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their amazing support!!!

Tom's Picks: Yard/Driveway Design and Metal Roof Installation

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The model home was called the Springdale. It was an exquisite model.



GOD BLESS OUR TROOPS

SUPPORT OUR WOUNDED WARRIORS IN GOD WE TRUST

Florida House of Representatives =

DENNIS K. BAXLEY



In August the Florida legislature was called to convene a special session. A Circuit Court Judge, Terry Lewis, ruled that the congressional map did not meet with the recently passed Fair District

Amendments to the Florida Constitution. This judge ruled that 25 of the 27 congressional districts were legal, but invalidated Districts 5 and 10 which are currently represented by Corrine Brown and Daniel Webster, respectively.

During the special session new maps were drawn which addressed the Judges' concerns. We remain hopeful that what passed the Florida House and Senate will comply with the Constitution.

A hearing has been set for August 20, 2014, to hear arguments on the new map and possible changes to the election schedule. The lawsuit was originally brought forth

by the League of Women Voters, Common Cause of Florida and other Democraticaligned groups. They are trying to argue that this year's election should take place under the newly drawn districts. It is unknown what will happen to ballots already cast and their fate would be decided by Judge Lewis' ruling after the August 20 hearing.

Many of you have already cast your ballot and your vote should count! The Florida Speaker of the House and Florida Senate President have committed to maintaining their strong objection to any attempt to invalidate thousands of ballots cast by Floridians including our overseas military personnel.

While we believe in separation of powers, we are going to do all that we can to prevent special interest groups and activist judges efforts to create chaos in our election process and invalidate your vote.



Officers Suspended Without Pay

5 OFFICERS SUSPENDED WITHOUT PAY FOR EXCESSIVE USE OF FORCE

MARION COUNTY, FL (August 11, 2014) - On Thursday, August 7, 2014, (5) officers with the Marion County Sheriff's Office assisted with the execution of (5) search warrants and (5) arrest warrants. During this time, a use of force was used by these officers to affect an arrest of one of the wanted subjects. As a result of the agency's standard use of force review, the Sheriff's Office discovered that video existed depicting the officers actions which appeared to be potentially excessive. Sheriff Blair and his senior staff were briefed about the circumstances regarding this use of force, as

well as reviewing the video taped evidence. Upon reviewing this information, immediate action was taken by Sheriff Blair to suspend all 5 officers involved in this arrest without pay and at the request of Sheriff Blair, contact was made with the Florida Department of Law Enforcement to conduct an investigation of the incident who will work in conjunction with the State Attorney's Office.

Sheriff Blair has taken swift action concerning these allegations of misconduct and does not and will not condone inappropriate conduct. The agency is unable to comment further concerning the investigation other than the investigation is on-going by FDLE.

Your. Opinion matters to us!

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





Tom Loury 352-804-1223

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=Brett Bonham, BC-HIS ===== HEARING MATTERS



Paul was born in 1939 in Delaware. Не rough-housed with his 4 brothers and teased his 2 sisters like all normal brothers. His mom would ask him to. quiet down as she melodically played the piano for his

family. Paul played baseball, was a Cub Scout, had a cork gun and collected trains. Paul jokes with his family that his brain did not turn on until the third grade and while he learned to read and write the country recovered from World War 2. His father worked

in insurance and loved his family dearly.

When Paul a now father of three and grandfather of five tussles with his young grand kids or golfs with the older ones in the back yard, hearing loss has never been at the forefront of his mind. Looking back, at a successful career in Sales with music as a hobby, it had never occurred to Paul that his ability to listen actively and understand the needs of his customers through the emotion in their voice was a gift of sharp and healthy hearing. As he harmonized with his Barbershop quartet to perfect pitch and played the piano for church, he never dreamed that one day it would be difficult to even hear the notes.

Paul a jovial and loving man recently

found himself continuously asking, what? And snapping at his loving wife out of frustration. Paul was embarrassed by the constant need for her to reaffirm what she had said. Paul a provider for his family and has never needed to rely on the assistance of others. Still playing with his trains this Christmas and listening to the television on high volume just to hear Jimmy Stewarts lines in, "it's a Wonderful Life" he realized much like Stewart's character in the film, he himself was beginning to lose touch with the world around him. He wondered, how much more of a difference could I make? How much more do I have left to give? How much richer would my relationships be if I could hear clearly?

