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A free publication serving the people of the Ocala area

DownTown

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Volume 4 Issue 6

June, 2013



Select Business Associates holds their first After Hours at the Cork Screw downtown on the square. They signed three new members that night. Select Business Associates is a unique referral club that is carefully selecting their members. There is one member per category and the categories will not be watered down. For instance: one realtor, one insurance person, one print media one Chiropractor, etc. Call Becky Edie for info 352-361-8596

Senior Fishing Derby



Pictured is Wendy Netherclift of TomL Publishing LLC presenting the trophy for Big Fish at the Senior Fishing Derby. See more pictures in this paper.



Pictured is Rondo and the Mojo Downs. It was a night of Blues. Scheduled were a variety of entertainers and bands. The food was by Mojo Grill which is always great. Visit them at Mojo Grill DownTown.

Happy Father's Day

Tom's Picks

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

May referrals from Tom's Picks include:

- Refinishing Hardwood Floors
- Plumber

Persecution or Prosecution

By TomL

What really happened?

In my opinion the reporting on the Sheriff Chris Blair story is the worst piece of biased journalism that I have ever seen! Apparently, the Ocala Star Banner will not write a positive story about our Sheriff. Even after being found innocent of breaking the law, the headline in the OSB wreaks of the same garbage that has been in the news on almost a daily basis throughout the election.

THE GRAND JURY FINDINGS WERE... "BLAIR DID NOT BREAK THE LAW!" It is apparent that this was never a legal matter based on the results of the Grand Jury. However, it is obvious that the ones that endorsed Dan Kuhn (the Star Banner, e.g.), who was Blair's opponent, are still having difficulty dealing with the Kuhn scandal. They are attempting to hold Blair responsible for their disappointment, when

in fact the responsibility lies with the intentional, illegal actions committed by Kuhn.

It is obvious that the Star Banner is continuing its negative storylines and persecution of Sheriff Blair. To that, I say, "Shame on you!" Journalists are supposed to be neutral - why persecute someone that has been elected by the people? Why do the taxpayers/voters and readers let these people and agencies that are supposed to work for us, get away with this? It took an agency from Gainesville, the State Attorney's Office in Alachua County, to give Sheriff Blair a fair shake.

ASHAMEONYOUCAMPAIGNFROM THE VOTERS OF MARION COUNTY IS NEEDED! Email me a "Shame on you" letter, telling me who you think mishandled this matter. Now is your chance to agree or disagree. floury@att.net

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Florida House of Representatives
DENNIS K. BAXLEY



Florida's Year of Restoration

With the traditional Sine Die drop of the white handkerchief, the 2013 Legislative Session came to a close after another successful sixty days of hard work and problem solving. As Florida's Legislature continues to exercise fiscal responsibility with each budget, we continue to see great signs of economic improvement across the state. Our statewide unemployment is the lowest it's been in years—far outpacing the national rates. While working together with conservative, local, elected officials, Marion County has seen some of the strongest levels of economic improvement in the country. By lowering taxes and limiting the size of government, our businesses are hiring, our citizens are working, and our economy is growing. It has been a great year of restoration, and we look forward to a great future.

The Florida constitution holds the Legislature accountable with a balanced budget requirement, forcing tough, but necessary, decisions as to the direction of our state. As I've written in the past couple of articles, one of the most controversial issues facing the Legislature this year was whether or not

to expand Florida's Medicaid program under the Affordable Care Act (A.K.A. ObamaCare). After carefully analyzing the impacts of this all-or-nothing approach to healthcare, which would come with a price tag of \$21 billion in Florida alone, the Florida House of Representatives decided against Medicaid expansion. We simply cannot put that kind of potential, financial burden on the taxpayers of Florida. The House proposed an alternative, however, which would subsidize the healthcare costs of the needy families in Florida allowing them to purchase private health insurance, rather than adding them to an already inundated program such as Medicaid.

Sometimes the most important thing that happened in Session is what didn't happen. Fifteen gun control bills were filed this year alone. The Florida House took a bold stance against the anti-gun lobby to protect Floridians' Second Amendment rights by denying any type of legislation that would limit an individual's right to protect themselves or their families. The House even passed House Memorial 545 titled, Right to Keep and Bear Arms, which urges Congress and the President to protect the constitutional right of the people to keep and bear arms.

To ensure that the actions of those who are not mentally suited to purchase a firearm do not jeopardize the authority of law abiding gun owners, the Florida Legislature also

passed House Bill 1355, Purchase of Firearms by Mentally Ill Persons. This legislation simply says that one who has voluntarily admitted themselves to a mental health facility as "a danger to himself or herself or to others or lacks the mental capacity to contract or manage his or her own affairs" will be prohibited from purchasing a firearm until the individual applies for and receives "relief from that restriction under Florida law."

