

WEST MARION Messenger

SERVING THE COMMUNITIES & BUSINESSES BETWEEN SR 200 AND US 27

Candidates start push in District 5 race

Pat Gabriel

Pat Gabriel, president of the State Road 200 Coalition, has announced that she will be a candidate for County Commission District 5.

The seat is being vacated by Chairman Charlie Stone, who is running for state representative.

"Marion County is a great place to live, work, and play. We are positioning ourselves to be leaders in the state in both job creation and quality of life. I want to help our county preserve our natural resources, provide job oppor-

tunities, and maintain quality services for our citizens without losing our small town charm and warmth."

She moved to Marion County in 1996, and joined the Southwest State Road 200 Coalition in 1997. She was chosen vice president in 1998, and became president in 1999, a position which she still holds today.

She is also chair of the Marion County Parks and Recreation Advisory Council, December 2008 to present; and chair of the Marion County Fire Advisory February 2009 to present.

She was chair of the Marion County Emergency Medical Response Task



Force, a County Commission appointment, in 2001; member of the board of directors of the Public Policy

See PAT, Page 10

Francine Johannesen

Francine Johannesen, CEO of the Marion County Building Industry Association, longtime resident, and community leader, has officially announced her candidacy for the 2012 Marion County Commission - District 5 race.

The seat is being vacated by Chairman Charlie Stone, who is running for state representative.

Johannesen's priorities center around a unified economic agenda designed to create jobs, to get people back to work, and to keep those jobs so our commu-

nity can thrive today and into the future. "I have had the privilege of working closely with our local officials and local leaders to promote pro-active economic development within our community and I want to further my commitment to ensure we are effective and efficient in rebuilding our community," said Johannesen.

Johannesen believes by promoting pro-active economic development, capitalizing in innovation, leveraging our community's greatest assets, and strengthening our education and workforce development, we will create a healthy environment for Marion County. Joh-



nesen also states, "All economies are local and many of us are working hard to create an atmos-

See FERANCINE, Page 10

Downtown Ocala becomes home on the range



PHOTOS BY JIM CLARK

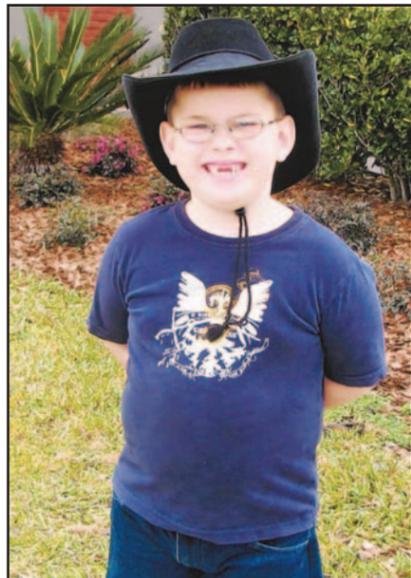
A cattle drive featuring 27 cows were driven through downtown Ocala Saturday morning, Feb. 18, to the Southeastern Youth Fair and high school rodeo at the pavilion. Crowds lined some of the streets to see the "herd" make its way through traffic.



This downtown visitor was wondering what all the fuss was about before the start of the drive at the southern end of Osceola Avenue.



Lane Taylor, 5, and his sister, Cora Taylor, 3, of Southwest Ocala, were near Tusculum Park. They attend the fair regularly.



Michael Hoffman, 6, of Morriston, waited on Osceola Avenue to see the drive.

Alzheimer's symposium planned

More than 10,000 Marion County residents and their caregivers wake-up every day struggling to cope with Alzheimer's disease. Alzheimer's has become more prevalent over the past several years and it continues to grow. The number of people living with Alzheimer's disease will only continue to grow as our population ages.

On Tuesday, March 27, the Alzheimer's Association is hosting a symposium at the Circle Square Cultural Center at On Top of the World starting at 8:30 a.m. for professionals and family caregivers who support those living with Alzheimer's. The symposium will focus on the culture of aging. During the all-day event, registrants will learn about the most recent research developments and new methods in providing and caring for people living with the disease. Continuing Education Credits are available.

"Research is advancing all the time and there are new methods for helping those with Alzheimer's being developed," said Brandy Gregg, Board Member, Alzheimer's Association—Central and North Florida Chapter. "For professionals and family caregivers who are new to dealing with the disease or for those who are more seasoned, this symposium offers an opportunity to connect with others and to get updated and refreshed on caring for those living with the disease."

The event is \$35 with an additional \$30 for nurses and certified nurse's assistants who need CEU's. Register before March 1 to save \$10. Admission includes

See ALZHEIMER'S, Page 10



Fairfield Village



From the left, Toni Belcher, Sandi Ford, Jeannie Chapman, Carol Starr, Ellie Lynch, and Loretta Zang smile happily as they realize that their hard work has netted great fun and lots of camaraderie for the Fairfield Village community.



Since February is designated as "Heart Month," the official pancake cook of the day, Jeannie Chapman (SAC Chair) shows the special "heart" pancakes she made for folks who had recuperated from illness and then came to participate in the Valentine Pancake Breakfast in the Fairfield Village Clubhouse on Saturday morning, Feb. 11.



Loretta Zang takes a break to "smell the roses." Loretta Zang was instrumental in the success of the Pancake Breakfast as were several other ladies.

More photos on Page 8

Hearts, flowers and hypnotism



Priscilla Geissal

Saturday morning, Feb. 11, saw many of Fairfield Village's neighbors gathering between 8 and 11 a.m. to enjoy a delicious pancake breakfast sponsored by the Social Activities Committee. It was an early Valentine celebration and many took advantage of the time to sit and chat with friends during and after the nice breakfast at the nicely decorated tables.

Pancakes, sausage, fruit, juices, and coffee were the mainstay of the morning. However, for a smile and a "Please" those enjoying the time with friends could be served a special Mi-

mosa drink in really nice champagne flutes ... they were plastic, but they were still very nice.

