

WEST MARION Messenger

SERVING THE COMMUNITIES & BUSINESSES BETWEEN SR 200 AND US 27



PHOTO BY CATHY DONOHUE

Time for a swim? Brrrr

Members of the Ocala Palms Polar Bear Club took their annual plunge into the unheated pool on New Year's Day. Pictured in the front row, left to right, are Sharon Doniger, Donna Neal, Ellen Walters, and Ed Schneiderman. Second row, left to right, are Jim O'Halloran, Fred Walters, Ramonita Cruz, Debbie Gerard, and Craig Cotton. Third row, left to right, are Warren Grund, Sue Grund, Neal Cunningham, Cil Cunningham, Don Weiss, Jack Neal and Ramon Hernandez.



Ramon Hernandez gives himself a "thumbs-up!"



Angie Broughton also joined the group taking the plunge.

Enjoy some time at a county park

Guests have already left, the refrigerator is nearly empty and decorations are finding their way back to the attic. The holiday frenzy is officially over and you're settling into the usual schedule, perhaps with a little less energy and a little more weight than you set out with. Looking for advice with some post-holiday recovery? Let Marion County Parks and Recreation help freshen up your start of the new year.

Whether your choice is to relax or to work back your energy levels this month, Parks and Recreation can help you achieve your goal with any of the following outdoor recreation programs:

Kayak outings (Jan. 21 and 22): learn kayaking basics, enjoy

stunning wildlife sightings or paddle at your leisure on the Rainbow, Silver or Ocklawaha rivers. Kayaking equipment is provided.

Eco tram tours (Jan. 26 and 29): take some time to unwind on a motorized nature ride through Sunnyhill Restoration Area or Carney Island Recreation and Conservation Area and take a closer look at breathtaking landscapes and native wildlife.

Pre-registration and nominal fees are required. For hours, fees and more information on these programs, visit www.marion-countyfl.org/parks.htm.

To learn more about Marion County Parks and Recreation programs, call 352-671-8560 or visit the office (111 S.E. 25th Ave., Ocala).

Applications available for small-scale amendments to Marion comprehensive plan

The Marion County Growth Management Department is accepting applications for small-scale land use changes, or amendments, to the county's Comprehensive Plan. Residents who own 10 acres or less of land and are interested in changing its designated use, such as going from rural to commercial use, are eligible for the small-scale amendment application.

Per Florida Statute, the department may only accept up to a total of 120 acres of small-scale amendment applications in one year.

Applications will be accepted until 4 p.m. on Feb. 3, 2012, or until the 120-acre maximum is reached, whichever comes first.

Application forms may be picked up at Marion County Growth Management or downloaded from http://www.marion-countyfl.org/Planning/land_use.aspx.

Growth Management hosts small-scale amendment application cycles periodically as part of its activities to keep the county's Comprehensive Plan up to date. The plan is Marion County's key guide for growth management and provides the framework for how the county will continue to develop. For more information about small-scale amendments, contact Michael Kokosky at 352-438-2600 or visit www.marion-countyfl.org/growthmanagement.htm.

VA changes emergency rules for pay in other facilities

The Department of Veterans Affairs announced today a change in regulations regarding payments for emergency care provided to eligible Veterans in non-VA facilities.

"This provision helps ensure eligible Veterans continue to get the emergency care they need when VA facilities are not available," said Secretary of Veterans Affairs Eric K. Shinseki.

The new regulation extends VA's authority to pay for emergency care provided to eligible Veterans at non-VA facilities until the Veterans can be safely transferred to a VA medical facility.

More than 100,000 Veterans are estimated to be affected by the new rules, at a cost of about \$44 million annually.

VA operates 121 emergency departments across the country, which provide resuscitative therapy and stabilization in life-threatening situations.

They operate 24 hours a day, seven days a week. VA also has 46 urgent care units, which provide care for patients without scheduled appointments who need immediate medical or psychiatric attention.

For more information about emergency care in non-VA facilities, visit www.nonvacare.va.gov.

Jewish January jokes



Judi Siegal

classic Jewish comedians who have delighted audiences of all races and creeds.

When most of us think of Jewish humor, we think of the comedians who played the Borscht Belt, that is, the resorts in the Catskills of New York State where Jews would go on vacations. The names read like a litany of humor: Shecky Greene, Danny Kaye, Red Buttons, Totie Fields, Milton Berle, Henny Youngman, Sid Ceasar, Jackie Mason, Joan Rivers, Victor Borge, Woody Allen, Lenny Bruce, George Burns, Jack Benny, Alan King, Mel Brooks, Don Rickles, Rodney Dangerfield and a host of others. Many of these comics were the masters of the "one-liner" giving comic relief to the all-suffering Jewish mother who wants only the best for her children at all costs to the plight of the Jewish people itself being a minority in America. Jewish humor is

funny because it roots for the underdog and has him coming out on top through wit and wisdom. It pokes fun of Jewish traditions and folkways but on the other hand, gives praise to the various rituals it pokes fun of. (Circumcision jokes are a good example of this genre.) As with any ethnic group, understanding the ethnic group helps you to enjoy the humor especially when Jews make fun of themselves for some of the things we like to do: buying wholesale or looking for bargains, eating Chinese foods or wondering whether the rabbi really fasts all day on Yom Kippur. In the worst of times, "this too shall pass" with a bit of humor thrown in, helped Jews to survive through the ages. The whole holiday of Purim is a good example of this when wicked Haman sought the destruction of the Jews of ancient Persia only to be saved by Queen Esther. Tomfoolery is the order of the day and satire reigns supreme. What could be more fun?

I now would like to offer a few of my favorite "one-liners" with a couple of other jokes for your enjoyment: Doctor: You'll live to be 60! Patient: I am 60! Doctor: What did I tell you?

Doctor: Your check came back!

Patient: So did my arthritis!

Patient: I have a ringing in my ears.

Doctors: Don't answer it!

Why do Jewish divorces cost so much? They're worth it!

My wife and I went to the hotel where we spent our wedding night. This time I went into the bathroom and cried.

We always hold hands. If I let go, she shops.

The Harvard School of Medicine conducted a study as to why Jewish women like Chinese food so much. They discovered that "won ton" spelled backwards was "not now".

When the new State of Israel was being established, the Knesset (parliament) got together to try to figure out how to build up

the country. One member pointed out that after any war with the United States, the U.S. would always build up the country it defeated. Japan was cited as an example. The suggestion was made that Israel should declare war on the United States. David Ben Gurion, the prime minister, scratched his head and asked: "But what if we win?"