Knowing that prolonged hearing loss can lead to a decrease in alertness, a safety issue with his young grand children around, increased chance of dementia which plagued

his sweet mom in the later years of her life and depression, fatigue and stress which was now beginning to be directed towards the love his life, his wife, he needed to make a tough decision.

Paul knew that after years of golfing, gardening and living in Florida hundreds of miles from his birth state of Delaware he needed to vigilantly check for skin cancer. Paul sees the doctor for appropriate testing annually and goes to the dentist every six months....but hearing, that was something he had never considered. He had been told that hearing can slowly decrease over five to seven years with increasing severity. Admitting to himself that his hearing loss had begun to show signs of progression nearly two years earlier, he jokes his light came on once again as it had in third grade. Paul said that it was funny how history repeated itself, his light came on he began to enjoy conversations, music and television in a way he had not been able to for years and the country continued to recover from war.

Paul knows that it took all of the pride and confidence he had learned in the Cub Scouts and on that baseball field to admit he needed to meet with a hearing expert at Audibel hearing centers, but he knew that they have successfully been treating hearing loss for many years. Paul knew that they had experience and training in the latest top of line methods and technology required to fully evaluate his hearing and to provide the care and solutions he needed to reverse the effects of his hearing loss.

Today Paul sits with his family by the pool as his grandchildren run through his garden and he sips a lemonade and listens to his sisters and brothers reminisce about the good old days. Remember when mom use to tell us boys, turn that radio down and stop messing up the house? Paul responded I sure do and he chuckled to himself knowing his wife would still say that he messed up the house but he knew because of his trip to audible hearing centers no one would ever tell him to turn down the radio again!

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Tom's Picks: Yard/Driveway Design and Metal Roof Installation

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SUPPORT OUR WOUNDED WARRIORS IN GOD WE TRUST

■ Tom Loury

PUBLISHER'S NOTES



While the Middle East is in turmoil, Israel remains an island of stability and democracy. As home to one of the largest Jewish populations outside of Israel, Florida has a special relationship with Israel.

The Federal Government is placing the illegal immigrant children in homes across

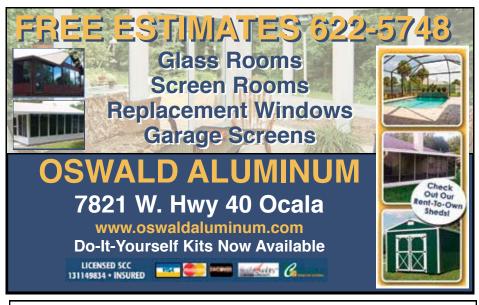
the country. As far as education and home care they are listed as homeless. That classification opens the doors to many federal aid moneys.

We need legislation passed that says while on Gov't subsistence, you no longer can VOTE! Yes, that is correct. For you to vote would be a conflict of interest. You will voluntarily remove yourself from voting while you are receiving a Gov't welfare check. If you want to vote, then get a job.

During a telephone conversation about the Sheriff's Department with a County Commissioner he responded negatively about Blair's handling of one of his supervisor's actions. Now with this new incident where the Sheriff suspends 5 deputies without pay for allegedly roughing up a drug dealer, will this draw negative response? Now from what I understand some of the Commissioners want to introduce a county law where the Deputy will make a decision whether to make the arrest or write a warning which could lead to community service. As I see it the deputy should not be asked to make that decision, it is the court's decision. Deputies are required to enforce the laws and make the arrest. As I understand this action was started when a Judge said he was backed up with court cases. You think it's backed up now wait till a Deputy arrests one suspect and another Deputy warns another suspect for the same infraction. The courts will really be backed up then.

But the main question in my mind is what are the County Commissioners doing trying to pass laws or change laws for Law Enforcement of Marion County. The laws are set by the states and our nation. Should Marion County be trying to change them for the county? What do you think?

Marion County Schools: The School Board cut very important programs like music, physical education and others to cram stuff like algebra down the throats of most students. Most students in life beyond college won't use algebra. It is also the cause of a large portion of the students left behind. The priorities are out of wack. The most important program in schools today seems to be football; it is the least used in life other than watching for entertainment. I guess the fact that it creates revenue is important to the schools. How many players go from high school football to college football and go pro? We are losing the purpose of schooling, reading, writing and arithmetic, common sense, pride, respect, sense of responsibility, patriotism, discipline, etc. Students should know more about how Government works and I don't mean in a negative sense.



