

# Lake Region Monitor

USPS 114-170 – KEYSTONE HEIGHTS, FLORIDA

THURSDAY, FEB. 27, 2014

41<sup>ST</sup> YEAR – 43<sup>RD</sup> ISSUE – 75 CENTS

## Clay Electric repair crews assist two co-ops in S.C.

A group of Clay Electric Co-op employees has returned home after spending nine days helping two South Carolina electric co-ops recover from an ice storm.

Coastal Electric, headquartered in Walterboro, had nearly all of its 11,600 members out of power as a result of the storm. Edisto Electric Co-op, located 20 miles north of Coastal, also needed help rebuilding its system. After Clay's crews were released from Coastal on Feb. 19, they traveled to Edisto. Clay Electric's crews returned to Florida on Saturday, Feb. 22.

Ronald Harper, who served as supervisor for the 25 men who made up Clay's restoration team, said they put in long hours changing out damaged and broken poles and reconnecting broken conductors. They changed out 48 poles at Coastal and repaired tons of wire.

He said the weather was cool the first few days but it warmed up. It rained two days, which slowed the work. According to Harper, some of the rights-of-way were a challenge because the weight of the ice caused the pine trees to fold in toward easements and rights-of-way, making it more difficult to access some areas.

Harper said Coastal's service territory is very spread out and rural, and their 15 linemen were overwhelmed by the widespread damage. He said Coastal's members were appreciative to have their power restored.

"The people were real grateful to see us," he said.

Several residents who had their power restored by Clay Electric expressed their appreciation on Clay's Facebook page, and several sent emails expressing thanks for coming to help them.

Harper thanked the members of the crew for their hard work through the long days.

"Everybody worked safe and watched out for each other," he said. "Having a good group of guys made my job easier."

Clay Electric will be reimbursed by Coastal and Edisto for its expenses associated with the restoration effort. The affected co-ops will likely seek reimbursement from the Federal Emergency Management Agency (FEMA). Electric cooperatives willingly come to the assistance of other co-ops that have suffered extensive storm damage. When hurricanes struck Florida in 2004 and 2005, crews from electric co-ops in other states helped Clay with its restoration efforts.

The crews included Ronald Harper, Randy Reddish, Jason Hicks, Glenn Ritch, Mike Kenney, Richard Leino, Chris McDilda, Buddy Webb, Jeff Hall, Clint Sheppard, Wade Screen, Stevie Warren, Damian Stewart, Joel Myers, Roy Terrell, Jimmy Andrews, Bruce Sapp, Matt Hickey, Sonny Ware, Kenny Kelly, Mike Horne, Jamie May, Ricky Tuten, Jeff Hollingsworth, Greg Futch and Mike Chappell.

## Clay deputies arrest wrong man Clay High School student spent 35 days in jail

BY DAN HILDEBRAN  
Monitor Editor

Clay County Sheriff Rick Beseler disciplined four of his employees for their roles in the erroneous arrest of a Green Cove Springs man.

Cody Lee Williams, 18, was arrested on Aug. 30 for sexual battery by a suspect under 18 years of age on a victim under 12 years of age. At the time of the alleged incident, Williams was 17.

Williams remained in jail until Oct. 4 when Det. Johnny Hawkins discovered another man, Cody Raymond Williams was the actual suspect in the case.

Cody Lee Williams had remained in jail for 35 days.

Beseler suspended Hawkins,

who was the lead investigator in the case, for 10 days without pay and transferred him from the special victims unit to the patrol division.

According to an internal administrative investigation, at 2:52 a.m. on Feb. 24, 2013, Deputy Jason Wright was dispatched on a missing person call. When deputies began searching the area where the victim's mother thought she would be, the victim saw police activity and called her mother. During the incident, the victim told Sgt. Eric Twisdale that she had earlier had sexual relations with a 17-year-old named Cody.

Twisdale told Wright to interview the victim and the mother about the alleged sexual activity. Wright told the internal

investigator that after running the name Cody Williams through the sheriff's office records system, he found a Cody Lee Williams which matched the description the victim and mother gave him. He said he ran across the name Cody Williams several times but does not recall seeing the name Cody Raymond Williams. While interviewing the mother and the victim, Wright did not have access to a photo of Cody Lee Williams.

The case was later assigned to the special victims unit with Hawkins as the lead investigator.

According to the administrative investigation, completed by Lt. Wayne McKinney, Hawkins had several opportunities to show the victim, and the victim's parents

a photo of Cody Lee Williams to verify the identity of the suspect. However, he failed to do so. The administrative review also concluded that Hawkins failed to document other information he obtained. For example, at one point Hawkins obtained year book photos of Cody Lee Williams at Clay High School but failed to document that action in his reports.

Hawkins also failed to timely submit supplemental reports regarding the case.

On Oct. 4, 2013 Hawkins received a phone call from Cody Lee Williams' mother insisting on her son's innocence and informing the detective of a second Cody Williams. Hawkins met the victim with a photo lineup containing a picture

of Cody Lee Williams and asked the victim if the person she had sex with was in the lineup. The victim replied "no" but she said she did recognize Cody Lee Williams, knew his name and had gone skating with him in the past. Hawkins asked the victim that if she knew there were two people named Cody Williams, why had she not told the detective earlier. The victim said she did not know why.

Also receiving formal counseling for the incident were:

Wright, who performed the preliminary investigation and initially misidentified Cody Lee Williams as the suspect in the case. McKinney wrote the Wright had the resources available to correctly identify Cody Raymond Williams as the suspect. McKinney also concluded that Wright should have notified the Department of Children and Families' hotline as a part of his duties on Feb. 24, 2013, but failed to do so.

Twisdale, Wright's supervisor on Feb. 24, 2013 when Wright completed the preliminary investigation. McKinney wrote that Twisdale failed to discover that Wright did not notify the DCF hotline.

Sgt. Daniel Moreland, Hawkins' supervisor in the special victims unit. McKinney wrote that Moreland should have noted the lack of documentation in Hawkins' reports about identifying the suspect. McKinney also faulted Moreland for not requiring Hawkins to file timely supplemental reports.

At the conclusion of the internal investigation, McKinney asked Hawkins if he had anything additional to say.

According to McKinney, Hawkins replied, "This is not me. I don't do work like this. I apologize."

## Pam Harris: KHES school-related employee of the year

BY DAN HILDEBRAN  
Monitor Editor

Keystone Heights Elementary School Exceptional Student Education and Guidance Secretary, Pam Harris was voted the school's school-related employee of the year.

Harris lives in Melrose, and is married with two grown children. One daughter is a speech therapist at McRae Elementary and at Keystone Heights High School. The other is raising two children.

The family moved to the Lake Region from South Florida where Harris worked for Florida Power and Light.

When she first moved to the Lake Region she worked for the Veterans' Administration in Gainesville. After her daughter started playing sports, she wanted to be closer to her

daughter's activities, so she started substitute teaching and then was hired fulltime with the school system.

She worked at McRae Elementary for three years and has now been at Keystone for 13 years.

Harris provides support for the school's guidance counselor, social worker and psychologist. Even though her responsibilities are paperwork-intensive, she said a favorite part of her job is being a part of the students' lives and making a difference.

She said students often come into her office for a hug, some everyday.

She said she also appreciates the fact that many former students, especially ones at the high school who are picking up a sibling from the elementary school, will stop by for a chat.



Harris

## Mayor's race

### Brown outspent, Hildreth outpaced

BY DAN HILDEBRAN  
Monitor Editor

The two candidates for the mayor of Keystone Heights entered the final week of campaigning displaying a contrast in resources and message.

Incumbent Mary Lou Hildreth has spent around one-half of the \$10,000 campaign war chest she amassed by, she said, the same assertiveness, relationships and persuasion skills that have enabled her to deliver around \$3 million to the Keystone Heights treasury.

Brown, meanwhile has relied on a network of loyal volunteers and a commitment to knock on every door in the city.

Hildreth admitted that she has been unable to match Brown's ground game.

"I don't have the people that he has," she said, "and I don't have the time he has."

The mayor pointed out that throughout the month of campaigning, she has maintained the active schedule she has had since becoming mayor, representing the city at meetings of the Florida League of Cities, the Clay County Utility Authority, the Northeast Florida Water Partnership, the St. Johns

See CAMPAIGN, 2A

### Hildreth: 'I've made mistakes.'

BY DAN HILDEBRAN  
Monitor Editor

Mayor Mary Lou Hildreth reflected on her eight years as the mayor of Keystone Heights and looked forward to her final term as her re-election campaign entered its final week.

"I'm not perfect," she said looking back on her time in office. "I've made mistakes, but from Day 1, I hit the ground running to be the best mayor I could be and to give you the mayor you deserve."

Hildreth added that the out-of-pocket costs she has incurred while on the job has exceeded its \$300-a-month salary.

"I've probably spent that much on dry cleaning," she joked.

She also said that the miles she has traveled on behalf of Keystone Heights, and the relationships she has forged has delivered tangible benefits to the town and will continue to pay off if she is allowed to continue to serve.

"I have made an investment in this city," she said.

"A lot of people have told me that I have put Keystone Heights on the map," she added. "They tell me that prior to meeting me, they had never heard of Keystone Heights."

Hildreth added that after eight

See HILDRETH, 2A

### Brown still struggles to answer why he is running

BY DAN HILDEBRAN  
Monitor Editor

As Tony Brown has spent the last month canvassing Keystone Heights, he says he still has a hard time when pressed on why he is running for the office.

The former vice-mayor, who resigned his position in order to take on incumbent Mary Lou Hildreth, concedes that his voting record while on the city council closely paralleled that of Hildreth.

He said that often, while campaigning, voters ask him why he wants the job, how he would be different than Hildreth and what is wrong with the mayor that Keystone Heights has now.

"What I told a fellow a few days ago is that I will represent the city in a different way than it is being represented now," he said.

What is wrong with the way the city is being represented now?

"I really don't want to get into that. I want to stay positive."

Brown further explained that there are significant differences between himself and Hildreth, however he does not want to disparage his opponent.

In the last days of the

See BROWN, 2A

### Keystone Fire Department to share equip. with Bradford Co.

BY MARK J. CRAWFORD  
Telegraph Editor

The Bradford County Commission has entered into an agreement with the Keystone Heights Volunteer Fire Department to share equipment.

That department has been sidelined since a falling out with Clay County, and attempts to become affiliated with the city of Keystone and Bradford County were rejected.

But now Bradford has found a way to use the department's resources when needed, as well as its volunteer power. When repairs or some other emergency has created a need for supplemental vehicles or equipment, Bradford will call on the Keystone area department to lend what is needed. The county will try to ensure that a member of that fire department is present on any call during which any of its equipment is being used.

The fire department will keep its vehicles and equipment insured and will provide workers compensation coverage for its volunteers. If an injury occurs during a Bradford County call, however, the county will cover any out-of-pocket expenses not covered by insurance.

Emergency Management Director Brian Johns presented the agreement to the board,

See FIRE, 2A

### Orlando-area preservation group tours Melrose

BY DAN HILDEBRAN  
Monitor Editor

A Winter Park historic preservation group toured Melrose on Feb. 25, looking for ways to advance its own efforts in Central Florida.

The Friends of Casa Feliz, which formed in 2000 to save a 1933 historic mansion on the verge of demolition, walked through Melrose's Baldwin Store, Trinity Episcopal Church, Historic Melrose Museum, the Bingham-Rommel House, the Caldwell House, and the Lee house.

The group of around 50 also enjoyed a Blue Water Bay lunch at the Homemakers Club and listened to a University of Florida law professor talk about local historic preservation law.

Phil Eschbach, the leader of the Winter Park group, said the Friends of Casa Feliz have also toured historic preservation sites in Coral Gables and Palm Beach.

Tim McLendon, a staff attorney with the University of Florida's Center for Governmental responsibility, spoke to the group about historic preservation law. After the talk, members of both the Winter Park and Melrose groups said they realized how little legal protection historic treasures in their communities enjoy.

## Young voter casts first ballot in mayor's race

BY DAN HILDEBRAN  
Monitor Editor

An 18-year-old Keystone Heights High School student voted for the first time during the early voting period for the Keystone Heights mayor's race.

Taylor Haney is a senior at the school, has been a varsity cheerleader throughout her time at KHHS, and is a cashier at Hitchcock's Markets. She plans on studying cosmetology after graduation.



Haney

She voted in a small booth just inside city hall. She said voting was much easier than she anticipated.

Taylor's mother Christeen said she has always taken her children to vote and stressed its importance.

"Since my children were small, I have taken them with me to vote," she said. "They always loved the little stickers. It made it a little more exciting for them to get a flag sticker, because they were taught to honor and cherish that flag."

She added that voting is an important part of a civics education that teaches young people to respect the opinions of others and accept individuals who are different.

"We have to teach them to stand up for these beliefs and take action by their vote," she said. "To respect others opinions and agree to disagree. We have to teach them that it's ok for each of us to think different, that we are not enemies because of differences. We have to work together and not be divided."

Taylor said that her friends at school don't discuss local politics, although they do talk about national issues.

She added that she did not think about the Keystone Heights mayor's race much, until she came home one day and found a Tony Brown sign in her front yard.

Taylor said she voted for the same candidate her parents supported. She said she has known Brown's son for years, and appreciates the candidate's involvement in the community and Christian values.

She said the most important thing her generation can do is to pay attention, and to get involved.

## FIRE

Continued from 1A

saying a tanker with a radiator leak would take a couple of weeks to repair. During that time, Bradford will have access to KHVFD's truck. He said a similar sharing agreement exist with Union County for ambulances and EMS equipment.

The agreement was unanimously approved.

## UF clinical pharmacist is helping patients stay on track with taking prescribed medications

For patients prescribed multiple drugs for a variety of chronic health conditions, adherence — staying on track with daily medications — can be challenging, and when doses are missed or stopped, a cycle of dangerous health risks can begin.

In January, a researcher at the University of Florida College of Pharmacy received a grant to examine data from an intervention program that helps patients stay on needed medications. Anna Hall, Pharm.D., supervises the program as part of the UF Medication Therapy Management Communication and Care Center at the college's Lake Nona campus in Orlando.

A one-year, \$50,000 award from the Pharmaceutical Research and Manufacturers

of America Foundation will fund Hall's research showing the effectiveness of the center's medication adherence services for Medicare Advantage prescription drug plan members of WellCare Health Plans, Inc. — a government-sponsored health care provider.

Contracted by WellCare, UF is coordinating its services with a company that uses a modeling tool for predicting prescription-taking behavior. The company, RxAnte, uses its risk score to determine which patients will potentially benefit from the adherence services provided by UF.

In 2012, Hall and her team developed a program to help plan members stay on course with their prescribed medications.

Technicians and pharmacists at the UF Medication Therapy Management Communication and Care Center contact the members by telephone to identify patient-specific barriers, such as medication expense, complaints of side effects or the belief that a drug isn't needed, and offer interventions tailored for individual patients.

The center provides ongoing follow-up support to encourage medication adherence, such as reminder tools, patient education, solutions for obtaining timely refills and tools to address issues such as high medication costs that might present an obstacle for patients.

Under the new grant, Hall will begin analyzing patient data and measuring the program's overall

effectiveness in improving individual patient adherence and overall adherence scores for the health plan.

"The award is funding research that will measure the success of the combined efforts of UF's adherence services together with RxAnte's predictive analytics," said Hall, a clinical assistant professor of pharmacotherapy and translational research. "By partnering in research, we all share a common dedication to measuring our effectiveness at improving patient medication adherence."