In the background, everyone was treated to appropriate Valentine music. For some reason, most of the ladies present really seemed to enjoy several of the old Elvis Presley hits. I cannot attest to what the gentlemen preferred ... actually I think it was the pancakes and sausage which just kept coming off the griddle. We all know ... "the way to a man's heart ..."

Coming up on Saturday, Feb. 25 from 7 until 8 p.m., there will be a Manager's Monthly Residents' Event. The show is advertised as "Comedy Stage Hypnosis Show," and it features Jim Buckland, C.H. (Maybe that means "Certified Hypnotist," but I certainly do not know that ... I am just guessing.) Buckland is called a "Master Hypnotist" and is purported to be quite an entertaining fellow. Tickets are just \$5 per person and the proceeds from the evening will be returned to the audience in drawings held after the show. Everyone is invited to come and BYOB and any snacks that would be appetizing for yourself or your group of friends. Tickets may be purchased in the manager's office or at the door the evening of the performance.

Actually ... I told our manager, Peggy Sluss, that I do not believe that I could be hypnotized. She asked if I would like to participate and not just be part of the audience. I am still considering that option, but I have not decided as yet.

I would have to be sure that if I am wrong, and I could be hypnotized that I would not be caught on camera doing the funky chicken dance or trying to sing when everyone knows that I absolutely would be mortified if anyone heard me trying to sing. I do not have a bucket big enough to help me begin to carry that proverbial tune. Maybe I better just stick to taking the photos and writing about what others do here in Fairfield Village, "a lively place filled with lovely (hypnotized or not hypnotized) people."

Go Figure! answers

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+		x		x	
9	+	6	÷	5	3
x		-		+	
1	x	8	+	4	12
12		22		14	

Super Crossword Answers

BOO	I	M	A	G	E	S	H	A	L	F	G	E	A	R
I	S	N	T	S	O	I	R	E	E	O	R	E	L	U
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R	A	C	E	T	R	E	S	S	I	L	V	E	R	F
I	R	A	F	I	E	F	A	L	L	A	G	O	O	
M	Y	S	T	I	C	A	C	A	D	E	M	G	O	R
	I	D	A	B	O	N	E	D	A	B	M	G	R	E
T	H	E	G	O	L	D	B	U	G	P	I	P	E	E
H	A	L	E	O	O	P	L	E	A	D	B	A	L	L
A	L	A	R	M	I	S	T	B	O	Y	L	E	T	A
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A	R	I	A	T	O	D	D	E	M	E	R	A	L	D
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S	A	F	E	A	G	E	D	M	O	S	A	I	C	S

Weekly SUDOKU Answer

7	5	3	2	1	9	4	6	8
4	2	9	8	5	6	1	7	3
6	8	1	4	3	7	9	5	2
2	9	4	7	8	3	5	1	6
1	7	5	6	2	4	8	3	9
3	6	8	5	9	1	2	4	7
5	4	2	3	7	8	6	9	1
9	3	6	1	4	2	7	8	5
8	1	7	9	6	5	3	2	4

DEADLINES

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Quail Meadow

Plenty of food



Carolyn Slocumb

To look at the calendar and see the events for the past week, you might think that all we do is eat! The ladies of Quail Meadow enjoyed a very delightful outing to Bianca's in Ocala Palms for lunch. The food and fellowship were both enjoyable. If you haven't attended one of the luncheons, you should plan to meet with us next month.

The spaghetti dinner was fabulous! Seventy residents attended. Each lady was presented with a rose. The food was excellent. Dave Yoders was the "pasta chef." There was a variety of sauces available: meatballs, sausage, turkey meatballs and sausage, and also a meatless sauce. All sauces were made by volunteers from our community. The "servers" were cute in their matching aprons (made by Marion Gartman). Servers for the event were Lil Carie, Carolyn Carlson, Marion Gartman, Maryann McGill and Theresa Yoders. Along

with spaghetti, we had salad and dessert. No one left hungry! The unusual table decorations were made by Lil Carie and Earl Talley. The 50/50 drawing was won by Lil Carie. In addition, other prizes of the table decorations, candy, etc. were also given to the lucky ticket holders. During the evening, our "disc jockey" John Stone provided appropriate "Valentine" dinner music. Many were heard remarking that this was one of the best dinners we have had.

The Red Hot Fillies (Red Hatters) celebrated Valentine's Day with a Chocolates and Champagne party. This event was held at the Clubhouse. Everyone enjoyed the chocolate fountain and coating the strawberries, pineapple, and bananas from the flowing fountain. Bobbie Waite made the most unusual dessert centerpieces - they looked like a flower pot with flowers in them, but the "dirt" was actually edible - chocolate cookies, whipped cream, and pudding. The worms were also edible - gummy worms!

The races are coming! Mark your calendars now for "Irish Derby Day" March 17. The Quail Meadow horse race will be that night at the Clubhouse. Tickets are available from Lil Carie and Pat Talley. Ladies get out your hats - there will be a contest for the best hat.



Servers at the Ladies Luncheon at Bianca's were Theresa Yoders, Lil Carie, Carolyn Carlson, Maryann McGill, Marion Gartman.

Dave Yoders, "Pasta Chef" with Terry McGill and Ron Gartman.



More photos on Page 12

WEST MARION Messenger
SERVING THE COMMUNITIES & BUSINESSES BETWEEN SR 200 AND US 27

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.

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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
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- 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.	Deadline for Advertising Classified Reader Ads 4 pm Friday Display Ads 5 pm Thursday
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Stone Creek

Published authors at Stone Creek



Patricia Gizzi

Stone Creek has some residents who are published authors, and we also have a spa teacher who has recently seen one of her articles published. If you visit the indoor pool on Monday, Wednesday or Friday from 9 to 11, you will see Barb Day teaching her classes.

