

The Jasper News

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Today's Weather
High 87° F
Low 64° F
 Precip: 10%
 Partly cloudy. High 87F. Winds SE at 5 to 10 mph. 10% chance of rain. For up to the minute weather go to www.nflaonline.com.

142nd YEAR, NUMBER 19 THURSDAY, APRIL 18, 2013 2 SECTIONS 28 PAGES 50¢

Rep. Porter: Legislative session has been 'Positive'



Porter

Capitol updates

By Bryant Thigpen
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Representative Elizabeth Porter (R-Lake City) has been busy at the Capitol sponsoring bills that could have a significant impact on Suwannee and surrounding counties. Porter represents Baker, Columbia, Hamilton, Suwannee and parts of Alachua counties.

"This has been a very positive session so far," said Porter.

Education package

"I am very excited to announce that this past Friday (April 12) the House unanimously passed the Education Committee's education package, HB 7091, which

SEE REP. PORTER, PAGE 2A

Groundwater levels average or above

River conditions 'typical' of normal spring levels, but soon to fall

Plus, spring weather outlook

By Andrew McGee
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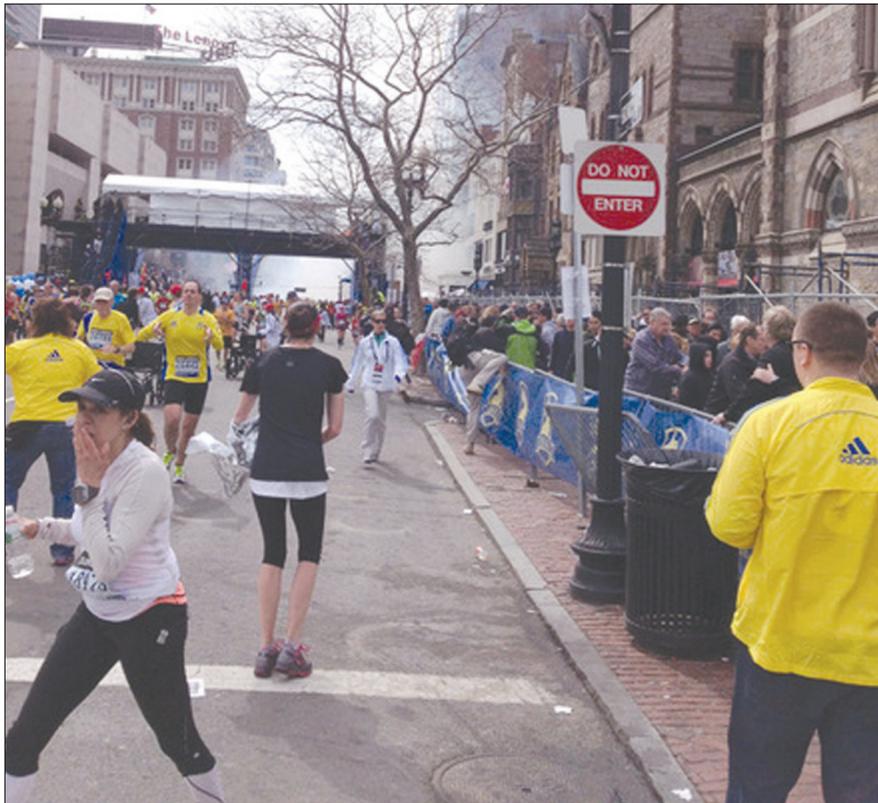
Groundwater levels for our area are average to above average thanks to TS Debby in late June and recent rains, according to the Suwannee River Water Management District.

According to SR-WMD's Senior Professional Engineer, Megan Wetherington, ground-

SEE GROUNDWATER, PAGE 6A



Boston bombings have local impact



This photo was taken by Lisa Driscoll, who was with The Eagle-Tribune (North Andover, Mass.) reporter Jill Harmacinski near the finish line of the Boston Marathon when two explosions went off, leaving three dead and nearly 180 injured Monday. (Photo by Lisa Driscoll)

3 CONFIRMED DEAD NEARLY 180 INJURED

"I could not reach my family on cell phones because Boston had shut those down, so I prayed and I continued to call other relatives and finally reached my aunt. She normally attends the marathon but did not this year. I immediately thought ... thank you."

- HCHS Guidance Counselor
Paula Williams

By Bryant Thigpen
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 and
 By Joyce Marie Taylor
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A bombing that took place at the Boston Marathon in Massachusetts on Monday has left

the nation in shock and impacted the hearts of many local residents. As racers were nearing the finish line just before 3 p.m., two bombs put the 26.2 mile race at a standstill. Three have been confirmed dead, including an 8-year-old boy, and nearly 180 people have been reported injured.

According to sources, a federal official called it a "potential terrorism investigation." He said it appeared to be the work of more than one person.

Local residents spoke out about the event that has gripped the heart of the nation.

Hamilton County High School Guidance Counselor Paula Williams did her first internship on Boylston Street, the street where the first bomb went off.

"When I heard, I panicked because I recog-

SEE BOSTON, PAGE 2A

Scott signs bill to ban Internet cafes

Five area businesses shuttered

200 businesses closed statewide, 14,000 to be unemployed

"It's now a law and we will enforce the law. We will be notifying those who are violating the law in Hamilton County if they are still operating."

- Hamilton County Sheriff
Harrell Reid

By Bryant Thigpen
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Florida Gov. Rick Scott on Wednesday, April 10, signed into law a measure that closed Internet cafes such as the five in our area. Three Internet cafes in Hamilton County closed their doors after the signing as a result of Scott's decision to sign the bill that was approved by the Florida



A sign on an Internet cafe in Jennings Wednesday evening, April 10, after Gov. Rick Scott signed a bill into law banning Internet cafes. Staff photo

Senate on Thursday, April 4, and earlier by the Florida House of Representatives.

When visited by the *Jasper News* Wednesday night, April 10, there was a sign on one Internet cafe in Jennings that read "Closed for now."

"I think the House and Senate did the right thing to crackdown on illegal gaming, especially in light of the Allied Veterans multi-state criminal

conspiracy," Scott said.

"It's now a law and we will enforce the law," said Hamilton County Sheriff Harrell Reid. "We will be notifying those who are violating the law in Hamilton County if they are still operating and we will take all actions to enforce the law."

As a result of the ban, ap-

SEE SCOTT, PAGE 6A

Underage drinking addressed in White Springs



Grace McDonald and Jeramie Cheshire address the White Springs Town Council on underage drinking.

- Photo: Joyce Marie Taylor

New legislation on "open parties" takes effect Oct. 1

By Joyce Marie Taylor
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Executive Director Grace McDonald and President Jeramie Cheshire (Hamilton County Sheriff's Office Drug Task Force deputy) from the Hamilton County Alcohol and Other Drug Prevention Coalition presented an overview of the Coalition's role in the community at the April 9 meeting of the White Springs Town Council.

White Springs Mayor

SEE UNDERAGE, PAGE 6A

Wanted suspect captured in South Georgia

By Bryant Thigpen
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A Jasper woman wanted in Suwannee County for multiple identity theft charges



Humphrey

was arrested in Echols County recently, according to the Echols County Sheriff's Office.

According to a report by the ECSO, on Tuesday at approximately 3:30 p.m., ECSO Sheriff Randy Courson re-

SEE WANTED, PAGE 6A

FREE Publix COOKIE
 For Kids 12 & Under
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Boston bombings have local impact

Continued From Page 1A

nized the street. I have tons of family in Boston," said Williams. "Oh, my God, help the people in Boston and please let my family be safe. One relative works a block away and another across the street. I could not reach my family on cell phones because Boston had shut those down, so I prayed and I continued to call other relatives and finally reached my aunt. She normally attends the marathon but did not this year. I immediately thought ... thank you."

White Springs Town Manager Bob Farley called the bombings an "act against the American way of living."

"Our prayers go out to all those who suffered losses. We must continue to live our lives as we have done in the past and thereby making us a stronger nation," Farley said.

Lafayette County resident Jack Howdeshell ran the Boston Marathon in 2012. He said he is glad he chose to run last year instead of this year.

"Since my wife was about a block (last year) from where the bombs went off waiting for me to finish, it's very sober-

ing," said Howdeshell.

He said he had immediate concerns for those that he knows personally that ran this year.

"With the heat concerns last year the organizers offered runners to defer their entry to this year. The decision to run last year anyway has proved a very blessed decision. I would return to run in the future, but wouldn't want my wife waiting in the immediate finish area. I would arrange for an alternate meeting spot."

Suwannee High School teacher Melissa Woodrum has completed 17 marathons including New York, Philadelphia and the Marine Corps Marathon in Virginia and while she hasn't participated in the Boston Marathon, she said the incident was "shocking and horrific."

"It made me realize how impossible it is to guarantee the safety of runners and spectators at these huge events, but I would not stop participating," said Woodrum. "I am always impressed by the dedicated volunteers and staff and appreciate the spectators cheering for all of us. The Boston Marathon will go on as it has since 1897, celebrating athletic

achievement and challenges overcome."

David Burch, who has competed in nine marathons (not the Boston Marathon) expressed sympathy for the athletes who competed in the race.

"It's a sad day, especially for someone who competed in the race," Burch said. "You put so much into preparing for the race and then you're unable to complete what you've worked so hard for."

Burch continued, "When you do 26 miles and there's all these people cheering for you, it's exciting. It's an amazing feeling and then to see it end like it did, it's very sad."

Burch said every time something like this happens, it jeopardizes the freedom of American people.

"We've escalated to where we're going to see (terrorist) acts like this. It's been very gradual, but we've gotten to this point. Our rights and freedoms are jeopardized because of events like this," said Burch.

"Races are such a good way to bring people together to hold fundraisers or support a great cause. The last mile of the race was dedicated to

the victims of the Sandy Hook school shooting.

It's just sad to see something like this happen," Burch said.

Frank Davis, a former pastor and avid runner, said the news came as a complete shock.

"It's tragic. What's scary is we live in a free and open society, and it's impossible to prevent those types of acts," he said. "These things cannot be eliminated entirely. At a race like that, you have your friends and family there, and especially your children are there to see you. It's sad that this would take place at such an event like this."