Hall's research aims to better predict which services patients need to help keep them on track with their medications, estimate the cost-effectiveness of these interventions and determine

how well they are working; all factors that affect the prescription drug plan's quality ratings.

All Medicare Advantage prescription drug plans receive quality ratings, called "star ratings," from the Centers for Medicare and Medicaid Services based on health plan data. Star ratings are publicly reported and impact health care provider reimbursement based on the Centers' "pay for performance" guidelines, which reward providers for attaining certain measures for quality and efficiency.

## CAMPAIGN

Continued from 1A

River Water Management District, the Florida Urban Forestry Council and other organizations.

Hildreth has, however been able to project her message through advertising and direct mail in a way that dwarfs Brown's. She has also developed a three-phased message throughout the month, emphasizing her qualifications as mayor, her accomplishments over the past eight years and lastly, endorsements from community leaders.

Brown has stuck to a basic message, highlighting his past community service and emphasizing his deep roots in Keystone Heights.

Central to his strategy has been face-to-face contact with voters, when he can find them at home.

One of Brown's volunteers, hones in on houses with Hildreth signs in the front yard.

"I just give them a brochure and ask them to read it," the volunteer explained.

## HILDRETH

Continued from 1A

years, she still has the passion to work for the citizens of Keystone Heights.

"I love being your mayor," she said.

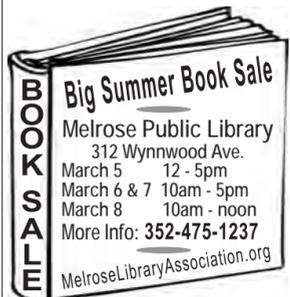
## BROWN

Continued from 1A

campaign, Brown has doubled down on the message that he is a life-long resident of Keystone Heights and will remain so. The words values and integrity have emerged as strong themes in his door-to-door message, and in his advertising.

He said voters should view his residency as a long-term, personal commitment to them.

"I've been here all my life and I will live here for the rest of my life," he said.



# Re-Elect Mary Lou

# HILDRETH

# MAYOR

For Keystone Heights

TUES • MARCH 4<sup>th</sup>

Mayor Mary Lou  
HILDRETH

"I've been impressed by the dedication and passion that Mary Lou brings to the job of Mayor. Keystone Heights has a strong advocate in Mary Lou in Tallahassee, at the SJRWMD, and at home. The work she has done to protect and preserve the lakes and beauty of her city is making a real difference."

The Honorable Matt Surrency, Mayor of Hawthorne

## COMMUNITY LEADERS SUPPORT MARY LOU!

"Mayor Mary Lou Hildreth has fought hard to save our lakes, revive the area's economy, support our veterans, and beautify the city. She loves Keystone Heights more than anyone I know. She has been to every major water meeting where other 'politicians' have been noticeably absent."

~ Jackie Host, President, Lake Area Water Alliance

"I will forever be grateful for the most excellent leadership and support that our Mayor, Mary Lou Hildreth, provided to the Lake Area Ministry (LAM) Building Fund Committee that raised over \$300,000."

~ Thomas Edison Farmer, Jr., Doctor of Ministry, Chairman of LAM Building Fund

"Mayor Mary Lou Hildreth has been instrumental in developing Keystone's next generation of leaders through her collaboration with KHHS to create a Youth Advisory Council. Mayor Hildreth is helping to foster civic virtues in our students."

~ Christopher Wester, KHHS Teacher of the Year

"No Mayor has worked harder to protect her area lakes and future water sources than Mary Lou."

~ The Honorable Harriet Pruette, Mayor of Neptune Beach

"Mayor Hildreth has been a strong leader in championing the need for water to support our lakes and promoting our community and local businesses."

~ Douglas C. Wise, Business Owner

"People appreciate all the little things she does for our community that add up to so much more. Having worked with her closely on many volunteer organizations, she has always been a hard-working advocate for our community."

~ Maria Gall, Keystone Heights Resident & Volunteer

## Keep Mary Lou "Working for You"

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Political advertisement paid for and approved by Mary Lou Hildreth for Mayor, Seat 4

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## Elementary schools observe Arbor Day



Giana Salazar helps plant an oak tree at McRae Elementary School while Wes Taylor, chair of the Clay County Soil and Water Conservation District, looks on. Harley Davidson takes her turn at putting dirt back around the oak.



Jacob Stahmann labors to move a heaping shovel full of dirt.



Joseph Winfree helps plant the oak tree near the school's library.

## Yoho delivers books to high school



U.S. Rep. Ted Yoho talks to KHHS students after he spoke to them about leadership and goal-setting. (L-r) Dawn Dreher, Dakota Puls, Caty Walker, Dakota Wiley and Sara Hamen.

BY DAN HILDEBRAN  
*Monitor Editor*

US representative Ted Yoho delivered books to Keystone Heights High School and also delivered an inspirational talk to the school's cadet corps.

The first-term Republican told the group that every day the Library of Congress receives over 22,000 books and that the world's largest book depository surpluses most of those volumes.

Yoho delivered several boxes of the surplused books to the school during his Feb. 19 visit. School Principal Susan Sailor noted that the school now uses several of the titles as textbooks.

During his address to the students, Yoho told them to pursue their dreams no matter what obstacles appear in their paths.

Yoho, who is also a large animal veterinarian, recalled that when he was in the ninth grade, a school librarian asked him what his aspirations were in life.

"I told her I was either going to go to dental school, vet school or play professional football," he recalled. "She goes, 'you might be able to play football but the other two you're not smart enough to do.' That was the first 'can't' I got in life."

Yoho said the librarian's response angered him and he channeled that indignation into motivation for working harder throughout high school.

Yoho said the next objection to his plans for life arose when he announced to his family that he planned to get married at age 19 to a girl he had known since the fourth grade.

"I had people that told me 'you're too young to get married at 19,'" he said, "'It won't last. You can't, can't, can't.'"

"I had family members who asked me 'What makes you think you can go to college? Nobody in our family has ever gone to college.'"

Yoho said he worked his way through junior college, a bachelor's degree and veterinary school.

He added that simply having a dream to accomplish a goal is not enough. He told the students they must also be willing to pay the price for success.

"I remember studying physics," he recalled, "wanting to be a veterinarian. My friends, the people that we hung around with, wanted to go out and get pizza and some refreshments on a Friday night and I said I can't. I am studying for a test. They always gave me a hard time about that."

Yoho then recited an adage he said he applied early in his life that propelled him to keep working and keep achieving.

"I will do today what others won't so I can do tomorrow what others can't," he said. "That was kind of a driving force for me because I could've gone out

and ate pizza with my friends on a Friday night, but that wasn't going to get me where I wanted to be."

"Write that down and remember it," he exhorted the cadets. "When you are struggling and thinking, 'I don't like this course. I don't like these drills that Chief Long (Chief Master Sergeant David A. Long, Florida Air Guard, retired, who is a volunteer for the high school's cadet corps) is making us go through. This is too hard.' I will do today what others won't so I can do tomorrow what others can't."

Yoho also told the students that they live in a country that has the greatest opportunity for advancement and achievements in the world. He said his goal is a congressman is to keep those opportunities alive.

He also challenged them to take advantage of rapidly advancing technology like the Internet and mobile phones.

"Who is going to find a cure for cancer? Who is going to find a new energy source? Who is going to be the next Bill Gates or Steve Jobs?"

Yoho also stressed the importance of the Constitution and told the cadets that the document is what distinguishes the United States from other countries. He also made available free paperback copies of the Constitution for each of the students to take home.

BY DAN HILDEBRAN  
*Monitor Editor*

Members of the Clay County Soil and Water Conservation District carried out Arbor Day observances at two Keystone Heights-area elementary schools on Feb. 24.

Wes Taylor, Skylar Zander and Brian Graham explained the meeting of the holiday to McRae and Keystone Heights elementary students, and helped the students plant an oak tree on each campus.

Zander welcomed around 65 first-graders at McRae and told them about the soil and water conservation district.

After a short video, Graham explained the history and purpose of Arbor Day. He also

stressed to the students the importance and benefits of trees.

The district members then led the students to an area west of the school's library where they had already placed a four-foot oak tree in the ground.

Zander taught and quizzed the students about the basics of tree planting while enlisting the help of four first graders to fill in the soil around the seedling.

Taylor said he came up with the idea to promote Arbor Day at elementary schools around four years ago. In prior years, the district has performed ceremonies at Charles E. Bennett Elementary, Paterson Elementary, Lakeside Junior

High, Lakeside Elementary and Argyle Elementary.

## Keystone senior earns volunteer service award

Rachel Lee, a senior at Keystone Heights Jr./Sr. High School, has been honored for her exemplary volunteer service with a President's Volunteer Service Award.

The award, which recognizes Americans of all ages who have volunteered significant

amounts of their time to serve their communities and their country, was granted by The Prudential Spirit of Community Awards program on behalf of President Barack Obama. KHHS nominated Rachel for national honors this fall in recognition of her volunteer service.

The Prudential Spirit of Community Awards, sponsored by Prudential Financial, in partnership with the National

See LEE, 4A

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## Chili cook-off raises over \$600 for library



The Seventh Annual Melrose Chili Cook-Off raised \$636.50 for the Melrose Library Association on Feb. 1. Pictured are (l-r) third-place winner Leslie Hunter, second-place winner Jonathan Horner and first-place winner Bart York. Sponsors for the event included Chiappini's, Fryers Chicken, Flowers Bakery and Williamson's Food Store. Photo by Debbie Ellingham.

## Miss KHHS talent competition March 1



The Miss Keystone Heights High School 2014 Talent Competition will be held Saturday, March 1 at 7 p.m. in the school's cafeteria. Doors will open at 6:30.

Tickets are \$5.00. This year, 11 ladies in the junior class are vying for the title. During the talent competition, the reigning Miss KHHS, Emily Peoples, will perform a vocal selection.

Contestants are (l-r) front row: Ashley Appling, Jessica Grimaldo, Caitlin Charrier, Jolene Miller, Devvin and MacKinnon. Back Row: Brooke Riviere, Abby Darty, Hannah Fox, Moriah Combass, Kelsey Horton and Jessica Beitz.

## Jacksonville's Community Hospice also serves Keystone Heights

BY JAMES WILLIAMS

*Special to the Monitor*

Wendy Ungaro recently attended a Rotary luncheon to tell the Keystone group about Community Hospice.

Ungaro said that, while Haven Hospice might be better known in the Keystone Heights area, Jacksonville's Community Hospice has also been around and available since 1979. This year is their 35th anniversary.

The program began when a pastor in a Jacksonville-area church put together a group of volunteers to help a parishioner who had been diagnosed with a

terminal disease. After her death, the pastor and his team soon got another request, and then another. Community Hospice grew from there. A Community Hospice chaplain is still on hand to comfort the dying and care for their spiritual needs.

The organization now serves Baker, Clay, Duval, Nassau and St. Johns counties. It has by now seen over 36,000 patients, and at any one time may see 1,200 a day. Its staff includes 900 professionals and an additional 800 volunteers.

Ungaro added that many people associate hospice services with cancer patients, but in fact, hospice may come into play for all types of illnesses, from COPD, to Alzheimer's, stroke and heart patients, or simply age and failure to thrive. Only about 35 percent of Community Hospice patients are actually facing terminal cancer, Ungaro said.

The goal and function of a

hospice service, she said, is to improve the quality of life for both the patients and their families during the patient's final days and moments.

Generally, hospice patients have been diagnosed with a terminal illness and thought to be within their last year of life. For Medicare and Medicaid purposes, it is the last six months. That said, patients may "graduate" and leave the hospice program if their health improves, without altering their right to return at a later time.

Community Hospice provides end-of-life home and medical care, along with an array of additional services such as an on-staff social worker, RNs for pain management, and specially designed programs for each individual. Community Hospice even sees patients in a nursing home.

About 25 percent of their patients are veterans, Ungaro said. They take care to differentiate between wars:

World War II vets may have different needs than Vietnam War vets, for example. Community Hospice staff has taken seminars on Agent Orange and short- and long-term effects of post-traumatic stress disorders.

The hospice service also has a menu of programs for children and young people with terminal diseases and conditions. There is a special pediatric program, she said. They also run a grief counseling camp for young people who have lost family members or even friends.

Ninety percent of their patients are seen in their own homes, Ungaro said. Relatively few clients actually enter their Mandarin care center, though facilities care is available to all.

At home or in a center, the patient is still in contact with his or her own primary care physician. Community Hospice also provides an attending physician and nursing staff which helps manage pain and

physical discomfort.

Community Hospice staff and volunteers can also provide personal care needs, such as bathing or changing linens. The program offers everything from practical support to bereavement counseling for the family members who care for them.

Bereavement counseling is available to the family for up to one year after the patient passes away to help the family get through "all those firsts," the first Thanksgiving, the first Christmas without the family member, the first anniversary, the first Mothers' or Fathers' Day.

Community Hospice also provides massage therapy, pet therapy and music therapy. Ungaro ended her presentation with an anecdote about a dying man who for some unknown reason was still restless after all his earthly concerns had been settled-family, spiritual and legal issues. When asked what still disturbed him, the man

admitted to hospice staff that he was concerned about a horse he had loved and cared for for many years, and wanted to know that the horse was still well.

Hospice staff rounded up a truck and horse trailer and brought the horse to the center, where the man was staying. They brought the patient out to the parking lot and he was allowed to spend time with the animal that had brought him so much joy. Knowing the animal would be taken care of after his own death, and given a chance to say goodbye, the hospice patient died two days later, Ungaro said.

For further information on Community Hospice and its programs, call 904-407-6500 or a toll-free number 866-253-6681. Online, visit communityhospice.com. Office and facilities are located at 4266 Sunbeam Road, Jacksonville. Other offices and centers are scattered around the five counties served.

## LEE

Continued from 3A

Association of Secondary School Principals, recognizes middle level and high school students across America for outstanding volunteer service.



Lee

"The recipients of these awards demonstrate that young people across America are making remarkable

contributions to the health and vitality of their communities," said John Strangfeld, chairman and CEO of Prudential Financial. "By recognizing these students and placing a spotlight on their volunteer activities, we hope to motivate others to consider how they can also contribute to their community."

"Demonstrating civic responsibility through volunteerism is an important part of life," said NASSP Executive Director JoAnn Bartoletti. "These honorees practice a

lesson we hope all young people, as well as adults, will emulate."

Prudential Spirit of Community Award applications were distributed nationwide last September through middle level and high schools, Girl Scout councils, county 4-H organizations, American Red Cross chapters, YMCAs and HandsOn Network affiliates. These schools and officially-designated local organizations nominated Local Honorees, whose applications were advanced for state-level judging. In addition to granting President's Volunteer Service Awards on behalf of President Barack Obama, The Prudential Spirit of Community Awards selected State Honorees, Distinguished Finalists and Certificate of Excellence recipients. Volunteer activities were judged on criteria including personal initiative, creativity, effort, impact and personal growth.

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**9:15am** in our Multi Ministry Worship Center

**11:00am** in our Sanctuary  
**Dr. Craig Moore**, preaching on "The Sad Story of Judas"

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# Looking back 29 years. Monitor stories from 1985

## Two fires destroy Melrose Parish Hall January

Two fires within 24 hours destroyed the Trinity Episcopal Parish Hall on S.R. 26 in Melrose.

