

# JACKSON COUNTY FLORIDIAN

Jackson County's newspaper since 1923

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www.jcfloridan.com

SATURDAY, JUNE 30, 2018

Vol. 95 No. 52

## MUST READS



### STATE

**U.S. Supreme Court gives Florida win in water fight with Georgia**  
**7A**

### DIXIE YOUTH BASEBALL

**Local teams playing in tourney that opens today**  
**1B**



### HEALTH

**Romaine lettuce outbreak tied to tainted irrigation canal**  
**11A**

### INSIDE TODAY'S FLORIDIAN

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### OBITUARIES

» Pansy Stob

Page 13A

### TODAY'S WEATHER



High: 90  
Low: 74

Scattered Thunderstorms.  
Details, 2A

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## Goal to Meet Sneads FFA needs \$5,000 for next year

Fundraisers underway with goal by start of school year

BY DEBORAH BUCKHALTER  
dbuckhalter@jcfloridan.com

As she prepares to start her senior year at Sneads High School, 17-year-old Codi Nixon is having quite a busy summer. So are her fellow members of the Sneads FFA.

Nixon is the group's treasurer and keeps up with the grand total as the team members try to raise \$5,000 for the upcoming year's FFA activities. The money will be used to buy a cow trailer, feed and other supplies for the program. Nixon has been in FFA since she was in sixth grade, starting at Grand Ridge School through eighth grade and continuing at SHS when



The Sneads FFA team is shown here at a previous fundraiser in Marianna's Madison Street Park.

she transitioned to that school as a ninth-grader.

This summer, Nixon and other Sneads FFA members have worked at the Marianna Farm-

ers Market in Madison Street Park, selling snacks like their popular "walking tacos." Those go for \$3 each. The treats are made by crumbling Doritos in

their bag, adding hamburger meat, and providing other fixings that the buyers select and

See **FFA**, Page 13A

## READING SUPERHEROES



SUBMITTED PHOTO

The 100 kids who took part in the Golson Elementary School Summer Reading Camp were recognized for their super-heroic efforts Friday morning. Over the last three weeks, the kids have been working with teachers at the camp to improve both their reading skills and their confidence in those skills, by studying everything from phonetic awareness to reading comprehension and vocabulary. The camp was open for all Jackson County children in kindergarten through third grade. This was its fifth year.

### Weather

## Thursday night storms zapped power for some

BY DEBORAH BUCKHALTER  
dbuckhalter@jcfloridan.com

Jackson County residents saw an average of 2.5-to-3 inches of rain Thursday night, as a batch of severe but quick-moving thunderstorms drove through the area.

No injuries and no significant property damage resulted as far as officials know, according to Jackson

County Emergency Management Director Rodney Andreasen. All roads in Jackson County were open as of Friday morning, with crews responding as needed that evening to clear any roadways with debris that impeded traffic. There were several power outages during the evening, but that appears to be the worst of the experience.

According to Florida Pub-

lic Utilities representative Lynwood Tanner, FPU had 2,600 customers out of service at the highest point, with 95 percent restored by 10:30 p.m. Thursday. The rest were back in service by 4 a.m. Friday. Crews were still doing clean-up tasks and addressing low-hanging lines throughout Friday in the aftermath of the storm.

See **STORMS**, Page 13A

### Education

## Four Jackson County schools score A grades

From staff reports

Four Jackson County schools earned an A on the state report card, according to a press release issued by the Jackson County School Superintendent Larry Moore on Wednesday after the grades were known.

Mariana High School scored its first A since the grading system was implemented. To the east, Sneads Elementary and Sneads High School each scored an A, and Malone to the north also notched an A.

Graceville High School, Cottdale Elementary and Marianna Middle School each scored a B.

Riverside Elementary/Golson Elementary, Grand Ridge School, Cottdale High and Graceville Elementary each received a C. Because the state scoring system considers Golson a feeder school to Riverside, it is not scored separately from it.

School officials say the grades reflect an overall improvement with double the number of A schools compared to school year 2016-2017, and seven schools specifically showing overall improvement.

The numbers give Jackson County schools a B average, the same as last year.

### Community News

## Sneads in search of new town manager

BY DEBORAH BUCKHALTER  
dbuckhalter@jcfloridan.com

As Connie Butts departs her job as Sneads Town Manager to take an office job with the First Presbyterian Church of Marianna, she says she'll still be there for the com-

munity she served since 2011.

Having announced her resignation in early June, Butts last paid day on the job was June 27, but

she has left detailed notes to guide Town Clerk Sherri Griffin and Deputy Town Clerk Danielle Guy. They'll be managing things with help from Shirley Gross in accounts payable, while the city searches for Butts'

See **SNEADS**, Page 13A



Butts

# 5-DAY WEATHER OUTLOOK



## RIVER READINGS

Chipola (Marianna) — Observed: 6.24' — Flood Stage: 18'  
 Chipola (Altha) — Observed: 10.00' — Flood Stage: 22'  
 Apalachicola (Woodruff Dam) — Observed: 43.98' — Flood Stage: 66'  
 Apalachicola (Blountstown) — Observed: 6.88' — Flood Stage: 17'  
 Choctawhatchee (Caryville) — Observed: 4.83' — Flood Stage: 14'

NWS observed readings are latest available prior to press time.

## THE SUN & THE MOON

Sunrise ..... 5:41 a.m.  
 Sunset ..... 7:48 p.m.  
 Moonrise ..... 9:44 a.m.  
 Moonset ..... 7:44 p.m.

## MOON PHASES



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
▲ 90 ▼ 74	▲ 83 ▼ 73	▲ 85 ▼ 73	▲ 90 ▼ 74	▲ 90 ▼ 73
Scattered T-storms	Scattered T-storms	AM T-storms	Partly Cloudy	Scattered T-storms

# JACKSON COUNTY FLORIDAN

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The Jackson County Floridan will publish news of general interest free of charge. Submit your news or Community Calendar events via e-mail, fax, mail, or hand delivery. Fees may apply for wedding, engagement, anniversary and birth announcements. Forms are available at the Floridan offices. Photographs must be of good quality and suitable for print. The Floridan reserves the right to edit all submissions.

## GETTING IT RIGHT

The Jackson County Floridan's policy is to correct mistakes promptly. To report an error, please call 526-3614 Monday-Friday.

# From the Archives: 1973

EDITED BY ANGIE COOK  
acook@jcfloridan.com

A look back at local history as chronicled in the Jackson County Floridan.

## Hearing unleashes flood of opposition to river dams

Only Georgia interests stood up to a flood of opposition at a public hearing on an Army Corps of Engineers proposal to put dams, locks and dikes on the Apalachicola River. To the cheers of a crowd of more than 300 packed into the Marianna High School cafeteria Wednesday night, opposition came from every corner of Florida government, including Gov. Reubin Askew, U.S. Rep. Don Fuqua, Atty. Gen. Robert Shevin, Secretary of State Richard Stone and every environmental agency. Even Alabama Gov. George Wallace's spokesman, K. Earl Durden of Dothan, said the engineers should find a better way to improve the barge traffic without sacrificing the environment. —JACKSON COUNTY FLORIDAN, THURSDAY, JUNE 28, 1973

## Grease fire extinguished; damage minor

Marianna firemen responded to a call at 9:25 a.m. yesterday, to the residence of Callie Barrentine on Marion Street, where a grease fire was burning. Barrentine was reportedly attempting to cook butterbeans when she turned on "the wrong eye" and caught some grease on fire, which in turn caught a curtain on fire. The blaze was quickly extinguished and property damage was minor. —JACKSON COUNTY FLORIDAN, THURSDAY, JUNE 28, 1973



## White House initiates counterattack on Dean

The White House has cast John W. Dean III as the mastermind and chief actor of the Watergate cover-up, painting him as a man ready to sacrifice the President to save himself from jail. But Dean refused to recant his story that President Nixon and his chief aides were fully aware of the lengthy and elaborate cover-up. The ousted White House counsel replied to the administrative counterattack with a new offensive

of his own before the Senate Watergate committee Wednesday. He produced what he said was the official White House black list of the President's enemies in Congress and in politics, business, labor, journalism, the universities and the theater. —JACKSON COUNTY FLORIDAN, THURSDAY, JUNE 28, 1973

## Auto theft solved

A 15-year-old resident of the Arthur G. Dozier

## Today in History

**Thought for Today**  
*"We all live under the same sky, but we don't all have the same horizon."*  
 — Konrad Adenauer  
 German statesman (1876-1967).

Today is **Saturday, June 30**, the 181st day of 2018. There are 184 days left in the year.

Today's Highlight in History:  
**On June 30, 1953**, the first Chevrolet Corvette, with its innovative fiberglass body, was built at a General Motors assembly facility in Flint, Michigan.

**On this date:**  
**In 1859**, French acrobat Charles Blondin walked back and forth on a tightrope above the gorge of Niagara Falls as thousands of spectators watched.  
**In 1865**, eight people, including Mary Surratt and Dr. Samuel Mudd, were convicted by a mili-

tary commission of conspiring with John Wilkes Booth, the assassin of President Abraham Lincoln. (Four defendants, including Surratt, were executed; Mudd was sentenced to life in prison, but was pardoned by President Andrew Johnson in 1869.)  
**In 1908**, the Tunguska Event took place in Russia as an asteroid exploded above Siberia, leaving 800 square miles of scorched or blown-down trees.  
**In 1918**, labor activist and socialist Eugene V. Debs was arrested in Cleveland, charged under the Espionage Act of 1917 for a speech he'd made two weeks earlier denouncing U.S. involvement in World War I. (Debs was sentenced to prison and disenfranchised for life.)  
**In 1936**, the Civil War novel "Gone with the Wind" by Margaret Mitchell was first published by The Macmillan Co. in New York.

School for Boys and a 1964 blue Volkswagen parked at the school were both reported missing at 2:30 p.m. yesterday, the Jackson County Sheriff's Department said. At 7:16 today, the youth was reportedly picked up hitchhiking in Jacksonville, his home town, after being questioned. The youth told school officials he abandoned the car, which belongs to Arthur Adams of Tallahassee, on I-10 near Lake City. —JACKSON COUNTY FLORIDAN, THURSDAY, JUNE 28, 1973

# SIGHTS OF SUMMER



SUBMITTED PHOTO

Sisters Kayla Mears (left) and Shelby Montroy sell watermelons from a 40-acre farm on Caverns Road in Marianna.

## BIRTHDAYS & ANNIVERSARIES

Saturday, June 30, 2018

### BIRTHDAYS

Bliss Moreau  
Caroline Ridley Troutman  
Cole Dickson  
Karen Grice  
Marilyn Sweeney  
Melissa Davis  
Sharon McRoy  
Theresa Williams

### ANNIVERSARIES

James Earl & Norma  
Jean Edwards  
Van & Susan Kunde

Sunday, July 1, 2018

### BIRTHDAYS

Avery Ella Smith  
Clara Carlene Ellis  
Debbie Strickland  
Eugene Alford  
Nick Meyer  
Raylie Alessandra Huett  
Ryan Garcia  
Samuel Edwin Bryan  
Sara Crook  
Tracey Crutchfield  
Vicki Sherrod

### ANNIVERSARIES

April & Ryan Lewis  
Kimberly & Charles Huett  
Maynard & Lisa Douglas  
Mr. & Mrs. George  
Lawrence  
William & Gwen Long



### IN MEMORY OF

Bonnie Peacock  
Hazel Hoff

Monday, July 2, 2018

### BIRTHDAYS

Ashley Scott  
Blaine Collins  
Brandon Segrest  
Carol Standland  
Carson Adkins  
Fran H. Taylor  
Matthew Walton  
Michelle Boyette  
Nicolette Cortes  
Susie Mayo  
Terri Busby  
Violet Rea

Tuesday, July 3, 2018

### BIRTHDAYS

Brolin VanHuss  
Debbie Jackson  
Kathy LaPorte  
Nevin VanHuss  
Rusty Lawrence  
Sharron Calloway

### CELEBRITY BIRTHDAYS

**Saturday, June 30:**  
Actress Lea Massari is 85. Singer Glenn Shorrock is 74. Rock

musician Hal Lindes (Dire Straits) is 65. Boxer Mike Tyson is 52. Actor-comedian Tony Rock (TV: "Living Biblically") is 49. Country singer Cole Swindell is 35.

**Sunday, July 1:** Actress Olivia de Havilland is 102. Actor Jamie Farr is 84.

Actress Genevieve Bujold is 76. Pop singer Victor Willis (Village People) is 67. Actress Pamela Anderson is 51. Rock musician Fanny Griffiths (Space) is 48. Actor Evan Ellingson is 30. Actors Andrew and Steven Cavano are 26. Actress Storm Reid is 15.

**Monday, July 2:** Former Philippine first lady Imelda Marcos is 89. Writer-director-comedian Larry David is 71. Rock musician Gene Taylor is 66. Country singer Guy Penrod is 55. Contemporary Christian musician Melodee DeVevo (Casting Crowns) is 42. Ashley Tisdale is 33. Actress Lindsay Lohan is 32. Actress Margot Robbie is 28.

**Tuesday, July 3:** Playwright Tom Stoppard is 81. Humorist Dave Barry is 71. Talk show host Montel Williams is 62. Actor Tom Cruise is 56. WikiLeaks founder Julian Assange is 47. Actress Shoshannah Stern is 38. Rock singer-songwriter Elle King is 29.

The Associated Press

Birthdays, anniversaries and memorials are shared by the Pilot Club of Marianna, from their annual Community Birthday Calendar. To add your listings to future editions of the Pilot Club's calendar, contact Claudia Smith at 482-7507. To add your listings to the newspaper, contact the Floridan at 526-3614.

## Marriage & Divorce Report

### Marriages (June 11-22)

» Robert Gregory Tidwell and Lisa Harrison McArthur  
» Nicolas Alimaus Moore and Dasimon Fredrika Brigham  
» Rodney Jerome Johnson and Betty Jean Washington  
» Jason Allen Whitehead and Brittney Danielle Shores  
» Jonathan Maveick Bourcier and Jessica Lynn Beaudoin  
» Gregory Alan Cannady and Alishia Scott  
» Hunter Hayes Eddins and Caitlin Breanna Jernigan  
» Stanley Elton White

and Margaret Leigh Singer

» Alexander Speights and Regina Lynn Smith

### Divorces (June 11-22)

» Patrick Bellamy vs. Alexzandria Bellamy  
» Donald Clark vs. Karen Clark  
» Buffie Wright Chambliss vs. Keith Howell Chambliss  
» John C. Patrick Jr. vs. Lanita Daree Patrick  
» Adrian Scott Porter vs. Tonda Shay Porter  
» Patricia M. Rodriguez vs. Annette M. De Medina

From staff reports

## Local Area Briefs

### CEU Round Up

Beat the heat and spend the day inside, learning about invasive plant control and pesticide application from state specialists, while earning hard-to-find CEUs.

Register to attend the video conference training at your county Extension office on July 25. For more information, go to: [www.ftga.org/general/custom.asp?page=CEURoundUp](http://www.ftga.org/general/custom.asp?page=CEURoundUp).

From staff reports

## MURPH'S POSITIVE REFLECTIONS

# Looking forward embrace unity

The words "unity" and "togetherness" have a warm ring to them that can make an individual involved in a family, organization or group feel as though they are a part of something special.

Unities along with camaraderie are two of the best assets a family, group or nation can have. Sadly, there seems to be a slippage in feelings of togetherness and unity in our country lately.

Individually, family-wise and in our population, we have allowed a divisive attitude to infiltrate our democratic society. A great deal of dysfunction and separation comes from within many of our families and with the high divorce rates and the lack of complete families in many households, more problems can often take place.



Thomas Vincent Murphy  
Murph's Positive Reflections

One of the greatest pluses for being an American citizen is that each of us can look forward — because of unlimited opportunities — to the possibilities of a great future. Lately, we are becoming a nation surrounded by mistrust, dissent, finger pointing, bickering and uncertainty.

Some of the things we as a country have worked so hard to eliminate seem to still be raising their ugly heads. It feels as though there is a concerted effort to divide our great country, which is not what we are supposed to be about. None of us should want to be a part of a future living

in the atmosphere of an unhappy, divided nation.

We aren't robots and in our nation, with freedom of speech, our opinions and ideas will vary, but just as families have their internal arguments, we as a nation shouldn't allow our differences or opinions to divide us as a nation.

As the world watches, some of the things we as a country have been known and respected for are being exhibited less and less. We mustn't return to some of the pitfalls we have worked so hard to overcome.

In 1799, in his last public speech, orator Patrick Henry made the statement, "Let us trust God and our better judgment to set us right hereafter. United we stand, divided we fall."

These are serious times. The formula for our future

can begin in our homes and spread into our communities. Each of us can make a difference through voting and other contributions to our society. We need less gossiping and speculating and more action and solid service. Despite the many distractions we are dealing with during this time in our history, we are still blessed to live in a country where changes can be made to improve how we live.

Remember: though we all may not agree on some things, we still live in the greatest country in the world.

Thomas Vincent Murphy is co-founder of TVM Radio I. He is syndicated worldwide on the Life Talk Radio Network and a part of Loud Cry Radio. He is author of the book "Wake up Crazy World," a newspaper columnist and a motivational speaker. He can be reached at [tvamj@yahoo.com](mailto:tvamj@yahoo.com).

## Arbor Outlook

# Omaha architecture and wanting what we have

*"We always wanted a big two story house;*

*back when we lived in that little two room shack...*

*We wanted fame and fortune and we'd live life the way the rich folks do; we knew somehow we'd make it, together me and you..."*

— "Two Story House" as performed by George Jones and Tammy Wynette



Margaret McDowell  
Arbor Outlook

looking at the primary residence of America's most famous investor.

The home certainly doesn't qualify as a mega-mansion, even though it is extremely spacious. It actually looks fairly similar to many of the other homes in the neighborhood. There have been additions to the house over the years, and plenty of remodeling work. But the bones are the same as when Buffett paid \$31,500 for it in 1958. It's now worth about \$650,000.

So what is Warren Buffett doing living in "only" an upper middle class, non-gated neighborhood? Someone worth \$87 billion can live wherever he chooses. Well, apparently Buffett likes the familiarity and feel of his long-time home. It's a classic example of wanting what we have. And of being satisfied with what is already ours, especially if it makes us happy.

So many of us (myself included)

aspire to acquire, simply for the sake of "movin' on up" in the eyes of others. What most of us really seek is peace and quiet, familiarity and happiness. How many of us, for example, have traded in a perfectly good used car, one that runs well and suits our needs, just because its "newness" has faded? Glittery new purchases are often accompanied by burdensome price tags, and we can find ourselves stuck with difficult, expensive payoffs long after the shine of newness recedes.

I am not naive enough to think that Mr. Buffett doesn't own other homes. He does, including an \$11 million house near the ocean in Laguna Beach, CA. It's instructive to note, however, that Buffett paid \$150,000 (in 1971) for the house, so it proved an excellent investment. That home is currently for sale, because he and his family seldom can gather to use it.

Margaret R. McDowell, ChFC®, AIF®, author of the syndicated economic column "Arbor Outlook," is the founder of Arbor Wealth Management LLC (850-608-6121, [www.arborwealth.net](http://www.arborwealth.net)), a fiduciary, "fee-only" registered investment advisory firm located near Destin. This column should not be considered personalized investment advice and provides no assurance that any specific strategy or investment will be suitable or profitable for an investor.

# SpaceX launches AI robot, strong coffee for station crew

The Associated Press

CAPE CANAVERAL — A SpaceX rocket that flew just two months ago with a NASA satellite roared back into action Friday, launching the first orbiting robot

with artificial intelligence and other station supplies.

The used Falcon rocket blasted off before dawn, hauling nearly 6,000 pounds of cargo including the spherical AI bot named Cimon, genetically iden-

tical mice and super-caf-feinated coffee for the crew of the International Space Station.

The shipment — packed into a Dragon capsule — should reach the station Monday.

It was an especially gorgeous launch, delighting spectators as the rocket plume expanded in the clear night sky like a giant halo beneath a nearly full moon and a gleaming Mars.

Publisher  
VALERIA ROBERTS

## Another View

# Opioid crisis strains foster care system

Florida's foster care system is under siege from an unexpected, unrelenting enemy: the opioid crisis.

As a result, child welfare agencies statewide are grappling with a looming crisis of their own.

"The amount of kids coming into the (foster care) system as a result of parental substance abuse is unconscionable," Larry Rein, president and CEO of ChildNet of Palm Beach and Broward counties, told The Post Editorial Board.

Rein said substance abuse, historically the top reason for child removals, has steadily grown the past couple of years. And, according to data captured by the state Department of Children and Families (DCF), the spike is owed exclusively to the unyielding opioid epidemic.

Drug abuse doesn't happen in a vacuum. ChildNet and other agencies that provide foster care services to about 7,500 kids in Florida have sounded the alarm since last year that focusing resources solely on addicts or would-be users is only a partial solution.

There is also the cost that the family endures. That's true especially for the most vulnerable: children 5 years old and younger. Statewide, there's been a 38 percent increase in the number of children under the age of 5 who have been removed from homes because of substance abuse in the past four years.

"We'd managed to get it to where we had no kids under the age of 5 in group (home) care," Rein lamented. "But now, at any given time, we have several."

The bottom line, says Rein: "We've got to find a way to stem this tide of removals."

Bluntly put, these vulnerable children are part of the ongoing collateral damage in the opioid epidemic that is ravaging our communities. They join the ranks of young paramedics suffering from post-traumatic stress, babies born to opioid-addicted mothers and hospitals straining under the increased financial burden.

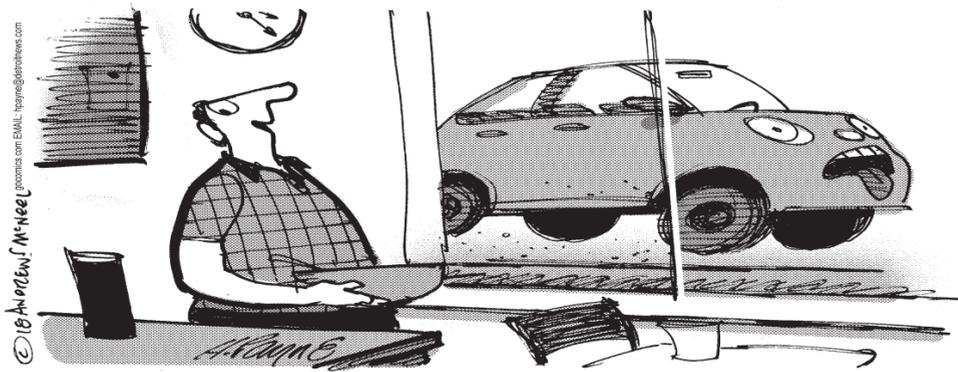
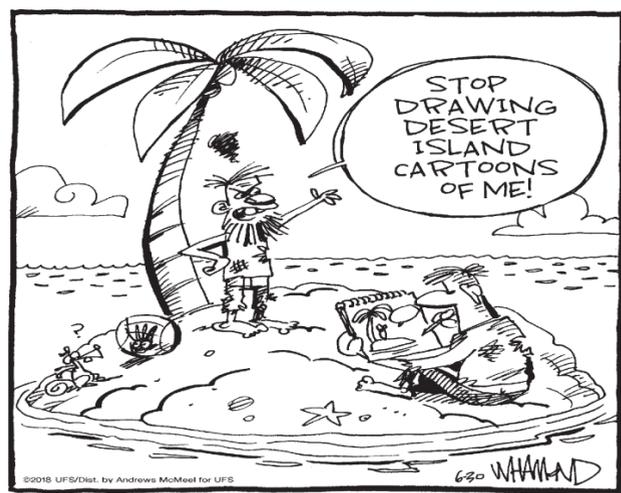
We need to get better at addressing this. Children's lives are at stake. And the overburdened system meant to help them is faltering as it runs out of foster care beds.

Red flags should be flying because these increases are being seen most with younger children who are dependent on others to provide basic necessities, like preparing meals or bathing or having clean clothes to wear.

Yes, Florida lawmakers have responded to advocates' requests for better funding in recent years, providing for about 5,300 foster families to be licensed.

This we do know. Opioid addiction claims hundreds of overdose victims daily. A 5-year-old whose parents care less about their child than finding the next fix shouldn't be among them.

The Palm Beach Post



"ALEXA, START MY CAR. ALEXA, TELL MY CAR TO PICK UP MY LAUNDRY. AND MILK. AND MULCH FOR THE GARDEN. AND..."

# Democrats still have no good message on the economy or jobs

In a New York Times column this week, Democratic pollster Stanley Greenberg wrote that President Donald Trump's policies are pushing "ideologically moderate" Republicans away from the GOP. According to Greenberg, "The harder the president bangs these drums, the more Democrats become enraged and a segment of Republicans get demoralized. The more he trashes his Republican opponents in primaries, the more these voters may contemplate different political options." That is well said. However, the voters Greenberg describes are not "moderates" in the way he wants them to be, and they are a long way from voting for Democrats.

Greenberg does get a lot right about voter dynamics in the Trump era. The fact is, Trump's actions are met with electric applause in most parts of the Republican Party but with lamenting eye rolls, sighs and gasps in others. There are some Republicans who Greenberg says are teetering on the edge, unsure of how they will vote if they vote at all in November. They are Republicans whose temperate approach to politics means they find the president's noise off-putting and discouraging, to say the least. They find many of his words and actions to be disagreeable, even if they agree with his core objectives. Most recently, Republicans have objected to separating children from their

illegal immigrant mothers at the country's southern border while maintaining support for tougher border security and a crackdown on illegal immigration.



Ed Rogers

But Greenberg overstates the importance of issues such as abortion and climate change to these voters. Democrats still don't have a compelling message on the issues that many voters care about most — starting with the economy and jobs. So why would they make the radical departure from a good and growing Republican economy to a Democratic Party whose only purpose is to "resist" the president?

Greenberg is a pro. He has been around for a long time. He knows Democrats have no economic message. In a recent op-ed, he warned the Democrats that they will lose their chance to "win landslide victories . . . if they don't address the economic challenges confronting their strongest supporters, who are at risk of staying home on election day." Greenberg must know the Democrats' lurch to the left turns off broad swaths of the country, many of whom are independent or marginal Republican voters. Their silence is a gift to Republicans. Not many Republican-leaning voters will want a return

to a Democrat-run economy.

When Greenberg tried to explain in his New York Times piece what Republicans turned off by Trump might find appealing about the Democratic Party, all he had were stale platitudes that sounded like classic Hillary-speak. He described swing voters and disaffected Republicans as those who "might be ready to vote for candidates who respect women, who are angry about the NRA and school shootings, who believe climate change is real and who want a government that works for the middle class at least as hard as it does for the privileged." Hillary Clinton couldn't have said it better herself. And therein lies the Democrats' problem. They still don't have a message about the economy or jobs.

The 2018 midterms are the Democrats' to lose. But they need something that appeals to voters besides the Trump-supplied outrage du jour. If they promise to undo the opportunity and security that comes from a good Republican-produced economy, well, Democrats could squander the opportunity they've been given.

Ed Rogers is a contributor to the PostPartisan blog, a political consultant and a veteran of the Ronald Reagan and George H.W. Bush White Houses and several national campaigns. He is the chairman of the lobbying and communications firm BGR Group, which he founded with former Mississippi governor Haley Barbour in 1991.

# Foreign policy needs better focus closer to home

To many shocked Americans, the separation of families at the U.S.-Mexico border is simply a breakdown of everything America stands for. To me, it is even more.

To me, it is a foreign policy issue — a question of the deepest possible blunders in American strategy that demands serious, not sentimental, response.

I spent much of my professional life covering Latin and Central America for the Chicago Daily News, and I knew those poor folks at the border. I buried myself in their history and suffered with them over the original sin of the Spanish conquistadores, who destroyed much of the brilliant Mayan culture and put little in its place in terms of decent governance.

In the 20th century, when countries like El Salvador, Honduras and Guatemala were in their formative modern periods and could have truly progressed, the United States opted in every case not for the necessary land, government and political reforms but to support military dictators and far right candidates who kept Central America locked in the hopeless despair that still drives tens of thousands of them to El Norte.

Those were the years when American policy and pressure could have made all the difference. But instead of supporting reforms, American companies, which virtually dictated Washington policy, mistakenly identified with the ruling classes — United Fruit in Honduras, for instance, and also in Cuba. When the political disasters came, as they had to, we were on the side that was more than wrong, it was unworkable.

Guatemala, the largest of the Central American nations and historically the leader, is an especially egregious case study. The



Georgie Geyer

Guatemalan military has always been particularly cruel, and in the 1950s, it was no surprise that new reformist leaders emerged in Jacobo Arbenz and Juan Jose Arevalo.

Arbenz was to become famous in Washington as the forerunner of the "communist threat" — the era in which Fidel Castro took over Cuba in 1959 and then united with Moscow. Arbenz designed the most comprehensive land reform ever seen in Latin America, but Washington chose to see him as a communist and moved to overthrow him. Arevalo was an even less radical leader, also removed by Washington.

Guatemala never benefited from those reforms. But it did go through terrible guerrilla wars, supported by Havana, in the '60s and '70s, and today it is a beautiful but sad land, where every village remembers thousands of dead.

El Salvador went through a similar tragic drama in the '70s and '80s, as mostly middle-class young men wanting change created another guerrilla war against a cruel and retrograde landed class and the far right ARENA party. Washington tried to create a "middle," but there was none, and today, although the leftist "guerrilla party" holds the presidency, the untamed violence within the society, as in almost all of Central America, is expressed in the brutal gangs that poison these societies anew. And in the tens of thousands of men, women and

children fleeing for the American border.

The most sobering reality for Americans is that, in almost every case and at almost every moment when productive change in these small societies could have taken place, Washington moved decisively to stop it. In fact, we were stopping them from going through the very same processes we employed for ourselves as we developed OUR society. (Ever heard of Teddy Roosevelt breaking up the trusts?)

Now, I'm quite aware that nobody is going to be thanked for trying to bring history into the emotional drama at the border. Sobbing mothers, lost children and a cruel White House get starring roles, no matter how you look at it. But it would help if we could at least start to think about a couple of the bigger themes that offer long-term ways to solve this immediate problem.

On the immediate scale, the only answer is for America to hammer out a tough but reasonable immigration policy. Everybody says it, but nobody does it. In the bigger picture, we still have virtually no productive foreign policy toward our neighbors in Central America. Remember FDR's Good Neighbor Policy or JFK's Alliance for Progress? It can be done.

Yet, ironically, we read news stories about the U.S. involving itself deeply everywhere else — as far away as Yemen and Somalia. Do such policies, focused so far afield, really make sense, or are they the inventions of our leaders' adventurous whims? Wouldn't it simply make common sense for our neighbors to come first?

Georgie Anne Geyer has been a foreign correspondent and commentator on international affairs for more than 40 years. She can be reached at gigi\_geyer@juno.com.

## CONTACT YOUR REPRESENTATIVE

### COUNTY

#### County Commission

- D1 - Willie Spires, 850-573-1000
- D2 - Clint Pate, 850-557-5218
- D3 - Chuck Lockey, 850-573-0997
- D4 - Eric Hill, 850-557-5118
- D5 - Jim Peacock, 850-573-0998

#### School Board

- D1 - Terry E. Nichols, 850-263-5001
- D2 - Tony Pumphrey, 850-557-3402
- D3 - Stacey Goodson, 850-526-5061
- D4 - Chris M. Johnson, 850-592-6368
- D5 - Charlotte M. Gardner, 850-482-7204

#### Superintendent of Schools

Larry Moore, 850-482-1200

#### County Court Judge

Wade Mercer, 850-482-9656

#### Sheriff

Lou Roberts, 850-482-9624

#### Clerk of Circuit Court

Clay Rooks, 850-482-9552

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#### Property Appraiser

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#### U.S. Senate

Bill Nelson, 202-224-5274

Marco Rubio, 202-224-3041

#### President

Donald J. Trump, 202-456-1414

## CHIPOLA CIVIC CLUB



SUBMITTED PHOTO

From left, are: guest speaker Dr. Steven Spence, Chipola Civic Club member Jorge Garcia, and guest of Dr. Spence, James Reiff. Dr. Spence spoke to the Club on the recent Florida legislation that restricts prescription of Class 1 narcotics as well other issues related to the current opioid crisis.



SUBMITTED PHOTO

At a recent Chipola Civic Club meeting, member Keith Williams (left) introduced guest speaker Republican state Sen. Denise Grimsley, candidate for state Agriculture Commissioner. Grimsley spoke to the Club about the Cabinet responsibilities of the Secretary of Agriculture, her qualifications for that position and her campaign.



SUBMITTED PHOTO

Chipola Civic Club member Richard Kunde (left) introduced guest speaker Jeff Johnson, athletic director and head baseball coach at Chipola College. He recently led his team to their second straight national championship and has built Chipola into one of the premier JUCO programs in the country.



SUBMITTED PHOTO

Chipola Civic Club member David Cumbie introduced guest speaker Dr. Sarah Clemmons, president of Chipola College. Dr. Clemmons spoke to the Club on the current services, programs and degrees offered by the state college as well as recent academic and athletic achievements. She also discussed the status of current and future construction projects.

## Biz Buzz

# Play Big Therapy & Learning Center offers private schooling

Until recently, parents with special-needs children were often driving 90 miles or more to Tallahassee after working all night to ensure their children could receive assistance from Play Big Therapy.

Last year, to serve this region, owners Kelley Hutto and Rachel Scharlepp opened a second therapy and learning center at 4550 Lafayette St. in Marianna, in the Rivertown Community Church shopping center. Less than a year later, the facility includes a private school for special-needs children.

Hutto, a physical therapist, and Scharlepp, a behavioral therapist, met several years ago, when they realized that they shared a client family. They soon became friends and, according to Scharlepp, "practiced a while" to see if combining their services would provide better assistance for their clients. It didn't take long for the ladies to learn that their combined model works. Hutto said that while celebrating her birthday a few years ago, "they decided to become partners" and combine their more than 36 years of experience to better assist children with special needs.

