

Ocala

A free publication serving the people of the Ocala area

# DownTown

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Volume 4 Issue 8

August, 2013

## Emergency Management



Pictured is Cathy Ranges President of Ocala Business Leaders and Brian Gibson. Brian gave a presentation to the Ocala Business Leaders on Emergency Management and the effects on Local Businesses.

Marion County Emergency Management is a Bureau of the Marion County Sheriff's Office. It is staffed by 5 personnel and supported by Federal and State Grants as well as the Board of County Commissioners through the Sheriff. Each County in Florida is required to have an Emergency Management function by the Florida State Statutes.

Emergency Management helps to prepare Marion County for its response to and recovery from disasters as well as to help mitigate their impact to the county. Hurricanes are not the only threat, Marion County Emergency Management prepares using an all-hazards approach to include wildfires, severe weather, terrorism, hazardous materials, and more. This is accomplished through

many plans such as the Marion County Comprehensive Emergency Management Plan and the Local Mitigation Strategy.

There are a wide variety of programs offered to businesses and residents of Marion County. CodeRED is one of the top programs offered courtesy of the Marion County Sheriff's Office. This system allows Emergency Management to notify businesses and residents of impending threats or disasters to include boil water notices, danger alerts, missing persons, and evacuations. One goal of the Sheriff was to enhance our private-public partnership and in doing this was the creation of a business group list to notify businesses of training opportunities, notices about special meetings and information from disasters relating to business recovery.

Other programs offered by Emergency Management is the Business Emergency Response Team (BERT). This program is

**(Continued on Page 6)**

## It's a Keeper!

Publishers Note: This Country is a Keeper!

I receive letters to the editor all the time. I consider this one of the best. I have been saying for some time how impressed I am by our forefathers and the thought they used. The way they looked into the future when they wrote the language for our free society. I give you this letter as an example of our people and the way they think.

Letter to the editor  
God founded America

There is a great deal of material on the founding fathers. The more I read the more admiration I have for their genius, their persistence, their fortitude, dedication, and sacrifice. They were exceptional humans. Even more so than any saints I am acquainted with.

They left no stone unturned and researched governments all the way back to Cicero. There were two free societies, prior to ours. Moses led one, and the Anglo-Saxons the other. The founders were determined not to repeat any of the mistakes made by those two societies. To correct all the deficiencies.

With the many perspectives involved, among the founders, they were able to see the down sides of every issue, and tried to put protections in to subvert any who would try to take over the government by any means. There are ways to stop a takeover, but none of our current elected officials seem inclined to do anything.

Among all the founders, the man who stood, and still stands out as a star is George Washington.

Even as a child I learned how hard things were for Washington. And though I have read



much about him since, it took the reading of this book to put him in total perspective for me. The book, The Making of America by W. Cleon Skousen, covers his campaigns, and battles in more depth than anything I have ever read. I saw something in this book that made me see Washington, was a person truly watched over, guided, and protected by GOD. Put on earth to serve His purpose.

There is no human who could have endured, and survived what Washington did without divine intervention. God wanted this nation founded, and Washington was His tool.

Washington had 4 bullet holes in his coat, and 2 horses shot from under him, yet he remained unscathed, at the Battle of the Wilderness during the French and Indian War, but he survived without so much as a scratch. Many times, some of his men literally froze to death during the Revolutionary War, but he was always spared.

Every last one of them should have starved to death.

Several times there were fortuitous

**(Continued on Page 4)**

## Wake Up Obama

IN CASE YOU MISSED IT...

Army News Service: "Army secretary: Sequestration will hinder Guard readiness"

WASHINGTON Secretary of the Army John McHugh warned that sequestration continues to threaten military readiness.

"The furlough will have a degrading effect on the readiness of the Guard. That's inescapable," said McHugh. He spoke dur-

ing a visit Friday to the District of Columbia National Guard after meeting with the D.C. Guard's commander, Maj. Gen. Errol R. Schwartz. Furloughs are affecting every unit, camp, post and station, both here and abroad, McHugh said, indicating that the impact is severe on the Guard and also the active component and Army Reserve.

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# HEARING LOSS AND DEMENTIA ARE LINKED

According to Better Hearing Institute more than 31,500,000 Americans have hearing loss. One-third of individuals between the ages of 65 and 74 suffer from hearing loss. In fact, hearing loss is the third leading chronic disability, following arthritis and high blood pressure. And yet the full impact of hearing loss is often not communicated to the public.

Research concerning the link and impact of hearing loss to Alzheimer's, depression and brain function has been published in several research journals.

## Hearing Loss and Alzheimer's

A research study conducted at the University of Washington's Department of Medicine looked at 100 cases of Alzheimer's disease compared to the general population. The researchers found that 83% of those hospitalized for dementia had hearing loss. More importantly, once fit with hearing aids, 33% were classified with less severe dementia.

"There is strong evidence that hearing impairment contributes to the progression of cognitive dysfunction in older adults," says Sergei Kochkin, PhD, Better Hearing Institute's Executive Director. "Unmanaged hearing loss can interrupt the cognitive processing of spoken language and sound, exhaust cognitive reserve, and lead to social isolation — regardless of other coexisting conditions. But when an individual has both Alzheimer's and hearing loss, many of the symptoms of hearing loss can interact with those common to Alzheimer's, making the disease more difficult than it might be if the

hearing loss had been addressed."

If a loved one is displaying symptoms of not remembering dates or appointments, withdrawal, personality changes and inappropriate responses to questions, one of the first steps is to have their hearing evaluated.

**Research concerning the link and impact of hearing loss to Alzheimer's, depression and brain function has been published in several research journals.**

## Hearing Loss and Brain Function

The term "Auditory Deprivation" refers to depriving the brain of stimulation with auditory or sound signals. The term has been used for decades to describe the effects of untreated hearing loss on the ability of the brain to understand speech and other sounds.