Fire Chief Rudolph Dampier said the first blaze started Wednesday night, Jan. 23 in the area behind the stage of the large

hall. He thinks this fire was due either to electrical problems or the furnace which is located in that area.

Firefighters on the scene Wednesday said an explosion was heard and then doors leading from the kitchen and restroom area flew open.

Flames began lapping into the main hall where youth choir members were practicing. The director and one choir member attempted to put out the flames with fire extinguishers but were unsuccessful.

The Melrose Fire Department,

which is located next door to the church property, arrived within minutes and volunteers had the blaze under control within 30 to 40 minutes. According to Dampier, three other departments from Waldo, Hawthorne and Keystone Heights responded to assist and aid in containing the fire.

Dampier said this fire was completely out and it was monitored throughout the night by firemen.

The second alarm came early Thursday morning at 4 a.m. and by the time firemen arrived,

flames could be seen ravaging the entire building. This blaze left nothing but charred remains. During the inspection Thursday, fire marshals warned that the east side of the building was likely to collapse, but as of Monday morning it was still intact, held up right by black charred arching ceiling beams.

Destroyed along with the building were choir vestments, Sunday school supplies, Boy Scout flags and Girl Scout banners, church records and files, and the entire kitchen and office equipment.

The building, a former Camp Blanding chapel, which served as the hub of community affairs in Melrose, was purchased and moved to the Melrose site in 1947.

At first news of the Melrose fire, word was spread that it was the over-a-century-old Trinity Episcopal Church that had burned.

However, the blaze was contained to the parish hall and not allowed to spread to adjacent buildings on the church property.

After the fire, a special meeting of the vestry was called to discuss insurance and set up a fund raising committee. According to members of the vestry, although the building was insured, the insurance coverage was far from adequate to replace the building and its contents.

proposed directors for the new Keystone Bank, and also president of Merchants and Southern Bank in Hawthorne, said his organization already has an option to purchase property at the intersection of Commercial Circle and SR 21 next to the Keystone Heights Post Office.

He added that Merchants and Southern also anticipates opening additional branches in High Springs, Gainesville and Ocala.

## Lake Brooklyn rises after dike repaired August

Lake Brooklyn residents said water levels on the lake rose significantly after National Guard engineers repaired a broken dike near Lake Magnolia in Camp Blanding.

Blue Pond and Lakes Lowry and Magnolia in Camp Blanding, along with Lakes Brooklyn, Keystone and Geneva form the Etoniah chain of lakes. Water from the chain flows into the Etoniah Creek and onto the St. Johns River.

Alligator Creek connects Blue Pond, Lakes Lowry, Magnolia and Brooklyn.

According to Lake Brooklyn resident C.W. Owens, sometime in 1982, National Guard engineers dug a barrow pit near Alligator Creek between Lakes Magnolia and Brooklyn to obtain sand for road work. However sand and silt from the area ran into the creek after heavy rainfall, causing an obstruction to the creek flow. Guard workers then built a dike to restrain the storm runoff. However, early in 1985 the structure was damaged, again allowing silt into the creek and creating a natural dam.

Owens discovered the damage and alerted Camp Blanding officials to the problem. A few weeks after repairs were completed, Brooklyn water levels were significantly higher.

## Keystone opposes S.R. 21 plan August

The Keystone Heights City Council told state transportation officials they opposed a proposal to remove SR 21 from the state highway system.

The plan, if enacted, would transfer responsibility for maintaining the highway to Clay County.

Florida Department of Transportation official Gene Pittman told the council that the road is classified as a major collector between Keystone Heights and Melrose, but as a minor artery between Keystone and Middleburg.

He added that based on the partial classification as a minor artery, the road would likely be removed from the state system.

Pittman also said that in 1977, the legislature directed DOT to evaluate the state's road system to control rising maintenance

See 1985, 6A

## Lake dwellers oppose racket and rudder club March

A group of about 50 Santa Fe Lake residents gathered at Melrose Elementary School on March 14 to discuss a proposed \$7 million recreation and living development at Santa Fe Pass.

Harold Hill, president of the Santa Fe Lake Dwellers Association, claimed that the developer had already deposited fill dirt at the site without proper permitting. He added that once he brought that to the attention of Alachua County commissioners, officials in 1984 denied a site permit for the project.

Conceptual plans for the Santa Fe Racket in Rudder club included two tennis courts, seven racquetball or handball courts, a tennis pavilion, a clubhouse building, picnic area, nature and jogging trails, two boat ramps, a 40-space boat trailer parking, 80-space car parking area, a 200-foot wide swimming beach, a 100-foot wide sailboat beach and miscellaneous docks and nature trails.

The 33-acre development would not include residential units, but would be near 72 proposed home sites within the Santa Fe Pass planned unit development.

## M&S Bank applies for Keystone Heights charter July

Dennis R. O'Neill, the owner of Merchants and Southern Bank in Gainesville has applied for a state banking charter with Tallahassee officials for a new bank in Keystone Heights.

O'Neill had just acquired the former Lake Area State Bank in Hawthorne, which also has a branch in Melrose.

Jo Reed, president of the Keystone State Bank, said her institution is opposing the new charter and has requested a public hearing regarding the application.

Hugh Shiver, one of the

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**Mary Lou HILDRETH**

## ACCOMPLISHMENTS

- ✓ Has worked tirelessly to preserve and protect our lakes
- ✓ Appointed to represent our city at the Water District on lake recovery and projects
- ✓ Obtained over \$3,000,000 in grants and funding for city improvements
- ✓ Established Community Redevelopment Area for local business, bringing in over \$100,000 in revenue
- ✓ Worked with FDOT to get safe routes to school for our children, including the new sidewalk from KHHS to Santa Fe College
- ✓ Obtained \$650,000 Housing Rehabilitation grant
- ✓ Developing program for downtown landscape project
- ✓ Fiscally conservative — reduced the budget by over 30%
- ✓ Strong supporter of our troops and veterans — speaking at Camp Blanding deployments and attending veteran's ceremonies, local Amvets and American Legion events
- ✓ Instrumental in raising over \$300,000 for Lake Area Ministries Building Fund
- ✓ Obtained phase out of county interlocal money, saving taxpayers \$500,000
- ✓ Supports our students and schools, brought in a National Environmental Program
- ✓ Working to establish a Youth Council with KHHS
- ✓ Sponsored resolution to Water District, strongly objecting to lowering levels (MFLs) on our lakes

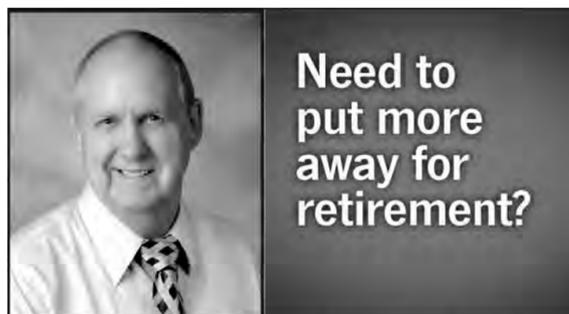
## LEADERSHIP EXPERIENCE

- ✓ Serves on four Water Management District stakeholder committees
- ✓ Selected local government district representative on the North Florida Regional Water Supply Committee
- ✓ Serves on Florida League of Cities Energy and Environmental Committee developing statewide legislative policy for aquifer protection
- ✓ Board of Directors, Northeast Florida League of Cities;
- ✓ Executive Committee, Past President Florida Urban Forestry Council
- ✓ Board of Directors, Keystone Heights Lake Region Business Association
- ✓ Graduate National League of Cities Leadership Training Institute
- ✓ Advanced Certification by Florida League of Cities Institute for Municipal Officials
- ✓ Has established strong working relationships with local, county and state elected officials and agencies.

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## Health department observes 125 year anniversary

The Florida Department of Health in Clay County is celebrating 125 years of public health during 2014 with educational and commemorative events. The state Legislature created the State Board of Health on February 20, 1889, in response to a yellow fever epidemic in Jacksonville, and Dr. Joseph Yates Porter from Key West became Florida's first State Public Health Officer. Yellow fever in Florida was eradicated in 1905.

"Florida's dramatic growth was made possible through public health efforts that controlled disease and improved environmental health," said Dr. John Armstrong, State Surgeon General and Secretary of Health. "Just as Dr. Porter and colleagues saved Floridians from yellow fever over a century ago, we are committed to solving the top public health threat to Florida families now: weight challenge."

The year-long celebration of 125 years of Florida Public Health was launched in Key West on February 3, where Dr. Armstrong joined Dr. Porter's great-great granddaughter in a ceremonial wreath laying at Dr. Porter's grave site. Throughout 2014, the Department will offer educational and health information opportunities. A resource featuring "Public Health Heroes" from all 67 counties will be released later this spring. During the week of April 7-11, the Department will further highlight the 125th Anniversary as part of National Public Health Week. In September 2014, the Department will unveil a full historical exhibit of Florida Public Health heritage at Florida's Historic Capitol Museum in Tallahassee.

The Florida Department of Health in Clay County will be conducting an open house in honor of the 125th anniversary at the Ed Stansel Complex in Green Cove Springs from 4:30 to 6:00 p.m.

"We are really excited to honor our Clay County Public Health Hero, Ed Stansel, during **1985**

**Continued from 5A**

costs.

Pittman also said that after a public hearing was held in 1978 on removing the road from the system, DOT received no protests from Clay County governments.

City Council member Everett Fox told Pittman the city would soon be filing such a protest.

## Clay comm. overhauls sign ordinance after lawsuit

### August

Clay County commissioners rewrote a 1980 sign ordinance after two businesses sued the county in federal court.

Ad-America and Midas Muffler argued that the law was unconstitutional because it prohibited mobile signs and not permanent ones.

The new ordinance allows portable signs, but not on the same property as an already-existing permanent sign. In addition, mobile sign owners must obtain a permit for the placards and permits must be renewed annually.

The new law also outlaws signs with flashing or moving lights, signs or posters attached to utility poles or trees, and signs attached to a parked vehicle when the primary purpose of the vehicle is to advertise a business.



LRM Legals 2/27/14

**Absentee Ballots**  
City of Keystone Heights  
Municipal Election

Absentee ballots for the City of Keystone Heights Municipal Election to be held on March 4, 2014 may be requested from City Hall, 555 S. Lawrence Blvd.  
Please contact Terry Suggs, City Manager at 352-473-4807 regarding an absentee ballot.

2/13 3tchg 2/27-LRM

this open house as well as highlight the services provided by the health department," stated Health Officer, Winifred Holland. "Mrs. Ed Stansel and her family will be our special guest at this event," stated Holland.

The Department invites Florida's residents and visitors to join in recognizing 125 years of protecting, promoting and improving the health of all people in Florida through integrated state, county and community efforts. More information is available at [www.FLHealth125.gov](http://www.FLHealth125.gov).

## Peru Mission White Elephant Sale

February 27 - March 1st, 2014  
Thursday, February 27th - Preview from 5 pm - 7 pm. \$7.00. Come get first choice of items for sale. Includes coffee and dessert.

Friday, February 28th - 9 am - 5:30 pm. Lots of items for sale. Food will be available for purchase.

Saturday, March 1st - 8 am - 1 pm. Lots of items for sale. Food will be available for purchase.

Keystone United Methodist Church, 4004 SR 21

## Key Club fundraiser

March 15 from 7 to 10 a.m. Eat in or dine out. Funds raised for the Eliminate Project. Tickets sold at the door.

## Friendship Bible Church March Madness

Saturday, March 15 from 8 to 5. Registration begins at 8 and the tournament will begin at 9. Limit 5 per team (3 players 2 subs). Limit of 16 teams total.

## Attention All Former Miss KHHS Winners:

All former titleholders to attend this year's event on March 8. There will be a stage presentation of former winners during the program, and a reception for former winners at 5:45 pm. Please contact Lynn Dickinson at 352-473-1489 or email [imdickinson@oneclay.net](mailto:imdickinson@oneclay.net) for more information.

## Deadline for property tax exemptions approaching

The statutory deadline to apply for tax exemptions is March 3, 2014. For more information, please visit the property appraiser's website at [www.ccpao.com](http://www.ccpao.com), or contact our office at (904) 284-6305 to speak

with an exemption specialist.

## How much do you know about the Second Seminole War?

Come to the Melrose Public Library on Feb. 27 at 2 pm to hear about and experience that Florida historical event from expert reenactors, the Micanopy Regulars. Included will be the firing of a flintlock musket. This Adult Enrichment Program is sponsored by the Melrose Library Association. The Library is located behind the Post Office

## Garden Club camp scholarship

The Garden Club of the Lakes will give a scholarship to a boy or girl to attend Camp Wekiva in Apopka, FL. The camp will be held June 29th - July 5, 2014 and the child should have completed grade 3 through grade 6. For more information go to: <http://www.ffgc.org/> or call Jackie @ 473-8095 or Joan @ 473-5744 to apply by March 7, 2014.

## Veterans Memorial Pathway accepting brick orders

For \$35 you can purchase a brick with engraving on 1-4 lines with 18-21 characters per line. You can also have a medal or logo engraved on the brick for an additional \$10 each. Call Joan at 904-894-8411. The deadline for brick orders is April 15.

## Melrose Public Library to host a Dr. Seuss Birthday Party

March 12 at 1:30 p.m. For more information call 352 475-1237.

## Teen Art Workshop: Pastel Drawing II

Friday, March 7th at 4 pm at the Melrose Public Library.

## Author of Promise G.A. Teske to Visit the Melrose Public Library

G.A. Teske will visit the Melrose Public Library on Friday, March 28th at 4 pm to discuss his fantasy novels in The Soul Sword Chronicles series. For more information call 352 475-1237.

## Gallery 26 hosting pastel classes

Classes by Kay Deuben. Sessions will be once a week on Tuesdays, March 11 through April 1 from 9 a.m. to noon. Space is limited. For more

information call 352-475-2924 or [gallery26melrose@gamail.com](mailto:gallery26melrose@gamail.com).

## Celebrate Mardi Gras at MACC

The band, Bubba Can't Dance will be performing at the Melrose Arts and Cultural Center, 301 S.R. 26 on March 1, 8 p.m. \$10 donation. For more information, call 352-594-1257.

## Gallery 26 new location opening

Gallery 26 has moved to the 1881 home built by Mary Mossman. It is located next to the church on the same property. The gallery will open at its new location on March 1 with a grand opening on March 7 during the March Art Walk.

## Wings of Dreams Fly-In/Cruise-In Breakfast

Saturday, March 1, 8 to 10 a.m., Keystone Heights Airport. Breakfast buffet, \$7 per person \$4 per child (9 and under). All proceeds to benefit Wings of Dreams Aviation Museum. Topic: Building model and miniature aircraft.

## Joseph Brooks Named New Haven Hospice Administrator for Suwannee Valley

Haven Hospice welcomes Joseph Brooks as the new administrator for the Haven Hospice Suwannee Valley Care Center in Lake City. In that role, Brooks' duties will include supervision of daily operations and care services for patients and families, as well as, management of the 16-bed care center.

"I am honored to accept the position of administrator with Haven Hospice," said Brooks who appreciates the services and whole-family focus Haven Hospice provides. "It is truly a privilege to become part of an organization that is widely recognized as a leader and gold standard in the industry."

To be in a leadership position at Haven Hospice, a passion for serving patients and families is both vital and desired along with strong, professional skills which Brooks has demonstrated throughout his career.

