

Making Adjustments



Dr. Sonja Lonadier & Dr. Jeff Pitts are seen giving a demonstration on Chiropractic care. This was the scene at the Ocala Business Leaders breakfast June 19, 2013.

Kevin T. Sheilley

Kevin T. Sheilley became the President & CEO of Ocala/Marion County Chamber & Economic Partnership (CEP) in December of 2012 following the merger of the Ocala/Marion County Chamber of Commerce and the Ocala/Marion County Economic Development Corporation.

Sheilley's strategy of aggressive and coordinated efforts in business attraction (new business), business retention (existing business), and business creation (entrepreneurship) coupled with a focus on education and workforce development have made him a respected leader in innovative regional development.

Prior to his arrival at the CEP, he served as President/CEO of Northwest Kentucky Forward, a four-county economic development organization that serves Henderson, Union, Webster, and McLean Counties. With the creation of NWKF, New and expanding employers announced more than 2200 new



or retained jobs; entrepreneurship efforts saw the creation of more than 100 new businesses and 200 jobs; and the region

(Continued on Page 5)

School Board and the Daily Newspaper

By TomL

All the recent stories about not enough money to run the schools, including the laying off of 261 teachers, had been brought to light last year by Jackie Porter. I heard a caller on the radio station charge she was an obstructionist, not true! A number of times she voted "NO" trying to stop the School Board from spending money they did not have. One issue was the privatizing of transportation. The School Board passed it with Porter voting NO and later the School Board had to back out of the deal. They were about to lose a big grant, Jackie Porter tried to stop it. Several times Porter was not at the School Board meeting because she was at a hearing for a child that was about to be left behind. The hearings were scheduled during School Board meeting times, could it have been on purpose? Porter was trying to defend a child while the others were spending money they

did not have.

During the election one of the candidates was caught but not charged with stealing Jackie Porter's identity. The other candidate that won, Tomy, was not aware of the budget shortage and our un-informed voters elected the wrong person. Actually the present Superintendent of Schools received teachers' union money for his election campaign. **TEACHERS, HOW DO YOU LIKE HIM NOW?**

If you look at the contributions, the incumbent Superintendent contributed to the other two candidates. The daily newspaper was endorsing the candidate that got caught for wrong doing. I ask you - does this sound familiar? Like maybe the SHERIFF RACE! A daily newspaper can cost you a political race. Wala!

Would you like the choice of a daily
(Continued on Page 4)

IRS & The Villages

By TomL

The Villages and the Internal Revenue Service. First let me state the obvious. The Villages Management and Owners are the largest GOP contributors in the state of Florida and I think third in the country for fund raising for past President Bush and brother past Governor Bush.

With that said the IRS and the Villages have been arguing law on District Bonds. The IRS review is now in its sixth year. Apparently there is no law on the books covering the IRS claims. The Technical Advice Memorandum was issued by the IRS, mind you this is not law it is an opinion by the IRS that was not in favor of the Villages District Bond review. The leading Bond attorneys argue there is no authority to rule on section 103(a). There is no law written on the books

covering Community Development District Bonds.

The IRS has just recently closed two examinations where Districts had elected Board members who are also landowners.

The pending battle with the IRS has not affected home sales or their value because new home sales have been breaking record in recent months.

I wonder how much this has cost the taxpayers for the IRS to fill a conference room full of attorneys for six years.

I have been following this and realize that many educated people are reading the mis-information being put out by the daily newspapers and the general public thinks the IRS has won. NOT TRUE! NOT YET! Actually these new IRS scandals put a new twist on the story.

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**GOD BLESS OUR TROOPS
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Randy Ming, our local Exercise Director, shown instructing part of the class.



The Medical Reserve Corps on the June 1 Table Top Exercise that was provided to Medical Reserve Corp Volunteers. Trident Consulting Group LLC Produces and taught volunteers who, what, when and where. Lead planner was Eric S. Achultz

Medical Reserve Corps:

Medical Reserve Corps is an organization made up of volunteers that come from a variety of backgrounds and enter the volunteer program with a varying credentials, capabilities and professional experience. Diversity is one of the key strengths of the volunteer program.