While the ear picks up and transmits the sounds around us, it is the brain that decodes and processes the signals and gives them meaning. When hearing loss is present, the presentation of sound to the brain is decreased. As the brain receives less sound, it "forgets" what to do with the sound. Studies published by the VA in the early 1990's showed that individuals fit with only one hearing aid had a decreased ability to understand speech on the ear without the hearing instrument. This decrease in the ability to understand speech is the result of auditory deprivation.

The average individual waits at least seven years, according to hearing industry statistics, to do anything about their hearing loss. A simple hearing test could preserve the ability of their brain to understand speech, limit their exposure to possible depression and keep them actively, happily engaged in life.

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Using Life Insurance to Ensure Business Continuity

The loss of critical personnel can be life threatening to

small businesses; however, it's a risk that life insurance can often mitigate. In fact, life insurance policies are frequently used in plans aimed at making it possible for a business to survive a change of ownership or the loss of a partner, the chief executive or an employee whose creative talent, technical knowledge or salesmanship drives the business.

Most commonly, life insurance is employed as the funding mechanism in buy-sell plans—legal agreements that provide for an orderly transfer of ownership interests—and to compensate for the loss of a key person.

### Buy-Sell Agreements

A buy-sell agreement allows the remaining owner or owners to acquire the interest of a departing owner due to death or another specified event, such as disability or retirement. The agreement typically restricts an owner's ability to transfer his or her interest and sets out the terms under which another owner or the business entity may acquire the departing owner's interest.

A buy-sell agreement can anticipate situations that could imperil the business or be harmful to owners and employees. For example, it can be used to prevent unwanted outsiders or heirs from obtaining an ownership interest; it can prevent the continued involvement of retired or inactive shareholders or partners; and it can ensure the legal continuation of the entity if an owner becomes bankrupt or loses a required professional license.

Among its benefits, a buy-sell agreement creates a marketplace for the shares of a closely held business, helping ensure that departing owners will receive adequate compensation.

Life insurance is typically used to fund the agreement and may also provide cash to pay other costs. How life insurance is employed depends on the structure of the buy-sell agreement. In the case of a partnership, for example, the agreement may call for each partner to buy and maintain policies on each of the other partners in an amount sufficient to cover the beneficiary's partnership interest. In other types of buy-sell plans, the business entity purchases the insurance policy on each owner and the business is the beneficiary.

### Insuring a Key Person

Key person life insurance compensates the business against losses that result from the insured's death. In that event, the company—which has purchased the policy and paid the premiums—immediately receives the policy's tax-free death benefit and applies the proceeds toward the resulting business costs. Examples of costs include those incurred in recruiting and training a replacement, purchasing the decedent's ownership

interest and replacing lost revenue.

To provide greater flexibility, the company may arrange an exchange agreement, allowing it to transfer coverage to a successor if the key person leaves the firm prior to retirement. While the insured is employed, the life insurance may provide the firm with additional benefits, such as a potentially higher credit rating and the ability to tap the policy's cash value for emergency funds.

### Practical Matters

∑ Establishing a value (or valuation method) for the business is a necessary step in determining how much funding will be needed for a buy-sell agreement. Likewise, the amount of life insurance to purchase for a key person should be based on a reasonable estimate of the costs the firm would incur as a result of his or her departure.

∑ A professional appraisal is usually advisable in preparing a buy-sell agreement. Professional advice is also recommended in key person situations where issues such as a potential reduction in the firm's credit rating or loss of confidence among customers, employees or vendors may be involved.

∑ Your insurance agent can provide information about life insurance terms and costs. Keep in mind that insurance premiums are not deductible business expenses and that life insurance cash values and death proceeds may result in corporate alternative minimum taxes.

∑ Owners contemplating a buy-sell agreement should consult legal and tax advisors to discuss how the proposed agreement may affect their personal financial situation and estate planning.1

1 Life insurance policies contain exclusions, limitations, reductions of benefits, and terms for keeping them in force. Your financial professional can provide you with costs and complete details. This information is intended to provide general education on the importance of buy/sell agreements. Please note that the LPL Financial Advisor providing this newsletter does not provide business valuations services.

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.

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Tom Loury

## PUBLISHER'S NOTES



MOJO's has moved!

I attended a soft opening at Mojo's a couple of weeks ago and the food was fantastic as usual. The new place is located just off the side of the Target parking lot, I think it was a Roadhouse. It changed hands and become something else but now it's Mojo's. The new location gives them more room. They will have fifteen or twenty more tables and booths which will help because they are always packed. They have a big bar area, for those that want refreshment, and a private meeting room.

I'm sure there will be room to have entertainment, maybe a blues band on weekends. The parking is ample so go check them out - I'll see you there! It's one of my favorite places to eat.

\*\*\*\*\*

It's a small world:

The White House spokesman's wife works at ABC.

CNN President Virginia Mosley is married to Hillary Clinton's Deputy Secretary Tom Nides, NA now.

CBS President David Rhodes' brother is

Top Obama Official Ben Rhodes.

ABC President Ben Sherwood's sister is Obama Special Advisor Elizabeth Sherwood.

It's called all in the family or CYA!  
\*\*\*\*\*

The indicators are telling us we are having some growth pattern and building is up a little, but the effects of ObamaCare has driven the take home pay to an all time low for the regular working person. They are making 20 % less. Businesses all over the country are making employees part time, giving them one day and a couple of hours of every week which makes them part-time. This excludes the business owner from paying healthcare.

When the administration measures unemployment they will see a decline because if you give four people a day off then the business will have to hire a fifth part-time employee to get the job done.