"With more than seven years of leadership experience in healthcare, Joseph brings sound financial knowledge and operational experience to the position," said Haven Hospice Senior Vice President and Chief Operating Officer Pam Saucier.

## Five Easy Ways to Inspire Children to Read

In the month of March, Sylvan Learning locations across the country, including Sylvan Learning locations in the Keystone Heights area, will join the nation's parents, children and educators to observe the largest annual celebration of reading in the nation.

In celebration of Dr. Seuss's birthday, the National Educational Association hosts Read Across America Day on March 3. The annual observance serves as a yearly opportunity for families to put reading front and center in a child's life. It's a day when parents can help children discover how reading can transport them to places of fun, adventure and learning just as surely as TV, Internet or video games.

"Children whose primary exposure to reading occurs at school rather than at home may associate reading with work rather than pleasure," said Julia Fitzgerald, Sylvan Learning's Chief Marketing Officer. "Read Across America Day provides an ideal chance for parents to introduce reading as the enjoyable, entertaining activity that it can be. And of course, numerous studies have shown that the more reading a child does at home, the more it enhances that child's performance at school."

However, reading is more than a one-day event. That's why Sylvan Learning is offering these five simple tips to help families ensure their children establish a lifelong relationship with the written word.

Be a role model. Seeing is believing. Letting your child see you read on a regular basis is

far more effective in conveying the importance of reading than telling them to do so. Be prepared to discuss what you are reading, and encourage children to ask questions about it.

If you want them to read, read to them. Schedule a regular story time when you can sit quietly with your child, enjoy a book together and establish a direct parent-to-child reading connection.

Turn the tables. Sharing reading with your child should be a two-way experience. Help your child choose an age-appropriate book and have them read aloud to you as well. Help them through any challenging words. Ramp up the reading level gradually to keep the process interesting and challenging.

Give them a window into your own childhood. The true children's classics last forever. Tell them about your favorite books when you were their age and make those books available for them to explore. Read them again together, then discuss the stories and compare your favorite parts.

Change Screen Time to Reading Time. Prioritize reading as a free-time activity on a tablet instead of playing a video game or watching TV.

Download an audio book or a series of e-books for your child's leisure reading.

"While these tips can be helpful, the real key is to apply them with consistency," said Fitzgerald. "Reinforcing reading as a lifelong activity also means reinforcing its importance-even as a fun activity-on a daily basis. And taking the 'work' out of reading is one of the most important steps in furthering a child's academic success."

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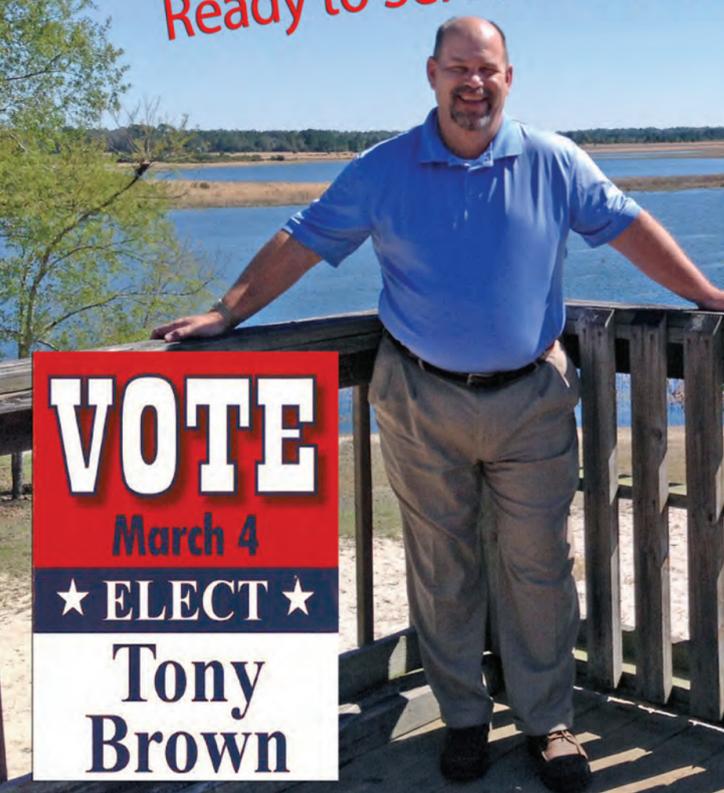


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March 4

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Tony Brown

Political advertisement paid for and approved by Tony Brown for Mayor, Seat 4

# REGIONAL NEWS

NEWS FROM BRADFORD COUNTY, UNION COUNTY AND THE LAKE REGION

FEATURES  
CRIME  
SOCIALS  
OBITUARIES  
EDITORIAL



**Diane Gaskins leads Linda Hildebrand, Betsy Price and Kay Morrison through yoga poses at Bradford County's Senior Center.**

## Overstreet to be honored as Woman of Distinction

Bradford County's Dimple Overstreet is one of five who will be honored as a Santa Fe College Woman of Distinction during a Thursday, March 13, ceremony at 5 p.m. at the Fine Arts Hall on the college's Northwest Campus in Gainesville.

Tickets are \$35 per person and are available online at [www.sfcollge.edu/finearts](http://www.sfcollge.edu/finearts) or through the Santa Fe Box Office at 352-395-4181.

The annual ceremony recognizes outstanding female service in Alachua and Bradford counties, and was created by the Women's History Committee at Santa Fe College in 1987.

Women of Distinction has honored more than 100 outstanding women in the community since its inception.

Overstreet and her husband, Grady, have one daughter, Catrell Cooney, and three grandsons.

Overstreet has been the owner of A&G Gifts in Starke for 21 years. She is an active member of First United Methodist Church, where she served as the finance treasurer for more than 20 years. Overstreet currently serves as GROUP 5 Treasurer for United Methodist Women.

She was the event chair for the local Relay for Life from

See HONOR, 2B

## Unifying mind and body for better health

BY MARY W. BRIDGMAN  
*Special to the Telegraph-Times-Monitor*

The Starke area has a number of options for fitness buffs who want to improve overall health by unifying mind and body in activities such as yoga and Tai Chi.

The word "yoga" comes from a Sanskrit word meaning union, to join together. Yoga is one of the oldest mind/body activities

in the world, having originated in ancient India. It has become very popular in the United States. A 2012 study indicated that 8.7 percent of American adults—20.4 million people—practice yoga. Hatha yoga—the yoga most widely practiced in the West—centers on physical poses held for varying lengths of time. Modern yoga classes often include warm-up, poses, deep stretches and contemplation.

Starke offers two yoga classes

that are specifically geared to seniors, for which it is not necessary to get out of your chair. The Bradford County Senior Center (1805 N. Temple Ave.) offers Energizing Chair Yoga by Sherry Zak Morris. It incorporates yoga poses and sequences that bring energy to the body and encourage movement in every muscle and joint. The format is an easy-to-follow DVD that plays on a large screen. Senior Center Director Diane Gaskins said classes are offered Tuesdays at 1:30 p.m. and Thursdays at 10 a.m., in combination with DVD Tai Chi instruction.

Similarly, participants in the Medicare Silver Sneakers program at Anytime Fitness (448 W. Madison St.) can practice yoga without leaving their chairs, although there are opportunities

See HEALTH, 6B



**Karen Hardesty performs a "boat" pose during a Bradford-Union Technical Center stretch class.**



**Mark Your Calendar!**

**19th Annual BOAT SHOW & OPEN HOUSE**  
March 8-9-10



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Madison Colaw (pictured with her parents, James and Robin) signs her letter of intent to play soccer at Lakeland's Florida Southern College.

## Keystone's Colaw to play soccer at Florida Southern College

BY CLIFF SMELLEY  
Staff Writer

Keystone Heights High School senior Madison Colaw signed a letter of intent on Feb. 25 to play soccer at Lakeland's Florida Southern College.

Colaw, a forward/midfielder, said "thankful" best described her feelings.

"Thankful and humble because I feel like God has blessed me with so many opportunities," she said.

She also expressed a tremendous appreciation for her parents, James and Robin Colaw.

"I don't think a lot of people understand how much they've had to sacrifice financially and just driving so long for tournaments every weekend," Colaw said.

Colaw, who has played at KHHS since the seventh grade, said she was also excited about the future and what was in store for her at Florida Southern. She said when she first began considering colleges, she thought of big schools like the University of Florida.

However, being a dual-enrolled student at Santa Fe College gave Colaw an appreciation for smaller classroom sizes.

Colaw, who wants to become a pediatric oncologist, said she loves the academic program at Florida Southern, but said soccer coach Brittany Jones is a big draw as well.

"I think the coach really stood out," she said. "That was a big

part of my decision because she seems like she really wants to get to know the girls and connect with them."

Former KHHS soccer coach David McCollum said Colaw, who has played premier club level ball since the age of 13, brings great skills to the field as well as the ability to put the team first.

"She's just a great player and just a great person all around," McCollum said. "She's always supportive of her teammates. She was never one to put anybody down. It was always for the team. I guess I appreciated that more than anything."

McCollum said another attribute of Colaw's is her understanding of the game.

"She sees all of the field, and she understands the schematic as to how each player has specific responsibilities," McCollum said. "She really took that in."

Current KHHS coach Kenny Seneca said Colaw proved to be a good leader and was certainly missed when she wasn't on the field.

"She made her teammates so much better," Seneca said. "She can draw the defense and dish the ball off. She can score goals, but she can also just make everybody around her better."

Despite missing approximately 10 games this past season while recovering from an injury, Colaw still scored 24 goals, while dishing out 15 assists.

It takes a lot to keep Colaw off the field.

"I always had to question her if I thought she was injured in any way because she had to be on that field," McCollum said. "She'd crawl on the field if that was part of it."

When she takes to the field for the first time at Florida Southern, Colaw said she's sure she'll be nervous and excited, while mulling over the many scenarios that can happen on the field and how she'll act in regard to each one.

"Also, I'm going to be really grateful," she said. "I already am."

## BHS student competes in Science Olympiad, qualifies school for state

BY CLIFF SMELLEY  
Staff Writer

Though Bradford High School was not represented by a full team, it earned the right to advance to the state-level Science Olympiad after student Shane Shuman competed at the regional Olympiad on Feb. 1 at Lake City's Florida Gateway College.

BHS chemistry teacher Chelsea George said schools ideally take 15 students to the Olympiad to compete in events designed for two-student teams.

The Friday before the event, George said she had six students who were going to compete. However, one backed out of the event, two got sick and another two got lost on the way to the event.

That left Shuman, who was allowed to compete on his own. "He was very nervous," George said.

Despite that, Shuman, a sophomore, earned a second-place finish in the anatomy and physiology event, while placing third in five other events: designer genes, rocks and minerals, technical problem solving, circuit lab and dynamic planet.

The regional event was made up of teams from Union and Dixie County high schools (Union placed first) and also featured two Leon County



Bradford High School sophomore Shane Shuman is pictured with chemistry teacher Chelsea George.

middle school teams.

This is Bradford High School's first participation in a Science Olympiad. George is excited about getting BHS more involved, saying the Olympiad gets students to think outside of the box, as well as giving them a different set of experiences.

"With the Olympiad, they get exposed to a lot more stuff they may not necessarily see at Bradford," George said.

The state-level Olympiad will be held at the University of Central Florida on March 15. George's goal is to take a full team.

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## HONOR

Continued from 1B

2011 to 2013, with a record of more than \$72,000 in donations being recorded during that span. Overstreet is now a Relay for Life team retention and monitoring chair until 2015.

Overstreet is the current first vice president of Altrusa of Starke and is serving her second year as president of the Bradford County Educational Foundation. She has been in the mentoring program for Take Stock in Children for the past five years.

Doris Weatherford, who is well known for her literary works and public service, will be the featured speaker at this year's ceremony. Her writings include "American Women and World War II," "Women and American Politics: History and Milestones"

and "The Women's Almanac."

Weatherford currently serves as a columnist for LaGaceta, the nation's only trilingual newspaper (published in English, Italian and Spanish), and sits as the only woman on the selection committee for historical statues on Tampa's Riverwalk.

Copies of Weatherford's new book about the history of women in Florida will be for sale at the reception. She will be available to sign copies.

Other honorees at this year's Women of Distinction ceremony are Patti Fabiani, Margaret Maples Gilliland, Shelley Fraser Mickle and Yvonne C. Rawls.

This year's event will also honor one Woman of Promise (ages 16-21): Haley Johnson.

For more information on Women of Distinction, please contact event coordinator Teri McClellan at 352-395-5201.

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**SOCIALS**



**Ellen Bloodworth Roberts and James Flynn**

**Roberts, Flynn wed Jan. 25**

Saturday, January 25th, Ellen Bloodworth Roberts and James Reginald (Reggie) Flynn of Starke were united in marriage in Savannah, Ga., at the Foley House Inn. The bride is the daughter of James F. Bloodworth of Starke, and the late Betty Bloodworth. The groom is the son of George Flynn of Starke, and the late Neva Flynn. Attending the celebration were the bride's son, Adam Roberts, Oviedo, sister, Carol Bloodworth Busby, Oviedo, the

groom's daughter, Molly Flynn, Raleigh, N.C., brother, Gray Flynn, Middleburg, sister and husband, Neva and Jerry Kidd, Tallahassee, Lisa Richards, Middleburg, Richard and Marilyn Powers, Tallahassee, Ryan Dunson, Raleigh, N.C., and Richard and Pam Ritch, Brevard, N.C. The reception was held at the Foley House Inn, after which the wedding party toured the historic town. The newlyweds will reside in Starke.



**Drew Carroll and Lindsey Smith**

**Smith, Carroll to wed March 8**

Lindsey Smith of Starke and Drew Carroll of Keystone Heights announce their engagement.

Lindsey is the daughter of Jerry and Denise Smith of Starke. She is a 2003 graduate of Bradford High School, and a 2007 graduate of Santa Fe College in Dental Hygiene.

She is employed by Talisha Cunningham, D.M.D.

Drew is the son of Freddie and June Carroll of Keystone Heights. He is a 2001 graduate of Keystone Heights High School and is self-employed.

The wedding will be March 8, 2014 at the Florida Agricultural Museum in Palm Coast with reception to follow. Invitations have been sent.

**Andrew Crosby family reunion is March 1**

The Andrew Crosby family reunion is Saturday, March 1, from 11 a.m. to 1 p.m. Bring a covered dish to the National Guard Armory on Edwards Road.

**Starke to host Relay for Life yard sale on Saturday**

The Bradford-Keystone Heights Relay For Life teams are hosting a yard sale this Saturday, March 1, from 8 a.m. to 1 p.m. at Starke City Square in downtown Starke.

Proceeds benefit the American Cancer Society.

**Local DAR chapter to meet March 3**

Norm Myers of the Sons of the American Revolution will present a program on "Writing Your Memoirs" at the Col. Samuel Elbert Chapter of the National Society Daughters of the American Revolution's next meeting, which will be Monday, March 3, at 10:30 a.m. at IHOP in Starke.

In addition, VetSpace of Alachua County representative Natalie Packnick, accompanied by her service dog, Eiesel, will accept two plam (plastic yarn) mats made by DAR members for homeless, female veterans. (The Florida State Society Daughters of the American Revolution three-year project is centered on homeless, female veterans.)

Visitors are welcome to attend this meeting.

Any woman 18 or older—regardless of race, religion or ethnic background—who can prove direct descent from a person who aided in achieving American independence between April 19, 1775, and Nov. 26, 1783, is eligible for membership.