It is exciting to see the growth and restoration of our state after several years of drying up reserves and milking the budgets of essential programs. This has truly been a year of restoration which we can continue to build upon for years to come.

Onward & Upward,
State Representative Dennis K. Baxley,
District 23, serving Ocala & Marion County

Not All Thieves are Stupid!!

1. Some people left their car in the long-term parking at San Jose while away, and someone broke into the car.

Using the information on the car's registration in the glove compartment, they drove the car to the people's home in Pebble Beach and robbed it. So I guess if we are going to leave the car in long-term parking, we should NOT leave the registration/insurance cards in it, nor your remote garage door opener. This gives us something to think about with all our new electronic technology.

2. GPS.

Someone had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about

everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents.

If you have a GPS - don't put your home address in it... Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

3. CELL PHONES

I never thought of this.....

This lady has now changed her habit of how she lists her names on her cell phone after her handbag was stolen. Her hand-

(Continued on Page 9)

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Tom Loury

PUBLISHER'S NOTES



Benghazi

Two brave men help save twenty countrymen then fought to secure the walls for their safety. Two men fought scores of the enemy, they fought and fought till they died with no help from our leaders, four died that night and the only thing we hear from our leaders is excuses or I don't know, I was

not involved! We could not get there in time. The verbal green gas being spewed by the lies of the current administration is far more dangerous than the nerve gas any enemy is using. There are way too many lies being told by top administrators. These men died so Obama could win an election! Now it is cover up time or CYA!

This incident was referred to by our president as "Bumps in the road" and no phone call to these brave men's families, buuuut a gay basketball player comes out of the closet and our leader is on the phone immediately

to congratulate him for coming out. I'm not saying anything about gays, I'm saying the President's not calling the families of those who died in Benghazi is appalling.

Now we are hearing the IRS has been targeting Tea Party members and groups. I wonder if this is the pride in our country that Michelle Obama is looking for?

Persecution not prosecution: Hear we go again. Sheriff Blair was found innocent of breaking any laws by the Grand Jury. The local daily newspaper has been slanting the facts for months. The local State Attorney's Office has come out publicly in the daily newspaper against Chris Blair, "They Are Supposed to be Neutral." Remember this all started with an anonymous tip. The Tax Payers are paying big bucks to satisfy an anonymous person. Think about that!

person. Think about that!

I get emails and phone calls from readers. One this month that I recall was a phone call from a man saying, "my wife and I like what you write" and please don't let anyone change that. My answer to this couple is as long as I have these papers you will see and hear from me as an independent thinker and writer. Thank you for being a reader.

I have never won an editorial award for my writing and never will, but I believe strongly in what I am doing and when I get a thank you from someone I have helped, that's enough. I believe that every person has the right to see their opinion in print.

WHAT DO YOU THINK? tloury@att.net

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Editorial & Ad Copy for July

Seniors Voice & Ocala DownTown
12am, June 19th

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

Ocala DownTown

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Curtis W. Neuman

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Naming Beneficiaries of Insurance Policies and Retirement Plans

One estate planning concern that is shared by people

from all walks of life is who gets what when you pass on. While some individuals logically may assume that a last will and testament is the only official forum to express such decisions that is not always the case. Often, an equally important issue is determining who to name as beneficiary on life insurance policies, employer-sponsored retirement plan accounts and IRAs, since beneficiaries of these assets are paid directly as named, regardless of what may be spelled out in a will. Let's review some general transfer guidelines for these types of assets:

Life Insurance

No matter who is designated as the beneficiary of a life insurance policy, the individual(s) will receive the death benefit proceeds income tax free. Unlike property disposed of in a will, if the beneficiary designation form is properly completed, insurance proceeds do not go through probate. For many married couples, a surviving spouse will be the most logical beneficiary. However, if it is determined that a spouse would not have the ability to manage a large sum of money, a trust may be a prudent beneficiary choice. The trustee (often a legal entity rather than an individual) would then take charge of managing, investing and disbursing the policy proceeds for the benefit of the surviving spouse. Another important consideration is naming contingent or secondary beneficiaries. This means that if the primary beneficiary is no longer living, the insurance proceeds would go to another named individual or trust. If there are no surviving beneficiaries, then your beneficiary is generally the "estate of the insured," which means the death benefits end up being probated and ultimately distributed according to the instructions of the decedent's last will and testament. If an individual dies without a valid will (intestate), then the order of legal beneficiaries to whom assets are distributed is specified by state law.