Many people that are on assistance went off of unemployment making the numbers look a little better. Overall earning power for the middle class is down dramatically and that's who the Administration hopes to tax!

\*\*\*\*\*

Governor Rick Scott asks President Obama to stop military furloughs. 3,500

civilian employees at Macdill are affected, along with 1,000 Florida National Guard troops. It's part of the federal sequestration cuts. They'll have to take one day off each week without pay. Governor Scott says he's especially concerned about National Guard troops taking time off because it's hurricane season. Right now, those unpaid days are

scheduled to continue through September.

All these actors, politicians and black leaders are protesting the Stand Your Ground Law. It had nothing to do with the Zimmerman / Martin case. I don't understand where this is coming from? What do you think?  
tloury@att.net

## It's a Keeper!

(Continued from Page 1)

weather phenomena that helped him win over superior forces armed and provisioned to the teeth. Miraculous fogs appeared at precisely the right time, on several occasions. Not a moment too soon, nor a moment too late. Just right. How do you account for that? It was only by the hand of God that these things could have happened.

Because of the overwhelming circumstances, extreme weather, ill provisioned and equipped, the US troops should have

lost, but with Washington's leadership, and divine intervention the US troops prevailed. Their victories were miraculous; God's hand was clearly with this man.

I think providence wanted this nation to be born. Are we to witness her demise? Not if I can help it.

Is this a nation worth fixing, and keeping? It does need a little work, and a few patriots. BUT, it is a keeper.

D.I. L.

## Your Opinion matters to us!

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



## Newspaper Deadlines

*Editorial & Ad Copy for September*

**Seniors Voice & Ocala DownTown**

**12am, August 21st**

**Lady Lake Magazine & Village Spectator**

**12am, August 28th**

## Ocala DownTown

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HEALTH



Thomas L. Croley, M.D.

## CARING FOR YOUR EYES



### WHAT CAN YOU EXPECT WITH CATARACT SURGERY?

#### Learning About YOUR EYES

First you must understand each person is unique resulting in different outcomes with each procedure. Cataract surgery is done when the cataract begins interfering with your lifestyle.

Cataract surgery is almost never an urgent procedure and can be safely put off

until you are ready. Keep in mind that although you may choose not to have cataract surgery, your vision may no longer be good enough to meet legal requirements to drive. You may face the uncomfortable choice of giving up your driving privileges.

Most people will choose to have cataract surgery in both eyes while others will wait months or even years between their cataract surgeries. Most decide to proceed with both eyes close together for optimal function. Usually a safe period of time in between procedures is 1-2 weeks. This gives the opportunity for your surgeon to check the progress on your healing in the first eye at least once but usually twice prior to pro-

ceeding with the second surgery. Although cataract surgery is the most performed surgical procedure, there are still risks involved as with any surgical procedure and post operative care is vital to help avoid potential problems.

After cataract surgery many patients notice an improvement in their vision, while some find it blurry. Almost all notice an increase of brightness as well as colors being more vibrant. Eyes can be red, irritated, have a foreign body sensation, or have fluctuating vision. Your glasses prior to surgery are usually not helpful and may actually decrease your vision. Use or don't use your glasses whichever is most comfortable; you will not hurt your eyes. Most patients are ready for new glasses 2-3 weeks after surgery. Some patients may need glasses for best function at all distances far & near, some need only

reading glasses. Those who choose multifocal implants usually can function for most far and near activities without glasses.

No one should be promised 20/20 vision after cataract surgery even though many patients see extremely well. Your ability to see well is not only determined by a successful surgery it is mostly determined on the actual health of your eye as well as the body. Patients with damage or problems from diabetes, macula degeneration, heart disease, strokes, glaucoma, poor circulation may have a body & eye which is not as health as when they were younger.

As with any surgical procedure every outcome is different, it is always important that you and your surgeon discuss any surgical procedure as well as realistic outcomes for you. At CFEI Dr. Croley & staff will help you make an informed decision and discuss the benefits as well as risks of any procedure with you. You will be given time to read and understand this important information as well as a second appointment prior to cataract surgery to go over the procedure and answer any questions you may have.

At CENTRAL FLORIDA EYE INSTITUTE, 3133 SW 32nd Avenue, Dr. Croley offers a complete eye examination geared to assessing the overall health of the eyes. Early intervention is the key to optimizing corrective measures and ensuring the continued health of your eyesight.

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# This Newspaper is Smokin!

Brody left his friends to catch up on the news.

School is back in session - watch for kids -



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Florida House of Representatives

## DENNIS K. BAXLEY



Getting Healthier

The United States has faced twelve different recessions since the Great Depression ended in 1933. However, the Great Recession that we just experienced was the

deepest and longest of any recession since the Great Depression. That means families and businesses were hurt worse and stayed

hurt for longer than any time since the early 1930s. There is still ample discussion as to the strength of our national recovery and its stability to avoid another recession. Out-of-control federal spending and lethargic economic growth concern many about our economic future. We can't fix Washington until the next election, but in Florida, the Sunshine State is beginning to shine again.

According to recent numbers from the Bureau of Labor Statistics, Florida had the third largest increase in employment in the country over the past year by creating 122,500 new jobs. Florida also has the

third lowest unemployment rate (7.1%) out of the ten largest states. Florida's unemployment rate is now lower than the national rate (7.3%). While four years of recession have left a lot of damage, it is encouraging to see Florida on the road to a healthier economy, which means a better chance for all of Florida's families. It may take more time for each family to feel the recovery, but we all know a good job is an important asset to every family's success and their ability to pay their expenses. That pattern begins to reverse the trend, and as I've quoted before, "There's nothing a little prosperity won't help."