Please contact Konnie Beauregard at 352-475-1865 for more information.

**Fair offers chance to exhibit plants**

The University of Florida Institute of Food and Agricultural Sciences and the Bradford County Extension Service would like to invite you to enter plants in the March 11-16 Bradford

County Fair. There will be three divisions this year. Along with the adult amateur division, there will also be an adult professional division for nursery owners and professional growers and a youth division.

Entries can include potted houseplants, hanging plants, patio plants, cut or potted edible or food-producing plants, vegetables, fruit and nuts. There will also be a section for honey, cane syrup and eggs.

Plants may be entered at Building 2 of the fairgrounds on Monday, March 10, from 8:30 a.m. until 6 p.m.

For more information about the agriculture/horticulture show, please call Laurie Compton at the Bradford County Extension office at 904-966-6299.



**Bradford High School/Bradford-Union Technical Center students competing in the Skills USA regional contest were (front, l-r): Cole Johnson, Kristie Yates, Brandon Rhue, Teddy Stanze, Marshall James, Bryce Tibbitts and (not pictured) Dana Carney. Also pictured (back, l-r) are technical center instructors Teresa Jackson, Jeff Ledger and Mike Rensberger.**

**2 BHS students place 1st at Skills USA event**

Seven Bradford High School students in the Bradford-Union Technical Center's Automotive, Computer and Health Science programs competed in the Skills USA regional contest on Feb. 21 at Florida State College in Jacksonville, with Cole Johnson placing first in Computer Maintenance and Kristie Yates placing first in Medical Terminology.

Johnson and Yates have now earned the right to compete in the state competition, which will be held April 27-29 in Pensacola.

BHS students Dana Carney, Marshall James, Brandon Rhue, Teddy Stanze and Bryce Tibbitts also competed.

"After the competition, the students seemed very excited to come back next year," said Jeff Ledger, the technical center's Computer Systems

**Cole Johnson (left) and Kristie Yates earned the right to compete in Skills USA's state-level event.**



and Information Technology well behaved. This competition instructor. "One thing I have to really sparked a new excitement for the students."

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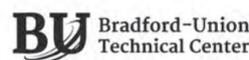
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All testing for applicants must be completed by April 10, 2014.

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## LETTERS

EDITOR@BCTELEGRAPH.COM

## Citizens want to be heard in regard to UC Sheriff's Office

Dear Editor:

Is the Sheriff's Office a family business or do the citizens have a voice in the matter? Explain to us how five people put in for the appointment for the Sheriff's position, four have more experience, and the one with the least amount of experience gets the interview, and also the Appointment. Furthermore what good is the Undersheriff when he can't even carry out the duties of being sheriff when the unthinkable happens? That's not saying much for our county. This is not a family business and there has to be a change. When you apply for a job, all qualified applicants usually get an interview and then the decision is made on the position, but in our case it was not like that. We the citizens of Union County have a choice to make this election and we think the decision is clear. Change is for the better.

Concerned citizens of  
Union County

## Florida moving in opposite direction in regard to death penalty

Dear Editor:

Mr. Buster Rahn's editorial "Capital Punishment in Florida: time for a new look?" in your 2/20/14 edition was much appreciated by me and, perhaps, others who are struggling with this emotional question

The State's responsibility is to provide security for society but does it have to kill its inmates to protect its citizens from convicted, first degree murderers? Most penal authorities agree that this security can be assured when a sentence of life in prison without the possibility of parole is given. Thus the question, "Why does the State kill individuals? And further, "How does the State promote a reduction in senseless killings among its citizens when it kills its prisoners even though a non-killing option is available!"

As one who has been present in the designated "Protest" area across the road from the death chamber on S.R. 16 for many executions, I have never been there three times in just two months. If Gov. Scott continues this pace, there will be 18 executions in 2014 - the most since capital punishment was re-instituted in 1979. Our nation and the civilized world is moving away from the death penalty as Florida is going in the opposite direction.

I have a sick feeling in my

stomach that this dramatic acceleration in state-sponsored killings is a part of Gov. Scott's re-election strategy. If so, this is not only morally and ethically reprehensible but, also politically short-sighted in my view.

Mr. Rahn's closing thoughts in his perceptive editorial suggests that Floridians may be considering another way. "There may be an alternative to capital punishment. If so let us move forward into a new era in which the sacredness of life is paramount, even for those who do not share our values."

John X. Linnehan  
Hampton

## Remembering 'everyday life heroes'

Dear Editor:

On (Feb. 13), as I sat under the hair dryer correcting my gray challenged hair, I looked across the room and I could see two ladies facing each other talking. Over the roar of my hair dryer, I couldn't hear what they were saying and could only imagine. You might ask what did these ladies have in common. Well within just a few days of each other they both lost their spouses. And who were these two ladies; Sherry Strickland and Sharon Jones.

But in reality their husbands led very similar lives; both were long time business owners. One was the owner of Leonard's Outboard Shop here in Keystone and the other in Jacksonville, Economy Printing. Leonard repaired the motors and Bobby loved fishing. Their word and handshake meant more than any signed contract. Both served our country in the United States Navy. While in my eyes that certainly makes them heroes, but they are what I call everyday life heroes. They got up each morning went to work, paid their bills, loved their families, served their community, supported the schools, and held integrity to the highest level. When they were around people felt secure and safe.

Sherry and Sharon must have had a lot to share and I am glad that these two gentlemen shared their lives with my family and the entire Keystone Community.

Rest in Peace Bobby Strickland and Leonard Jones.

Sincerely,  
Tina Bullock

## Expand Medicaid as called for by Affordable Care Act

Dear Editor:

The botched rollout of the Health Insurance Marketplace last October per provision of

the Affordable Care Act added momentum to Republican attacks against "Obamacare." Mind you, the Republican Party has been trying to dismantle or defund the Affordable Care Act from the time it was signed into law by President Obama in 2010. I think the Republicans have been largely successful in creating distrust so much so that many have probably forgotten that the American people have long been asking for health care reform.

When President Obama was elected in 2008, 49 million U. S. residents had no health insurance. The United States is the only industrialized nation that does not guarantee access to health care for all their citizens. 45,000 uninsured Americans die every year for lack of medical treatment. Medical bills are a leading cause of bankruptcy in the U.S. Surprisingly, most of medical bankruptcy filers are from the middle class.

The Affordable Care Act was a political compromise to change some of the shortcomings of our health care system but without dethroning the powerful for-profit health care industry. The law does not regulate, or place caps on, health insurance premiums, medical treatment costs, or prices of prescription drugs. Supposedly competition in the market will drive down those costs. I believe, on the other hand, that we will not see reasonable health care costs because capitalistic greed will continue to find ways to make their profits.

The Affordable Care Act provides subsidy in the form of advanced premium tax credit for insurance purchase on the Health Insurance Marketplace. However said subsidy is available ONLY to people with income ABOVE 100 percent of the Federal Poverty Level.

The Affordable Care Act intended to provide health insurance to people BELOW the Poverty Level through expansion of the Medicaid program. The federal government will pay 100 percent of the cost of Medicaid expansion for the first three years, and 90 percent thereafter.

Here's the rub. The Medicaid

program is administered by each individual state although funding comes from both federal and state funds. In 2012, the U.S. Supreme Court upheld the constitutionality of most of "Obamacare" but ruled that the federal government could not require states to expand their Medicaid program. Instead, individual states could choose whether or not to expand Medicaid in their state.

Nearly 4 million Floridians have no health insurance. Medicaid expansion will provide health coverage to 1.2 million low-income Floridians who do not earn enough to qualify for premium tax credit but are too poor to afford insurance without financial help.

The Florida Senate passed a Medicaid expansion plan in the 2013 legislative session. However the bill died in the Florida House of Representatives on the pretext that our Republican legislators doubted the ability of the federal government to finance Medicaid expansion.

It is my opinion that the decision by our Florida Legislature to opt out of Medicaid expansion is politically driven and certainly not in the interest of the people. Florida has the second highest percentage of uninsured in the U.S. If Florida were to expand the Medicaid program, our state can gain 50 billion dollars in additional revenue for the next ten years. Such revenue would be an economic boost to Florida.

At the same time, Medicaid expansion will benefit individuals and families living at and below the poverty level. By opting out of Medicaid expansion, Florida legislators are choosing to deny care to the neediest of the needy. It should be pointed out that, in anticipation of Medicaid expansion, the Affordable Care Act drastically reduces funding for hospitals mandated to provide uncompensated emergency room care, again penalizing uninsured Floridians.

To bring the issue closer to home, allow me to share statistics who could be our relatives, or friends, or neighbors, or simply persons we have encountered in our community. According

to the 2010 census, 16 percent of Bradford residents live in poverty. This figure is higher than the statistic for Florida in general (15.6 percent) and significantly higher than the statistic for the U.S. (14.9 percent). Bradford County is predominantly white. The median age of Bradford County residents is 39.5 years. To me, it means that, under present circumstances, many of the uninsured in our county will likely remain uninsured for a long time.

The next regular Florida legislative session will start on March 4, 2014 and will continue for 60 days until May 2, 2014. I urge Floridians to tell Florida Legislature to expand the Medicaid program as provided by the Affordable Care Act so that low-income Floridians, the neediest of the needy, can gain access to health care. Some readers may be interested to know that the law does not provide health coverage to illegal immigrants.

A group in Gainesville called

"Just Health Care" is circulating a petition for the expansion of Medicaid in Florida without privatization. The organization believes that access to health care should be considered a human right and should be available to ALL citizens. The petition is available at [www.justhealthcareflorida.org](http://www.justhealthcareflorida.org).

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Mrs. Fe Ripka  
Hampton

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# CRIME

## Recent arrests in Bradford, Clay or Union

The following individuals were arrested recently by local law enforcement officers in Bradford, Union or Clay (Keystone Heights area) counties:

### Bradford

Joseph Heath Beavins, 26, of Brooker was arrested Feb. 20 by Bradford deputies for an out-of-county warrant. Bond was set at \$2,500.

Jerry David Bradham, 48, of Cleveland, Tenn., was arrested Feb. 23 by Bradford deputies for three charges of probation violation for original charges of grand theft, grand theft motor vehicle, and battery. He was also arrested for failure to appear for original charge of driving while license suspended or revoked. Bond was set at \$3,000 for the failure to appear charge, while bond was not allowed for the other three charges.

Tyrone Syrus Brazle, 58, of Jacksonville was arrested Feb. 19 by Bradford deputies for an out-of-county warrant. Bond was set at \$15,003.

Nathaniel Kendrick Brown, 45, of Gainesville was arrested Feb. 23 by Bradford deputies on a warrant for withholding child support. Brown was already in the Alachua County Jail and was transported to Bradford with bond set at \$3,070.

Chad Austin Carpenter, 27, of Lake Butler was arrested Feb. 18 by Bradford deputies for obstructing justice. According to the arrest report, the victim was calling law enforcement as she was concerned for her safety during an argument with Carpenter over a bill. Carpenter grabbed the phone from the victim and told dispatch everything was OK. A deputy

was dispatched to the home, and Carpenter was arrested for the obstruction charge. Bond was set at \$5,000.

Jacob Sabaistian Crews, 23, of Starke was arrested Feb. 19 by Bradford deputies for possession of marijuana and possession of drug equipment. According to the arrest report, Crews was stopped for a traffic infraction by several deputies, including one with a K9 drug dog. During the stop, the K9 alerted on the vehicle, and the drugs and equipment were found. A 14-year old in the vehicle was also arrested for possession of marijuana and drug equipment. Bond for Crews was set at \$2,000, while the juvenile was released to his mother, and his charge was forwarded to the Department of Juvenile Justice.

Jessie Lee Dell, 56, of Lawtey was arrested Feb. 24 by Bradford deputies for battery. According to the arrest report, the victim was trying to leave a residence with her things when Dell grabbed her by the arms and pushed her to the floor. Bond was set at \$1,000.

Levi Zebulon Gaylord, 33, of Starke was arrested Feb. 19 by Starke police for shoplifting. According to the arrest report, Gaylord was observed putting headphones in his pocket at Walmart and then walking out without paying for them. He was detained by a Walmart employee until police arrived. Bond was set at \$500.

Autumn Lafferty, 33, of Lancaster, Ohio, was arrested Feb. 21 by Bradford deputies for disorderly intoxication. According to the arrest report, a deputy was called to the Kangaroo at U.S. 301 and S.R. 16 in Starke for an intoxicated person in the store. At the store, the deputy observed Lafferty yelling and causing a disturbance inside. Once outside, Lafferty continued to raise her voice and place her hand on the deputy. She wouldn't remove her hand when ordered to do so. Lafferty was

arrested and, after being placed in the police vehicle, began to hit her head and shoulder against the glass while transported to the jail.

Christopher Lee Malone, 26, of St. Cloud was arrested Feb. 20 by Bradford deputies for two charges for failure to appear. Bond was set at \$5,000.

Demetrius A. Martin, 20, of Starke was arrested Feb. 20 by Starke police for failure to appear on an original charge of possession of paraphernalia for storage.

Crystal Shiko Masters, 29, of Starke was arrested Feb. 21 by Starke police for larceny. According to the arrest report, police were called to Cato Fashion in Starke about a possible shoplifting by Masters. A store employee said Masters entered the store and was trying on many items in the fitting room. The employee was assisting in handing her things to try on in the fitting room when she noticed Masters had not returned a pair of shoes and several necklaces. Masters left the store, but by then the officer had arrived and approached her at her vehicle before she left. After the officer asked to speak with her, she put her purse in the vehicle and wouldn't retrieve it for the officer. After several minutes and several requests by the officer, she reached in to get the purse, but dumped the contents on the floor in the back of the vehicle. The officer saw a pair of shoes and later found the two necklaces in the vehicle. Masters was arrested, with bond set at \$500.

Grover Lewis Norton, 38, of Orange Park was arrested Feb. 23 by Bradford deputies for driving while license suspended or revoked, possession of marijuana and possession of drug equipment. According to the arrest report, Norton was stopped for an expired tag and tag not assigned to vehicle when

the officer smelled marijuana coming from the car. A search of the vehicle turned up the drugs and drug equipment. A passenger in the car, Kyle Edward Sweeny, 27, of Jacksonville, was also arrested and charged with possession of marijuana and drug equipment. Bond for Norton was set at \$1,500, while bond for Sweeny was set at \$1,000.

Cody Scott Qualls, 19, of Starke was arrested Feb. 23 by Bradford deputies for carrying a concealed weapon and for possession of marijuana and drug equipment. According to the arrest report, Qualls was stopped for a headlight not working by a deputy. The deputy smelled marijuana coming from the vehicle, and a search turned up the drugs, equipment and the concealed weapon.

Efrain Rodriquez Jr., 44, of Keystone Heights was arrested Feb. 19 by Bradford deputies on an out-of-county warrant for original charge of lewd or lascivious molestation, battery, tattooing a minor without consent of parent or legal guardian and exposure of sexual organs. Bond was set at \$115,015.

Cody Patrick Smith, 21, of Starke was arrested Feb. 24 by Starke police for fraud by swindle. According to the arrest report Smith, a former Walmart employee, was observed taking two bags of bird feed from the garden section (value of \$27.73) and returning them at the service desk for a refund. Smith was detained by a Walmart loss-prevention employee until police arrived.