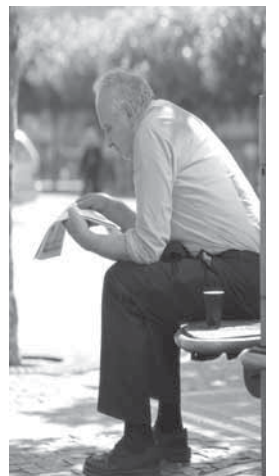
Volunteers work closely with the Florida Department of Health of Marion County, employees, providing medical and non medical services during times of disasters and public health emergencies.

The Marion County Health Department's Medical Reserve Corps Table Top Exercise was developed largely as a training event to serve as the culmination of several smaller training classes presented to volunteers in April and May of 2013. These training classes included START triage / secondary triage training; Incident Command System

refresher training, and Hazardous Material / Weapons of Mass Destruction awareness training. The Table Top exercise was designed to allow volunteers to walk through the process of being deployed for a mission (assist Marion County Health Department full-time staff in staffing a Special Needs Shelter in advance of a hurricane strike), responding to that mission request, and functioning at the shelter. The purpose of the exercise is to provide participants with an opportunity to evaluate their current understanding of response concepts, plans, and capabilities for a response to a Special Needs Shelter Activation in Marion County. The exercise focused on the activation process, command and control coordination, and the personal responsibilities necessary to save lives and protect public health and safety.

Your opinion matters to us!

Let us know what you think about the Seniors Voice and DownTown. 804-1223



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Tom Loury

PUBLISHER'S NOTES



People on the street

There have been lots of phone calls about the Sheriff Blair story. One guy called me and he said this is the first time he had read our paper. He said he liked what I

had to say and how I say it. I thanked him for being a reader and told him I believe that every person has the right to see their opinion in print.

I also got a considerable amount of opinion on the sheriff requesting more funds to operate the Sheriff's office. The past sheriff spent all the money before he left, so if you want to get mad at someone see him. The murder case that just came to my attention is a good example. Several years ago two young men were murdered. An illegal was caught crossing the border and it turns out he has been crossing for some time, not to work but he was a contract killer for the cartel. He admitted to a Marion County Sheriff detective that he had murdered 30 people for the cartel. If someone stole money or drugs from the cartel they would send this guy out to collect as much money from them as he could and then murder them.

Two things strike me about this story.

First this guy has been coming and going across the border for years.

Marion County deputies could have run headlong into him. The deputies need backup. They have not had that in the past. We cannot skimp on law enforcement. How about this, first we need to set up a program to help with the cars. The cars are 85% depreciated out and have way too many miles on them. "Thank You EX- Sheriff Dean!"

TAXES

Step right up it's all free. Free cell phones, rent subsidy, food stamps, welfare, school breakfasts and lunches, free healthcare, utility subsidy, unemployment and the list goes on and on. If you're a taxpayer and you can't afford to buy food there is nowhere you can go. It won't take long for us, the Tax Payers, to run out of money. Meanwhile the illegals and the unemployed get all the assistance they need.

PEACE TALKS

Obama would rather hold talks with the Taliban than hold talks with the non violent Tea Party. Meanwhile they are killing our soldiers.

TEA PARTY

With the sequester in place and the IRS scandal getting hotter the administration announces raises have been approved for the IRS.

What do you think?

School Board and the Daily Newspaper

(Continued from Page 1)

newspaper running your county? That's about like having an attorney run the Sheriff's office.

Anyway, slowly but surely the wheels are turning and the GOOD OLE BOYS are dropping. Unfortunately it is not because we are voting them out, it's because they are getting caught for wrong doing. Both that were caught were covered favorably by the daily newspaper.

EDUCATION

When you try taking away raises and teachers' advancement you are undermining the quality of your teachers. The Governor recently approved money to give teachers pay raises. The idea behind that was to keep and attract topnotch teachers for purposes of higher education. The better the teachers the better the education, but the School Board immediately started looking at that money. The School Board pay needs to be cut because they did not do their job!

The following is from the Govenors desk:

Top Reasons to Support Teacher Pay Raise

Florida students and teachers were recently ranked 6th for educational quality. On a recent international reading survey, Florida fourth graders scored second in the world. National Council on Teacher Quality ranked Florida teachers number one in the country two years in a row.