It is also an important example to Wash-

ington, D.C. that being fiscally responsible and growing the economy is the pathway to better health. Good policies that encourage employers and incentivize Floridians to be productive are building a path to economic strength and security. None of us wish to be the first generation to give the next generation a diminished future. May we continue to focus on a better opportunity for the next generation.

Onward and Upward,

Representative Dennis K. Baxley

Florida House of Representatives, District 23

## Emergency Management

(Continued from Page 1)

based off the Community Emergency Response Team (CERT), also offered by Emergency Management. The BERT covers fire safety, disaster planning, business disaster planning, damage assessment training, enhancing government partnerships, and the setup of business response teams.

Marion County Emergency Management intends to enhance the Sheriff's vision for increased public-private partnership through business related trainings, assisting in writing and reviewing disaster plans for businesses, and assisting businesses after disasters by identifying recovery options and

resources.

If you would like more information on the programs identified, would like a presentation at your business or would like to hear more of the programs offered, please feel free to contact the Marion County Emergency Management Office at 352-369-8100. You can also email Brian Gibson at HYPERLINK "mailto:bgibson@marionso.com"bgibson@marionso.com or MSG Robert Johnson at HYPERLINK "mailto:rrjohnson@marionso.com"rrjohnson@marionso.com.

Brian Gibson, FAEM

Marion County Emergency Management

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# BUY LOCAL



To be the catalyst for a prosperous community.

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

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

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

We invite you to get acquainted at a complimentary, no-obligation

### "GET GOING! New Partner Orientation"

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

For more information and the date of the next session, please contact: Felecia Prather at 352-629-8051 or felecia@ocalacc.com

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From the Office of  
**THE MARION COUNTY SHERIFF**

The Marion County Sheriff's Citizens Academy and Partnership (CAP) program, a free 12-week educational course about the operations of the Sheriff's Office, is accepting applications for the fall course. The class will be offered at three locations.

• The Marion County Sheriff's Office will host a Tuesday evening class from 6-8 p.m. beginning August 27, 2013. The class will be held at MCSO Central Operations, 692 NW 30th Avenue, Ocala in the Multipurpose Conference Room. To register, contact Carolyn Fender at 352-368-3551 or CFender@marionso.com

• Stonecrest Community will host a class on Wednesday afternoons from 2-4 p.m. beginning August 28, 2013. That class will

be open to Stonecrest residents, family and friends only. To register, contact Cynthia Stefanik at cynsavtek@aol.com or 352-307-1554.

• On Top of the World will host a class on Thursday mornings from 9-11 a.m. beginning August 29, 2013 at its Master the Possibilities learning center. Registration for the OTOW class is open to the public but must be done through Master the Possibilities by calling 352-854-3699 or online at MasterThePossibilities.com.

All students should call to get an application form.

During the program, MCSO staff will highlight all units within the Sheriff's Office, giving citizens an in-depth understand-

ing of what the agency is doing for the community. Each week will focus on a different aspect of the agency, personnel, equipment, policies, procedures and overall function. Students will have an opportunity to view specialty unit equipment, hear from experts in the field of law enforcement, investigations, corrections and prosecution. After graduation, students will be offered an exclusive chance to obtain their concealed weapons license through a firearms safety course instructed by Sheriff Chris Blair.

ARREST "We use no names"!

36 year old Ocala man. He's facing 160 criminal charges to include sexual battery, producing child pornography and possession of child pornography. The first time he was arrested was on June 20. Detectives used information from that case to find additional evidence to charge him. When last checked, his bond was set at \$1,155,000.

We had the chance to work with Federal Communications Commission agents to shut down an unlicensed radio station. Detectives arrested two men, charging them with operating an illegal radio station on the frequency 97.7. Both men from Ocala. The

radio station was located in a mobile home at 1706 SE 150th Street in Summerfield. There was a nearly 100 foot radio tower nearby. An agent stated "that someone operating a radio station without a license could cause interference with other radio stations, but could also cause interference with any aircraft flying in the area."

The Marion County Sheriff's Office, in conjunction with the Medicaid Fraud Unit of the Attorney General's Office, Agency for Healthcare Administration and the Florida Department of Children and Family Services, arrested two women for illegally operating assisted living facilities without a license and neglect of an elderly/disabled person. Several victims were interviewed and stated the housing conditions were reported to be deplorable. "I thank Sheriff Blair and his office for their partnership in investigating and stopping the abuse and neglect of elderly and disabled adults in Marion County," stated Attorney General Pam Bondi. "My Medicaid Fraud Control Unit remains committed to working with our law enforcement partners to protect Floridians from these despicable acts."

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ONE PERSON'S OPINION

LETTERS TO THE EDITOR

Dear Editor,

George Zimmerman was judged not guilty. Was he? I wasn't there so I don't know. However, I do know that one person is dead and one person's life will never be the same again. That he will have to live the rest of his life knowing that he killed another person. The media from the beginning has tried this case in the court of public opinion. What wasn't racial became racial. The President, the President of the United States, said after the shooting that if he had a son it would look like Trayvon. What about all the other black boys/men who have been

murdered why didn't he speak up for them too? Why is he even commenting on a local murder? Al Sharpton and Jessie Jackson led marches, "Justice for Trayvon." Where have these same people been when many other families have looked for justice when their friend or family member has been murdered? Nowhere. Talk about racists. They wanted a conviction no matter what because it was a "white" on black crime even though George Zimmerman was Hispanic. The jurors after going through all the evidence and hours of deliberations came up with a no guilty verdict, not second degree murder

or manslaughter. Whether a person wants to or not, you have to believe that the justice

system works. SL

## Take Time to Tackle Home Maintenance

Take Time to Tackle Home Maintenance Follow the "SAFETY" Checklist from Trusted HGTV Contractor Mike Holmes (Family Features) Keeping a healthy home for your family means more than daily chores and the occasional deep cleaning. It's important to add inspections of often overlooked areas and regular maintenance to your list of tasks.