Employer-Sponsored Retirement Plans and Individual Retirement Accounts (IRAs)

The law requires that a spouse be the primary beneficiary of a 401(k) or a profit-sharing account unless he/she waives that right in writing. A waiver may make sense in a second marriage if, for instance, a new spouse is already financially set or if children from a first marriage are more likely to need the money. Single people can name whomever they choose as beneficiaries of retirement accounts, and no spouse beneficiaries are now eligible for a tax-free trans-

fer to an IRA. Also, the IRS has issued regulations that dramatically simplify the way certain distributions affect IRA owners and their beneficiaries. Consult your tax advisor on how these rule changes may affect your situation.

Naming Children May Not Be Best

Because insurance companies, pension plans and retirement accounts may not pay death benefits to minors, when children are factored into the estate planning mix, a guardian, trust or trustee should be named beneficiary to ensure competent management of the proceeds. By naming a children's trust as a beneficiary, for example, the proceeds could be invested and managed by a competent trustee (a person or institution) you choose. A revocable living trust could also be named as a beneficiary, which would keep the proceeds out of probate.

To summarize, when naming beneficiaries, consider:

- _ The ability of the beneficiary to manage assets. Perhaps a trust set up in the person's name would be better than a direct transfer.

- _ Naming contingent beneficiaries. Should something happen to your primary beneficiary, the contingent beneficiary would receive your assets.

- _ The age of the beneficiary. Many policies and plans will not directly transfer assets to minors until a trustee or guardian is approved by a court.

- _ Employer-sponsored retirement plans. Unless waived by the spouse in writing, the law requires a spouse to be the primary beneficiary of the account.

Keep Your Plan Up-to-Date

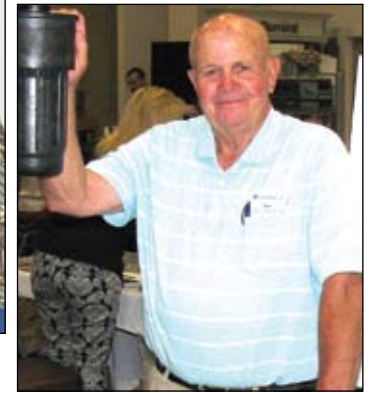
After completing estate plans and wills, it is important to review and adjust beneficiary designations as needed to ensure that your estate plan accurately reflects your intentions. Remember, outdated beneficiary designations (e.g., ex-spouses) could misdirect the intended flow of an entire estate plan. As is always the case with estate planning, consult with qualified professionals concerning your particular situation in order to ensure that your beneficiary designations are in tune with your goals.

This article was prepared by S&P Capital IQ Financial Communications and is not intended to provide specific investment advice or recommendations for any individual. Please consult me if you have any questions. Because of the possibility of human or mechanical error by S&P Capital IQ Financial Communications or its sources, neither S&P Capital IQ Financial Communications nor its sources guarantees the accuracy, adequacy, completeness, or availability of any information and is not responsible for any errors or omissions or for the results obtained from the use of such information. In no event shall S&P Capital IQ Financial Communications be liable for any indirect, special, or consequential damages in connection with subscribers' or others' use of the content. LPL# 1-128378

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Ocala Business Leaders

OBL holds their annual business expo. Businesses set up booths to show visitors their products and services. Free gifts were available and the food was great. Wait for the next event in this paper.



Thomas L. Croley, M.D.

CARING FOR YOUR EYES



“I Can’t Open My Eyes”

As we have birthdays, our eyelids may droop and interfere with our vision. This is due to the skin around our eyes becoming stretched and less elastic, the weakening of muscles or fat accumulation. Family history, trauma, and medical conditions can also be a part of droopy eyelids.

Have you noticed it gets more difficult to keep your eyes open after reading or using the computer for any length of time? Do you appear tired even when you are not? Do you have to turn your head to see approaching cars? Excessive upper eyelid tissue can block the upper and side part of our field of vision. This can be determined by lifting the upper lids with your fingers to see if the upper field of vision improves or vision brightens. A formal visual field test may be helpful in this situation. The weight of the excessive tissue may also cause brow ache and fatigue. Occasionally, the excess skin

can cause eyelashes to turn in and irritate the eye. If the excessive skin does interfere with vision or is the cause for the irritation, then insurance, including Medicare, will pay for the procedure. Your ophthalmologist will help determine if the procedure is covered.

An excessive number of wrinkled skin folds above the eyes can produce a sagging, tired look which detracts from one’s general appearance. In this situation, blepharoplasty may be considered for cosmetic reasons even though vision is not affected. Blepharoplasty is generally done in an outpatient setting and takes about fifteen minutes to perform. There is minimal, if any, discomfort. The excess skin and tissue is removed and usually a single suture is used.