Florida has eliminated tenure, allowing principals to build teams from the best and brightest educators. By 2014, Florida teachers will be a part of our performance pay structure that will help attract and advance the most high-performing teachers in our education system.

Transition to common core standards will require increased responsibilities and expectations of Florida teachers, ultimately driving greater student achievement.



Newspaper Deadlines

Editorial & Ad Copy for August

Seniors Voice & Ocala DownTown

12am, July 17th

Lady Lake Magazine & Village Spectator

12am, July 24th

Ocala DownTown

A Product of TomL Publishing LLC

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COLUMNS are the opinions of the writer and do not necessarily reflect the opinion of the SENIORS VOICE, and are chosen to represent a diversity of views on local issues. The editorial on page 4 is the opinion of the Publisher only.

Free Hearing Evaluations & Ear Inspections

We are pleased to announce that **FREE Hearing Evaluations will be performed on Thursday, July 25, 2013 from 9am to 4pm** At our office at **8550 SW Hwy 200, Ocala** (Next to Big Lots)

A state licensed Hearing Instrument Specialist from Audibel will examine the inside of your ear canal and eardrum. The technician will be able to detect wax build up that may be the reason you experience hearing loss. If no wax is present, you will receive a complementary hearing test and information on solutions for your hearing health.



Please call for an appointment time
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Thomas L. Croley, M.D.

CARING FOR YOUR EYES



“Why Should You Have an Eye Examination?”

Preventative eye care may help ensure that you and your family enjoy a lifetime of good vision.

Eye conditions and diseases affect people in all stages of life, even children. Early detection and treatment of eye problems may help save sight even before many patients notice any visual symptoms. In one instance a patient never needed glasses until they were in their 40s. At that time, they began to need reading glasses, so they bought a pair at the local retail store. Fast-forward 25 years – on a whim this patient came in for an actual eye examination and were surprised to find that they had lost 80-90% of their vision to glaucoma! An entirely preventable and treatable disease went undetected due to lack of routine eye exams.

In order to help everyone understand the

importance of yearly eye examinations, the following is a list of conditions and diseases that can affect your vision, many without early warning:

Cataracts, glaucoma, diabetes, macular degeneration, hypertension, heart disease, high cholesterol, arthritis, artery occlusion, cystoid macular edema, vitreous floaters, vitreous and retinal detachments, retinitis pigmentosa, Stargardt’s disease, vein occlusion, histoplasmosis, and many others.

The risk to you may be extremely low to non-existent for many of these conditions, with cataracts being the one that will likely affect us all. Macular degeneration is one of the leading causes of loss in functional vision, while diabetic retinopathy continues to be a leading cause of blindness in the world today. Good news: glaucoma, when diagnosed early may be treated without complication or loss of vision in most patients.

Complete eye exams are also recommended for children before the age of 6. School screenings are fairly good, but sometimes subtle problems that can become larger issues can be missed. The window

of opportunity to fix those problems closes around the age of 8 or 9.

Adults over the age of 40 should be examined every 1-2 years - after 60 examinations should be on a yearly basis. At any age, if you have medical conditions such as diabetes, hypertension, rheumatoid arthritis, asthma, poor circulation, or auto-immune problems you may need more frequent exams. If you have a family history of diabetes, glaucoma, macular degeneration or any other eye condition, yearly exams may help prevent or delay damage.

There are also risk factors in addition to heredity that can affect your vision. Some of the following are believed to be strong risk factors for the development or advancement of some eye conditions.

Macular Degeneration: Caucasian – Smoking – Obesity – Poor diet

Cataracts: Injury – Excessive exposure to ultraviolet rays – Smoking – Some medications

Diabetes: Smoking – High blood pressure – Drinking alcohol – Uncontrolled blood sugar – Pregnancy

Glaucoma: African American – Extreme nearsightedness – Diabetes – Hypertension

– Trauma – Some medications

Many systemic diseases can cause visual or physical discomfort to the eye without a patient being aware that they even have a problem. The ophthalmologist can help diagnose and direct the patient for appropriate care.