"Every home can have unhealthy, harm-

ful, or even hazardous areas," said Mike Holmes, renowned contractor on HGTV and healthy home expert. "It's important to check them out, especially during regular maintenance. Addressing these 'hidden hazards' helps create a healthy home and keeps your family safe."

Holmes recommends following his "SAFETY" checklist:

**S** Seek out lead in the home.

If your home was built before 1978, it could contain lead. If you disturb any material that contains lead, tiny lead particles could become airborne at home. Talk to a professional to test the entire house, and take the necessary steps to ensure your family's safety.

**A** Address indoor air quality and change your air filter.

According to the U.S. Environmental Protection Agency (EPA), indoor air pollution levels can be 2 to 5 times higher than outdoor levels. Use an electrostatically charged Filtrete Brand air filter to help capture odors and airborne particles, such as mold spores, dust mite debris, bacteria and viruses. Plus, changing your filter at the start of every season helps protect and maintain your system.

**F** Fix leaks to prevent mold and mildew.

Mold spores need moisture to grow and thrive in warm, humid conditions. Inspect your home for excess water and moisture build-up from leaky roofs, faucets, basement drains, dishwashers and washing machines, and fix them immediately.

**E** Exercise caution around appliances.

Before using appliances such as space heaters and toaster ovens, make sure they are working properly. Never drape an electrical cord over a sink. Also avoid overloading wiring or plugging too many appliances into a single wall socket. Be sure to unplug appliances when they're not being used, and cover sockets with outlet protectors.

**T** Test for dangerous gases.

One out of every 15 homes in the U.S. has dangerous levels of radon, according to the EPA. You can purchase a short-term home radon test for less than \$20. Test the lowest lived-in level of your home, and if you have elevated levels of radon, call a qualified contractor immediately. Also, test smoke and carbon monoxide detectors every month by pushing the test button on the unit. Remember to change the batteries every season, and replace the entire unit every 7 to 10 years.

**Y** Yield healthier results with regular upkeep.

Keep up with regular home maintenance to help keep your home healthy and your family safe. Fix small problems now to avoid big repairs later. Remember, big repairs come with big price tags and can lead to unhealthy and unsafe living conditions.

For more tips on creating a healthier home, visit [www.Filtrete.com](http://www.Filtrete.com).



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## SENIOR SCHEDULE OF EVENTS

### MOVIES AUGUST, 2013

TUESDAY AND WEDNESDAY, AUGUST 13TH AND 14TH, 2013 AT 1:30 PM

“SILVER LININGS PLAYBOOK” STARRING: BRADLEY COOPER, ROBERT DeNERO, JENNIFER LAWRENCE AND OTHERS

“Silver Linings Playbook” stars Bradley Cooper as Pat, a bipolar man from Philadelphia who has spent the last eight months in a mental hospital. He was ordered there after a violent incident involving his wife and another man. Pat moves in with his father (DeNero), a lifelong Eagles fan who has low-level OCD issues. Pat wants to get back together with his wife, even though there is a restraining order keeping him from contacting her. He soon befriends Tiffany (Lawrence), a depressed young woman who’s mourning the death of her husband by engaging in compulsive sex with almost everyone she meets. She also knows his wife and offers to deliver a letter of his to her if he acts as her partner in a local dance competition. **RATED R**

TUESDSAY AND WEDNESDAY, AUGUST 27TH AND 28TH, 2013 AT 1:30 PM

“THE AMAZING SPIDER-MAN” STARRING: ANDREW GARFIELD, EMMA STONE, DENIS LEARY, IRFAN KHAN, MARTIN SHEEN, SALLY FIELD

### AND OTHERS

Typical teenager Peter Parker (Garfield) embraces his incredible destiny after uncovering one of his father’s most carefully guarded secrets. **RATED PG 13**

COMING IN SEPTEMBER “QUARTET” AND “SUMMONED”

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 AUGUST, 2013

#### AQUASIZE (AGES 18+)

When: 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 movement, strengthening muscles and 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.

#### COMING IN OCTOBER

#### “SPORTSABILITY”

When: Friday and Saturday, October 4th and 5th, 2013

Time: 10:00 AM to 3:00 PM

Where: Friday at MLK Rec. Complex & E.D. Croskey Rec. Center, 1510 NW 4th St., Ocala; Saturday at Carney Island, 13275 SE 115th Ave., Ocklawaha, Florida

Cost: Free

What: This two day event will enable in-

dividuals with disabilities the opportunity to experience a variety of recreation and leisure activities. Discover the latest equipment, trends & resources designed to encourage participation regardless of age ability level. For more information, please call Diane at 352-401-3916.

## Boxing coming to Ocala

Olympic style boxing is coming to Ocala Saturday August 24th @ 6pm at the SE Livestock Pavilion on old Jacksonville Rd. Young aspiring Olympians will be fighting to stop bullying and also gain experience in the quest for gold medals in the Olympics. Fighters and boxing fans will be traveling from Orlando, Tampa, Jacksonville, Daytona, Kingston Georgia to compete in the Eagles Boxing Championships sponsored by Aarons, Zaxbys, The Cabin Pub, and BB&T Bank.

Marion County commission chairman Kathy Bryant is scheduled to sing the “National Anthem” and Rachel Durton of Watula is traveling to Ocala to sing “America the Beautiful”. All children who take the Anti-Bullying pledge attend the event for free. The pledge founded Kathy Bryant and 1st given congressman Rich Nugent to the fighters and fans last year will be given again at this event. A dozen bouts are planned and commissioner Robert Rene of Orlando’s Dynamic Fighting Championships is sanctioning the event and states at least one

championship belt will be on the line.