Recently, Barb had her pool games article published in the December 2011/January 2012 issue of AKWA Magazine which is the official publication of the Aquatic Exercise Association. This is the article Ruth Sova requested to copy for her students. Barb says,

"This is a very practical article I wrote to help other instructors utilize the idea that games can be played in water classes to emphasize/enhance aquatic exercise movements." Those of us who take Barb's classes have played many of the games listed in this article.

Barb feels honored to have her article in such a prestigious magazine and gives us the background on Ruth Sova. Ruth is the founder of the Aquatic Exercise Association and is the president of the Aquatic Therapy and Rehab Institution. She was

the author of the first manual for certifying instructors to teach water exercise programs. This manual was dated 1990 and it is the manual from which I studied to become a certified water aerobics instructor. She is an internationally known speaker, author, consultant on fitness, choreography, aquatic exercise and the business side of fitness. She is on the Wisconsin Governor's Council on Physical Fitness and received the Governor's Entrepreneurial Award. She has also won the IDEA Outstanding Business Award, the first Presidential Sports Award in aquatic exercise and AEA's Contribution to the Industry Award. She has authored 15 books.

"I believe Ruth is the one who started the entire idea of exercising in the water vertically instead of horizontally (like swimming). She is a great lady and so respected in the water aerobic industry," says Barb. Barb goes on to say, "This is probably just a big deal to me — to be asked permission by someone with high credentials as Ruth Sova for something I wrote! I was truly honored to think that my simple article could be so helpful to someone."

Anyone who has taken Barb's classes knows that she gives 100 percent to all of her lesson plans. She is a teacher who explains why the class is doing something and changes the lesson each time the classes meets. You are given a true workout. My daughter came to a class thinking it was going to be



Barb Day

easy but she told me she really got a workout and she is 28 years younger than me. Barb's students recently took up a collection to purchase Barb a Pandora bracelet to show her their appreciation for all that she does. Congratulations, Barb! We, at Stone Creek are happy to share in your accomplishment.

Call for help — Nancy Ko has been taking care of the "labels and ink cartridges for education" project for the past three years. These have been donated to Belleview-Santos Elementary School in Belleview. Nancy and her husband have their house for sale and they will be leaving Stone Creek. She would like to know if there is anyone who would be interested in helping her and taking over when she moves. The time involved is less than one hour every four months. This is a great project and I know as a former teacher, it is extremely beneficial to the school. Send Nancy an e-mail at konancy80@yahoo.com. Let's continue the Stone Creek tradition of helping our Ocala Community.



\$28,100 donation

A group of Ocala Palms residents and Florida Military Family Assistance Fund Committee Members made a trip to The Florida National Guard Headquarters in St. Augustine on in December to present the proceeds from the third annual Veterans Day Charity Golf Tournament. Present from left are: Tom and Rene Hopkins, Linda Holm, Joe and Barb Dedics, Terry Sutton (FMFAF-VP), Pat DeJesus (FMFAF- Sect'y/Treasurer), John DeJesus (FMFAF-President), MG Emmett Titshaw, BG Richard Capps (Ret), George Myron, MG Donald Tyre, BG Joseph Balskus and CSM Mike Hosford. A check in the amount of \$28,100 was donated to the Florida National Guard Emergency Relief Fund for active duty soldiers and their families.

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Opinion

Our Message

The worst in a pair of teenagers

If you wanted to see the worst in American teenagers last week, you only needed to go as far as Gainesville High School.

Two girls posted a pair of videos on a social networking site that were the most disgusting things you would ever want to see from kids. The first one had been pulled by the time most people had heard of it, but the second one was still available last weekend. It was a 13-minute racially charged rant against "black people."

You have to wonder what their parents think.

They criticized blacks for the use of welfare, for getting pregnant, for the way they talk, and many other things.

They also criticized them for their lack of graduation rate, which was ironic, because after all the publicity, the two girls were forced to withdraw from school because of threats against them.

They also spent much of the time on the video giving nasty answers to those who had written them after their first performance, using every four-letter word in the book.

Gainesville High officials said that the girls were not representative of the students at the large Alachua County school, but that's what you would expect them to say.

The biggest concern we have is that there are others, maybe many others, who feel the way these girls do, and some of those might even be here in Marion County. Racism doesn't know county boundaries, especially with the social networks that are available to students nowadays.

That means that school officials and teachers have to be alert to this sort of thing, and stop it before it gets going. Our teenagers should be better educated than these two Gainesville students about the progress of race relations.

The videos have been pulled from the social networking site, but if you feel you must see the second one, it was still on a site called WorldStarhiphop.com this past weekend. Just search for the word "rant." But a warning. Don't watch it with young children in the room, and don't watch it if you are sensitive to racial and vulgar remarks.

For the most part, we wish we hadn't seen it, although editorially we felt we had to, so we would know what we were writing about.

It's actually a little sad to see what some of our teenagers have come to. Let's make sure we don't allow any others to "perform" this sort of thing.

WEST MARION
Messenger
PUBLISHER:
GERRY MULLIGAN
REGIONAL MANAGER:
JOHN PROVOST
EDITOR:
JIM CLARK

Among Friends

A busy legal week: I'm suing me

Last week was very busy for me. I spent a lot of time doing the paperwork involved in filing for an injunction ... against myself.

That's right, I'm suing me. It's all because some of our government officials seem to forget the first three words of the preamble to the U.S. Constitution; you know, the words "We the people."

This kind of thing happens when officials ignore the fact that we, the people, are the government ...not them. This is a government, as Abe Lincoln said at Gettysburg, "of the people, by the people, for the people" and "shall not perish from the earth." Unfortunately, last week it perished in Ocala.

The trigger for this is a schools vs. city dispute over utility deposits. The city wants them from the schools; the schools say they don't have to pay.

Last week it was revealed that the city threatened to disconnect city utilities, which includes water and electric, from 23 schools and various school offices that use city facilities. That prompted the board to file for an injunction against the city.

No, no, no, says the city. We won't shut down any schools, just the offices. First, that's not very comforting, and second, why did they list the schools in the threatening letter?