Will Mathews, a senior at Suwannee High School, believes that improvements in the mental health system could prevent acts like this from happening.

"First, we are saddened for the families of those who were killed or injured in this act, but I think we should look more into the mental health aspect of our system," Mathews said.

"When you see this, you wonder what this person's mental status was. I think we should look into that (mental health program) to see if these acts can be prevented."

Rep. Porter: Legislative session has been 'Positive'

Continued From Page 1A

I was very honored to carry as the vice-chair of the Education Committee," she said. "This new legislation will finally allow students and their parents the ability to be the deciding factor in the direction of study a student wishes to pursue. Students will now be able to choose the courses that are most relevant to their college or career path, no more 'one size fits all' curriculum. Our children will now graduate prepared to immediately enter the work force if they choose, and they will also be ready to pursue further education at either a local college or a university, should they desire to do so."

Water management districts

Porter sponsored another bill that ensures water management districts consider how withdrawal permits will affect other districts.

"I am also very pleased that HB 7, the Water Management District Cooperation bill has passed the Senate and is due to be presented on the House floor very soon. I have every reason to believe it will pass the House overwhelmingly, as it passed unanimously last year. This will go a long way toward ensuring that the various Water Management Districts consider

the ramifications of how the withdrawals they consider permitting will affect adjoining districts and their rivers, springs and lakes."

Balanced budget, teacher and state pay raises

Due to obtaining a balanced budget, Porter said this will allow teachers and state employees to receive pay raises.

"We are fortunate this year to have a few more dollars in the budget than we have had in recent years," Porter said. "This has allowed us to fully fund so many important, and even vital functions, especially for the small, rural counties such as ours in District 10. We have provided for a \$1,000 raise across the board for all state workers with the opportunity for an additional \$400 merit raise, and we recommended \$676 million that can be used for teacher pay raises, at the discretion of the districts' superintendents. At the same time we have managed to pass a balanced budget as Florida is statutorily required to do, and as the federal government should responsibly do, as well."

TS Debby financial assistance stalls

A bill that would have helped Suwannee County by providing financial

assistance to homes that were damaged by Tropical Storm Debby was not well supported, Porter said. The bill did not make it past its first reading, but Porter has commented she will try again next year.

Keep and bear arms bill

A popular bill that is co-sponsored by Porter is the bill that provides the right to keep and bear arms. The bill urges the U.S. Congress and the president to protect the constitutional right of the people to keep and bear arms.

Rights of children who survive attempted abortions

Porter co-sponsored a bill that provides rights to children who survive attempted abortions.

The Infants Born Alive bill "provides that infant born alive during or immediately after attempted abortion is entitled to same rights, powers, and privileges as any other child born alive in course of natural birth; requires health care practitioners to preserve life and health of such infant born alive, if possible; provides for transport and admittance of infant to hospital."

Infants Born Alive bill has passed the first reading and has been placed on the second reading calendar.

No protests at funerals, burials

A bill that was passed by the House and Senate "prohibits engaging in protest activities within specified distance of property line of location of funeral or burial; provides exception; provides criminal penalties."

This bill was signed into law on April 10 by Governor Rick Scott.

Cancer Treatment Fairness Act

Porter co-sponsored a bill that created the "Cancer Treatment Fairness Act." This bill requires that "individual or group insurance policy, contract or health maintenance contract that provides coverage for cancer treatment medications provide coverage for orally administered cancer treatment medications. Oral cancer treatments should be considered no less favorable than that required by policy or contract for intravenously administered or injected cancer treatment medications."

The Cancer Treatment Fairness Act is currently on the agenda for the Health and Human Services Committee. From the committee, it will go to the floor for its second reading.

"With three weeks to go, I look forward to being able to report even more great developments in the coming weeks," Porter said.

Trappers conference and expo



The Florida Trappers Association is proud to host the National Trappers Association's Southeast Regional Conference and Outdoor Expo at the Suwannee County Agricultural Complex, 1320 11th St. SW, in Live Oak, May 3, 4, and 5.

Come meet Willie Jr. and Teresa Edwards from the History Channel's "Swamp People" TV series

on Saturday, May 4, for a meet and greet, photo opportunities and to purchase their merchandise. There will be trapping demonstrations, vendors, tailgaters, auctions, family activities, food, and a whole lot more throughout the weekend.

Please keep checking our website for more details: www.floridatrappers.org

Come out and support Relay for Life Apr. 19-20

By Joyce Marie Taylor

Hamilton County's annual Relay for Life event will be held Friday and Saturday, April 19-20 at the old high school track in Jasper. The event starts off with opening ceremonies at 6 p.m. Friday evening.

Kaitlynn Floyd, community representative for the American Cancer Society, said, "We want the entire community to come out. It's not just for teams and survivors, but everyone. They can walk

around, see the different tents, buy some food and participate in the games."

All cancer survivors are invited to come to the survivor celebratory lap that begins at 6 p.m. on Friday and it will be followed by a dinner at Central Hamilton Elementary cafeteria at 6:30 p.m.

Survivors are asked to arrive by 5:45 p.m. Friday to receive their T-shirt. Survivors are also encouraged to bring along their caregivers.

"We will be out there all night, starting Friday at 6 p.m. until Saturday at noon," said Floyd. "We are still accepting participants in the Mr. Relay competition. Basically, it is any male that wants to raise money and wear a crazy purple outfit on Relay night!"

Many fun activities are planned for this event that include live music, a karaoke contest, water balloon toss, jump rope marathon, musical chairs and a pie eating contest, as well as many others, and they will be going on all night until closing ceremonies at 12 noon on Saturday.

To be a part of this event, survivors can register online at www.relayforlife.com/HamiltonFL or call Kaitlynn Floyd at 352-240-5063.

Make plans now to come out and show your support for this worthwhile event.



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White Springs town council election is April 23

White Springs town council elections are Monday, April 23 from 7 a.m. to 7 p.m. at the voting building on US 41 in White Springs.

Three candidates are on the ballot for two seats up for grabs; incumbent Tonja Brown, Rhett Bullard and Joe E.

Griffin. Councilman Dennis Price declined to run for another term.

On April 25, the town council will swear in the new council members at their reorganization meeting and then council members will choose a mayor and vice mayor.



Life in WHITE SPRINGS

By Walter McKenzie

lifeinwhitesprings@gmail.com

"Think Globally, Act Locally." This is one of my favorite sayings and it has made a great and enduring bumper sticker over the years too. It is a saying that is particularly appropriate for White Springs. The news this week is full of global problems that we all have concerns about but it is our local actions that really count and enable us to make a difference in the bigger arena, perhaps even the global one. One citizen that has concentrated on local actions is our Mayor, Helen Miller and she received significant recognition for her efforts this past week. Mayor Miller has always known through her considerable experience that problems with education, health care, the environment and government were global concerns but first she concentrated her efforts on local action. Her efforts have not gone unnoticed and this past week she was chosen as the 2012 "Municipal Official of the Year" by the Suwannee River League of Cities. The SRLC covers a ten county service area and consists of twenty eight member cities representing and communicating the interests and issues of SRLC municipalities before the Florida Legislature, the Executive Office of the Governor and Cabinet, state agencies, and the Florida League of Cities. These folks have been around the block a time or two and they recognize effective leadership when they see it. Mayor Miller's positive leadership role in our local community has set an example of how to get things done for the larger community of other towns and cities. Her local actions have resulted in this more "global" recognition by our sister

cities. She was also elected to the SRLC board of directors. Congratulations Mayor Miller and thanks for all you do for White Springs and the region.

We have an election coming up in White Springs next Tuesday, April 23 and your local vote is important. I won't tell you who to vote for but I will encourage you to vote and I will ask you to think critically about your choices. Today, amongst all the shouting and finger pointing and divisiveness that seems to permeate our politics on many levels, I encourage you to vote for cooperation, not confrontation; vote for reason, not rhetoric; vote for the community interest, not special interests. Take a close look at the candidates and vote for the ones that will give you sane, reasoned, rational, cooperative community representation in your government, locally, regionally, and globally. And remember, your vote is more important than you might think. VOTE!

It's nice to know that when you need some help there are some folks that you can always count on to lend a helping hand. Wash Newsome is a perfect example of someone that you can count on to be a good neighbor and a good friend that will help you any way he can. Wash will be there when you need him, always. He has assisted family, friends and neighbors in need so often that they are holding an appreciation gathering for him at the White Springs Community Center Saturday, April 20 at 3:00 PM. There will be a program, food will be served and there will be an open mike for people to express their appreciation to this good man. I appreciate many of his fine qualities, espe-

cially his spirited performances when he sings with the choir. Wash's performance of "Blessed Jesus, Hold My Hand" always moves me, no matter how many times I have heard it before. Thank you Wash Newsome for all that you do for friends, neighbors, strangers, and the Town of White Springs. We appreciate your "holding our hand" when we need it too!

By the time you read this, your White Springs Town Manager, Bob Farley, and I will be returning from Tallahassee where we will have been trying to convince the folks over there that White Springs is worthy of attention, that we are a small but certainly not insignificant community, that we may need some help from time to time but we are always willing to roll up our sleeves and work hard and lead the way for ourselves and for others. In other words, we think globally but we act locally! Our efforts in Tallahassee have been successful in the past and we anticipate some good results from this trip, which is sponsored by Florida League of Cities.

Until next week, I hope to see you out and about, acting locally, voting and enjoying life in White Springs.

Walter McKenzie
lifeinwhitesprings@gmail.com
386-269-0056

Suwannee Valley Nursing Center March News

During the month of March we had a special guest on Good Friday, Hope Margaret Vaughn from Virginia. She is Mrs. Margaret Tuten's, (a resident in the facility), great granddaughter. She entertained resident's with a wonderful dance.

This month was filled with Easter activities and Easter Crafts. We made Easter necklaces and Easter pins to sell.

On March 21, First Baptist Church hosted the birthday party for the month. Residents had a wonderful time eating a variety of homemade pound cakes and ice cream. It was enjoyed by all. Thanks again, First Baptist Church.

On March 27, we took a trip to Red Lobster in Valdosta, Ga. for a lunch outing and a van ride. It was a beautiful day and everyone had a good time.

