broward County and later in Miami-Dade County. DJJ Secretary Walters has announced the pilot's further expansion to Orange County this year.

Governor Scott continued, "To support these kids, I'm proud to announce today that my Florida Families First Budget invests an additional \$1.5 million to provide trafficked youth a safe home, so they can begin to heal from the trauma they experienced. Our budget also invests nearly half-a-million dollars on top of current funding to support state and local law enforcement in the areas of high tech crime and Electronic Surveillance Support Teams."

First Lady Ann Scott said, "As a mother and grandmother, a topic like human trafficking is heartbreaking. I am proud that so many good-hearted people are committing themselves to helping victims of this horrific

(Continued on Page 11)



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Governor Rick Scott

FROM THE GOVERNOR'S DESK

(Continued from Page 10)

crime. Last year I visited the Kristi House in Miami and was amazed at the wonderful work that they do with children who have been victims of abuse. We cannot let that heartbreak silence our voices, and I'm proud of my husband's commitment to helping the victims of trafficking."

Department of Juvenile Justice Secretary Wansley Walters said, "Through his Florida Families First Budget, Governor Scott's clearly illustrated his commitment to ensuring Florida's at-risk youth and their families have every opportunity to succeed. I am truly honored to be part of Gov. Scott's team as Florida leads the nation in anti-human trafficking efforts and invests in the futures of Florida's families."

DCF Secretary David Wilkins said, "This

budget will help improve the lives of Florida's families by increasing funding to services for those in need and providing better access to help for victims of sexual violence, human trafficking, homelessness and more. Through the Governor's recommendations, our agency will build on the transformation we've begun to focus on assisting Florida's most vulnerable children, adults and families."

Miami-Dade State Attorney Katherine Fernandez Rundle said, "I am so glad that Governor Scott, and Secretaries Wilkins and Walters will join me to keep public attention focused on the ugly and horrific crime that is Human Trafficking. Florida, being one of America's great trendsetting states, is now moving to building the infrastructure that recognizes the particular needs of its vic-

tims. The victims of Human Trafficking, so often our own children, will benefit from the things we do today and in the future."

"Sex trafficking of a child is the most severe form of child sexual abuse, where children seek love from the only family they know – their pimps," said Trudy Novicki, Executive Director of Kristi House. "The proposed budget and the increased attention from Gov. Scott and his administration will help us prevent this crime and help the victims."

T. Willard Fair, President and CEO, Urban League of Greater Miami said, "Proactive and vigilant prevention programs are the key to keeping youth out of the juvenile justice system. Such programs save millions of taxpayer dollars and the lives of our troubled youth. Governor Scott and Secretary Walters recognize that in their approach to juvenile justice."

Stacy Gromatski, President and CEO, Florida Network of Youth and Family Ser-

vices said, "If our goal is to prevent and divert troubled youth from entering the juvenile justice then Governor Scott and Secretary Walters are on the right track. Their priorities are consistent with the best practices for juvenile justice reform and are backed up by the latest research."

Mary Marx, President and CEO, PACE Center for Girls said, "On behalf of girls in Florida, I thank Governor Scott for his support of the PACE Center for Girls in Miami-Dade County in his Florida Families First budget. This investment in Florida's girls is an investment in Florida's future that will reap benefits for many generations to come."

Jennifer L. Dritt, Executive Director, Florida Council Against Sexual Violence said, "Governor Scott's budget recommendations include an additional \$2.5 million to help the Florida Council Against Sexual Violence and the 30 certified rape crisis centers statewide provide improved services to sexual abuse victims. With these funds, we will be able to ensure victims' immediate access to trauma-informed recovery services and improve the ability of law enforcement to respond. Additionally, this funding will support increased awareness of the nature and extent of the problem of the terrible crime of sexual violence across Florida in order to prevent other women, children and men from becoming victims."

Deborah Polston, Statewide Advocate for Human Trafficking said, "Florida is in a battle to fight and eliminate human trafficking of our most vulnerable children. We need people across the state to know that this is happening in your own communities so that we can join together to combat this sexual exploitation of our kids. Thank you to Governor Scott, who has recognized the needs in this state and has pledged more funding to fight trafficking."

Additional Investments

The Florida Families First Budget also invests an additional \$2.5 million to enhance the efforts of the Florida Council Against Sexual Violence for 30 separate certified rape crisis centers statewide. This funding will help the council raise the level of awareness of rape and sexual abuse, improve law enforcement response to this heinous crime, and help ensure that victims have immediate access to high quality recovery services.

In Miami, the budget invests more than \$618,000 to expand the PACE Center for Girls to Miami-Dade County, which will provide educational services designed with girls' specific needs in mind. With the investment, PACE will work with its private partners to grow services to young women in Miami community who need a strong support network.