General admission is \$10 and ringside reserved are \$20. Tables at ringside seat seven and are available for \$250 and \$500. Advertising ringside and in the arena and in the program is available by calling 352-875-5271 to reach Bob Childs of Patriot Promotions. Advanced front row and tables are available by calling 352-318-8491 to reach Sampson’s Gym a 501 3c non-profit corporation who is promoting the event which is the 5th time the anti-bullying pledge is available to young people. More information about anti-bullying can be found online by searching for sampsonsboxing.com and the events scheduled for the year.

Over a thousand fans can attend this event with elevated theatre type seating at a great boxing venue situated in Ocala. Great food is provided by Zaxbys and Aarons features a live big screen tv coverage of the event and discount offers good at their stores. A great evening of exciting action for the whole family.

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## Governor Rick Scott FROM THE GOVERNOR'S DESK

**Governor Rick Scott Appoints Jonathan Walker to Board of Massage Therapy**  
Tallahassee, Fla. – Governor Rick Scott announced the appointment of Jonathan E. Walker to the Board of Massage Therapy.

Walker, 44, of Tallahassee, is a licensed massage therapist and president of Jonathan E. Walker & Associates, Inc. He fills a vacant seat and is appointed for a term beginning July 12, 2013, and ending October 31, 2015.

\*\*\*\*\*

**Teachers of the Year Applaud Governor Scott's Commitment to Education**

ORLANDO, FLA - On Thursday, July 11, Governor Scott attended the 2014 Macy's/Florida Department of Education Teacher of the Year Gala, where he announced Dorina Sackman of Orange County as the 2014 Florida Teacher of the Year. During the award ceremony, Governor Scott also committed to holding a second Education Listening Tour this fall.

\*\*\*\*\*

**Tallahassee, Fla. – Governor Rick Scott announced the appointment of Sarasota County Judge Kimberly C. Bonner to the Twelfth Judicial Circuit.**

Bonner, 47, of Sidell, has served as a Sarasota County Judge since 2002. Previously, Judge Bonner served as in-house counsel with Allstate Insurance, a staff attorney for the U.S. Department of Agriculture,

and practiced with Dickenson & Gibbons. She began her legal career as Assistant State Attorney in Sarasota in 1990. She received her bachelor's degree from Stetson University, her master's degree from the University of West Florida, and her law degree from Pepperdine School of Law. Bonner has been consistently rated one of the top judges in the Twelfth Judicial Circuit according to members of the Sarasota County Bar Association. Bonner fills a vacancy created by the resignation of Judge Rick DeFuria.

Governor Rick Scott said, "Judge Bonner has served Florida's citizens with dignity, respect, and fairness on the county bench. She will bring the same qualities to the Twelfth Circuit bench."

\*\*\*\*\*

**OKEECHOBEE, FL. – Governor Rick Scott announced that Charles Composites is creating 28 new jobs and \$3.85 million in capital investment in Okeechobee.** Charles Composites', a strategic supply partner of Charles Industries, an Illinois-based manufacturing and technology company, will manufacture and distribute underground enclosures to large utility providers, telecommunication companies, wireless companies, and cable television companies.

\*\*\*\*\*

**ORLANDO, FL – Governor Rick Scott joined WWE leadership and some of the sports entertainment leader's top talent to**

celebrate the opening of their Global Performance Center in Orlando. Governor Scott announced the construction of the new facility in April of this year, as well as the nearly 100 jobs and \$2.3 million in capital investment created by the center.

Governor Scott said, "We are happy to be back here at WWE's Global Performance Center, officially opening this state-of-the-art training facility. WWE is a big name in sports entertainment so it's fitting that they have chosen to take a one-way ticket to Florida to grow their business. In only two and a half years, Florida has created 330,000 private-sector jobs and our unemployment rate has dropped well below the national average to 7.1 percent. It's working in Florida."

The facility will allow WWE's rising stars to gain valuable training in the ring, as well as enable their television production professionals and those in the sports medicine field to hone their skills. The center is home to seven training rings, world-class strength training equipment, and cutting-edge editing and production facilities. The complex is a central location for all WWE talent to train under the care and tutelage of the best in the business.

Florida Secretary of Commerce Gray Swoope said, "The world of sports entertainment is big business around the globe and WWE stands tall above the competition. WWE's decision to build this new Global Performance Center in Florida demonstrates their confidence in our state to provide the resources they need to continue their incredible success. The business world takes notice

when one of the most recognized brands in the world chooses to expand in your state."

"The WWE Performance Center represents the future of our company, providing the next generation of WWE Superstars with a world-class facility to call their own," said Paul "Triple H®" Levesque, Executive Vice President, Talent and Live Events, WWE. "The venue offers our developmental talent a full training experience with real time feedback from WWE coaches, trainers and doctors, giving them the resources they need to develop their talent both athletically and creatively."

In addition to WWE, Florida has recently attracted business like Hertz and Garda World Cash Services to relocate and expand in Florida. Florida is the 4th largest state in the U.S. and the 21st largest economy in the world. Few states can compete with the state's leading business tax climate, low business costs, and no personal income tax. Florida offers the nation's number one talent pipeline and is dedicated to being the most business friendly state in the nation by cutting taxes, streamlining regulations and investing in education.