If you are experiencing problems or changes in your vision such as blurry or hazy vision, having to get closer to see distant objects or read street signs, pain, flashes of light, floaters, dark spots in central vision, areas of missing vision, excessive tearing (dry eyes); an exam may save you from permanent vision loss.

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.

By Thomas L. Croley, M.D.
Board Certified Ophthalmologist
Director of Central Florida Eye Institute

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Key Questions About Retirement Income Planning

Managing money in retirement involves decisions about withdrawal

rates, asset allocation and a host of other factors that will impact your lifestyle and how long your assets will last. Following are

some straightforward answers to commonly asked questions about planning for income needs in retirement.

When should I begin thinking about tapping my retirement assets and how should I go about doing so?

The answer to this question depends on when you expect to retire. Assuming you expect to retire between the ages of 62 and 67, you may want to begin the planning process in your mid- to late 50s. A series of meetings with a financial advisor may help you make important decisions such as how your portfolio should be invested, when you can af-

ford to retire and how much you will be able to withdraw annually for living expenses. If you anticipate retiring earlier than age 62 or working later than age 67, you may need to alter your plans accordingly.

How much annual income am I likely to need?

While studies indicate that many people are likely to need between 60% and 80% of their final working year's income to maintain their lifestyle after retiring, low-income and wealthy retirees may need closer to 90%. Because of the declining availability of traditional pensions and increasing financial stresses on Social Security, future retirees may have to rely more on income generated by personal investments than today's retirees.

How much can I afford to withdraw from my assets for annual living expenses?

As you age, your financial affairs won't remain static: Changes in inflation, investment returns, your desired lifestyle and your life expectancy are important contributing factors. You may want to err on the side of caution and choose an annual withdrawal rate somewhat below 5%; of course, this depends on how much you have in your overall portfolio and how much you will need on a regular basis. The best way to target a withdrawal rate is to meet one-on-one with a qualified financial advisor and review your personal situation.

When planning portfolio withdrawals, is there a preferred strategy for which accounts to tap first?

You may want to consider tapping taxable accounts first to maintain the tax benefits of

your tax-deferred retirement accounts. If your expected dividends and interest payments from taxable accounts are not enough to meet your cash flow needs, you may want to consider liquidating certain assets. Selling losing positions in taxable accounts may allow you to offset current or future gains for tax purposes. Also, to maintain your target asset allocation, consider whether you should liquidate a portion of an asset class that may have become overweighted (i.e., exceeded your intended allocation).¹ Another potential strategy may be to consider withdrawing assets from tax-deferred accounts to which nondeductible contributions have been made, such as after-tax contributions to a 401(k) plan.

If you maintain a traditional IRA, or a 401(k), 403(b) or 457 plan, in most cases, you must begin required minimum distributions (RMDs) after age 70½. The amount of the annual distribution is determined by your life expectancy and, potentially, the life expectancy of a beneficiary. RMDs don't apply to Roth IRAs.

Are there other ways of getting income from investments besides liquidating assets?

One such strategy that uses fixed-income investments is bond laddering.² A bond ladder is a portfolio of bonds with maturity dates that are evenly staggered so that a constant proportion of the bonds can potentially be redeemed at par value each year. As a portfolio management strategy, bond laddering potentially may help you maintain a relatively consistent stream of income while

(Continued on Page 10)

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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

COMING EVENTS FOR JULY, 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 movement, strengthening muscles and increasing your range of motion. Music provides the backdrop for an enjoyable class that is designed to get you mov-

ing. Modification will be demonstrated for all fitness levels. For more information call Grace at 629-8357. Prepaid registration required.

AQUASIZE (AGES 18+)

When: Tuesdays and Thursdays, July 9th, 11th, 16th, 18th, 23rd, 25th, 29th and Aug. 1st

ALSO: Tuesdays and Thursdays, August 6th, 8th, 13th, 15th, 20th, 22nd, 27th, & 29th

Time: 6:30 to 7:30 PM

Cost: \$30.00 per person for 8 sessions.

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

What: This class is for active adults and focuses on enhancing increasing your range of motion. Music is used to make it lively and fun. This event is limited to 20 participants. For more information, please call Diane at 401-3916.