The partners started by opening the Tallahassee Play Big Therapy & Learning Center, which uses a neuro-physiological approach to engage children, from infants to 18-year-olds, and unlock their individual potential. The model used includes a family fan base, a child athlete, and a team of coaches, including physical therapists, behavioral therapists, occupational therapists, speech therapists and a care manager. Hutto and Scharlepp soon realized that additional ser-



**Kay Dennis**

City of Marianna

vices were needed in Marianna.

A few months ago, the Play Big Therapy & Learning Center in Marianna began promoting programs for all kids. The center provides a great space for birthday parties and other celebrations. Plus, Friday nights are open to all children so parents can enjoy a date night. Parents can drop off their children for pizza and supervised play.

Most recently, the center added private schooling. Interested parents can apply for the McKay Learning Scholarship on the Florida Department of Education website, to assist with tuition costs. The Gardiner Scholarship is also available for the learning center, therapy, tutoring and tuition. Call Linda Nichols at 850-942-2000 for pricing and insurance information.

"Autism, learning disabilities, and traumas are our specialty," Hutto said. Scharlepp added that "the kids served best are the ones who need the whole team." Learning Center Director Keeli Goins expressed how she enjoys helping children succeed in the center's small setting, so they can later shine in the community. However, according to Linda Nichols from the front office, "greatness takes time" and families need to "trust the process."

The partners expressed how they love the community and how grate-



SUBMITTED PHOTO

**Play Big Therapy & Learning Center in Marianna recently expanded its services.**

ful they have been to Rivertown Community Church for their generosity and support with resources. Hutto smiled as she said "it's good to be celebrated." She continued by expressing her desire "to collaborate and partner with the City of Marianna, Jackson County, Florida State University, Family Dollar and others involved, if an Autism Center is established in the future."

Hutto and Scharlepp recently received an award for being a family friendly workplace. "We allow workers to bring their children with them to work and we pay our employees well," Hutto explained. Scharlepp added, "We are always growing our Play Big team." The center is currently hiring for all positions, including social workers, teachers, therapists and similar positions.

Shop locally, support Marianna businesses and visit Play Big Therapy & Learning Center during their business hours: Monday-Friday, 8 a.m. to 3 p.m. for academic programs; and Friday evenings, 5-9 p.m. for Date Night. For more information, call 850-942-2000. Visit the City of Marianna's website, [www.mariannafl.city/335/New-Businesses-and-Other-Community-News](http://www.mariannafl.city/335/New-Businesses-and-Other-Community-News), to learn more about new businesses.

Kay Dennis, MBA, MPA, A.I.C.P., is the director of Municipal Development for the City of Marianna.

## Domino's: a new location and name

Since the Burrito Factory closed last year, there has been speculation about what business would be moving into the vacant building located at 4375 Lafayette St. in Marianna.

A couple of weeks ago, red, white and blue signs were erected erasing any doubt behind the rumors.

Domino's, formerly known as Domino's Pizza, will have a soft opening at the new location — possibly as soon as this weekend. What better way to kick off the Fourth of July holiday than with pizza from a company with red, white and blue décor?

Owner/operator Brenda Wojtysiak started working with the company as a part-time delivery driver in Forest Lake, Minnesota, in 1986. Occasionally she would visit her aunt, who worked at the federal prison here, and loved the area. Wojtysiak moved to Marianna and opened Domino's Pizza on Jefferson Street

in 1998.

"The company is transitioning to theater stores (where customers can dine in)," She explained, adding, "I wanted to do the same."

Additionally, the menu has expanded over time to include sandwiches, chicken, salads, pasta and desserts, which led to the company changing its name.

The new restaurant will include a chalk board wall where children and adults can leave messages. The "dough show" area provides patrons an opportunity to view their pizza while it is being made. Bar seating adds another view of the pizza-making process. A wall designed with company and pizza facts and trivia provides a great focal point, and the restaurant also sports

a retro-style cooler and new oven.

While waiting for your order, take advantage of onsite WiFi and "on the wall tracker" that lets customers know the status of their pizza.

"I love everything from the design, layout, location and equipment," Wojtysiak said. "Wait until you see it."

Wojtysiak explained that Domino's has been around for more than 50 years and "is a great company to be a part of," because "it's team focused." She added, "I love the community" and "the community has been good to me, too." She said she's enjoyed working with local schools for pizza parties and discounts.

Wojtysiak is hiring for all positions and wants

to remind customers to "sign up for the rewards app to receive a free medium pizza."

Domino's grand opening will take place toward the end of July, with special deals.

Shop locally, support Marianna businesses and visit Domino's during its hours of operation: 10:30 a.m. until midnight Sunday-Thursday; and 10:30 a.m. until 1 a.m. Fridays and Saturdays. For more information or to place an order, call 850-482-3333. Visit the City of Marianna's website, [www.mariannafl.city/335/New-Businesses-and-Other-Community-News](http://www.mariannafl.city/335/New-Businesses-and-Other-Community-News), to learn more about new businesses.

Kay Dennis, MBA, MPA, A.I.C.P., is the director of Municipal Development for the City of Marianna.

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Sylvia D. Stephens, Jackson County Supervisor of Elections

## State Briefs

### Massive algae bloom spreading in river

NAPLES—A massive algae outbreak is spreading in the Caloosahatchee River in southwest Florida. Calusa Waterkeeper John Cassani tells the Naples Daily News that the guacamole-green algae bloom is moving downstream, toward Fort Myers.

The newspaper reports a large algae bloom has been lingering on Lake Okeechobee over the past few weeks. Hundreds of billions of gallons of lake water was sent to the Caloosahatchee starting June 1. The releases were slowing last Friday and the algae boom on the river was reported over the weekend.

Florida Department of Environmental Protection officials say they'll collect samples from the river this weekend. On June 18, the agency reported a "slight bloom" was visible.

Algae blooms can cause some health issues in humans and in wildlife.

### Woman rides paddleboard from Cuba to Florida Keys

KEY WEST — A Florida woman has completed a more than 100-mile (160-kilometer) voyage from Cuba to the Florida Keys on a standup paddleboard.

Victoria Burgess arrived in Key West on Wednesday, paddling across the Florida Straits in just under 28 hours.

Burgess is believed to be the first woman to make the trip from Cuba to the Keys on a standup paddleboard. The 34-year-old said that she wanted to set a record and serve to inspire others to accomplish their goals. She says she hopes to have the feat sanctioned by Guinness World Records.

Burgess is a Pompano Beach fire inspector, previously having served as a firefighter and paramedic.

### Florida families form advocacy group 'Stand With Parkland'

PARKLAND — The families of students and faculty killed in a mass Florida school shooting formed a bipartisan organization to address school safety, mental health and gun ownership.

The group Stand With Parkland launched Thursday, seeking donations and members nationwide.

As families of the 17 Marjory Stoneman Douglas High School students and employees who died in the Feb. 14 massacre, they aim to partner with politicians, teachers, law enforcement authorities and other officials to improve school safety through laws and policy.

Tony Montalto, whose 14-year-old daughter Gina was killed, told the Sun Sentinel they want to provide a vehicle for action for people asking how they can help the families.

### US government OKs Florida's Hurricane Irma recovery plan

FORT LAUDERDALE — The federal government has approved Florida's request for \$616 million that will be partially used to repair homes destroyed or damaged by Hurricane Irma last year.

Gov. Rick Scott and Housing Secretary Ben Carson announced the approval Thursday in a conference call.

Irma hit the Florida Keys on Sept. 10 as a Category 4 storm, destroying 1,200 homes and damaging 3,000 there.

The storm was a Category 3 when it reached the mainland near Naples. It weakened but did significant damage as far north as Jacksonville.

The state's plan says \$273 million will be spent fixing and rebuilding 6,000 homes. Another \$100 million will be used to build affordable housing, \$75 million to buyout homes in high-risk areas, \$62 million for administration and \$60 million for small business recovery.

### Pensacola Beach swimmers warned about sea lice

PENSACOLA — Florida officials are warning swimmers about stinging sea lice at a Florida beach.

The Pensacola News Journal reports that Pensacola Beach lifeguard stands posted purple flags earlier this week for the presence of dangerous marine life.

Water safety chief Dave Greenwood says sea lice are tiny jellyfish larvae and jellyfish cells that can mildly irritate a swimmer's skin. He says they aren't very intense and can't live outside the warm saltwater. They don't remain on a swimmer's body after they leave the water.

The Florida Department of Health says sea lice can cause small red bumps on a person's skin within a day of exposure. The rash can also be accompanied by flu-like symptoms.

### Attorney general, ag commish candidates woo GOP

KISSIMMEE — Republican candidates for attorney general promised to uphold the rule of law, while GOP candidates for agriculture commissioner bragged about their farming credentials at a conference for Florida Republicans.

A half-dozen candidates pitched their candidacies Friday at the Sunshine Summit at a resort near Orlando.

Former state judge Ashley Moody said she was the only GOP candidate in the attorney general race who has actually tried a criminal case as a former prosecutor. Her opponent for the GOP primary, state Rep. Frank White, is general counsel of an automotive company.

The two leading GOP candidates for Florida's gubernatorial nomination, Adam Putnam and Ron DeSantis, also were addressing the state Republicans a day after they held their first major debate.

### Authorities: Man on boat likely killed by lightning

UMATILLA — Authorities say a man found dead on a boat in a Florida lake was likely struck by lightning.

News outlets report that 44-year-old Jeffrey Moyer was found in a pontoon boat Wednesday evening on a Umatilla lake, northwest of Orlando.

A medical examiner determined that Moyer had died from electrocution.

National Weather Service radar showed a thunderstorm with lightning strikes in the area Wednesday afternoon.

From wire reports

# 'Controlled' burn blamed for loss of 36 homes

The Associated Press

EASTPOINT — John Matthew Polous watched a "controlled-burn" fire for three days as it consumed foliage outside his tiny community on the Florida Panhandle. And then he watched as it quickly raged out of control. What he doesn't understand is why it took government officials until Wednesday to acknowledge that they were the ones responsible for the blaze that destroyed 36 homes, including his.

Polous, a shrimper and oysterman, lost 14 boats, his home and pickup trucks in the quick-moving conflagration Sunday that left behind a trail of ash and ruins in Eastpoint, just across the river from the historic town of Apalachicola.

"They finally admitted to what done it, now let's see what they are going to do," Polous, 51, said while walking through the burned remains of his home. "Why was they even burning this time of year back here? That don't make sense, but they was and there's nothing nobody can do about it."

Agriculture Commissioner Adam Putnam announced Wednesday that the fire was caused by a Tallahassee com-



THE ASSOCIATED PRESS

Commercial fisherman John Matthew Polous stands in front of two of his 14 boats that were destroyed along with his house and storage buildings on Ridge Rd in Eastpoint.

pany hired by the state's wildlife commission to do controlled burns on state lands. Putnam said an investigation by his office eliminated other possible causes, including lightning, arson or an accident.

The fire burned more than 800 acres and officials said they were suspending the practice of controlled burns statewide while they investigate. Controlled burns are used as a tool to manage forests. They involve burning away underbrush to lessen the danger of future wildfires.

Polous said his house was the first to burn, and the fire came up quickly

— he didn't even have time to get his wallet, which was lost in the fire.

"All I could hear was nothing but like a freight train, because it was blowing and it was burning. ... I walked out in the backyard and saw it coming, and that was it. Within a matter of minutes, it was gone, everything I own," he said. "Hopefully something will happen and we can get paid for it. And I hope everybody that lost a house out here gets paid."

The Florida Fish and Wildlife Conservation Commission said that the private company Wildlands Services was contracted to burn

480 acres on June 18. The agency said 580 acres of private land separated the controlled burn from the Eastpoint neighborhood. State records show that the company was given a three-year contract worth nearly \$60,000 in March to do controlled burns near the Apalachicola River. So far, the company had been paid more than \$25,000.

Doug Williams, the owner of Wildlands Service, told the Tallahassee Democrat he had not been contacted by state officials and did not know that Putnam said investigators had determined his company was responsible for the wildfire.

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# Justices give Florida win in water fight with Georgia

The Associated Press

TALLAHASSEE — Florida's governor is cheering and his Georgia counterpart is digging in for a fight after the U.S. Supreme Court allowed Florida to press its case in a decades-long battle between the two states over a river that serves them both.

The justices' 5-4 ruling Wednesday concerns a dispute over Georgia's use of water from the Chattahoochee and Flint rivers that serve booming metro Atlanta, Georgia's powerful agricultural industry and Florida's oyster fisheries beyond the river's mouth.

The court said a special master appointed to hear the lawsuit should reconsider Florida's argument that limiting how much water Georgia uses would provide more water downstream to the Apalachicola River that flows into Apalachicola Bay and the nearby Gulf of Mexico.

Florida officials celebrated the decision even though it means that the expensive battle, which has cost the state's taxpayers \$57 million in the last four years, will continue



John Stokes (center) culls Apalachicola oysters in 2015 while his two sons R tong oysters from the bottom of Apalachicola Bay.

forward.

"Today's ruling is a huge win for the entire state of Florida," said Gov. Rick Scott, who pushed to have the state sue Georgia directly. "After decades of failed negotiations, we took our historic action to protect families all the way to the U.S. Supreme Court. I am glad that the court ruled in Florida's favor today and we look forward to further securing a healthy Apalachicola Bay

while protecting the thousands of jobs that depend on this natural resource. The best interest of these families will always come first."

Georgia Gov. Nathan Deal, however, said he "remained confident" in his state's legal position.

"Georgia remains committed to the conservation efforts that make us amicable stewards of our water resources," said Deal, adding that both he and

Attorney General Chris Carr "remain committed to making every effort to defend Georgia's water resources for our current and future citizens. We look forward to obtaining a positive ruling on the merits in this case."

The states' battle over water use dates back to 1990, and includes drawn-out negotiations and several lawsuits. Alabama, which has the Chattahoochee on its eastern

border, is not part of the current lawsuit that was first filed nearly five years ago.

The special master the court appointed to hear the lawsuit had recommended that the court side with Georgia and reject Florida's call for limiting water consumption from the Flint river. But five of the justices did not agree with his decision.

"Five of us believe that the special master, as Florida said, did apply too strict a standard and that under a proper standard, Florida did adequately show that relief may be possible," Justice Stephen Breyer said in announcing the opinion. "We hold that the master should go on to make further factual findings in the case, such as whether Georgia is, in fact, using too much Flint River water, and if so, whether Florida could benefit significantly from a cap on Georgia's use of that water."

Breyer was joined in his opinion by Chief Justice John Roberts and Justices Anthony Kennedy, Ruth Bader Ginsburg and Sonia Sotomayor

In announcing the decision Wednesday, on the

last day of the Supreme Court's term before summer recess, Breyer said that if the public wishes to "learn something of the beauty and emotional appeal of this southeastern river basin," he could recommend songs: Alan Jackson's song "Chattahoochee" or Bing Crosby and Bob Hope performing "Apalachicola, Fla." But he said if "you wish to learn about water rights" and "equitable apportionment of river water among states" he'd recommend reading the opinions in the case.

Justice Clarence Thomas, who grew up in Georgia, wrote that he would have sided with Georgia

"In the final analysis, Florida has not shown that it will appreciably benefit from a cap on Georgia's water use," Thomas wrote in a dissent for himself and Justices Samuel Alito, Elena Kagan and Neil Gorsuch.

Though the decision in the case was 5-4, the justices did not split along ideological lines, with two conservative justices joining three liberal justices in the majority and Kagan, a liberal, joining three conservatives in dissent.

# Top Florida GOP candidates take jabs on trade, shootings

The Associated Press

KISSIMMEE — Florida Agriculture Commissioner Adam Putnam made jabs at U.S. Rep. Ron DeSantis over time the congressman has spent in Washington, D.C., instead of in Florida on Thursday night during a live-televized debate that covered immigration, shootings and the potential for a trade war.

Putnam opened the debate between the two leading Florida GOP gubernatorial candidates at a resort near Orlando by "welcoming" DeSantis to Florida, tongue-in-cheek.

"What an exciting time to be in front of a live audience of a thousand Florida Republicans," Putnam said. "It's completely different than a Washington, D.C., studio, and I just want to say 'Welcome to Florida, congressman.'"

DeSantis defended himself, saying he was doing his job and fulfilling his duty as a congressman by being in Washington.

During the debate televised live on Fox News, moderators Bret Baier and Martha MacCallum asked about President Trump's policies on immigration, trade and Russian meddling in the U.S. election in 2016.

DeSantis said he believes Russia tried to do "cyber-stuff" during the election but that there was no collusion between Russia and Trump's campaign. Put-



Agriculture Commissioner Adam Putnam meets with members of the media after a Florida Republican gubernatorial primary debate.



U.S. Rep. Ron DeSantis answers questions from reporters after a Florida Republican gubernatorial primary debate.

nam said Trump "would more than hold his own" in a summit with Russia's leader.

"But I'm running a Florida-first campaign," Putnam said. "I care more about the schools in Washington County than what's going on in

Washington, D.C."

On trade, DeSantis said Trump was trying to win concessions from other nations by threatening trade tariffs, even if retaliatory tariffs threaten to hurt some Florida industries, like citrus.

"Donald Trump wrote 'The Art of the Deal.' He knows how to negotiate," DeSantis said.

Putnam said "trade wars" hurting Florida began a quarter century ago with the signing of the North American Free Trade Agreement.

"That has put Florida farmers and ranchers at a distinct disadvantage and put them out of business," Putnam said.

DeSantis called Putnam weak on immigration policy, but Putnam shot back that "Washington should do its job."

"They haven't passed an immigration bill," Putnam said.

When Putnam was asked about a previous statement that he is a "proud NRA sellout," in light of recent shootings, including at a high school in Parkland, Florida, last February, he said it was "critically important" to defend Second Amendment rights while also protecting students in schools.

"Those two things aren't incompatible," Putnam said.

Putnam also defended his actions regarding an agency employee's failure to follow up on certain na-

tional background checks that could disqualify people from gaining permits to carry concealed weapons. He said he held the Department of Agriculture employee accountable and that she no longer works for

the agency.

But DeSantis said Putnam failed as a leader in addressing the problem, accusing him of not disclosing it in a timely manner.

"You have to level with your constituents and tell

them what happened and not try to cover it up," DeSantis said.

President Trump has endorsed DeSantis, but Putnam has raised more money and is leading in recent polls months ahead of the August primary.

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# Do you really know what your kid's doing on that device?

The Associated Press

CHICAGO — Ayril Miller is clearly annoyed. Her mother is sitting with her on the couch in their Chicago apartment, scrolling through the teen's contacts on social media.

"Who's this?" asks Jennea Bivens, aka Mom.

It's a friend of a friend, Ayril says, and they haven't talked in a while. "Delete it," her mom says.

The 13-year-old's eyes narrow to a surly squint. "I hate this! I hate this! I hate this!" she shouts.

Yes, Bivens is one of "those moms," she says. The type who walks into her daughter's bedroom without knocking; the kind who tightly monitors her daughter's phone. She makes no apology.

Nor should she, says a retired cybercrimes detective who spoke to her and other parents in early June at Nathan Hale Elementary School in Chicago.

"There is no such thing as privacy for children," Rich Wistocki told them.

Other tech experts might disagree. But even they worry about the secret digital lives many teens are leading, and the dreadful array of consequences — including harassment and occasional suicides — that can result.

Today's kids are meeting strangers, some of them adults, on a variety of apps. They range from the seemingly innocuous Musical.ly — which lets users share lip-syncing videos — to WhatsApp and, more recently, Houseparty, a group video chat service. Teens are storing risqué photos in disguised vault apps, and then trading those photos like baseball cards.

Some even have secret "burner" phones to avoid parental monitoring, or share passwords with friends who can post on their accounts when privileges are taken away.

David Coffey, a dad and tech expert from Cadillac, Michigan, said he was floored when his two teens told him about some of the sneaky things their peers are doing, even in their small, rural town.

"I gotta hand it to their creativity, but it's only enabled through technology," says Coffey, chief digital officer at IDShield, a company that helps customers fend off identity theft.

It's difficult to say how many kids are pushing digital boundaries this way, not least because the whole point is to escape adult detection. Social media accounts are easy to establish and discard. Particular apps also rise and fall out of favor among teens with lightning speed, making them a moving target for researchers.

But academics, experts like Wistocki and Coffey, and many teens themselves say it's surprisingly common for kids to live online lives that are all but invisible to most parents — for better or worse.

Parents are clearly outmatched. Exposed to tablets and smartphones at an increasingly early age, kids are correspondingly savvy about using them and easily share tips with friends. Parents, by contrast, are both overwhelmed and often naive about what kids can do with sophisticated devices, says Wistocki, whose packed schedule has him crisscrossing the country to speak to parents and young people.

He often holds up a mobile phone and tells wide-eyed parents that



Jennea Bivens (left) talks with her 13-year-old daughter, Ayril Miller, about the contacts in her Snapchat social media account while sitting on the couch in their Chicago apartment.

giving a kid this "ominous device" — and allowing them to have it any time, including charging in their rooms at night — is like handing over the keys to a new Mercedes and saying, "Sweetheart you can go to Vegas. You can drive to Texas, Florida, New York, wherever you want to go."

And kids are more than happy to oblige. At a separate talk for students at Nathan Hale, a large K-8 public school near Chicago's Midway airport, Wistocki asked who had accounts on Instagram, Twitter, Snapchat and other apps and games with social components. Most of the kids in attendance, many younger than 13, raised their hands.

Afterward, one girl, all frizzy hair and braces, approached a reporter with desperation. "Please, please, please, don't use my picture or a video of me raising my hand," the 13-year-old begged repeatedly, despite assurances that she wasn't caught on camera.

"Don't use mine either," a friend quickly piped in. Throughout the day, kids said their parents either don't know they're on social media or have little idea what they do with their accounts.

That exasperates Dawn Iles-Gomez, the school's principal, whose days are increasingly filled with drama that begins on social media.

And it's often not the usual suspects in her office, she says, but a diverse parade of students she sees acting one way in person and very differently in the digital world.

"It's shocking — the language and the threats and the mean things that are said," she says. "And I would say 75 percent of the time, I call a parent and their parent will say, 'Well, no, they said they didn't do that.'"

"And I'm like, 'Well — they did.'"

These kinds of incidents

can turn particularly ugly, sometimes involving surprisingly young participants.

In January, two 12-year-olds were arrested in Panama City Beach, Florida, for cyberstalking that police said led to the suicide of a classmate named Gabriella Green, who'd been repeatedly bullied.

In other instances, young people are buying drugs via social media or encrypted websites. Or, as Coffey's kids explained to him, they can use prepaid "gift" cards for Amazon or eBay — available at most any drugstore — to buy contraband. They order makeup, say, or vaping accessories, and have them delivered to friends' houses.

Law enforcement officials say the taking and sharing of racy "sexting" photos and videos also has become a common and even expected component of dating life for many teens.

Last year in Naperville, the Chicago suburb where Wistocki worked as a detective for many years, a 16-year-old killed himself after police discovered that he'd recorded himself having sex with a classmate and then shared the recording with his hockey teammates. While searching his phone, they also found photos of other partially nude girls in a secret photo vault app disguised as a calculator.

And yet, Wistocki says, too often parents remain in denial with what he calls "NMK — not my kid."

To get parents to the meeting with Wistocki at Nathan Hale, the principal offered extra 8th-grade graduation passes and other incentives. Only about 70 parents showed up; the school has 930 students.

Kathleen Kazupski, a mom with two daughters ages 13 and 17, was one of them. "As parents, we need to wake up, no doubt," she said afterward.

some of her video posts.

"It's a full-time job," Bivens concedes. "People laugh at me because I monitor her stuff. But I don't have the same problems as other people do."

A 2016 Pew Research Center survey found that only about half of parents said they had ever checked their children's phone calls and text messages or even friended their kids on social media. They were even less likely to use tech-based tools to monitor their teens or block certain apps.

Android phones now offer some parental restriction options, including screen time limits and app blocking, via a service called Google Family Link — though it's designed specifically for kids younger than 13. An upcoming update to iPhone system software, which already allows for parental approval of app and music purchases, will give parents more control over screen time, app usage and web

surfing on iPhones, iPads and iPods.

Independent monitoring apps also have proliferated. Some give parents more options for viewing and managing what their kids are posting on services such as Instagram or Snapchat — often for a monthly fee. These tend to be more effective on Android phones, says Wistocki, who recommends such tools in his talks with parents.

He closely monitored his own sons until they turned 18, and tells parents they should do the same.

Sarita Schoenebeck, an assistant professor and director of the Living Online Lab at the University of Michigan, says her research also has found that shutting teens out of social media only tends to make them sneakier.

"No kid wants to be pulled over and told not to do this," Schoenebeck says. "Try to figure out how to talk about it in an open-minded way."



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# HURRICANE PREPAREDNESS



# GUIDE

## 2018

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## As the storm approaches...

If a hurricane is likely in your area, you should:

- Stay informed. Listen to the radio, TV, NOAA Weather Radio and/or the Internet.
- Ensure a supply of water for sanitary purposes such as cleaning and flushing toilets. Consider filling the bathtub and other large containers with water.
- Secure your home, close storm shutters, and secure outdoor objects or bring them indoors.
- Turn off utilities if instructed to do so. If not, turn the refrigerator thermostat to its coldest setting and keep its doors closed.
- Turn off propane tanks.



You should evacuate under the following conditions:

- If you feel you are in danger.
- If you are directed by local authorities to do so. Be sure to follow their instructions.
- If you live in a mobile home or temporary structure—such shelters are particularly hazardous during hurricanes, regardless of how well-fastened to the ground.
- If you live on the coast, on a floodplain, near a river, or on an inland waterway.



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- ➔ Beryl
- ➔ Chris
- ➔ Debby
- ➔ Ernesto
- ➔ Florence
- ➔ Gordon
- ➔ Helene
- ➔ Isaac
- ➔ Joyce
- ➔ Kirk
- ➔ Leslie
- ➔ Michael
- ➔ Nadine
- ➔ Oscar
- ➔ Patty
- ➔ Rafael
- ➔ Sara
- ➔ Tony
- ➔ Valerie
- ➔ William

**If you are unable to evacuate, go to your safe room. If you do not have one, follow these guidelines:**

- Stay indoors during the hurricane and away from windows and glass doors.
- Close all interior doors—secure and brace external doors.
- Keep curtains and blinds closed. Do not be fooled if there is a lull; it could be the eye of the storm—winds will pickup again.
- Take shelter in a small interior room, closet, or hallway on the lowest level.
- Lie on the floor under a table or another sturdy object.

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# COMMUNITY

## CALENDAR

### SATURDAY, JUNE 30

» **Marianna City Farmers Market**—7 a.m. to noon. Jackson County Growers Association Inc., Madison Street Park, Marianna. Tuesday, Thursday and Saturday.

» **Alcoholics Anonymous Open Meeting**—8 a.m. in the AA room of First United Methodist Church, 2901 Caledonia St. in Marianna.

» **Innovative Charities of NW Florida Inc. Thrift Store**—9 a.m. to 4 p.m. at 1994 Hwy. 71 S, Marianna. For more information call 573-5526.

» **Lake Seminole Festival**—1-9 p.m. at the Lake Seminole Festival and Flea Market at Sneads Park on Legion Road, Sneads. Carnival rides, face painting, Native Indian display, Buffalo foot soldiers with horses, Broken Horn Ranch western show and the Art Guild. Live entertainment with Trish Brannon, Troy Allen and Big and Loud. Free admission. Bring a lawn chair. For more, call 573-8143.

» **Benefit Fish Fry for Shady Grove Cemetery**—4-6 p.m. at Shady Grove Methodist Church, 7305 Birchwood Road, Grand Ridge. For more, call 272-4349.

» **All Night Sing in Bonifay**—7 p.m. at Memorial Field on Hwy. 79. Bring lawn chairs for field seating or bleachers are available. Gates open at 9 a.m. to set chairs out. For more, call 941-756-6942.

### SUNDAY, JULY 1

» **Senior Fellowship Association**—No meeting in July or August. Meetings resume Sept. 17.

» **Homecoming**—10:30 a.m. at Salem Freewill Baptist, 2555 Kynesville Road, Cottondale. Music by the Sandhill Sisters Plus.

» **Sanctuary Dedication**—10:30 a.m. at Mt. Olive Baptist Church, Bascom. Bring a covered dish for lunch after service.

» **Alcoholics Anonymous Closed Discussion**—6:30 p.m. in AA room of First United Methodist Church, 2901 Caledonia St. in Marianna. Attendance limited to persons with a desire to stop drinking.

### MONDAY, JULY 2

» **City of Jacob Council Meeting**—6 p.m. at Jacob City Hall.

» **Breaking Free**—7-8 p.m. A closed SAA group is a 12-step fellowship of men and women recovering from addictive sexual behavior. For more information and location call Shawn at 693-1621 or email BreakingFreeSAA@yahoo.com.

### TUESDAY, JULY 3

» **Sew N So**—6-7:30 p.m. at Ag Center on Penn Avenue. The ladies will be on vacation this summer but will have a quilting class in September. For more, call 321-258-4113 or 482-0097.

» **Marianna City Farmers Market**—7 a.m. to noon. Jackson County Growers Association Inc., Madison Street Park, Marianna. Tuesday, Thursday and Saturday.

» **St. Anne Thrift Store—Closed for Holiday.** 9 a.m. to 1 p.m. St. Anne's Catholic Church, 3009 Fifth St., Marianna. Call 482-3734.

» **Innovative Charities of NW Florida Inc. Thrift Store**—9 a.m. to 4 p.m. at 1994 Hwy. 71 S, Marianna. For more information call 573-5526.

» **Beginner/players Pinochle**—10 a.m. Everyone is welcome to come and play. For more information and location call 272-6611.

» **100th Reunion Celebration**—11 a.m. to 2 p.m. at the E. Geneva County Senior Citizen's Center, 134 W. Bateman Avenue, Slocomb. The descendants of Joseph Benjamin and Catherine Lavina Gale Baxley.

» **Optimist Club of Jackson County Meeting**—Noon at Jim's Buffet & Grill, 4329 Lafayette St., Marianna. All visitors welcome.

» **4th of July Celebration**—4 p.m. at Blondie's in Grand Ridge. There will be a dunking booth, face painting and water slide. 6 p.m. Billy Lipford will be singing. Fireworks will go off at Johnson Park at dark.

» **Marianna City Commission Meeting**—6 p.m. in City Hall, 2898 Green St., Marianna. Public welcome. Call 718-1001.

» **Dare to Live Healed**—Healing School Class—7 p.m. in the Bascom Town Hall at 4969 Basswood Road. Free classes taught by Jacquelyn McGriff. Call 276-6024.

» **Alcoholics Anonymous Closed Meeting**—8-9 p.m. in the AA room of First United Methodist Church, 2901 Caledonia St. in Marianna. Closed discussion with 12 & 12 study. Everyone with a desire to stop drinking is welcome.

### WEDNESDAY, JULY 4

» **Bible Study and Christian Teachings**—7 a.m. each Wednesday at the First United Methodist Church in the Wesley Center, Marianna. Breakfast followed by thirty minutes of Bible study and teachings. Breakfast is \$2. For

more, call George at 209-2072 or Jim at 718-7340.

» **HIV and Hepatitis-C Rapid Testing**—8 a.m. to 11 a.m. and noon-3:30 p.m. at the Jackson County Health Department, 4979 Healthy Way, Marianna. No appointment necessary. For more, call 526-2412 ext. 190.

» **Innovative Charities of NW Florida Inc. Thrift Store**—9 a.m. to 4 p.m. at 1994 Hwy. 71 S, Marianna. For more information call 573-5526.

» **Food Pantry**—10 a.m. to 12 p.m. at Innovative Charities of NW Florida, Inc., 1994 Hwy. 71 S, Marianna. For more information call 573-5526.

» **Alcoholics Anonymous Open Meeting**—Noon to 1 p.m. in the AA room of First United Methodist Church, 2901 Caledonia St. in Marianna.

» **Hooks and Needles**—1-3 p.m. Greenwood Branch of the Jackson County Public Library, 4207 St., Greenwood. Each Wednesday learn about your favorite handcraft projects using hook and needles, teach what you know, and create some fun projects. For more, call 594-4961.

### THURSDAY, JULY 5

» **Marianna City Farmers Market**—7 a.m. to noon. Jackson County Growers Association Inc., Madison Street Park, Marianna. Tuesday, Thursday and Saturday.

» **Innovative Charities of NW Florida Inc. Thrift Store**—9 a.m. to 4 p.m. at 1994 Hwy. 71 S, Marianna. For more information call 573-5526.

» **Drug/Alcohol Recovery Group**—9 a.m. at the Campbellton-Graceville Hospital. This is an open meeting. For more information call 263-4431.

» **St. Anne Thrift Store—Closed for Holiday.** 9 a.m. to 1 p.m. St. Anne's Catholic Church, 3009 Fifth St., Marianna. Call 482-3734.

» **Free Caregiver Support Group**—10:30 a.m. to noon at First Presbyterian Church, Marianna in social hall. All caregivers welcome. Support group empowers caregivers with knowledge and information, through fellowship and sharing like-minded individuals who are caring for loved ones. For more information call Recie Culpepper 566-2553.

» **Marianna Kiwanis Club Meeting**—Noon at Jim's Buffet & Grill, 4329 Lafayette St., Marianna. Call 482-2290.

» **Chipola Civic Club Meeting**—Noon at The Oaks Restaurant, U.S. 90 in Marianna. The CCC's focus is the local community, "Community, Children & Character." Call 526-3142.

» **Chess Club**—3-4 p.m. at Marianna High School. Club is for MHS Students. For more information call 693-0473.