Amanda Shae Stevens, 32, of Hawthorne was arrested Feb. 24 by Bradford deputies for possession of marijuana and possession of drug equipment. According to the arrest report, Stevens pulled into the Do Not Enter side of McDonald's in Starke and almost hit a deputy's vehicle, then continued to the adjacent gas station. When the deputy went to speak with her, he could smell marijuana coming from the vehicle. A search of the vehicle turned up the drugs and drug equipment. Stevens told the deputy she had been pulled over by the Gainesville police the day before and issued a sworn complaint for possession of marijuana, and told someone on the phone she had forgotten the drugs and other stuff were in

the vehicle. She was also issued a citation for her tag being expired less than six months.

Trevor James Wall, 22, of Starke was arrested Feb. 22 by Bradford deputies for driving under the influence.

Rebecca Lynn Wheeler, 42, of Starke was arrested Feb. 22 by Starke police for battery and criminal mischief-property damage. According to the arrest report, Wheeler was in an argument with the victim and struck and damaged his vehicle's window with a stone candlestick holder. The victim stated that when he went to stop her from further damaging his vehicle, she threw the candleholder at the truck and missed. She then struck him in the side of the neck with her fist. Wheeler left, but police arrested her later at her residence.

### Keystone/Melrose

Thomas Baker, 30, of Starke was arrested Feb. 18 by Clay deputies for a probation violation.

Kurt Helmich, 43, of Keystone Heights was arrested Feb. 20 by Clay deputies for possession of child pornography and for soliciting a parent or guardian to allow a child to participate in sexual activity.

Timothy Hobgood, 47, of Keystone Heights was arrested Feb. 24 by Clay deputies for aggravated assault with a deadly weapon and battery.

Shane Merritt, 21, of Keystone Heights was arrested Feb. 24 by Clay deputies for contempt of court.

Chadwick Richardson, 25, of Keystone Heights was arrested Feb. 23 by Clay deputies for a probation violation.

Frank Toms, 44, of Keystone Heights was arrested Feb. 20 by Clay deputies for leaving the scene of an accident and driving with a permanently revoked license.

Tony Wills, 22, of Keystone Heights was arrested Feb. 22 by Clay deputies for contempt of court.

### Union

Joseph Anthony Gillihan, 18, of Lake Butler was arrested Feb. 24 by Union deputies for failure

to appear.

James Lamont Jones, 41, of Lake Butler was arrested Feb. 24 by Union deputies on out-of-county warrants from Alachua for cocaine trafficking, for using two-way communications device to facilitate a crime and for possession of cocaine. Bond was set at \$55,000.

Derek Scott Nipper, 28, was arrested Feb. 22 by Union deputies for driving under the influence. According to the arrest report, a deputy first heard a vehicle squealing its tires near Meridian Health Center, and then he observed it spinning its tires, power braking and spinning the tires again in front of Full House Saloon in Lake Butler. Once the deputy stopped the vehicle, with Nipper driving, he observed several open beer cans in the truck and then conducted field sobriety tests and took breath samples, which came back at .181 and .171 above the legal limit for alcohol consumption.

Benjamin James Sherrod, 30, of Lake Butler was arrested Feb. 23 by Union deputies for assault-intent threat to do violence and for battery. According to the arrest report, deputies were called to a disturbance, where family members of Sherrod said they thought he was high on meth and alcohol. He was making threats to do bodily harm to them. He also grabbed a family member when he tried to escort him out of the home, and once outside, he threw chairs, clothes and many other items off a porch onto the ground. Sherrod is already on felony probation, according to the arrest report.

Thomas Robert Bruce, 28, of Lake Butler was arrested Feb. 20 in Alachua County on a warrant from Union County for failure to appear.

Astrid Leonard Watkins, 40, of Lake Butler was arrested Feb. 17 by Union deputies for felony battery-strangulation. According to the arrest report, deputies were called to a residence in Worthington Springs about a disturbance. The victim told deputies Watkins got mad at her because she wouldn't do some laundry and then started throwing clothes out of the door. Watkins and the victim started arguing, and Watkins grabbed her around the neck, choking her and shoving her into a closet. The victim's brother was at the home, and he intervened between the two before the deputy arrived.

Brandon Joseph Croft, 28, of Lake Butler was arrested Feb. 21 by Union deputies for contempt of court-child support. Bond was set at \$500.

## LEGALS

**PUBLIC MEETING**  
KEYSTONE AIRPORT AUTHORITY'S REGULAR SCHEDULED BOARD MEETINGS WILL BE HELD ON THE 1<sup>ST</sup> TUESDAY OF EVERY MONTH AT 6:00 P.M. LOCATION IS: 7100 AIRPORT ROAD, STARKE, FL. AGENDAS AND NOTICE OF CANCELLATION WILL BE POSTED ON THE AUTHORITY'S WEBSITE AT [www.keystoneairport.com](http://www.keystoneairport.com) NO LATER THAN 72 HOURS IN ADVANCE.  
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## HEALTH

Continued from 1B

to do a variety of standing poses. Yogastretch Classes are led by Ben Bridgman, a certified group fitness instructor who is also certified by the Silver Sneakers program.

"I really enjoy working with senior adults, many of whom have never had a fitness regimen before they became active with Silver Sneakers," Bridgman said. "There are Silver Sneakers classes especially for cardio fitness and weightlifting, but Yogastretch is different. Participants may feel that there isn't any benefit to a class where they don't break a sweat, but all they need to do is try it. They always leave feeling better, more flexible and more relaxed after the session."

Bridgman also teaches a combination yoga/Pilates stretch class following his popular indoor cycle classes at the Bradford Union Technical Center on Tuesdays and Thursdays. Indoor cycle classes start at 5:15 p.m. and typically last an hour. Following that, cyclers are ready to stretch and tone their muscles.

"It's really the best thing to do after an hour on a stationary bike, which can cause muscles—especially the large muscles of the legs—to become shortened and tight," Bridgman said. "The Pilates work emphasizes strengthening the core muscles, such as the abdominals and back muscles, but the yoga work really helps increase flexibility and decrease muscle tightness."

"We do a few minutes of relaxation at the end, and I am constantly amazed at how effective it is. You wouldn't think lying on a thin yoga mat on a hard tile floor would be relaxing, but it is. People don't want to get up, mainly because it's the only time they allow themselves to be completely relaxed."

Tai Chi is a traditional Chinese exercise practiced in slow motion for relaxation, vitality, health and grace. Described paradoxically as a non-aggressive martial art, it is based on yielding and awareness rather than force and resistance. Tai Chi takes seven to 10 minutes to practice, requires no special equipment except flat shoes and open space, and can be enjoyed by people of all ages.

Starke does not currently have live Tai Chi instruction, although Bridgman has been studying the martial art for several years and hopes to be able to add it to his offerings. The Bradford Senior Center offers DVD Tai Chi training in combination with its chair yoga classes.

If you're willing to travel to Gainesville, there are plenty of options for in-person Tai Chi training. Paul Campbell, who is also a licensed massage therapist and licensed mental health counselor, runs the School of Tai Chi Chuan at 1409 N.W.



Sixth St., Suite 220 (352-371-3718). Anthony Korahais directs the Flowing Zen Studio at 5127 N.W. 39th Ave. (352-672-7613, flowingzen.com.)

Campbell, who teaches 10 classes a week, often starts students with a course called the Eight Ways of Tai Chi Chuan, a gentle exercise program developed especially for elderly people, although it is appropriate for anyone who would like an introduction to Tai Chi. Unlike exercises which use exertion and stress to build muscular strength, the Eight Ways uses gentle, flowing movements to relax and loosen the body and the joints, to stimulate circulation, to build stability in the legs and feet, and to develop an awareness of one's internal strength. For seniors, this can translate into grace in walking, better balance and greater confidence in movement. Everyday tasks such as lifting, reaching into cupboards, opening doors and walking up and down stairs or curbs are emulated in movements taught in the class.

This simplified version of Tai Chi is ideal for people who are unable or unwilling to make the commitment to learn the complete Tai Chi form, a process that can take several years.

Each of the exercises of the Eight Ways has an image associated with it, such as "sculling," which mimics the motion of an oarsman rowing a gondola on a canal. These mental images enhance the learner's experience, making it imaginative and enjoyable.

Regular practice of the Eight Ways, like the Tai Chi form, builds a firm foundation by exercising the legs and feet, developing stability and balance, stimulating circulation by sending warmth to the extremities of the body, and loosening and relaxing the joints. Participants develop internal awareness and confidence that provides a sense of well-being.

Campbell began his journey with Tai Chi in 1973 as part of a personal search for the life he wanted to live.

"I was in a state of intense indecision about how to proceed," Campbell said. "I recognized that what was between me and living the life I wanted to live was fear. I was looking for ways of dealing with that fear that weren't just theoretical."

"My fear was of not living for real—living a life that was not really by my choice, but what was acceptable, what I was taught to want, a pre-programmed agenda."

He started to get results through the practice of Tai Chi and meditation, realizing "what was generating the fear in my mind was ignorance, not understanding how to work with the mind, how to process the existing fear and how to awaken the natural human state that is fearless."

Finding both religious dogma and exclusively rational approaches to living lacking because they failed to satisfactorily address ethical principals for decisions as well as man's "profound spiritual nature," Campbell found a home at the Shr Jung Tai Chi School in New York City's Chinatown section, studying under the legendary Cheng Man-ch'ing. Cheng, who died in 1975, was known for Tai Chi Chuan and his "Yang-style short form," which is composed of 37 movements that take less than 10 minutes to practice instead of the 20 to 30 minutes required by the Yang long form.

Campbell also had the benefit of the teachings of Oscar Ichazo, the Bolivian-born founder of the Arica School, a human potential movement group that teaches "a body of techniques for inherent consciousness-raising and an ideology to relate to the world in an awakened way." Ichazo eventually introduced his school to Cheng's school.

Anthony Korahais, like Campbell, was attracted to the spiritual, healing aspects of Tai Chi, which he hadn't found in other martial arts such as karate and kung fu. He began his Tai Chi journey, also in New York City, as a result of an inner struggle, specifically a debilitating case of clinical depression. He recalled living with a "fog of despair" that returned each morning, engulfing him in darkness.

Through the study of Qigong—a practice of aligning breath, movement and awareness for exercise, healing and meditation—as well as Tai Chi, he found relief. In Malaysia, studying with Grandmaster Wong, Korahais learned that when human energy systems

were functioning optimally, it was possible to reach a state that Chinese masters called a harmony of yin and yang. When this happened, he said, "the energy that mobilizes and powers the immune system, produces the proper enzymes for digestion, repairs damaged cells, flushes away toxic wastes and balances the emotions—all of this energy starts to flow harmoniously, thus keeping us happy and healthy."

After Korahais began to experience harmonious energy flow and balance for himself, he quit his job as a network engineer at the school of architecture at Columbia University in New York City. He said it was the right

job for many years, especially with a schedule that gave him the freedom to travel and learn the discipline of his true calling—teaching Qigong and Tai Chi. Eventually, he earned the title of "Sifu," a Chinese word that means "father and teacher."

Korahais followed his parents, who were professional musicians, when they retired and relocated to Florida. He enrolled in an acupuncture school in Gainesville, where he met his wife, Akemi, a native of Venezuela. Eventually, Korahais dropped out of school to teach Qigong and Tai Chi full time. Akemi continued her acupuncture studies and later opened the Painless Acupuncture Center, which is located in the same building as her husband's studio, Flowing Zen.

Now, Korahais teaches 12 classes per week at Flowing Zen. "Zen means meditation," said Korahais. "Meditation can be drinking coffee, eating food, not just sitting meditation, which is difficult for a lot of people. Everything I do has a flowing component."

All students at Flowing Zen begin with a three-hour Qigong workshop that costs \$47. Also available are monthly memberships, which

include classes and one-on-one instruction. Most of Campbell's classes cost \$100 for 10 weekly one-hour sessions.

Campbell notes that in a culture which celebrates youth, Tai Chi offers a more positive perspective on growing older.

"Understanding the training of the human body as the ground for training the human spirit, Tai Chi tunes us to inner principles that lead to continually fuller, healthier life," Campbell said.

The first principle is uprightiness, which means being in perfect equilibrium with gravity and facing reality without pretense. The second principal is relaxation, meaning that at rest, a person is serene and attentive, while in action every cell is available for the simplest, most complete response. The third principle is the Tan Tien—the body's physical center of gravity.

"Having our heart-mind focused at the Tan Tien means harmony in all aspects of our life, means our full being, our spirit, our internal unity can manifest," Campbell said. "Seeing the human body as an exact expression of the maturing human spirit and training it accordingly, Tai Chi Chuan is like fine wine—the older you get, the better you get."

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Copies of Weatherford's new book about the history of women in Florida will be available at the 2014 Women of Distinction Ceremony on Thursday, March 13, in SF's Fine Arts Hall. The reception and book signing begin at 5 p.m. The program begins at 6:30 p.m. with an after-reception at 7:15 p.m.

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Dr. Anubha Gupta received her family medicine training from Jamaica Hospital Medical Center in New York City and her fellowship training in geriatric medicine from the VA Medical Center in Gainesville. She received her medical degree from Terna Medical College, Navi Mumbai, India. Dr. Gupta will be joining the staff of PALMS MEDICAL GROUP in Starke every Tuesday. She will be seeing pediatric and adult clients for routine health maintenance and sick visits.

Dr. Gupta's husband is attending the University of Florida with a Fellowship in Pediatric Cardiology & Pediatrics ICU.

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# OBITUARIES

## Roger Elixson

LAKE BUTLER—Roger Lee Elixson, 68, of Lake Butler died on Saturday, Feb. 22, 2014 at the Haven Hospice in Gainesville surrounded by his family. He was born in Worthington Springs where he lived his entire life. He graduated from Union County High School. He was a member of the Woodman of the World and of Sardis Baptist Church. He is preceded in death by his father, Roy Elixson.

He is survived by: his mother, Mary Seay Elixson; daughters, Tina (Stacy) Lloyd of Worthington Springs and Lynn Parrish of Lake Butler; sons, Johnny Ray Elixson of Worthington Springs and Brad (Julie) Elixson of Providence; one brother, Clifford (Willene) Elixson of Providence; six grandchildren; and one great-granddaughter. Funeral services were held Feb. 25 in the Archer Funeral Home Chapel with Rev. Brandon Elixson officiating. Burial followed in Elzey Chapel Cemetery. Archer Funeral Home is in charge of the arrangements.



Lori Hall

## Lori Hall

STARKE—Lori Elaine Hall, age 46, of Starke, passed away on Feb. 20, 2014 at Park Meadows Health and Rehabilitation Center in Gainesville. Lori was born on Feb. 14, 1968 in Lakeland. She was raised in Lakeland and recently moved to Starke this past year. Lori enjoyed writing biographies and poetry. She had a big heart and a passion for helping people. Lori was an advocate for people with disabilities and she enjoyed teaching people how to read. She also enjoyed listening to music.

Lori is survived by: her mother, Mae Hall of Lakeland; her son, Zachary Hall of Lakeland; her two brothers; one granddaughter; and her three loving close friends, Rebekkah

Baker, Samantha Luke, and Dorothy Luke all of Starke.

Memorial services were held on Feb. 23 at Archie Tanner Funeral Services Chapel with Reverend Jimmy Scott officiating. Arrangements are under the care and direction of Archie Tanner Funeral Services of Starke. 904-964-5757. Visit [www.archietannerfuneralservices.com](http://www.archietannerfuneralservices.com) to sign the family's guest book.