Blepharoptosis is when the eyelid droops with or without excessive tissue of the eyelids. This drooping (ptosis) usually involves the muscle which opens and closes the eyelid. Blepharoptosis repair is done to improve visual function. It is a more involved procedure needing surgical repair or adjustment of the levator muscle. Most people notice immediately that they can see better without having to hold up their eyelids. There are minimal restrictions after this procedure.

It is important to consult an ophthalmologist when considering eyelid surgery. Because blepharoplasty can affect the function and lubrication of the eye, a consultation with an ophthalmologist is important. Although other surgeons may perform blepharoplasty, an ophthalmologist is the only surgeon trained specifically to treat the eye. Therefore, he or she is uniquely qualified to help you decide whether you should consider this surgery.

Results are generally successful. However, surgical outcome will depend on the extent of corrective work, the skin structure, healing process, hereditary factors, age and other physical characteristics. As with any surgical procedure, and element of risk exists. Hemorrhage, infection, or even blindness; though rare, may occur. Your ophthalmologist will discuss all benefits and risks prior to your final decision.

As always, to ensure healthy vision, it is vital to have yearly examinations. Annual eye examinations can help detect unknown problems and provide early treatment to help you see the world clearly for a lifetime. To set up an appointment or for more information feel free to contact us at 352-237-8400 or 800-521-6028. You can also visit us on the web at www.centralfloridaeye.com.

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Senior Fishing Derby

By Tom Loury

The semi-annual Senior Fishing Derby was a success. The weather was good and there was a nice breeze. There were a few glitches, but in all a fun time was had by the 100 plus seniors in attendance. The biggest fish was 18 plus inches caught by Danny Thomas, famous name but a different guy. The oldest fisherman was an 86-year young lady named Millie Palmer of Quiet Oaks Assisted Living. The menu was hamburgers and all beef hotdogs cooked by our chef John Bennett of Clay Electric - a long time friend of the senior fishing derby and a personal friend of mine. John also personally donated cash prizes.

Thanks for the support from Juanita Ransom of PUP insurance, Humana insurance and Linda Gyax of TD Insurance for her personal contribution.

Trophies were supplied by B-J Trophies

& Awards / Floyd Hershberger. Door prizes were, again, donated by PUP insurance, Ocala Recreation and Parks, Ocala Art and Frame, TomL Publishing LLC and a special thanks to Bob Irwin of Bob's Coin & Jewel-



ry Inc for his support and great door prizes.

Thanks to volunteers Russ Moore of PAKMAIL and Jean Henning of Ocala Utility Services.

Thanks, of course, to the entire staff of Ocala Recreation and Parks that helped with the event. A special thanks to Diane Leaf, Grace Huffman, Carla Chindamo and Iree Bethea.

Thanks to the Wildlife Fish and Game Commission for all they did.

In some of the pictures you will catch a glimpse of the new dock being built. It was not done in time for this fishing derby but will be available in the future. It will make Lake Tusawilla more accessible to wheelchair people. My apologies for being short on fishing poles, we had over 90 fishing. A special thanks to Wendy Netherclift for all of her help.

This is Tom Loury saying THANKS TO ALL!



From the Office of
THE MARION COUNTY SHERIFF

Brother and Sister, both of Citra were in the Marion County Jail to deal with charges of burglary and grand theft. Around 11:30 p.m., Thursday, May 9, 2013, a deputy conducted a traffic stop and found the van packed with Frito-Lay brand chips. During the interview, The Brother said he and his sister took chips as a way to generate income. "I got the chips from the dumpster," he explained. Factory workers offered that the security gate was locked. The deputy found a master key that worked on the gate lock at the Frito-Lay factory. The pair was arrested.

We are still looking for an \$18,000 Club

Cadet/New Holland gas powered golf cart that is the Daytona International Speedway edition. The golf cart has checkered flags and flames on the hood and the rear. Plus, the words "Daytona International Speedway" are on the hood of the golf cart that is lifted with larger tires than a regular golf cart. It was reported missing on May 6, 2013 from a vacant lot in the 2300 block of NW 46 Court Road of the Foxwood Farms Mobile Home Park in Ocala. If you have any information about who took the golf cart or where the golf cart is located, you are urged to phone anonymous tips to Crime Stoppers of Marion County at 368-7867.

Suspect male, 53, of Summerfield, made a threat to discharge a bomb and was arrested. On Monday, May 6, 2013, the McDonald's Restaurant at 17890 South Highway 441, Summerfield, was evacuated because of a bomb threat. Marion County Sheriff's Office K9 Deputy Sullivan and his bomb

detecting dog conducted a thorough sweep of the business. They did not find a bomb. Witnesses and video information led detectives to interview the suspect, who admitted to making the bomb threat. His reason? He wanted to see an ex-girlfriend, who works at the restaurant, run out of the McDonald's.

Not All Thieves are Stupid!!