The Arab heads of state met with the president of Israel and proposed a solution to their long-standing animosity. If the Israelis could produce a dog to fight the Arabs' dog, the winner of the match would be the ones to secure peace in the Middle East. Both sides had five years to produce the dog for the match and with much bombastic behavior on both sides, the battle was on.

After five years, the Arabs engineered the most ferocious attack dog ever bred. Confident of victory, they led him out to face his Israeli adversary. To their surprise and disappointment, the Israelis pro-

duced the longest dachshund they had ever seen. No contest there and the Arabs were very sorry for the Israelis. As they led their monstrous beast out to devour the dachshund, a strange thing happened. The Israeli dog opened its mouth revealing sharp, huge teeth and swallowed the Arabs' dog. You see, the Israelis had engineered a crocodile in the shape of a dachshund. Now if there were only peace in the Middle East.

The Bible tells us: "A merry heart doeth good like a medicine, but a broken spirit dries up the bones". (Prov. 17:22 KJV) or better translated: "A joyful heart makes for good health; despondency dries up the bones". (Jewish Publication Society) And on the bottom of the web page where I found this quote, I found an ad about the signs of heart attacks! And that was no joke!

Judi is a former teacher and Jewish educator. She lives in Sun Valley with her husband, Phil.

As sales kick off, there's a new Girl Scout cookie

Girl Scouts of West Central Florida (GSWCF) announces the start of the 2012 Girl Scout Cookie Program throughout its eight-county jurisdiction of Citrus, Hernando, Hillsborough, Marion, Pasco, Pinellas, Polk and Sumter counties.

Whichever your favorite Girl Scout Cookie - Thin Mints, Tagalongs, or Samoas - the wait is over! Through mid-March, thousands of Girl Scouts will take orders for your favorite Girl Scout Cookie varieties, including Do-Si-Dos, Dulce de Leche, Samoas®, Tagalongs®, Thank You Berry

Munch, Thin Mints, or Trefoils.

In celebration of Girl Scouts' 100th anniversary in 2012, a new Girl Scout Cookie is making its debut: Savannah Smiles. Named after the city in which Juliette Gordon Low founded Girl Scouts in 1912 - Savannah, Ga. - Savannah Smiles is a lemon-flavored cookie dusted in powdered sugar that is sure to become a fast favorite.

Girl Scouts in west central Florida will take pre-orders through Jan. 27, and those cookies will be delivered beginning Feb. 16.

Friday, Feb. 24 marks the start of booth sales, so keep

an eye out at your favorite businesses and stores and take a box - or a dozen - home with you! Also beginning Feb. 24, visit www.gswcf.org and search for a Girl Scout Cookie Booth by zip code using the cookie booth locator system. Cookie fans with smart phones can download the free Girl Scout Cookie Locator (Kellogg) app by calling **GSCOOKIES (**472665437) from their phones, or by searching for "Cookie Locator" in the iPhone App Store or

Android Market Place. It's easier than ever to satisfy your Girl Scout Cookie cravings!

Cookie booth sales end Sunday, March 18.

For those who want to support Girl Scouting in their communities but don't want to enjoy the cookies themselves, GSWCF offers the Cookies from Home Program. This unique program is a way for Girl Scouts to give back to their communities: donations of cookies through the Cookies from Home

Program will be sent directly to our military troops serving in combat zones overseas through a partnership with Support Our Troops. Donations to the Cookies from Home Program may be made in person through a Girl Scout at anytime during the Cookie Program, through March 18.

Girl Scout Cookies are not only an icon of American culture, but also the world's leading entrepreneurial program for girls. Through the program, girls

practice useful life skills such as planning, decision-making and customer service. During cookie activities, girls are members of a team working towards a common goal, with each girl striving to do her personal best.

For more information regarding purchasing Girl Scout Cookies and supporting Girl Scouting in your area, visit www.gswcf.org/cookies, or call (800) 881-4475, ext. 1838.

Rotary Clubs join together for Discover Fest

The six local Rotary clubs have joined forces to raise funds for the Ocala Discovery Center, while providing a good time for the children who are enjoying the Center and who will continue to benefit from its programs. Feb. 11 is the date for the Rotary Discovery Fest, from 10 a.m. to 4 p.m., outside of the building at Tuscawilla Park. There will be games, activities and great food for your entire family. Tickets will be available at the gate. Children get in for free if they are 5 years old or younger. Tickets are only \$5 for children between 6 and 12 years and \$10 if 13 years or older.

The Ocala Discovery Center moved into the old Ar-

mory building in 2009 after the ground floor was renovated. Now it's time to renovate the second floor (which was used as a basketball court and volleyball court when the building originally opened in 1941) and to install an elevator to allow access for the disabled. The new second floor will provide space for traveling exhibits and educational gatherings. Money raised during the Discovery Fest will be added to the \$20,000 already donated by Rotarians early last year. For more information go to www.mydiscoverycenter.org.

Rotary is the world's oldest service organization. The Rotary Club of Ocala Southwest meets on Tuesday mornings at 7:45 in Suite 240 at the West Marion Community Hospital Doctors Office Building. Come and experience Rotary while enjoying a tasty complimentary breakfast.

Sheriff's Office to sell ribs

Marion County Sheriff's Office is holding its annual United Way Super Bowl Rib Sale on Friday, Feb. 3, from noon-6 p.m. Tickets are available for \$15 per slab and can be picked up at the Sheriff's complex at 692 N.W. 30th Ave. in Ocala. Delivery is also available.

For tickets and more information call Judge Cochran at 352-368-3594 or Jennifer Lowe at 352-368-3598.



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Quail Meadow

Recreation board introduces new officers



Carolyn Slocumb

The first meeting of the QMRPOA members was held on Monday, the 9th. This board is also referred to as the "REC" board, as in recreation. The new officers for the year were introduced: Lillian Carie, president, Jim Carlson, vice president, Theresa Yo-

ders, secretary, and Dave Yoders, treasurer. In addition to the officers, Pat Talley, Terry McGill and Benny Bachand will serve as directors. It was decided that the swimming pool will be closed during January and February - it's really too cold for outdoor swimming.