SVNC Championship Bingo winner for March is Eunice Peters.

Congratulations staff of the month awarded to Chanquita Vaughn, CNA and Mary Pierce, Laundry.

We would like to recognize our volunteer of the month, Rev. Bishop Miller. He holds a church service every first Thursday of the month at 2 p.m. and has been volunteering for 12 years. He is the associate pastor at Greater Poplar Springs Missionary Baptist Church in Jasper. We thank you for your dedication.

A message from White Springs Mayor Helen Miller

Recent torrential rains and high winds have downed numerous trees in the East Side Community, also known as Memorial Cemetery in White Springs. Cemetery officials recently reached out to the H.O.P.E. fuel bank for assistance in cutting down and removing the large, dead trees.

Last Saturday, over a dozen community volunteers responded with chain saws, rakes and a bobcat. During the six hour cleaning session, a great deal of progress

was made. Over 30 loads of tree debris were removed by the volunteers.

Another clean-up session is scheduled for this coming Saturday, April 20, beginning about 8 a.m. If community members would like to volunteer to assist in the tree removal at East Side Community Cemetery, please contact Tony McKire or Teddy Bear, or simply show up to help. Everyone's assistance is appreciated!

TOWN OF JENNINGS NOTICE OF PROPOSED LAND USE ACTION

A PUBLIC HEARING IS SCHEDULED TO CONSIDER A REQUEST FOR: Rezoning request, a petition by Lana Wisenbaker of L & P Enterprises of Jennings Florida to request a special exception be granted for in Section 4.13.4.2 of the land Development regulations to allow for warehousing and storage in the Commercial Central Business District as to allow for mini storage units, for six lots on Parcel Number 7078-000.

The property is described as follows:

For a point beginning, start at the Northeast corner of said Block 21, run North 38 degrees West along the Southwesterly right-of-way of the Georgia Southern and Florida Railroad a distance of 300 feet to the Southerly right-of-way Southern St. (not open); Thence South 51 degrees 10 minutes West along said right-of-way a distance of 100 feet; Thence South 38 degrees East a distance of 300 feet to the Northerly edge of Hamilton Ave.; Thence North 51 degrees 10 minutes East along the Right-of-way of Hamilton Ave. a distance of 100 feet to the point of beginning, containing .69 of an acre more or less.

When: May 7th, 2013 at 7:00 p.m.
Where: Town Council Meeting Room
1199 Hamilton Ave
Jennings, FL 32053

A copy of the special exception is available for public inspection at the Office of the Town Manager, Town Hall, located at 1199 Hamilton Avenue, Jennings, Florida, during regular business hours.
FOR MORE INFORMATION CONTACT
GEORGE GLOVER, TOWN MANAGER
AT 386-938-4131

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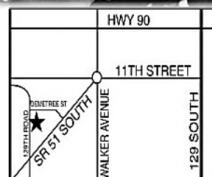


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OPINION

Price versus cost

Suppose you buy a gallon of gas for \$3. How much did it cost you? You say, "Williams, that's a silly question. It cost \$3." That's where you're mistaken, because there's a difference between price and cost. To prove that price and cost are not the same, consider the following. Suppose you live and work in New York City and routinely pay \$15 for a haircut. Imagine you were told that there's a barber in Boise, Idaho, who can give you the identical haircut for just \$5. Would you start going to the Boise barber? I'm betting you'd answer no because even though the price is cheaper, the cost is greater.

We might think of price as the money that's actually given in exchange for the transfer of ownership. When you purchased the gallon of gas, you simply transferred your ownership of \$3. What the gas cost you is a different matter. One way to determine the cost of a gallon of gas is to ask yourself what sacrifice you had to make in order to have \$3 to buy it. Say that your annual salary is \$75,000. Your total federal income tax, state income tax, local taxes and Social Security and Medicare taxes come

to about 35 percent of your salary. That means that in order to purchase the \$3 gallon of gas required that you earned about \$4.60 in order to have \$3 after taxes. That means a gallon of gas costs you \$4.60 worth of sacrifice. But that's not so costly as it is to a richer person -- for example, someone earning a yearly salary of \$500,000. He has to earn more than \$5 before taxes in order to have \$3 after taxes to purchase gas.

If taxes only concealed hidden costs of what we buy, we'd be lucky, but taxes are destructive in another hidden way. Suppose I want to hire you to repair my computer. Having the work done is worth \$200 to me, and performing the work is worth \$200 to you. The transaction occurs because we have a meeting of the minds. Suppose Congress imposes a 30 percent income tax on you. That means that if you repaired my computer, you would receive not \$200, what it was



A
MINORITY
VIEW
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BY WALTER WILLIAMS

worth to you to do the job, but instead \$140 after taxes. You might say the heck with repairing my computer; spending time with your family is worth more than \$140.

You might then offer that you'd do the job if I paid you \$283. That way, your after-tax earnings would be \$200 -- what doing the job is worth to you. There's a problem. The repair job was worth \$200 to me, not \$283. So it's my turn to say the heck with it.

This simple example demonstrates that one effect of taxes is that of destroying transactions and hence jobs. But politicians have what economists call a zero-elasticity vision of the world. In other words, they're fool enough to believe that people will behave after taxes are levied just as they behaved before and that the only effect of a tax is to bring in more revenue. Of course, a more flattering assessment is that politicians are not

fools and know that their actions destroy transactions and hence jobs but they don't give a damn and only care about revenue.

Here's a question: Would you and I, as well as our nation, be better off if you repaired my computer and I gave you \$200 in cash and we agreed not to report the transaction to the agents of Congress? I'd answer yes and no. Yes, because there'd be more transactions, more jobs and greater wealth. No, because we'd be criminals.

Taxes are necessary to fund the constitutionally mandated functions of the federal government. If Congress spent according to its authority under Article 1, Section 8 of our Constitution, taxes wouldn't be any more than 5 percent of the gross domestic product, as it was between 1787 and 1920, as opposed to today's 20 percent.

Walter E. Williams is a professor of economics at George Mason University. To find out more about Walter E. Williams and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.

GUEST COLUMN

DEP compliance

By Jeff Littlejohn, P.E.
Deputy Secretary of Regulatory Programs
Florida Department of Environmental Protection

I've never been an educator, but I've known a lot of great teachers. Great teachers have a passion for reaching every one of their students, and I've seen them try over and over again, sometimes using different teaching techniques to get through to struggling kids. For teachers, the fundamental goal is the education of every student regardless of the circumstances.

At the Florida Department of Environmental Protection, we share a similar passion. We view any violation of environmental rules, and the environmental damage that can often occur as a result, failure. This is why we work diligently to prevent these violations from ever occurring in the first place.

Make no mistake -- when a failure has occurred, we believe that firm environmental action, including the assessment of financial penalties, may be needed to reduce the likelihood of a future violation. However, to measure the efforts of our staff only by the number and magnitude of the penalties collected as a result of these failures is frustrating to us. To continue to do so, year after year, without any apparent attempt to measure the results of our efforts shows a serious lack of understanding of our jobs and the fundamental goals of this agency.

If you really want to know how good a job we're doing, the first question to consider is our compliance rate. This would be like looking at the graduation rate or average standardized testing score of a school. It's how you tell an "A" school from a "C" school. This incredibly important question is constantly overlooked, and it certainly hasn't been reported to the public.

In Florida, our long-term compliance rate has typically been between 85 and 90 percent. That's the rate of inspections that revealed no violations, or only minor violations that caused no harm to the environment, such as a paperwork problem or a late monitoring report. Those numbers are above the national average, but as with a passionate educator, our incredible employees want to improve that rate.

When Secretary Vinyard and I came onboard increasing the compliance rate was an issue we ex-

plored right away. We learned that some of our regional offices were using a slightly different approach with regulated facilities and this approach was resulting in higher compliance rates. They were placing a greater emphasis on education and outreach, spending more time out in the community and participating in activities that went beyond conducting formal inspections. They sought out and cultivated positive relationships with regulated facilities, with the goal of achieving better compliance. Like teachers who stay after school to work with a child to improve their classroom performance, we had Department staff going the extra mile to improve the environmental performance of regulated facilities.

Since this approach was proven to enhance environmental compliance, we sought to expand it to the rest of the state in 2012. Last year, our education and outreach efforts reached tens of thousands of people and businesses through free training on our regulations and how to comply with them. For example, in the Northeast District, the air regulatory program conducted nearly 100 site visits or workshops promoting compliance assistance, many of which were requested by property and business owners. Topics included the proper operation of paper mills, crematories and concrete batch plants.

The response was remarkable, and the results speak for themselves. Our significant compliance rate last year improved from 90 to 94 percent. Put

another way, only six percent of facilities inspected revealed major violations of our regulations or were causing some kind of environmental harm, compared with 10 to 15 percent historically. We've never before come close to that kind of performance.

Now that you have a better understanding of what is really important at the Department, you can understand why I am very proud of our regulatory staff. Please understand that there isn't one employee at the Department who isn't striving to improve the environment. The thousands of committed employees at the Department are using sound science and are being encouraged to continue innovating in order to achieve even higher compliance rates in the future. That is the standard by which we want to be judged.

Youth Revival 2013
April 24-26, 7 p.m. nightly
Sweet Home Baptist
Church
White Springs
We are reaching higher
heights and raising the
praise.

On observing the human condition

Dwain Walden
The Moultrie Observer

In a recent column, I noted that I observed five kids crossing the street at an intersection. Three of them were texting and two were trying to hold their pants up.

A lady asked if I just made that up. And I told her no.

But I must clarify: The two were trying to hold their own pants up, not the pants of the three who were texting, although they could have used some help.

What concerned me was that they seemed totally oblivious to cars zipping around them.

I'm wondering if some day anthropologists will have written papers on this tendency of people wearing their pants below their butts. And also the tendency of the opposing thumbs being much bigger than their predecessors. I'm just hoping, though, they will find no parallel to cave drawings.

Now don't get me wrong. I'm not saying that texting and all of the technology that brings such to fruition is bad. I just tend to apply a little Ecclesiastical reasoning to these moments ... a time for every purpose under heaven.

In other words, just before the anesthesiologist puts me under, I don't want to look over and see the surgeon looking up gall bladder on Google.