\*\*\*\*\*

**Governor Rick Scott Says US Senate Plays Politics With Students**

Tallahassee, Fla. – Governor Rick Scott said it was outrageous for the US Senate to choose politics over students as they were unable to come to a consensus on a procedural vote to clear the way for legislation to reduce student loan interest rates. The Sen-

**(Continued on Page 12)**



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Marion County Sheriff Chris Blair Presents Legislative Champion Award to Representative Dennis Baxley

## Dennis Baxley Receives Award

Ocala, FL (July 19, 2013) Each year, the Florida Sheriffs Association recognizes state legislators who have made significant contributions to criminal justice and public safety through their leadership. During the 2013 legislative session, there were a number of key legislators who the Sheriffs counted on to ensure a successful session. The Marion County Sheriff's Office presented Representative Baxley with the Legislative Champion Award at a ceremony held at the Marion County Sheriff's Office, 692 NW 30th Avenue, Ocala, FL. Representative Baxley, Chair of the Judiciary Committee, listened to the concerns of the Florida Sheriffs and consistently supported law enforcement and corrections. His staunch advocacy for the Sheriffs enabled us to pass much needed legislation such as combatting attacks from

sovereign citizens, fixing duplicative abuse reporting with other law enforcement agencies, and protecting law enforcement officers' families by exempting their names from public record.

Representative Dennis Baxley said "It is always a privilege to work with the Florida Sheriffs as we sort out the best public policy for the public safety of all Floridians. We owe a great debt of gratitude to those who put themselves in harm's way to keep us safe."

The Florida Sheriffs Association has identified Florida legislators who gave critical support to Florida's Sheriffs for bills we supported, as well as who worked through bills of concern and helped us to defeat those bills that were just were not good for Florida.

# 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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Governor Rick Scott

## FROM THE GOVERNOR'S DESK

(Continued from Page 10)

ate has failed to pass legislation that would keep the college loan interest rate on new Stafford federal loans to 3.4 percent without raising taxes on small businesses. Currently, new Stafford loans are offered with a 6.8 percent interest rate because Congress was unable to come to a compromise before the lower rate expired on July 1.

Congress then recessed without addressing the dramatic rate increase on students.

Governor Scott said, "Saddling students with a lifetime of higher student loan debt because of more political inaction in Wash-

ington is outrageous. In Florida we have worked to keep tuition low and education quality high. The Senate's inaction today hurts Florida's students and families."

The Senate proposal would have kept the student loan interest rate the same by raising taxes on small businesses. The Republican-controlled House of Representatives passed a student loan compromise bill that did not raise taxes, based on a proposal by President Obama designed to garner bi-partisan support. The Democrat-controlled Senate was unable to successfully pass similar legisla-



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\*\*\*\*\*

Governor Rick Scott Appoints Carolyn Kurtz to the Board of Pilot Commissioners

Tallahassee, Fla. – Governor Rick Scott announced the appointment of Carolyn J. Kurtz to the Board of Pilot Commissioners.

Kurtz, 48, of Tampa, is a harbor pilot with the Tampa Bay Pilots Association. She fills a vacant seat and is appointed for a term beginning July 22, 2013, and ending October 31, 2013.

\*\*\*\*\*

Governor Rick Scott Reappoints Matthew Simmons to Florida Real Estate Appraisal Board

Tallahassee, Fla. – Governor Rick Scott announced the reappointment of Matthew S. Simmons to the Florida Real Estate Appraisal Board.

Simmons, 29, of Fort Myers, is the residential division manager at Maxwell and Hendry Valuation Services, Inc. He is reappointed for a term beginning July 22, 2013, and ending October 31, 2015.

The appointment is subject to confirmation by the Florida Senate.

\*\*\*\*\*

Governor Rick Scott Appoints Five to Board of Dentistry

Tallahassee, Fla. – Governor Rick Scott announced the appointments of Dr. Leonard L. Britten, Angela T. Sissine, Anthony J. Martini and Timothy S. Pyle, and the reappointment of Dr. Robert L. Perdomo III to the Board of Dentistry.

Britten, 60, of Lutz, is a general dentist with Britten Dental Associates. He succeeds

Dr. Carl Melzer and is appointed for a term beginning July 22, 2013, and ending October 31, 2015.

Sissine, 42, of Jacksonville, is a dental hygienist with the dental office of Dr. John J. Harrington. She fills a vacant seat and is appointed for a term beginning July 22, 2013, and ending October 31, 2013.

Martini, 71, of St. Johns, is retired. Previously, he worked in marketing for Gulf South Medical Supply. Martini succeeds Elmira Gainey and is appointed for a term beginning July 22, 2013, and ending October 31, 2014.

Pyle, 46, of Pensacola, is the owner of the Gideon Group. He fills a vacant seat and is appointed for a term beginning July 22, 2013, and ending October 31, 2016.

Perdomo, 46, of Coral Gables, is a self employed dentist. He is reappointed for a term beginning July 22, 2013, and ending October 31, 2016.

The appointments are subject to confirmation by the Florida Senate.

\*\*\*\*\*


Governor Rick Scott Reappoints Two to the Council on Homelessness

Tallahassee, Fla. – Governor Rick Scott announced two reappointments to the Council on Homelessness.

Stephen Smith, 66, of Clermont, is the president of New Beginnings of Lake County, Inc. He is reappointed for a term beginning July 22, 2013, and ending June 30, 2015.

Cherron Newby, 53, of Jacksonville, is

(Continued on Page 13)




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I stayed at the Hamilton Lake Bed & Breakfast last week. I did not know what to expect because I had never stayed at a Bed & Breakfast. The setup was pretty neat actually. Each person had a bedroom with a big bathroom and a common living area, kitchen and porches. Wireless was available and my room had a desk and a jacuzzi. I had to work on this paper some. Pictured is my wife Phyllis paddling a Kayak at sunset. The sunset was so interesting I took pictures and this is one I came up with. TomL

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

(Continued from Page 12)  
 the owner of CCs Consulting & Training. She is reappointed for a term beginning July 22, 2013, and ending June 30, 2015.