MOVIES JULY, 2013

TUESDAY AND WEDNESDAY, JULY 9TH AND 10TH, 2013 AT 1:30 PM

“THE IMPOSSIBLE” STARRING: EWAN MCGREGOR, NAOMI WATTS, TOM HOLLANDER AND GERALDINE CHAPLIN

“The Impossible” is a drama detailing a family’s incredible fight for survival

from a tsunami. This movie finds Henry (McGregor), his wife Marie (Watts), and their three sons lounging poolside at a scenic Thailand resort following an eventful Christmas. But just as the family begins to forget their troubles and settle in for a relaxing tropical getaway, one of the worst natural disasters in history changes their lives in a blink of an eye. Meanwhile, as shock gives way to abject horror, the devoted parents fight to protect their children, encountering scenes of heart-wrenching tragedy and experiencing acts of incredible compassion as the entire country is engulfed in chaos. RATED PG 13

TUESDAY AND WEDNESDAY, JULY 23RD AND 24TH, 2013 AT 1:30 PM “THE GUILT TRIP” STARRING: BARBARA STREISAND, SETH ROGEN AND OTHERS

In this family comedy Joyce Brewster (Streisand), a sixty something widow who has given up on men and seems to spend most of her time phoning her son Andrew (Rogen), a chemist who has created an all-natural cleaning solution that he’s bet his career on and is trying to sell to retailers (a wager that he’s losing thus far). Andrew returns home to spend some time with his Mom before going on across-country road trip to pitch his product in various cities, ending with a trip to Las Vegas where he’ll shoot a Home Shopping Network demo. RATED PG 13

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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

Dear Tom Loury:

I am not a terrorist. Are you? Why? Why then are we going spend time, effort, and money to collect useless information on us? Why not concentrate all that effort and expense on terrorists? Makes sense to me.

I have never sent or received a phone call or E mail from oversea, or sent one, with one exception, to which I will now confess.

Several years ago, Mahmoud Ahmadinejad visited the UN. He was interviewed by several networks. While watching these interviews, something unusual caught my eye. It seemed he was trying his darned best to

be humorous.

Since he has an Email, I decided to share my observation with him. It appeared he might be in the wrong profession, and might have a secret desire to be a STAND UP COMEDIAN. I never did receive a reply. Guess he did not consider that humorous.

However, he is currently in the process of changing jobs. Now if he shows up in America as a comedian, remember, you heard it here, first. Is immigration in his future?

Why waste resources on me, unless you are looking for a good laugh?

The government does not need info on

harmless citizens. Let them focus on terrorists. You know who they are. Don't you? I do. PC be damned ! We can save a lot {tons} of money.

Metadata is a colossal waste of money. A stealth grab for my FREEDOM. And yours.

D.I. L.

Dear Editor,

Are we Americans being duped by an inept Administration? I definitely think so. We are over 16 Trillion Dollars in debt yet we have a President, with his entourage, traveling to Ireland at the cost of millions of dollars, then traveling to Japan at the cost of millions of dollars and then to Africa at the cost of tens of millions of dollars. In the meantime, the sequester has taken place where mandatory furloughs, cut hours, cut services, etc. have taken place. Every day a new Government scandal is breaking out. We still don't know about what happened in Benghazi. Who authorized the stand down thereby getting four Americans killed including the U.S. Ambassador Chris Stevens? Hillary Clinton said, "What difference does it make now." Well it makes a big difference to the families of those slain men. What ever happened with Operation Fast and Furious where Brian Terry the Border Patrol Officer was killed? Any arrests? Then we have the IRS targeting Conservatives. Lois Lerner when questioned by Congress pleaded the Fifth Amendment. Why wouldn't she answer if she were innocent? Why wasn't she charged with contempt of Congress and put in jail until she answered. No she was put

on administrative leave. A paid administrative leave better known as a vacation. The Associated Press scandal where the Justice Department secretly obtained telephone records of reporters. The Justice Department had to go through three judges before one would finally sign a warrant. Eric Holder knows nothing. Robert Mueller, Director of the FBI, is in the dark about the IRS probe, doesn't know if there is an investigation or who is in charge. Will a special prosecutor be appointed to investigate the IRS? Will Eric Holder be fired? Will anyone be fired or jailed? Will anything happen? Probably not, as the President is way too busy being on a continuous vacation jet setting around the world and doesn't seem to care.