PAID OBITUARY

## Max Hearst

KEYSTONE HEIGHTS—Max Ray Hearst, 75, of Keystone Heights died Thursday, Feb. 20, 2014 at Shands in Gainesville. He was born on July 14, 1938 in Norfolk, Va. to the late Ray and Debra M. (Roundtree) Hearst and was a longtime area resident. Prior to retirement he worked as a tool and die maker for the Civil Service and served in the United States Army.

Survivors are: wife of 21 years, Patricia (Mentzer) Hearst of Keystone Heights; son, Charlie Edward Hearst of Keystone Heights.

Memorial services will be held at a later date. Arrangements are by Jones-Gallagher Funeral Home of Keystone Heights.

## Gere Johns

KEYSTONE HEIGHTS—Gere Howard Johns, 82, Mother, Creative Designer, Needlepoint Artist, and Conservationist. Gere Howard Johns died at home peacefully on Thursday Feb. 20, 2014 after a courageous battle with lung cancer and pulmonary fibrosis. She was born April 26, 1931 in Dukes at her Grandfather's home. Gere was predeceased by her beloved husband Jerome of 56 years, her mother and father, John Marcus and Blanche Roberts Howard.

Gere graduated from Union County High School in 1949 as the Class Valedictorian. She was active in extracurricular activities (State and National Officer of the Future Homemakers of American (FHA), a captain of the basketball team, and was a cheerleader). She attended Stetson University where she was Captain of the Cheerleaders, a member of Alpha Xi Delta Sorority, and the Glee Club. She also attended the University of Florida. Gere completed a 10 year study of the piano at the St. Louis Institute of Music, St. Louis, Mo. Gere was a founding member and president of the Crystal Lake Environmental Organization (CLEO). She was a self-taught water and ecosystem expert. She was a member and past President of the Starke Women's Club, past

President of the Friends of the Library, a Girl Scout Leader, a Boy Scout Den Mother and a teacher at Youth Camp. Gere was a master of Needlepoint. She created six pieces of needlepoint entitled, "The Creation" and donated the work to the United Methodist Church in Keystone Heights, where she was a member and was loved by many. This work took hundreds of hours to complete. Over the years she used her talent of needlepoint to create personal gifts to show her love for family and friends.

She is survived by: daughter, Debra (Frank Williams) Johns of Pomona, Calif.; son, Phillip (Linda) Johns of Santa Fe Lake; her brother, John Marcus (Cheryl) Howard of Dukes; seven grandchildren; nine great grandchildren; one great-great grandchild, and many cousins and friends.

A Celebration of Gere's Life will be held Sunday, March 2, 2014 at 3:00 p.m. Keystone United Methodist Church on State Road 21, Keystone Heights. A private interment for immediate family will be prior to the Celebration of Life. The family requests that in lieu of flowers, donations be made to Haven Hospice, 4200 NW 90th Blvd, Gainesville, FL 32606. Arrangements are under the direction of Jones-Gallagher Funeral Home of Starke 904-964-6200. On-line condolences may be left at [www.jonesgallagherfh.com](http://www.jonesgallagherfh.com).

PAID OBITUARY

## Amber Lawson

HAMPTON—Ms. Amber Nicole Lawson age 24, of Hampton suddenly passed away Wednesday, Feb. 19, 2014. Amber was born on Feb. 6, 1990 in Gainesville and was a homemaker. She was a member of Madison Street Baptist Church, enjoyed singing, dancing, and making people smile. She was preceded in death by her paternal grandfather Henry Lawson.

Survivors are: children, Trenton Holt and Trinity Holt both of Starke; her father, Marvin "Marty" (Sharon) Lawson of Starke; her mother, Misty (Koehler) Lawson and sisters' Johnnie Holton of Hampton; sisters, Destini Lawson, Chasiti Lawson, both of Starke; brother, Chad Lawson of Starke; paternal grandmother, Janice Lawson of Starke; maternal grandparents, Steve and Gail Varnum of Hampton; aunts, Lori (Paul) Bateman of St. Augustine, Randee (J.J. Strickland) Varnum of Hampton, Lisa (Michael) Giles of Lawtey; uncles, Mike (Ron Evans) Lawson of Starke, Stanley (Jennifer) Varnum and Brad Varnum both of Hampton; special niece, Sereniti.

Services were held on Monday, Feb. 24 at Dewitt C. Jones Chapel. Interment followed at Hope Cemetery with Reverend Matt Dyal officiating. Arrangements are by Jones-Gallagher Funeral Home of Starke 904-964-6200. On-line condolences may be left at [www.jonesgallagherfh.com](http://www.jonesgallagherfh.com).

PAID OBITUARY

## Dwight Lintz Sr.

LAKE BUTLER—Dwight O. Lintz Sr. 86 of Lake Butler died Friday, Feb. 21, 2014 at the Haven Hospice in Lake City. He was born on Sept. 10, 1927 in Deerfield, Michigan to the late Howard and Georgiang Rutherford Lintz. He worked at Lockheed Martin as a computer engineer. He was also a proud Veteran of the U.S. Navy. He is preceded in death by two brothers.

He is survived by: his wife, Betty Jane Lintz; sons, Dwight (Paula) Lintz, Jr. of Portville, Colo. and Charles (Jean) Lintz of Lake Butler; daughters, Delilah (Karl) Fike of Belfair, Wash. and Rebecca Ann Lintz of Lakewood, Colo.; nine grandchildren and 13 great-grandchildren; brothers, George (Geraldine) Lintz of Harrison, Michigan; sisters, Twila (Richard) Stone of Oxford, Mich., Caorl (Jim) Cooper of Apoka, Nona (Elijah) Childers Glanwin of Michigan and Shirley Gurganious (Robert) Atkinson, North Carolina.

A memorial service will be held Thursday, March 13, at 11:00 am in the Chapel at Archer Funeral

Home, with Bro. Ralph Durham officiating. Burial will be at a later date. Family ask that in Lieu of Flowers please make donations to the Haven Hospice Lake City - Suwannee Valley Care Center 6037 W US Highway 90, Lake City, FL 32055, or to the National Parkinson Foundation. Archer Funeral Home is in charge of the arrangements.

## Diane McNeal

Diane McNeal, Our Beloved, Wife, Mother, Great and Grandmother, Sister and Aunt, passed away on Feb. 13, 2014 at the age of 77. She gave a valiant fight but lost her battle to cancer. She was preceded in death by: her daughter, Lori Diane McNeal; granddaughter, Terra Michelle Hunter; mother, Edith Agnes Register Trowbridge Hunt; step-father John Hunt; niece, Carolyn Aldridge; and nephew, Roderic Yepp.

Mrs. McNeal is survived by: her husband, Norman McNeal, Sr. and her four children, Terrie Vernon, Norman McNeal, Jr., Nancy Mitzel and Kenneth McNeal; and also survived by two grandchildren, Roger Mitzel, Jr. and Candise McNeal; two great-grandchildren, Madison and Ty Mitzel; her sisters, Nancy Aldridge and Miriam Trowbridge; and nieces, nephews and cousins.

At Mrs. McNeal's request there will be no services held. There will be a memorial posted online in the near future at Crevasses Cremation Services in Gainesville. It will be open for comments to be posted by those who would like to. Family will be sent information once the memorial is posted (link). In lieu of flowers you can make a donation to the following: Norman McNeal, Sr., or her great-grandchildren, thru Nancy Mitzel, or her grandchildren, Roger Lee Mitzel, Jr. (RJ), thru Nancy Mitzel and Candise McNeal, thru Terrie Vernon, or Haven Hospice E.T. York Care Center, 4200 NW 90th Blvd., Gainesville, FL, 32606. Haven Hospice also has memorial bricks that can be purchased in her name to be placed on their memorial walkway with the funds going to their operating account as they are a non-profit organization. Thank you Haven Hospice Center staff and nurses for the loving care given to Mrs. McNeal and the extra help given to the family in this time of need.

PAID OBITUARY

## William Singletary

JACKSONVILLE— ISGT William Samuel "Sambo" Singletary, age 47, of 499 McMath Mill Rd., died Saturday, Feb. 22, 2014. A native of Jacksonville, he was born March 5, 1966, the son of William S. and Sandra M. Singletary, Sr. Mr. Singletary was employed at Southerfield Aviation as an A & P-Mechanic. He served in the United States Army for 22 years at several locations including Ft. Leonard Wood, Mo., Ft. Benning, Ga., Ft. Eustis, Va. and ending with the 1/11th AVN REDT in Jacksonville. He did several tours of duty in Egypt, Kuwait, Bosnia and Iraq. Mr. Singletary was an avid genealogy and history researcher and enjoyed "looking for long lost relatives." He loved motorcycles and riding the open road. Mr. Singletary was a 1984 graduate of Southland Academy. He received an Associates degree from Florida Community College Jacksonville, A & P certificate from South Georgia Technical College and attended Florida Theological College. He also was a member of the Sons of the Confederate Veterans. St. John's Presbyterian Church in Jacksonville and attended First Presbyterian Church of Americus.

Survivors in addition to his parents are: his wife, Angie Bass Singletary of Americus; a daughter, Ashton Singletary of Atlanta; three sons, Caleb Singletary of Atlanta, Jake Hood of Americus and Justin Hood of Americus; one grandson, Brantley Singletary of Jacksonville; a sister and brother-in-law, Kim Singletary Christmas and Charles of Riverview; a brother and sister-in-law, Doug Singletary and Charlotte of Jacksonville; one niece and two nephews. He was preceded in death by his grandparents, William and Mollie Singletary, and Lewis and Eva Akins.

Graveside services were held Feb. 25, at Ebenezer Baptist Church Cemetery on Crisp Academy Dr. in Cordele, Ga., with Rev. Donny Loffredo officiating. In lieu of flowers, the family suggests memorial contributions be made to Southland Academy Athletic Fund, P.O. Box 1127, Americus, Ga. 31709.

You may sign the online guest book and share your own special thoughts and memories by visiting [www.greghancockfuneralchapel.com](http://www.greghancockfuneralchapel.com). Greg Hancock Funeral Chapel is in charge of these arrangements.

PAID OBITUARY

## Dakota Mobley

KEYSTONE HEIGHTS—Dakota Jacob "D.J." Mobley, age 15, of Keystone Heights passed away at his home Wednesday, Feb. 19, 2014. D.J. was born in Gainesville on March 18, 1998 and was a 10th grade student in Clay County. He was an Explorer at the Keystone Heights Fire Department, involved with the Clay R.O.T.C., and Boy Scout Troop 146. D. J. also enjoyed being outdoors hunting and fishing. D.J. was preceded in death by his twin brother Austin Jesse Mobley.

Survivors are: his loving parents, Kevin and Raquel (Singletary) Mobley; one brother, Matthew Kaleb Singletary; maternal grandparents, Keith and Debbie Singletary; paternal grandparents, Don and Kit Mobley all of Keystone Heights; paternal grandmother, Linda Brophy of Palm Coast; aunt, Rhonda Singletary of Gainesville and uncle, Brian (Tara) Singletary of Keystone Heights; aunt, Lauren (Griff) Thomas of Atlanta, Ga.; along with additional aunts, uncles, and cousins.

Funeral services for D.J. were

held Saturday, Feb. 22, at Trinity Baptist Church with Pastor Marty Franks and Pastor Rob Morford officiating. The burial followed at the Keystone Heights Cemetery. In lieu of flowers the family has requested contributions be sent to the Clay Electric Credit Union, P.O. Box 308, Keystone Heights, FL 32656, where an account has been set up for D.J. Arrangements are by Jones-Gallagher Funeral Home, 340 E. Walker Dr., Keystone Heights, 352-473-3176. [www.jonesgallagherfh.com](http://www.jonesgallagherfh.com)

PAID OBITUARY

## Ronald Sapp Jr.

LAKE BUTLER— Ronald Wayne Sapp Jr., 33, of Lake Butler, died suddenly on Feb. 18, 2014 from injuries sustained in an automobile accident. He was born in Jacksonville on May 9, 1980 to Ronald Wayne Sapp, Sr. and Regina Grace Price. He lived most of his life in the Lake City area, having moved to Lake Butler eight years ago, and was a carpenter.

He is survived by: his father, Ronald Wayne Sapp, Sr. of Callahan; mother, Regina Grace (Gregory) White of Lake City; fiancé, Michelle Lobenthal of Lake Butler; sons, Brandon Wayne Sapp of Lake Butler, Jacob Allen Sapp of Lake City and Kage Brady Sapp of Lake Butler; daughters, Christian Alese Harvey of Wellborn and Lana Darlene Sapp of Lake Butler; step-sons, Sean Lobenthal and Kaleb Renaldi both of Lake Butler; brother, Richard Lee (Chelsea) Sapp of Branford; and sister, Robin Renee Sapp of Orlando.

Memorial services were conducted on Feb. 25 in the chapel of the Dees-Parrish Family Funeral Home with Rev. John Welkner officiating. Arrangements are under the care of the Dees-Parrish Family Funeral Home of Lake City.

## William Singletary

JACKSONVILLE— ISGT William Samuel "Sambo" Singletary, age 47, of 499 McMath Mill Rd., died Saturday, Feb. 22, 2014. A native of Jacksonville, he was born March 5, 1966, the son of William S. and Sandra M. Singletary, Sr. Mr. Singletary was employed at Southerfield Aviation as an A & P-Mechanic. He served in the United States Army for 22 years at several locations including Ft. Leonard Wood, Mo., Ft. Benning, Ga., Ft. Eustis, Va. and ending with the 1/11th AVN REDT in Jacksonville. He did several tours of duty in Egypt, Kuwait, Bosnia and Iraq. Mr. Singletary was an avid genealogy and history researcher and enjoyed "looking for long lost relatives." He loved motorcycles and riding the open road. Mr. Singletary was a 1984 graduate of Southland Academy. He received an Associates degree from Florida Community College Jacksonville, A & P certificate from South Georgia Technical College and attended Florida Theological College. He also was a member of the Sons of the Confederate Veterans. St. John's Presbyterian Church in Jacksonville and attended First Presbyterian Church of Americus.

Survivors in addition to his parents are: his wife, Angie Bass Singletary of Americus; a daughter, Ashton Singletary of Atlanta; three sons, Caleb Singletary of Atlanta, Jake Hood of Americus and Justin Hood of Americus; one grandson, Brantley Singletary of Jacksonville; a sister and brother-in-law, Kim Singletary Christmas and Charles of Riverview; a brother and sister-in-law, Doug Singletary and Charlotte of Jacksonville; one niece and two nephews. He was preceded in death by his grandparents, William and Mollie Singletary, and Lewis and Eva Akins.

Graveside services were held Feb. 25, at Ebenezer Baptist Church Cemetery on Crisp Academy Dr. in Cordele, Ga., with Rev. Donny Loffredo officiating. In lieu of flowers, the family suggests memorial contributions be made to Southland Academy Athletic Fund, P.O. Box 1127, Americus, Ga. 31709.

You may sign the online guest book and share your own special thoughts and memories by visiting [www.greghancockfuneralchapel.com](http://www.greghancockfuneralchapel.com). Greg Hancock Funeral Chapel is in charge of these arrangements.