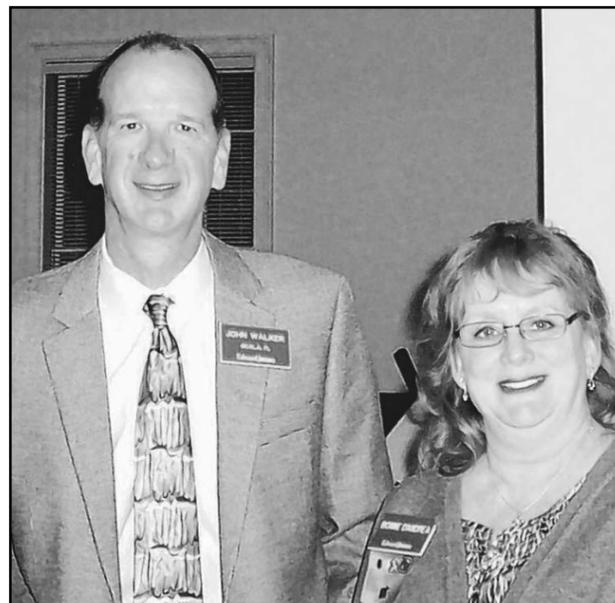
Following the business meeting John Walker, a financial adviser from Edward Jones, made a presentation on the financial outlook for 2012. He expects the economy to continue to expand, but the pace is sluggish. Also global worries will likely persist during this year. The Edward Jones advisers expect the low interest rates to continue through

the year and companies are expected to continue to grow earnings by about 10 percent in 2012. Did you know that at an investment rate of less than 1 percent it will take more than 70 years to double the initial investment?

The Edward Jones advisers suggest owning a diversified portfolio with some investment in companies that pay 3 to 4 percent dividends. We were encouraged to review our investments and, if necessary, rebalance. Prepare for the unexpected.

WARNING: Beware of telephone scams! This morning I received a call from a young man claiming to be my grandson. When I questioned who he was, he

changed and claimed to be my nephew (my only nephew died last year). He asked for \$2,000, which of course would be returned, in order to get out of jail in the Dominican Republic. I immediately hung up the phone! I checked the phone number (area code 438) and found that it was from a cell phone in Montreal, Canada. Upon calling the Marion County Sheriff's office, I was told that this is a scam that has been around for several years. Since it is "international" there isn't anything the local departments can do. They said to spread the word and warn others: if you receive any calls of this type, just hang up the phone!



John Walker and Bonnie D'Andrea, advisers from Edward Jones.

Energy audits can help you save money in your home

EARTH TALK

Dear EarthTalk: There are a number of companies out there now doing "energy audits" for the home, after which they try to sell you attic insulation and other products and services. Is this just a scam or would it be wise for me to look into this? — Bill Richards., New York, NY

For the most part, companies offering energy audits are reputable and legitimate and will help you both save money and reduce your carbon footprint if you follow their advice in regard to upgrading things like insulation, windows and appliances. "A home energy assessment, also known as a home energy audit, is the first step

to assess how much energy your home consumes and to evaluate what measures you can take to make your home more energy efficient," reports the U.S. Department of Energy (DOE). "An assessment will show

you problems that may, when corrected, save you significant amounts of money over time."

"During the assessment, you can pinpoint where your house is losing energy," adds DOE. "Energy

assessments also determine the efficiency of your home's heating and cooling systems (and) may also show you ways to conserve hot water and electricity."

You can conduct your own energy audit if you know where to look for air leaks (drafts), water waste and other key areas of a home's inefficiencies. The

DOE's energysavers.gov website has guidelines to help homeowners conduct their own do-it-yourself

Please see EARTH, Page 5

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10th Annual Health & Wellness Expo

Saturday, January 21, 2012 • 10am - 2pm
Circle Square Cultural Center

- Check out Ocala's latest medical advances.
- Meet with staff from MRMC and other area agencies specializing in healthcare.
- Enjoy fitness demos throughout the day.
- Participate in the **ZUMBA** Jam on The Town Square at Circle Square Commons: 12:30 - 1:30pm. \$5 pp donation to March of Dimes.

FREE Event!

For more information, call (352) 854-8707 ext. 7533 or 7530
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Happenings

Wednesday, Jan. 18

Public bingo at the Moose

Each Wednesday beginning at 1 p.m., bingo is played with opportunities to win big! Try your luck while supporting the Lodge and its charity andradite. Everyone is welcome, with a variety of lunch selections. The lodge is at 10411 S.W. 110th St. Phone is 352-854-2200.

Thursday, Jan. 19

Air Force group to meet

The Red Tail Memorial Chapter 136 of the Air Force Association (AFA) will hold its January meeting on Thursday, Jan. 19, at 7 p.m. at the Ocala Airport Administration Building 750 SW 60th Ave., Ocala FL 34474.

Joe Lacey will present his power point on Lockheed L-1011.

Everyone is welcome.

Judy Rogers sings at College Road

On Jan. 19, Young At Heart, College Road Baptist Church, 5010 S.W. College Road, will present Judy Rogers. She is a renowned Christian singer with comedy and inspiration. Join us, with a dish to share, at noon. Start your new year with conviction. If you need a ride call the church office 352-237-5741. We look forward to guests.

Saturday, Jan. 21

Circle Square Health, Wellness Expo

The 10th annual Health & Wellness Expo will be held on Saturday, Jan. 21, at the Circle Square Cultural Center from 10 a.m. to 2 p.m. Come and see what Ocala has to offer in the field of health care and learn the latest in medical advances. This is a free event.

This year's Expo is sponsored by On Top of the World Communities and Munroe Regional Medical Center (MRMC) and will feature various services offered by the hospital, including information on heart health, diabetes, stroke, nutrition and more. Representatives from area healthcare related agencies will also be on hand to provide information and answer questions regarding your health.

Additionally, The Ranch Fitness Center & Spa and On Top of the World certified fitness instructors will offer a variety of exercise demonstrations throughout the day.

Participate in the ZUMBA Fitness Jam on The Town Square at Circle Square Commons from 12:30 to 1:30 p.m.; a donation of \$5 per

person will go towards the March of Dimes.

The Circle Square Cultural Center is at 8395 S.W. 80th St. For more information, visit the website at www.CSCulturalCenter.com or call 352-854-3670.

Mega book sale scheduled

A mega book sale to benefit Sheltering Hands Rescue, including used books, CD's, videos and crafts, will be Saturday, Jan. 21, from 10 a.m. to 2 p.m. at Winn Dixie, 8445 S.W. State Road 200, Ocala.