Governor Scott's budget also invest more than \$145,000 to improve the physical and mental health needs of youth to include psychiatric consultation and contract clinical specialists.

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EASY EASTER BRUNCH

(Family Features) The ingredients for an easy weekend breakfast or a special Easter brunch may be in your pantry right now. Holidays are the perfect time to sprinkle additional creativity or fresh new thinking into meals for family and friends and - by using staples like pancake mix, syrup and instant mashed potatoes in unexpected ways - you can craft new and delicious dishes sure to make everyone smile.

Try these recipes from Hungry Jack(r) using simple pantry staples, and turn them into what will become new brunch favorites:

-Put a unique spin on brunch food with a savory Ham, Egg and Cheese Pizza.

-DIY Pancake Breakfast Sandwiches: You can assemble them for your guests, or get everyone involved by letting them build their own and add some custom touches like eggs, cheese or bacon.

-Combine sweet, spicy and smoky flavors for Spicy Candied Bacon, a definite crowd pleaser.

-Set out some flavored or Greek yogurt

and a bowl of Good Morning Granola so guests can create their own breakfast parfaits.

For more creative recipes and ideas, visit www.hungryjack.com.

with a Pantry Punch

Spicy Candied Bacon

Yield: 6 slices

Prep Time: 5 minutes

Cook Time: 25 minutes

1/2 pound extra-thick cut bacon, about 6 slices

1/4 cup Hungry Jack Original Syrup

1/4 teaspoon cayenne pepper

1/4 teaspoon ground cinnamon

1/8 teaspoon cracked black pepper

1. HEAT oven to 375°F. Line 15 x 10-inch baking pan with foil. Lay bacon slices on foil.

2. BAKE 18 to 20 minutes or until bacon edges begin to curl. Remove from oven. Tilt pan to drain. Pat bacon with paper towel. Combine syrup, cayenne pepper, cinnamon and pepper in small bowl. Drizzle evenly over bacon slices.

3. BAKE 5 minutes or until evenly browned. Remove to wire rack. Cool 5 minutes.

Serving suggestion: Candied Bacon Breakfast Sandwich: Layer fried egg on English muffin. Top with shredded cheese, Spicy Candied Bacon and a dash of hot sauce or ketchup. Top with other half of English muffin.



Pancake Breakfast Sandwich

Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Pancakes:

Crisco Original No-Stick Cooking Spray

3/4 cup Hungry Jack Complete Butter-milk Pancake & Waffle Mix

1/3 cup water

1/4 cup Hungry Jack Original Syrup

1/2 cup shredded sharp cheddar cheese

1 cup frozen shredded hash brown potatoes, thawed, chopped into bite-sized pieces

1/4 teaspoon salt

4 3-inch round sausage patties*

Eggs:

1 tablespoon butter

1/3 cup diced red pepper

4 large eggs

1/8 teaspoon salt



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For pancakes:

1. COAT griddle or skillet with no-stick cooking spray. Heat griddle or skillet on medium heat (350°F).

2. WHISK pancake mix, water and syrup in medium bowl. Stir in cheese, potatoes and 1/4 teaspoon salt. Cook sausage patties as directed on package.

3. POUR 2 tablespoons batter on griddle, spreading batter to make a 3-inch circle or by using 3-inch pancake molds, coated with no-stick cooking spray. Repeat to make 7 more pancakes. Cook 2 minutes or until golden brown. Turn. Cook second side 2 minutes.

For eggs:

1. MELT butter in large skillet. Add red pepper. Cook and stir about

1 minute. Whisk eggs and salt in small bowl. Pour into skillet with peppers. Cook slightly, then shape into four 3-inch circles about the same size as the pancakes and sausage.

2. PLACE one pancake on plate. Top with cooked sausage patty, egg and another pancake to make breakfast sandwich. Repeat with remaining ingredients to make 3 more sandwiches.

*TIP: If using pre-made sausage patties, flatten slightly into 3-inch rounds, if neces-

sary.

Ham, Egg and Cheese Pizza

Yield: 8 servings

Prep Time: 15 minutes

Cook Time: 35 minutes

Crust:

Crisco(r) Original No-Stick Cooking Spray

1 3/4 cups Hungry Jack Complete Buttermilk Pancake & Waffle Mix

1/4 cup grated Parmesan cheese

1/2 teaspoon dry mustard

1/2 teaspoon onion powder

1 / 3 cup water

2 table- spoons Crisco

Pure Olive Oil

Oil

Fill- ing: 3

large eggs

1 cup sour cream

1 tablespoon Dijon mustard

1 1/2 teaspoons fresh dill weed or 1/2 teaspoon dried dill weed

1/4 teaspoon salt

1 cup shredded Swiss or cheddar

cheese

1/3 cup thinly sliced green onion

4 ounces thinly sliced deli-styled baked ham, coarsely chopped

Fresh dill sprigs (optional)

For crust:

1. HEAT oven to 425°F. Coat 12-inch pizza pan with no-stick cooking spray. Combine pancake mix, Parmesan cheese, dry mustard and onion powder in medium bowl, stirring until blended. Stir in water and olive oil until dough forms.