PAID OBITUARY



Anna Stephens

## Anna Stephens

KEYSTONE HEIGHTS—Mrs. Anna Rita Stephens, age 82, of Keystone Heights passed away Monday, Feb. 17, 2014 at North Florida Regional Medical Center following a brief illness. She was born in New York City, N.Y. on Feb. 19, 1931 to the late Henry and Anna (Oskey) Haberman, and had moved to Keystone Heights 13 years ago from Coral Springs. Prior to retirement, Mrs. Stephens was a Customer Service Representative at AT&T Telephone Company for 36 years. She attended the Keystone United Methodist Church where she was actively involved with the Women's Circle; she was a member of the Keystone and Melrose Woman's Clubs and the Red Hats Society. Mrs. Stephens enjoyed playing Bridge; she was always looking for a good bargain, and she loved going to garage sales.

Survivors of Mrs. Stephens are: her husband of 59 years, Donald C. Stephens; one son, Don (Cheryl) Stephens all of Keystone Heights; three grandchildren, Jessica, Nicole, and Austin; and one great granddaughter, Madylinn.

Services for Mrs. Stephens were held Friday, Feb. 21, in the Keystone United Methodist Church with Dr. Craig Moore and Dr. Tom Farmer officiating. The burial will follow at a later date. In lieu of flowers the family has requested contributions to be made to the Keystone Heights Woman's Club 6747 Woman's Club Dr, Keystone Heights, FL 32656 or the Melrose Woman's Club, 303 Pine Street, Melrose, FL 32666.

Arrangements are under the care of Jones-Gallagher Funeral Home, 340 E. Walker Dr. Keystone Heights. 352-473-3176. [www.jonesgallagherfh.com](http://www.jonesgallagherfh.com)

PAID OBITUARY

## Wendell Thomas

ALMA, GEORGIA—Brother Wendell Ray Thomas, age 75, passed away Monday, Feb. 24, 2014.

Brother Wendell was a native Alma and pastored his first church Shiloh Congregational Methodist Church in Homerville for nine years, and then moved to Gordon where he pastored Snow Hill Congregational Methodist Church for nine years. In 1985 Brother Wendell fulfilled his vision for building a non-denominational church in Milledgeville, Ga. which led to the formation of Freedom Church where he was the senior pastor. He was preceded in death by his parents Prentis and Vodice Thomas, a granddaughter Mary Ashley Thomas and his sister Debbie. He had a love for Hunting, Fishing and Gardening.

Survivors include: his wife Patricia "Pat" Thomas of Milledgeville; three sons, Kelly Thomas of Interlachen, Rev. Randal (Patsy) Thomas and Rev. Tim (Heidi) Thomas of Milledgeville; and a daughter, Tammy (Rev Carol) Smith of Milledgeville; two brothers, Dwain Thomas and Novack Thomas both of Florida; one sister, Joann Vines of Ga., seven grandchildren; and four great grandchildren.

The family will receive friends Wednesday evening from 5-8 at Freedom Church 500 Underwood Rd. Milledgeville, Ga.

Services will be held at 2:00 P.M. Thursday, February 27, at Freedom Church with burial to follow at Scenic Memorial Gardens.

Visit [moorefuneralhome.com](http://moorefuneralhome.com) to express tributes. Moores Funeral Home & Crematory has charge of arrangements.

PAID OBITUARY

## Charles Vickory

HAMPTON—Charles Addison Vickory of Hampton passed away Monday, Feb. 24, 2014 at E.T. York Hospice Care Center in Gainesville. He was 57.

Mr. Vickory was born Aug. 27, 1956 in Gainesville, to Billie Vickory and Frances Vaughn Vickory. He was a graduate of Rolling Green Academy class of 1974 and pastor of Hampton Baptist Church for 18 years.

He is survived by: his wife, Marcia Vickory of Hampton; son, Charles J. Vickory of Hampton; two daughters, Melissa Taylor of Keystone Heights and Mindy Vickory of Orange Park; sister, Linda Jaffray of Lake Butler; and grandson, Kyle.

Graveside funeral services will be at 1:00 pm Friday, Feb. 28, at Newnansville Cemetery. Arrangements are in the care of Evans-Carter Funeral Home, High Springs, FL (386) 454-2444.

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## Avoiding pin bones when filleting fish

Among people who have eaten fish, there are few who will not acclaim their culinary value. There are many, however, who will mention the complication of bones. It also follows that many of those complainers will have eaten small fish, or they will have eaten fillets that were not boneless.

The above conundrum is usually due to a row of small bones that runs along the lateral line connecting the rib cage with the outer skin. These bones, which are usually referred to as pin bones, are quite small and are easily overlooked until they are in your mouth.

Because of this issue, some fishermen will discard all meat on the fillet that is south of the rib cage. Others will cut through the pin bones and rib cage and will use a pair of bone removers to remove the rib cage and pin bones. Obviously the latter would be rather involved.

Another alternative is to cook the fish whole and remove the bones while eating. This is most often done when cooking smaller pan fish, and it is more functional for those who are familiar with the location of the bones.

Another alternative that is highlighted here will maximize the salvaged flesh and remove the rib bones and pin bones efficiently during the filleting process. J.T. Prevatt, who credits



**J.T. Prevatt starts the fillet along the dorsal fin and fillets through to the ribs. Shortly beyond this point, he will encounter the row of pin bones.**

**Cut upward to the top of the pin bones and cut between the pin bones and skin.**



**Remove the remainder of the fillet from the rib cage.**



his son Jimmy Prevatt with teaching him, illustrates the process.

Prevatt starts his fillet along the dorsal fin and cuts vertically to the rib cage. Once he cuts adjacent to the end of the rib cage, he pushes the fillet knife through the entire width of the fish and fillets through to the tail. He then pulls the northern part of the fillet

back carefully along the rib cage until he feels the knife touch the pin bones. From there he will follow the pin bones outward until he reaches the skin.

Subsequently, he fillets the flesh from the skin until he cuts the pin bones from the skin. After that, he returns the knife edge to the unfilled edge of the pin bones and cuts adjacent to the pin

bones and back to the rib cage. From there, he uses the knife tip to complete the fillet process.

He emphasizes that a sharp blade and recognition of blade contact with bones are important.

The accompanying photos are made while filleting crappie, but the shape of the pin bones will vary somewhat according to the fish species. The largest anomaly will present with the plain pickerel, locally known as a jack. The pin bones in the jack are actually Y bones and better resemble small wishbones in a chicken breast. This results in the jack being labeled as too bony to eat, but once the Y bones are removed, you might be surprised that the mild, delicate flesh will rival that of a crappie.

the lake shallows is from male bass.

Ed Allen also reported last week that Sampson Lake was not providing any action from the larger females.

Local bass fishermen can also look forward to an active year for tournaments. The Bald Eagle open tournaments will start on March 12 at Santa Fe Lake. Shortly afterward, the Sampson Lake open tournaments will start. The Murphy's Law Relay for Life Bass Tournament is scheduled for March 15.

Mike Oglesbee is co-director of the OGS Tournament Trails in Palatka, and he has teamed up with Gene Crossway to greatly increase the reach of the organization. The organization

is working with the Wolfson's Children's Hospital Tournament and the NEFAR Haven Hospice Tournament with hopes of increasing the reach of both events. Those two charity tournaments are traditionally the largest bass fishing events in North Florida.

Tight lines until next week.

### Outdoors calendar

- Feb. 27-March 2, Florida Challenge at Bradford Sportsmen's Farm.
- March, turkeys and quail begin breeding in North Florida;
- March 2: Florida's Zone C squirrel and quail season ends.
- March 8-9, youth spring turkey season.

### Outdoors outlook

This winter's late cold weather seems to have complicated a good understanding of the crappie spawn. In deeper lakes like Kingsley, the spawn is actually taking place in deeper water. Newnan's has been the most productive local lake, and it is has been giving up a lot of spawning fish along the shoreline cover.

The crappie bedding activity should diminish somewhat from this last full moon.

As crappie season wanes, the bass bite will escalate in the next few weeks, but most reports indicate that the only bass fanning beds in our area are the smaller bucks.

Len Andrews is now staying at Kingsley Lake and sight fishing from his originally designed boat with a ladder attached and stabilized in the bow. Andrews specifies that the only action in

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## Union Correctional program seeking 'forever' home for Shanti

Union Correctional Institution is looking for a forever home for one dog that has been trained by the ROCK Hounds (Rehabilitation of Castaway K-9s) program.

Shanti is a female boxer-beagle mix that stands about knee high and weighs approximately 29 pounds. She is about three years old and has an easy-going personality. Her trainers describe her as an intelligent dog that loves to be petted.

The dogs in the ROCK Hounds program are all former strays rescued from a kill shelter. The dogs are trained by UCI inmates, ensuring they are fully housebroken, trained to walk on a leash and obey voice commands, and trained to behave themselves around other dogs and people they don't know. The dogs are trained to sleep in a crate/kennel at night.

Cost to adopt a dog is \$50,



**Shanti's floppy ears fly as she comes running when she is called. The brindled dog is mostly boxer, but her beagle mom gave her a smaller size.**

which includes spaying or neutering and all needed shots.

According to Re-entry Officer Rachelle Parrish, UCI's dog training program has two major objectives. One is to train the dogs and make them more adoptable – thus preventing them from being euthanized. The second is to provide inmates in

UCI's veterans' dorm – many of whom suffer from depression or PTSD – with a program that will improve their mental state.

If you are interested in adopting Shanti, contact Officer Parrish at 386-431-2000, ext. 2248 or Officer Marcia Miller at 386-431-2168 during work hours.

## BHS grad McBride earns American Athletic Conference honor

University of Central Florida freshman center and 2013 Bradford High School graduate Justin McBride was named the American Athletic Conference's Rookie of the Week following his performance in games against Memphis (Feb. 12) and South Florida (Feb. 15).

McBride averaged 9.5 points

and 6 rebounds off the bench, shooting 72.7 percent from the field (8-of-11) as the Knights split a pair of American Athletic Conference games. He scored six points and had seven rebounds in a 76-70 loss to Memphis, while scoring 13 points and grabbing five rebounds in a 75-74 win over South Florida.

In the South Florida game, McBride was 5-of-6 from the field.

McBride has played in nine games and is shooting a team-high 73 percent from the field. He's averaging 6 points and 3 rebounds per game.

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- Performs other duties as assigned
- Available for emergency response, 24 hours/day, seven days/week

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## Cook wins conference track and field championship

Defiance (Ohio) College freshman Samantha Cook, a 2013 Bradford High School graduate, won the shot put at the Feb. 22 Heartland Collegiate Athletic Conference Indoor Championship.

Cook's throw of 12.39 meters set a Defiance school record as well as Heartland Collegiate Athletic Conference record. By winning the event, she was named to the All-HCAC first team.

Defiance, which won the team championship, also got a seventh-place finish from Cook in the weight throw.

## Tornadoes even district record in baseball

Jacob Luke and Jackson Reddish each had an RBI as the Bradford High School baseball team improved to 1-1 in District 5-4A with a 3-1 over Santa Fe on Feb. 20 in Alachua.

Pitcher Wyatt Barnes (2-0) threw a complete game, giving up four hits and striking out five.

Reddish finished 2-for-3 at the plate, while Luke was 2-for-4.

Bradford (2-3) hosted Gainesville prior to playing Santa Fe, losing 8-4 on Feb. 18. Barnes and Carson Yowell were each 2-for-3. Both of Barnes' hits were doubles, while Yowell hit one double and had an RBI.

Reddish and Cody Tillman each had an RBI.

The Tornadoes played district opponent Interlachen this past Tuesday and will travel to play Suwannee on Thursday, Feb. 27, at 6 p.m. On Friday, Feb. 28, Bradford hosts Middleburg at 7 p.m.

Bradford hosts Forrest on Monday, March 3, at 6 p.m.

## BHS edges Santa Fe in softball

Ashton Adkins struck out 16 batters and went the distance in a 12-inning, 3-2 win over District 5-4A opponent Santa Fe on Feb. 19 in Starke.

Santa Fe scored both of its runs in the top of the third, with Bradford answering with a run in the bottom half of the inning.

The Tornadoes (4-0, 3-0 in District 5) scored again in the fifth before finally getting the winning run in the 12<sup>th</sup>.

Adkins, who gave up six hits, also hit a double and drove in a run. Jaci Atkinson, who was 2-for-5, scored twice.

Mackenzie Gault went 2-for-5, while Lainie Rodgers hit a double.

Bradford played Gainesville this past Tuesday and will host Providence on Thursday, Feb. 27, at 6 p.m. On Friday, Feb. 28, the Tornadoes host district opponent P.K. Yonge at 6:30 p.m.

Bradford takes on Santa Fe again on Tuesday, March 4, in Alachua at 7 p.m.

## 2 late runs propel Indians to 10-9 win

Keystone Heights High School scored two runs in the final two innings to defeat visiting St. Augustine 10-9 in a Feb. 18 baseball game.

Kyle Hix, who was 2-for-3, hit the second of his two home runs to lead off the bottom of the sixth, tying the score at 9-all. In the seventh, Blake Valenzuela drew a lead-off walk, advanced to third on an error and scored the winning run on a wild pitch.

Hix drove in a total of two runs, while Bryce Plummer, who was 2-for-4, had three RBI. Blake Richardson added an RBI, while Morgan Bass was 2-for-2.

Storm Miller, who pitched two innings of relief, earned the win.

Keystone (2-1) played Buchholz this past Tuesday and will travel to play Williston on Thursday, Feb. 27, at 7 p.m. On Saturday, March 1, the Indians travel to play District 5-4A opponent Santa Fe at 1 p.m. before returning home to play district opponent Fort White on Tuesday, March 4, at 6:30 p.m.

## Tigers drop 2 in baseball

It was a tough week for the Union County High School baseball team, which suffered a 5-0 loss to District 7-1A opponent Williston on Feb. 18 and a 6-1 loss to Fort White on

Feb. 20.

T.J. Rogers hit a double in the loss to Williston, but Union (3-2, 0-1 in District 7) was held to just three hits.

The Fort White game was tied at 1-1 going into the fifth, but the visiting Indians scored two runs in the fifth and another three in the sixth.

Chris Starling drove in the only run, while Colten McAlister hit a double.

Again, the Tigers were held to three hits.

Starting pitcher Corey Hersey gave up one run on four hits and two walks in three innings of work.

The Tigers will travel to play district opponent Dixie County on Friday, Feb. 28, at 7 p.m. Union then returns home to play district opponent Newberry on

Monday, March 3, at 7 p.m.

## Union stops losing streak

Jordan Howe homered and drove in four runs as the Union County High School softball team earned its second win of the season, defeating District 7-1A opponent Williston 16-1 on Feb. 20 in Lake Butler.

The Tigers (2-5, 1-2 in District 7) had lost five in a row, but got back in the win column, with Kaylyn Ingram, who was 2-for-2, Kendallyn Johns and Madison McClellan each driving in two runs, while Devin Lewis, Kaylan Tucker and Katie Zipperer each drove in one.

Pitcher Holly Tucker (2-2) threw a complete game (four innings), giving up two hits and one walk.

Prior to playing Williston, the Tigers lost 9-8 to host Suwannee on Feb. 18. Kaylan Tucker was 3-for-4, while Lewis was 2-for-3 with a double and two RBI. Johns, Jordyn Driggers and Valerie Seay were each 2-for-4, with Johns hitting a double and driving in three runs, and Driggers hitting a home run.

Ingram added an RBI.

Union played district opponent Newberry this past Tuesday and will host district opponent Chiefland on Thursday, Feb. 27, at 7 p.m. On Monday, March 3, the Tigers host Newberry at 6 p.m. before traveling to play district opponent Dixie County on Tuesday, March 4, at 7 p.m.

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