Just this week, a medical helicopter crashed killing four people. An investigation revealed that pilot error due to him texting caused this tragedy.

I use my cell phone a lot. It's a great tool. Just yes-

terday I was leaving another city and was on a road I wasn't familiar with. I used the compass on my cell phone to assure myself that I was traveling north. I could have called up a map that would tell me exactly where I was relative to Interstate 75. But that wasn't necessary. I knew that the Atlantic Ocean was to my right and that Alabama was to my left. And what I know about horseshoes was enough to get me home.

On the other hand, I find no practical application nor any socially redeeming value for not putting my pants on all the way. I have never pulled my Levi's up just past my knees and decided that was far enough. In other words, horseshoes is not relevant in this instance.

While watching these five youngsters, I saw an incredible contrast. On the one hand, they were using high tech equipment that can put entire libraries of information right into the palm of your hand. And they have the ability to navigate that incredible technology. Yet, apparently they had no idea about belts and suspenders.

I do recall one time when I wore my jeans in such a fashion for just a "brief" moment. And it had nothing to do with a fashion statement. It had to do with an oak snake falling into my lap while I was in the outhouse. It's not impossible to run with your pants in that position. It's just not very efficient. I don't think it will ever become an Olympic event though I believe it would rival curling.

Please note that an oak snake is not poisonous. It won't directly harm you. But given where I was at the time, my brain could not process such facts fast enough to keep me from crashing through the outhouse door. Looking back, I imagine that I resembled a half naked Russian dancer delivering a Sears and Roebuck catalogue.

Even though I use my cell phone all through the day, I do not Twitter. I was invited, via email today, to join a Twitter Club. I respectfully declined. I just don't think people are really interested that I'm standing at the gas pump cursing Big Oil or that the hydrocodone is wearing off following my root canal. And had Twitter been available when I was 15, I doubt anyone would have cared that I could buy a good outfielder's glove from Sears for eight bucks and the outhouse would need some repairs.

Dwain Walden is editor/publisher of The Moultrie Observer, 985-4545. Email: dwain.walden@gafnews.com.

The Jasper News

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Letter to the editor and Article Policy

Letters to the editor and news articles can be mailed, FAXed or dropped off at the news office located in the Bank of America Building, Monday through Friday, 8 a.m. till 12 noon.

Letters to the Editor should be typed, double-spaced if possible, brief and to the point, approximately 150 to 200 words or less. Not all letters are published. To be considered for publication Letters to the Editor must be signed, include the writer's address and phone number, and in the Jasper News' office on Friday before noon.

News Releases, 400 or less words, should be typed, double-spaced if possible, brief and to the point. Not all articles are published.

Letters and articles may be edited to fit available space. Well written letters/articles require less editing.

To mail your letter/article, send it to: The Jasper News, P.O. Box 370, Live Oak, FL 32064 or FAX it to: 386-364-5578.

Woodpecker Mudboggs

WHERE: CR 135
White Springs

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FAMILY FUN

WHEN: April 20th & 21st
Time: Sat. 8 a.m. - 7 p.m.
Sun. 12:30 p.m. - 6 p.m.

For More Info:

386-292-4720

Obituaries

Benny H. Henderson, Jr.
Jan. 21, 1951
April 12, 2013

Benny H. Henderson, Jr., age 62 of Needmore, Georgia passed away Friday, April 12, 2013 at South Georgia Medical Center in Valdosta, Georgia following an illness of some time. Benny was born on Jan. 21, 1951 to Ben and Inez Hunter Henderson. He was a retired millwright and welder.

Survivors include two sons, Benny Henderson, III and his wife Laurie of Valdosta, Georgia and B.J. Henderson and his fiancée Rachael of Dixie, Georgia; his father, Mr. Ben Henderson; two sisters, Mildred Parr and Velma Knight, all of Needmore; five grandchildren, Shelby, Brittany, Haley, Gauge and Kylie.

Graveside services were held on Sunday, April 14, 2013 at Bethel Primitive Baptist Church Cemetery (Boney Bluff) near Fargo with Rev. Keith Sandlin officiating.

Harry T. Reid Funeral Home, Jasper, Fla. was in charge of arrangements.

Edward Isaac Taylor
Oct. 31, 1924
March 21, 2013

Edward Isaac Taylor, age 88, of Jennings, Fla. passed away unexpectedly Thursday, March 21, 2013 at his home. Mr. Taylor was born on Oct. 31, 1924 in O'Brien, Fla. He was the owner and operator of Taylor Diesel Services in Jacksonville until he retired and moved to Jennings in 1984. Mr. Taylor was a World War II Veteran of the United States Marines. He was preceded by his first wife and the mother of his children, Mary Alice Benton Taylor, a grandson, Joseph O. Miller, III, numerous brothers and sisters and a step son, Dexter Johnson.

Survivors include his wife, Grace Taylor, Jennings, Fla.; two sons, Edward I. Taylor, Jr. and his wife Debby and Courtney Hohmann and his wife Cynthia, all of Jacksonville, Fla.; a daughter, Colleen Miller

Volunteers/Donations Needed

Do you have a skill or hobby you would like to share with the elderly of Hamilton County? We are in need of volunteers at the Senior Center in Jasper. Can you spare a few hours a week teaching arts & crafts, low impact exercises, computer

and her husband Joe of Jacksonville, Fla.; a step son, Robert Johnson and his wife Carol of Gray Court, S.C.; 13 grandchildren and 23 great grandchildren.

Funeral services were held Monday, March 25, 2013 at Burnham Christian Church. Interment will follow in the church cemetery.

Memorial contributions may be made to Burnham Christian Church (Building Fund), 4520 NW CR 146, Jennings, Fla. 32053.

Harry T. Reid Funeral Home, Jasper, Fla. was in charge of arrangements.

Tommy Lewis Rye
June 12, 1941
April 11, 2013

Tommy Lewis Rye, age 71, of Live Oak, Fla. passed away Thursday, April 11, 2013 at Baya Point Nursing and Rehab Center in Lake City, Fla. following an extended illness. Tommy was born June 12, 1941 in Hamilton County to the late Jack and Ruth Tyre Rye. Tommy was a longtime resident of Suwannee County where he farmed. He was a member of Suwannee Station Baptist Church near Live Oak.

Survivors include his wife of 43 years, Nelda Stone Rye; three daughters, Mildred Rye and Shanna Rye both of Live Oak, Fla. and Dottie Rye of Valdosta, GA.; four brothers, Wilbur, Jack, James and Charles Rye all of Jasper, Fla.; one sister, Ruby Rye Jones of Deland, Fla.; eleven grandchildren; two great grandchildren; a host of nieces and nephews.

Funeral services were held Monday, April 15, 2013 at Suwannee Station Baptist Church. Interment followed at Rosemary Baptist Church Cemetery.

Memorial contributions may be made to Hospice of the Nature Coast, 857 SW Main Blvd Lake City, Fla. 32025.

Harry T. Reid Funeral Home, Jasper, Fla. was in charge of arrangements.

Heart Matters

What says "girl" louder than ruffles and bows? A family that I love dearly just welcomed a new baby girl into their fold...and I immediately found myself in the baby section of every store I entered, admiring all the precious pink outfits...and buying a few! As the mom of teenage daughters, I miss the ease of this kind of clothes shopping for my girls because in our culture, "cute" takes a radical turn in the pre-teen and teen years. As girls grow and mature, the clothing industry's advertisements seem to offer less and less coverage.

It seems that guys and girls are being exploited by the fashion industry...because guys are wired to appreciate visual beauty and girls love looking beautiful, the bar keeps being lowered as to how much "beauty" is revealed.

In the name of fashion, many girls are showing much more

skin than modesty should allow. According to the Bible in I Timothy 2:9, women are to dress modestly, with decency and propriety. It is interesting to note that the word "modest" translates from the Greek root word for "adorn." This word is often used to speak of God's creation, specifically the arrangement of the stars. What is more beautiful and points more clearly to our Maker than looking up at the sky on a starry night? Such a view generates pure and unpolluted thoughts, unlike the thoughts ignited by so many of the revealing outfits popular today!

In an article titled Your Daughter's Wardrobe: A Battle Worth Fighting, author Dannah Gresh explains that God's purpose for a woman sexually is to captivate one man with her beauty...but it is her responsibility to keep that beauty a treasured secret for the man she chooses to be her hus-

band. When women dress immodestly, they are "telling their secret" to many men. In doing this, we are missing God's intended plan. This is more than fashion...it is sin. As parents, we must call it what it is when we talk to our daughters, and help them make clothing choices that will reflect their style and taste without compromising their values. Dannah says, "There is a strong case to argue that the end result of today's immodest fashion is sexual promiscuity. I don't know about you, but I want to remove anything that places my sweet daughter at risk of having her heart broken by sexual sin." This doesn't mean that women can't dress with a sense of personal style or fashion. Why don't we just make sure that like the stars, we are adorned in such a way as to point those who are looking at us to our Maker...

(For some great tips



on modest fashion and parenting, check out the website: purefreedom.org)

Because Every Heart Matters...Angie

Heart Matters is a weekly column written by Angie Land, Director of the Family Life Ministries of the Lafayette Baptist Association, where she teaches bible studies, leads marriage and family conferences and offers biblical counseling to individuals, couples and families. Contact Angie with questions or comments at angieland3@windstream.net

Lack of biblical leadership in the church?

Hugh G. Sherrill
ems-hugh43
@comcast.net

I Thessalonians 2:3-6 (NKJ): "For our exhortation did not come from error or uncleanness, nor was it in deceit. But as we have been approved by God to be entrusted with the gospel, even so we speak, not as pleasing men, but God who tests our hearts. For neither at any time did we use flattering words, as you know, nor a cloak of covetousness—God is witness. Nor did we seek glory from men, either from you or from others, when we might have made demands as apostles of Christ." The heading in my Bible above Chapter 2 is "The Male Servant and His Rewards". I recommend that the whole chapter be studied.