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(Continued from Page 7)

limiting your exposure to risk.

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¹Asset allocation does not assure a profit

or protect against a loss.

²Bonds are subject to market and interest rate risk if sold prior to maturity. Bond values will decline as interest rates rise and are subject to availability and change in price.

³Investing in stocks involves risks, including loss of principal.

There is no assurance that the techniques and strategies discussed are suitable for all investors or will yield positive outcomes. The purchase of certain securities may be required to effect some of the strategies.

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Unemployment Rate

Jobless rate ticks up slightly as labor force and number of employed expand

(OCALA, Fla.) – The jobless rate in May for Workforce Connection's Citrus, Levy and Marion counties region was 7.8 percent, up 0.3 percentage points over the month and 2.0 percent lower than the same time last year. The unemployment rate for the region remains the lowest it has been since June 2008 when it was 7.7 percent.

For the sixth consecutive month, the Ocala/Marion County metropolitan area led the state with the fastest job-growth rate at 3.6 percent, gaining 3,300 new jobs over the year. Florida's job-growth rate during the same period was 1.6 percent.

Rusty Skinner, CEO of Workforce Connection, said the slight uptick in the region's unemployment rate in is seen as largely encouraging because it is accompanied by strong gains in employment and labor force number. Skinner said that points to the "return of discouraged workers to the active job

search."

Across the region, the labor force grew by 2,066 to 208,991 and there were 16,338 unemployed, an increase over the month of 740 but down 3,979 since May 2012. At the same time, the number of those with jobs rose since April by 1,326 to 192,653 for a gain over the year of 2,083 employed.

"Despite what we want to say, there have been those who dropped out of the labor market because they were discouraged," Skinner said. "But as they've seen more hiring going on they've gotten back into the active labor market and are therefore counted as unemployed."

Expanding labor force across all three counties, coupled with an increase in the number of those with jobs, shows that "shows more optimism as more people re-enter the labor force and look for work."

The May 2013 unemployment rates, released by the Florida Department of Eco-

(Continued on Page 11)

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Unemployment Rate

(Continued from Page 10)

conomic Opportunity, were 7.8 percent for Marion County, an increase of 0.3 percent over the month and the lowest it has been since June 2008 when the rate was 7.6 percent; 8.0 percent for Citrus County, also up 0.3 percentage points to 7.6 percent, but still the lowest since June 2008 (8.1 percent); and 7.8 percent in Levy County an increase of 0.2 percentage points to 7.6 percent, the lowest since July 2008 (7.7 percent). Local rates are not seasonally adjusted. Prior to May, the unemployment rate had tumbled for five consecutive months from 8.9 percent.

The not seasonally adjusted rate for Florida is 7.0 percent and the national rate is 7.3

percent.

Confirming Skinner's analysis, Rebecca Rust, DEO's chief economist, said Friday that nationally re-entrants rate into the labor force is up from 26.9 to 28.5 percent over the month.

"If your labor force numbers go up you can certainly say part of that is due to new entrants at the local level."

Here's the break down for each county:

- Citrus County's labor force expanded by 652 to 57,176, the number of employed rose by 425 to 52,621, while those without jobs increased by 227 to 4,555. The unemployment rate in May 2012 was 9.7 percent when there were 5,522 unemployed.

- Levy County's labor force increased by

45 to 16,268, employment remained virtually unchanged with a gain of four jobs to 14,991 and the number of unemployed dropped by 41 to 1,277 which is down 269 over the year when the unemployment rate was 10.7 percent.

- Marion County's labor force grew by 1,369 to 135,547, the number of employed rose by 897 to 125,041 and those without jobs fell by 472 to 10,506, which is 2,743 fewer unemployed than May 2012 when the rate was 9.9 percent.

Over the year, unemployment dropped in all 67 of Florida's counties; over the month the rates rose in 60 counties. Citrus County's rate ranks 12th, Levy County is 13th and Marion County is 14th.