» **Revival**—6 p.m. Pre-revival July 5-6 with sermon on July 8. Revival services will be July 9-13 with Communion observed July 12. All services at New Hope Missionary Baptist Church, 3996 Wintergreen Road, Greenwood.

» **VFW & Auxiliary Post #12046 Meeting**—6 p.m. at 2830 Wynn St., Marianna. Covered-dish supper followed by a 7 p.m. business meeting. Call 850-447-3659.

» **Scripture Study Classes**—6 p.m. every Thursday at the Church of Jesus Christ of Latterday Saints, 3141 College St., Marianna.

» **William Dunaway Chapter National Society Sons of the American Revolution Meeting**—7 p.m. Jim's Buffet and Grill, Marianna. Dutch treat meal at 6:30 p.m. The object of the society is to be patriotic, historical and educational and to perpetuate the memory of those Patriots who served and sacrificed during the ward of the American Revolution. Prospective members are welcome. For more information call 594-6664.

» **Alcoholics Anonymous**—Closed discussion, 8-9 p.m., First United Methodist Church, 2901 Caledonia St., Marianna, in the AA room. Attendance limited to persons with a desire to stop drinking; papers will not be signed.

### FRIDAY, JULY 6

» **Innovative Charities of NW Florida Inc. Thrift Store**—9 a.m. to 4 p.m. at 1994 Hwy. 71 S, Marianna. For more information call 573-5526.

» **Hooks and Needles**—10 a.m. at the Jackson County Public Library, Marianna Branch. New and experienced hand crafters welcome to create, share, learn or teach favorite projects. Call 482-9631.

» **Youth Activity Night**—6 p.m. at Marianna Church of God. Ages: 12-19. Call 482-6264.

» **Celebrate Recovery**—7 p.m. at Evangel Worship Center, 2645 Pebble Hill Road in Marianna. Adult and teen meetings to "overcome hurts, habits and hang-ups." Dinner: 6 p.m. Child care available. Call 209-7856, 573-1131.

### SATURDAY, JULY 7

» **Marianna City Farmers Market**—7 a.m. to noon. Jackson County Growers Association Inc., Madison Street Park, Marianna. Tuesday, Thursday and Saturday.

» **Alcoholics Anonymous Open Meeting**—8 a.m. in the AA room of First United Methodist Church, 2901 Caledonia St. in Marianna.

nia St. in Marianna.

» **Innovative Charities of NW Florida Inc. Thrift Store**—9 a.m. to 4 p.m. at 1994 Hwy. 71 S, Marianna. For more information call 573-5526.

» **Cox Family Reunion**—10 a.m. at the Circle Hill Baptist Church Fellowship Hall, 7170 Circle Hill Road, in the Parramore Community. All descendants of William Henry and Elizabeth Cox. Bring a covered dish. For more, call Wilma Rauhe at 592-4779.

» **Pastor's Anniversary**—6:30 p.m. July 7-8 at Greenwood Chapel AME Church, 5426 Fort Road, Greenwood. Pastor is Rev. Blanche Godwin. Saturday night: Gospel sing. Sunday: Rev. Coleman Glover will be guest speaker; lunch served after service. For more, call Angela Bowers at 408-2419 or Glenda Pride at 209-0853.

### SUNDAY, JULY 8

» **Homecoming**—10 a.m. at Damascus Freewill Baptist Church, 3700 Kynesville Road, Marianna. Guest speaker: Millard Sasser. Music: Freedom Hill Quartet. Lunch after service.

» **Alcoholics Anonymous Closed Discussion**—6:30 p.m. in AA room of First United Methodist Church, 2901 Caledonia St. in Marianna. Attendance limited to persons with a desire to stop drinking.

### MONDAY, JULY 9

» **4th Annual Elevate Worship Arts Camp**—July 9-13 at The Baptist College of Florida, 5400 College Drive, Graceville. Registration for camp is now open. For more, call 800-328-2660 ext. 427 or visit www.baptistcollege.edu.

» **Marianna Lions Club Meeting**—Noon at Jim's Buffet & Grill, 4329 Lafayette St., Marianna. Call 482-2005.

» **Completing Applications Workshop**—1-2 p.m. at CareerSource Chipola, 4636 Hwy. 90 East, Suite K, Marianna. To reserve seating, call 633-4419.

» **Breaking Free**—7-8 p.m. A closed SAA group is a 12-step fellowship of men and women recovering from addictive sexual behavior. For more information and location call Shawn at 693-1621 or email BreakingFreeSAA@yahoo.com.

» **Distributing Food to End Hunger**—12:30 p.m. until all food is gone. 8012 Hwy., 90 W., Sneads. Restoration Network is partnering with Mount Moriah Church, Sneads. Distributing the 2nd and 3rd weeks of the month only on Mondays. First come first served basis. For more information call 850-718-1514.

» **Vacation Bible School**—5:30-7:30 p.m. July 9-11 at Collins Chapel Baptist Church in Malone. Theme: Survival. Ages 4 through youth.

### TUESDAY, JULY 10

» **Marianna City Farmers Market**—7 a.m. to noon. Jackson County Growers Association Inc., Madison Street Park, Marianna. Tuesday, Thursday and Saturday.

» **Law Enforcement Classes at Chipola**—7:30 a.m. to 4:30 p.m. Monday through Friday. Night classes will be 5:30 p.m. to 9:30 p.m. beginning July 18. For more, call 718-2286.

» **St. Anne Thrift Store**—9 a.m. to 1 p.m. St. Anne's Catholic Church, 3009 Fifth St., Marianna. Call 482-3734.

» **Innovative Charities of NW Florida Inc. Thrift Store**—9 a.m. to 4 p.m. at 1994 Hwy. 71 S, Marianna. For more information call 573-5526.

» **Beginner/players Pinochle**—10 a.m. Everyone is welcome to come and play. For more information and location call 272-6611.

» **Graceville Kiwanis Club Meeting**—Noon at Circle Grill Restaurant, 5325 Cotton St.

» **Republican Club of Northwest Florida Meeting**—Noon at Jim's Buffet & Grill, 4329 Lafayette St., Marianna. Call 352-4984.

» **ASK 4-H Club and Autism Support Group Meeting**—5:30-6:30 p.m. Jackson County Extension Office, 2741 Penn Ave., #3, Marianna. Family members, caregivers and service providers welcome to the Autism Support meeting. For more information call Ann Marie Shelton at 272-6099 or email caarcifo@gmail.com.

» **Council Meeting**—6:30 p.m. Town of Greenwood.

» **Dare to Live Healed**—Healing School Class—7 p.m. in the Bascom Town Hall at 4969 Basswood Road. Free classes taught by Jacquelyn McGriff. Call 276-6024.

» **Alcoholics Anonymous Closed Meeting**—8-9 p.m. in the AA room of First United Methodist Church, 2901 Caledonia St. in Marianna. Closed discussion with 12 & 12 study. Everyone with a desire to stop drinking is welcome.

### WEDNESDAY, JULY 11

» **Bible Study and Christian Teachings**—7 a.m. each Wednesday at the First United Methodist Church in the Wesley Center, Marianna. Breakfast followed by thirty minutes of Bible study and teachings. Breakfast is \$2. For more, call George at 209-2072 or Jim at 718-7340.



# PAINKILLERS RUNNING LOW

US hospitals grapple with prolonged injected opioid shortage

The Associated Press

TRENTON, N.J. — There is another opioid crisis happening in the U.S., and it has nothing to do with the overdose epidemic: Hospitals are frequently running out of widely used injected painkillers.

Manufacturing shortages are forcing many doctors and pharmacists to sometimes ration injected opioids, reserving them for the patients suffering most. Other patients get slower-acting or less effective pain pills, alternatives with more side effects or even sedation.

Medical groups are urging regulators to help, saying some people having surgery, fighting cancer or suffering with severe burns are getting inadequate pain control. They also say shortages frequently cause medication switches that could lead to deadly mistakes.

Earlier this month, the American Medical Association declared drug shortages a public health crisis, saying it will urge federal agencies to examine the problem as a national security threat and perhaps designate medicine factories as critical infrastructure.

Injected opioid shortages have happened before, in 2001 and 2010, but they weren't as acute and long-lived, experts say. This one started almost a year ago and is expected to last into next year.

"It's definitely the most severe I've seen in tracking drug shortages for 17 years," says Erin Fox, a University of Utah Hospitals pharmacist.

She tracks national medicine shortages and recalls two patients dying due to medication errors during the 2010 shortage.

Such shortages steal time from patient care, increase hospitals' costs and affect just about every department, including operating rooms, emergency departments and cancer clinics. Doctors occasionally find opioids missing from emergency carts and surgery supply trays, "borrowed" by colleagues needing them for other patients.

The shortages started hitting hospitals last summer, after the Food and Drug Administration found sterility and other serious problems at a Pfizer factory in Kansas. The company, which makes 60 percent of the country's injected opioids, had to slash production to fix the problems.

By January, shortages were so bad hospitals started creating teams to manage their supplies, said Michael Ganio, director of pharmacy practice at the 45,000-member American Society of Health-System Pharmacists.

The group's April survey of 343 hospital pharmacists found 98 percent had dealt with moderate or severe shortages of the key opioids for treating serious pain: morphine, fentanyl and hydromorphone, better known as Dilaudid. Many hospitals were completely out of at least one.

Shortages of generic injected drugs have become normal. Profit margins are tiny, so only a handful of companies make them, and none can dramatically increase production when a rival stops manufacturing.

With the opioid shortages lingering, hospitals and medical groups have set guidelines for stretch-



THE ASSOCIATED PRESS FILE

A pharmacy technician is shown in the sterile medicines area of the inpatient pharmacy at the University of Utah Hospital in Salt Lake City on June 1.

ing supply, including transferring injected painkillers from large vials into several smaller ones or syringes.

Some worry such workarounds invite mistakes.

Michael Cohen, president of the Institute for Safe Medication Practices, an independent group that compiles voluntary error reports, says mix-ups also occur when nurses or pharmacists substitute unfamiliar painkillers or ones with different concentrations than normal.

Cohen recently received several reports of surgical patients who stopped breathing. Some had overdosed when fentanyl wasn't available and they were mistakenly given the same amount of much stronger sufentanil. Those patients were saved.

Hospitals also are grappling with shortages of regional anesthesia — local

injections of lidocaine, bupivacaine and a third painkiller standard for eye surgery, orthopedic procedures and knee and hip replacements.

Dr. Ruth Landau, director of obstetric anesthesia at Columbia University Medical Center in New York, says maternity wards for months have faced a critical shortage of the fast-acting version of bupivacaine.

That's risky because if a woman in labor starts bleeding or her baby isn't getting enough oxygen, ob-

stetricians must perform an emergency cesarean. Anesthesiologists sometimes have had to use a slower-acting bupivacaine version, which may delay delivery and could harm mother or baby.

"We're playing with fire," worries Landau, a vice president of the Society for Obstetric Anesthesia and Perinatology.

In the emergency department at Massachusetts General Hospital in Boston, Dr. Ali Raja recently had an

appendicitis patient who needed intravenous morphine or low-dose Dilaudid. Instead, he had to resort to fentanyl, which wears off quickly, so additional doses were needed frequently.

"He was lucky. The nurses were free to do it, and so he wasn't in more pain," Raja recalls.

He tells patients he'll try pain pills first and switch to IV medication if they don't work, but "by then, the patient has had pain for longer."

# Romaine lettuce outbreak tied to tainted irrigation canal

BY MIKE STOBBE  
The Associated Press

NEWYORK — Tainted irrigation water appears to be the source of a national food poisoning outbreak linked to romaine lettuce, health officials said Thursday.

About 200 people were sickened in the E. coli outbreak and five people died. The outbreak, which started in the spring, is now over, the Centers for Disease Control and Prevention said.

The illnesses in 36 states were previously traced to romaine lettuce grown in Yuma, Arizona, which provides most of the romaine sold in the U.S. during the winter.

On Thursday, officials said the outbreak strain of E. coli bacteria was found in an irrigation canal in the Yuma area. They are still investigating how the bacteria got into the canal and whether there was contamination elsewhere. They declined to give details about the canal, including its location, until a report can be completed.

"More work needs to be done to determine just how and why this strain of E. coli O157:H7 could have gotten into this body of water and how that led to contamination of romaine lettuce from multiple farms," said Dr. Scott Gottlieb, commissioner of the U.S. Food and Drug



THE ASSOCIATED PRESS FILE

This undated photo shows romaine lettuce in Houston. On Thursday, U.S. health officials said tainted canal water appears to be the source of a national food poisoning outbreak linked to romaine lettuce.

Administration, in a statement.

Earlier, officials tied eight illnesses at a jail in Alaska to whole head romaine lettuce grown at Harrison Farms in Yuma. But they were unable to find a single farm or packaging or distribution site that could clearly be fingered as the source of contamination for the other cases.

The outbreak was the nation's largest E. coli food poisoning outbreak in more than a decade. Most

of the people got sick in March and April, but new illnesses were reported as recently as early this month. Some of those who got sick didn't eat romaine lettuce but had been in close contact with someone who did.

The last large E. coli outbreak like this involved spinach grown in California in 2006. Officials suspect cattle contaminated a nearby stream, and wild pigs roaming the area spread it to fields.

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## JACKSON COUNTY CORRECTIONAL FACILITY

The following people were booked into the county jail during the latest reporting periods:

- » **Albert Brincefield**, 37, 473 McKinney Lane, Alford, fleeing/attempting to elude police-in patrol vehicle.
- » **Laporsha Pittman**, 20, 3046 Noland St., Marianna, retail theft.
- » **John Floyd**, 38, 2407 Phillips Road, Cottondale, violation of state probation.

- » **Victor Weatherington**, 54, 2878 Singletary Road, Slocomb, Alabama, possession of narcotic equipment, resisting officer (obstruction without violence).
- » **Latrenda Washington**, 23, 2457 Sapp Road, Cottondale, failure to appear.
- » **Hank Hussey**, 56, 3792 Sweet Pond Road, Greenwood, possession of a controlled substance-under 20 grams.
- » **Lloyd Carter**, 34, 1120 Saint Rose Road, Grand Ridge, possession of methamphetamine, possession of drug paraphernalia.

## Police Roundup

- » **William Morrison**, 24, 11205 NW State Road 12, Bristol, violation of state probation.
- » **Zachary Kelly**, 23, 2129 Sellers Road, Bonifay, grand theft, burglary of conveyance.
- » **Laquria Singleton**, 19, 3303 Riverview Road, Marianna, disorderly conduct.
- » **Serena Shipes**, 42, 4655 Gilberts Mill Road, Alford, obstruction by disguise, retail theft, hold for Washington County.
- » **Porsha Baker**, 22, 2876 Edenfield St., Marianna, failure to register vehicle.
- » **Linda Smith**, 72, 2179 Harvey

- Lane, Marianna, grand theft.
- » **Jeremy Collins**, 35, 2176 Harvey Lane, grand theft.
- » **James Slay**, 43, 2218 Porter Ave., Grand Ridge, nonpayment of child support, retail theft.
- » **Isaiah Paramore**, 19, 2230 Jacob Main St., Cottondale, battery.
- » **Donnie Sowell**, 64, 3863 Highway 2, Graceville, failure to appear (possession of methamphetamine).
- » **Marvin Chiles**, 34, 335 Suder Drive, Toledo, Ohio, violation of state probation.
- » **Travet Smith**, 39, 2098 Athens

Court, Mariana, aggravated battery.

- » **Niyazmine Walker**, 19, 2857 Glenn St., Marianna, trespass after warning.
- » **Quinton Jackson**, 34, 2934 New Hope Road, Marianna, aggravated assault with a deadly weapon, battery.

### JAIL POPULATION: 259

To report a crime, call CrimeStoppers at 526-5000 or a local law enforcement agency.  
To report a wildlife violation, call 1-888-404-FWCC (3922).

## Crime Briefs

### One fatally shot by deputies at Florida mobile home park

LUMBERTON— Authorities say a Florida man fired a shotgun at sheriff's deputies before they returned fire and fatally shot him.

In a statement late Thursday, Pasco County Sheriff's Office spokeswoman Melanie Snow said deputies had been called to the Many Mansion RV Park in Lumberton by a man who said his roommate was suicidal and had taken a hundred pills.

Snow said that when deputies arrived, the suicidal man came out of the mobile home, yelled an expletive "making his intentions to potentially harm our deputies very clear" and fired a shotgun at them.

Snow said deputies returned fire, fatally shooting the man. He was identified as 54-year-old James Palmquist.

### Man charged with not paying for taxi ride home from jail

MELBOURNE — Authorities say a Florida man was returned to jail shortly after his release because he couldn't pay the taxi driver that took him home from the jail.

Florida Today reports that 40-year-old Charles Folk was arrested Thursday morning and charged with petty theft.

Melbourne police say Folk hailed a taxi outside the Brevard County Jail Complex in Cocoa shortly after midnight. After traveling 30 miles to his Melbourne home, Folk told the driver that neither his sister nor his roommate could help him pay the \$70 fare. The driver called the police.

Folk had previously been in jail for criminal mischief. Officials say he had been convicted of ransacking his own home and damaging his roommate's belongings.

Folk was being held on \$2,000 bail.

### City commissioner arrested on drug charge

DELAND — Authorities say a Florida city commissioner has been arrested on a drug charge.

A Florida Department of Law Enforcement news release says DeLand City Commissioner Jeffrey Hunter was charged Wednesday with sale or delivery of hydrocodone.

State law enforcement began investigating Hunter in February. Officials say he had given his former girlfriend hydrocodone pills on at least seven separate occasions. He had also left her voicemails about the pain pills.

The FDLE became involved after Hunter told Volusia County Sheriff's Office detectives that his former girlfriend and her new boyfriend were

blackmailing him. The new boyfriend has been charged with extortion. Hunter was being held on \$25,000 bail.

### Garbage truck driver to be cited for fatal crash

TAMPA — Authorities say a Florida garbage truck driver will be cited for fatally striking a pedestrian.

A Tampa police news release says 49-year-old Jarvis Mercer is expected to face a civil traffic citation involving the Tuesday morning death of 65-year-old Marcia Woodside Rivers. Mercer will not face criminal charges.

Investigators haven't released details surrounding the crash. They say they're still trying to determine what exactly led to the accident.

### Man accused of deadly hoax call pleads not guilty

WICHITA, Kan. — A California man accused of making a hoax phone call that led police to fatally shoot an unarmed man in Kansas has pleaded not guilty.

A judge on Friday set the jury trial for 25-year-old Tyler Barriss for Oct. 1 in Sedgwick County District Court in Wichita, Kansas. He's charged with involuntary manslaughter, giving a false alarm and interference with a law enforcement officer.

Barriss is accused of calling from Los Angeles on Dec. 28 to report a shooting and kidnapping at a Wichita home. Authorities say an online dispute over a video game between two gamers prompted the call. A responding officer fatally shot 28-year-old Andrew Finch after he opened the door. Finch was not the gamers' intended target.

### Woman, boyfriend plead guilty in death of her disabled son

CLEVELAND — A woman and her boyfriend have pleaded guilty in the death of the woman's 5-year-old developmentally disabled son found buried in a backyard of a Cleveland home.

Thirty-four-year-old Larissa Rodriguez was sentenced to 25 years in prison by a judge in Cleveland on Thursday. Thirty-six-year-old Christopher Rodriguez received 28 years for the death of Jordan Rodriguez, whose body was found in December wrapped in blankets with mothballs.

A Cuyahoga County prosecutor said Jordan was born premature with only one kidney. A medical examiner couldn't determine how the boy died but said his body showed signs of suspected abuse.

Larissa Rodriguez told authorities she found her son unresponsive.

From wire reports

# Local farmer pleads guilty in crop insurance scheme

From Dothan Eagle staff reports

A man who farms in Jackson County as well as in Houston County, Alabama has pleaded guilty to falsifying documents that allowed him to receive \$919,000 in crop insurance money to which he was not entitled.

Dexter Day Gilbert pleaded guilty to theft of government property this week in federal court. He will be sentenced in September. Gilbert could receive up to 10 years in prison, but a guilty plea and an

agreement to cooperate with investigators often results in a reduced sentence.

In his plea agreement, Gilbert admitted to submitting numerous false applications for Noninsured Crop Disaster Assistance Program (NAP) policies in his name and others.

According to the plea agreement, Gilbert's scheme began in March 2016 when he went to the Houston County Farm Service office in Dothan and submitted applications in his name and the names of friends

and family members. Gilbert submitted the applications in the names of others pursuant to power of attorney forms signed by them.

"In submitting these applications, Gilbert falsely represented that these other individuals shared the risk of producing an eligible crop. Rather, the third parties were stray policyholders," the plea agreement stated.

Gilbert submitted the other applications in an effort to get around the annual individual payment limit of \$116,000.

# Suspect in Maryland newspaper rampage charged with murder

The Associated Press

ANNAPOLIS, Md. — The gunman accused of killing five people in a vendetta against a Maryland newspaper barricaded the rear exit to prevent anyone from escaping and blasted his way through the newsroom with a pump-action shotgun, cutting down one victim trying to slip out the back, authorities said Friday.

"The fellow was there to kill as many people as he could," Anne Arundel County Police Chief Timothy Altomare said as Jarrod W. Ramos, 38, was charged with five counts of murder in one of the deadliest attacks on journalists in U.S. history.

Ramos' long-held grudge against the Capital Gazette included a string of menacing online messages and a failed defamation lawsuit over an article about him pleading guilty to harassing a woman. Police looked into the online threats in 2013, but the paper declined at the time to press charges for fear of inflaming the situation, Altomare said.

"There's clearly a history there," the police chief said.

Ramos was denied bail Friday after a brief court hearing in which he appeared by video, watching attentively but not speaking. Authorities said he was "uncooperative" with interrogators. He was placed on a suicide watch in jail. His public defenders had no comment outside court.

Three editors, a reporter and a sales assistant were killed in the Thursday afternoon rampage.

The bloodshed initially stirred fears that the recent barrage of political attacks on the "fake news media" had exploded into violence, and police reacted by tightening security at news organizations in New York and other places. But by all accounts, Ramos had a specific, longstanding grievance against the paper.

At the White House, President Donald Trump, who routinely calls reporters "liars" and "enemies of the people," said: "Journalists, like all Americans, should be free from the fear of being violently attacked while doing their jobs."

Prosecutor Wes Adams said Ramos carefully planned the attack, barricading the back door and using "a tactical approach in hunting down and shooting the innocent people." Adams said the gunman, who was captured hiding under a desk and did not exchange fire with



THE ASSOCIATED PRESS

Steve Schuh, county executive of Anne Arundel County, holds a Friday, June 29 copy of The Capital Gazette near the scene of a shooting at the newspaper's office in Annapolis, Md.

police, also had an escape plan, but the prosecutor would not elaborate.

Few details were released at the court hearing on Ramos, other than that he is single, has no children and has lived for the past 17 years in an apartment in Laurel, Maryland. In the 2011 article that Ramos sued over, his lawyer said he had a degree in computer engineering and worked for the U.S. Bureau of Labor Statistics.

The attack began with a shotgun blast that shattered the glass entrance to the open newsroom. Journalists crawled under desks and sought other hiding places, describing agonizing minutes of terror as they heard the gunman's footsteps and the repeated blasts of the weapon.

Some 300 local, state and federal officers converged on the scene and within two minutes police had begun to corner Ramos, a rapid response that "without question" saved lives, Altomare said.

The police chief referred to Ramos as "the bad guy," refusing to utter his name because "he doesn't deserve for us to talk about him for one more second."

Ramos was identified with the help of facial recognition technology because of what the chief said was some kind of "lag" in getting results from the computer system used to analyze fingerprints. Police denied news reports that Ramos had mutilated his fingertips to avoid identification.

The chief said the weapon was a 12-gauge shotgun, legally purchased about a year ago despite the harassment case in which Ramos pleaded guilty. Authorities said he also carried smoke grenades.

He filed his defamation suit against the Capital Gazette in 2012, but a judge threw it out as groundless when Ramos was unable to point out a single statement in the article that was false or give an example of how it had harmed him.

He so routinely sent profanity-laced tweets about the paper and its writers that retired publisher Tom Marquardt said he called police in 2013, telling his wife at the time, "This guy could really hurt us."

The police chief said the newspaper didn't press charges at the time because "there was a fear that doing so would exacerbate an already flammable situation."

In 2015, Ramos tweeted that he would like to see the paper stop publishing, but "it would be nicer" to see two of its journalists "cease breathing."

The online grudge apparently "went dark" for a period until some new posts just before the killings, Altomare said. But the chief said police were not aware of Ramos' recent online activity until after the rampage, saying: "Should we have been? In a perfect world, sure, we should have been."

Investigators were reviewing Ramos' social media postings and searching his apartment, where Altomare said they found evidence of the planning Ramos had put into the attack. The chief would not give details.

Those killed included Rob Hiaasen, 59, the paper's assistant managing editor and brother of novelist Carl Hiaasen. Also slain were editorial page editor Gerald Fischman, special projects editor Wendi Winters, reporter John McNamara and sales assistant Rebecca Smith.

## Obituaries

**Marianna Chapel  
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Marianna, Florida 32446  
850-526-5059

### Pansy Stob

Pansy Stob, 81, of Graceville, FL passed away on Wednesday, June 27, 2018 at Signature Health-care in Graceville, FL. She was born to Coleman and Lillie Avery in Perry, FL on July 1, 1936. Pansy loved her family, they mean the world to her. She enjoyed gardening and flowers. She was a very sociable person.

She was preceded in death by her parents; husband William Stob; brothers Robert Avery, James Grant Carter, and Johnny Claude Carter; sisters Dorothy Burch and Margaret Paramore, and grandson Rodney Hightower.

Survivors include her daughters Glenda Jenkins and husband Richard, and Betty Ruth Speights; Grandchildren Jennifer, Chris, Clint, Earl, Willie, Tiffany, Stephanie; 12 great grandchildren; Great great grandson Oliver and one great great granddaughter on the way.

A viewing will be held for on Saturday, June 30, 2018 at 9:00 A.M. with a service following at 10:00 A.M. at Marianna Chapel Funeral Home.

Expressions of sympathy may be submitted online at [www.mariannachapel.com](http://www.mariannachapel.com).

  
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## Toy Story Land opening at Disney in Florida

BY FREIDA FRISARO  
The Associated Press

LAKE BUENA VISTA — For children of the mid-1990s, Disney's new Toy Story Land offers the opportunity to visit the imaginary world they grew up in. For their parents, it brings back sweet memories of a magical time of toys and make-believe. And for everyone else, the new theme park land offers a whimsical experience from the moment a nearly 20-foot (6-meter) statue of Sheriff Woody welcomes guests as if they are honorary toys in Andy's backyard.

"We are welcoming

everyone who has ever dreamed of being a part of their own 'Toy Story,'" said Bob Chapek, Disney's chairman of parks, experiences and consumer products, speaking Friday at an opening ceremony.

The new 11-acre land inspired by the movie "Toy Story" opens to the public Saturday at Disney's Hollywood Studios just outside Orlando.

Tim Allen, the voice of Buzz Lightyear in the films, made a surprise guest appearance at the Friday event. "Somehow you never imagined you would be able to play in Andy's backyard," Allen said. "This is just amazing."

## Sneads

From Page 1A

replacement, which will take at least a month. The town is accepting applications for that position through Friday, July 20.

With the city's new budget-setting process still ahead for fiscal year 2017-2018, Butts said she stands ready to help the town's staff in any way she can. She'll also be around to assist with the finish of some grants that are on the table as she takes her leave.

Butts said she'd even go in on Saturdays to help, if needed on any project.

And Griffin, too, expects the transition to be a smooth one.

"We've been through this before, and we have an excellent town council to help," Griffin said. "When I first came on as clerk 24 years ago, we didn't have a town manager and the first thing I had to do was tackle a budget. We're pretty clear on what we have to take care of and we'll all work together to get it done."

Butts said she looks forward to continued involvement in the town's wellbeing, as a "civilian" this time, and in efforts to strengthen the economic health of Sneads. For instance, she wants to continue helping foster more development along the route that leads from town to the Interstate 10 ramp just south of the city limits. She will also continue to have a seat on the newly established Jackson County Economic Development Committee, as well as the committee now involved in exploring the potential development of an

## One seriously injured in Bay County crash

A 73-year-old Panama City woman was seriously injured in a Bay County traffic crash last Sunday morning.

According to Florida Highway Patrol reports, Carol Carswell was taken to Bay Medical Center for treatment following the incident.

Authorities say Carswell was driving a 2017 Toyota Highlander south on Frankford Avenue around 8:30 a.m. when the Toyota collided with a trailer that was hauling a 32-foot speed boat and in tow behind a 2018 Ford F-250 pickup truck. The truck, officials say, was traveling west on State Road 390 at the time of the crash.

## Area Crashes

The impact caused the trailer to lift up, and as a result the boat came off, entered the roadway, and landed on top of the truck. It came to final rest upside down in the bed of the truck. The truck came to rest on SR 390, facing west. The Toyota came to rest on the shoulder of SR 390, facing south. The crash remains under investigation.

The driver of the truck, Jack Gary Paul, 71, of Vernon, was not injured.

## Victims identified in June 24 triple-fatality crash in Calhoun County

The Florida Highway Patrol has now identified all victims in the June 24 Calhoun County crash that

took three lives.

The crash occurred on State Road 71 around 1:45 p.m. Sunday. Drivers Robert M. Downing, 68, of Donalsonville, Georgia and Kawana Fisher, 26, of Port St. Joe, along with Fisher's passenger, Tamara Fenn, 24, of Panama City, were killed, authorities reported Friday.

Fisher was driving a 2001 BMW sedan. Downing was driving a 1995 GMC SUV. Fisher was southbound on SR 71 and Downing was northbound on SR 71. Fisher began to pass several vehicles and in doing so collided head-on with the northbound GMC. Both vehicles caught fire and came to final rest on the east shoulder of the road.

From staff reports



SUBMITTED PHOTO

A Panama City woman was seriously injured when the vehicle she was driving collided with the trailer hauling this truck.

## Storms

From Page 1A

West Florida Electric Cooperative's Candice Croft reported that WFEC experienced outages across its four-county service area. They began occurring around 6 p.m., with approximately 3,600 members out around the height of outages, she said. Most of the outages were caused by wind gusts, which caused

downed power lines and trees all over the service area. Lightning also contributed to the cause of outages.

Line crews and office personnel worked throughout the night. The majority of WFEC members had power restored to their homes by the early morning hours of Friday.

"WFEC would like to thank its members for their patience as our crews worked diligently in some-

times adverse conditions to restore their power," Croft wrote in a press release concerning the event. "Storm season is here, so the cooperative would also like to take this opportunity to remind members to update their account information — especially by adding cell phone numbers to their accounts. This will be useful when reporting outages from those numbers, or utilizing the cooperative's outage texting service."

## FFA

From Page 1A

drops in themselves. FFA provides a disposable fork, and purchasers walk away munching from the bag.

Breakfast-hour sausage and cream cheese muffins made by fellow FFA member Lizzy Halling are also popular choices, and the menu is filled out with things like hot dogs, sometimes burgers, and many sweets, like brownies.

Last year was Nixon's first time showing cows at competition. In previous years, she'd shown goats, rabbits and chickens, but struck a deal with a local farmer from Two Egg, when she decide to give the cow category a try. She'd participated in the land lab program at SHS with other FFA members and additional students. The lab program includes

the shared care of a couple of cows as students learn about livestock. That sharpened her interest in showing cows as an individual competitor.

So she borrowed a heifer from the farmer and spent a year raising and having it judged. She paid for the feed, and at the end of the FFA year, she gave the animal back, well fed, lovingly groomed and pretty much spoiled by the attention Nixon lavished on the cow over all that time. The animal goes back in the farmer's stock program after that.

In her first competition with the animal, Nixon made the final three at judging time. She said she fell in love with raising cows.

"I spent four and five hours at a time with her, building a bond and trust," she explained. "We did four shows that year."

Those included the Peanut Festival in Dothan, Alabama, the North Florida Fair in Tallahassee, and a competition in Marianna. At one point, she rose to 2nd in showmanship over-all across the season.

As that first year progressed, and as she finished her first year of animal biology at school, Nixon said she realized it was her duty to take a leadership role in the FFA program. That's how she wound up accepting the treasurer's position and taking on a major role in seeing that the money needed next year is raised this summer.

The team is seeking corporate sponsorships in addition to the fundraisers they continue to hold.

One of those is coming up today, at the Lake Seminole festival in Sneads Park, where they'll be selling things like sparklers and

light-up bracelets for Independence Day and other small items, including "gnat repellent" scented dryer sheets that people can rub against their skin and stuff in a shirt pocket to help keep the pesky bugs away as visitors walk around the venue. Those go for a quar-

ter each. They'll also have a drawing for a basket of goodies, as well as a donation bucket and are hoping festival guests will drop a few dollars in.

"It's a very high goal, \$5,000, we know, but we're going to do our very best to make it happen by the end

of summer," Nixon said. That's about five weeks away from July 4.

Companies interested in providing sponsorships, or for other Sneads FFA fundraising information, call Codi Nixon at 850-557-2077 or Lizzy Halling at 850-451-6411.

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## Bowling Report

### RESULTS

#### MONDAY NIGHT LEAGUE

JUNE 25

Pin Slayers	22	6
Oily Lanes	18	10
Having Fun	14	14
3 Girls & A Guy	13	15
Hugh's Crew	10	18
Rails Up	7	21

High Game: Rosie Paramore: 180

Tommy Davis: 280

High Series: LuAnn K: 489

Tommy Davis: 758

Team High Game: Pin Slayers

Team High Series: Pin Slayers

#### TUESDAY NIGHT SUMMER LEAGUE

JUNE 26

Team #6	15	5
Team #3	11	9
High Expectations	11	9
Misfits	9	11
X-Men	7	13
Way Too Fun	7	13

High Game: Paula K: 255

Franco Harris: 268

High Series: Paula K: 610

Donald Medders: 642

Team High Game: High Expectations

Team High Series: Team #6

#### THURSDAY SUMMER FUN LEAGUE

JUNE 28

Bat Friends	12	4
Hanging	11	5
Who Clan	10	6
Family Affair	5	11
Lewis Family	2	14
VAC	0	16

High Game: Amie Goodson: 255

Jeff K: 300

High Series: LuAnn K: 5569

Lynn P: 804

Team High Game: Bat Friends

Team High Series: Hanging

## NBA

### LeBron declines option, becomes prize free agent

The Associated Press

CLEVELAND — LeBron James made the first move. Now what? Cleveland? Los Angeles? Philadelphia? A surprise?