Does the church as a whole today have a lack of biblical leadership? According to the Word of God, the answer is yes. Paul gave a great example in these verses on how a pastor ought to lead his flock. Notice I said, lead his flock, not be lead by the flock. Verse 3, Paul says his calling (exhortation) did not come from error or

deceit, but as V.4 says he was approved by God and entrusted with the gospel, "not as pleasing men, but God who tests our hearts". O. S. Hawkins wrote: "There is the style of pastor who leads by public consensus. This person does not take a stand until he can get a read on what the people are thinking. Man pleasing is what this is; those who do nothing until they know it makes the most people happy. In others words Paul said he was not a smooth talking preacher who tried to make a good impression in order to gain favor with the people."

The second style is that pastor that leads by personal conviction. Hawkins said "Those who lead by personal conviction have convictions deep in the fiber of their being about what is right or wrong and they lead that way, come what may. Those who lead by public consensus lead people to do whatever the people want to do. Those who lead by personal conviction lead people to do what the people need to do".

Paul said that he did not come with flattering speech. This presents the

picture of a hypocrite, in other words those who do that are concealing their real motives. Today there are so many who say they come in the name of God, but are no more than religious racketeers.

Mac Brunson, pastor of First Baptist Church of Jacksonville, wrote: "The how of leadership is critical. How do we lead the people of God? What manner, shape, and fashion does our leadership take? The Word of God gives clear instructions about the manner of leadership." Here is what he suggests: "We lead most effectively when we lead from humility" Acts 20:18-19. "... when we lead from gentleness" I Thessalonians 2:7&11. "We lead best when we lead without partiality" I Timothy 5:21. "We lead most ef-



fectively when we lead with decisiveness" 2 Corinthians 1:17. "...when we understand timing" Ecclesiastes 3:1&3. "...when we keep our heads" 2 Timothy 4:5. "...when we are trustworthy" I Corinthians 4:2.

A leader must remember that he is also a servant. Jesus in our great picture of a servant.

Wellborn School reunion

Will be held on Saturday, April 20, 2013, at the Wellborn Baptist Church social hall located at Lowe Lake Road and US 90 East. The time is 11:30 a.m. Bring photos or stories relevant to the school or Wellborn in general. Bring covered dish. View the website at www.wellbornwildcats.com. See you there!

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Van pick-up upon request

Underage drinking addressed in White Springs

Continued From Page 1A

Helen Miller said, "We've had some discussions previously at the town council meetings about the role of the Coalition, the strategies they use and the programs underway."

Miller asked that McDonald and Cheshire help the council to better understand the role of the Coalition in their community.

A recent incident at the White Springs Mud Bog on CR 135 in White Springs is what prompted the discussions and the Coalition's presentation.

Councilman Richard Marshall said a concerned citizen contacted the town regarding a roadblock at the mud bog by law enforcement officers.

Cheshire explained that the sheriff's office had been tipped off there was underage drinking going on at the event and that he was present at the two checkpoints that day.

Hamilton County Sheriff Harrell Reid said a concerned grandparent had alerted his office about the underage drinking. Since the Constitution designates the sheriff as the chief law enforcement officer of the county, Reid said, the sheriff's office has the right to investigate complaints anywhere within the county.

"The operators of the mud bog want to do what's right," said Reid. "They were concerned about the presence of juveniles there."

In McDonald's presentation, she explained they address issues relating to drug, alcohol and tobacco use among the youth in the county, and their objective is to

protect the young people and keep them safe and healthy, as well as try to prevent an increase in substance abuse. Some recent concerns in White Springs, she said, are underage drinking, binge drinking and the increased use of alcohol in the community.

McDonald showed the council the results of last year's Florida's Youth Substance Abuse Survey. About 400 Hamilton County students in grades 6-12 participated in the survey.

"We found that 21.6 percent of our youth self-reported that they have been using alcohol in the last 30 days, even though it's illegal for minors, anyone under 21, to have alcohol," said McDonald. "It seems to be the most commonly used drug among Hamilton County students, as well as the whole community."

The trend over the last few years from 2002-12, McDonald said, has remained high in alcohol binge drinking, although, it has come down some.

"So you see we're still struggling with binge drinking," McDonald said. "Alcohol seems to be the prevalent drug of choice among our teenagers and the prevalent choice of most adults, also."

Additionally, driving under the influence and alcohol related accidents and deaths continue to be a problem, she added.

"The cost is enormous," she said. "When you look at the stats going back, it just blows you away."

McDonald said research has shown that the younger a person starts drinking, the more

it can lead to brain damage and the ability to learn, as well as stifling their potential.

"The younger a person starts drinking, the more chance there is of them becoming an addict," McDonald went on. "Alcohol is an addiction and is very painful to overcome."

A brochure McDonald gave to the council members reiterated many of her points. It stated that young people are more vulnerable than adults to the effects of alcohol and they face many risks. Those risks include binge drinking that can lead to fatal alcohol poisoning, drunk driving, sexual assault, unprotected sex that can lead to sexually transmitted diseases and pregnancy, as well as suicide, since alcohol can deepen negative feelings.

There are laws on the books about underage drinking, McDonald said, and they are about to get stiffer, especially for adults who host open parties where juveniles are present, whether or not they provide the alcohol. They will be held accountable and can be arrested and sent to jail. This applies to house parties, as well as open outdoor parties or events, she added.

"This new legislation has passed the House and is expected to pass the Senate during this legislative session," said McDonald. "It is to be effective in October. It clearly places the same responsibility on anyone hosting parties where minors are attending in open areas with the knowledge of the owner, on the owner, the same as house parties in a home or building."

At parties where juveniles are present and alcohol is served, McDonald stressed that the host of the party must take precautions to be certain the youth don't have access to alcoholic beverages.

"As a Coalition, we have been very supportive of law enforcement in our county as they have worked hard to try to control these issues," McDonald said.

She referenced recent ordinances for bottle clubs that have been stringently enforced by local law enforcement in Hamilton County,

which she said has helped tremendously in keeping drunk drivers off the roads.

Cheshire briefly outlined the role of the Drug Task Force and how the different law enforcement agencies in the county work together. With the formation of the task force and the Coalition, they now have many more officers involved in combatting underage drinking and substance abuse through education and prevention, as well as increased patrols and enforcement.

Wanted suspect captured in South Georgia

Continued From Page 1A

ceived a complaint on Tuesday from a resident in reference to a person potentially involved in identity fraud. The resident stated that mail had been sent to some of their rental properties addressed to other people than the ones occupying the residence.

ECSO Investigator Will Neel was documenting information when he received a call in reference to the landlord stating that a tenant called him to say he observed a person driving a 2000 model blue Nissan Maxima attempting to pick up the mail. Neel observed the car leaving the tenant's residence.

Neel then conducted a traffic stop on the vehicle and made contact with Ashley Renea Humphrey, 24, Jasper. Humphrey, who was driving the vehicle, gave Neel the go-ahead to search the vehicle. In his search, Neel discovered several credit cards and billing statements belonging to different individuals.

Evidence collected from the search linked Humphrey to multiple felony cases involving several agencies.

Humphrey was arrested and charged with three counts of felony identity fraud and one felony count of attempting and conspiring to commit identity theft. Additional charges are pending the results of the investigation.

Humphrey also faces charges in Hamilton County and Lowndes County.

Groundwater levels average or above

Continued From Page 1A

water levels in Suwannee County are average compared to the last 30 years.

"Levels have been high in Lafayette County since the tropical storm last year, and they're average to above average in Hamilton County thanks to the rivers being up," said Wetherington. "Last year at this time, wells were setting record lows."

Those river levels are soon to fall, though.

Wetherington said that over the last 80 years, the levels on the Alapaha, Withlacoochee and Suwannee have usually been higher in the spring than during any other time of the year and river conditions right now are "typical of normal spring levels."

"The Suwannee is falling very slowly, but that should pick up by the end of the month assuming we're done with the big storms," said Wetherington.

Flows on the middle Suwannee springs should be improved once the river drops some more, Wetherington stated.

"Assuming it doesn't flood again, May and June should be great for people who enjoy the springs," she said.

Of course flooding chances pick up again during hurricane season, which is June 1 through Nov. 30.

Spring outlook

Those in the Suwannee Valley area can expect to see below-normal precipitation and above average temperatures through June, according to the Climate Prediction Center for the National Weather Service.

The amount of rainfall has made conditions quite desirable for keeping the grounds moist and good levels for the rivers and lakes.

Wetherington said that we are leaving our normal rainy season, and that April and especially May are relatively dry before wetter summer patterns kick in.

"Even so, the Climate Prediction Center (for the National Weather Service) says there's a chance of below-normal precipitation through June," said Wetherington.

Scott signs bill to ban Internet cafes

Continued From Page 1A

proximately 200 businesses were closed statewide and about 14,000 people became unemployed. Five businesses in Suwannee and Hamilton counties have been shut down, leaving over a dozen people without jobs.

One Live Oak Internet cafe was shut down as a result of a raid last month.

On March 13, Live Oak Internet Services, LLC, located at 1525 Ohio Ave. North, Live Oak, was part of a raid of Internet cafes associated with Allied Veterans of the World. The six-year long investigation has resulted in the charging of 57 individuals involved in the \$300 million conspiracy.

The Live Oak center was named in a

lengthy search warrant that was issued in Oklahoma and listed 50 others including one in Lake City which was also shut down the same day.

According to the FDLE, Operation "Reveal the Deal" uncovered a sophisticated racketeering and money laundering scheme stemming from 49 illegal gambling centers operating under the guise of "Internet cafes." The organization falsely claimed to be a charitable veterans' organization, but instead deceived the public and government while lining the pockets of its operators.

Lt. Gov. Jennifer Carroll resigned last month over her public relations firm's past involvement with Allied Veterans.

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Healthy Living

~Beth Harris, CSCS, CHFS
bethharrisfitness@gmail.com

The Fountain of Youth

By Beth Harris

Since the beginning of time man has searched combed the ends of the earth for the elusive fountain of youth. Mark Twain wrote, "Life would be infinitely happier if we could only be born at the age of 80, and gradually approach 18." Explorers the likes of Ponce de Leon sought youth in Florida's hot springs; rulers the likes of Alexander the Great's sought for a mysterious life giving river; even historians the likes of Herodotus dating back as far as 5th century B.C.E spoke of an eternal spring.