While the Ocala MSA continued to hold the fifth highest unemployment rate among Florida's metro areas, total nonagricultural employment was 95,300, up 3,300 jobs over the year. For the sixth consecutive month, Ocala metro area had the highest job-growth rate at 3.6 percent. The Ocala MSA also led all metro areas for the highest growth rate in education and health services (+6.3 percent).

Rust said that the Ocala MSA's job-growth gain is caused in part by "significant drops due to losses in finance companies."

"When you have significant loss, you can come out at the top of the list during recovery," she said.

Eight major industries gained jobs over the year, led by education and health services (+900 jobs each); leisure and hospitality (+600 jobs); professional and business services (+400 jobs each); and financial activities and other services (+200 jobs each); and information and mining, logging and construction (+100 each). All eight of the industries gaining jobs grew faster in the metro area than the state over the year.

Government lost 100 jobs over the year and manufacturing remained unchanged.

Rust cited several indicators of economic recovery:

- Since March 2013, Florida's unemployment rate has been lower than the national rate after being equal to or higher than the nation for five years.

- The current unemployment rate was down 4.3 percentage points from the last recession peak rate of 11.4 percent reached in 2009-10 and was the lowest rate since September 2008.

- Florida's annual job growth rate has been stronger than the nation's since March 2012.

- Eight of the ten major industries experienced positive job growth over the year including construction and financial activities.

- Florida's annual job growth rate has been positive for the past 34 months. Prior to this, the state had been losing jobs for over three years.

- Initial claims for Reemployment Assistance were down 12.8 percent from a year ago in May.

- Florida's foreclosures were down 2,792 (-18.5 percent) over the month and down 5,243 (-29.8 percent) over the year in April (State Courts data).

- Florida housing starts were up 11.0 percent over the month and up 60.9 percent over the year in April.

- Florida median home prices were up 3.1 percent over the month and 14.2 percent over the year in April.

- Florida's Consumer Confidence Index rose to 81 in May, up two points over the month.

Workforce Connection is the local, business-led organization dedicated to connecting qualified workers with local employers in Citrus, Levy and Marion counties through cost-effective, high-quality employment, training and education services in collaboration with business, community, education,

(Continued on Page 14)

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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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Pass the potatoes, please

(Family Features) French fries are one of a kid's favorite things to eat. But there's a whole lot more that can be made from delicious, nutritious potatoes.

"I love the versatility of Florida potatoes," said Chef Justin Timineri, Executive Chef and Culinary Ambassador, Florida Department of Agriculture and Consumer Services. "There are so many different kinds of potatoes that can be flavored in just about any way you like. Get the kids into the kitchen with you and experiment with making potato dishes the whole family will enjoy."

You can find more recipes that will have the kids saying, "Pass the potatoes, please!" at <http://bit.ly/fl-potato>.

Super Spuds

Florida potatoes are a

good source of potassium (for your muscles and growth), vitamin B6 (to help fight illness and help your nerves



function), and fiber (for digestion). Most of the nutrients are right under the skin - leave the skin on whenever possible.

Smashed Potato Bar

Yield: 4 servings

2 pounds Florida potatoes, washed and quartered

1/2 cup milk, warmed

2 tablespoons unsalted butter
1/2 cup plain yogurt or light sour cream

Sea salt and fresh ground pepper to taste

Place potatoes into a soup pot and add water until they are completely covered. Lightly salt water and place over medium high heat. Cook potatoes for 15 to 25 minutes until they are soft, but not falling apart. Carefully drain the water and return them to the pot they were cooked in.

Kids Can: Use a potato masher to achieve desired texture, being careful not to work the potatoes too much.

Kids Can: Add milk, butter and yogurt to mashed potatoes. Stir ingredients to combine. Taste mashed potatoes and season them with salt and pepper. Add any extra flavorings or toppings and serve warm.

Potato Bar Toppings

-Low fat yogurt or low fat sour cream

-Chives/scallions

-Cheese

-Bacon bits

-Fresh herbs

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Pass the potatoes, please

(Continued from Page 12)

- Sun-dried tomatoes
- Lemon

Chef Justin's Tips

- Use a combination of purple, yellow and red potatoes to make multi-colored mashed potatoes.
- Leave the skin on the potatoes for extra nutrients.
- Don't over-mash the potatoes; overworking can cause them to become gummy.