Scandinavian Club of Marion County

The Scandinavian Club of Marion County invites people of Danish, Finish, Icelandic, Norwegian and Swedish decent to join us at our next meeting on Jan. 21 at 11:30 a.m. in the ballroom at the Ocala Hilton, 3600 S.W. 36th Ave., in Ocala. The menu will be apple stuffed pork loin with mashed potatoes and gravy, vegetables, salad and desert.

The entertainment by Honey's School of Dance. The cost is \$16 per person. Reservations and payment must be made in advance. Payment must be received by Tuesday, Jan. 17. Checks to be made out to Don Clauson and mailed to Don Clauson, 5901 S.W. 86th Place Ocala, FL 34476. For further details call Don Clauson 352 861-1235 or Terry Rasmussen 352 347-8362.

Sunday, Jan. 22

Jazz Society offers free music

The Ocala Jazz Society returns to the VFW Post 4781, across from Oak Run, on the fourth Sunday this month, 2 to 5 p.m.

The group plays more than jazz including favorite songs from past years. Dancing is encouraged.

For more info call Gladys at 352-854-8930.

Tuesday, Jan. 24

West Marion business group meets

The West Marion Business Association will hold its regular meeting at the Southwest District Sheriff's Office on Tuesday, Jan. 24, from 5:30 to 6:30 p.m.

Gospel music at Joy Lutheran

Join us for an evening of praise and worship at Joy Lutheran Church on Tuesday, Jan. 24 at 7 p.m. with Arizonans Dave Anderson and Kelly Patten. The concerts these men present

includes gospel music, old-time Sunday school songs, contemporary Christian music and stories of God's grace and mercy including "The Rescue Story" which has been heard by millions of people around the world.

A free-will offering will be asked at this event.

Joy Lutheran Church is on Southwest State Road 200 at 83rd Place, Ocala.

For further information, call 352-854-4509 ext. 221.

Saturday, Jan. 28

Moose Golf Tournament

Teams are being organized for a golf tournament on Saturday, Jan. 28, to raise money for the Moose Lodge and its charitable endeavors. A shotgun start begins at 8 a.m. Prizes and awards for all participants followed by a chicken feast. This event is for members, friends and qualified signed up guests. For pricing and more information call Joe Edel at 352-237-1485.

Saturday, Jan. 28

Camellia show scheduled

The Ocala Camellia Society will present its annual camellia show on Saturday, Jan. 28, and Sunday, Jan. 29, at the Pioneer Garden Club, 4331 E. Silver Springs Blvd., in Ocala.

Admission to the camellia show is free, and there is plenty of free parking.

The Annual Ocala Camellia Society Camellia Show features award-winning blooms from across the southeastern United States.

On Jan. 28, you are invited to enter blooms from 7 to 10 a.m. Judging will be from 10:30 a.m. to 12:30 or 1 p.m.

The public is invited to view the show from 2 to 5 p.m. on Saturday, and noon to 4 p.m. on Sunday.

Camellia plants will be available from 10 a.m. to 5 p.m. on Saturday, and noon to 4 p.m. on Sunday, or until supply runs out.

For more information, please call 352-595-3365 or visit www.americancamellias.org and look for the Ocala Camellia Society web page.

More Happenings on Page 11



The West Marion Messenger is a free community newspaper covering news of communities west of Ocala including Fore Ranch, Stone Creek, Fairfield Village, Ocala Palms, Timberwood, Falls of Ocala, Quail Meadow, Foxwood Farms and Golden Hills.

Postmaster: Entered as Third Class Matter at the post office in Ocala, Fla., 34477.

Problems getting the Messenger: If your community is listed above and the Messenger is not delivered to you or you are having trouble getting the paper from boxes around the S.R. 40 and SR 27 areas, call 854-3986.

CONTACT INFORMATION

(352) 854-3986 Fax (352) 854-9277
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- Editor - Jim Clark
- Circulation - Barbara Jagers
- Inside Sales/Office Coordinator - Michel Northsea
- Advertising Sales - Tom Rapplean and Susie Mirabile
- Regional Manager - John Provost

Deadline for news:
Friday 1 p.m. the week before publication.

Member of the Community Papers of Florida

I want to get news in the Messenger.

Call editor Jim Clark at 352-854-3986 or send by e-mail to editor@westmarionmessenger.com

Community news and photos must be received by Friday the week before publication. Mail and photos may be left at the Messenger office in Kingsland Plaza. All contributions are subject to editing for clarity, taste, and style.

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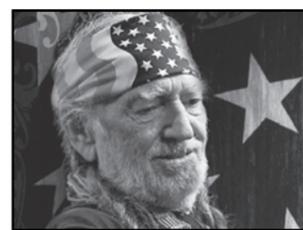
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Schedule and prices subject to change without notice. Reduced ticket prices are for residents of On Top of the World Communities. (Resident ID required when purchasing at ticket office.) Ticket prices do not include sales tax. All ticket sales final. Refreshments available for purchase at events. To arrange for handicap seats, call or visit the ticket office. *Online tickets subject to a convenience fee.

EARTH

continued from Page 3

home energy assessments. For instance, DOE recommends that homeowners make a list of obvious air leaks, such as through gaps along baseboards or at the edges of flooring and at wall and ceiling junctures. The potential energy savings from reducing drafts in a home can be as high as 30 percent per year, reports DOE. (The DOE website also provides information on other ways to save money and resources through less obvious things such as outdoor landscaping. It also posts guidelines for energy-efficient designing and remodeling.)

You should also check the filters on heating and cooling equipment to see if they need to be changed so as to keep your furnace and air conditioners functioning at maximum efficiency. And if these or other appliances over 15 years old consider replacing them with newer models that meet federal EnergyStar efficiency cri-

teria. Also, swapping out older incandescent bulbs in light fixtures with higher efficiency compact fluorescent or LED bulbs will save money and energy.

A professional energy auditor with dedicated assessment tools and the knowledge of how to use them will in all likelihood carry out a more comprehensive assessment than you can do yourself. "Thorough assessments often use equipment such as blower doors, which measure the extent of leaks in the building envelope, and infrared cameras, which reveal hard-to-detect areas of air infiltration and missing insulation."

If you are concerned about enlisting a for-profit firm that upsells its own energy efficiency upgrade services based on a "free" energy audit, check with your utility to see whether it offers unbiased, independent energy audit services (which it may do for free or for a nominal cost). The assessor from your utility may be able to recommend window and door replacement companies, heating and cooling specialists and other vendors

nearby that do reputable work to make your home is not only energy efficient but warmer in the winter and cooler in the summer.