2. PRESS dough onto bottom of prepared pan to form a crust, building up outside edge to form a rim. Bake 7 minutes.

For filling:

1. WHISK eggs, sour cream, Dijon mustard, dill and salt in medium bowl. Stir in cheese and green onions. Pour over hot crust, spreading evenly. Toss ham to separate pieces. Sprinkle evenly over egg mixture. Reduce oven temperature to 350°F. Bake 20 to 25 minutes or until egg mixture is set in center. Cool 5 minutes before cutting. Garnish with fresh dill, if desired.

Good Morning Granola

Yield: 5 cups

Prep Time: 10 minutes

Cook Time: 30 minutes

3 cups old-fashioned rolled oats

1 cup sliced almonds

1/2 cup shredded sweetened coconut (optional)

2 tablespoons wheat germ

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

2 tablespoons Crisco Pure Veg-

etable Oil

1/2 cup Hungry Jack Sugar Free

Breakfast Syrup

2 tablespoons firmly packed brown sugar

1 cup dried fruit, such as raisins, cher-

ries or cranberries

1. HEAT oven to 350°F.

2. COMBINE oats, almonds, coconut, wheat germ, salt and cinnamon in large bowl. Combine oil, syrup and brown sugar in another bowl. Pour over oat mixture. Toss until well coated. Spread evenly in 13 x 9-inch pan.

3. BAKE 30 minutes or until golden brown, stirring frequently. Cool completely. Stir in dried fruit. Store in airtight container at room temperature.



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Sugar Substitutions

(Family Features) When you're hungry and pressed for time, it's tempting to swing through the drive-thru or order takeout. But while these seemingly convenient choices save you time, they might cost you in calories, fat, sugar and sodium. Here are some easy ways to make smart substitutions throughout the day that are also time-saving.

Breakfast: Eating breakfast starts your day off right and helps you control hunger.

* Save up to 300 calories by substituting a doughnut or danish with a small English muffin and a tablespoon of your favorite nut butter. You'll also get the added benefit of protein, which gives you energy to start the day.

* Be mindful of what you add to your morning coffee. Your on-the-go 16-ounce latte could contain as much as 330 calories, 13 grams of fat and 40 grams of sugar, and could be costing you. Substitute with a 12-ounce cup of coffee with skim or soy milk, a pinch of cinnamon and a natural sweetener like honey.

Lunch: You can enjoy a satisfying, convenient and smart meal whether you're at home, work or out to eat.

* If you can, avoid full-calorie pizzeria

pizza and look for products such as Weight Watchers(r) Smart Ones(r) Thin-Crust Pepperoni Pizza. The blend of reduced fat chees-



beef patty, less is more. Keep it simple and balanced with a whole grain bun, ketchup, lettuce and tomato. If you're more adventurous, try turkey and veggie burgers for fewer calories and less saturated fat.

* If you're hungry for something sweet, opt for a low-fat Greek yogurt sweetened with honey, which is much lower in calories than a milkshake, and offers probiotics.

* If you're craving something salty, try a handful of lightly salted almonds, which are packed with protein and will help you feel satisfied so you won't be tempted by chips or other salty snacks.

Dinner: Being smart about portion sizes as well as your entrée choices lets you stay on track and enjoy your evening meal.

* Forget takeout chow mein, which could have up to 490 calories (200 calories from fat), and eat in with an alternative, such as Smart Ones Sesame Noodles with Vegetables, with only 280 calories (25 calories from fat).

* Divide up your entrée - either share it with your dining partner, or ask for a to-go box and put half of your food in the container as soon as it arrives. Not only do you get a more appropriate portion, but you also stretch your dining dollar into two meals instead of just one.

es with a zesty tomato sauce on a crispy-thin crust will give you 8 grams of whole grains and has 300 calories - compared to the 440 calories from the standard takeout slice.

* When you have to have that classic all-

Snacks: Snacks can be part of a smart diet - you just have to enjoy the right kinds of snacks in moderation.

For more deliciously smart substitution tips, recipes and ideas - including breakfast, lunch, snacks, dinner and desserts - visit www.eatyourbest.com.



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