Those of us who happen to live in the city of Ocala pay school taxes to Marion County and pay city taxes to Ocala. So, in effect, we are suing ourselves for demanding a deposit from ourselves.

What a colossal waste of time, effort and money this entire dispute has caused.

Personally, my school side is winning

over my city side. One of the reasons for a utility deposit is to make sure the person posting the deposit is good for the bill. In fact, in one of my utilities, I believe it's the phone. I don't have to pay a deposit, because over the years I've always paid my bills on time.

Just where does the city think the School Board is going to go? Is it going to shut down and disappear in the middle of the night, running out on its debts? So why should the city require a deposit from the schools?

By the time you read this, there probably will have been a court hearing, and things might be settled. But just the fact that it was brought up at all is very disconcerting.

At its next meeting, the City Council should ask for a show of hands from its audience: "How many of you also pay School Board taxes?"

It should be unanimous, unless there are some out-of-county residents there. That show of hands should send a message to the city: Stop demanding that I pay myself a deposit.

After all, I might win in court ...or I might lose ...or both.

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



Guest Column

The law of unintended consequences

By Jim Flynn

The pull of gravity, spin of our planet, or trips around the sun may cause the U.S. Supreme Court to render occasional decisions with predictable long-term unintended consequences.

One such decision was Dred Scott in 1857. As you recall from high school history, Dred Scott was a slave owned by Peter Blow, who sold him to John Emerson, an army doctor. Emerson was posted to several states, including Missouri, where slavery was illegal and slaves were permitted to purchase their freedom.

When Scott's offer of the \$300 freedom fee was rejected, he sued. Four years and several courts later, the Supreme Court, with five justices who had been slave owners, decided that slaves were neither people nor citizens of any state. In his "house-divided" speech in 1858, Abraham Lincoln predicted the Dred Scott decision would lead to war. It did, and nearly destroyed the nation.

Roe v. Wade in 1973 was another decision influenced by the spins and pulls of planet earth. You'll recall that Roe sued the State of Texas for violating her right to an abortion. None of several courts was brave enough to play the coward card — duck the tricky case by declaring it moot. Case dismissed because Roe was no longer pregnant. Instead the Court declared that Roe and every female have a right to abortion until the unborn is viable outside the womb. After rummaging the constitution for a reason, the Court decided abortion must be a privacy right, implied but not stated in the due process clause of the fourteenth amendment.

A more recent dizzying decision was the case of Citizens United vs. Federal Election Commission. The Court said government has no authority to restrict the right of corporations to express themselves in elections, provided money isn't given directly to candidates as contributions — a distinction without a difference.

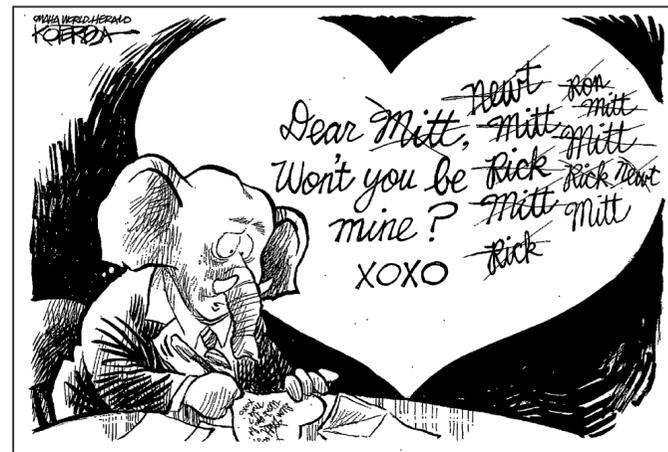
Corporations are no longer artificial persons created by statutes. In Citizens United five justices said corporations are real people who can exercise their voices to influence elections. We consider the finding asinine.

What voices? Will stockholders be asked for their opinions on candidates and issues? Not likely. Modern corporations are run for the enrichment of executives and their hand-picked directors. Corporation managers will get two votes, one at work and the other at the polls.

By a power not vested in the Supreme Court the Super Pac (political action committee) was born. In an outbreak of naiveté five justices convinced themselves that Super Pacs would be independent from campaign committees and would not lead to political corruption. Pretenses of Super Pac independence from candidates and campaign committees evaporated quickly in recent presidential primaries.

What next? The Super Pac decision won't start a civil war or encourage more abortions, but the Court has created another monster which could influence elections all the way down to county clerks. Despite its high level of legal learning, our Supreme Court seems permanently baffled by the law of unintended consequences.

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.

WILD Blueberries

FAMILY FEATURES

One of the best ways to get more of nature's healthiest superfoods into your daily diet is to "think frozen." Frozen fruits and vegetables retain their nutritional value just as well as fresh. And when it comes to taste, one superfood is a freezer superstar: Wild Blueberries.

These delicious little blue powerhouses have superior antioxidant capacity compared with other fruits and veggies — and they're available year-round in your grocer's freezer. Stock up and turn your own freezer into a daily source of health-promoting superfood. Studies show that Wild Blueberries may help combat cancer, heart disease and the effects of aging. Brain benefits include:

- Improving motor skills
- Reversing short-term memory loss

There's no real secret to eating healthy. Just have a ready supply of Wild Blueberries in your freezer so you can enjoy these delicious recipes any time, in any season. Get more wildly healthy recipes at www.wildblueberries.com.

The delicious secret to a healthy freezer

Wild Blueberries grow naturally in the fields and barrens of Maine and Canada, and are fresh frozen at the peak of their antioxidant power. You'll find them in your grocer's frozen food section — they're easy and affordable all year-round.



Wild blueberries pack a bigger antioxidant punch than their larger, cultivated cousins. And because they're smaller, they also freeze perfectly, maintaining superior color, texture and sweet and tangy flavor.

Sweet Wild Blueberry Omelet Rolls

Serves 4

- 2 cups frozen Wild Blueberries, thawed
- 1/2 cup Wild Blueberry jam
- 8 eggs
- 2 tablespoons light cream
- 4 tablespoons sugar
- 1 tablespoon flour
- 2 tablespoons butter
- 1 ounce chopped pistachio
- Powdered sugar
- Mint leaves

In small bowl, mix Wild Blueberries with Wild Blueberry jam to bind.