Newspaper Deadlines

Editorial & Ad Copy for October
Seniors Voice & Ocala DownTown
12am, September 17th
Lady Lake Magazine & Village Spectator
12am, September 24th

Ocala DownTown

A Product of TomL Publishing LLC

P.O Box 1698, Dunnellon FL 34430

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Theodore Roosevelt's Ideas

Theodore Roosevelt's ideas on Immigrants and being an AMERICAN in 1907.

'In the first place, we should insist that if the immigrant who comes here in good faith becomes an American and assimilates himself to us, he shall be treated on an exact equality with everyone else, for it is an outrage to discriminate against any such man because of creed, or birthplace, or origin. But this is predicated upon the person's becoming in every facet an American, and nothing but an American...There can be no divided allegiance here. Any man who says

he is an American, but something else also, isn't an American at all. We have room for but one flag, the American flag... We have room for but one language here, and that is the English language.. And we have room for but one sole loyalty and that is a loyalty to the American people.' Theodore Roosevelt 1907







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Statewide Classifieds

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CEP News

Our mission at the CEP is to be the catalyst for a prosperous community. Most often, we talk about our efforts at recruiting new primary employers (Business Attraction), helping existing companies to grow and expand (Business Retention), and assisting entrepreneurs start and grow new businesses (Business Creation). Our efforts at Business Services aim to provide the tools necessary to allow any business or business person to grow their business through Networking, Talent Development, and Business Education. Business Advocacy is our effort to partner primarily with local governments to create an environment that allows businesses to thrive.

However, part of all of these efforts is our desire to see our community where opportunities happen. The ultimate definition of economic development is to create wealth and opportunity for people, businesses and governments. When our community is place where someone can come, find opportunities and find success then we will attract new businesses, expand existing ones, grow new companies, develop skills, and have a community that encourages all of this. There have been several recent projects which are helping our community be an opportunity place.

IHMC

The Florida Institute for Human and Machine Cognition may well be one of Ocala's best kept secrets. Its unusual name and unique mission leave a number of people

wondering what goes on in the former Ocala Library just off the downtown square. However, IHMC is the epitome of an opportunity place.

IHMC is a not-for-profit research institute with scientists and engineers investigating topics related to understanding cognition in both humans and machines. Headquartered in Pensacola, the Ocala research center opened in 2007. The facility is currently undergoing a renovation with the basement being converted to offices to house more researchers. This facility houses some of the most distinguished natural language researchers in the world and it is here, in downtown Ocala!!

In addition to ground breaking research, the facility hosts a number of lectures bringing more renowned and recognized speakers to our community. Additionally, IHMC hosts programs and initiatives to engage young people in STEM related areas such as robotics. Let me repeat the most important part—this facility and researchers bringing opportunity is in downtown Ocala.

Sprint Building

Nearly adjacent to IHMC's facility is the former Sprint building. The Ocala City Council recently approved plans for local developer Sandy McBride to renovate the building, formerly an office building, into approximately 15 lofts. The project will result in a nearly \$3.7 million investment in the community.

Our community already offers a wide va-

riety of housing. From gated communities to historic homes, zero lot developments to sprawling country estates can be found here. The lone exception is downtown lofts. What upper story living exists is quickly filled whenever a unit becomes available. The addition of 15 or more units will not absorb all of the demand but it will be significant addition. You will truly have the opportunity to have any type of housing here, in our community.

Entrepreneurship

When you combine IHMC, the loft project, and the growing technology base with now established companies like Seven Gun Game and Ocoos, joining new and growing businesses like R+L Carriers, Ansafone, and a nearly full Power Plant Business Incubator, one can discover that virtually any opportunity (include research, technology, and urban living) can found here.

Growing these opportunities and more is what will continue to keep our community Moving Forward!

Illegal Immigration 70 Years of the Same Problem

TomI

Illegal aliens are not a new problem in this country. You would think we would have learned from the past.

Herbert Hoover ordered deportation of all illegal aliens. The depression was in full swing and Americans needed the jobs. They got it done!