Humankind is tethered by the impending reality of death and old age. Death is the only certainty of life, age robbing us of our vitality and mental capacity. It's no wonder we've continued the age old search for the Fountain of Youth, vitality and longevity.

The first key to slowing the sands of time is understanding what happens to our bodies as we age. Our bodies feel like fixed structures to our conscious awareness, however below the surface our cells are teeming with activity, living, growing, dying, renewing. While some of your body's tissues may not replicate at all, the majority are in constant renewal. Red blood cells travel nearly 1,000 miles through

the intricate labyrinths of your circulatory system, about 120 days, before their reaching their final resting place in your spleen. About every 10 years your fat cells will have completely replaced themselves, 15 years for the lining of your gut, and liver cell turnover is as quick as 300 to 500 days!

During cell replication a little DNA is lost each time. At the ends of cells are telomeres, protective endings of cells ensuring repeated cell turnover doesn't steal away too much DNA material. With each replication telomeres are shortened leading to cell dysfunction and death. Telomere length is a cutting edge measure of true biological age, evidence of age-related disease, cancer, and cognitive decline.

Psychological stress has also been found to shorten telomere length. Stress hinders our body's processes for repairing telomeres. Current research clearly shows telomere shortening can be prevented, in some cases reversed, with stress reduction and making healthy lifestyle changes.

So where in the world are people living the longest? Japan is in the lead with average age at 87.7 years, Switzerland 82.2 years, Australia and Italy tied at 81.5 years, and the fifth, Sweden at 81.4 years. Currently the oldest living person at 115 years, Misao Okawa

born in 1898, resides in Osaka, Japan. What is the shared hidden determinant of a long healthy life? Healthy lifestyle.

In 2000, the World Health Organization rated the United States' health system as 37th in the world. It is imperative we learn to take care of ourselves as best we can without relying on medicine to solve our problems. American's pay 2-5 times more for healthcare than most low income countries while having one of the shortest life expectancies.

These long-living countries eat less meat, more fish, and little beef. They get plenty of Omega-3's, little cholesterol, and little dairy. Lots of tea and antioxidants, lots of vegetables including nutrient packed seaweed, eat small portions, have a low caloric intake (about 1/3 that of Americans), value cleanliness, and most importantly they all have high levels of physical activity well into old age.

Physical activity has potent effects on telomere length. Exercise erases the

link between psychological stress and shortening of telomeres telling us physical activity is imperative to youthful aging-especially in cases of high stress levels. When a biological system is changed, it is forced to learn and adapt to the experience. If you expect to take a magic pill to give you a longer life, you're not much different than Ponce de Leon or Alexander the great searching for the elusive life giving spring. We don't need expensive laboratory experiments to tell us healthy lifestyle is the best choice for a long healthy life. Take the advice of the oldest person in the world, Misao Okawa: to live long watch out for your health.



Local governments benefit from SRWMD cost-share funding

Fourteen local governments within the Suwannee River Water Management District (District) have been approved to receive nearly \$1.5 million in cost-share funds for water conservation, alternative water supplies, flood protection, ecosystem restoration and water quality improvement projects as part of the District's Regional Initiative Valuing Environmental Resources (RIVER) program.

The RIVER cost-share funds will help provide the following improvements within the District:

- Reduce groundwater pumpage and conserve about 160 million gallons of water per year, about 123.4 million gallons of that being in water resource caution areas;
- Remove about 15 tons of nutrients to natural water resources;
- Flood protection for 60 homes and several public facilities;
- Provide 130 acre feet of floodplain storage;
- Reduce more than 400 cubic feet or 3 dump truck loads of sediment from

entering the Suwannee River;

- Construct a regional water supply interconnect to provide clean, safe drinking water to residents and businesses; and
- Provide improved water supply services for more than 10,000 customers.

Local governments that were approved for the RIVER program were awarded funding through a ranking process based on various criteria, including the effectiveness of the proposed project to protect, conserve, or restore water resources. A minimum of one project was chosen for each drainage basin within the District that applied for the program.

"The District is pleased to assist local governments within our region to conserve our water supply and offset groundwater demands, provide flood protection to our communities, and reduce nitrogen loading to our water bodies," said District Executive Director Ann Shortelle.

Rep. Yoho's TRUST Act draws bipartisan support

Congressman Ted Yoho (FL-03) formally submitted the TRUST (Trust Restored to the United States Taxpayer) Act for consideration on Friday. To date the bill, designated as H.R. 1547, has 14 bipartisan cosponsors.

The TRUST Act would revoke the taxpayer-funded portions of the pensions of members of Congress who are ultimately convicted of a felony. For more on the TRUST Act, visit, <http://yoho.house.gov/media-center/press-releases/yoho-announces-introduction-of-the-trust-act>.

- Rep. Alan Grayson (D-FL)
Rep. Mark Meadows (R-NC)
Rep. John Delaney (D-MD)
Rep. Matt Salmon (R-AZ)
Rep. Lynn Westmoreland (R-GA)
Rep. Chris Gibson (R-NY)
Rep. Thomas Massie (R-KY)
Rep. Scott Perry (R-PA)
Rep. Kyrsten Sinema (D-AZ)
Rep. Kurt Schrader (D-OR)
Rep. Mick Mulvaney (R-SC)
Rep. Mark Cartwright (D-PA)

The bill's progress may be tracked at <http://congress.gov/cgi-lis/bdquery/D?d113:1:/temp/~bd-SUKW:@@X:dbn:n:/billsumm/billsumm.php?id=21>.

Bipartisan co-sponsors include:
Rep. Doug Collins (R-GA)
Rep. Ron DeSantis (R-FL)



May 18th 2013



Great Suwannee River Race

Rafts, Canoes & Kayaks

Race From Little River Spring
to Ivey Park, Branford

Presented by
**The Kiwanis Club of Live Oak
& The Rotary Club of Live Oak**

Sponsored in part by the
Suwannee County Tourist Development Council

Branford Outfitters will have canoes and kayaks for rent for \$25 at the registration site.

**Information:
386-362-3300**

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Around the Banks of the Suwannee

By Correspondent Johnny Bullard

Springtime along the banks of the Suwannee---What says spring time to you in our special part of the world?

The first plaintive nocturnal song of the whippoorwill singing its heart out is a clear, clarion call and one of nature's most beautiful heralds that spring has arrived Around the Banks of the Suwannee. I heard the first song of the whippoorwill a few nights ago and smiled....It is the seemingly small pleasures in life such as the whippoorwill's song that makes life in our part of the world very special indeed.

After hearing the song of the whippoorwill, I took a drive down CR 136-A near Pine Grove United Methodist Church in Suwannee County---I was looking for something that would tell me spring had truly arrived, and I found it. There, in a familiar place winding along a fence was a lush growth of wild honeysuckle... Its yellow and white flowers were sending out the most enchanting and wonderful fragrances that spoke to me and said "Spring time is here in this part of the world."

Later, I took a drive down to the Suwannee and sat on the banks near Suwannee Springs and beheld the beauty of the old dark stream making her ceaseless, languid trip to the Gulf of Mexico...I took my shoes off and squished some of the white sand at the river's edge between my toes and drank in all the many shades of green I saw in the woods---too many to describe here...the grainy texture of the wet river sand...the beauty of the bucolic sylvan scene along the river's banks veiled with Spanish moss---spoke to me silently and said "Springs has arrived here in your home sweet home."

I, then took a drive to visit some good friends in Hamilton County---and as I drove up---I could smell fish fry-

ing...."I didn't come to eat.", I said, but they insisted, and they didn't have to twist my arm too much to enjoy some wonderful fish caught that day from the Suwannee and in a slough on their property not far from the old river.....Fresh fried fish, hush puppies, guava jelly, grits, cole slaw- and for dessert a bowl of fresh Florida strawberries..topped with whipped cream-- A wonderful meal with great friends sitting on their screened porch---breathing in the humid spring air--- Again... Spring time spoke to me.....

After supper, I drove over to Spirit of the Suwannee Music Park---I "rolled" down the windows of my car, stopped a minute, and breathed in the beauty of the night.. There's something about the plaintive sounds of a guitar being played---as the melodious strains drift across the night air---and hearing the old familiar folk tune "Freight Train" ---and breathing in the unmistakable smell of a camp fire--- and then looking across the park and seeing several campfires as darkness covered the banks of the Suwannee--- Campfires resembling orangish, yellow jewels across the north Florida darkness---again spring time spoke to me.....

There is so much beauty here in our beloved home....Some of it is audible, much of it is not---but it speaks just the same, and if you listen it will tell you stories of long, long ago....I've seen a good many spring times here "Way down upon the Suwannee River"---each has some similarities...the budding of the trees, the blooming of the flowers...the songs of the birds---but each has its own beauty and uniqueness too.

There is an old saying that "Familiarity breeds contempt." Many times we take for granted what it right around us...and we don't see it for its own uniqueness.

Don't let that happen to you---Get out and "breathe in" the beauty of our own home here "Around the Banks of the Suwannee".....This time of the year is a great time to do it.....As the Nike Commercial often touted "Just Do It..." Take a walk, take a drive, take off your shoes and put your feet in the waters of the Suwannee and get some sand between your toes and squish it around...Listen for the call of the whippoorwill.....Go over to Spirit of the

Suwannee and "take in" one of their many Festivals... Their "Wanee" Festival is coming up this weekend.....A perfect time to close your eyes, hear some good music, and breathe in the beauty of "Home sweet Home".....

From the Eight Mile Still on the Woodpecker Route north of White Springs....Wishing you all a day filled with joy, peace, and, above all, lots of love and laughter.....

Who is helping give out half a million free books across America on April 23rd?

The Jasper, Jennings, and White Springs Public Libraries are!

On April 23, 25,000 volunteers from Berkeley to Boston and Sitka to Sarasota will give away half a million free books in more than 6,000 towns and cities across the country.

World Book Night U.S. is an ambitious campaign to give thousands of free, specially printed paperbacks to light or nonreaders across America on one day. Volunteer book lovers help promote reading by going out into their communities and sharing free copies of books they love. The mission of World Book Night is to seek out those without the means or access to printed books.

The Jasper, Jennings, and White Springs Public Libraries are proud to be a partner in World Book Night U.S. for a second year.