In a second bowl, beat eggs with cream, sugar and flour. Place a 12-inch frying pan over medium heat and melt 1 tablespoon butter. Add half of the egg mixture and turn down heat in order to slowly cook eggs. Flip over the omelet. Place omelet on a plate, scatter half the Wild Blueberries on it and roll it up.

Prepare a second omelet from remaining butter, egg cream and Wild Blueberries. Cut omelets into pieces and sprinkle with pistachio and powdered sugar. Garnish with mint leaves as desired.

Nutritional Information per Serving: 410 calories, 18g fat, 170mg sodium, 53g carbohydrates, 1g fiber, 13g protein

Wild Blueberry Coconut Smoothie

Serves 4

- 3 cups frozen Wild Blueberries
- 4 tablespoons brown sugar
- 1 piece of fresh ginger (walnut-size), peeled and grated
- 13 ounces canned coconut milk, divided
- 1 teaspoon toasted, for garnish

Blend Wild Blueberries, brown sugar, ginger and 6 ounces coconut milk in blender until frothy. Pour remaining coconut milk into four glasses and slowly add Wild Blueberry mixture to each. Stir gently with a spoon to get a marbled white and blue look. Garnish with toasted coconut.

Nutritional Information per Serving: 280 calories, 20g fat, 15mg sodium, 29g carbohydrates, 5g fiber, 2g protein

Tandoori Chicken Sticks with Wild Blueberry Fig Sauce

Serves 4 as entrée or 12 as an appetizer

- 1 1/2 pounds boneless, skinless chicken breast
- 1 package Tandoori Tikka or Tandoori Chicken marinade
- 1/2 cup low-fat, plain yogurt
- 2/3 cup frozen Wild Blueberries
- 1/2 cup Wild Blueberry jam
- 1/2 cup chopped fresh figs (or substitute pears)
- 1/2 teaspoon orange zest
- 2/3 cup cooked red lentils
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon powdered coriander
- 1 tablespoon oil or cooking spray
- Skewers

Chop chicken into bite-sized chunks. Stir together Tandoori Tikka and yogurt in medium bowl and add chicken. Cover and let marinate for at least 1 hour.

Sauce: Stir together Wild Blueberries and jam in a small saucepan. Rinse and chop figs. Add figs and orange zest. Cook sauce stirring until it just comes to a simmer. Remove from heat, cool slightly. Add lentils and season with salt, pepper and coriander.

Pre-heat oven to 425°F. Remove chicken from marinade and drain in a colander. Place chicken pieces in an oiled 11 x 13-inch glass baking dish, without allowing them to touch.

Roast 8 to 10 minutes until done. Place chicken on skewers. Serve with the Wild Blueberry dipping sauce. Traditionally accompanied by rice as an entrée.

Nutritional Information per Serving: 123 calories, 1g fat, 130mg sodium, 14g carbohydrates, 1g fiber, 14g protein, 30mg cholesterol

Veggie Sticks with Ricotta Wild Blueberry Dip

Serves 1

- 2 stalks celery
- 3 carrots
- 1/4 cup part-skim ricotta (or cream cheese)
- 1 ounce crumbled Gorgonzola
- 1 tablespoon Wild Blueberry juice
- 1 pinch grated orange peel
- Freshly ground pepper
- 1/2 cup fresh Wild Blueberries

Wash celery and carrots and cut into sticks. Mix ricotta and Gorgonzola with Wild Blueberry juice. Season with grated orange peel and pepper. Gently stir in Wild Blueberries and place in bowl for dipping.

Nutritional Information per Serving: 351 calories, 17g protein, 14g fat, 43g carbohydrates, 737mg sodium, 44mg cholesterol

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Photos from Fairfield Village



Two long-time friends and close neighbors, (left) Peg Stempen and (right) Ethel Dearing sit and chat for some time after they had enjoyed the more than filling breakfast sponsored by the Social Activities Committee.



Two of Fairfield's most beloved neighbors, Cecile Gaudier (left) and Paula LeBlanc (right) stop long enough to smile for the camera as they came to enjoy the pancakes, sausage, fruit, juice, and coffee with their many friends.

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Published authors at Stone Creek



Patricia Gizzi

Stone Creek has some residents who are published authors, and we also have a spa teacher who has recently seen one of her articles published. If you visit the indoor pool on Monday, Wednesday or Friday from 9 to 11, you will see Barb Day teaching her classes.

Recently, Barb had her pool games article published in the December 2011/January 2012 issue of AKWA Magazine which is the official publication of the Aquatic Exercise Association. This is the article Ruth Sovo requested to copy for her students. Barb says,

"This is a very practical article I wrote to help other instructors utilize the idea that games can be played in water classes to emphasis/enhance aquatic exercise movements." Those of us who take Barb's classes have played many of the games listed in this article.

Barb feels honored to have her article in such a prestigious magazine and gives us the background on Ruth Sovo. Ruth is the founder of the Aquatic Exercise Association and is the president of the Aquatic Therapy and Rehab Institution. She was



Barb Day

the author of the first manual for certifying instructors to teach water exercise programs. This manual was dated 1990 and it is the manual from which I studied to become a certified water aerobics instructor. She is an internationally known speaker, author, consultant on fitness, choreography, aquatic exercise and the business side of fitness. She is on the Wisconsin Governor's Council on Physical Fitness and received the Governor's Entrepreneurial Award. She has also won the IDEA Outstanding Business Award, the first Presidential Sports Award in aquatic exercise and AEA's Contribution to the Industry Award. She has authored 15 books.

"I believe Ruth is the one who started the entire idea of exercising in the water vertically instead of horizontally (like swimming). She is a great lady and so respected in the water aerobic industry," says Barb. Barb goes on to say, "This is probably just a big deal to me — to be asked permission by someone with high credentials as Ruth Sovo for something I wrote! I was truly honored to think that my simple article could be so helpful to someone."