\*\*\*\*\*  
 Governor Rick Scott Appoints Fifteen to Workforce Florida Inc.  
 Tallahassee, Fla. – Governor Rick Scott

announced nine appointments and six re-appointments to the Board of Directors of Workforce Florida Inc.

Robert Campbell, 58, of Jacksonville, is a program director with Honeywell Technologies Solutions Inc. He succeeds Eric D. Kennedy, and is appointed for a term beginning July 22, 2013, and ending July 6, 2015.

Steve Capehart, 61, of Jacksonville, is the business agent for the Jacksonville Supervisors Association. He succeeds James I. Bardi, and is appointed for a term beginning July 22, 2013, and ending March 21, 2016.

Duane E. De Freese, 59, of Indialantic, is the senior vice president of science and business development at AquaFiber Technologies Corporation. He succeeds Lumon J. May, and is appointed for a term beginning July 22, 2013, and ending March 21, 2015.

Randy Hanna, 55, of Tallahassee, is the chancellor of the Florida College System. He succeeds J. David Armstrong, and is appointed for a term beginning July 22, 2013, and ending July 6, 2014.

Elli Hurst, 48, of Fort Lauderdale, is the vice president of global delivery at IBM Corporation. She succeeds Randolph E. Bertridge, and is appointed for a term beginning July 22, 2013, and ending March 21, 2015.

William Johnson, 57, of Tampa, is the vice president for financed shared services at Coca Cola North America. He succeeds Wayne Rosen, and is appointed for a term beginning July 22, 2013, and ending March 21, 2016.

Rick Matthews, 60, of Melbourne, is the vice president of manufacturing operations and the Melbourne site manager for Northrop Grumman. He succeeds Daniel J. Baldwin, and is appointed for a term beginning July 22, 2013, and ending March 21, 2016.

Mike Tomas, 47, of Miami, is the president and CEO of Bioheart Inc. He succeeds

George E. Hauer, and is appointed for a term beginning July 22, 2013, and ending July 6, 2016.

Rodney Wickman, 52, of Jacksonville, is the president of the International Brotherhood of Electrical Workers Local Union 2358. He succeeds Mary Lou Moseley, and is appointed for a term beginning July 22, 2013, and ending March 21, 2015.

Jennifer L. Grove, 44, of Pensacola, is the workforce development coordinator of the Gulf Power Company. She is reappointed for a term beginning July 22, 2013, and ending March 21, 2016.

Ben F. Grzesik, 70, of Melbourne, is on the virtual adjunct faculty at the University of Maryland. He is reappointed for a term beginning July 22, 2013, and ending July 6, 2016.

Dwayne E. Ingram, 51, of Odessa, is a partner at the Sourcing Board. He is reappointed for a term beginning July 22, 2013, and ending March 21, 2016.

Alex Moseley, 40, of Venice, is the president of MoseSys. He is reappointed for a term beginning July 22, 2013, and ending March 21, 2015.

Britt Sikes, 42, of Fort Lauderdale, is the marketing president for Dex Imaging. He is reappointed for a term beginning July 22, 2013, and ending March 21, 2015.

Dr. Linda Sparks, 62, of Orange Park, is the regional executive director of Academies of Electrical Technology. She is reappointed for a term beginning July 22, 2013, and ending July 6, 2016.

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# Snack Smart

(Family Features) Did you ever find yourself skipping a meal so you could enjoy a snack? Well you're not alone. In fact, according to a national survey commissioned by Dole Banana Dippers and conducted by Wakefield Research, nearly 60 percent of women have skipped a meal so they could enjoy a snack without feeling guilty.

With so many hours in a day, it's nearly impossible to just eat three meals. Everyone needs a snack to keep them feeling satisfied throughout the day. However, it's important to make smart choices when you reach for that mid-day pick-me-up. Next time you are considering skipping lunch, keep these tips in mind so you can have your snack and eat your meal, too.

**Manage Your Sweet Tooth:** Every once in a while it's OK to give into your sweet tooth. Depriving yourself won't make your body or your mind happy. So next time you're craving a sweet treat, reach for something that won't leave you feeling guilty. For example, try Dole Banana Dippers made with fresh frozen Dole ba-

nana slices and dipped in decadent dark chocolate. They are available in two varieties, each with only 120 calories per serving or less: Dark Chocolate and Dark Chocolate with Almonds.

**Enhance What's in Your Eyesight:** You are more likely to eat a healthy snack if it's within reach. So, keep a bowl of fruit on your counter to reach for when you are feeling hungry. And if you find yourself overindulging at work, keep a container of mixed nuts on your desk; they will fill you up quickly and give you extra energy to help get you through the day.

**Bring Out the Bowl:** It can be hard to stop reaching for potato chips once you start; before you know it, the whole bag is gone. To help keep track of just how many servings you are eating, purchase snacks packaged in individual serving sized containers. If you are a club shopper, or if you just prefer to purchase the whole bag, remember that snacking out of the bag will make you more likely to overindulge. To avoid this, put your snack on a plate or in a bowl; it will help you

realize just how much you're eating.

**Slow It Down:** Do you tend to wait until you are extremely hungry to have a snack? Before you inhale your treats, take a breath and remember that when you eat your snack too quickly, you don't give your body time to digest and process whether or not you are satisfied. Eat slowly and savor every bite. You will feel as if you are eating more than you actually are, and your body will have time to decide if it is full or not.

So next time that 3:00 p.m. grumble rolls around, remember these tips to help you snack smart.

For more snacking tips and ideas, visit [www.Dole.com](http://www.Dole.com).



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