Later Harry Truman had two million illegal aliens deported so that the veterans returning from the war would have a job. They got it done!

Thirteen million Mexicans were deported during the Dwight Eisenhower presidency; it took two years to make that happen. It opened jobs for citizens of the United States. They got it done!

Still again we have the same problem, some 70 years go by and four times we repeat the same immigration problem and it is worse than ever. The difference today is we don't have a strong leader and we are not looking out for our veterans returning home from serving our country. They can't find a job.

We are paying our taxes and the leaders are spending our money giving illegal aliens benefits and not deporting them. The leaders are not responding to the will of the people they have forgotten who they work for.

Ben Carson said in a speech with the president looking on "It seems that our president has forgotten who he works for!"

You, as one person, can't make changes. Me, as one person, can't make changes, but together "we the people" of the United States can fundamentally change our country back to what it once was. "The Greatest Country In The World!"



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 <u>the</u> 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

310 SE Third Street | Ocala, FL 34471 | www.ocalacc.com



■—ONE PERSON'S OPINION =

LETTERS TO THE EDITOR

To The Editor

I had a glimpse into the future last night while sitting in the local emergency room with my husband who was bleeding quite profusely, from post Mohs surgery. When we arrived at 9:25 p.m. there were 10 people ahead of us, everyone seemed perfectly healthy even the child who was running around in her bare feet in a hospital waiting room, nothing that appeared to be an emergency. I filled out the paper work and left it lay on the desk which had no one there manning it. We sat about 20 minutes then someone came out and took the information on my still bleeding husband who has by this time filled to hand towels with blood. when she was done she apologized and said she had no beds at all and we had to wait. It was at least another 20 minutes before they came to take him back I do have to say they took him before the last 2 patients left in the room. I commented on the need of some of these people being considered an emergency and the girl said we have to take care of

When we left at 11:30 pm the waiting room was filling up again.

They don't have doctors so they use the emergency room and they don't have to pay because us dummies pay their share. This

is just one small fraction of what is going to happen with the influx of all the illegals coming into this country. Our President has sold our Country down the river. How can the economy get better like this?

Dear Mr. Tom Loury:

Help! It seems I no longer know the meaning of common words.

What does the word "obstructionist" mean? I am watching the happenings in D.C. The house submits bills after bills {about 300} that are tabled by Harry Reid. Yet, I must listen to people tell me the house is the obstructionist. I thought the one who did the obstructing was the obstructionist. Where am I going wrong?

Why is the congress the boogie man, when the president states on TV, for all to see that he will veto bills that come to his desk. He has that famous pen. That sounds pretty ominous, negative, and obstructionist

One side is offering the other is rejecting, who is the objectionist?

I think, maybe, I need a new dictionary. Where does one buy a liberal dictionary? My comprehension seems to be woefully lacking.



We had visitors the other day on the Loury farm. Lindsay brought Tank to swim in our pool in the mid-day heat. Tank was sporting his new life jacket and sun visor. As you can see he seems very relaxed. Left to right was Phyllis, Tank and Lindsay. Good way to beat the heat.

To the Editor

Here we go again!

The illegal children that have come in here by the many thousands do not have to be immunized because as your President says they have the right to an education. What about the children of our country don't they have the right to an education also but they have to have proof of immunization.

I don't know how many parents there are out there who might read this but I am sure we have Grand Parents out there. Cut and paste this and e-mail it to your children who have children.

These kids have lice, scabies, measles and God only know what else.

Maybe we should all get together and go to the streets and protest it works for some. Where is it all going to end? When is it going to end?

God Bless

PL

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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ady Lake Magazine Village Spectator Seniors Voice

FROM THE GOVERNOR'S DESK

Governor Rick Scott: We Must Stand With Israel

TALLAHASSEE, Fla. - Governor Rick Scott released the following statement in the wake of violence in the Middle East:

"As the crisis continues in the Middle East, Florida stands with Israel and specifically recognizes Israel's right to defend all Israelis against acts of violence from

"Israel's fight to end the senseless terrorism and violence of Hamas should unite all Americans. We must not pretend that this

issue is 'complicated' as many pundits suggest. One thing here is not complicated at all: Hamas wants to destroy Israel. Hamas are the perpetrators.