Potato and Green Bean Salad

Yield: 10 servings

- 1/2 pound Florida green beans, washed, ends trimmed and cut into thirds
- 2 pounds Florida potatoes, washed, peeled and diced large
- 1/2 cup low-fat mayonnaise
- 2 lemons, juiced



- 1/4 cup olive oil
- 3 bell peppers, seeded and diced small
- 1 cup fresh parsley, chopped fine
- 1 red onion, diced small
- Sea salt and fresh ground pepper to taste

Kids Can: Snap the ends off the beans and break them into thirds.

Fill medium-sized mixing bowl halfway with ice and water; set aside.

Fill large sized stock pot 3/4 full with lightly salted water. Bring to rolling boil over medium-high heat. Add green beans to boiling water and let cook for 2

to 3 minutes. Using a hand strainer, remove green beans from boiling water and place into the ice water to stop them from cooking. After the green beans have cooled down, remove them from the ice water and set aside.

Carefully add cut potatoes to same boiling water greens beans were cooked in. Cook potatoes in boiling water for around 15 minutes, depending on size. Once tender, drain and rinse with cold water.

Kids Can: In large mixing bowl, combine mayonnaise, lemon juice and olive oil. Stir the mayonnaise mixture to combine. Add all of the ingredients to the bowl and lightly stir to combine all flavors. Taste and adjust seasoning with salt and pepper. Keep potato salad cold in the refrigerator and stir before serving on favorite greens.

Roasted Campfire Pockets

Yield: 4 servings

- 20 Florida fingerling potatoes, sliced thin
- 1 large onion, sliced
- 2 bell peppers, sliced
- 2 cups mushrooms, sliced
- 2 tablespoons fresh herbs, chopped fine (basil, oregano, thyme, rosemary)
- 2 tablespoons olive oil
- Sea salt and fresh ground pepper to taste
- 4 skinless, boneless chicken breasts



Preheat an outdoor grill for medium-high heat, or an oven at 375°F. In medium sized mixing bowl combine potatoes, onion, bell peppers, mushrooms, herbs and olive oil. Stir ingredients to combine and season lightly with salt and pepper.

Make 4 12 x 12-inch squares of aluminum foil and lay them out to be

(Continued on Page 14)

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TUNE IN

Pass the potatoes, please

(Continued from Page 13)

stuffed. Place a chicken breast in the middle of each foil square, and lightly season with salt and pepper. Evenly distribute vegetable mixture on top of each chicken breast. Fold each packet so that a tight seal is formed and all the food is contained.

Grill packets, or bake them in the oven, for 20 to 30 minutes until internal temperature of chicken reaches 165°F. Remove packets from heat and let cool slightly. Open packets carefully as hot steam may rush out.

Kids Can: Help slice veggies and stuff their pockets with their favor-

ites.

Homemade Potato Chips

Yield: 4 servings

4 medium Florida fingerling potatoes, unpeeled (mixed colors)

1 tablespoon olive oil

Pan release spray

Sea salt and fresh ground pepper to taste

Additional seasonings (see below)

Special equipment needed: French mandolin

Preheat oven to 425°F.

Rinse and dry potatoes. Slice potatoes



as thin as possible with a mandolin.

Place sliced potatoes in medium sized mixing bowl and rinse several times with warm water. Lightly squeeze and dry potatoes.

Kids Can: Place sliced potatoes back in a dry mixing bowl and add olive oil. Toss potatoes to make sure they are evenly coated with the oil, using a little more oil if needed.

Lightly spray a cookie sheet with pan release spray. Lay sliced potatoes in a single layer on cookie sheet. Place cookie sheet in oven and bake

for 15 to 20 minutes or until golden brown and crispy.

Remove cookie sheet from oven and let cool slightly. Use a thin spatula to remove potato chips from cookie sheet into a mixing bowl.

Kids Can: While they are still warm, season chips with their choice of seasoning.

Potato Chip Seasonings

-Garlic-Parmesan

-Fresh herbs

-Your favorite dried spice mix (Greek, Cajun, BBQ)

Unemployment Rate

(Continued from Page 11)

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