Stay tuned. Decision III is this summer's blockbuster, and it's coming soon.

James told the Cavaliers that he is not exercising his \$35.6 million contract option for next season and will become an unrestricted free agent, two people familiar with the decision told the Associated Press on Friday.



James

The decision to decline the option for 2018-19 was expected by James because it gives him more options, which includes him re-signing with the Cavs, who can offer him the most money — a five-year, \$209 million contract. James can also sign a short-term deal with Cleveland, something he has done each year since returning in 2014.

James had until 11:59 p.m. to express his intentions to the Cavs and his agent Rich Paul informed the team in the morning, said the people who spoke on condition of anonymity to the AP because the sides are not publicly commenting on moves ahead of free agency opening Sunday.

The three-time champion is now the most coveted prize in an NBA free-agent class that includes All-Stars Paul George and Chris Paul. Teams can begin negotiations with free agents at 12:01 a.m. Sunday.

The fact that he didn't pick up his option could be good news for worried Cavs fans, who fear James may leave them for the second time in his career. If he had opted in, it would have likely meant the Cavs had worked out a trade for James.

And while the Cavs remain hopeful he'll stay, there are other teams in the mix for the 33-year-old — and the Los Angeles Lakers appear to be at the top of the list.

With the ability to sign two maximum-contract players, the Lakers can build a "Super Team" with James if they are able to also land George or work out a trade with San Antonio for Kawhi Leonard. On Thursday, George told the Oklahoma City Thunder he's declining his \$20.7 million option for next season.

See **LEBRON**, Page 2B

## Dixie Youth Baseball

### Local teams playing in tourney that opens today

From staff reports

Teams from Marianna, Sneads and Graceville will be traveling to Bristol to compete in the Dixie Youth Baseball State Tournament this weekend.

Opening day is today and the tournament is being held at Veterans Memorial Park.

Marianna and Sneads will be playing in the Majors tournament.

Marianna will play Holmes County at 11 a.m. with Sneads playing Chipley at 2 p.m.

There will be 10 teams in the double-elimination tournament.

In the Machine Pitch B Division, Graceville and Sneads will take the field.

This tournament will be split into two pools, with the top two teams from each pool advancing to a double-elimination

bracket that starts on Monday.

Graceville will be in pool one. They will play Shalimar at 10 a.m. and East Lakeland at 1 p.m. today. On Sunday, Graceville plays Franklin County at 1 p.m.

Sneads is in pool two. They play Blountstown at 10 a.m. and Liberty County at 1 p.m. today. Sneads plays Holmes County at 1 p.m. Sunday.

Marianna is the only team

participating in the Machine Pitch Traditional tournament.

Today and Sunday will be pool play. The top four teams will advance to the double-elimination bracket games starting Monday.

Marianna plays West Volusia at 8 a.m. and Okeechobee at 4 p.m. today. On Sunday, they play Spring Hill at 9 a.m., Brooksville at 4 p.m. and Bartow at 6 p.m.

## BASEBALL

# SUMMERTIME BLUES



MARK SKINNER/FLORIDAN

Beau Alday gets a hit for Marianna.

### Marianna finishes its season with a loss against Mosley

From staff reports

Marianna closed out its summer season with a 5-1 loss to Mosley on Tuesday night.

Wilton Pittman was on the mound as Mosley came to bat in the top of the first.

A pair of singles set the table and a defensive error on a grounder brought in dessert to put one run up for the Dolphins. A sacrifice fly to Carey Griffin in right field brought in another run. A pair of walks kept the bases packed, but before they could capitalize, Pittman dropped a pair of batters with strikeouts.

Marianna was up and Caleb

Torbett flied out to start the inning. Pittman was hit by a pitch, but he was left stranded when Loren Waldron flied out and Beau Alday grounded out.

The Dolphins were up 2-0 as the game started the second.

It was a short inning for Mosley. Brady Donaldson, Alday and Waldron pulled a double play and Pittman got a strikeout. In the bottom of the inning, Blayne Hewett was walked but got picked off at first. Ben Wiggins grounded out and Brady Donaldson hit a pop-up to the Dolphins pitchers.

In the third Mosley started things off with a single but a

double play by Waldron and Torbett swept the bases clean. A double moved a Dolphin into scoring position, but Pittman left him stranded with another strikeout.

Marianna was in the batter's box.

Carey Griffin and Wesley Pippen were walked, but a bunt by Saunders got Griffin picked off on his way to third.

Pippen stole third during Torbett's at bat, but Torbett hit a pop-up for out number two. Pittman was hit by a pitch to load the bases for Marianna, but Waldron struck out before anyone could head to home plate.

The fourth was short and sweet.

Pittman got a pair of strikeouts and Waldron caught a pop-up to bring up Marianna.

Alday and Wiggins were struck out and Hewett flied out to center.

The Dolphins were up 2-0 as the tide rolled in for the fifth.

Pippen got a strikeout early in the inning, but a pair of singles and a walk loaded the bases and a double brought in two more runs.

A walk reloaded the bases for Mosley and a second one scored another run, but Wiggins,

See **BASEBALL**, Page 2B

## Tennis

### Serena Williams gets smooth draw at Wimbledon

The Associated Press



THE ASSOCIATED PRESS

Serena Williams holds her trophy after winning the women's singles final against Angelique Kerber of Germany at the Wimbledon Tennis Championships in London on July 9, 2016.

LONDON — Serena Williams avoided any early matchups against opponents with success to speak of at Wimbledon in a draw on Friday that could put her against No. 5 seed Elina Svitolina in the third round.

Williams is returning to the grass-court tournament for the first time since 2016 after missing it last year while pregnant. She gave birth to a daughter in September.

She is ranked outside the top 150, but the All England Club decided to seed her 25th based on past success, which includes collecting seven of her 23 Grand Slam singles trophies at Wimbledon. Williams' first-round opponent when play begins on Monday will be 107th-ranked Arantxa

Rus of the Netherlands, who has one career tour title.

Williams is competing for the first time since she pulled out of the French Open ahead of a fourth-round showdown against five-time major champion Maria Sharapova in early June, citing an injured chest muscle. That was Williams' return to Grand Slam action after a 16-month absence.

Rus has only once been as far as Wimbledon's third round, back in 2012. That was the last time she won a match at the All England Club. She was beaten in the first round of qualifying a year ago, as were both of the women Williams could meet in the second round, 136th-ranked qualifier Viktoriya Tomova

See **WIMBLEDON**, Page 2B

## Golf

# Woods shoots 65, in range going into weekend at TPC Potomac

The Associated Press

POTOMAC, Md. — What once was a formality is now a pleasant surprise for Tiger Woods. He goes into the weekend at the Quick-en Loans National without having to make up too much ground on the lead.

Woods chipped in from 80 feet for birdie after his only bad miss off the tee, made four of his six birdie putts from 18 feet or longer and matched his lowest score of the year with a 5-under 65 on a steamy Friday morning at the TPC Potomac at Avenel Farm.

He was four shots behind Beau Hossler midway through the second round.

"I'm not that far back," Woods said. "The scores aren't going to be that low and it's going to be a tough weekend. It will be over 100 degrees and it will be a long weekend mentally and physically. I'm in a good position now."

Not since the Valspar Championship during the Florida swing has Woods been this close to the 36-hole leader. He was tied for second that week in March, two shots behind, and he wound up one shot

behind the winner.

The biggest difference was putting, and it all started with a mistake.

Woods hit two long irons on the 574-yard 10th hole just short of the green, leaving him 20 feet of fairway grass and then just over 80 feet to the pin. He had a putter in his hand during his long walk to the green and never put it back. Instead of a 56-degree wedge to hit a pitch-and-run, he tried using his putter.

"I shouldn't have," he said. "I was caught in between. Should I hit my little 56 and run it over the top? I figure the greens were a little bit faster early in the morning, but the fairways are a little bit dewier. In hindsight, no, I should have hit my 56."

Not to worry. While the shot came up 25 feet short, he holed the birdie putt and was on his way.

Woods didn't make a putt longer than 8 feet when he opened with a 70 on Thursday. He was rolling them in from much longer range in the second round, starting with his opening hole.

## LeBron

From Page 1B

James already has some shallow roots on the West Coast with two homes in the Los Angeles area and a film production company.

The chance to join one of the league's most iconic franchises has an appeal to James and he said following this year's Finals that he remains in "championship mode."

The Philadelphia 76ers and Houston Rockets are also believed to covet the four-time league MVP, who just played in his eighth straight Finals.

James will factor family — he has three children, and his oldest son is a rising hoops star — into the choice of where he plays next.

James just completed his 15th NBA season, and it may have been his best yet.

He played all 82 regular-season games for the first time, averaging 27.5 points, 8.6 rebounds and a career-high 9.1 assists per game. He showed no signs of slowing down, if anything he had found a new gear.

James then carried the Cavs, with their flawed roster after a massive trading deadline turnover, through the Eastern Conference playoffs — they survived

two Game 7s and swept the top-seeded Toronto Raptors — to the NBA Finals for a fourth straight meeting with the Golden State Warriors.

It was James' eighth consecutive Finals appearance, a remarkable feat not matched since Hall of Famer Bill Russell and a handful of Celtics did it in the 1960s. Cleveland was overmatched but James had the Cavs in position to steal Game 1 before a late-game missed free throw by George Hill and mental meltdown by Cavs forward J.R. Smith, who dribbled out the final seconds of regulation thinking his team was leading, led to an overtime loss.

With MVP Kevin Durant heading the charge, the Warriors completed a sweep of the Cavs and James, who revealed following the series that he had broken his right hand in a fit of frustration following Game 1.

James had numerous reasons to be upset. He had done everything possible, and as he left Quick-en Loans Arena following Game 4 along with his sons, there was an air of uncertainty heading into this summer.

Those unknowns remain, but James is closer to solving them.

handling a grounder for number three. A single by Torbett and Pittman being walked got some ducks on the pond, but they were left marooned Waldron hit a line drive to the center fielders, Alday grounded out and Hewett struck out.

Waldron went to the mound in the seven and got a pair of strikeouts with Torbet catching a pop-up.

In the bottom of the seventh Marianna scored a run.

Wiggins was walked and Donaldson hit a single before Akerson struck out. Griffin hit a single to bring in Wiggins, but Pippen and Saunders were both struck out to end the game.

## Baseball

From Page 1B

Torbett and Pittman pulled off the Bulldogs third double play of the game to get Marianna out of trouble.

Marianna was now down 5-0 as the bottom of the fifth started.

Donaldson grounded out, but Griffin and Pippen both hit hard grounders to get runners on the bases. Saunders then hit a fielder's choice that rolled up both of them.

Alday took over pitching duties for Marianna in the top of the sixth and got a pair of strikeouts in the sixth with Pittman

## World Cup



THE ASSOCIATED PRESS

England's Harry Kane celebrates after he scored his side's second goal during the group G match between England and Panama at the 2018 soccer World Cup at the Nizhny Novgorod Stadium in Nizhny Novgorod, Russia, on Sunday.

# Messi missing from AP's best 11 of the World Cup group stage

The Associated Press

ST. PETERSBURG, Russia — Imagine having a team featuring Cristiano Ronaldo supporting Harry Kane up front, Philippe Coutinho pulling the strings alongside Isco in midfield, and Diego Godin the rock at the back.

That's the backbone of the best 11 players of the group stage of the World Cup, as selected by Associated Press staff covering the tournament in Russia.

Despite his superb goal against Nigeria in a must-win match, there was no place for five-time world player of the year Lionel Messi given Argentina's struggles so far, but plenty of soccer's other high-profile names have delivered on their reputations on the biggest stage.

We'll go with a 4-3-3 formation, the most popular at the World Cup so far:

### GOALKEEPER

Alireza Beiranvand (Iran) — He's gone from being homeless and working in a car wash to keeping a clean sheet against Morocco, repeatedly thwarting Spain until an unlucky goal, and saving a penalty from Ronaldo as Iran nearly sent Portugal home. Others made more

saves but holding the Iberian powers to a goal apiece sets him apart.

### DEFENSE

Kieran Trippier (England) — A surprise choice as England's set-piece taker, the right back gets the nod over line-mate John Stones for setting up more chances than any other player in the first round of matches and being a constant danger in the 6-1 win over Panama, assisting on one of the goals.

Ivan Strinic (Croatia) — A solid and dependable left back who played a key role in keeping Messi quiet in the tremor-inducing 3-0 win over Argentina and was impressive at both ends of the field in Croatia's opening win over Nigeria. Two games, two clean sheets.

Diego Godin (Uruguay) — The indomitable leader of the only defense at the World Cup to keep three clean sheets. It reaffirms his status as one of the best center backs in the world. Can he keep it going against Ronaldo and Portugal in the last 16?

Andreas Granqvist (Sweden) — He scored two penalties, and captained a defense that kept two clean sheets and put on a sterling effort against Ger-

many that only fell short in the final seconds.

### MIDFIELD

Luka Modric (Croatia) — He was instrumental in the win over Argentina, scoring one of the goals of the tournament in the process with a long-range strike. Also scored a penalty in his team's opening game. A key reason why Croatia is considered a legitimate contender for the title.

Philippe Coutinho (Brazil) — Finally putting in consistent performances at the international level from his position as the most attacking of Brazil's three central midfielders. Even stole the limelight from teammate Neymar by scoring from long range against Switzerland, then the pivotal first goal in the win over Costa Rica. Also set up Paulinho's goal against Serbia with a beautiful through ball.

Francisco "Isco" Alarcón (Spain) — He's Spain's most influential and watchable midfielder, which is a feat in itself considering its embarrassment of riches in that area, with his creativity and superb technique. He also managed to get on the score sheet against

Morocco.

### FORWARDS

Harry Kane (England) — The tournament's top scorer with five goals, adding an accidental hat trick against Panama to two predatory strikes from close range against Tunisia. With qualification in the bag, he didn't play the third match. Taking on the England captaincy doesn't appear to be a burden.

Cristiano Ronaldo (Portugal) — Is he the GOAT? Well, four goals in his first two games, including a hat trick against Spain, have certainly boosted his credentials in that debate. With his winner against Morocco, he became the second-highest international scorer in the history of the men's game, with 85 and counting. We'll forgive him the penalty miss against Iran.

Romelu Lukaku (Belgium) — He's delivering the goods at an international tournament for the first time, with his four goals — two against Panama and two against Tunisia — coming from a variety of finishes in just two matches. Like Kane, he'll need to repeat these exploits against tougher opposition but has made an impressive start.

## Wimbledon

From Page 1B

of Bulgaria and 167th-ranked wild-card recipient Tereza Smitkova of the Czech Republic.

Svitolina has only once been as far as the fourth round.

Williams' possible fourth-round opponent, 2017 U.S. Open runner-up Madison Keys, made one quarterfinal appearance, while the 36-year-old American's potential quarterfinal foe, reigning Australian Open champion Caroline Wozniacki, has never been beyond the fourth round.

Williams could face her older sister, five-time champion and 2017 runner-up Venus, in the semifinals. The ninth-seeded Venus Williams opens against 62nd-ranked Johanna Larsson of Sweden, who is 0-7 at Wimbledon.

The Williams sisters are not in the doubles draw. They have won 14 Grand Slam titles as a pair, in-

cluding six at Wimbledon.

In the top half of the women's singles bracket, the quarterfinals could be French Open champion Simona Halep vs. two-time Wimbledon winner Petra Kvitova, and defending champ Garbine Muguruza vs. No. 6 Caroline Garcia. In the bottom half, No. 2 Wozniacki was drawn to face Svitolina, while 2017 U.S. Open champion Sloane Stephens could play No. 7 Karolina Pliskova.

The potential men's quarterfinals in the top half are eight-time champion Roger Federer vs. 2017 U.S. Open runner-up Kevin Anderson, and 2014 U.S. Open champion Marin Cilic vs. No. 6 seed Grigor Dimitrov. In the bottom half of the bracket, it could be two-time Wimbledon winner Rafael Nadal vs. 2009 U.S. Open champion Juan Martin del Potro, and No. 4 Alexander Zverev vs. No. 7 Dominic Thiem.

Two-time champion Andy Murray will face

48th-ranked Benoit Paire in the first round. It's a rematch of Murray's fourth-round victory over the Frenchman at the All England Club in 2017.

That was Murray's last win before he sat out nearly a year because of an injured hip that was surgically repaired in January.

He returned to action last week and so is ranked only 156th and unseeded at Wimbledon, which he won in 2013 and 2016.

Murray could face 26th-seeded Denis Shapovalov of Canada in the second round.

The top-seeded Federer's opening opponent on Monday will be 57th-ranked Dusan Lajovic of Serbia. Their only previous meeting anywhere came in Wimbledon's second round last year, when Federer won in straight sets en route to the title.

No. 2 seed Nadal, whose 17 Grand Slam titles trail only Federer's 20 among men, faces 129th-ranked Dudi Sela of Israel on Tuesday. Nadal has won

both of their previous matchups.

Men's first-rounders to keep an eye on include Dimitrov against three-time major champion Stan Wawrinka, who is still working his way back into form after knee surgery; 12-time major champ Novak Djokovic against Australian Open quarterfinalist Tennys Sandgren of the U.S.; and No. 23 Richard Gasquet against Gael Monfils in a matchup of Frenchmen.

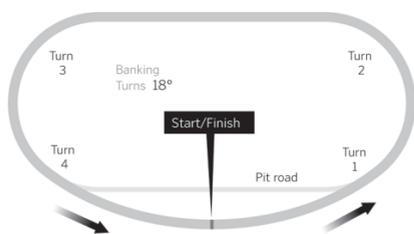
Two women who lost a Wimbledon final against Serena Williams will meet in the first round when former No. 1 and two-time major champion Angelique Kerber plays qualifier Vera Zvonareva. Kerber was the runner-up in 2016, Zvonareva in 2010.

Sharapova, the 2004 Wimbledon champion who is seeded 24th, could face 2017 French Open champion and 12th-seeded Jelena Ostapenko in the third round, and Kvitova in the fourth.

# MONSTER ENERGY CUP SERIES THIS WEEKEND

## Overton's 400

Chicagoland Speedway ■ 1:30 p.m. Sunday ■ TV: NBCSN ■ Radio: MRN



TRACK STATS Oval, 1.5 miles, 18° banking

**RACE LENGTH** 400 miles, 267.5 laps  
**QUALIFYING** 6:05 p.m. Today, NBCSN  
**FINAL PRACTICE** Noon, Today, NBCSN  
**LAST YEAR'S WINNER** Martin Truex Jr.  
**QUALIFYING RECORD** Joey Logano (2013)  
 189,414 mph  
**RACE RECORD** Martin Truex Jr. (2016)  
 145,161 mph  
**MOST WINS AT TRACK** Keselowski and Harvick, 2

» **Fast facts:** Brad Keselowski is in fourth place, eight points ahead of Truex, despite lacking a win. Truex has three victories, but his three DNFs following crashes are holding the defending champion back. ...NASCAR is moving to the NBC portion of its schedule starting this week — with Dale Earnhardt Jr. in the booth. NBC-affiliated stations will handle Cup and Xfinity events for the rest of 2018.



Keselowski

## MONSTER ENERGY CUP SERIES

### STANDINGS

Through 16 of 36 races

Driver (wins)	Points
1. Kevin Harvick (5)	-72
2. Kyle Busch (4)	696
3. Martin Truex Jr. (3)	-150
4. Clint Bowyer (2)	-152
5. Joey Logano (1)	-112
6. Austin Dillon (1)	-383
7. Brad Keselowski	-142
8. Kurt Busch	-172
9. Denny Hamlin	-191
10. Kyle Larson	-224
11. Aric Almirola	-225
12. Ryan Blaney	-230
13. Jimmie Johnson	-277
14. Chase Elliott	-285
15. Erik Jones	-320
16. Alex Bowman	-333

### PLAYOFF CUTOFF

17. Ricky Stenhouse Jr.	-350
18. Paul Menard	-358

-Standings for all three series reflect the playoff qualifying points format, which ranks drivers first by wins, followed by points.

### UP NEXT

**July 7:** Coke Zero Sugar 400, Daytona International Speedway, Daytona, Florida

# NASCAR THIS WEEK

Keep up to speed with NASCAR's Monster Energy Cup, Xfinity and Camping World Truck series



ASSOCIATED PRESS FILE

Martin Truex Jr. competes during last weekend's NASCAR Monster Energy Cup Series race in Sonoma.

## XFINITY SERIES

### THIS WEEK

#### Overton's 300

**Track:** Chicagoland Speedway  
**Schedule:** Today, qualifying, 11:40 a.m., race, 2:30 p.m., (NBCSN).  
**Distance:** 300 miles, 200 laps.  
**Last year's winner:** Justin Allgaier  
**Last race:** Justin Allgaier led 182 laps in winning at Iowa.  
**Fast facts:** Last week's win was the first of Haley's career, and it pushed him into sixth place in the point standings.  
**Next race:** Coca-Cola Firecracker 250, July 6, Daytona International Speedway.

### STANDINGS

Through 14 of 33 races

Driver (wins)	Points
1. Justin Allgaier (2)	-51
2. Tyler Reddick (1)	-31
3. Christopher Bell (1)	-33
4. Elliott Sadler	504
5. Cole Custer	-4
6. Daniel Hemric	-7
7. Brandon Jones	-73
8. Ryan Truex	-96
9. Matt Tiffit	-125
10. Ryan Reed	-150
11. Austin Cindric	-157
12. Ross Chastain	-213

### PLAYOFF CUTOFF

13. John Hunter Nemechek	-228
14. Michael Annett	-237

## CAMPING WORLD TRUCK SERIES

### THIS WEEK

#### Overton's 225

**Track:** Chicagoland Speedway  
**Schedule:** The race was not over at press time.  
**Distance:** 225 miles, 150 laps.  
**Last year's winner:** Johnny Sauter  
**Last race:** Justin Haley won at Gateway.  
**Fast facts:** Last week's win was the first of Haley's career.  
**Next race:** Buckle Up in Your Truck 225, July 12, Kentucky Speedway.

### STANDINGS

Through 10 of 23 races

Driver (wins)	Points
1. Johnny Sauter (4)	464
2. Brett Moffitt (2)	-96
3. Noah Gragson (1)	-73
4. Justin Haley	-139
5. Grant Enfinger	-127
6. Stewart Friesen	-129
7. Matt Crafton	-139
8. Ben Rhodes	-135

### PLAYOFF CUTOFF

9. Myatt Snider	-172
10. Cody Coughlin	262

# Sonoma a race to remember, for an unorthodox reason

NASCAR's road race at Sonoma resurrected one of the oldest questions in motorsports. What constitutes a good race?

Is it a narrow margin of victory? If that's your cup of racing fuel, Sunday's race on the 2-mile, 10-turn course was woefully inadequate. At the checkered flag, Martin Truex Jr. crossed the finish line 10 seconds ahead of second-place Kevin Harvick. In NASCAR terms, that's time enough to knit a firesuit.

Is a good race determined by how many lead changes take place?

**FULL THROTTLE**  
 BY RANDY HALLMAN  
 Richmond Times-Dispatch

Again, this race didn't overwhelm if that's the statistic that matters to you. There were 11 lead changes in all — not a lot for a racing series in which some events generate dozens of changes at the front. And only two of Sunday's 11 lead changes — the first and the last — involved drivers actually racing in earnest. The rest were the result of pit-strategy decisions that directed drivers to abdicate the top spot.

But I'd say if the Sonoma race wasn't exactly hard-fought, it was certainly hard-thought. And that was enough to make it a good race — maybe not a great one, but memorable.

First of all, not every race comes down to a three-wide, fender-scraping sprint to the finish line. But this race may influence races in the future. That, to me, qualifies it as a race I'm glad I saw.

It came down to Truex's crew chief, Cole

Pearn, outsmarting Kevin Harvick's crew chief, Rodney Childers. Here's how.

Harvick was leading when Pearn radioed Truex with 38 laps to go that it was time to pit and had his crew take its usual positions, ready to hop over pit wall, change tires and fuel Truex's Toyota.

Race teams listen to each other's radio transmissions, so Childers reacted. If Truex were to pit, Childers wanted Harvick to come in for fresh tires as well — no point in waiting and letting Truex post better lap times on fresh rubber.

So Harvick peeled off the track in his Ford and came to his pit stall. Pearn immediately sprang the trap. He quickly changed orders for Truex, told him to stay on the track. For eight more laps, Truex stayed out. Then he pitted, with 30 laps left.

When Truex emerged from the pits, freshly shod, Harvick was eight seconds ahead of him. But Harvick's tires were wearing out, losing their grip. Truex began making up the difference.

Would eight seconds be enough of a lead? Could Harvick hold on to win? Truex had to pass Harvick's teammate, Clint Bowyer, before he'd get a shot at Harvick. Would Bowyer block Truex and make him use up those fresh tires?

Few races have that sort of developing plot in the late laps.

Truth be told, however, the plot didn't thicken. Truex was just too much for the others. He passed Bowyer without incident and kept gaining great chunks of ground on Harvick, whose tires were giving up. Truex still had plenty of grip.

When Truex caught Harvick, I thought Harvick might have been nursing his tires and would have enough left to make things tough for Truex. That was not the case. Truex glided by Harvick and into the lead with 20 laps to go.

Harvick and crew chief Childers took their only remaining shot at victory, pitting again for fresh tires. Now Harvick had the faster car, but after the stop, he was 23 seconds behind Truex with only 18 laps remaining. Harvick needed a late caution flag to bunch the field, but he never got it. He was able to cut Truex's lead to 10 seconds but ran out of time.

Truex's radio-aided win may not have been the classic NASCAR thriller, but it was a race that rewarded a talented driver and a smart crew chief.

And this victory was no gift. The season's strongest teams were all right there at the end. The top five finishers — Truex, Harvick, Bowyer, Chase Elliott and Kyle Busch — have accounted for wins in 14 of the 16 races so far this season.

The winning margin was hefty, but why shouldn't it be? A late-race caution could have handed Harvick a win he and his team didn't really deserve.

Childers admitted that Pearn's pit-no-don't-pit call on the radio "kind of faked us out" and took the blame for the loss.

In his post-race interview, Harvick removed a share of the blame from Childers' shoulders. He said he had been "too hard on the car" in the early going, wearing out his brakes and making it tougher to hold off Truex as the race wound down. Truex, he said, might have out-run him regardless of when they pitted.

## Fast Thoughts

# Why didn't Cole Pearn save his pit-road trick for a better treat?

BY CHRIS WILBERS  
 Richmond Times-Dispatch

1 Kudos to Cole Pearn for outsmarting Rodney Childers and Kevin Harvick, but I do question not saving that trick for a better treat. For those who missed it, Pearn faked having Martin Truex Jr. pit on Lap 73 of the 110-lap Cup race Sunday at Sonoma — telling his driver several times the plan was to pit

— but then backed off the call at the last moment. The result: Truex pitted eight laps later, using fresher tires and one less pit stop to drive past Harvick, who had easily the strongest car in the field, en route to his third win of the season. The move was clever, and such a tactic doesn't work on many tracks, because there are so few where you can pit during a green-flag sequence and remain on the lead lap. However, why would

Pearn utilize this strategy now? His driver was already locked into the playoffs. Though the five additional playoff points will be helpful, wouldn't stealing a win at Charlotte's roval in October — in the final race of a playoff round — be a better time to attempt this?

2 Bravo to NASCAR for not going back to the All-Star race package for the remainder of 2018. I'll

be the first to admit the racing at Charlotte was the best that the exhibition has produced in several years, and the fact that anyone was still talking about it a day later — much less a month, as has been the case here — is no small feat. But NASCAR was clear before the race that regardless of the results, it didn't want to alter the aero package of its points-paying races in the middle of the season. So let me be the first to congratulate the sanctioning body for fol-

lowing through on that thought process. It sometimes appears the NASCAR rulebook is written in tissue paper. If NASCAR wants to be taken seriously as a sport, that means transparency and sticking with the rules. I'm excited about what kind of racing we get from the All-Star package in more races next season. However, that's where that package belongs, so teams will have the proper time to get a grip on the new requirements.

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 Must be a High School graduate with 5 years work experience in one or more of the following trades: Electrical, Building, Mechanical and Plumbing. Applicant must have a valid Florida Driver's License prior to employment. Applicant must be certified by the Florida Code Officials Qualification Board for Provisional Inspectors License within 90 days of employment or hold a Standard Inspector's License approved by the State of Florida in all 4 trades listed above. License to inspect 1 and 2 family dwelling is preferred. Must have a valid FL driver license prior to employment.  
 Starting Salary: \$36,323.00/yr.

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 Graduation from high school, and 3-5 years experience in utilities construction and repair, including considerable supervisory experience; or any equivalent combination of training and experience which provides the required knowledge, skills and abilities. Must demonstrate qualifications to operate heavy equipment used by the department. Possession of a valid Class C Drinking Water License issued by the State of Florida. Must reside in Jackson County or move to Jackson County within six (6) months of job acceptance. Must have a valid FL driver license prior to employment.  
 Starting Salary: \$42,048.00

**Submit Jackson County BOCC employment application to:**  
 Human Resources Dept., 2864 Madison St, Marianna, FL 32448. PH (850) 482-9633.  
 Complete job description available on [www.jacksoncountyfl.net](http://www.jacksoncountyfl.net)  
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**Equip Oper I**  
 MINIMUM TRAINING AND EXPERIENCE:  
 High school diploma or GED and one (1) year of experience in the operation of light trucks and/or related light equipment preferred; or an equivalent combination of education, training and experience that provides the required knowledge, skills and abilities. Requires a valid Florida driver license. Starting Salary: \$19,263.00/yr.

**Equip Oper II**  
 MINIMUM TRAINING AND EXPERIENCE:  
 High school diploma or GED; supplemented by six (6) months experience in the operation of heavy duty trucks and equipment; or an equivalent combination of education, training and experience. Requires a valid FL class B CDL prior to employment; may require an "N" endorsement for tanker truck dependent upon departmental assignment.  
 Starting Salary: \$20,226.00/yr.

**Equip Oper III**  
 MINIMUM TRAINING AND EXPERIENCE:  
 High school diploma or GED; supplemented by two (2) years experience in the operation of heavy duty trucks and equipment; or an equivalent combination of education, training and experience. Requires a valid class "A" driver license with air brakes; may require a "N" endorsement for tanker truck dependent upon departmental assignment.  
 Starting Salary: \$22,299.00/yr.

**Equip Oper IV**  
 MINIMUM TRAINING AND EXPERIENCE:  
 High school diploma or GED; and considerable experience in the operation and maintenance of heavy construction equipment. Possession of a valid Florida driver license with driving record acceptable to the County Driving Policy and insurance program. A comparable amount of training and/or experience may be substituted for the minimum qualifications. Starting Salary: \$23,414.00/yr.

**Submit Jackson County BOCC employment application to:**  
 Human Resources Dept., 2864 Madison St, Marianna, FL 32448.  
 PH (850) 482-9633. Complete job description available at: [www.jacksoncountyfl.net/](http://www.jacksoncountyfl.net/)  
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**GENERAL**



**E9-1-1 Address Technician**

Graduation from high school or its equivalent, supplemented by course work in Geography Information System Management or a closely related field. Must be able to demonstrate experience in the use of computers including Windows CAD/GIS and data base software or any equivalent combination of training and experience which provides the required knowledge, skills and abilities. Must possess and maintain a valid Florida Driver's license. Starting Salary: \$20,226.00/yr.

**Building Inspector**

Must be a High School graduate with 5 years work experience in one or more of the following trades: Electrical, Building, Mechanical and Plumbing. Applicant must have a valid Florida Driver's License prior to employment. Applicant must be certified by the Florida Code Officials Qualification Board for Provisional Inspectors License within 90 days of employment or hold a Standard Inspector's License approved by the State of Florida in all 4 trades listed above. License to inspect 1 and 2 family dwelling is preferred. Must have a valid FL driver license prior to employment. Starting Salary: \$36,323.00/yr.

**Utilities Director**

Graduation from high school, and 3-5 years experience in utilities construction and repair, including considerable supervisory experience; or any equivalent combination of training and experience which provides the required knowledge, skills and abilities. Must demonstrate qualifications to operate heavy equipment used by the department. Possession of a valid Class C Drinking Water License issued by the State of Florida. Must reside in Jackson County or move to Jackson County within six (6) months of job acceptance. Must have a valid FL driver license prior to employment. Starting Salary: \$42,048.00

**Environmental Services Tech I**

Graduation from high school and some experience driving a vehicle with a manual transmission, pulling and backing trailers. Two years experience in building trades, landscaping, recreation or maintenance work; or an equivalent combination of training and experience, which provides the required knowledge, skills and abilities. **Special Requirements:** Must have a valid Florida driver's license, CDL preferred. Must be able to work a flexible schedule to accommodate seasonal hours at the Blue Springs Recreational Park (Requires weekend supervision of seasonal employees). Must be able to obtain and maintain a certification from the Florida Department of Corrections to work state inmates within one year of employment. Starting Salary: \$23,414.00/yr.