"Support for Israel is a moral issue, above politics. I agree with Congresswoman Debbie Wasserman Schultz's assessment that there are 'way too few, lone voices around the world criticizing' the continued violence

"Violence against Jewish people and any act of anti-Semitism have no place in Florida or any part of the world that values freedom and democracy, without which there can be projected to stay at a strong enough rate to no peace."

GOV RICK SCOTT: PER STUDENT SPENDING WILL BE HIGHEST IN FLORIDA HISTORY NEXT YEAR

Will propose an increase in total state funding for education to over \$19.6 billion

Governor Rick Scott said, "I am proud to announce that in the upcoming legislative session we will propose an increase in Florida's per-pupil spending to the highest level in our state's history. We already have the highest total spending in K-12 this year and gave every teacher the opportunity for a pay raise. Because we were able to get Florida's economy back on track, revenues are now

support historic investments in education."

"Florida job growth, and the overall growth of Florida's economy has made it possible for us invest record amounts in education. The credit for our historic investment in education goes to the hard working people of Florida who make it all possible.'

"My mom taught me that a good education was the way out of poverty and I want all Floridians to have the opportunity to receive a great education and have their shot at the American Dream. By increasing per pupil spending to historic levels next year, school districts will have more resources to provide Florida children the best education possible'

The Governor's proposal would equate to a total of over \$19.6 billion, which means \$7,176 per student - a \$232 per student increase over this school year and a \$50 increase over the 2007-08 per student funding level of \$7,126, the previous record high level. Florida's Revenue Estimating Conference for the General Revenue Fund met on August 7, 2014 and Floridians will see sustained revenues. Florida is projected to have a growth of nearly \$1.1 billion over the latest 2014-15 revised forecast.

Governor Rick Scott Appoints Six to Judicial Nominating Commissions

Tallahassee, Fla. - Governor Rick Scott announced six appointments to three Judicial Nominating Commissions.

Fifth Circuit Judicial Nominating Commission

Donald C. Barbee Jr., 45, of Spring Hill, is the Clerk of the Court for Hernando County. He succeeds Michele Lieberman and is appointed for a term beginning August 4, 2014, and ending July 1, 2018.

Charles K. Ruse Jr., 65, of Ocala, practices predominantly in commercial litigation and foreclosures. He succeeds Del Potter and is appointed for a term beginning August 4, 2014, and ending July 1, 2018.

Eighth Circuit Judicial Nominating Com-

Norm D. Fugate, 54, of Williston, is the president of Norm D. Fugate, PA. He succeeds Kathryn McLeod Lancaster and is appointed for a term beginning August 4, 2014, and ending July 1, 2018.

Stuart S. Walker, 56, of Newberry, is the managing partner of Folds & Walker, LLC. He succeeds Kristin Jurecko Stinson and is appointed for a term beginning August 4, 2014, and ending July 1, 2018.

Adam Boukari, 29, of Alachua, is the Assistant City Manager for the City of Alachua. He is appointed for a term beginning August 4, 2014, and ending July 1, 2018.

Statewide Nominating Commission for Judges of Compensation Claims

Victor Marrero, 60, of Pembroke Pines, is the Director of Risk Management for the Broward County Sheriff's Office. He fills a vacant seat and is appointed for a term beginning August 4, 2014, and ending July 1, 2015.





SENIOR SCHEDULE OF EVENTS

MOVIES FOR SEPTEMBER 2014

8TH AVENUE – TUESDAY AND WEDNESDAY, SEPTEMBER 9TH & 10TH, 2014 AT 1:30 PM

BARBARA G. WASHINGTON – THURSDAY AND FRIDAY, SEPTEMBER 11TH & 12TH, AT 1:00 PM

"THE BOOK THIEF" STARRING: GEOFFREY RUSH, EMILY WATSON, SOPHIE NELISSE, BEN SCHNETZER AND NICO LIERSCH

This is the story of a spirited and courageous young girl named Liesel, who transforms the lives of everyone around her when she is sent to live with a foster family in World War II Germany. For Liesel, the power of words and of imagination becomes a means of escape – and even joy – from the tumultuous events enveloping her and everyone she knows and loves. RATED PG-13