Bestselling authors Ann Patchett and James Patterson are this year's honorary chair-people. James Patterson said: "In my experience, when people like what they are doing, they do more of it. This is the genius of World Book Night --- it gets people reading by connecting them with amazing, enjoyable books. I'm honored to be a part of it."

"I'm very proud to be a part of World Book Night," Ann Patchett added. "As both a writer and a book-

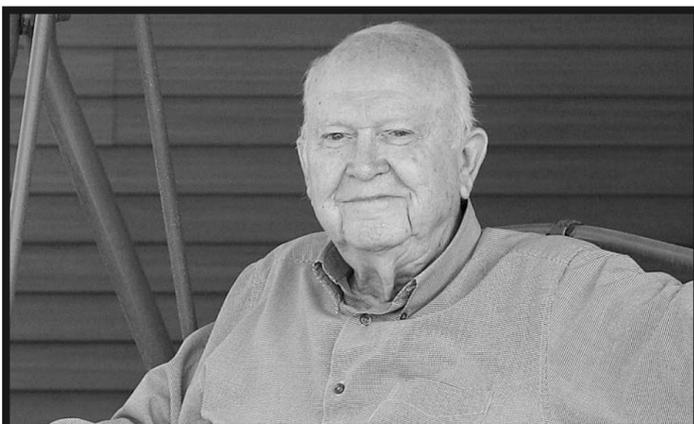
seller, I'm all in favor of getting books into the hands of people who might not otherwise have access to them."

The books were chosen by an independent panel of booksellers and librarians through several rounds of voting. The printing of the free books was possible due to generosity of the authors, publishers, and book manufacturing companies.

Although it is too late to be a giver this year, those interested in participating in the future can sign up for the WBN mailing list for news and updates on World Book Night 2014.

World Book Night will take place on April 23, 2013. World Book Night in the U.S. is a non-profit organization and has 501(c)3 nonprofit status. World Book Night U.S. is supported by publishers, Barnes & Noble, the American Booksellers Association, the American Library Association, Ingram Content Group, FedEx, printers, and paper companies; a full list of sponsors is at our website.

For more information about World Book Night, please go to www.WorldBookNight.org or visit us on Facebook and Twitter. www.facebook.com/worldbooknightusa twitter.com/wbnamerica



Dr. Fred Mickler, retired Hamilton County physician

After I retired, my wife's memory began to fade. So we sat down with our children to decide what was best for us.

Advent Christian Village was the obvious choice. We compared 3 things: cost, location and neighbors. The Village was by far the most economical place to live---by many thousands of dollars. Its location on the beautiful Suwannee River took our eye. And, Advent Christian Village is populated by good people. Come check us out---chances are you'll want to stay! -- Dr. Fred Mickler

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Aaron Tippin
Eli Young Band
Adam Sanders

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801905

School library month



It's fun reading on an Ipad!

This month is School Library Month. The authors of the month at Central Hamilton Elementary (CHE) are Beverly Cleary and Dr. Seuss.

All kindergarten through 2nd grade classes listened to "Green Eggs and Ham" written by Dr. Seuss using the IPAD this week. Students learned information about Dr. Seuss and some of his many stories. In addition,

rhyming words were identified throughout the stories.

DEAR (Drop Everything And Read) Day will be celebrated nationally on April 12, 2013 which is also Beverly Cleary's birthday.

Students at CHE are doing an outstanding job in the Accelerated Reader Program and some have already received over 100 points. Way to go CHE students!

Countywide Sisterhood Meeting was well attended

Hosted by First Baptist Church of Jasper

First Baptist Church of Jasper hosted the Hamilton County Sisterhood Meeting on Tuesday, April 9, 2013. The church fellowship hall was filled with approximately 60 ladies in attendance from churches in the Hamilton County area.

The service was opened with prayer by Robin DeRocco, the WMU president of First Baptist of Jasper. She welcomed everyone and took the roll call of the churches represented at the meeting. First Baptist of White Springs had the most ladies represented and took home a beautiful trophy to display in their church until the next Sisterhood meeting in July/2013.

The ladies trio, Sweet Harmony, sang "I Believe" and the evening devotion was delivered by Mrs. Marjorie Dedge. At the conclusion, she also prayed the blessing for our potluck dinner.

The women always bring such a variety of foods – mostly salads and desserts – and besides the great food, the camaraderie between all the old friends and new friends, the music and special speakers, the Sisterhood meetings are a real blessing for everyone

who comes.

"One by One" was performed by Sweet Harmony and then Robin DeRocco introduced our special speaker of the evening. She introduced Sandy Wiersma of the House of Hope, near Valdosta, Georgia. This is a Christian home for women who desire to be healed of drug or alcohol addiction. What a testimony she has, giving God the praise for everything He had done in her life. The work being done at House of Hope has had an 87 percent success rate. Sandy was an inspirational speaker and we appreciated her willingness to come and talk to everyone.

The meeting came to a close with the ladies trio singing "He Touched Me" and inviting everyone to sing along. Jan Yancey closed the meeting with prayer.

NOTE: If your church is interested in having the next Sisterhood Meeting in July/2013, please call Robin DeRocco of Jasper First Baptist Church and let her know. She can be reached at 386-938-4850. You can also call First Baptist Church and leave her a message at 386-792-2658.

Community Calendar

Notice of annual meeting

The Board of Commissioners of the Northwest Florida Regional Housing Authority will hold its Annual Meeting on April 23, 2013, at the Holiday Inn & Suites, 2725 Graves Road, Tallahassee, Florida. Meeting will begin at 1 p.m. E.D.S.T. The meeting will be open to the public.

AARP Driver Safety Class for Seniors

AARP is offering the Driver Safety class for Seniors at Advent Christian Village – Depot Room, Village Center, 23728 Park Center Drive, Live Oak, FL 32060 on Friday April 12 from 9:00 AM – 3:30 PM with ½ hour for lunch. Please bring a sack lunch. Defensive driving techniques will be taught aimed at keeping you safe on the road. The impact of aging on driving, current and new rules of the road in Florida will be reviewed. There are no tests. The Certificate of Completion is good for a discount on your vehicle insurance for 3 years. Drive safer with confidence, longer. Registration is required. Please call 352-333-3036.

Pickin' & Grinnin'

Every Saturday 6 p.m. Spirit of the Suwannee Music Park

If you play an acoustic instrument or just like to sit and listen to good Country, Gospel or Blue Grass music, come on out to the Pickin' shed in the loop camping area. Pot luck dinners the third Saturday of each month. Join us --- its fun --- its free! Sponsored by Suwannee River Bluegrass Association.

Free English Classes

Clases de Ingles - Gratis, aprenden, Pronunciacion, Conversacion, cada lunes y jueves, 7-9 p.m. Maestra Felicia Doty y el equipo, 386-249-0096. Las clases van estar en la Iglesia Episcopal, San Lukas, 1391 SW 11th St., (Se encuentra la Iglesia en frente del hospital en Live Oak).

I am putting together a family history book

On the descendants of Stephen, William & Sarah Ann Grant. Surnames include Grant, Hewitt, Adams, Land, McCray, McClamma & any other related. If you would like to submit information or photos or are interested, please contact Cher

Newell at 386-209-1559 or 386-364-1608.

Haven Hospice hosts

Helping Hands Volunteer Orientation When: Every Tuesday morning at 10 a.m.

Where: Haven Hospice Suwannee Valley Care Center, 6037 W. U.S. Hwy 90, Lake City, FL. Call Carolyn Long at 386-752-9191 for more information.

Donate your old cars

People may be thinking of donating their old cars as part of a clean up. The Boys and Girls Clubs would be happy to take their old cars. People donating to the Clubs will not only get rid of the unwanted car but will be contributing to the clubs. Boys and Girls Clubs really work with kids in most communities and offer a safe place for them. If you wish to donate a car, call 800-246-0493. Not only will donors be helping the kids, they will be able to take sale price as a contribution for income tax purposes.

CJBAT tests

Monday - Thursday

Monday - Thursday at 5 p.m. (by appointment): CJBAT (Criminal Justice Basic Abilities Test) at NFCC Testing Center (Bldg. #16), Madison. CJBAT is required for acceptance into Corrections & Law Enforcement programs. Photo ID required. Pre-registration & scheduling time and date are required. To register please call 850-973-9451.

College Placement Tests

Monday - Thursday

Monday Thursday at 5 p.m. (by appointment): College Placement Test (CPT), NFCC Testing Center (Bldg. #16), 5 p.m., Madison. Register in NFCC Student Services 24 hours before test. For information please call 850-973-9451.

TABE tests

Monday - Thursday at 5 p.m. (by appointment): TABE (Test of Adult Basic Education) at NFCC Testing Center (Bldg. #16), Madison. TABE is required for acceptance into vocational/technical programs. Photo ID required. Pre-registration & scheduling time & date are required. To register please call 850-973-9451.

PROCEDURES FOR REPORTING AN INOPERATIVE OR MALFUNCTIONING OUTDOOR LIGHT



Light Out?

We Need to KNOW.

If you are aware of an inoperative or malfunctioning outdoor light on Suwannee Valley Electric Cooperative's lines, please call the Cooperative so that the outdoor light can be repaired. When reporting a problem, SVEC would like the following information so that we can make the repair and contact you if there should be any questions:

1. Specific street address of where the outdoor light is located.
2. A description of where the outdoor light is located on the property.
3. A description of the type problem with the outdoor light.
4. Sufficient contact information to include your name, address and telephone number. Suwannee Valley Electric Cooperative members are asked to provide their account number as well.

Following these procedures will help ensure the proper response for your request. We certainly appreciate your help in this matter.

To report an inoperative or malfunctioning outdoor light, contact Suwannee Valley Electric Cooperative, Inc. at (386) 362-2226 or 1-800-447-4509 for Hamilton & Columbia service areas.



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The Jasper News

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North Hamilton Elementary PTO Beauty Pageant Winners

Here are the winners of the 23rd Annual Beauty Pageant "Fairytale Can Come True" held at North Hamilton Elementary on March 9.



Miss NHE 2013 Ticket Queen Mel'Lesha Jones.