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**Beautiful 1950's home that has TONS of character and possibilities!!!**

In-law suite or rec. room downstairs. Formal dining room or den, 3 bedrooms upstairs. Master bedroom has attached space which could be use for office or nursery. Second bedroom is similar size as master with two closets. The third bedroom average size at the top of the stairs, with upstairs bath on opposite end of hall. Living room w/fireplace that has access to covered porch. There are original hardwood floors throughout, 3 HVAC's, 2 electric water heaters, workshop (man-cave) in the back measures 12x36 w/electric. 334-477-6803



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**LEGALS**

**LEGAL NOTICES**

**L6497** IN THE 14th JUDICIAL CIRCUIT COURT IN AND FOR JACKSON COUNTY, FLORIDA Case No. 2018-CA-000005 VANDERBILT MORTGAGE AND FINANCE, INC. Plaintiff,

vs. MARTHA DORSEY PITTMAN; UNKNOWN SPOUSE OF MARTHA DORSEY PITTMAN; ANY UNKNOWN PARTY WHO MAY CLAIM AS HEIR, DEVISEE, GRANTEE, ASSIGNEE, LIENOR, CREDITOR, TRUSTEE, OR OTHER CLAIMANT, BY, THROUGH, UNDER OR AGAINST WALTER PITTMAN; and UNKNOWN TENANT.

Defendant.  
**NOTICE OF ACTION**  
TO: ANY UNKNOWN PARTY WHO MAY CLAIM AS HEIR, DEVISEE, GRANTEE, ASSIGNEE, LIENOR, CREDITOR, TRUSTEE, OR OTHER CLAIMANT, BY, THROUGH, UNDER OR AGAINST WALTER PITTMAN; last known address, 4426 Bates Road, Greenwood, FL 32443;

Notice is hereby given to ANY UNKNOWN PARTY WHO MAY CLAIM AS HEIR, DEVISEE, GRANTEE, ASSIGNEE, LIENOR, CREDITOR, TRUSTEE, OR OTHER CLAIMANT, BY, THROUGH, UNDER OR AGAINST WALTER PITTMAN, that an action of foreclosure on the following property in Jackson County, Florida:

Legal: **SEE ATTACHED EXHIBIT "A" TOGETHER WITH A 1998 OAK MOBILE HOME WITH SERIAL NUMBER: GAFV34A265150K21** has been filed against you and you are required to serve a copy of your written defenses, if any, to it on Leslie S. White, Esquire, the Plaintiff's attorney, whose address is, 420 S. Orange Avenue, Suite 700, P.O. Box 2346, Orlando, Florida 32802-2346

\*before July 23, 2018  
\*30 days from the first date of publication and file the original with the clerk of the court either before service on the Plaintiffs' attorney or immediately thereafter; otherwise a default will be entered against you for the relief demanded in the complaint or petition. DATED ON June 11, 2018. County Clerk of Circuit Court By: Tiffany Clark, Deputy Clerk

**Exhibit A**  
"EAST" part of O.R. Book 655, Page 260 COMMENCE at a concrete monument known as marking the Southeast corner of Southwest Quarter of the Southeast Quarter of Section 27, Township 6 North, Range 9 West, Jackson County, Florida and proceed; THENCE North 00 degrees 34 minutes 42 seconds West for a distance of 211.37 feet to an iron pipe marking the Southeast corner of one acre described in Official Record Book 342 Page 466 of the Public Records for said county; THENCE continue North 00 degrees 34 minutes 42 seconds West for a distance of 210.00 feet to an iron bar metal cap #RSM 3266 marking the Northeast corner of said one acre and the POINT OF BEGINNING. THENCE continue North 00 degrees 34 minutes 42 seconds West for a distance of 400.56 feet to a concrete monument #RSM 3266 on the Southern maintained boundary of a 40 foot wide right of way known as Bates Road; THENCE South 43 degrees 54 minutes 49 seconds West, along said Southern maintained (right of way) boundary, for a distance of 366.99 feet to an iron pipe marking the Northeast corner of one acre described in Official Record Book 324 Page 888 of said Public Records; THENCE South 08 degrees 14 minutes 25 seconds East for a distance of 352.33 feet to an iron pipe marking the Southeast corner of aforesaid one acre and the Southwest corner of previously mentioned one acre described in Official Record Book 342 Page 466; THENCE North 00 degrees 34 minutes 42 seconds West for a distance of 210.00 feet to an iron bar and metal cap #RSM 3266 marking the Northwest corner of said one acre per Official Record Book 342 Page 466; THENCE North 89 degrees 18 minutes 34 seconds East, along the northern boundary of said one acre, for a distance of 210.21 feet to said POINT OF BEGINNING.

"WEST" part of O.R. Book 655, Page 260 COMMENCE at a concrete monument known as marking the Southeast corner of Southwest Quarter of the Southeast Quarter of Section 27, Township 6 North, Range 9 West, Jackson County, Florida and proceed; THENCE South 89 degrees 36 minutes 58 seconds West for a distance of 209.87 feet to an iron pipe marking the Southeast corner of one acre described in Official Record Book 342 Page 464 of the Public Records for said county; THENCE South 88 degrees 46 minutes 23 seconds West for a distance of 210.00 feet to an iron bar & metal cap #RSM 3266 marking the Southwest corner of said one acre for the POINT OF BEGINNING. THENCE continue South 88 degrees 46 minutes 23 seconds West, along the Northern side of Praireview Road, for a distance of 106.84 feet to an iron pipe marking the Southeast corner of one acre described in Official Record Book 302 Page 716 of said Public Records; THENCE North 00 degrees 57 minutes 59 seconds West, along the Eastern boundary of the aforesaid one acre, for a distance of 288.62 feet to an iron bar & metal cap #RSM 3266 on the Southern maintained boundary of 40 foot county graded right of way known as Bates Road; THENCE North 44 degrees 51 minutes 18 seconds East, along said Southern maintained (right of way) boundary, for a distance of 185.84 feet to an iron pipe marking the Northwest corner of one acre described in Official Record Book 324, Page 888 of said Public Records; THENCE South 02 degrees 54 minutes 00 seconds East (bearing base), along the Western boundary of the aforesaid one acre, for a distance of 207.83 feet to a concrete monument #RSM 3266 on the Northern boundary of said one acre per Official Record Book 342 Page 464; THENCE South 88 degrees 37 minutes 29 seconds West, along said Northern boundary, for a distance of 32.89 feet to an iron bar & metal cap #RSM 3266 marking the Northwest corner of said one acre; THENCE South 00 degrees 48 minutes 49 seconds East, along the Eastern boundary of said one acre, for a distance of 209.70 feet to said POINT OF BEGINNING.

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LEGAL NOTICES

**L6507 NOTICE OF DRAFT ENVIRONMENTAL ASSESSMENT AVAILABILITY**

**Notice of Impacts to Floodplains in Accordance with Section 2(a)(4) of Executive Order (E.O.) 11988, Floodplain Management; and Section 7 of DOT Order 5650.2 Floodplain Management and Protection**

**PROJECT:** Extension of Runway 18-36, Decouple Runways 18-36 and 8-26, Associated Parallel Taxiways, Lighting and Procedures  
**LOCATION:** Marianna Municipal Airport, Jackson County, Florida  
**SPONSOR:** City of Marianna, Florida  
 Pursuant to Section 102(2)(c) of the National Environmental Policy Act (NEPA) of 1969, the City of Marianna is making available for public and agency review and comment the Draft Environmental Assessment (EA) for the extension of Runway 18-36, decoupling of Runways 18-36 and 8-26, associated parallel taxiways, lighting, and air traffic control procedures at Marianna Municipal Airport (i.e., MAI), hereinafter referred to as the Proposed Project. After review of the Draft EA, and consideration of comments from the public and federal, state and local agencies, the Federal Aviation Administration will make a NEPA determination on the Proposed Project. Due to the low level of interest and lack of conflict, there are no plans for a public information meeting for this project. However, if comments received indicate otherwise, a public information meeting will be scheduled.

**Project Description:** The Proposed Project includes extending Runway 18-36 a distance of 1,104 feet to the north resulting in a total runway length of 6,000 feet. Additional actions include decoupling Runways 18-36 and 8-26 at their current intersecting point; construction of partial parallel taxiway and connectors east of Runway 18-36 and south of Runway 8-26; extension of medium intensity runway lights and taxiway lights for the proposed Runway 18 extension; and revising air traffic control procedures for aircraft below 3,000 feet for the new runway location.

Avigation easements within the relocated Runway Protection Zone and under the approach surface associated with Runway 18 are required for the Proposed Project. However, property acquisition will not be necessary. The Proposed Project would not adversely impact floodplain and no wetlands or other surface waters are located within the vicinity of the Proposed Project.

**Draft EA Availability:** A copy of the Draft EA is available for public review and inspection during regular business hours at the locations listed below:

**Jackson County Public Library**  
 2929 Green Street  
 Marianna, FL 32466

**City Hall**  
 City of Marianna  
 2898 Green Street  
 Marianna, FL 32446

**Comment Period:** Written comments on the Draft EA will also be accepted by mail if they are received by August 3, 2018. All substantive comments will be carefully reviewed and addressed in a Final Environmental Assessment. Written comments can be mailed to:

**Mr. Jim Dean, City Manager**  
 City of Marianna  
 2898 Green Street  
 Marianna, FL 32446

Or submit electronically to Dan Botto at: dan.botto@aecom.com

Please note that comments can only be accepted with the full name and address of the individual commenting. Before including your address, phone number, e-mail address, or other personal identifying information (PII) in your comment, be advised that your entire comment - including your PII - may be made publicly available at any time. While you can ask in your comment to withhold from public review your PII, the County cannot guarantee that it will be able to do so.

LEGAL NOTICES

**L6293** IN THE 14th JUDICIAL CIRCUIT COURT IN AND FOR JACKSON COUNTY, FLORIDA  
 Case No. 2018 CA 000027  
 21ST MORTGAGE CORPORATION,  
 Plaintiff,

vs.  
 ANY UNKNOWN PARTY WHO MAY CLAIM AS HEIR, DEVISEE, GRANTEE, ASSIGNEE, LIENOR, CREDITOR, TRUSTEE, OR OTHER CLAIMANT, BY, THROUGH, UNDER OR AGAINST DAVID BOYCE; CAROLINE E. BOYCE; ANY UNKNOWN PARTY WHO MAY CLAIM AS HEIR, DEVISEE, GRANTEE, ASSIGNEE, LIENOR, CREDITOR, TRUSTEE, OR OTHER CLAIMANT, BY, THROUGH, UNDER OR AGAINST FRANCES J. BOWEN f/k/a FRANCES J. STUBER; and UNKNOWN TENANT, Defendant.

**NOTICE OF ACTION**

TO: ANY UNKNOWN PARTY WHO MAY CLAIM AS HEIR, DEVISEE, GRANTEE, ASSIGNEE, LIENOR, CREDITOR, TRUSTEE, OR OTHER CLAIMANT, BY, THROUGH, UNDER OR AGAINST FRANCES J. BOWEN f/k/a FRANCES J. STUBER last known address, 700 North Gove, Yates Center, KS 66783.

Notice is hereby given to ANY UNKNOWN PARTY WHO MAY CLAIM AS HEIR, DEVISEE, GRANTEE, ASSIGNEE, LIENOR, CREDITOR, TRUSTEE, OR OTHER CLAIMANT, BY, THROUGH, UNDER OR AGAINST FRANCES J. BOWEN f/k/a FRANCES J. STUBER that an action of foreclosure on the following property in JACKSON County, Florida:

Legal: SEE ATTACHED EXHIBIT "A"  
 TOGETHER WITH A 2007 NOBILITY KINGSWOOD 56 X 28 MODEL MANUFACTURED HOME BEARING VIN/SERIAL NO.'S: N8-13058A AND N8-13058B.

has been filed against you and you are required to serve a copy of your written defenses, if any, to it on Leslie S. White, Esquire, the Plaintiff's attorney, whose address is, 420 S. Orange Avenue, Suite 700, P.O. Box 2346, Orlando, Florida 32802-234

\*on or before **July 23, 2018**  
 \*30 days from the first date of publication and file the original with the clerk of the court either before service on the Plaintiffs' attorney or immediately thereafter; otherwise a default will be entered against you for the relief demanded in the complaint or petition.  
 DATED ON April 25, 2018  
 County Clerk of Circuit Court  
 By: Lori Harris, Deputy Clerk  
**Exhibit A**

Commence at the Southeast corner of the Southeast 1/4 of Northeast 1/4 of Section 27, Township 3 North, Range 12 West, Jackson County, Florida; thence North 02 degrees 14 minutes 08 seconds East 301.17 feet to the Point of Beginning; thence continue North 02 degrees 14 minutes 08 seconds East 170.0 feet; thence North 88 degrees 11 minutes 17 seconds West, 330.34 feet; thence South 02 degrees 15 minutes 46 seconds West, 170.0 feet; thence South 88 degrees 11 minutes 17 seconds East 330.42 feet to the Westerly right of way line of Powder Road and the Point of Beginning.

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**BLOUNTSTOWN CITY LIMITS**



20010 SW Sherry Ave., Blountstown. Large family home ready for you family! 3 bedroom 2 Bath with 1736 sq ft under air! Located on 1 acre with City water & sewer. Hardwood & tile floors. Breakfast bar in kitchen with plenty of cabinets. Large Laundry room. Home is ready to move into with no major repairs needed. 2 Car attached garage, covered patio. Close to all Shopping! Home will not last long! Call today!

**BEAUTIFUL POOL HOME!!**



2870 Wildwood Cr, Marianna. ENJOY the Summer relaxing in your very own Pool that is Beautifully landscaped and a home that is just waiting for your family to move into! 3 Bedrooms 2 Baths with 1818 sq ft located on a quiet paved street on 1/2 acre. Large Family room with Fireplace and separate Utility room. Large Living/Dining Room with French doors leading to the Fenced Pool area! Storage Building. Call today for price!

**LARGE DWMH IN CHIPLEY**



3297 Lykins Rd., Chipley. Looking for the perfect home for your large family? Look no further! 4 Bedroom 2 Bath with 2280 sq ft under AC! Light & Bright Formal Living Room, Family room with built in and Wet Bar! Split Bedroom plan. Located in quiet setting sitting on 1.50 acres! Call today for listing price!

**BLOUNTSTOWN CITY LIMITS**



17016 NW 16 St, Blountstown. GREAT 3/2 home with 1260 sq ft. Home is move in ready!! Wood floors thru out. Open kitchen with updated cabinets and all appliances. Relax on the front porch. This home will not last long once listed!!

**MARIANNA CITY LIMITS**



4350 Pearl Street, Marianna. Great Investment property! 3 Bedroom 1 Bath home with 1352 sq ft under air. Located on .23 city lot. Home will not last long so call today!! 2 bedroom 2 bath Brick home on a corner .35 acre lot! Fully fenced for the kids & pets! Needs a little TLC but can be the perfect home for your family! Located in the city limits. Call today for listing price!

**SNEADS CITY LIMITS**



1960 Raines Ave, Sneads. Great Family home in the city limits of Sneads. 3 Bedroom 2 Baths with 1456 sq ft under air. Located on a large 1.30 acre lot!! Quiet street with minimal traffic! Home will not last long so call today!!

**GREAT BUILDING LOT**



6042 Fort Rd, Greenwood. Great Building lot ready for your new home! 2 Beautiful acres with Well, Septic & Electric already on the property! All you have to do is start building your new home or place your mobile home! Located on a paved road and easy access to town!

**COUNTRY LIVING**



3936 Whispering Pines Circle, Greenwood. Cute 2 Bedroom 1 Bath Brick home with 1120 sq ft under air. 15x30 Pole Barn, 12x20 storage shed, sitting on 9.96 wooded acres!! Home will not last long so call today!

**COMING SOON IN BRISTOL**



6396 NE Abe Chester Ct, Bristol. 4 Bedroom 3 Bath DWMH with 2184 sq ft. Located on 7.96 acres in a quiet country setting. Property is being sold for land with improvements. Call today for the listing price!

**ALFORD CITY LIMITS**



1744 Florida St, Alford. Brick 4/2 home with 1884 sq ft under air. Located in the city limits of Alford on .33 acre. Home needs some work but with a home renovation loan this can be the perfect home for your family!! Home will not last long so call today for your personal showing!

Please Call Us For A Complete List Of Homes!

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**Ann Jones**  
 Owner/Broker, REALTOR  
 850-209-9077

**INCOME INVESTMENT PROPERTY**



2972 Dickson St, Marianna - This Duplex already has tenants that will generate income immediately. Older Home that has been divided into two apartments 1/1. You can also convert it to Single Family with large rooms and hardwood floors. If you love older homes with character and charm - this is it! Make an appointment to see this lovely home in Marianna. Call Ann for an Appointment Today! MLS# 669965

**HISTORIC 1904 VICTORIAN HOME**



2859 McPhearson St. Marianna - Historic 1904 Victorian Home once known as the Stone House Hotel. Some wiring and plumbing updates done and was previously used as an Antique Business. Multiple areas with large rooms. This can be your home or business! If Restoring Historical Homes is your passion, this is the place! Possible Owner financing. Bed & Breakfast - Antique Business - Restaurant - Your Choice of Business or make it your home! Possible Owner Financing Call Ann for an Appt. \$189,000 MLS# 670182

**NEW CONSTRUCTION!**



4747 Hill Loop, Marianna - 3/2 Home with open concept, granite counter tops, stainless appliances Everything is new! Lot size is estimated until the survey is complete for the newly established lot. Close to everything you need in Marianna! Be the first to own this home! This New Subdivision will be adding more homes and floor plans to choose from! \$159,900 MLS# 665204

**COMMERCIAL COMMERCIAL COMMERCIAL**



2540 Lakeshore Drive, Marianna - Great place for any office or business. Although not on Hwy 90, it can be seen from the Hwy. Office includes Work area, Reception area, Library/work room, 5 separate offices, public and private restrooms, kitchen and large conference/training room. Access from all sides and a cover carport with access to the conference area. Call Ann for your Appointment today!

**CHARMING 4 BDRM., 2 BATH HOME**



4210 Nelson Avenue Marianna - Charm and Character describes this older home in Marianna. There is so much space with Formal Living, Formal Dining, Family Room with Fireplace, large Master Bdrm., 2 more bedrooms upstairs with a large bedroom and game rm. Downstairs. Beautifully landscaped with a fenced back yard with a gazebo and patio to enjoy your coffee and entertaining. New Roof and updated wiring and HVAC make this home efficient and affordable. Come check out all this home has to offer! Call Ann Jones for an appt. MLS #663461 \$145,900

**FISHERMAN'S PARADISE!!!!**



Log Cabin overlooking Ocheesee with apx 700' waterfront. Jackson County's secret 2000 acres of fishing paradise! This Log Cabin with 3/2 is filled with Cypress, Aspen and Cedar walls and ceilings. It is one of two homes on this road to a county maintained well kept ramp. Wrap around enclosed porch that overlooks the beautiful landscaped yard and looks out over the lake. 2 Spring Fed ponds that are stocked with catfish and broom. Store your John Deere Tractor, boats and lawn equipment in the 30X50 Metal building with 3 large roll-up doors and vented ceiling. Hunting, Fishing, Relaxing on 40 Acres! MLS #658192 Call Ann Jones

**Clarice Boyette**  
 Realtor®  
 850-573-1572

**NEAR COMPASS LAKE!**



1015 Highlands Circle, Marianna • \$185,900 MLS# 670090 Beautiful Florida Beach/Cottage home with 3 bdrms., and 2.5 baths, double garage, screened back deck. Open Living Dining, large Master Bdrm. and large. Kitchen are on the main floor. Downstairs includes 2 bedrooms, guest bath and access to the 2 car garage. Concrete drive leading to this charming home on 3 acres of land. Close to Compass Lake with amenities to the clubhouse and other recreation. Call Ann Jones for an appt. to see!



738 Gilbert, Chipley • \$99,000 MLS #670409 Updated Brick Home in City Limits of Chipley, FL. New Metal Roof in 2017, Double Pane Windows, Blow-in Insulation, and Laminate Wood Flooring in Living/Dining Area. Shed with Roll-Up Door and Big Back Yard.

**Joelle Roberts**  
 REALTOR®  
 850-557-0120

**WHAT AN OPPORTUNITY!**



5336 10th St. • Malone 5,562 Sq Ft of Heated and Coated Commercial Space located within 30 miles of AI and GA. The facility is in great condition with the installation of a Roof, Paint and Flooring in 2013. This former medical clinic and retail pharmacy space could fit a number of uses. This commercial space has maximum exposure on a Main Hwy, plenty of Parking, complete with a Large Illuminated Sign. Make an appointment today to see what this space has to offer! MLS# 641199

**INVESTMENT OPPORTUNITY**



2937 Green Street RENTAL INCOME OPPORTUNITY DUPLEX in the heart of Downtown Marianna. This property is very versatile with lots of character. Rent it, use it as your primary residence or both, the choice is yours. The property consist of two units: A larger 2 bedroom 2 bath unit with an attached two car garage. The second smaller one bedroom one bath unit opens from the side street and has a detached garage. Both units have a full Kitchen, Living rooms, Dining rooms and Central Heat and Air installed in 2012. Corner Lot with Large fenced in Back yard. Make an appointment today to see all this property has to offer. MLS# 658936

**HUNTING & FISHING CABIN!!!**



7633A Parromore Road Bring your gear and stay a while, located next to hundreds of acres of Federal Forest and right down from Parromore Boat Landings on Lake Seminole. 2 Bedroom 1 Bath Cabin, featuring a Large Kitchen and Laundry Room and lots of natural wood throughout. Completed with a relaxing deck on the front and side of the home, a screened in porch, an outdoor shower and fish cleaning station. Enjoy the plum trees, muscadine vines and lots of birds chirping. Come see all this property has to offer.

**NEW LISTING!**

4313 7th Ave • Marianna, FL Charming 3 Bedroom 2 Bath home in the heart of Marianna. Home features hardwood floors, a large living room and a newly remodeled kitchen. Relax and enjoy the fenced in back yard and open fire pit. Home also features a one bedroom, one bath apartment with kitchen, living room and a private terrace. Make an appointment to see this charming home today!

**John W. Milton**  
 REALTOR®



INDIAN SPRINGS REAL ESTATE  
 5053 Hwy 90 Marianna, Florida 32446  
**850-718-7732**

4330 Deering St. • Marianna, FL  
 MLS # 668789



In town elegance. This home has had a beautiful remodel with high end appliances and granite counter tops in the Kitchen. Gorgeous Oak floors through out the home. There is a 576 sq.ft. 1 brm/1 bath apartment above the garage. Rental potential of \$550/month. Home and apt remodeled six years ago. Let the apt. pay part of the mortgage. This is a wonderful home in a convenient in town location.

2930 Sylvia Dr. • Marianna, FL.  
 MLS # 667314



Spend a summer evening listening to live music in the park just up the street, or stroll over to one of many excellent family-run restaurants for a great meal and a glass of wine. Stock up on fruits and veggies at the weekly farmers market all from a great picturesque neighborhood. Stately brick home with big family room off the kitchen. Formal Dining room and living room with marble faced fireplace. Sun room with a sitting bay window. Impressive trim and moldings throughout. Covered Side porch to daydream on. Brick walled privacy on the side yard for entertaining or even gardening. Unique among vintage homes it offers the charm and character of an older home but with recent modern updates including a 10 year old metal roof, an updated 16 seer C/H/A and a Rinnai Tankless Water Heater.

3076 Walnut Lane • Marianna, FL  
 MLS# 672741



Colonial Williamsburg architecture was the inspiration, but with all the modern amenities in this four bedroom, three bath home. Beautiful hard wood floors throughout the downstairs with an abundance of storage including a pantry, a can goods pantry, built-ins and closet spaces. The home boasts elegant trim and crown molding throughout. Cook with the flair of an executive chef on a gas top stove with double electric ovens, plenty of prep room on the concrete counters and a formal dining room large enough to seat 10 of your closest friends. A large family room with an inviting fireplace will host family gatherings and a lifetime of memories.

216 Hwy 98 • Mexico Beach, FL  
 MLS # 672085



Watch the sunsets from your fabulous deck while listening to the waves crash on the beach. Beautiful beach home directly across the street from dedicated sugar sand beaches. Furnishings included. All you need are your flip flops and fishing pole.

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# Century 21

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**Ed McCoy**  
Realtor®  
850.573.6198  
emccoy02@yahoo.com

**Cozy home** has new stove, refrigerator, stainless sink, new carpet, vinyl flooring, fresh paint and so much more. Also features 3BR/2BA, open front porch and back deck.  
**MLS# 670380 • \$65,000.**

**Home in the country** with 4BR/2BA, large living room with new laminate flooring and fresh paint throughout. Front deck small back porch, carport and metal storage building.  
**MLS# 668491 • \$96,500.**

**Search for Excellent Design** it's here in this lovely 5BR/4.5BA home located in a prestigious community of Indian Springs. Features include formal living and dining rooms, double sided fireplaces, high ceilings throughout. Master suite has private balcony with sliding doors. All this and MORE on 6.83 acres.  
**MLS# 671988 • \$450,000.**

**Home in town** with lots to offer. Features large living room, dining area, galley kitchen, 2 nice size bedrooms plus a smaller bedroom and a two car carport. All on 3.13 acres. Great starter home.  
**MLS# 640559 • \$69,500.**

**HUNTERS PARADISE!** If you like privacy, hunting this is for you. There is a large pole barn with electric, well, septic tank and power pole. Land is ready for a camper, mobile home or build your own dream home. There is about 200 acres of pines, 2 food plots with plenty of deer, turkey plus a 2 acre spring pond. Total acreage 89.5 acres.  
**MLS# 672597 • \$265,000.**

**Custom built** home with vaulted ceilings in living room and the spacious kitchen which features nice appliances, lots of cabinets, built-in oven and stove top, 3 bedrooms and detached garage. All this located on 2.34 acres.  
**MLS# 666450 • \$125,000.**

**Very private** acreage in the country with some oak trees, planted pines, some natural woods and a spring fed pond. Great site for an investment, home site or a hunting retreat. Plenty of wild life on this 100 acres.  
**MLS# 671933 • \$190,000.**

**Executive** 4BR/3.5BA home in the country located on 3 acres. Features include family room w/ gas fireplace, breakfast room, kitchen w/many cabinets, pantry, sitting room off master bedroom plus garden tub with jets, porch with covered seating area on the deck and detached 2 car garage. Call Bevely, 850-209-5211.  
**MLS# 672431 • \$299,000.**



**Pat Furr**  
Realtor®  
850.209.8071  
furr19@msn.com

**Lovely, well built,** well maintained 3BR/2Bath Home in Indian Springs, open design, vaulted ceilings, split bedroom design, dual fireplace (living & dining rooms), large master bedroom w/ensuite bathroom & large walk-in closet, many updates throughout. Easy care natural landscape, RV Pad, fenced-in pet area, and workshop. Easy to show!  
**MLS# 669304 • \$223,500.**

**REDUCED**

**Wonderful Neighborhood** for this very nice 3BR/2BA Home w/open, split bedroom design, laminate, ceramic flooring, some carpeting, large master bedroom, & bonus room, currently utilized as family play room, backyard is fenced & separate garage. Great location just minutes from downtown, Marianna schools, Sports complex & Covens Park.  
**MLS# 668895 • \$193,000.**

**Beautiful Gothic Victorian** 3BR/2BA home, built in 1855 and named the "Green House", it possesses an interesting history. This home features lovely pecky cypress flooring throughout, 12' ceilings w/crown molding, 2 working fireplaces, central HVAC, security system, 19'x20' master suite w/3 walk-in closets & much, much more.  
**MLS# 671686 • \$155,000.**

**Great rental income** or home buyer opportunity with this 3BR/2Bath home in Cottondale, Florida. Easy maintenance with concrete block and vinyl exterior, metal roof, separate garage and workshop. This home has been utilized as rental property for a number of years with excellent occupancy and income. Easy to show!  
**MLS# 670229 • \$65,000**

**REDUCED**

**Nice, clean 3BR/2BA** cottage style home, hardwood floors with tile in kitchen and bath. Stove and refrigerator convey with property and storage unit in backyard. The property has been rental property for several years with good return on investment. Easy to show, call today for a showing!  
**MLS# 672678 • NEW PRICE \$65,000**

# DANA PANICHELLA



**American Gold Realty**  
4420 Lafayette • Marianna  
dana@americangoldrealty.com  
**Cell (850) 209-8870**  
[www.americangoldrealty.com](http://www.americangoldrealty.com)

5458 9th St. • Malone, FL  
Completely remodeled 3BR/1B brick home with beautiful refinished hardwood floors throughout and fresh paint. This home sits on two city lots, the adjoining vacant lot already has a septic tank! MLS# 670213 \$79,000

**2807 Wynn St. • Marianna, FL**  
NEW 3BR/2B mobile home just set up and move in ready. Home has a brand new HVAC system, all new appliances, and a great split floor plan! MLS# 670057 \$75,000

**2738 Carriage Dr. • Marianna, FL**  
Absolutely beautiful 2017 Carriage Manor 2 mobile home with under ground power, city water and septic. Located on a corner lot and has current survey. 3BR/2B, master bath has a walk-in shower, garden tub and walk-in closet. Large open kitchen with center bar area, dining and living room. Brick skirting, wood steps and hand-rails. Chain link fenced in back yard. MLS# 669692 \$98,000

**5377 Blue Springs Rd. • Marianna**  
Very cozy 3/1 home located less than 1/4 mile from public boat landing for Merritt's Mill Pond and sits on a very large corner lot. There is an in-ground pool with adjoining gold fish pond. There are three outdoor sheds/buildings, and a walk-in closet. Lots of mobile one has electric and water, one is an open storage shed. Lots of mobile house. MLS# 651508 \$114,000

**5150 Lynch Dr. • Marianna**  
Nicely remodeled 2BR/2B brick home with a bonus room that could be an office or easily turned into another bedroom. New flooring, metal roof, new A/C, and a beautiful chain link fenced yard. MLS# 672722 \$125,000

**4441 Davis St. • Marianna.**  
3BR/2B home on the corner of Davis and Madison is move in ready. Beautifully landscaped with an attached carport. MLS# 670076 \$128,000

**5353 10th St. • Malone**  
This 3 bedroom home has been totally dated & is move in ready. Brand new central heat/air, wrap-around porch, 12 ft. ceilings, ventage hardwood floors and crown moldings are just some of the extra special touches. Home features a large kitchen, formal living room, formal dining & dining room with antique glass, large kitchen, formal living & dining room plus sun room and so much more!! MLS# 655794 \$139,900

**2586 Dogwood Dr. • Cottondale**  
Very nice 3BR/3B brick home located in Cottondale. An additional one acre (for a total of TWO acres) adjoining lot is included with purchase that has a very nice work shop with two roll up doors for easy entry. Two car carport, circle drive, fruit trees and much more. MLS#67367 \$175,000

**4728 Meadowview Rd. • Marianna**  
Beautiful two story home with 3BR/2.5B in a quiet neighborhood. Home has been well kept and is move in ready. The spacious two car garage has washer/dryer hook-ups and convenient access to the kitchen. MLS# 659243 \$179,800

**4483 Davis St. • Marianna**  
Very nice large remodeled 3BR/2B brick home has been recently remodeled and is amazing. Hardwood floors thru-out living area, tile in kitchen, bathrooms and den/playroom area. Master bath has a walk-in in the shower, double vanity and closet in bathroom. Kitchen has new cabinets, counter tops, stainless steel appliances and island with bar stool area. There is a large 21x18 bonus room on the back of the house that has not been redone yet but could make an amazing media room, game room or additional bedroom. Two car attached carport. MLS# 670363 \$185,000

**709 Blue Jay • Marianna**  
Amazing 3/2 brick home located on THREE adjoining lots for a total of 3.47 acres. There is a large 48'x24' pole barn, and a 22x13 closed in storage building. Two paved circle driveways, one in front of the house and one that pulls thru attached carport for easy access. There is also a pond behind home that is very nice. MLS 662539 \$199,000

**2170 Hargrove Ln. • Cottondale, FL**  
4BR/2B mobile home on 65 beautiful acres. Home features A LOT of living space and a huge master bedroom...new metal roof was installed in 2017. This piece of property would definitely hold the value in the purchase of this home!! There are two beautiful ponds, two trails, plenty of pasture, timber, and endless potential! MLS # 668850 \$201,000

**633 Tequesta • Marianna**  
This 3BR/3B brick home that was built in 2001 and located on 2.37 acres. Home has two master suites and each have their own bath, sitting room and large walk-in closets. Home is a split floor plan. Kitchen has nice sized laundry room with linen closet. Also features a large 24x24 bonus/rec. room with French doors that lead out to the side yard. There is also a half bath next to the bonus room. Has 2 brick outbuildings. The front yard has a circular driveway. MLS# 661142 \$335,000

**5103 Willis Rd. • Greenwood**  
AIR PARK that has already had engineering work done to include 25+/- lots. This is GREAT investment property. There are three parcels included in the purchase for a total of 86.11 acres. Parcel number 31-6N-09-0000-0040-0030; 31-6N-09-0000-0040-0020 and 30-6N-09-0000-0090-0040. Site is currently registered as private airport with a hanger on site. MLS# 670368 \$425,000

**1897 Hwy 167 Marianna, FL**  
TWO beautiful family homes located on almost 7 acres. One home is 1645 sq ft 3BR/2.5, 2 car garage, 20x40 in-ground salt water pool with a new upgraded liner that has a 10 year warranty. Fenced in back yard that has an outside shower area. SECOND home is 1842 sq ft, 4BR/2.5B. Chain-link fenced in backyard. Outbuildings to include carport/additional storage building. MLS 671254 \$469,000

**2881 Madison St. • Marianna**  
This iconic restaurant located in a historic building is being offered as a turnkey business opportunity. Madison's was established in 1992 as a restaurant. Current owner has owned business since 2004. Currently configured for 90 seats but can easily accommodate 150. Holds a bar license. Building has been recently updated to include roof, facade and interior. All equipment is in working order and most refrigeration is still under factory warranty. 4 station POS system, cookware, small wares, service ware and inventory will add to buyers success. Current owner is a real estate agent. MLS #657974 \$475,000

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**NEW LISTING!**

**18363 PINEY GROVE RD, CHIPLEY FL**  
Beautifully remodeled three bedroom, two bath home on one acre in Chipley, FL. The owners spared no expense, this is one to see NOW. \$195,000

**NEW LISTING!**

**5607 FORT RD, GREENWOOD, FL**  
HUGE 4BR/2.5B home with ample living space AND storage!! This two story home features a split floor plan with master suite on the bottom floor. The master features a spacious bathroom with a garden tub and a separate dressing room with attached closet. On the second floor you will find three additional bedrooms and a full bath, of which one has a great walk-in closet. There is also easy and spacious access to the attic on the second floor. Out of the gorgeously landscaped five acres, the back yard is completely fenced with a storage building and a two stall pole barn. MLS# 673141 \$269,000

**NEW LISTING!**

**00 ELDRIDGE RD, COTTONDALE, FL**  
7.95 acres of vacant land on a quiet rural road in Cottondale, FL. Would make a great place for a forever home. MLS# 673142 \$19,875

**NEW LISTING!**

**2478 3RD AVE. ALFORD, FL**  
Two bedroom, one bath home in the town of Alford, just one block from HWY 231. Home has a new hot water heater, new vinyl siding and a gated, chain link fenced yard. Make your appointment to see today!  
MSL# 673148 \$59,000

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**NEW LISTING IN MARIANNA • 2972 NEW HOPE RD - 5 Acres,** paved road, driveway in place, septic tank. Mostly wooded with some cleared areas for homesite. Mobile Homes welcomed. \$29,900.