CONTACTS: DOE Energy Savers, www.energysavers.gov; EnergyStar, www.energystar.gov.

Dear EarthTalk: What's the story with Echinacea? Many herb teas contain it, and many people swear by it as a cold remedy. But I've also seen headlines saying that the herb has no medicinal value whatsoever. Can you set the record straight?

— Arlene Hixson, Portland, ME

Echinacea, also known as purple coneflower, has gained popularity in recent years as a nutritional supplement that proponents believe is helpful in staving off the common cold and shortening its duration. But given the variation between dosages and formulations—such herbs are not regulated as medical drugs by the U.S Food and Drug Administration (FDA) and so makers have little incentive to standardize—it's hard to get definitive answers as to Echinacea's effectiveness.

Historically, Native Americans relied on the root of Echinacea to numb toothache pain and treat dyspepsia as well as snake, insect and spider bites. While some modern day folks rely on Echinacea just based on this anecdotal evidence, scientific studies have verified that the herb can be effective. To wit, a 2008 University of Connecticut review of 14 different clinical trials of Echinacea use found that taking the supplement reduced the chances of getting a cold by 31 percent, and helped people get over cold and flu symptoms a day and a half earlier than those who didn't take it.

Researchers initially thought Echinacea's effectiveness was due to its immune-boosting traits, but they now believe instead that the herb works more as an anti-inflammatory agent. A 2009 University of British Columbia study



PHOTO COURTESY USDA

Companies offering energy audits are generally reputable and legitimate and will help you both save money and reduce your carbon footprint if you follow their advice. Pictured: A home energy auditor inspects a water heater.



PHOTO COURTESY ISTOCK

Echinacea has gained popularity in recent years as a remedy for the common cold. But because it is not regulated as a medical drug by the FDA — and given the variation between dosages and formulations available to consumers — it is difficult to get definitive answers as to its effectiveness.

found that typical commercially available Echinacea preparations are effective in reducing the body's production of inflammatory proteins in human bronchial cells. In layman's terms, this means that Echinacea can help lessen the annoying symptoms of common colds, the flu and other respiratory ailments. Furthermore, the study found that Echinacea is just as effective in reducing bronchial inflammation whether it is consumed before or after a viral infection sets in, indicating that taking moderate doses on a regular basis during cold season can help prevent some bronchial irritation if and when cold symptoms begin.

Interestingly, though, a 2010 study of 719 participants in Wisconsin focusing on illness duration and severity found that the duration of the common cold could be shortened by tak-

ing a pill of some sort, whether Echinacea or a placebo with no active ingredients. But this study merely underscored the importance of psychological factors in fighting illness and did not say that Echinacea isn't effective.

Given the lack of FDA oversight of herbs, different formulations may contain vastly different amounts of Echinacea. A 2004 evaluation of 19 different Echinacea brands by the non-profit Consumers Union and published in Consumer Reports found that the amount of Echinacea actually present in supplements varied considerably from brand to brand—and even in some cases from bottle to bottle of the same brand. The magazine recommended a few brands as "best picks," including Spring Valley, Origin and Sundown, all which featured high concentrations of Echinacea and reliable

dosage amounts from pill to pill.

Before taking the Echinacea plunge, beware that the herb can cause allergic reactions in some people and may interact negatively with some common medications. Researchers warn that anyone with autoimmune disease or a handful of other illnesses should not take Echinacea without first consulting with their doctor.

CONTACTS: FDA, www.fda.gov; Consumers Union, www.consumersunion.org.

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Fairfield Village

Fairfield's 'treasure' lady is multi-talented



Priscilla Geissal

some very (almost probing) questions.

Louise went to college to become an educator and she met and married her husband when she was a teacher in Germany. As was mentioned in the earlier article, Louise gave her husband a beautiful grandfather clock as a wedding gift.

He, in turn, gave her a Pfaff sewing machine made there in Germany in June of 1959. From that day to this, that sewing machine is one of Louise's special treasures, and she really puts it to use.

For 52½ years, the Pfaff sewing machine has worked beautifully with only one trip to the "shop," although Louise had a bit of a problem finding the right bobbins for a time. Now she says she has plenty so she has no problems. For sure she has put that gift to good use and coupled it with handwork that she does to make some totally gorgeous creations.

Please enjoy the photos which show just a very few of the kinds of things that this extremely talented and versatile creative designer has made. Louise is really one of Fairfield Village's treasures and another reason we can boast about being "...a lively place filled with lovely people."

In an earlier article I told you about Louise, our wonderful neighbor with all the treasures from around the world. I promised a "follow-up article" about her many talents as well, and I always try to keep my word.

This fabulous lady can sew or create so many different kinds of things that I was totally blown away by her talent.

Since I could never really do justice in describing all the things that she can create, my hope is that the photographs accompanying this short piece will speak for themselves about the extent of her abilities as well as the beauty of the pieces.

Let me hasten to say that Louise, who is originally from Rhode Island, comes from a family of 11 very talented and successful siblings.

She does not brag about this; I found out by asking



Louise's beautiful smile is as warm as she is when she wears one of her scarves. More photos, Page 7.

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Louise's wedding gift in June 1959 has served her well for 52 1/2 years.



Wearing one of Louise's sweaters or vests feels like something really special...they are gorgeous. See photos below.



The stitchery is as beautiful on both sides as Louise makes sure that both sides are just as neat. See photo below.



Wearing one of Louise's sweaters or vests feels like something really special...they are gorgeous.

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Opinion

Our Message

Limit gambling in Florida

A Florida Senate committee approved a gambling casino bill this week, but that bill still has a long way to go to pass, and then voters in various counties would have to decide what was going to happen.

We can tell you what will happen. Just look at Atlantic City.

Undoubtedly there are some of you out there who visited the Jersey Shore (the place, not the television show) when you were much younger. It was a beach, a boardwalk filled with amusements of all types, those that you can usually only find at a carnival nowadays. It was also a big convention center, highlighted by Bert Parks singing "There she is, Miss America." It was a great family place.

Then came a big move, when casinos were approved for Atlantic City. After that, there has been a lot written about how different types of families moved in ... you know what we mean.

The glitzy casino area attracted visitors from far and wide, but people were warned not to wander too far away from the hotels and casinos ...it was a part of Atlantic City that no one wants to visit.