(Continued from Page 2)

bag, which contained her cell phone, credit card, wallet, etc., was stolen. 20 minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says 'I received your text asking about our Pin number and I've replied a little while ago.' When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text 'hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

Moral of the lesson:

a. Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc....

b. When sensitive info is being asked through texts, CONFIRM by calling back.

c. When you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet 'family and friends' who text you.

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ONE PERSON'S OPINION
LETTERS TO THE EDITOR

Dear Editor,
In big headline "White House insists President knew nothing of IRS scrutiny." Really, then who is tending the store? It's his job to know what's going on. Did the same thing happen when the Justice Department subpoenaed two months worth of phone records from the AP and the President knew nothing? Are we becoming a Country where the government monitors the news-gathering and we will only know what the government wants us to know, restricting us much like communist countries do? Isn't it interesting that when Osama bin Laden

was killed the President was shown in the situation room, diligently watching the raid take place, but when four Americans were killed in Benghazi he was more interested in going to a campaign fundraiser in Las Vegas. He said they would find out who was responsible and arrest them. No arrests basically swept under the rug. The same with the "Operation Fast and Furious" gun sales and the killing of U.S. Border Patrol agent, Brian Terry. That too was basically swept under the run with the President stating executive privilege. So exactly who is tending the store?

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LNL

Dear Mr. Loury:
ROME REDUX

Depravity, debauchery, and barbarism brought down Rome. Are we teetering on the edge of a similar precipice? You can deny that depravity, debauchery, and barbarism do not exist, that does not make it so.

A couple of our current generations who have never experienced adversity seem to think there is something drastically wrong with America. Humans who have life too easy, life without an iota of strife or struggle, have a perverted view of what constitutes life.

Life has never been a free ride, or picnic for any generation. A wake up call is needed for Boomer Boobs and their progeny

People with a distorted view of life, need a little strife in order to appreciate what they have.

As we can observe, getting things too easily produces Marshmallows,

Human's with a distorted perspective on life. Boo, hoo, hoo, we want stuff without effort.

Rome did itself in. Today we have a few more spoons in the soup vying for the big prize, AMERICA. We have homegrown progressives/communists, Islamists, globalists; environmentalists all want the Big Prize. None of these are acceptable options. America is damaged, it needs a little house-cleaning, and repair. It is still the best game on this planet.

Let us get on with our fixer upper government, and make it work.

AMERICA is worth saving, just as it is. Clean out the bugs.

Repeal Federal Reserve Act of 1913, Get out of UN. Dump Obamacare. {It is going to kill us, literally. Especially old folks.} No lobbying. No Federal Education department. IRS revamped, or replaced, fix Wall Street, Fix the EPA, Elect Ben Carson, and Rand Paul in 2016 .

D.I. L.

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SENIOR SCHEDULE OF EVENTS

MOVIES JUNE, 2013

TUESDAY AND WEDNESDAY, JUNE 11TH AND 12TH, 2013 AT 1:30 PM

“SAFE HAVEN” STARRING: JOSH DUHAMEL, COBIE SMULDERS, JULIANNE HOUGH, DAVID LYONS AND OTHERS

When a mysterious young woman named Katie (Hough) arrives in a small town in North Carolina, her reluctance to join the tight-knit community raises questions about her past. She finds herself reluctantly attracted to a man Alex (Duhamel) who helps her to confront her past. But dark secrets intrude on her new life with such terror that she is forced to rediscover the meaning of sacrifice and rely on the power of love. RATED PG 13

TUESDAY AND WEDNESDAY, JUNE 25TH AND 26TH, 2013 AT 1:30 PM

“OZ THE GREAT AND POWERFUL” STARRING: JAMES FRANCO, RACHEL WEISZ, ZACH BRAFF, MILA KUNIS, MICHELLE WILLIAMS JOEY KING AND OTHERS

A mischievous magician gains the wisdom to become a powerful ruler after being swept away to a land of magic and mystery. Oscar Diggs (Franco) enchants curious audiences at a Kansas circus. Oscar is being chased across the circus grounds by the rampaging Strongman when a tornado blows in and everyone runs for cover.

Seeing a hot-air balloon, the illusionist jumps in and cuts himself free. Magically transported to the wondrous world of Oz, he soon encounters Theodora (Kunis), a temperamental witch. Theodora takes Oscar to the Emerald City to meet her sister Evanora (Weitz), a powerful witch who reveals that he cannot become the rightful owner of Oz until he's accomplished his mission. Later as Oscar prepares to face their fearsome

enemy, they're joined by the fearless China Girl and benevolent witch Glenda the Good (Williams), who helps them prepare for the arduous battle ahead. Together with the brave people of Oz, Oscar draws up a plan to rid the land of evil once and for all, and become the great and powerful king who will rule the Emerald City. RATED PG

COMING IN JULY “THE IMPOSSIBLE AND THE “THE GUILT TRIP”

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 JUNE 2013 AGELESS AQUA

When: Starting Fridays, June 7th thru August 30th, 2013

Where: Hampton Pool on MLK Avenue
Time: 9:45 AM to 10:45 AM

Cost: \$30.00

What: Ageless Aqua is a water fitness class active for seniors. It focuses on enhancing backdrop for an enjoyable class that is designed to get you moving. Modifications will be demonstrated for all fitness levels. For more information call Grace at 629-8357.