**NEW LISTING • 3442 SEMINOLE LANE** Waterfront on Silver Lake. Custom built 3/2 2 story home with exceptional views of the lake. Open floor plan. Bonus: comes with pontoon boat! MLS# 672880 \$339,900.

**2854 MAGNOLIA BLOSSOM LANE -** This 4892 sf house is priced to SELL \$330,000. That's \$67.46 a square foot - 5/4-2 story home with 2 stair cases, bonus rooms, basement, walk thru attic - SO MUCH MORE

**4113 LAFAYETTE STREET - EXECUTIVE INN** Located in Marianna. Hugh price reduction. Owner said make your offer. 54 Rooms, 1.92 ACRE, 187 FT Frontage on Hwy 90. MLS# 671241 \$950,000

**17038 NW CHIPOLA HEIGHTS ROAD - 6.4 Acres** with 212 FT Waterfront on Chipola River. 3/2 DW Mobile Home with front & back porches located in Flood Zone X. MLS# 672273 \$169,900

**5540 PRAIRIEVIEW ROAD - 3/2 DW Mobile Home** on 1 acre. Split Bedroom floor plan. Tastefully updated. New Metal roof 2015 & New HVAC in 2012. Move in ready condition. MLS# 648060 \$55,900

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**Chipola River Front Home!** Full time year round dock, landscaped accessible with elevator. Some of the most incredible views of the Chipola. Lots of room for entertaining family and friends. Asphalt drive way with wrought iron gate sets the tone for the experience here, with landscaped yard, fenced, 3 bedrooms/2.5 baths, large front and rear 2nd floor porches and large decks with incredible view. Inside the home has pecky cypress walls, stone fireplaces, cathedral ceilings with cedar beams. Master bath has a 6ft. Jacuzzi in a bay window over looking the river. 2 car garage and workshop. 32x32 deck surrounds oak trees at the river edge. Don't delay make your appt today. Call Tim Sapp for details. MLS# 671646 - \$298,500

**PEANUT ROAD IN COTTONDALE!**

**What a bargain!** All the work is done. All new insulation, electrical, plumbing, cabinetry, stainless steel appliances, and new flooring. 3/2, eat in kitchen and large family room provide endless possibilities for personal creativity and design! New outside storage building and home situated on 2 acres with paved road frontage. Call Tim Sapp. MLS# 672480 - \$119,900

**BUSINESS FOR SALE IN HIGH TRAFFIC AREA**

**18360 W. State Road 20 in Blountstown.** High traffic area of this Blountstown auto and RV proven lot. Owner retiring and has vacated after 11 years of successful business. If you are looking for that just right location then look no further. Great for sales of most any type. Plenty of parking, great office space, service building and a Newly remodeled office building about complete at the back of the lot. There is room for two businesses here. It is a must see! Call Tim for an Appt. MLS# 669824 - \$225,900

**KATAE AVENUE IN GRAND RIDGE!**

**Cozy 3 bdrm 2 bath split plan in Grand Ridge!** Home features a fireplace, good size kitchen, large front porch and a professional screened-in porch out back to enjoy the great outdoors. Owner is MOTIVATED, so make an appointment today! Call Tim Sapp. MLS# 672726 - \$74,500

**GREAT STARTER HOME**

**2183 HIGHWAY 73.** Close to town but country feel is this 3/1 Frame house with hardwood floors, great room, dining room, long kitchen, newer C/H unit, recent upgrade water tank, newer metal roof, 1 car carport with storm door, yard with pecan trees, concrete pad for a storage building already in place. Excellent starter home or retire here. Garden spot. Easy to see. All on approx. 1.1 acres. Call Tim Today! MLS# 670459 - \$69,900

**GREAT BUSINESS OPPORTUNITY!**

**2978 Pierce St.** Excellent location and outstanding business history. Current business has been there for 5 years. The previous owner was there approx 25 years as mechanic. Location is being used as a New and Used Tire business with light mechanic work. Blig comes with 2 car lifts and air compressor. Has waiting area, office space. Well known and would be an easy start up for a mechanic shop. Call Tim for an appointment to see. MLS# 666384 Price - \$74,900

**AFFORDABLE HOUSING!**

**2801 Wynn Street in Marianna.** Affordable housing now in Marianna. Corner lot home with 2/1 but could be easily a 3rd bedroom. Spacious dining room. Large front porch with partially fenced back yard. One car carport. Some hardwood floors. Nice utility room. Close to downtown. Payments cheaper than rent. Could be good rental income. Call Tim today! MLS# 670508 - \$53,900

**THIS TOPS THEM ALL!**

**Exquisite home located in prestigious Spring Chase Subdivision.** This 5 bedroom 4.5 baths with office is built with pride ready for your enjoyment. Grand foyer with Formal Living room with recessed and accent lighting. Hard wood floors through out down stairs. Guest bedroom down stairs, great room, with 3 bdr's on 2nd level. Spacious lanai over looking a picturesque valley. All this on over 3 acres with so much more to see. Call Tim Sapp - MLS# 67208 Price - \$489,000

**GREAT BUSINESS OPPORTUNITY!**

**Great office building on Hwy 71 North,** just outside of city limits. This brick building consists of 1152 sq. ft. with 4+ offices, meeting room and 2 handicap bathrooms. Has paved parking up front. Seller is MOTIVATED! Call Tim Sapp for an Appointment MLS # 640586 \$99,500

**OWNER FINANCE!**

**Are you looking for a place to get out of town** a little away from it all. Or are you looking for a small hunting tract? Look no further. Deer tract's everywhere. Just a few feet off a paved road. Also would make a nice home site. Short drive to the beaches, I-10, and to Chipley FL. Possible owner finance. No survey. Call Tim Sapp MLS # 666128 \$39,950

**WORKING FARM**

**73 acre working cattle farm.** fenced/cross-fenced, income producing property with 1 house (being renovated) and 3 mobile homes (rented), 5 wells, 4 stocked fish ponds, grand-daddy oaks, cattle shoot and 2 large hay barns. THIS IS A MUST SEE! Live off the land, grow your own cattle/hay production, income off rentals, great garden spot. Has 65 acres in pasture. (Farming equipment available at additional price). Conveniently located to Chipley, Greenville, AL. Make an appointment today! Call Sandra - MLS# 640728 Price \$349,000

**LAKESIDE DRIVE ALFORD**

**Enjoy a water-view lot overlooking beautiful Round Lake.** This one acre lot is high and dry and wooded. Clear as many trees as you like and keep the rest. Conveniently located within 50 minutes of Panama City Beach, within 45 minutes of Dothan, AL and approx. 15 minutes to shopping and restaurants and more. About 50 yards to the public swimming area, and 5 min to town of Alford for local shopping. Call Tim Sapp. MLS# 672561 - \$29,900

**3.8 ACRES**

**Want privacy? This 3.8 acre is located on a dead end road.** It has a nice mixture of woods and woodlands. There are a couple small ponds on the property and it has about 15 acres of farm land. Many nice spots for a home with good hunting. The possibilities are endless. Convenient to Bonifay and to the Alabama State Line. Call Sandra - MLS# 656891 Price \$113,900

**GREAT BUY!**

**Highway frontage on Park Rd in Alford.** 1 acre(mo) wooded. No deed restrictions. Close to Hwy 231 and conveniences in Alford. At this price it won't last long. Buyer to determine usability. Call Tim Sapp. MLS# 671784 - \$2,250

**CONCORD ROAD IN BASCOM**

**Nice level Lot with Power Pole and Septic Tank just out of Bascom.** FL. Convenient to Marianna, Dothan AL, or Donaldsonville Ga. Excellent fishing close by. Buyer to verify all important information. Information provided by public records. Call Tim! MLS# 669116 ... Price\$5,995

**BUILD YOUR DREAM HOME HERE.**

**Nice corner lot.** Right across from the public boat landing on Compass Lake. Excellent location! Drive by and see for yourself. Great to have a place at the lake. Don't delay Call Tim Today! MLS# 666977 - \$19,900

# JACKSON COUNTY FLORIDAN tvchannels

Your Weekly Guide to TV Entertainment for June 30 - July 3, 2018



Joy Nash and Julianna Margulies star in "Dietland"

## AMC's biting satire 'Dietland' tackles big issues

By Kyla Brewer  
TV Media

A revolution is brewing — a television revolution, that is. While there's no shortage of lighthearted fare in prime time, socially conscious TV shows have been trending as of late, and AMC's latest hit packs a powerful punch with its feminist slant.

Joy Nash ("Twin Peaks: The Return") stars as Plum Kettle, an overweight magazine writer who gets caught between two rival feminist factions in the 10-episode series "Dietland," airing Monday, July 2, on AMC. Based on the bestselling,

critically acclaimed book of the same name by Sarai Walker, the show was brought to television by Marti Noxon ("Buffy the Vampire Slayer").

"Dietland" is equal parts drama and comedy as it critiques the beauty industry and society in general for its obsession with weight and the near-impossible ideals imposed upon women. As Plum prepares for the surgery that will give her the so-called "perfect" body, she's torn between old ideas and new extremes when she's approached by an underground organization determined to challenge the status quo. She

also learns of a group of feminists bent on getting revenge against sexual predators.

The role requires an actress capable of being both conflicted and funny, and producers put their faith in Nash from the get-go. When it was announced that the actress had taken the lead in the new series way back in August 2017, creator Noxon spoke highly of their new star.

"Joy is everything I hoped we'd find in our leading woman — beautiful, smart and blazing with talent," Noxon said. "When she auditioned, the whole room was electrified."

Nash is in good company. Producers were equally excited to announce the casting of Julianna Margulies of "ER" and "The Good Wife," who plays Plum's boss at Austen Media, magazine editor Kitty Montgomery. Wickedly ambitious, Kitty is sucked into a terrifying news cycle when a feminist organization begins to target those around her.

"Julianna is diabolically talented and beautiful, which makes her perfect to play our Kitty," Noxon said. "I am genuinely honored to have the opportunity to work with her. She's a special human and a rare actor."

The cast also includes Tamara Tunie ("Law & Order: Special Victims Unit") as Julia Smith, an Austen Media employee who manages the beauty closet where they store all manner of makeup, lotions and fad-worthy products. However, Plum learns Julie has a hidden agenda as an operative for an underground feminist organization that wants to undermine the messages of Austen Media's beauty magazines and those like them.

On the flipside is Robin Weigert ("Deadwood") as Verena Baptist, the fierce leader of a feminist collective who brings women into a place dubbed Calliope House, a place of acceptance. She hopes to deprogram Plum so she can reject beauty industry thinking and accept herself for who she is now, not who she thinks she should be.

Erin Darke ("Good Girls Revolt") plays Leeta Albridge, who shakes up Plum's world when she tries to recruit her for Baptist, claiming that the leader will change her life. Baptist's other followers include former sitcom star Marlowe Buchanan (Alanna Ubach, "Girlfriends' Guide to Divorce"), who lost her job when she gained a few extra pounds, and Sana (Ami Sheth, "Blindspot"), a disabled artist who becomes a model of self-acceptance for Plum. Calliope House is also home to Rubi (Jen Ponton, "30 Rock"), a colorful, exuberant and very opinionated woman.

Plum's love interest in the series is NYPD Det. Dominic O'Shea (Adam Rothenberg, "Ripper Street"), who becomes attracted to Plum while investigating a hack

at Austen Media. Dominic pals around with fellow cop and former partner, Bobby (Marc Blucas, "Underground").

British actress Rowena King ("Of Kings and Prophets") portrays no-nonsense newscaster Cheryl Crane-Murphy, who struggles to remain calm as she delivers macabre news sparked by the actions of a feminist terrorist group known only as Jennifer. Austen Media titan Stanley Austen (Campbell Scott, "Royal Pains") has been targeted by the anonymous feminist terrorists. Meanwhile, his wife, Abra (Kelly Hu, "The Scorpion King," 2002), has grown resentful of being regarded as merely Stanley's "trophy wife."

Behind the scenes, Noxon serves as executive producer, writer and showrunner. She also directs several episodes, exploring issues such as patriarchy, misogyny and rape culture in addition to critiquing unrealistic beauty standards.

Filmed in New York City, the series tackles important issues and is likely to spark heated conversations among viewers. In fact, AMC is counting on it. The network has paired the series with an after-

show in the vein of "Talking Dead," the companion series to its mega-hit "The Walking Dead." "Unapologetic With Aisha Tyler" airs immediately after each episode of "Dietland" as Tyler ("Whose Line Is It Anyway?") and her guests talk about the show and the issues it explores. While shows such as "Talking Dead" focus primarily on its companion series, "Unapologetic" digs deeper as Tyler leads discussions about broader "female-centric" issues beyond the themes touched on in "Dietland." The talk show features a mix of series stars and producers, celebrity fans, journalists, comedians, writers and others.

All in all, "Dietland" has been causing quite a stir in the television industry as Hollywood continues to move forward with the Me Too movement against sexual harassment and assault. Follow a beaten and distraught Plum as she takes cover in Calliope House, where she tries to come to terms with who she really is in a new episode of "Dietland," airing Monday, July 2, on AMC, and stick around to check out "Unapologetic With Aisha Tyler."



Tamara Tunie as seen in "Dietland"



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# tastetv

## Farm life: Celebrated lifestyle blogger Molly Yeh embraces country living



Molly Yeh hosts "Girl Meets Farm"

By Andrew Warren  
TV Media

There are some big differences between country life and city life, that's for sure, and those differences are most obvious to the folks who've lived in both places. Bestselling cookbook author and food blogger Molly Yeh has discovered something that country folk and city folk have in common, though: a love of good food.

The acclaimed writer's new show, "Girl Meets Farm," premiered last week on Food Network and has new episodes airing Sundays. A transplant from the big city suburbs to a quiet life on the Minnesota-North Dakota border, Yeh has fallen in love with the quieter, slower-paced lifestyle, and she's invited TV viewers into her farmhouse to join her as she prepares a range of delicious dishes inspired by her Jewish and Chi-

nese heritage blended with the flavors of the Midwest.

In this week's episode, airing Sunday, July 1, the host puts her own fresh spin on a traditional lunch on the farm. With big meals for breakfast and dinner, lunch is light and designed to be eaten in a hurry. She shares her recipe for a quick and easy challah bread, which she serves alongside an equally simple chopped salad with crumbled feta and her own delicious and creamy homemade hummus.

In next Sunday's episode, the host treats her friends to brunch the morning after a fun night out in the city. Mini quiches are on the menu, made with bacon and peas, and she prepares a dark chocolate scone loaf with marzipan to satisfy her sweet tooth.

It's an eclectic mix of flavors, but that comes from the many culinary influences in Yeh's life. She grew up in Chicago's sub-

urbs with a Jewish mother and Chinese father, spent several years living in New York City and finally settled in the upper Midwest with her husband. Her cookbook, "Molly on the Range," is an award-winning bestseller, while her lifestyle blogging site "my name is yeh" has been recognized and awarded by the New York Times, New York Magazine, Yahoo, Saveur and Food & Wine. She was even on Forbes' "30 Under 30" list in 2017.

"Girl Meets Farm" currently airs Sundays on Food Network.

# TV Search

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

## Tennis

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ALLEY  
APPROACH  
SHOT  
BACKHAND  
BACKSPIN  
BAGEL  
BALL  
BASELINE  
BOUNCE  
BREAK POINT  
CARVE  
CHALLENGE

CHOP  
COURTS  
DEUCE  
DOUBLES  
DROP SHOT  
FAULT  
FOREHAND  
GAMEPOINT  
GRAND  
SLAM  
LOB  
LOVE  
MATCH  
NET

RACKET  
RECEIVER  
SERVE  
SET  
SINGLES  
TRAMLINES  
VOLLEY  
WTA



43 The Tar Heels: Abbr.

44 One who may be called up

47 Addams Family cousin

48 "Voice of Israel" author

49 K-12, in education

50 Place for a "Do not feed the animals" sign

51 Sauces in an Asian restaurant

52 "Whose Line Is It Anyway?" star Stiles

21 Something done at the supermarket checkout

25 Done in a shrewd manner

26 Stink to high heaven

27 Grand Ole \_\_\_\_

31 1950 Best Picture Oscar winning film: "All About \_\_\_\_"

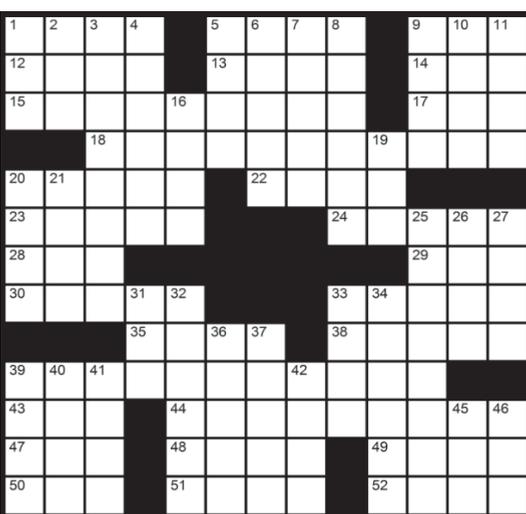
32 "Suits" star Gina, who's getting her own spinoff

33 Skunk's defense

34 The Lone Ranger's

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## television Crossword



### ACROSS

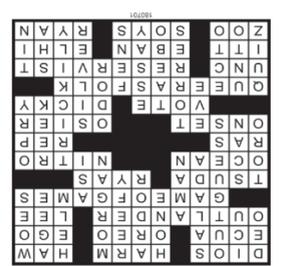
- Spanish God
- Part of a medical motto
- Hem and \_\_\_\_
- Quito's country: Abbr.
- It may get a licking after dinner
- It may be easily bruised
- Critically acclaimed time-twisting series that stars Caitriona Balfe and Sam Heughan
- Cinematic Count Dracula portrayal Christopher
- Ellen's game show: 3 wrds
- Common Japanese

### DOWN

- In excelsis \_\_\_\_
- Post-op place
- One way to get a leg up in a game show
- Tetley tea competitor
- Give an edge to
- Feeling of intense passion
- Like some dangerous waters
- 30 Rock star Tracy
- Place for a captain
- Pulitzer winner James
- Reasons to complain
- "Take it like \_\_\_\_!"
- Do-say link: 2 wrds
- "The Shape of Water" (2017) writer, director and producer Guillermo del \_\_\_\_

### DOWN

- horse
- Modern workout system
- English class assignment
- Knowledge test in some game shows
- Golden rule preposition
- Opposite of endo-
- Watery lowlands
- Music's \_\_\_\_ Na Na
- Component in bronze



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# Sunday Best Bets

## 90 Day Fiancé: Happily Ever After?

7:00 p.m.

Azan reveals why his visa was denied, while Annie's American dream slips away in this new episode. Elsewhere, Molly struggles to start over, and Pao faces her family. Also, Anfisa is haunted by Jorge's past, and Pedro is pushed too far.

## Bob's Burgers

7:30 p.m.

Louise and Millie work together to solve a mystery after Mr. Frond's therapy dolls are attacked in this rebroadcast. Also, Teddy decides to try his hand at making inspirational posters. Molly Shannon guest voices.



Chantel and Pedro in "90 Day Fiancé: Happily Ever After?"

## Shades of Blue

9:00 p.m.

Wozniak (Ray Liotta) keeps secrets from those around him in this new episode. At the same time, Harlee (Jennifer Lopez) begins to question her own sanity, and Loman (Dayo Okeniyi) intimidates a witness. Warren Kole and Drea de Matteo also star.

## Preacher

9:00 p.m.

Jesse (Dominic Cooper) is desperate to escape Angelville and his family in this new episode. He decides to forge an unlikely alliance with a familiar foe. A Texas preacher has the power to compel others to do what he tells them to in this drama.

### SUNDAY EVENING C1: Comcast D1: Dish D2: DirecTV JULY 1

	C1	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM	1:30	D1	D2	
<b>BROADCAST STATIONS</b>																						
WECP	181	3	2:00 Golf	News (N)	60 Minutes	Big Brother (N)	Instinct "Tribal" (SF) (N)	NCIS: Los Angeles	Castle "Driven"	Bones	Modern	F.Files	CBS Overnight News	-	4							
MNT	42	-	The Love Boat	Odd Couple/Odd Couple	Castle "Driven"	Leverage	Touched by An Angel	N. Gallery	N. Gallery	The Twilight Zone	Hitchcock	Hitchcock	The Fugitive	-	-							
CW	43	-	Goldberg	Goldberg	Hope "Pink Clouds"	*** Beverly Hills Ninja (97) Chris Farley.	Family Guy/Family Guy	Cleveland	Cleveland	*** Beverly Hills Ninja (97) Chris Farley.	Cops	Paid										
WCTV	61	-	2:00 Golf	News (N)	60 Minutes	Big Brother (N)	Instinct "Tribal" (SF) (N)	NCIS: Los Angeles	News (N)	:35 Paid	:05 Blue Bloods	:05 CSI: Miami	:05 CBS News	-	-							
MNT	62	-	The Love Boat	Odd Couple/Odd Couple	Columbo "Agenda for Murder"	Touched by An Angel	N. Gallery	N. Gallery	The Twilight Zone	Hitchcock	Hitchcock	Person Interest "QSO"	Person Interest "QSO"	-	-							
WJHG	71	5	News (N)	News (N)	Dateline NBC	America's Got Talent "Auditions 5"	Shades of Blue (N)	News (N)	:35 Outdoors	Person of Interest	Person Interest "QSO"	Scandal "Buckle Up"	7	7								
CW	72	6	Goldberg	Goldberg	Hope "Pink Clouds"	*** Beverly Hills Ninja (97) Chris Farley.	Family Guy	Family Guy	Cleveland	Cleveland	*** Beverly Hills Ninja (97) Chris Farley.	Cops	Paid	8	8							
WFSU	111	11	Masterpiece Classic	Father Brown	Masterpiece "Poldark"	M'piece "Endeavour: Cartouche" (N)	The Tunnel (P) (N)	POV		Masterpiece "Poldark"	Masterpiece "Endeavour: Cartouche"	-	-									
Create	112	201	Ask House	Real Food	Good Food J. Weir	Martha TestK	Feast	Real Food	Ask House	Steves'	B. Wolf 2/2	Martha TestK	Good Food	Cooking	Fringe	Martha TestK	-	-				
WMBB	131	8	News (N)	News (N)	Funniest Home Videos	Celebrity Family Feud	The \$100,000 Pyramid	To Tell the Truth	News (N)	:35 LawCall	:05 Baptist	:35 Branson	:35 CSI "In the Wind"	:35 BlueB.	13	13						
METV	132	209	The Love Boat	Odd Couple/Odd Couple	Columbo "Agenda for Murder"	Touched by An Angel	N. Gallery	N. Gallery	The Twilight Zone	Hitchcock	Hitchcock	The Fugitive	-	-								
WABW	141	-	News. (N)	Seat-Table	A Place to Call Home	Masterpiece "Poldark"	M'piece "Endeavour: Cartouche" (N)	The Tunnel (P) (N)	Cobblestar	Masterpiece "Poldark"	Masterpiece "Endeavour: Cartouche"	M'piece	-	-								
KIDS	142	-	Ask House	Real Food	Good Food J. Weir	Martha TestK	Feast	Real Food	Ask House	Steves'	B. Wolf 2/2	Martha TestK	Good Food	Cooking	Fringe	Martha TestK	-	-				
KNOW	143	-	Spotlight "Bent Frequency"		Music and Might	Spotlight	Spotlight "Bent Frequency"		Nature	Nature's "Elephants"	Doc World	-	-									
WDHN	18	-	Raceweek	News (N)	Funniest Home Videos	Celebrity Family Feud	The \$100,000 Pyramid	To Tell the Truth	Hilcrest Baptist	Matter/Fact	:35 The Lamb	:05 Paid	:35 Paid	:05 Paid	:35 Paid	:05 Paid	:35 Paid	:05 Paid	:35 Paid	-	-	
WTLX	271	-	News (N)	News (N)	Funniest Home Videos	Celebrity Family Feud	The \$100,000 Pyramid	To Tell the Truth	News (N)	Renovate	House	Spaces	Castle "Driven"	Scandal "Buckle Up"	-	-						
Bounce	272	-	3:00 *** Rosewood	*** A Man Apart (03)	Vin Diesel.	Alex Cross (12) Rachel Nichols, Tyler Perry.	*** Escape Plan (13) Sylvester Stallone.	*** Out of Sight George Clooney.	-	-												
WPGX	28	10	3:30 Soccer MLS (L)	One Strange "Survival"	Simpsons	BobBurg.	Family Guy	BobBurg.	House	BigBang	BigBang	In Depth	American Ninja Warrior	FIFA World Cup	D.Muscle	E. Power	28	28				
WDFX	34	-	3:30 Soccer MLS (L)	One Strange "Survival"	Simpsons	BobBurg.	Family Guy	BobBurg.	News (N)	Alabama	BigBang	In Depth	American Ninja Warrior	FIFA World Cup	D.Muscle	E. Power	-	-				
WTWC	40	-	Fam. Feud	News (N)	Dateline NBC	America's Got Talent "Auditions 5"	Shades of Blue (N)	Outdoors	J. Brown	Measure	Access Weekend	Rizzoli & Isles	Wrestle	-	-							
WTLH	491	-	3:30 Soccer MLS (L)	One Strange "Survival"	Simpsons	BobBurg.	Family Guy	BobBurg.	FXNews	BigBang	Modern	Modern	FIFA World Cup	2½Men	2½Men	RingHonor	Wrestling	-	-			
CW	492	-	Goldberg	Goldberg	Hope "Pink Clouds"	*** Beverly Hills Ninja (97) Chris Farley.	Family Guy	Family Guy	Cleveland	*** Beverly Hills Ninja (97) Chris Farley.	Cops	Paid	Paid	-	-							
<b>CABLE STATIONS</b>																						
A&E	30	Storage W.	Storage W.	Storage W.	Storage W.	Storage W.	Storage W.	Storage W.	Storage W.	Storage W.	:05 S. Wars	:35 S. Wars	:05 S. Wars	:35 S. Wars	:05 S. Wars	:35 S. Wars	:05 S. Wars	:35 S. Wars	:05 S. Wars	:35 S. Wars	118	265
AMC	33	:15 Dead "Last Day on Earth"	:50 Dead "The Well"	:55 Dead "New Best Friends"	Preacher (N)	To Be Announced (N)	Preacher "Sonsabitches"	:05 Preacher	:05 To Be Announced	130	254											
APL	51	River Monsters	River Monsters	Vet Gone Wild (N)	Extinct or Alive (N)	I Was Prey	:05 Vet Gone Wild	:05 Extinct or Alive	:05 I Was Prey	:05 RivMon	Unhooked	184	282									
BRAVO	59	Xscape: Still Kickin' It!	The Real Housew. (N)	Housewives P. (N)	Kandi (N)	Husband-Cheating (N)	Kandi	Watch (N)	Kandi	Housewives Potomac	Xscape: Still Kickin' It!	Kandi	Housew.	129	237							
CN	31	Teen Titan	Teen Titan	Teen Titan	Cleveland	Cleveland	BobBurg.	Amer. Dad	Family Guy	Family Guy	RickMort	Robot (N)	Mostly 4	J.Pera	9009/9009	Family Guy	Family Guy	RickMort	176	296		
COMC	58	3:50 *** Wedding Crashers	*** Zoolander 2 (16) Owen Wilson, Will Ferrell, Ben Stiller.	*** Wedding Crashers (05) Vince Vaughn, Owen Wilson.	:35 *** Joe Dirt (01) Dennis Miller, David	:40 SouthPk	107	249														
DISC	24	XL All Stars	Naked and Afraid (N)	XL All Stars (N)	XL All Stars	To Be Announced	XL All Stars	To Be Announced	XL All Stars	XL All Stars	XL All Stars	XL All Stars	XL All Stars	182	278							
DISN	21	*** Zapped Chanelle Peloso, Zendaya.	:45 TBA	:10 TBA	:35 TBA	TBA	TBA	TBA	TBA	TBA	TBA	DuckTales	BigCity	Raven's.	StuckMid.	Bunk'd	Raven's.	172	290			
ESPN	19	SportsCenter (N)	Baseball Tonight	Baseball MLB Boston Red Sox at New York Yankees (L)	SportsCenter (N)	SportsCenter	SportsCenter	140	206													
FOOD	50	Iron Chef America	Game "Pizza Masters"	Guy's Grocery Games	Comeback Kitchen (N)	Iron Chef America (N)	Iron Chef America	Comeback Kitchen	Iron Chef America	Iron Chef America	110	231										
FREE	28	*** Up (09) Edward Asner.	:10 *** Charlie and the Chocolate Factory (05)	:50 *** Van Helsing (2004, Action)	Kate Beckinsale, Richard Roxburgh, Hugh	Paid	Paid	180	311													
FS1	62	3:00 Golf USGA U.S. Senior Open Site: Broadmoor Golf Club (L)	FIFA Match Day (N)	FIFA World Cup (L)	UFC Countdown (N)	Soccer FIFA World Cup	Soccer FIFA World Cup	150	607													
FSF	36	UFC Unleashed (N)	Poker WPT	Poker WPT	UFC Main	Great Fight	Poker WPT	Poker WPT	Baseball MLB New York Mets at Miami Marlins	Post-game	423	654										
FX	53	Movie	*** Scarico (15) Josh Brolin, Benicio del Toro, Emily	Pose "Mother's Day" (N)	:15 Pose "Mother's Day"	Pose "The Fever"	:55 Pose "Mother's Day"	:10 Mike&M.	:40 FXM	136	248											
GOLF	44	Golf Central (N)	Golf LPGA KPMG Championship Site: Kemper Lakes Golf Club -- Kildeer, Ill.	Golf PGA The National Final Round Site: TPC Potomac at Avenel Farm -- Potomac, Md.	401	218																
HALL	46	4:00 *** Royal Hearts	*** Yes, I Do (18) Marcus Rosner, Jen Lilley.	G. Witch	:55 G. Girls	:25 The Golden Girls	:55 G. Girls	G. Girls	G. Girls	G. Girls	Frasier	Frasier	Frasier	185	312							
HGTV	49	Bargain	Bargain	Bargain	Bargain (N)	Hunters (N)	Hunters (N)	Mexico (N)	Mexico (N)	H.Hunt	H.Hunt	B. Hunters	B. Hunters	Mexico Life	Mexico Life	H.Hunt	H.Hunt	112	229			
HIST	81	American Pickers	American Pickers	American Pickers	Detroit Comeback (N)	:05 American Pickers	:05 American Pickers	:05 American Pickers	:05 American Pickers	:05 Detroit Comeback	:05 American Pickers	120	269									
LIFE	29	*** Nanny Killer (18) Morgan Obenreder.	*** Killer Dad (2018)	:05 *** The Wrong Son (18) Olivia d'Abo.	*** Killer Dad (2018)	:05 *** The Wrong Son	108	252														
MTV	34	Ridiculous	Ridiculous	Ridiculous	Jersey Shore: Family	Jersey Shore: Family	Wild 'N Out	Wild 'N Out	Wild 'N Out	Wild 'N Out	Wild 'N Out	Wild 'N Out	Wild 'N Out	160	331							
NGEO	109	Wicked Tuna	W. Tuna "Title Fight"	W. Tuna "Rewind" (N)	Wicked Tuna "Battle Lines" (SP) (N)	Wicked Tuna "Battle Lines"	Wicked Tuna "Rewind"	Wicked Tuna "Battle Lines"	Battle "First Contact"	Battleground	Afghanistan	186	276									
NICK	14	*** Happy Feet (06) Elijah Wood, Robin Williams.	*** Happy Feet Two (11) Elijah Wood.	Full House	Friends	:35 Friends	:10 Friends	:45 Friends	:20 Two and a Half Men	:55 2½Men	G. Lopez	170	299									
SPIKE	47	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue (N)	Bar Rescue (N)	Yellowstone	Bar Res. "Twin vs. Twin"	Bar Rescue	:10 Bar Rescue	168	241										
SYFY	32	*** The Legend of Hercules (14) Kellan Lutz.	*** Skyfall (2012, Action) Helen McCrory, Ralph Fiennes, Daniel	*** The November Man (14) Olga Kurylenko, Pierce Brosnan.	*** Blood Father	Mel Gibson.	122	244														
TBS	16	4:30 *** The Divergent Series: Allegiant (16)	*** Now You See Me (13) Jesse Eisenberg.	:15 *** National Treasure (04) Diane Kruger, Nicolas Cage.	:45 *** Ocean's Twelve (04) George Clooney.	139	247															
TLC	98	90 Day Fiancé (N)	:05 90 Day Fiancé (N)	:15 Lost-Transition (N)	:20 90 Day Fiancé "Not Off the Hook"	:20 Lost in Transition	:15 90 Day Fiancé	183	280													
TNT	23	*** Batman v Superman: Dawn of Justice (16) Henry Cavill, Ben	Claws "Scream" (N)	Claws "Scream" (N)	Joker's	Joker's	*** The Fifth Element (97) Milla Jovovich, Bruce Willis.	Movie	138	245												
TVLAND	22	Reba	Reba	Reba	Ray 1/2	Ray Pt. 2 of 2	Loves Ray	Loves Ray	Mom	Mom	Queens	Queens	Queens	Queens	Mom	Mom	Younger	:35 Teachers	106	304		
USA		st Ma: SVU "Totem"	SVU "Reparations"	Law&O: SVU "Bang"	Law&O: SVU "Smoked"	SVU "Scorched Earth"	Modern	Modern	Modern	Modern	Chrisley	Cromarties	Law&O: SVU "Mask"	105	242							

### WEEKDAY DAYTIME C1: Comcast D1: Dish D2: DirecTV JULY 2 TO JULY 6

	C1	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	D1	D2
<b>BROADCAST STATIONS</b>																					
WECP	181	3	7:00 CBS This Morning	Let's Make a Deal	The Price Is Right	Young & Restless	News	Bold & B.	The Talk	Million?	Million?	Fam. Feud	Fam. Feud	Ellen DeGeneres	-	4					
MNT	42	-	Perry Mason	Matlock	Diagnosis Murder	The Big Valley	Gunsmoke	Bonanza	Rifleman	Rifleman	Wagon Train	Charlie's Angels	-	-							
CW	43	-	The Steve Wilkos Show	The Steve Wilkos Show	Jerry Springer	Jerry Springer	The Real	Dateline	Maury	The Robert Irvine Show	Goldberg	Goldberg	-	-							
WCTV	61	-	A. Griffith	A. Griffith	Let's Make a Deal	The Price Is Right	News	Young & Restless	Bold & B.	The Talk	Harry	The Dr. Oz Show	News	News	-	-					
MNT	62	-	Perry Mason	Matlock	Diagnosis Murder	The Big Valley	Gunsmoke	Bonanza	Rifleman	Rifleman	Wagon Train	Charlie's Angels	-	-							
WJHG	71	5	7:00 Today Show	Megyn Kelly Today	Diagnosis Murder	The Big Valley	Gunsmoke	Bonanza	Rifleman	Rifleman	Wagon Train	Charlie's Angels	-	-							
CW	72	6	The Steve Wilkos Show	The Steve Wilkos Show	Jerry Springer	Jerry Springer	Paid	Paid	Paid	Paid	Maury	The Robert Irvine Show	Goldberg	Goldberg	8	8					
WFSU	111	11	Pinka-Peter	D.Tiger	D.Tiger	SplashB.	Sesame St. Super WHY	Dinosaur T.	Peg + Cat	Sesame St. SplashB.	C.George	Pinka-Peter	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad	Odd Squad	Arthur	-	-	
Create	112	201	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	-	-
WMBB	131	8	7:00 GM America	Live	The View	WMBB Midday News	The Chew	General Hospital	Hot Bench	Hot Bench	The Dr. Oz Show	Dr. Phil	13	13							
METV	132	209	Perry Mason	Matlock	Diagnosis Murder	The Big Valley	Gunsmoke	Bonanza	Rifleman	Rifleman	Wagon Train	Charlie's Angels	-	-							
WABW	141	-	Pinka-Peter	D.Tiger	D.Tiger	SplashB.	Sesame St. Super WHY	Dinosaur T.	Peg + Cat	Sesame St. SplashB.	C.George	Pinka-Peter	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad	Odd Squad	Arthur	-	-	
KIDS	142	-	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	-	-
KNOW	143	-	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	Various	-	-
WDHN	18	-	7:00 GM America	The 700 Club	The View	WMBB Midday News	The Chew	General Hospital	Million?	Hot Bench	The Doctors	Dr. Phil	-	-							
WTLX	271	-	Live	Million?	Minute	The View	News	Hot Bench	The Chew	General Hospital	The Real	Hot Bench	Judy	News	News	-	-				
Bounce	272	-	Judge Joe	Judge Joe	Judge Joe	Judge Joe	Diff. World	Diff. World													

# Monday Best Bets

## Penn & Teller: Fool Us

4.3 CW 7.2 CW 49.2 CW 7:00 p.m.

Vinny Grosso, Paul Gertner, Eric Jones and Morgan and West perform their best tricks in the hopes of impressing Penn and Teller in this new episode. The magicians who fool the legendary duo get to perform with them in Las Vegas.