Do we need that in Florida? We think not.

It's bad enough that we already have some casinos operating under outdated treaties. It's bad enough that the Internet cafes have popped up in almost every shopping center. Even the state lottery, which many people play, can be listed as a racket.

We would prefer that the Legislature go a different route - outlaw all casino-type gambling in the state. Period. Let's not let anyone build the fancy hotels and casinos.

If the treaties with Native Americans become a problem, then make it against the law to cross county lines for gambling purposes.

Cruise ship casinos? Fine. They go outside the imaginary limit, which puts them out of the reach of Florida laws. But they're not out of reach of the laws when they finish gambling and want to come back in. Could you require these people to show passports and go through Customs to get back into port? Could we make them "declare" their winnings for IRS purposes? Of course, that probably wouldn't be much, since the house wins more than the gamblers. That would make people think twice.

Gambling is an addiction, the same as any other addiction. Don't be fooled by those who favor gambling because they say it will be an economic boom. The downside is a lot worse than the money to be made.

For those who want the gambling because "it's fun," and they can afford it, well, we're pretty sure there are apartments for rent and houses for sale in New Jersey. You'll enjoy it up there, we're sure, even if you have to buy snow shovels. But remember, that roll of the dice or that extra card in Blackjack may not be exactly the numbers you want.

Editorial

Among Friends

One person, one vote? Not for nominees

Let's say you're a Michele Bachmann fan, you want here to be the Republican nominee for president in 2012. You're looking forward to voting for her in the Florida presidential primary on Jan. 31.

But wait. There's a problem. She dropped out of the presidential race after the Iowa caucuses because of a low finish.

So, in effect, the few voters in Iowa have disenfranchised you as a voter in Florida. Iowa is forcing its way upon other states when it comes to the primary.

Now admittedly, it's highly unlikely that there were too many Bachmann supporters wandering around Florida. But it's the principle of the thing ...should the people in Iowa be telling you who to vote for?

All this came to mind this week with a story that the Republican National Committee is "punishing" Florida for having an early primary, or at least a panel wants it to do that. The group wants to cut the number of Florida delegates in half, and is evidently relegating the Florida delegation to some "less than desirable" hotels at the convention site.

And where is the convention? Why, it's in Tampa, which the last time I looked was still in Florida.

You ask why the delegates can't just drive in to the Tampa Bay Times Forum (it used to be the St. Pete Times Forum, but the newspaper changed its name) from home on the day of the convention. Sorry, but there are rules that require the delegates to stay in a designated hotel. So even if a delegate lives a couple of miles from the downtown convention site in Tampa, he has to stay in the hotel.

Oh yes. If the sanctions are approved, the Florida delegates will also lose some

floor space and possibly some VIP passes. Goodness, what's this world coming to? A cut in VIP passes?

And what is a "less than desirable" hotel? What's less desirable for them may be more than enough for the delegates. I once stayed in a very nice motel out on Dale Mabry near the stadium. Of course, it didn't have room service or an in-room bar, but I can live without those things.

Many delegates at both conventions evidently can't.

I've advocated this before ...why can't we have just one national primary day to let the voters decide (what a concept!) who the nominees will be? Then we could do away with these wild parties, otherwise known as conventions, and states like Iowa and New Hampshire would not have a disproportionate influence on the choice of a candidate.

That probably won't happen. There are too many back room decisions to be made by both parties to give up these events.

Just make sure you stay away from the Tampa area the week of Aug. 27. There will be a big convention there, and lots of crowds, but I just thought of something. Isn't that the heart of hurricane season?

Jim Clark is the editor of the West Marion Messenger. He can be reached at 352-854-3986 or at editor@westmarionmessenger.com.

Jim Clark
Editor



Your Letters

Four-day week

Wow! Two unions fighting among themselves as to who should or should not get pay cuts. Better the children should suffer than cut anyone's wages. What to do with all the children who will have an extra day off.

I say get rid of all the school buses except those for the handicapped and give the kids some exercise by having them walk to school. Take some of those drivers and have them as school guards. The money you save on the buses alone will save the schools the money they want.

Let's get real here. We really do not need these unions telling us how to spend our tax dollars. Isn't there anyone on the School Board who can think for themselves. The economy is bad right now and we need to save as much money as we can.

Don't make our children walk to school, heaven forbid. Maybe if they go to their neighborhood school they wouldn't have to walk so far.

Pat Lee
Ocala

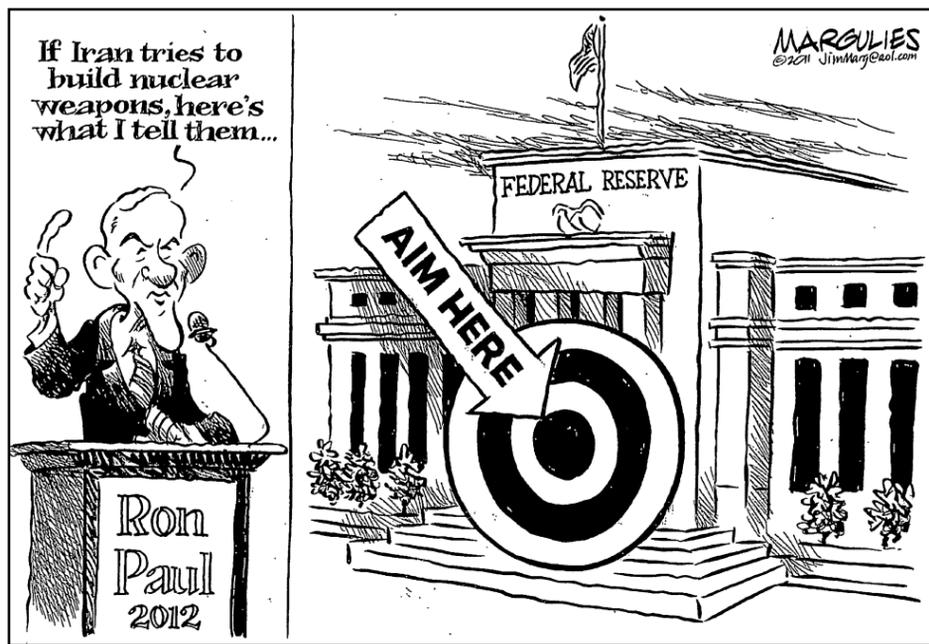
Ocala medicine: incompetent, and lacking

Some 45 years ago when I was living here and after studying medicine I became a financial and medical auditor for Blue Cross and Medicare. I audited hospital and doctor medicine as well as finances and discovered more Medicare/Blue Cross frauds than you have fingers and toes. Now Medicare fraud is rampant and when I report them nothing happens. Representative Cliff Stearns is a joke, when he says he wants to uncover Medicare fraud. Right this minute I know of three physicians practicing fraud and I can do nothing about it even when it's reported. One of my physicians told me he knows of doctors fraudulent Medicare. Boy has it changed. I've closed one hospital and saw that many physicians are not in practice now because of malpractice.