Anyone who has taken Barb's classes knows that she gives 100 percent to all of her lesson plans. She is a teacher who explains why the class is doing something and changes the lesson each time the classes meets. You are given a true workout. My daughter came to a class thinking it was going to be



\$28,100 donation
A group of Ocala Palms residents and Florida Military Family Assistance Fund Committee Members made a trip to The Florida National Guard Headquarters in St. Augustine on in December to present the proceeds from the third annual Veterans Day Charity Golf Tournament. Present from left are: Tom and Rene Hopkins, Linda Holm, Joe and Barb Dedic, Terry Sutton (FMFAF-VP), Pat DeJesus (FMFAF- Sect'y/Treasurer), John DeJesus (FMFAF-President), MG Emmett Titshaw, BG Richard Capps (Ret), George Myron, MG Donald Tyre, BG Joseph Balskus and CSM Mike Hosford. A check in the amount of \$28,100 was donated to the Florida National Guard Emergency Relief Fund for active duty soldiers and their families.

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Leisure



ARIES (March 21 to April 19) The adventurous Aries won't be disappointed with taking on a new challenge, despite some initial misgivings. Look for this move to open other opportunities down the line.

TAURUS (April 20 to May 20) Let that beautiful Bovine smile not only put you at ease, but also show that you're ready, willing and more than able to confound the naysayers around you. A new admirer has important news.

GEMINI (May 21 to June 20) Be careful how you handle a relationship that you're hoping to save. You already have the facts on your side. Avoid weakening your position by embellishing it with unnecessary dramatics.

CANCER (June 21 to July 22) Taking definitive stands isn't easy for the often-wavering Moon Child. But you not only need to stay with your decision, but also reassure others it was the right thing to do.

LEO (July 23 to Aug. 22) As a proud Lion, you're right to be upset about those who might be lying about you to others. But the best revenge is proving them wrong by succeeding at what you set out to do.

VIRGO (Aug. 23 to Sept. 22) Caution is still advised before making a financial commitment to a "promising" project. Look for the facts behind the fluff. Devote the weekend to loved ones.

LIBRA (Sept. 23 to Oct. 22) A Taurus offers comfort and advice as you deal with an upsetting event. Use this as a learning experience that will help you avoid similar problems in the future.

SCORPIO (Oct. 23 to Nov. 21) A romantic situation creates some chaos for single Scorpions. But it's well worth the effort to work things out. A trusted friend can offer some helpful advice.

SAGITTARIUS (Nov. 22 to Dec. 21) Expect to make new friends as your social circle expands. Also, remember to tell that family member how proud you are of his or her achievements.

CAPRICORN (Dec. 22 to Jan. 19) New ventures continue to be favored. And with your self-confidence rising all the time, you'll want to see how well you can do with a new challenge. So, go to it.

AQUARIUS (Jan. 20 to Feb. 18) This is a good time for the usually "serious-minded" Aquarian to let loose and enjoy some fun times. Expect to get good news about a workplace issue.

PISCES (Feb. 19 to March 20) Changed plans might upset some people, but your needs should be respected. Offer explanations when necessary. But don't let yourself be talked into changing your decisions.

BORN THIS WEEK: You have a gift for bringing people together. You would make a fine judge or counselor.

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Weekly SUDOKU

by Linda Thistle

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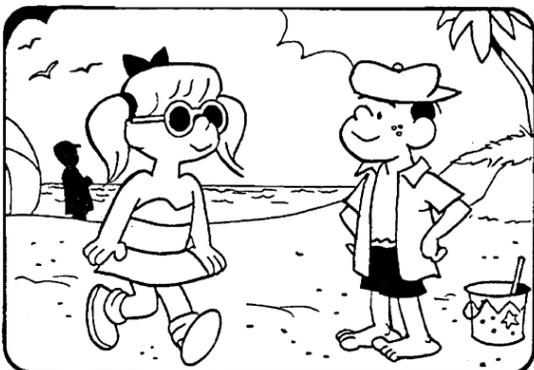
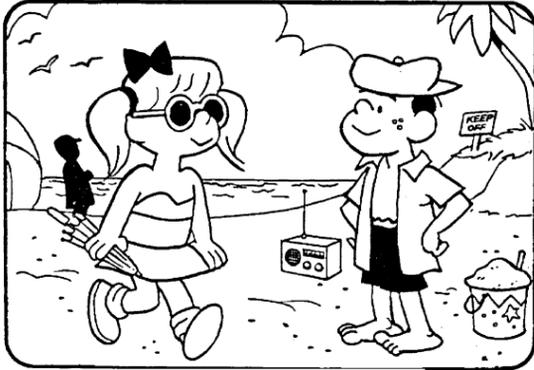
DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Bow is moved. 2. Umbrella is missing. 3. Radio is missing. 4. Trunks are shorter. 5. Sign is missing. 6. Fall sand is missing.

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8	3	7	4	7	6	4	8	7	8	2	5	3
A	U	E	D	X	A	O	N	P	A	A	M	S
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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Super Crossword ALL MINE