Prepaid registration required.

AQUASIZE (AGES 18+)

When: (Session 1) Tuesdays and Thursdays, June 4th, 6th, 11th, 13th, 18th, 20th, 25th and 27th (Session 2) Tuesdays and Thursdays, July 9th, 11th, 16th, 18th, 23rd, 25th, 29th and Aug. 1s (Session 2) Tuesdays and Thursdays, August, 6th, 8th, 13th, 15th, 20th, 22nd, 27th and 29th

Time: 6:30 to 7:30 PM

Cost: \$30.00 per person per session

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

What: This class is for active adults and

focuses on enhancing movement, strengthening muscle and increasing your range of motion. Music is used to make it lively and fun. This program is limited to 20 participants. For more information, please call Diane at 401-3916.

Walk About & Talk About - Historic Buildings of Downtown Ocala

When: June 3, 2013

Where: Meet on the downtown square in front of the gazebo at 10:20 AM

Time: 10:30 AM – 11:30 AM

Cost: Free

What: Join us as we walk about for some healthy exercise and learn about some Ocala history. Walk will include visits to historic landmarks in downtown Ocala: The Marion Hotel, Insomniac Theater (Old National Bank- holds original corner stone of Ocala), Harry's Restaurant Building (held and opera house on the upper floor. See original wood beam of the hoist used to get props to upper floor.) From 11:30 AM-12:00 PM, join us at Harry's for lunch (on your own) and a question & answer time with our lo-

cal historian Morey Dean. A great way to learn a little about our great city, socialize and meet new folks

Please RSVP to Diane @ 401-3916.

NEW PROGRAM: ENERGETIC MOTION

When: Thursdays

Time: 10:00 AM to 11:00 AM

Where: Barbara Washington Adult Recreation Center

Cost: Free

What: An active exercise class for senior citizens. Be ready to move and shake to the music and experience movement for better health.

NEW PROGRAM: LINE DANCE

When: Tuesdays, starting June 4th, 2013

Time: 1:00 PM to 2:00 PM

Where: Barbara Washington Adult Recreation Center

Cost: Free

What: If you need exercise'n, like groove'n to music and meet'n new people, then line dance'n just may be the activity for you!

Keeping Fit and Having Fun as We Age

(Family Features) Regular physical activity at any age can help you live longer, feel better and reduce health problems. But far too many people, including baby boomers, don't get the exercise they need. According to the 2012 Participation Report from the Physical Activity Council (PAC), 35 percent of Americans over the age of 55 are physically inactive. Since regular exercise helps control blood pressure, body weight, cholesterol and so much more, boomers need to find ways to get their bodies moving so they can live longer, healthier lives.

“Though any amount of exercise is beneficial, ultimately adults should work up to getting at least 30 minutes most days of the week, as long as they feel comfortable and pain-free,” said world-renowned nutritionist Joy Bauer. “From taking a Zumba class

to walking and stretching, getting regular physical activity helps the joints stay loose, maintains muscle mass, and gets the blood flowing – all of which make everyday tasks easier.”

The American Council on Exercise recommends older Americans choose exercise programs that include cardiovascular, muscle conditioning, and flexibility exercises. Low-impact, non-jarring exercises such as walking and swimming are good options. A key to sticking with a fitness program is making sure it's enjoyable.

A fun new program for older adults is Zumba Gold, a low-impact dance-based workout designed specifically for boomers and seniors. Workout routines combine salsa, merengue, flamenco and cumbia moves

(Continued on Page 12)

Select Business Associates

SBA of Ocala is an Association of non-competing, professional business people who meet on a weekly basis to share information pertaining to the local business communities as well as each individual business. The purpose of SBA is to bring together like-minded professionals to increase their business through building relationships and sharing knowledge.

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DR. DULGAR



PLAY BALL!
I would first of all like to give congratulations to the bowling team I sponsor: Dr. Dulgar's Spine Tingers, as they won their league this year and several of my patients' softball teams won their championships as well!