Medicine in this area is suffering, literally. Doctors can do three things, operate if qualified, and that's a very big if, prescribe medication for pain, usually oxycodone, vicodin, tramadol or whatever, and whatever is a big word. My wife and I have outstanding cardiologists, urologists, back surgeon and gastroenterologists. Beyond that forget it. There's not a good neurologist, pain management or orthopedic doctor in the area. Add to that a number of questionable ophthalmologists and a large x-ray group and it's a nightmare. One so called back surgeon operated on my wife and really botched the job and he's from the same group where a doctor told me I had no back problem, but was countermanded by two real specialists. So far I've yet to find a qualified orthopedist here.

I have peripheral neuropathy, not diabetes related and after seeing six neurologists and three pain management

On Point



Reader Opinions Invited

The opinions expressed in West Marion Messenger editorials are the opinions of the editorial board of the newspaper.

Viewpoints depicted in political cartoons, columns or letters do not necessarily represent the opinion of the editorial board.

Groups or individuals are invited to express their opinions in letters to the editor and guest columns.

Persons wishing to contact the editor should call 854-3986.

All letters must be signed and include a phone number and community name, including letters sent via e-mail. Names and communities will be printed; phone numbers will not be published or given out.

We reserve the right to edit letters for length, libel, fairness and good taste. Not all contributions are printed.

Letters longer than 350 words may be regarded as columns and printed on a space-available basis, and writers will be limited to one contribution per week. The deadline is one week prior to each Wednesday's issue.

Send letters to: The West Marion Messenger Editor, 8810 S.W. State Road 200, suite 104, Ocala, FL 34481; or e-mail editor@westmarionmessenger.com.

Please see LETTER, Page 12

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Some amazing words for the new year



James Snyder

Every year somebody, who does not really have a life, comes up with words that should not be used during the New Year. I am not sure where this started but it just goes to show that there are a whole lot of people who do not have much to do.

Topping the list this year of words not to be used is the word "amazing." Allegedly (which I think is one word that should not be used this year) 1,500 people voted to ban the

word "amazing."

I think it is rather amazing that out of the 312,867,000 people living in the United States, 1,500 people tell us what not to say. Who are these 1,500 people? What do they have against the word "amazing?" Have they ever seen anything that was actually amazing?

Of all the words I would like to see canceled during this year, "amazing" is not one of them.

A few words have come to my attention that I would like to eliminate for the coming year. I know I am only one person but by Jehoshaphat, I am going to have my say.

The first word I would like to see banned would be, "caucus." I have no idea what this word means. Sure, I can look it up in the dictionary and find out what it is supposed to mean, but when used in

the political arena, I am all confused. It would surprise me if some of the commentators that use the word knew exactly what it means. After all, it takes all their concentration to read the teleprompter.

Yet, this word is employed in the process of determining who will be the nominee for the political office of president of the United States. I think it is interesting that to get to the White House every politician needs to start with a Native American caucus. Of all those objecting to using this word, the Native Americans should be the loudest.

Another word I would like to see banned for the year is the word "polling." It seems no politician can do anything without first doing some polling. They will spend millions of dollars doing this polling. I would not mind so much if

they did not call me on the telephone and waste my time. If everybody whom they call on the telephone in their polling was as sarcastic as I am, I do not put any faith in their polling at all. Mr. Politician, call me at your peril.

Contemporary politicians would not know what day of the week it was if it was not for the latest poll. Even though the Creator gave each politician two legs to stand on, they are always switching from one leg to the next. Now I know why a politician has a left foot and a right foot.

The only natural thing that lives by polls is a polecat. There may be some resemblance here.

The word "earmarks," is another one I would like to see banned for this coming year. A politician without his or her earmarks is like a skunk without his stink. If you take a skunk, you are going to have to put up with his stink.

I guess the politician needs to do something with his or her ears for they certainly are not employed in hearing anything from their constituents. If a politician insists on earmarks, I think we ought to do some marking of their ears.

When I was a youngster in school, my teachers found a wonderful use for my ears. Whenever they wanted me to do something, they would grab me by the ears and jerk me into the right direction. Where are those teachers when you really need them? I would like to help them with their ear jerking operation. I know. Let's call it the Ear Jerking Operation (EJO).

One final word I would like to see obliterated is the word "party." Especially when associated

Please see SNYDER, Page 11

Go Figure!

answers

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Super Crossword

Answers

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Weekly SUDOKU

Answer

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7	5	8	4	2	9	6	3	1

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SNYDER

continued from Page 10

with something political. Let's face it. The political world is just one great big party after another, usually, at someone else's expense. If I could go to a party with somebody else sponsoring it and paying for it, I guess I would go to.

Whenever somebody asks me which political party I belong to I usually respond by saying, "The birthday party." At a birthday party, at least you get to eat cake and sometimes in the excitement get a little bit on your face. At political parties, everybody is eating their own words and ending up with egg on their face.

If are going to have a party let's make it a birthday party where everybody is invited and everybody gets a slice of cake. Make that two slices of cake.

I suppose there would be a whole lot of other words I could add to my list but there is one word I am not going to ban and that is God's Word. There is nothing more amazing to me than the relevance of God's word in my life today. One word I love is, "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths" (Proverbs 3:5-6).

I am quite content to allow God have the last word in my life. I have found it to be amazingly true.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafelowship.com.

Happenings

Saturday, Jan. 28

Rally for Life scheduled

Rally for Life will take place on Saturday, Jan. 28, from noon to 2 p.m. in front of Ocala City Hall, 151 S.E. Osceola Ave. Parking is available all around the building and in government parking lots.

In the past this rally was held on the Square, but this year has been moved to City Hall.

Keynote Speakers will be Sisters of Life from New York, on the "The Dignity of the Human Person" and "Building a Culture of Life."