8th AVENUE – TUESDAY AND WEDNESDAY, SEPTEMBER 23RD & 24TH, 2014 AT 1:30 PM

BARBARA G. WASHINGTON – THURSDAY & FRIDAY, SEPTEMBER 25TH & 26TH,2014 AT 1:00 PM

"THE SECRET LIFE OF WALTER MITTY" STARRING: BEN STILLER, KRISTEN WIIG, SHIRLEY MACLAINE, ADAM SCOTT AND KATHRYN HAHN

Walter Mitty is a daydreamer who escapes his anonymous life by disappearing into a

world of fantasies filled with heroism, romance and action. When his job, along with that of his co-worker are threatened, Walter takes action in the real world, embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined. RATED PG Reservations must be made at the Center of your choice. Seating is limited to 8 persons per video. Please call the 8th Avenue Center at 629-8545 or Barbara G. Washington Center at 629-8357 to reserve your seat.

COMING EVENTS FOR SEPTEMBER 2014

SENIOR TRIP: GREATER TUNA

When: Thursday, September 25, 2014 Leave 8th Ave. Sr. Center 8:30 AM Return 6:00 PM

Where: Clearwater, Florida

Cost: 60.00 per person (includes transportation, meal and admission)

What: Come for a comfortable bus ride and enjoy a buffet lunch and a beautiful show at the Early Bird Theater. "Greater Tuna" is the hilarious comedy about Texas's third smallest town, where the Lion's Club is too liberal and Patsy Cline never dies. The eclectic band citizen that make up this town are portrayed by only two performers, making this satire on life in rural America even more delightful as they depict all of the inhabitants of Tuna - - men, women, children and animals. Pre-paid registration is

required. For more information please call Grace at 629-8357.

COMING IN OCTOBER

SPORTSABILITY

When: Friday and Saturday, October 3rd and 4th 2014

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, Paynes Prairie Preserve State Park, 100 Savannah Blvd., Micanopy,

Florida

Cost: FREE

What: This two day event will enable individuals with disabilities the opportunity to experience a variety of recreation and leisure activities. Discover the latest equipment, trends and resources designed to encourage participation regardless of age ability level. For more information, please call Diane at 352-401-3916.





Recreate a Restaurant Classic

Serve Porterhouse Pork Chops with Steakhouse Butter

(Family Features) Everyone loves eating out - but with grilling season in full swing, there is no better time to recreate a restaurant classic in your own backyard.

"You can 'wow' your guests at your next backyard gathering by making one of my favorite restaurant-worthy meals at home - like Dry-Rubbed Porterhouse Pork Chops with Steakhouse Butter," said Ray "Dr. BBQ" Lampe, chef and author of the recently released cookbook, "Pork Chop." "The steakhouse butter is extra savory, and it perfectly complements the juicy, tender chops coated in a tangy, mildly-spiced dry rub."

Serve these pork chops with traditional restaurant fare - like a baked potato and creamed spinach - and follow Lampe's tips for pork chop perfection:

1. Preheat the grill and cooking grate completely before cooking; it will help for even browning and cooking.

- 2. Ask your guests if they prefer their pork chops cooked medium or medium-rare.
- 3. To get your pork chops to the preferred internal temperature, grill them like a steak between $145\infty F$ (medium-rare) and $160\infty F$ (medium), followed by a three-minute res, and use a meat thermometer to check the temperature.
- 4. For smoky flavor, add a handful of soaked wood chips to the fire right before you add the chops. For a gas grill, place soaked wood chips in a single sheet aluminum foil packet with four to six holes on the top. Place packet, holes facing up, directly on the grate, off to one side.

Visit www.PorkBeinspired.com for more recipes to keep your grill hot all summer.

Dry-Rubbed Porterhouse Pork Chops with Steakhouse Butter

Yield: 6 servings
Prep time: 1 hour
Cook time: 8 to 10 minutes
6 Porterhouse Pork Chops, about
1-inch thick



Steakhouse Butter:

1 stick butter at room temperature 1/4 cup shallots, finely chopped 1 clove garlic, crushed 1/2 teaspoon kosher salt 1 tablespoon parsley, chopped 1/2 tablespoon freshly squeezed lemon juice

1/4 teaspoon white pepper 1/4 teaspoon Worcestershire sauce

Pinch of thyme Wax paper

Dry Rub:

2 teaspoons kosher salt

2 teaspoons raw sugar

1 teaspoon chili powder

1/2 teaspoon granulated onion

1/2 teaspoon granulated garlic

1/2 teaspoon black pepper

1/2 teaspoon ground coriander

For butter, two hours before grilling, heat medium-sized skillet over medium heat. Add 2 tablespoons

(Continued on Page 10)



Dr. Dulgar



CONSISTENCY

Last month we discussed how being consistent in all aspects of your life is not only good for your mind but also your body. I specifically illustrated this with reference to

research pertaining to chiropractic care and being consistent in taking care of the human frame from a preventative standpoint. There are even psychological studies that show that being consistent in your sleep patterns, meals and daily activities keep you more focused, alert and calm during the day. I am reminded of this when I take my morning and/or evening walks. It is the time for me to not only get some physical exercise but also to connect with Mother Earth and all her creation. There is a consistency, a perfect harmony of balance throughout the Universe that keeps things "glued" together. When you are consistent you are more apt to see your connectedness to others and all living things.

This pattern of consistency in our life, in the things that surround us, and in our Universe can be explained in mathematics, the basis of all the sciences, with the "Golden Section". I have discussed this in previous years, but for those not familiar, let me explain. The golden section, in its simplest explanation, shows how everything in nature appears subordinate to stringent mathematical laws, whether it be the helical symmetry of a leaf on a plant stem, to the proportionality we find in the arts, whether it be architecture, sculpture, painting, or the symmetry found in the human body depicted by Leonardo DaVinci in his famous drawing of the "Vitruvian man". This is what draws us to these things and connects us to each other.

The more consistent you are, in healthy ways of course, the more successful you will be in any activity or endeavor. I find this particularly true with the athletes, both human and equine, that I treat. These athletes must be on a schedule of exercise, diet, and treatment to stay at peak performance. They don't just do these things on occasion and expect to be at the top of their game. They must have a regular, consistent program. The "treatment" I share with them not only deals with balancing all the muscles, joints and nerves of their body, but also their "energy patterns", which includes applied kinesiology, neurovascular, neurolymphatic, trigger points, acupressure and ting points. But just as important is dealing with their "psyche". Now this is different in horses than in people. Horses deal more with instinct, as I like to say, in that who you are speaks so loudly they don't have to hear a word you

say. They don't care what kind of degree you have, how well you dress, or the vehicle you drive or house you live in. That's not to say that they don't "judge" you by the way you smell, your body language and tone of voice, etc. Each horse and person has their own set of what I call "triggers" that I must then find and treat in an individual way. What I find interesting is that with people I can get them relaxed incorporating humor as a tool, whereas I haven't had a horse yet laugh at one of my jokes (maybe Mr. Ed

could give me some pointers!).

No matter what you are trying to accomplish in life, due diligence is important in keeping focused and consistent in your efforts and by not judging by appearances. But if you don't have your health, no matter how "rich" you might be, it is impossible to stay on track. I urge you therefore to take good care of the vessel your Maker endowed you with. If you do you will be at the optimum point in achieving maximum success and happiness.

Recreate a Restaurant Classic

(Continued from Page 9)

butter and melt. Add shallots, garlic and salt. Cook for about 5 minutes, stirring occasionally until shallots are soft. Transfer to medium bowl and let cool for 15 minutes.

Add remaining butter, parsley, lemon juice, pepper, Worcestershire sauce and thyme. Using fork, mash and mix until fully blended.

Lay out a piece of wax paper (approximately 12-by-12 inches) and form butter into an 8-inch-long log shape in center. Roll butter up in wax paper and twist ends tightly to form an even round log of butter. Place in refrigerator for one hour or until firm. This can be made up to two days ahead of time.

For rub, combine salt, sugar, chili

powder, onion, garlic, pepper and coriander in small bowl. Mix well. Sprinkle rub liberally on both sides of pork chops. Let rest for 15 minutes.

Prepare grill to cook directly over medium-high heat. Place pork chops on cooking grate and cook for 4 to 5 minutes until golden brown on bottom. Flip chops and cook another 4 to 5 minutes until golden brown on second side and cooked to internal temperature between 145 ∞ F (medium rare) and 160 ∞ F (medium). Remove from grill and let rest for 3 minutes.

Unwrap butter and cut it into 12 equal-sized medallions. Serve each pork chop with a medallion on top.





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