- | | | | | | |
|-------------------------------|----------------------------------|------------------------------------|--------------------------|-------------------------------|-----------------------------------|
| ACROSS | 51 Music center | 93 Raptor feature | DOWN | 41 Author Morrison | 78 Heavenly headgear |
| 1 Start to cry? | 53 Southern st. | 94 Triumphed | 1 Drill accessories | 42 Spring bloom | 79 Dash |
| 4 Representations | 54 "I'm working —" | 95 Waugh's "The Loved —" | 2 Singer Tessie | 43 Legend | 80 Health measure? |
| 10 One of a pair | 55 Marathon | 96 Wish | 3 Upright | 44 Frank book | 81 Buddy |
| 14 Equipment | 56 "— bien!" | 97 Cows and sows | 4 Metric start | 45 Pizarro's victims | 82 Fateful 15th |
| 18 "— It a Pity?" (70 song) | 57 He devours books | 99 Canonized Mlle. | 5 5th President | 46 Mimic | 83 Architect's add-on |
| 20 Posh party | 60 Private pension | 100 Baseball's Parker | 6 — -de-camp | 48 "Treasure Island" monogram | 86 Prune |
| 21 Hurler Hersher | 61 "Pshaw!" | 101 Moses or Monet | 7 Baby beetle | 49 Soothe | 87 Cyclone center |
| 22 Coax | 62 Composer Manuel de — | 105 Deciduous tree | 8 Toon cry | 50 Like | 88 Stodd up |
| 23 Wellington's sobriquet | 64 Moo — gai pan | 110 Cat's dog | 9 Bird food | 51 Rickrack, e.g. | 90 Speck |
| 25 "— Lisa" | 65 Occult | 112 PC key | 10 Vassal's allegiance | 52 Live and breathe | 91 Torpor |
| 26 Lassie's father | 67 Prep school | 114 Merrill melody | 11 Smell to savor | 53 Thin layer | 92 Comice kin |
| 27 Austen title start | 69 Balzac's "Le Pere —" | 115 Rocker Rundgren | 12 Late-night name | 57 "Ethan Frome" prop | 96 Paid attention |
| 28 CSA soldier | 73 Moore or Tarbell | 116 Dorothy's destination | 13 Cozy cloth | 58 Kitchen implement | 99 Extra |
| 29 Oahu feature | 74 Fileted | 119 Capone feature | 14 Overly enthusiastic | 59 Space | 100 Heel type |
| 32 Barber's "— for Strings" | 75 SDI device | 120 "Splendor in the Grass" writer | 15 Cleveland's lake | 61 Hound's handle | 102 Foot part |
| 34 Woods' org. | 76 SAT's big brother | 121 Poe character | 16 Akbar's city | 62 Mr. Diller | 103 Farm features |
| 35 Aye opponent | 77 Poe tale | 122 The Laura Bush of Olympus | 17 Oliver of "Gladiator" | 63 Citrus cooler | 104 Neon — |
| 36 Concept | 81 Mammy Yokum's prop | 123 Protected | 19 Actress Farrow | 66 Paper — | 105 Perennial panelist |
| 38 Warehouse item | 83 In addition | 124 Like fine wine | 24 "Salve —" | 67 Head monk | 106 Namu or Willy |
| 40 Salon request | 84 Barbara of "Perry Mason" | 125 Byzantine art form | 30 — facto | 68 Tour de force | 107 Chanteuse Edith |
| 41 Roth or Reid | 85 "Alley —" | 126 Japanese honorific | 31 Granola fruit | 70 Northern hemisphere? | 108 Belfry sound |
| 44 Photographer | 86 Complete failure | | 33 Like some twins | 71 Bean or Welles | 109 Tiller |
| 47 Psychologist | 89 Chicken Little, for one | | 37 Skilled | 72 "— Wolf" ('85 film) | 110 Cello parts |
| 49 "Pilgrim's Progress," e.g. | 92 Peter of "Young Frankenstein" | | 38 Shuffleboard stick | 75 PD alert | 111 Section |
| | | | 39 "— Day Now" ('62 hit) | 77 January event | 113 "Saving Private —" ('98 film) |
| | | | 40 Eastern European | | 117 "O Sole —" |
| | | | | | 118 Fond du —, WI |

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	×		+		17
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	+		÷		3
×		—		+	
	×		+		12
12		22		14	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 4 5 5 6 8 9

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Local residents can take part in cancer prevention study

Residents of Marion County have an unprecedented opportunity to participate in a historic study that has the potential to change the face of cancer for future generations. Men and women between the ages of 30 and 65 who have never been diagnosed with cancer are needed to participate in the American Cancer

Society's Cancer Prevention Study-3 (CPS-3). CPS-3 will enroll a diverse population of up to half a million people across the United States and Puerto Rico. The opportunity for local residents to enroll in CPS-3 will take place at the Ocala Relay for Life - Trinity Catholic High School on April 13 from 6 to 10 p.m.

These volunteers will help researchers better understand the lifestyle, environmental, and genetic factors that cause or prevent cancer. "My mom is a two-time cancer survivor and I'm doing all I can to make sure my children don't have to say

Please see CANCER, Page 12

FRANCINE

continued from Page 1

where that is conducive to a better local economy. It is going to take dedication, hard work, and a great deal of teamwork to accomplish these priorities.

"Marion County is a great place to live and one of our greatest assets is the power of the people that live here. Through my for-

mal education and my experience in problem solving, change and project management, I want to pull our resources together to get the job done."

Johannesen has been a resident of Marion County since 1974 and graduated from Lake Weir High School with a full academic scholarship to the College of Central Florida where she received her Associate of Arts degree.

She continued her undergraduate studies at

Saint Leo University and obtained her degree in Business Administration, specializing in business management with a minor in marketing.

She has held positions with the City of Ocala Electric Utility, Progress Energy of Florida, and is currently CEO at the Marion County Building Industry Association.

Johannesen is currently active on the Ocala/Marion County Chamber of Commerce Executive Commit-

tee, a member of the Ocala/Marion County Economic Development Corporation and the Republican Business Council.

She is also an engaged volunteer leader and has worked with United Way, March of Dimes, Junior Achievement, ARC of Marion, and many others.

Johannesen and her husband Chad have a daughter, Aubrey, and two opinionated Chihuahuas.

ALZHEIMER'S

continued from Page 1

continental breakfast, lunch, sessions, breaks and exhibits. The event starts at 8:30 a.m. and ends at 4 p.m. The event will have breakout sessions covering behaviors, communications, activities, research, financial programs and other Alzheimer-related topics. Respite services can be arranged off-site for those family caregivers who may require assistance to attend.

To register for the event, please visit <http://www.alz.org/cnfl> or call 800-272-3900.