## Running Wild With Bear Grylls

7.1 WJHG 4.0 WTVW 7:00 p.m.

After Bear Grylls "rescues" Mel B from the open sea, the duo embarks on the adventure of a lifetime in this new episode. Once ashore, they navigate cliffs and travel over challenging terrain before Grylls is stung by a jellyfish.



Tara Lipinski, Johnny Weir, Maneet Chauhan, David Tutera and Kimberly Bailey from "Wedding Cake Championship"

## Dietland

AMC 8:00 p.m.

A distraught Plum (Joy Nash) hides out in Calliope House as she fights to come to terms with who she really is in a new episode of this drama. The series is based on the bestselling novel of the same name by Sarai Walker.

## Wedding Cake Championship

FOOD 8:00 p.m.

Tara Lipinski and Johnny Weir co-host as the five remaining teams are challenged to make the ultimate destination beach wedding cake topper in this new episode. Later, the teams meet a lively couple planning a beach wedding in Mexico.

MONDAY EVENING																	C1: Comcast D1: Dish D2: DirecTV			JULY 2	
	C1	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM	1:30	D1	D2
<b>BROADCAST STATIONS</b>																					
WECP 18.1	3	Jeopardy!	News (N)	News (N)	Inside Ed.	Mom	Man Plan	Salvation "Défente" (N)	Elementary (N)	Modern	35 The Late Show	35 James Corden	35 Modern	05 Access	35 Celeb	-	4				
MNT 4.2	-	Mama'sF.	Jeffersons	Modern	Modern	Law&O: SVU "Victims"	Law&O: SVU "Paranoia"	Mike&Molly 2 1/2 Men	2 1/2 Men	Perry Mason	Mike&Molly	Hitchcock	Hitchcock	Mannix							
CW 4.3	-	Amer. Dad	Amer. Dad	Family Guy	Family Guy	Penn&Teller (N)	Whose (N)   Whose	Page Six	Seinfeld	Seinfeld	Rules	Rules	Queens	King of Hill	Cops	Top 30	Paid				
WTV 6.1	-	News (N)	News (N)	Wheel	Jeopardy!	Mom	Man Plan	Salvation "Défente" (N)	Elementary (N)	News (N)	35 The Late Show	35 James Corden	35 Paid	05 Extra	35 News	-	-				
MNT 6.2	-	Mama'sF.	Jeffersons	M*A*S*H	M*A*S*H	A. Griffith   A. Griffith	Gom. Pyle   WKRP 1/2	HoganHero	HoganHero	C.Burnett	Perry Mason	Twilight	Hitchcock	Hitchcock	Law&O: SVU "Victims"	-	-				
WJHG 7.1	5	News (N)	News (N)	News (N)	Wheel	Running Wild "Mel B"	American Ninja War. "Los Angeles City Qualifiers"	News (N)	35 The Tonight Show	35 Seth Meyers	35 C. Daly	05 Harry									
CW 7.2	6	Amer. Dad	Amer. Dad	Family Guy	Family Guy	Penn&Teller (N)	Whose (N)   Whose	Page Six	Seinfeld	Seinfeld	Rules	Rules	Queens	King of Hill	Cops	Top 30	Paid				
WFSU 11.1	11	PBS NewsHour (N)	News	Places	Antiques Roadshow (N)	Antiques Roadshow (N)	Antiques Roadshow	Super Skyscrapers	Amanpour	News (N)	PBS NewsHour	Antiques Roadshow	Masterpiece "Poldark"	-	-						
Create 11.2	201	Old House	Real Food	Ming	Meals	Lidia's Kit.   TestK	Chef's Life   Real Food	Old House   Rick Steves'	Europa	Lidia's Kit.	TestK	Ming	Chow	See Can	Lidia's Kit.	TestK					
WMBB 13.1	8	News (N)	News (N)	News (N)	ET (N)	The Bachelorette (N)		The Proposal (N)	News (N)	35 Jimmy Kimmel Live	35 Nightl.	05 Mom	35 Mom	05 Justice	35 News	13	13				
METV 13.2	209	Mama'sF.	Jeffersons	M*A*S*H	M*A*S*H	A. Griffith   A. Griffith	Gom. Pyle   WKRP 1/2	HoganHero	HoganHero	C.Burnett	Perry Mason	Twilight	Hitchcock	Hitchcock	Mannix						
WABW 14.1	-	PBS NewsHour (N)	British Baking "Bread"	Antiques Roadshow (N)	Upstart	Lidia's Kit.   TestK	Chef's Life   Real Food	Old House   Rick Steves'	Europa	Lidia's Kit.	TestK	Ming	Chow	See Can	Lidia's Kit.	TestK					
KIDS 14.2	-	Old House	Real Food	Ming	Meals	Lidia's Kit.   TestK	Chef's Life   Real Food	Old House   Rick Steves'	Europa	Lidia's Kit.	TestK	Ming	Chow	See Can	Lidia's Kit.	TestK					
KNOW 14.3	-	GSUTV Off the Record	J.D. Loudermilk Tribute	Georgia Dt.   Sun Studio	GSUTV Off the Record	Georgia Dt.   Sun Studio	GSUTV Off the Record	PBS NewsHour (N)	Georgia Dt.   Sun Studio	Lafayette: Lost Hero	Liberty and Slavery	Life/Line	Stories	-	-						
WDHN 18	-	News (N)	News (N)	News (N)	ET (N)	The Bachelorette (N)		The Proposal (N)	News (N)	35 Jimmy Kimmel Live	35 Nightl.	05 Paid	35 Paid	05 Million?	35 ET (N)	-	-				
WTLX 27.1	-	News (N)	News (N)	Inside Ed.	Judy	The Bachelorette (N)		The Proposal (N)	News (N)	35 Jimmy Kimmel Live	35 Nightl.	05 InsEd.	Paid	Paid	News						
Bounce 27.2	-	3:30 A Thin Line Bet...	Single 1/2	Single 2/2	OneOne	OneOne	The Cut (N)   Family	*** Beauty Shop (05)	Queen Latifah.	In the Cut	Family	*** Something New (06)	Sanaa Lathan.	-	-						
WPGX 29	10	Judy	Judy	BigBang	BigBang	Dance "Auditions #1"	9-1-1 "Heartbreaker"	2 1/2 Men	TMZ	Crime Watch Daily	Pawn Stars	Pawn Stars	FIFA World Cup	2 1/2 Men	Met Mother	28	28				
WDFX 34	-	Judy	Judy	BigBang	BigBang	Dance "Auditions #1"	9-1-1 "Heartbreaker"	2 1/2 Men	TMZ	Jokers	Crime Watch Daily	Jokers	FIFA World Cup	Maury							
WTWC 40	-	Fam. Feud	News (N)	ET (N)	Fam. Feud	Running Wild "Mel B"	American Ninja War. "Los Angeles City Qualifiers"	DailyMail	35 The Tonight Show	35 Seth Meyers	35 C. Daly	05 Access Live									
WTLH 49.1	-	2 Broke G.	BigBang	Mike&Molly	BigBang	Dance "Auditions #1"	9-1-1 "Heartbreaker"	News (N)	Modern	Modern	2 1/2 Men	FIFA World Cup	Mike&Molly	Met Mother	Jokers	TMZ	-	-			
CW 49.2	-	Amer. Dad	Amer. Dad	Family Guy	Family Guy	Penn&Teller (N)	Whose (N)   Whose	Page Six	Seinfeld	Seinfeld	Rules	Rules	King of Hill	Top 30	Anger M.	Paid					
<b>CABLE STATIONS</b>																					
A&E 30	30	OzzyandJack'sDetour	OzzyandJack'sDetour	OzzyandJack'sDetour	Cultureshock (N)	05 OzzyandJack	05 OzzyandJack	05 Dietland	05 OzzyandJack	05 OzzyandJack	05 OzzyandJack										
AMC 33	33	Movie	*** Snitch (13) Jon Bernthal, Susan Sarandon, Dwayne	*** Snitch (13) Jon Bernthal, Dwayne Johnson.	05 Dietland	05 Unapologetic	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland	05 Dietland
APL 51	51	Alaska Wildlife Troop	The Last Alaskans	Alaskans "The Hunted"	The Last Alaskans	Naked and Marooned	Alaskans "The Hunted"	The Last Alaskans	Naked and Marooned	Alaskans "The Hunted"	The Last Alaskans	Naked and Marooned	The Last Alaskans								
BRavo 59	59	Housewives Confess	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List	Million Dollar List
CN 31	31	Ben 10	NinjaGo	Gumball	Gumball	King of Hill   Amer. Dad	Cleveland   Amer. Dad	BobBurg.	BobBurg.	Family Guy	Family Guy	RickMort	Robot	Hospital	BobBurg.	BobBurg.	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
COMC 58	58	15 Office	50 Office	Vandalism	25 Office	Office 1/2	Office 2/2	The Office	The Office	The Office	The Office	Office 1/2	Office 2/2	South Park	South Park	05 SouthPk	35 Daily S.	05 SouthPk	35 SouthPk	05 SouthPk	05 SouthPk
DISC 24	24	Street Outlaws	Outlaws "Deja Vu"	St.Outl. "Top Dom" (N)	Outlaws "Flor-I-Do" (N)	American Chopper	TBA	TBA	TBA	TBA	Andi Mack	Raven's.	Jessie	Bunk'd	Underc.	Liv Maddie					
DISN 21	21	Gravity	Gravity	55 Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity	Gravity
ESPN 19	19	SportsCenter (N)	Baseball MLB (L)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)	SportsCenter (N)
FOOD 50	50	Beat Play	Beat Play	Beat Play	Beat Play	WedCake "Super Cakes"	WedCakeChamp (N)	TBA	TBA	DallCake	TBA	WedCake "Super Cakes"	TBA	TBA	DallCake	TBA	DallCake	TBA	DallCake	TBA	DallCake
FREE 28	4:30	*** Charlie and the Chocolate Factory (05)	Fairy Tale Wed. (N)	*** Monster-in-Law (05)	Jennifer Lopez.	The 700 Club	*** A Cinderella Story: If the Shoe Fits (16)	Paid													
FS1 62	62	NASCAR Race Hub (L)	Skip and Shannon	Soccer FIFA World Cup	FIFA World Cup (L)	MLB Whiparound (L)	TMZ (N)	Golf USGA U.S. Senior Open	Soccer	150	607										
FSF 36	36	Mar Club	Pre-game	Baseball MLB Tampa Bay Rays at Miami Marlins Site: Marlins Park (L)	Post-game   In. Marlins	Poker WPT	Baseball MLB Tampa Bay Rays at Miami Marlins	Post-game	423	654											
FX 53	4:30	*** Criminal (16) Gary Oldman, Kevin Costner.	*** Fast & Furious 6 (13, Act) Paul Walker, Dwayne Johnson, Vin	*** Fast & Furious 6 (13, Act) Paul Walker, Dwayne Johnson, Vin	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs	Sex&Drugs
GOLF 44	44	Golf Central (N)	Lessons	P. Lessons	Golf Highlights (N)	Feherty "Bill Clinton"	Feherty	Golf Central	Feherty "Bill Clinton"	Feherty	P. Lessons	P. Lessons	P. Lessons								
HALL 46	46	Last Man	Last Man	Last Man	Last Man	Last Man	Last Man	The Middle	The Middle	The Middle	The Middle	G. Girls 1/2	G. Girls 2/2	G. Girls	G. Girls	Frasier	Frasier	Frasier	Frasier	Frasier	Frasier
HGTV 49	49	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It
HIST 81	81	American Pickers	American Pickers	A. Pickers "Time Warp"	American Pickers (N)	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers	05 American Pickers
LIFE 29	29	The First 48	PD Women	PD Women	PD Women	PD Women	PD Women	PDWomen	PDWomen	05 Esc. Polygamy (N)	05 Esc. Polygamy (N)	PD Women	PD Women	PD Women							
MTV 34	34	Teen Mom 2	Teen Mom 2	Teen Mom 2 (N)	Teen Mom 2 (N)	Teen Mom OG (N)	Teen Mom OG (N)	Teen Mom	Teen Mom 2	Teen Mom	Teen Mom 2	Teen Mom	Teen Mom	Teen Mom	Teen Mom						
NGEO 109	109	Drain the Ocean	Drain The Oceans	Drain The Oceans	Drain The Oceans (N)	Hitler "Panzer Fury" (N)	Drain "Deadly Pacific"	Hitler "Panzer Fury"	Africa "Ambush Hunters"	Africa D. "Cat Attack"	186	276									
NICK 14	4:30	The Loud House	Keep It	*** To Be Announced	Full House	Friends	05 Friends	40 Friends	15 Friends	50 2 1/2 Men	25 Two and a Half Men	2 1/2 Men	35 2 1/2 Men	170	299						
SPIKE 47	47	Mom	Friends	Friends	Friends	Cops	Cops	Cops (N)	Cops	Cops	Cops										
SYFY 32	4:00	*** Skyfall (12) Daniel Craig.	*** 300 (06) Lena Headey, Dominic West, Gerard Butler.	*** The Time Machine (01) Guy Pearce.	*** Exposed (16) Ana de Armas, Keanu Reeves.	Face Off	122	244													
TBS 16	16	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Joker's	Conan	Brooklyn	Conan	2 Broke G.	2 Broke G.	2 Broke G.	139	247			
TLN 98	98	Couponing	Couponing	90 Day Fiancé "Big Little Lies"	90 Day Fiancé "Not Off the Hook" (N)	90 Day Fiancé "Big Little Lies"	90 Day Fiancé "Not Off the Hook" (N)	90 Day Fiancé "Big Little Lies"	90 Day Fiancé "Not Off the Hook" (N)	90 Day Fiancé "Big Little Lies"	90 Day Fiancé "Not Off the Hook" (N)	90 Day Fiancé "Big Little Lies"	90 Day Fiancé "Not Off the Hook" (N)	90 Day Fiancé "Big Little Lies"	90 Day Fiancé "Not Off the Hook" (N)	90 Day Fiancé "Big Little Lies"	90 Day Fiancé "Not Off the Hook" (N)	90 Day Fiancé "Big Little Lies"	90 Day Fiancé "Not Off the Hook" (N)	90 Day Fiancé "Big Little Lies"	
TNT 23	23	*** Bad Words (14) Jason Bateman.	*** Old School (03) Will Ferrell, Luke	*** Vacation (15) Christina Applegate, Ed	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones	Bones
TVLAND 22	22	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	Loves Ray	Loves Ray	Loves Ray	Loves Ray	2 1/2 Men	2 1/2 Men	Queens	Queens	Queens	Queens	2 1/2 Men	2 1/2 Men	Christine	Christine	106	304
USA 26	26	Modern	Modern	Modern	Modern	WWE Monday Night Raw															

# Tuesday Best Bets

## NCIS

18.1 WECP 6.1 WCTV 7:00 p.m.

Gibbs (Mark Harmon) and the team dig for answers after a navy lieutenant who seemed happy and successful appears to have taken her own life in this rebroadcast, with their investigation leading them to friends and family from both her past and present.

## Beat Shazam

28 WPGX 34 WDFX 49.1 WTLH 7:00 p.m.

Teams go ear to ear as they race to identify some of the most popular songs of all time in this unique game show hosted by Oscar winner Jamie Foxx. The winning team faces off against Shazam, the popular song identification app.



McKenzie Westmore hosts "Face Off"

## Chopped

FOOD 8:00 p.m.

Famed TV personality and author Martha Stewart joins the panel as a guest judge in this new episode. She tastes a corn dog for the first time following the appetizer round. Later, the chefs work with lamb and pie.

## Face Off

SYFY

hollywood **Q&A**

**By Adam Thomlison**  
TV Media

**Q: Is there going to be a "Golden Girls" reunion/reboot? It seems pretty ripe — at least as ripe as "Roseanne."**

A: You certainly have a point. "The Golden Girls" remains a well-loved sitcom that's remained in the public consciousness thanks to the younger generation's embrace of Betty White, and thus seems like a perfect candidate for a return, a la "Roseanne," which was (in)famously rebooted last year.

However, "The Golden Girls" has a pretty sad reality to get past: White is the only one of the "Girls" who's still alive.

Bea Arthur (who played Dorothy in the 1985-1992 series) died in 2009, a year after Estelle Getty (Sophia) and a year before Rue McClanahan (Blanche).

White, who was in fact the oldest of the four stars, is the last one standing.

Of course, this doesn't preclude a reboot with new stars. Here's my pitch: a reboot of the show with younger actors and White playing the cantankerous Sophia character.

White's still working, so that part wouldn't necessarily be a problem. She most recently appeared in an episode of the oddball comedy talk show "Fireside Chat With Esther" in January, but was working full time up to 2015 on her last series, "Hot in Cleveland."

In the meantime, you can scratch your "Golden Girls" itch by learning a new language and watching either of the two foreign remakes: the Dutch one released in 2012, or the Chilean version released in 2015 (as "Los Años Dorados").

**Q: Is Mindy Kaling getting another TV show soon? I miss her.**

A: Wishing another series on Mindy Kaling would be more like a

curse right now. When would she find the time to do it?

The former star, head writer and producer of "The Mindy Project," which wrapped last year after six seasons, is pretty busy these days, despite no longer having a starring TV role.

For example, she actually has two TV shows on the go right now, just not (yet) as the star.

She wrote, produced and occasionally guest-starred in "Champions," a sitcom that debuted earlier this year on NBC. And just last month, Hulu (the web streaming channel that picked up "The Mindy Project" after Fox dropped it) announced it would produce Kaling's proposed TV version of "Four Weddings and a Funeral," the big-screen hit romantic comedy from 1994.

There's been no official word on whether she'll star in that series or

just write or produce it, but it's already pretty well stuffed with producers — Tim Bevan and Eric Fellner, who co-produced the original film, will produce the series as well.

Kaling also just did that little movie "Ocean's 8." And by "little," of course I mean one of the most anticipated films of this year. She co-starred in the female-led reboot of the "Ocean's" franchise made famous first by Frank Sinatra and the Rat Pack, and more recently by George Clooney and friends.

Indeed, she's been devoting a lot of her precious time to films lately. She also appeared in the Disney production of the classic children's book "A Wrinkle in Time" earlier this year — opposite Oprah Winfrey, no less.

And she's got another big-screener coming down the pike. She'll star in the indie comedy "Late Night," based on her own

screenplay and also starring screen greats Emma Thompson and John Lithgow. That one's just starting production, with a projected release sometime next year.

**Q: Is Rocky Carroll coming back for the next season of "NCIS"? The last season finale has me worried.**

A: You're not alone. Rocky Carroll sounds a little worried, too.

Without giving too much away, Carroll's character, NCIS Director Leon Vance, ends the season as the captive of a seemingly pretty bad character, and his life is clearly in danger.

The show has been renewed for a 16th season, but no plot details have been released yet. Even the actor himself seems to know no more about his future on the show than we do.

Fans sent messages of support and concern to Carroll's Twitter account after the finale, and in response he only said, "Thanks for the kind words. Keep your fingers crossed for Vance!"

Of course, we all have good reason to worry. Fans are painfully aware that the show is willing to write off major characters — Abby (played in all 15 seasons by Pauley Perrette) left the show last season, and people are still sore at the exit

of Ziva (Cote de Pablo) in season 11. If the show is able to survive after the exit of major characters like that, you begin to realize that anyone's expendable.

Indeed, Gibbs (Mark Harmon) and Ducky (David McCallum) are the only two original characters left on the show.

We at least know that they'll be returning. When CBS announced the season 16 renewal, it mentioned Harmon by name, saying, "We're thrilled he is returning as the centerpiece of the show."

And McCallum announced on his personal Facebook page that he had signed a contract for the new season, though "once again it will be a limited schedule," to allow him time to spend with his family.

Have a question? Email us at [questions@tvtabloid.com](mailto:questions@tvtabloid.com).

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



Bea Arthur, Betty White and Estelle Getty as seen in "The Golden Girls"

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**Sudoku**

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Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

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late **Laughs**

**Conan**

A video has surfaced from a Burger King of two mice running around inside a bag of hamburger buns. Or, as Arby's calls that, "The Special."

The Supreme Court ruled that a baker in Colorado can refuse to make a wedding cake for a same-sex couple on religious grounds. Ladies and gentlemen, in my opinion, if there's anything America is not going to stand for, it's less cake.

Many fans have started an online petition urging ABC to continue the show "Roseanne" without Roseanne. In a related story, Andy [Richter] has started a similar petition about the show "Conan."

In a new interview, Kanye West talks about being bipolar. Kanye said sometimes he loves himself, but other times, he really loves himself.

In the United Kingdom, a baby's first word was "Alexa." The baby's next words were "Get me new parents."

Yesterday, first lady Melania Trump appeared at her first White House event in a month. Or, as Melania put it, "they found me."

It's been reported that Donald Trump's family fortune originated from a brothel started by his grandfather. Isn't that shocking — there was once a Trump business that made money.

**The Tonight Show With Jimmy Fallon**

A man in Pennsylvania was arrested for stealing meatballs from a man's garage. I can't tell who's weirder, the guy who stole meatballs, or the guy who keeps them in his garage.

A Sonic fast-food restaurant in Mississippi had to put up a sign asking people in the drive-thru to stop smoking weed. You can tell the sign worked, because that Sonic has now gone out of business.

I heard about a married couple in China that just discovered they were in the same photo before they knew each other 20 years ago. The wife thought it was

sweet, until she noticed him in the background of EVERY one of her childhood photos.

I heard about a man in Arizona who called the police asking if the dinosaur decorations in his local park were real dinosaurs. The cops said, "No, but the mushrooms you ate were DEFINITELY real."

I saw that Amazon agreed to buy a smart doorbell company that lets you see people who are at your door. That way if it's a stranger, you can pretend you're not home. And if it's someone you know, you can pretend you're not home.

**The Late Late Show With James Corden**

A new restaurant has opened in Boston where all the food is cooked by robots. The restaurant was started by a group of engineers from the Massachusetts Institute of Technology. A robot that can cook a meal. Is this a new thing? Isn't this just a microwave? I'm pretty sure I had a robot make me a frozen burrito last night.

A plane in Holland was forced to make an emergency landing after a passenger's body odor was so bad that it caused others to vomit and faint. You know it's bad when people are going into the airplane bathroom for some fresh air.

First lady Melania Trump attended a reception today, marking her first public appearance in three weeks. This ended much speculation about her whereabouts. Turns out Melania was in the White House with her husband, Donald Trump, the whole time. So, it's worse than we all thought.

**Jimmy Kimmel Live**

No NBA team has ever come back from a 3-0 deficit to win a playoff series. At this point, "Roseanne" has a better chance of coming back to ABC than the Cavaliers.

**Late Night With Seth Meyers**

A Virginia set of identical twin sisters will marry a set of identical twin brothers in a joint wedding this summer. They're registered at Kinkos.

new on **Video**

**Blockers**

Three high school seniors — Julie (Newton), Kayla (Viswanathan) and Sam (Adlon) — make a pact that on the day of their prom, they'll each lose their virginity before the end of the night. Before the prom, their parents, including Julie's mother, Lisa (Mann), Kayla's overprotective father, Mitchell (Cena), and Sam's absent dad, Hunter (Barinholtz), throw them a party, but when the girls leave an open laptop behind, the secret is spilled to their parents. All three parents become determined to stop their daughters from making a huge mistake and set out to block their "first times" by any means necessary, learning a lot about themselves and their own hang-ups and relationships with their daughters along the way.

Director: Kay Cannon. Stars: Leslie Mann, John Cena, Ike Barinholtz, Kathryn Newton, Geraldine Viswanathan, Gideon Adlon. 2018. 102 min. Comedy.

**Beirut**

A decade after his wife was killed in Beirut, Lebanon, Mason Skiles (Hamm), a former diplomat, is forced to confront his demons when he returns to the city to negotiate the release of a kidnapped CIA agent with whom he was once friends. He is shocked to discover that the leader of the kidnappers is Karim (Chender), whom he had cared for as a child when he lived in the city. Karim demands the release of his brother, whom he claims the Americans have in custody, but with the local American agents denying that they have him, Skiles is forced to chase leads to his whereabouts before time runs out.

Director: Brad Anderson. Stars: Jon Hamm, Rosamund Pike, Dean Norris, Idir Chender, Mark Pellegrino. 2018. 109 min. Drama.



Ike Barinholtz, Leslie Mann and John Cena in a scene from "Blockers"

# Health & Wellness

June 2018 | A Special Supplement to

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## Subduing Stress

Healthy ways to relieve stress throughout the day

## From Head to Toe

The many ways cardiovascular exercise benefits your body

## What is Dehydration

Identifying and understanding the seriousness of dehydration

## Conquering Your Compulsions

Simple ways to kick bad habits





## Healthy ways to relieve stress throughout the day

**S**tress affects people from all walks of life, and the causes of stress are as varied as the people it afflicts.

In its 2017 Stress in America™ survey, the American Psychological Association found that the **three most common sources of stress were the future of the nation** (63 percent), **money** (62 percent) and **work** (61 percent). According to the National Institute of Mental Health, routine stress that becomes chronic can result in a host of negative side effects. Such stress can suppress the immune system, disrupt digestion and have an adverse effect on sleep. But men and women who feel stressed at the end of each day need not resign themselves to sleepless nights and/or weakened immune systems. A proactive approach to alleviating stress during the day can help men and women reduce their stress levels and avoid the negative side effects associated with chronic stress.

**Walk away.** The APA notes that taking a break from a stressor is one of a handful of healthy techniques that research has indicated is a successful way to reduce stress, both in the short- and long-term. If a project at work is proving especially stressful, step away for a short period of time to do something else, whether it's to go for a brief walk or converse with a coworker about something unrelated to the project. Avoiding the stress entirely, especially if it's a work project or a bill that must be paid, is not the answer. But a short break from the stressor and thinking about it can provide a new perspective and time to calm down.

**Meditate.** When stressed out, men and women should not discount the potential benefits of meditation. Researchers from Johns Hopkins University examined more than 19,000 meditation studies, ultimately concluding that mindful meditation can ease stresses like anxiety, depression and pain. The APA notes that such meditation has been found to reap immediate benefits, potentially helping people who can find time to meditate during the day to prevent their stress from accumulating throughout a hectic workday.

**Find time to exercise.** The APA notes that research continues to support the notion that exercise is as beneficial to the mind as it is to the body. Exercising several days per week is especially beneficial to mind and body, but even 20-minute exercise sessions, including a walk around the grounds of an office complex or a quick swim during a lunch break, in the midst of stressful days can help people combat stress for several hours afterward.

**Delegate more during the day.** Work is the third-leading source of stress among Americans. Men and women who feel overworked may benefit by delegating more tasks during their days or simply stepping back and taking on less work. The potential effects on your career of taking on less work will likely pale in comparison to the toll chronic stress, which can contribute to heart disease and stroke, takes on your body.

Stress is a part of daily life for many people. But there are several simple and quick ways for stressed out men and women to reduce their stress during the day.

## The effects of alcohol on the body



**A**ccording to the 2015 National Survey on Drug Use and Health, 56 percent of adults age 18 and over reported drinking alcohol in the past month. The prevalence of alcohol is undeniable, and many drinkers seem unfazed by the short- and long-term effects of alcohol consumption. While drinking in moderation may not necessarily prove harmful, the National Institute on Alcohol Abuse and Alcoholism notes that excessive alcohol consumption, whether it's on a single occasion or over time, can take a serious toll on various areas of the body.

**Brain:** Alcohol can affect how the brain looks and works, interfering with its communication pathways and potentially disrupting one's mood and behavior. In addition, alcohol can affect a person's ability to think clearly and adversely affect coordination.

**Heart:** Heart problems associated with longtime excessive alcohol consumption or even too much alcohol on a single occasion include cardiomyopathy, a disease of the heart muscle that compromises its ability to pump blood to the rest of the body. Irregular heart beat, stroke and high blood pressure are some additional heart conditions that can result from excessive alcohol consumption.

**Pancreas:** The pancreas is a gland located in the abdomen that, among other things, aids in the digestive process. The NIAAA notes that alcohol causes the pancreas to produce toxic substances that

can lead to pancreatitis. An inflammation and swelling of blood vessels in the pancreas, pancreatitis can prevent proper digestion and produce pain in the upper abdomen that can spread to the back as well.