Sunday, Jan. 29

Joy night at Christ's Church

Join other Ocala area churches for an evening of traditional and contemporary music and worship through congregational singing of praise songs, solos and ensembles.

Coffee and cookies follows. Everyone is invited.

Christ's Church of Marion County is at 6768 S.W. 80th Street, off State Road 200, Ocala, 352-861-6182, www.ccomc.org.

Tuesday, Jan. 31

Huge yard sale

Temple B'nai Darom will have a huge yard sale on Jan. 31 starting at 8 a.m.

The sale will be at 49 Banyan Course, Ocala.

Saturday, Feb. 4

An afternoon at Capone's

Join members from First Congregation United Church of Christ on Saturday, Feb. 4 for lunch and show at Capone's of Kissimmee.

Price includes bus transportation, buffet lunch, gratuities, and a Broadway style song, dance and comedy revue, set in 1930's Chicago.

Cost is \$60 per person, \$45 for children under 12. For more information and tickets, 352-873-3377.

Willie Nelson at Circle Square

Music icon and winner of 25 Grammy, CMA and American Music Awards Willie Nelson comes to the Circle Square Cultural Center!

Willie's popular hits such as "Mama Don't Let Your Babies Grow Up to Be Cowboys", "On The Road Again", "Always On My Mind" and many more classics are ageless songs that span generations. With his brilliant 6 decade career that speaks volumes of his music's relevance and performance power, the 75 year old Willie Nelson continues to sell out venues all over the world!

Don't miss the legendary Willie Nelson live in concert on Saturday, Feb. 4 at 7 p.m. at the Circle Square Cultural Center, located at 8395 S.W. 80th St.

For more information on the 2012 entertainment line-up including times, dates and tickets, visit the website at www.CS-CulturalCenter.com or call 352-854-3670.

Saturday, Feb. 18

Hospice trail ride

Hospice of Marion County, Inc. will hold its 12th annual "Horses for Hospice" Trail Ride on Sat., Feb. 18, on the Central Florida Greenway at the Florida Horse Park in Ocala. This year's ride is in memory of Wayne Vaught, former Cross Florida Greenway enthusiast and Trail Ride chairman. Registration begins at 8 a.m. and the first ride leaves at 9:15 a.m. Riders travel from as far as Jacksonville and Tampa to spend 2-3 hours on the trail. Following the ride, participants can enjoy lunch by Tommy's BBQ, live entertainment by Bordertown, and door prizes.

Proceeds from this event will benefit Patient Care Programs. The minimum donation to ride is \$30. Wagons are welcome; \$30 for driver and \$10 per passenger. Horse lovers who are unable to ride may purchase a \$10 ticket to enjoy lunch and entertainment. For more information or to register, call 352-854-5218.

Ongoing

Interfaith retirement communities

Are you interested in learning how to organize food drives to help benefit Interfaith Emergency Services for 2012? Call Craig Cotton at 352-351-8297 or Gary Nelson at 352-867-8901. Ocala Palms Food Drive Coordinators will gladly share information on how to organize a food drive the simple and easy way. Give us a call today and help our area homeless, unemployed and hurting families.

DEADLINES

Friday at 4:00 pm is the deadline for classified reader ads.

CANCELLATIONS

Advertisements may be canceled as soon as results are obtained. You will be billed only for the dates the ad actually appears in the paper. Deadlines for cancellations are the same as the deadlines for placing ads, except for specials.

TO PLACE A CLASSIFIED AD, CALL Toll Free 1-877-676-1403 MONDAY THROUGH FRIDAY, 8:00 AM - 5:00 PM



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CHARGE IT!!

All ads require prepayment. We accept:



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Stone Creek

Should I wear the purple belt?



Patricia Gizzi

Which belt should I wear? In fashion, there are rules for types of belts to be worn with certain clothing, but at the Stone Creek karate class wearing a certain color belt requires dedication and hard work. Early in December, six members of the karate class were on their way to earning a purple belt. In order to earn this purple belt, they had to demonstrate kicks, punches, blocks and a variety of combinations.

Diane Badarak, Peggy Clinton, Ken Drake, Debbie Ford, Kathy Hodges, and Mary Beth Neely proved that hard work indeed pays off. Next stop is the Brown Belt, which is one level below the coveted Black Belt. The Stone Creek karate class is open to all residents. They learn the classic Korean karate of Tae Kwon Do. The class is slightly modified for residents of a 55+ community but the weekly workout is challenging, both physically and mentally. Senior students of this class can be seen helping the beginners. Each belt level must master more complicated techniques, while passing their knowledge to the newer students. For everyone's safety, there is no sparring in class. According to instructor, Art Stalbow, "It is, however, one heck of a workout



Kneeling (left to right) Mary Beth Neely, Ken Drake, Debbie Ford. Standing — Kathy Hodges, Peggy Clinton, Diane Bararak.

for these seniors who are getting younger with each class." If you are interested in a karate class come and

try it out. The first class is free. Art also teaches Tai Chi, modern meditation and gentle shape-up.

Congratulations to the six members of the karate class for their accomplishment!

LETTERS

continued from Page 8

specialists, as they claim to be, they don't know the disease from a hole in the ground. One did a two-day nerve conduction study then told me he new nothing about neuropathy as he was a brain specialist. Yea right!

The sad part is you can't understand a great portion of the doctors or office help.

Maybe they don't understand medicine. The worst are those groups or individual doctors who have heir own lab and x-ray. I was going to one family doctor and the only thing he wanted from me was to do lab and x-ray work. When you're in an office they are either on their computer or writing but not listening.

Apparently being covered for mistakes is more important than giving good quality care.

There's a difference of opinion as to cortisone and lidocaine shots for back or joint pain.

One doctor will do it every month while others only every three or more months. What in the world is happening to medicine today?

I spent most of my life in medicine in one capacity or another and while medicine had a sense of responsibility in the past it's the dollar today. I've looked five family doctors in the eyes and said you're fired because they were so lacking in ability.

Bill Ford
Ocala

WEST MARION MESSENGER GOOD EATING

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Our Monday Thru Friday Daily Lunch Specials Are Freshly Prepared Every Day

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<p>Wednesday CHICKEN POT PIE Freshly baked, loaded with chunks of chicken breast and topped with a golden flaky crust</p>	<p>Thursday TURKEY N' DRESSING Tender, oven roasted turkey breast served with savory dressing and choice of one vegetable</p>

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