I bring this topic up this month as I am an avid women's college softball fan and as I write this the Women's College Softball Super Regional tournaments have just finished and the top eight college teams in the United States are headed to Oklahoma City for the Women's College World Series, including our Florida Gators! I like the game better than baseball, as baseball for me is too slow and the players chew, spit, and grab their crotch too much! But the major reason is because I too played fast-pitch softball when I was young. The town I lived in had a great softball program, from peewee to senior league. I was one of only two left-handed pitchers in the league and had a wicked curve, drop and fastball. I was one of the top pitchers in the league, but there was no future in it as colleges didn't give scholarships for the sport. These girls receive scholarships and there is also a National Pro Fastpitch league with one of its teams, the USSSA Pride, who play their home games in Kissimmee.

I treat a wide variety of sports related injuries, from golf, tennis and softball players to runners and distance bicyclists. I even treat different disciplines of equine athletes for performance enhancement, from hunter jumpers to dressage, event, reigning, sulky and quarter horse and thoroughbred race horses. The type of injuries and performance enhancement necessary from sport to sport varies, but the one thing that the best of these athletes have in common, whether they be human or animal, is heart. This "heart" is sometimes hard to gauge, but these athletes' competitiveness allows them to go beyond their normal limits of physical ability to reach greater levels of success. This too also increases the potential risk of injury and those athletes that are smart do not wait for injury to occur, but complement their care with chiropractic on a regular basis as a preventative agent to lessen the likelihood of injury and therefore maintain and/or increase their performance potential.

What is great for college softball players is that it gives young girls athletes of their own gender to look up to and want to emulate. In today's "technologically advanced" society, where the kids are too much like couch potatoes, playing with their electronic gadgets, I-Phones, and computers too much instead of getting outside and getting dirty, this sport is a refreshing alternative. These girls, as they become women, might have old injuries to deal with, but will be much less

likely to develop obesity, diabetes, etc. and therefore be healthier overall. I welcome this as it gives hope to our next generation!

Now what does this have to do with the subject of dementia that we have been discussing the past two months? There are things you can do as you get older to bring back the days of your youth without risking injury to yourself and also help your brain to stay as young as possible. Why does lis-

tening to the music you grew up with make you feel good? Why does watching sports, especially ones that you played when you were younger make you feel better? These questions will be answered next month as we continue our investigation of the brain and your mind. For a mind is a terrible thing to lose!

Submitted by Dr. Garry Dulgar, Lady Lake Chiropractic Clinic

Keeping Fit and Having Fun as We Age

(Continued from Page 11)

with fun music. For those that would prefer to work out in the comfort of their own home, there is also a Zumba Gold "Live it Up" DVD collection that offers 3 discs with workouts, as well as advice from experts in the fields of nutrition, brain health, enhancing your well-being and more.

The program was created by 71-year-old Joy Prouty, a veteran in the fitness industry and a former Rockette. "From cardio to toning, this collection brings together some of Zumba's most popular offerings in a format enabling older adults to rediscover the energy of your youth," said Prouty. To learn more about Zumba Gold, purchase the Zumba Gold "Live it Up" DVDs and find a class near you, visit www.zumbagold.com.

Workout Safety Tips

Whenever beginning a new fitness activity or program, make sure you do it safely.

- * Wear comfortable shoes that fit well.
- * Stay hydrated with plenty of fluids.
- * Listen to your body. If it hurts or it feels

like too much, stop.




You also need to be aware of danger signs while exercising. Stop the activity and call your doctor or 911 if you experience pain or pressure in your chest, arms, neck or jaw; feel lightheaded, nauseated or weak; become short of breath; develop pain in your legs, calves or back; or feel like your heart is beating too fast or skipping beats.

"It's important to see your doctor before beginning any workout routine to receive a thorough cardiovascular evaluation," said Bauer. "Once you've been cleared by your doctor, I recommend starting out slowly."




Pick an Activity that You Will Enjoy

The best way to find a regimen that will stick is to choose something that you enjoy. You'll be more likely to stick with it and reap all the benefits the physical activity has to offer.

Bauer adds that a program like Zumba Gold is great because, if you enjoy dancing, it won't feel like exercise and it can also be a social outlet: "Combining physical activity with social time is a total win-win."


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Dress Up DESSERT

(Family Features) Classic sweet treats like pound cake are delicious on their own - and with a few simple ingredients, they can be dressed up to make any day more special.

These recipes highlight the classic, homemade taste of Sara Lee Pound Cake. The newest addition, Lemon Pound Cake, is made with real lemon juice, so the bright citrus flavor shines through.

- Lemon Pound Cake Trifle — Strawberries, blueberries and whipped topping combine with cut-out lemon pound cake shapes to make a show-stopping dessert.

- Pound Cake French Toast — Take the flavors of a favorite breakfast and turn them into a mouthwatering dessert the whole family will love.