PAT

continued from Page 1

Institute in 2000 and reappointed in 2002, while there served on the Senior Study and Growth Study, was chair for the Ocala Conference in 2003 and 2004, and on the Executive Committee Women for Ocala in 2005. She was a governor's appointee to Withlatchoochee Regional Planning Council, 2001 to 2008 and served on the Executive Board, was a member of EMS Advisory Committee at CFCC, 1999; AED Selection Committee at Munroe Regional Hospital, 2000; Charter Member of South West Rotary, 2001 - 2007; Sgt. Of Arms South West Ocala Rotary 2003/2004; President of South West Ocala Rotary 2005/2006; Member of Smart Growth Coalition, 2002 - 2005 and was Countryside Farm's Homeowners Association - Secretary 1998 - 2006.

She graduated from Marion County Citizen's Academy 2001, was appointed to Sheriff's Advisory Committee 2004/2005 and was appointed to Ocala Marion County Chamber of Commerce Board of Directors 2005.

Gabriel attended Ohio State University, Hammel Actual Business College, Cincinnati Technical School, Cuyahoga Community College, and the Realtors National Marketing Institute, with courses leading to CRB designation.

She has been a secretary for Industrial Contractor, worked in accounts receivable and payable and advertising for a major company, was an assistant director of personnel and a news editor at a hospital.

She began a real estate career as an agent in 1978 in Ohio, and achieved Million Dollar Club status, was honored as Professional of the Year, taught a 30-hour continuing education course, wrote and taught training modules and served on the Grievance Committee of the Cincinnati Board of Realtors before becoming the board president.

In Florida she worked as an advertising representative for the St. Petersburg Times.

Her husband is retired from AT&T and from the Ocala Star-Banner. She has a son who served in the Marines, reaching the rank of captain, and is now with the FBI in Washington, D.C.; and a daughter, who received her RN degree from CFCC and lives with her daughter in Citrus County.

Plenty of food



Carolyn Slocumb

To look at the calendar and see the events for the past week, you might think that all we do is eat! The ladies of Quail Meadow enjoyed a very delightful outing to Bianca's in Ocala Palms for lunch. The food and fellowship were both enjoyable. If you haven't attended one of the luncheons, you should plan to meet with us next month.

The spaghetti dinner was fabulous! Seventy residents attended. Each lady was presented with a rose. The food was excellent. Dave Yoders was the "pasta chef." There was a variety of sauces available: meatballs, sausage, turkey meatballs and sausage, and also a meatless sauce. All sauces were made by volunteers from our community. The "servers" were cute in their matching aprons (made by Marion Gartman). Servers for the event were Lil Carie, Carolyn Carlson, Marion Gartman, Maryann McGill and Theresa Yoders. Along

with spaghetti, we had salad and dessert. No one left hungry! The unusual table decorations were made by Lil Carie and Earl Talley. The 50/50 drawing was won by Lil Carie. In addition, other prizes of the table decorations, candy, etc. were also given to the lucky ticket holders. During the evening, our "disc jockey" John Stone provided appropriate "Valentine" dinner music. Many were heard remarking that this was one of the best dinners we have had.

The Red Hot Fillies (Red Hatters) celebrated Valentine's Day with a Chocolates and Champagne party. This event was held at the Clubhouse. Everyone enjoyed the chocolate fountain and coating the strawberries, pineapple, and bananas from the flowing fountain. Bobbie Waite made the most unusual dessert centerpieces - they looked like a flower pot with flowers in them, but the "dirt" was actually edible - chocolate cookies, whipped cream, and pudding. The worms were also edible - gummy worms!

The races are coming! Mark your calendars now for "Irish Derby Day" March 17. The Quail Meadow horse race will be that night at the Clubhouse. Tickets are available from Lil Carie and Pat Talley. Ladies get out your hats - there will be a contest for the best hat.



Quail Meadow



Servers at the Ladies Luncheon at Bianca's were Theresa Yoders, Lil Carie, Carolyn Carlson, Maryann McGill, Marion Gartman.



Dave Yoders, "Pasta Chef" with Terry McGill and Ron Gartman.

More photos on Page 12

THE

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Marion County
An Independent Christian Church

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Sunday School.....9:30 am
Worship Service.....10:30 am
Weekly Activities
Wednesday Bible Study..7:00 pm

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www.ccomc.org

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Rev. Matthew Walter
Asst. Rector

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Rite II - 8:50 & 11:15 am
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Ocala, Florida 34475
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WEST MARION Messenger
SERVING THE COMMUNITIES & BUSINESSES BETWEEN SR 200 AND US 27

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
8810 S.W. State Road 200, Suite 103, Ocala, FL 34481

- Editor - Jim Clark
- Circulation - Barbara Jaggars
- 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	Deadline for Advertising Classified Reader Ads 4 pm Friday Display Ads 5 pm Thursday
---	--

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Go Figure!

answers

3	x	5	+	2	17
+		x		x	
9	+	6	÷	5	3
x		-		+	
1	x	8	+	4	12
12		22		14	

Super Crossword

Answers

B	O	O	I	M	A	G	E	S	H	A	L	F	G	E	A	R		
I	S	N	T	S	O	I	R	E	O	R	E	L	U	R	G	E		
T	H	E	I	R	O	N	D	U	K	E	M	O	N	A	S	I	R	E
S	E	N	S	E	R	E	B	D	I	A	M	O	N	D	H	E	A	D
A	D	A	G	I	O	P	G	A	N	A	I	N	A	I				
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S	A	F	E	A	G	E	D	M	O	S	A	I	C	S	A	N		

Weekly SUDOKU

Answer

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9	3	6	1	4	2	7	8	5
8	1	7	9	6	5	3	2	4

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.

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- Excellent communications skills (oral and written).
- Ability to work successfully with a non-profit governing board.
- Ability to coordinate the annual fund raising campaign.
- Knowledge of community planning operations.
- Provides a professional image to the community.
- Sound ethical and moral principles.
- Commitment to the mission, vision and values of United Way.

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Experience:
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