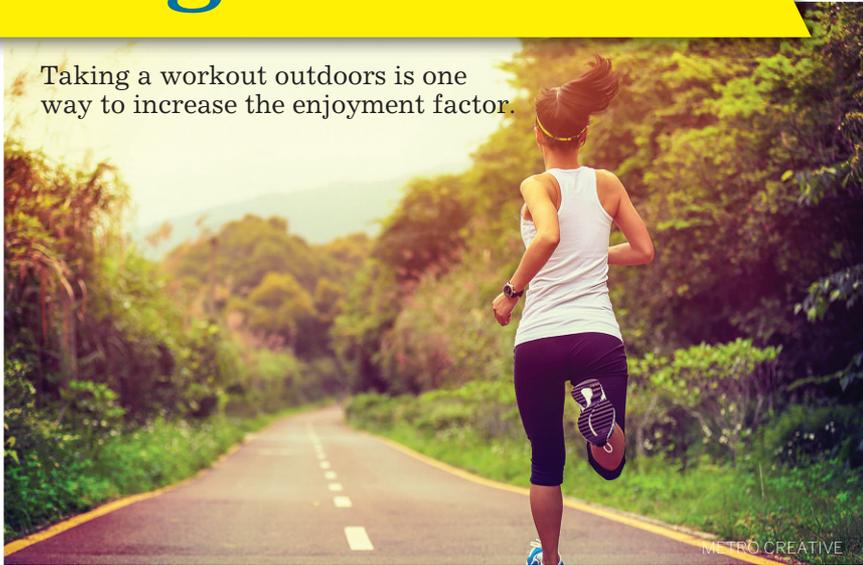
**Liver:** Cirrhosis, a chronic disease of the liver that's often linked to alcoholism, may be the most widely known liver disease associated with alcohol. However, additional diseases, including alcoholic hepatitis, fibrosis and steatosis also may result from heavy drinking. Roughly 35 percent of long-term drinkers develop alcoholic hepatitis, the presence of which may require liver transplants if other courses of treatment, such as dietary changes and quitting alcohol, are ineffective. Fibrosis refers to scar tissue in the liver, while the Cleveland Clinic notes that steatosis, or fatty liver, that occurs after acute alcohol ingestion is generally reversible with abstinence.

**Immune system:** Excessive alcohol consumption weakens the immune system, leaving acute and chronic heavy drinkers vulnerable to disease. Single occasion heavy drinkers may find their ability to defend themselves against infection is weakened for up to 24 hours after getting drunk. Chronic heavy drinkers are more susceptible to diseases such as pneumonia and tuberculosis than people who drink in moderation or not at all.

**Cancer:** Excessive alcohol consumption also has been linked to a host of cancers, including cancers of the mouth, esophagus, throat, liver, and breast.

# 5 fun ways to get fit

Taking a workout outdoors is one way to increase the enjoyment factor.



Exercise benefits both the mind and body. Study after study indicates how physical activity can reduce the propensity for illness, boost mood, lower stress levels, and much more. Still, certain people find it difficult to muster the motivation to get up and move.

In 2013, researchers at the Centers for Disease Control and Prevention analyzed data from more than 450,000 American adults ages 18 and older who were randomly polled across the 50 states. Participants were asked about aerobic physical activity outside of their jobs. The findings were eye-opening. Estimates indicated nearly 80 percent of American adults do not get the recommended amounts of exercise each week. People most likely to exercise, according to the CDC study, were between the ages of 18 and 24.

Lack of time and inspiration may be to blame for disinterest in exercise. Boredom with routine and being unaware of alternative fitness regimens also may be contributing factors. Increasing the fun associated with workouts could lead to greater success in or outside of the gym.

## 1. Do what you enjoy.

Wasting time on activities that you don't enjoy may cause you to throw in the towel prematurely. Don't base fitness choices around what worked

for others; find things that work for you. Exercise physiologists at John Hopkins Weight Management Center say to start with an activity that you already enjoy, even if it's aligned with the trend of the moment. Chances are you can find a class or make up a routine that works for you.

## 2. Tweak your playlist.

Music can improve performance during a workout and may actually take your mind off of strenuous or repetitive activity. Tunes also can be coordinated to the workout. Songs that feature lyrics such as run, punch, push, or groove can reinforce movements in the routine, offers the National Academy of Sports Medicine. Also, tailor songs to coordinate to the beats per minute of different activities. Strength activities and endurance activities can feature songs with higher BPMs.

## 3. Exercise with friends or a group.

Having other people around can make workouts more enjoyable, and that interaction may spur competition that can make you more inclined to stay the course. People who were in the competitive groups in a study of 800 graduate and professional students at the University of Pennsylvania went to 90 percent more classes than those who exercised independently or were



not competitive. The results were published in the journal Preventative Medicine Reports. Competition can be a driving factor in efforts to exercise.

## 4. Head outdoors.

You may be more inclined to workout if you do so outside. Activities such as hiking, snowshoeing, swimming, and cycling on natural courses can be inspiring and burn calories.

## 5. Try sports or another activity.

Exercise regimens do not have to include running on a treadmill or lifting weights. All types of activities can work, and some may be more enjoyable to you than traditional exercises. Everything from martial arts to dance classes to volleyball can offer cardiovascular and muscle-building benefits in a fun atmosphere.

Making exercise fun motivates many people to embrace fitness and stick with their workout regimens.

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# The many ways cardiovascular exercise benefits your body

**C**ardiovascular exercise has long been noted as an important component of a well-rounded fitness regimen. But even the most ardent exercise enthusiast may not know just how profound an impact cardiovascular exercise, often referred to as “cardio,” can have on various parts of the body. According to the Cleveland Clinic, cardio affects the body from head to toe, providing some surprising benefits.

- **Brain:** The brain benefits from cardiovascular exercise in myriad ways. Cardio increases blood flow and decreases a person’s risk of stroke, a potentially debilitating and even deadly interruption in the flow of blood to the brain. Cardio also has been shown to improve memory and cognitive ability, while helping men and women combat age-related decline in brain function.

- **Skin:** Even skin, the largest organ in the human body, can

benefit from cardio. Routine cardiovascular exercise can increase circulation, contributing to clearer, healthier skin.

- **Blood:** The blood that flows throughout the human body is no exception when it comes to benefitting from cardiovascular exercise. Cardio helps control blood sugar and improves levels of high-density lipoprotein, also known as “good” cholesterol.

- **Muscles:** Exercise enthusiasts who love to strength train should not discount the benefits of including cardio in their workout regimens, which can increase oxygen supply to muscles, allowing them to work harder. Cardio also helps muscles adapt to an increased workload that can make routine activities seem easier.

- **Pancreas:** Cardio improves the ability of the pancreas to control the body’s blood sugar levels, thereby decreasing stress on this vital gland and reducing a

person’s risk of developing type 2 diabetes.

- **Lungs:** The lungs benefit from cardiovascular exercise because cardio improves exercise ability, decreasing the demand on the lungs the more people exercise. That also helps reduce fatigue and shortness of breath in people with chronic lung problems.

- **Bones and joints:** Cardio has a profound impact on bones and joints, helping even those with arthritis more capably manage their discomfort and maintain their range of motion. Aging men and women can employ cardiovascular exercise to combat osteoporosis, a condition linked to aging in which bones become fragile and brittle from loss of tissue.

- **Mind:** Cardiovascular exercise has even been shown to improve mood, especially when cardio is performed at the end of stressful days. Cardio also can help combat depression and improve self-esteem.

**M**any people view swimming as a purely recreational activity, but the health benefits of swimming should not be overlooked.

Swimming is a great way to get fit, providing great cardiovascular exercise that’s easy on the joints. Swimming engages a variety of muscle groups, making it a great way to get a complete workout. The following are some additional benefits of including swimming as part of your exercise regimen.

- When swimming, muscles are worked hard, which can help build strength. Much of that work can be traced to the fact that water is far more

resistant than air, forcing a body in water to work harder to move than it would if it were walking on solid ground.

- Water buoyancy can enable people to do exercises that would be jarring on land. In water, roughly 90 percent of the body is buoyant. That means working out in the water will put less strain on the knees and hips when it comes to performing high-impact jumping exercises.

- Swimming is a great cardiovascular workout. Swimming can elevate the heart rate to an optimal level and work the lungs, too. Pushing oneself harder and harder can help to burn calories and lead to weight loss.

- Just about every muscle is used when a body is swimming. Swimming targets the shoulders, back, arms, legs, hips, and gluteals without requiring complicated workout equipment.

- Swimming may help improve coordination, balance and posture. Swimming also may promote greater flexibility by stretching the body through fluid movements.

While swimming is often considered a relaxing activity tailor-made for warm summer days, it also provides a complete and demanding workout that can benefit the body in a variety of ways.

*Did you know?*



## The types of psychotherapy

Sometimes referred to as “talk therapy,” psychotherapy is used to help people with a variety of mental illnesses and emotional difficulties. One of the goals of psychotherapy is to eliminate or control symptoms that can adversely affect a person’s overall well-being and ability to function.

People who are skeptical of psychotherapy should know that hundreds of studies have found it helps people make positive changes in their lives. The American Psychological Association notes that reviews of these studies found that roughly 75 percent of people who enter psychotherapy show some benefit, while other reviews indicate that the average person who engages in psychotherapy is better off by the end of treatment than 80 percent of those who do not receive any treatment.

The National Institute of Mental Health notes that more than one-quarter of American adults experience depression, anxiety or another mental disorder in any given year. Psychotherapy may be considered to help people dealing with such mental illnesses. Mental health professionals use several types of psychotherapy to treat men and women in their care and may even combine elements from some of the following therapies to meet the needs of the people they’re treating.

**Cognitive behavioral therapy:** Cognitive behavioral therapy, or CBT, can help people identify and change harmful or ineffective thinking and behavior patterns. The American Psychiatric Association (APA) notes that CBT aims to replace these thoughts and behaviors with more accurate and functional thoughts and behaviors. CBT may involve practicing new skills in the real world. Dialectical behavior

therapy is a specific type of CBT that helps people regulate their emotions and teaches them skills to help them take personal responsibility in regard to changing their unhealthy or disruptive behaviors.

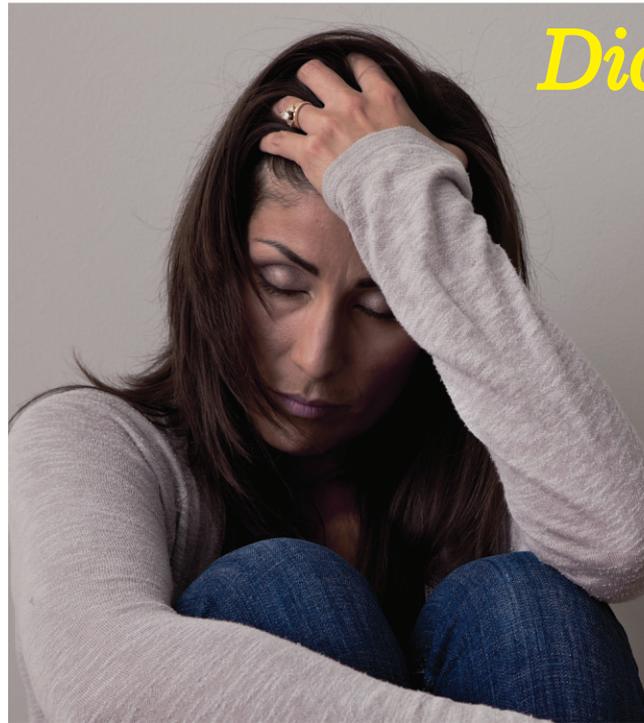
**Interpersonal therapy:** A short-term form of treatment, interpersonal therapy, or IPT, helps people understand troublesome interpersonal issues such as grief, changes in social or work roles and conflicts with significant others. According to the APA, IPT can

help people learn healthy ways to express their emotions and how to improve the way they communicate with others.

**Psychodynamic therapy:** The APA notes that psychodynamic therapy takes the perspective that behavior and mental well-being are influenced by childhood experiences and inappropriate thoughts or feelings that are outside of a person’s awareness. A person receiving psychodynamic therapy works with his or her therapist to improve self-awareness.

**Supportive therapy:** Employing guidance and encouragement to help people develop their own resources, supportive therapy aims to build self-esteem, reduce anxiety and strengthen coping mechanisms. Supportive therapy also aims to help people improve their social and community functioning.

Therapists may rely on various therapies to treat patients with mental illness and emotional difficulties. Learn more about psychotherapy at [www.psychiatry.org](http://www.psychiatry.org).



## Did you know?

According to the American Psychiatric Association, psychotherapy is a way to help people with a variety of mental illnesses and emotional difficulties. Sometimes referred to as “talk therapy,” psychotherapy can help people cope with difficulties they face in their daily lives, but also help people deal with extraordinary events, such as the death of a loved one or the diagnosis of a medical illness. Psychotherapy also can help people cope with the impact of trauma. Psychotherapy sessions can involve a single individual or be conducted in small or large groups. Short-term psychotherapy sessions to deal with immediate issues may require just a few visits with a therapist, while long-term sessions may require months or years to help people fully cope with longstanding, complex issues. Though some might be skeptical of psychotherapy, a 2016 study from the American Psychological Association found that **roughly 75 percent of people who enter psychotherapy benefit from their therapy in some way.** In addition, the American Psychiatric Association notes that psychotherapy has been linked to positive changes in the brain and body.

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# Simple ways to kick bad habits

Educating oneself about the consequences of unhealthy behaviors, such as smoking, may compel people to overcome their bad habits.

**B**ad habits run the gamut, from the relatively innocuous, such as biting one's nails, to the potentially deadly, such as smoking tobacco. As much as people may strive to avoid bad habits, few people may say they don't have at least one.

A 2015 *60 Minutes/Vanity Fair* poll found that people tend to be more judgmental of themselves than others when it comes to bad habits. Nearly seven in 10 Americans admitted they judge themselves more than they judge other people. Men and women who are hard on themselves when it comes to their bad habits may want to try some of the following techniques to break those behaviors.

**Employ the buddy system.** Men and women who aspire to lose weight often stay motivated by exercising alongside a friend or family member and/or encouraging their families to adopt certain dietary changes. The buddy system also can be employed when trying to break bad habits. Whether a partner, family member or friend is trying to break the same bad habit or not, having someone along to praise

your successes and discourage you from falling back into bad habits can make overcoming certain behaviors that much easier.

**Try something new.** When trying to quit a bad habit, having something to do in its place can help. For example, men and women who want to spend less time staring at their devices or watching television can benefit from finding something healthy to do in the hours they would normally be spending online or on the couch. For example, adults may find joining a recreational sports league gets them out of the house on weeknights when they would otherwise be sitting at home watching television. Replacing something that's perceived as a negative habit or behavior with one that's considered positive can provide the motivation necessary to kick a bad habit.

**Figure out what's triggering your bad habit.** Another way to kick a bad habit is to understand what triggers it. Such an understanding can help people develop healthier reactions to the triggers, ultimately eliminating the bad habit. For example, if stress at the office compels you to smoke a cigarette, you can prepare healthier ways to respond to that stress, such as walking around the office, than heading outside to smoke a cigarette. When necessary, speak to a psychologist about identifying triggers if you cannot identify them on your own.

**Educate yourself.** Adults with especially harmful bad habits, such as excessive alcohol consumption or smoking, may find all the motivation they need to change their behaviors by educating themselves. For instance,

smokers may be surprised to learn that, according to the U.S. Department of Health and Human Services, more than 10 times as many American citizens have died prematurely from cigarette smoking than have died in all the wars fought by the United States combined. The National Institute on Alcohol Abuse and Alcoholism notes that excessive alcohol consumption over a long period of time can cause cardiomyopathy, arrhythmia, stroke, and high blood pressure. People may recognize that smoking and excessive alcohol consumption are bad for them, but learning just how bad might provide the spark they need to change their ways.

Breaking bad habits is seldom easy. But adults who commit to changing their ways can overcome even the worst of habits.

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# Tips to improve memory



A diet that includes lots of vegetables and fish can help men and women reduce their risk for cognitive decline.

**F**orgetfulness can affect anyone. For example, few, if any, adults can say they have not experienced moments when they could not find their keys. And once the keys are found, people move on without giving much thought to why they did not immediately remember where they left their keys.

Isolated incidents where people cannot recall where they placed their car keys or other minor bouts with forgetfulness do not occur by accident. In fact, the Harvard Medical School notes that they are likely byproducts of age-related changes in thinking skills. When people reach their 50s, chemical and structural changes in the brain may begin to occur, and these changes can affect a person's ability to process memories.

Father Time may be a formidable foe, but people can take steps to give their memories a boost as they get older.

**Embrace recognition instead of trusting recall.** Dr. Joel Salinas, a neurologist who specializes in behavioral neurology and neuropsychiatry at Massachusetts General Hospital, notes that human beings are better at recognition than recall. That means people are more likely to remember something they read, such as a note or a list, than something they're simply told.

**Recognize the value of repetition.** The Harvard Medical School notes that people might be more inclined to remember what they hear if they repeat it out loud. Names and addresses might be more easily remembered after they're repeated out loud because repetition increases

the likelihood that the brain will record the information and be capable of retrieving it later. When studying for exams, many students repeat important points to themselves time and again, and that same approach can be applied by adults who are trying to improve their memories.

**Eat a healthy diet.** A study published in 2015 in the journal *Neurology* found that people who eat healthy diets with lots of fruits, vegetables, nuts, and fish and little alcohol and red meat may be less likely to experience declines in their memory and thinking skills. Authored by Andrew Smyth of McMaster University in Ontario and the National University of Ireland in Galway, the study following more than 27,000 people in 40 countries for an average of roughly five years. All participants were 55 and older and had diabetes or a history of heart disease, stroke or peripheral artery disease. Those who ate the healthiest diets were 24 percent less likely to experience cognitive decline than people with the least healthy diets.

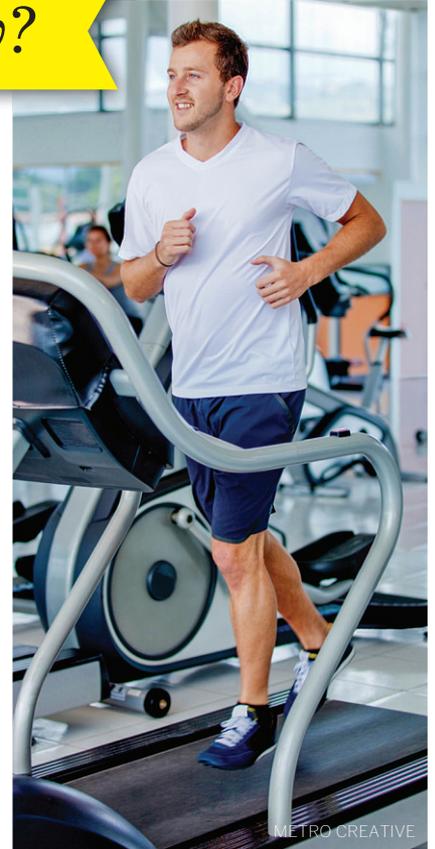
**Break things down.** Breaking things down into small chunks also can help improve memory. If tasked with remembering something extensive, such as a speech, focus on a single sentence at a time, only moving on to the next sentence when you're confident you have successfully committed the preceding sentence to memory.

Periodic memory lapses are often nothing to worry about. But men and women concerned about maintaining their memories can employ various strategies to do just that.

## Did you know?

**A**ccording to the American Psychological Association's 2017 Stress in America™ survey, **53 percent of Americans look to physical activity as a means of coping with their stress.**

Exercising or walking was the most popular form of physical activity cited, with 46 percent of respondents indicating they looked to these activities to cope with their stress. In addition, more people seem to be looking to yoga and meditation to help them deal with their stress. While only 12 percent of respondents indicated they practice yoga or meditation to deal with stress, that marks a sizable increase from a year earlier, when 9 percent of respondents cited yoga and meditation among the methods they used to cope with stress. While they're not physical activities, listening to music (47 percent) and prayer (29 percent) were other mechanisms people relied on to cope with their stress.



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# Identifying and understanding dehydration



**D**ehydration is a simple condition to understand, but one that can lead to a host of complicated problems. Many people may be quick to associate dehydration with athletes, particularly those who exercise outdoors in warm climates. But dehydration can affect anyone at any time, which only highlights why men, women and even children should learn to identify signs of dehydration and what to do should it surface.

## What is dehydration?

Dehydration happens when the loss of body fluids, namely water, exceeds the amount of fluids that is taken in. When a person is diagnosed as dehydrated, that typically means his or her body has lost so much fluid that it has begun to lose its ability to function normally.

## Who is vulnerable to dehydration?

Anyone can suffer from dehydration, which can be especially dangerous to young children and older adults. The Mayo Clinic notes that older adults, who naturally have a lower volume of water in their bodies, may not feel thirsty until they are already dehydrated, so it's important that aging men and women understand that thirst is not always the best indicator that they're becoming dehydrated. Babies may become dehydrated when they get sick with an illness that causes vomiting and diarrhea. But even teens and otherwise healthy adults can suffer from dehydration.

## What are the symptoms of dehydration?

Symptoms of dehydration vary with age. Parents of babies and young children should be on the lookout for signs of dehydrations, as infants and even toddlers may not be able to communicate that something is wrong.

Signs of dehydration in infants and young children include dry mouth and tongue, a lack of tears when crying, sunken eyes and cheeks, and a sunken soft spot on the top of the skull. In addition, babies who produce no wet diapers for three hours may be suffering from dehydration. A sense of listlessness or irritability in infants and young children is another potential indicator of dehydration.

Adults who experience extreme thirst may be suffering from dehydration. Less frequent urination and a dark-colored urine when going to the bathroom also is symptomatic of dehydration. Fatigue, dizziness and confusion are some additional indicators of dehydration in adults.

## Can dehydration be prevented?

Dehydration can affect anyone, but there are ways to prevent it, even among those people who are especially susceptible to dehydration, such as children and older adults.

Parents of babies who are vomiting or experiencing diarrhea should speak with their pediatricians and discuss the ways to prevent such children from becoming dehydrated.

Breastfeeding more frequently and giving the baby a medicine such as Pedialyte® can prevent the occurrence of dehydration in babies who are sick. The Mayo Clinic recommends parents take a proactive approach to preventing dehydration in young children, meaning they should not wait until dehydration occurs or symptoms of dehydration present themselves before taking action.

Adults who want to prevent dehydration should drink plenty of fluids and include lots of fruits and vegetables in their diets. Such foods contain lots of water and can help the body avoid becoming dehydrated.

The Mayo Clinic recommends that athletes begin hydrating the day before engaging in strenuous exercise. A telltale sign of a well-hydrated body is clear, diluted urine. Athletes should replenish their fluids during exercise and continue doing so even after they finish working out or competing.

Older adults should make a concerted effort to drink more fluids when suffering from minor illnesses, which is when such men and women most commonly become dehydrated. Drink extra water when battling influenza, bronchitis or bladder infections, remembering that feelings of thirst often surface only after the body has become dehydrated.

Dehydration is a serious yet preventable threat to men, women and children. Learn more at [www.mayoclinic.org](http://www.mayoclinic.org).

*Did you know?*



**W**orking out close to bedtime may not be as detrimental to sleep as previously thought. In fact, some sleep experts are now saying that workout sessions — including those that occur late in the day — can be mutually beneficial for improving sleep duration and quality. In the past, researchers believed that exercise in the evening could increase heart rate, raise core body temperature and send stimulating hormones, such as cortisol and adrenaline, through the body, which could adversely affect sleep. However, recent findings say it's not all that troublesome. A study in the *Journal of Sleep Research* found that people who exercised vigorously for 35 minutes before bed slept as well as they did on nights when they did not exercise. The National Sleep Foundation's 2013 Sleep in America poll also showed that people who exercised reported they snoozed better than those who didn't work out, and exercising closer to bedtime did not affect sleep quality. Dr. Stuart Quan, a professor of sleep medicine at Harvard Medical School, says the best workout time generally varies from person to person. Those who want to exercise at night can see how it impacts their sleep. If no problems occur, then nighttime workouts can continue. It's also notable to point out that adrenaline and cortisol only take an hour to regulate and return to normal levels after vigorous activity. So slipping under the sheets an hour or two after a workout may be the best advice for nocturnal fitness fans.

# Is micellar water worth the health and beauty hype?



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Micellar water has changed how many people take care of their skin.

shampoos. They help make oils and makeups soluble in water.

## What do micelles do?

Micellar water has the viscosity of water and it looks like water. But when feeling micellar water, people can tell that it feels softer and has a different texture than water. The idea is that water-loving “head” of the micelle will adhere to the water and cleansing cotton, while the oil-absorbing “tail” of the micelles are attracted to dirt and oil and can draw out impurities in the skin. But micellar water is gentler than many surfactants used in cleansers, so it will work without irritation or drying out the skin. That is why it is often marketed as a facial wash, moisturizer and makeup remover all in one.

Micellar water is not new. In fact, it has been around and used for more than 100 years, first gaining momentum in France, where it was designed to help Parisians deal with the harsh water in France. When new soaps and lotions were developed through the years, micellar water fell out of favor in different areas of the world. However, it recently has enjoyed a resurgence in popularity and is attracting many new fans.

According to dermatologist and Simple® brand skincare expert Dr. Debra Luftman, micellar water is safe for all skin types and is designed to be used without having to wash off the product afterward. It may not work well on waterproof mascara or other stubborn eye makeup, and people with oily skin may find it isn't thorough at removing all oil. Micelle tails can only hold on to so much grime; therefore, it may take a few fresh passes to get skin extra clean.

Earlier incarnations of micellar water were only available in France, but manufacturers elsewhere have jumped on the craze. Micellar water can now be found in many retail shops as well as online.

Micellar water is an increasingly popular beauty trend that many are touting as a potential replacement for cleaning and moisturizing supplies. Those who are unfamiliar with micellar water may wonder how it can revamp their wellness routines.

## Chemistry at the root of micelles

The story behind micellar water begins with a cursory lesson in chemistry. Micelles are chemical structures that contain both hydrophilic and hydrophobic structures. Hydrophilic parts will mix in with water and hydrophobic repel water and are also lipophilic, meaning they like to absorb oils. Micelles form when there is an ideal temperature in the medium. In the case of micellar water, this is the water itself and a certain concentration of electrolytes, referred to as the Critical Micelle Concentration.

According to the beauty science resource Lab Muffin, a micelle is essentially a ball-shaped cluster of a bunch of surfactant molecules. Surfactants are the important ingredients in soaps, detergents, and

## What is activated charcoal?

Health-conscious consumers may be hearing more about activated charcoal and its wide range of uses. Activated charcoal, also known as activated carbon, is a form of carbon processed to have small pores that increase surface area adsorption. Simply Supplements says adsorption involves the adhesion of atoms, molecules and ions onto the surface of a larger absorbent. Absorption would force those molecules to permanently dissolve into the entirety of the absorbent, not just the surface. Healthline notes that activated charcoal is typically made from bone char, coconut shells, peat, coal, olive pits, or sawdust. The “activation” occurs by heating these materials at high temperatures to make them more porous. Historians believe that activated charcoal has been used for medicinal purposes since the 19th century. While activated charcoal is still being studied, it has been used as a treatment for acute poisoning. Some people rely on it as a hangover remedy, but there is no evidence to support its efficacy in such instances. Activated charcoal is available in capsules or tablets to treat digestive gas problems and is increasingly used in toothpaste to whiten teeth and reduce stains. Individuals are advised to carefully research activated charcoal and discuss its purported health benefits with their physicians before including it in their health regimens.



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## Reduce damage to eyes resulting from prolonged screen time



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According to a 2015 report published in the Daily Mail, many people spend more time on their devices than they do sleeping. A recent Nielsen Company audience report also found that adults in the United States devote about 10 hours and 40 minutes each day to consuming media on their personal computers, tablets, multimedia devices, TVs, and more.

Researchers continue to study the effects of screen time on personal health, but there is reason to believe that screen time may be especially harmful to vision. Devices force the eyes to focus at near range, and over time that can have an adverse effect on vision.

Prevent Blindness America says that eye fatigue, dryness and blurred vision are some of the common effects of prolonged screen use, but these are not the only concerns. Digital devices also expose the eyes to blue light. While research as to how blue light impacts vision is ongoing, there is concern over the long-term effects of screen exposure since these screens are in close proximity to the eyes and use is often prolonged. Prevent Blindness America says that studies suggest continued exposure to blue light over time can lead to difficulty focusing, premature aging of the eyes and even damage to retinal cells.

A recent study by the National Eye Institute found the frequency of myopia, also known as near-sightedness, has increased exponentially in the last few years. Reasons include a spike in

time spent looking at things close-up and a lack of outdoor activities that require focusing elsewhere. The American Academy of Pediatrics notes that a separate study recently found that excessive screen time usage in adolescents was associated with development of acute onset esotropia, or crossing of the eyes, and that limiting usage of gadgets decreased the degree of eye crossing in these patients.

Eyes, just like any other muscle, require a varied workout to remain healthy. Many vision experts recommend the 20-20-20 rule. According to this rule, for every 20 minutes of looking at a screen, a person should look away at an object 20 feet away for 20 seconds or more. This will help eye muscles to relax. The group All About Vision says to use proper lighting, such as ambient lighting. Position a computer monitor so that windows or lights are to the sides instead of in front or behind it. Be sure indoor light isn't too bright, as bright light can contribute to glare and fatigue.

Antireflective lenses on eyeglasses or filters for screens also can help absorb some of the blue light and limit how much reaches the retina and accesses the central nerve of the eye. This may alleviate digital eye strain as well. Screen users may want to adjust the display of their devices so they feature a cool, gray tone, which produces less glare.

Eyes can be adversely affected by screen time unless strategies are implemented to limit strain and to rest muscles.

## Reduce exposure to harmful VOCs at home



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Volatile organic compounds are emitted by a vast array of products. The Environmental Protection Agency warns that VOCs consist of gases discharged from solids or liquids that produce short- and long-term health effects.

VOCs are particularly troubling because their concentrations are consistently up to 10 times higher indoors than outdoors. Those who spend time inside of homes and businesses may be at risk from concentrated exposure to VOCs.

Notable items that produce VOCs include treated woods, carpeting, building materials, paints, waxes, fabrics, and varnishes. Since people are constantly breathing in air, and whatever is circulating within it, it's important for individuals to be conscious of these common offenders.

VOCs can be dangerous because they may cause everything from minor symptoms of headaches, nausea and stuffy noses to more serious conditions like nervous system problems and kidney and liver damage. Some VOCs are known to cause cancer in humans, warns the EPA.

To reduce exposure to VOCs, homeowners are advised to take the following steps.

- **Read product labels carefully for warnings against VOCs.** Whenever possible, select products that do not emit VOCs.

- **Invest in alternative products, such as all-natural cleaning solutions.** Many people find that common and safe items like vinegar, citrus oils and baking soda are as effective as chemical cleaners without the same harmful side effects.

- **Use an air purifier in conjunction with HVAC systems.** Purchase an air purifier that specifically filters out odors and VOCs, which can help people with chemical sensitivities.

- **Rely on natural ventilation when using products that have strong odors or are suspected of emitting VOCs.** This can be as easy as opening windows and doors or doing work outside.

- **Use a shed rather than an attached garage to store gas cans, pesticides, paint thinners, and other odoriferous materials away from the home.** Contact the municipal waste department to learn how to properly dispose of leftover chemical products.

- **Rethink flooring materials to include carpeting that is low VOC or alternatives such as washable rugs or hard flooring.**

- **Don't forget to fill a home with plenty of live plants.** A study from researchers at NASA found that certain indoor plants are effective at naturally purifying air.

- **Exercise caution with dry-cleaned clothes.** Perchloroethylene is a chemical most widely used in dry cleaning. Air out dry-cleaned clothes before wearing them, particularly if they have strong chemical odors.

Volatile organic compounds can be excreted through various items.

Individuals who educate themselves can greatly reduce their exposure to these harmful compounds.



# Advanced Cancer Treatments for Skin Cancer Available in Marianna



## Tough on Cancer. Sensitive on Skin.

**D**id you know that one in five Americans will develop skin cancer in the course of a lifetime? The good news is, when detected and treated early, skin cancer is highly curable. Basal cell carcinoma is the most common form of skin cancer with more than 4 million cases diagnosed in the U.S. each year. Squamous cell carcinoma is the second most common form of skin cancer. More than 1 million cases are diagnosed in the U.S. each year. Melanoma accounts for less than one percent of skin cancer cases, but the vast majority of skin cancer deaths.

One of the most effective treatment options for skin cancer is Mohs micrographic surgery. Mohs is a highly specialized and precise treatment for skin cancer in which the cancer is removed in stages, one tissue layer at a time. Mohs surgery is the only treatment method that allows the evaluation of skin cancer cells during the in-office procedure, which results in the highest cure rate possible while removing the least amount of normal tissue. It has become the gold standard for

skin cancer treatment and Dr. Jon Ward is the only dermatologist to perform this procedure in Marianna. He has completed over 10,000 Mohs surgery cases and their complex reconstructions as well. Dermatology Specialists of Florida providers strive to provide quality in all of their work, and in Mohs surgery, their cases are reviewed and independently verified as being high quality and accurate in diagnosis by the American Society of Mohs Surgery.

A lesser known treatment option is Superficial Radiation Therapy or SRT for short. SRT is a painless, safe, and highly effective non-surgical option for non-melanoma skin cancer treatment. It is revolutionizing skin cancer treatment in a dermatological setting. Unlike traditional radiation that delivers massive amounts of energy that penetrates deep into the body and can cause severe skin reactions, SRT utilizes a small, portable device that delivers very low energy just below the surface of the skin. It treats only skin cancers. Because SRT uses low energy radiotherapy, skin reactions are typically mild and

very small. Along with eliminating the risks for post-surgical infections and complications, SRT provides patients with a safe and effective treatment option that offers many benefits, including a 95% + cure rate, no anesthesia, no bleeding, no downtime, no stitches and no scarring. Most insurances as well as Medicare cover SRT. SRT is offered as a treatment option in the Dermatology Specialists of Florida Marianna location.

Over the past three decades, more people have had skin cancer than all other cancers combined. If you find yourself or a loved one dealing with a skin cancer diagnosis, consider all your treatment options before deciding on a care plan. Speaking with a skin cancer expert, such as a board-certified dermatologist, is a great place to start. Dermatology Specialists of Florida can help you develop a comprehensive treatment plan tailored to your needs and diagnosis. Call 526-7546 or visit [DermatologySpecialistsFL.com](http://DermatologySpecialistsFL.com) to learn more.

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SHORT TREATMENT

**Jon R. Ward, MD**  
**Board-Certified Dermatologist**  
**Allie Alford, PA-C**  
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