- White Chocolate Ganache Lemon Glazed Pound Cake — This treat may have a fancy name, but it's easy to make. And it tastes just as great as it looks.

- Grilled Pound Cake with Berries — Grilled slices of pound cake topped with fresh berries and lemon Greek yogurt are the perfect way to end a cookout.

- Grilled Chocolate Peanut Butter Marshmallow Pound Cake Sandwich — Bring out the kid in everyone with this delicious twist on a fluffernutter sandwich.

You can find more delicious ways to dress up dessert at www.saraleedesserts.com.

Lemon Pound Cake Trifle

Prep time: 15 minutes
Makes: 8 servings
1 regular size package (10.75 ounces) Sara Lee Lemon Pound Cake, thawed
3 cups sliced strawberries
3 cups blueberries
1 container (12 ounces) frozen whipped topping, thawed, or whipped cream
Slice frozen pound cake crosswise into 3 layers. Using a star-shaped cookie cutter (or any cookie cutter shape), cut pound cake into star shapes. Cut remaining pound cake into 1-inch pieces or into smaller star shapes.

Place half of the cut-up pound cake pieces on the bottom of a trifle or serving bowl. Place star shapes on side of bowl.

Top with half of the fruit and whipped topping; repeat layers. Garnish with small star shapes, if desired. Serve immediately or store in refrigerator, until ready to serve.



Pound Cake French Toast

Prep time: 10 minutes

Makes: 6 servings
1 family size package (16 ounces) Sara Lee All Butter Pound Cake, thawed

3 eggs beaten
1/3 cup heavy cream or 1 cup milk
1/2 teaspoon almond extract
1/2 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg (optional)
1/8 teaspoon salt
3 tablespoons butter or margarine
Powdered sugar (optional)
Slice pound cake into 12 slices, each about 1/2 inch thick.
Whisk eggs, cream, extracts and spices



in a medium bowl until well blended.

Dip each pound cake slice into egg mixture making sure to coat all sides, shaking off excess batter into bowl.

Melt butter in large skillet over medium-high heat.

Add pound cake slices to skillet. Cook 1 to 2 minutes per side, or until golden brown.

Sprinkle with confectioner's sugar and top with fresh fruit or maple syrup, if desired.

(Continued on Page 14)

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TUNE IN

Dress Up DESSERT

(Continued from Page 13)

sired.



White Chocolate Ganache Lemon Glazed Pound Cake

Prep time: 20 minutes
Makes: 12 servings

1 cup (6 ounces) white chocolate chips
1/4 cup whipping cream
1 tablespoon butter
1 teaspoon grated lemon peel
1 regular size package (10.75 ounces) Sara Lee Lemon Pound Cake, thawed
Place white chocolate chips, whipping cream and butter in a medium microwave-safe bowl. Microwave on high for 1 minute. Stir until chips are melted and mixture is smooth. If needed, heat 10 to 30 seconds more in microwave to melt chips. Stir in lemon peel. Let cool 5 minutes.

Drizzle ganache over pound cake. Refrigerate until ready to serve. Cut into slices to serve. Serve with remaining ganache.
Variation: Raspberry Filled White

Chocolate Ganache Lemon Glazed Pound Cake — Start by cutting the pound cake in half crosswise down center. Spread with 1/4 cup seedless raspberry jam. Continue with preparing the ganache as directed.

Grilled Pound Cake with Berries
Prep time: 5 minutes
Makes: 4 servings
1 regular size package (10.75 ounces) Sara Lee All Butter Pound Cake, thawed
1 cup Greek style lemon yogurt or ice cream

As-sorted fruit toppers (such as raspberries and blueberries)
Slice thawed pound cake into 1/2-inch slices. Spray both sides lightly with cooking spray. Grill over medium heat until lightly browned (1 to 2 minutes per side).
Top with Greek style lemon yogurt or ice cream, fresh raspberries and blueber-

ries.
Grilled Chocolate Peanut Butter Marshmallow Pound Cake Sandwich
Prep time: 5 minutes
Cook time: 30 seconds to 4 minutes
Makes: 1 serving
1 slice Sara Lee Double Chocolate Pound Cake Slices
1 tablespoon creamy peanut butter
1 tablespoon marshmallow cream
1 teaspoon mini semi-sweet chocolate chips



Slice pound cake slice crosswise in half forming 2 pieces. Spread one slice of frozen pound cake with peanut butter and marshmallow cream. Sprinkle with chocolate chips and second pound cake slice forming a sandwich.

Spray both sides of pound cake slices with cooking spray. Grill sandwich in a skillet over medium heat about 1 to 2 minutes per side or until crisp and toasted, or place on a microwave-safe plate and heat sandwich 20 to 30 seconds or until chocolate chips are melted.



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