2013 Miss NHE 2nd runner up Megan Murphy, Miss NHE 2012 Taylor Smith, 1st runner up Sarabeth Adams.



2013 Junior Miss NHE 2nd runner up Nora Thurmond, Junior Miss NHE 2012 Brooke Howell, 1st runner up Shameria Lanier.



Little Miss NHE, 2nd runner up Carley Morgan, Little Miss NHE 2013 Kyndal Lanier, 1st runner up Brianna James.



Tiny Miss NHE 1st runner up Alyssa Griffith, Tiny Miss NHE 2013 Jalexia Howell, 2nd runner up Amy Traywick.



Sports



Trojans baseball

One win, one loss

By Andrew McGee
andrew.mcgee@gafnews.com

The Hamilton County Trojans baseball team defeated the Branford High Buccaneers on Friday, April 12, with the final score of 6-3.

Kaleb Sadler and Dylan Brantley pitched well in the win. Dylan Brantley entered the game in the third and shut down a bases loaded threat. The leading hitters for the Trojans were Antfernee Smith, Dylan Brantley and Ethan Land with two hits each.

With the win the Trojans are tied for third place in district play. The leading hitters on the season for the Trojans are Ridge Cone with a .371 batting average and Dylan Brantley with a .351 batting average. As a team, the Trojans have hit the baseball well. The pitching staff made up of James Gandy, Kaleb Sadler, Dylan Brantley, Brett Fraley and Antfernee Smith has been solid throughout the season.

"The Trojans have struggled in the field committing an average of six errors per game," said Trojans

head coach Bobby Eason. "This has hampered the team down the stretch."

The Trojans will host the district tournament on April 22-26 at Dr. Fred Mickler Field. Come out and support our student athletes on the diamond.

Trojans dogged by the 'Dogs

The Hamilton County Trojans baseball team lost to the Suwannee High School Bulldogs on Tuesday night, April 16, in an away non-conference game with the final score of 8-0.

The 'Dogs made three runs in the first inning and then for the next three innings, neither team scored. For the fifth and sixth innings, the 'Dogs made three and two runs respectively bringing the ending score to 8-0, 'Dogs.

Trey Owens was selected as player of the game for Suwannee. He picked up his fourth win of the season on the mound by tossing four innings of shutout ball, allowing Hamilton one base hit, one base-on-



Antfernee Smith readies for the pitch.
- Photo: Paul Buchanan (SuwanneeSports.com)

balls, while striking out nine batters. At the plate, Trey raised his season batting average to .462 by collecting two hits in four at-bats, scored two runs, and added a stolen base.

Wanee Music Festival is April 18-20 at The Spirit of the Suwannee Music Park

The Allman Brothers Band, along with Widespread Panic, headline a great line-up of outstanding performers for what is fast becoming one of the most popular festivals in the country, the 8th Annual Wanee Music Festival, Thursday, April 18 - Saturday, April 20 at The Spirit of Suwannee Music Park in Live Oak.

Tickets are on sale now at <http://www.waneefestival.tickets.usictoday.com/WaneeFestival/calendar.aspx> or charge by phone at 1-800-594-TIXX (8499)

In addition to The Allman Brothers Band and Widespread Panic playing both Friday and Saturday nights, the line-up includes Gov't Mule, Tedeschi Trucks Band, Jaimoe's Jassz Band, Michael Franti & Spearhead, Robert Randolph and the Family Band, Leon Russell, Tower of Power, Les Claypool's Duo de Twang, Electric Hot Tuna, Maceo Parker, Steel Pulse, North Mississippi Allstars, Blackberry Smoke, Galactic & Friends, The Greyboy Allstars, Voice of the Wetlands All-Stars featuring Tab Benoit, Cyril Neville, Big Chief Monk Boudreaux, Jumpin' Johnny Sansone, Waylon Tibodeaux and Johnny Vidacovich; Dirty Dozen Brass Band, Royal Southern Brotherhood, Bobby Lee Rodgers Trio, The Lee Boys, Giant Panda Guerilla Dub Squad, The Revivalists, Monophonic, Boombox, Oli Brown Band, Flannel Church and The Yeti Trio. Wanee Wednesday Happy Hour featuring Ivan Neville's Dumpsta-

phunk, Cope, Kettle of Fish, Bees & Her Money Makers, Juke and The Groves.

Wanee is also excited to welcome back the traveling version of Jorma Kaukonen's "Fur Peace Ranch." Sign up NOW to experience musician/songwriter workshops and lessons all under the tutelage of world class musicians. Immerse yourself in an intense and uplifting musical event.

THREE DAY GENERAL ADMISSION FESTIVAL TICKETS:

\$215 + applicable fees, all ages, includes 3 nights primitive camping (Thurs., Fri. & Sat.). Music from 12:30 p.m. Thursday (April 18). Full days of music Friday & Saturday, April 19 - 20.

VIP TICKETS: SOLD OUT!!!

Last year with thousands in attendance, the festival saw its biggest and best year to date. This year is sure to sell out so get your tickets quickly! Look for more upcoming announcements at www.waneefestival.com.

WANEE PERFORMANCE SCHEDULE

Wednesday (Early Bird Party for VIP ticket holders)
2:45-3:45 p.m. - Groves
4:15-5:15 p.m. - Juke
5:45-6:45 p.m. - Bees & Her Money-makers
7:15-8:30 p.m. - Kettle Of Fish
9-10:15 p.m. - Cope
10:45 p.m.-1 a.m. - Ivan Neville's Dumpstaphunk

Thursday (Mushroom Stage Only)
12:45-1:30 p.m. - Oli Brown
2-3 p.m. - Monophonic
3:30-5 p.m. - The Bobby Lee Rodgers Trio
5:30-7 p.m. - Voice Of The Wetlands Allstars
7:30-9 p.m. - Royal Southern Brotherhood
9:30-11 p.m. - Hot Tuna Electric
11:30 p.m.-1:30 am - Greyboy Allstars
Friday - Peach Stage
11:30 a.m.-12 p.m. - The Bobby Lee Rodgers Trio
12:30-2 p.m. - Blackberry Smoke
2:30-4 p.m. - Robert Randolph
4:30-6 p.m. - Gov't Mule
6:30-8:30 p.m. - Widespread Panic
9:30 p.m.-12 a.m. - Allman Brothers Band
Friday - Mushroom Stage
11-11:30 a.m. - Flannel Church
Noon-1 p.m. - The Revivalists
1:30-2:30 p.m. - Jaimoe's Jassz Band
3-4:30 p.m. - Les Claypool's Duo De Twang
5-6:30 p.m. - North Mississippi Allstars
8:30-9:30 p.m. - BoomBox
Midnight -2 a.m. - Steel Pulse
Saturday - Peach Stage
11:30 a.m.-12 p.m. - The Bobby Lee Rodgers Trio
12:30-2 p.m. - Leon Russell
2:30-4 p.m. - Michael Franti & Spearhead
4:30-6 p.m. - Tedeschi/Trucks Band
6:30-8:30 p.m. - Widespread Panic

9:30 p.m.-12 a.m. - Allman Brothers Band
Saturday - Mushroom Stage
11-11:30 a.m. - Yeti Trio
Noon-1 p.m. - The Lee Boys
1:30-2:30 p.m. - Dirty Dozen Brass Band
3-4:45 p.m. - Maceo Parker
5:15-6:30 p.m. - Tower Of Power
8:30-9:30 p.m. - Giant Panda Guerilla Dub Squad
Midnight-2 a.m. - Galactic & Friends

About Live Nation Entertainment:
Live Nation Entertainment is the world's leading live entertainment and e-commerce company, comprised of four market leaders: Ticketmaster.com, Live Nation Concerts, Front Line Management Group and Live Nation Network. Ticketmaster.com is the global event ticketing leader and one of the world's top five e-commerce sites, with almost 27 million monthly unique visitors. Live Nation Concerts produces over 22,000 shows annually for more than 2,300 artists globally. Front Line is the world's top artist management company, representing over 250 artists. These businesses power Live Nation Network, the leading provider of entertainment marketing solutions, enabling nearly 800 advertisers to tap into the 200 million consumers Live Nation delivers annually through its live event and digital platforms. For additional information, visit www.livenation.com/investors.

SHE 3rd 9 weeks honor roll

Kindergarten - Honor Roll
Kaiden Williamson

Second Grade
Megan Allen
Laqwardius Carter
Burke Foster
Mersadie Gaskins
Latavious Highland
Chase Howard
Zamarion Jones
Christopher Jordan
Zachary Lowe
Selma Miles
Cloe Mishoe
Macie Padgett
Xavier Udell

First Grade - Honor Roll
Jarod Burch
Ziyonna Burch
Kylie Fender
Kolton Frew
Katie Harris
Ashley Hettich
Samuel Hillhouse
Kristyana Jordan
James Lane
Leondra McCloud
Austin Mercer
James Mitchell
Tyler Powell
Ravyn Roberson
Reese Roberson
Kaleb Skinner
Kayla Stormant
Ashton Tomlinson
Ashton Tucker

Samuel Bryant
Ken Cobbs
Jacob Cribbs
Alexander Dorminey
Natalie Fouraker
Alexis Griffis
Amir Morgan
Kameran Richardson
Kailey Robinson
Ryan Thomas
Leland Williams
Morgan Williams

Third Grade
Benjamin Thomas

A/B Honor Roll
Foster Bristol

Kanyiah Burch
Zachary Cason
Nathan Fouraker
Breunna Jordan
Crystal Pritchard
Tenija Martin
Joshua Townsend
Jazlyn Watson

Fourth Grade
A Honor Roll
Alex Fouraker
Madison Lee
McKayla Small

A/B Honor Roll
Daniel Bennett
Samuel Merrill
Travis Powell
Jennifer Stephens
Azaria Thompkins

Sixth Grade
A Honor Roll
Alexandria Pinello

A/B Honor Roll
Keandra Alford
Joshua Hawkins
Leon Young
Trace Johnson
Leighla Gieger

Miller presented with award



(L-R) SRLC president Manny Marono, White Springs mayor Helen Miller and Shirley Clark from Branford. Courtesy photo:

The Suwannee River League of Cities conducted their quarterly Board of Directors meeting in Madison on Thursday, April 11, and president of the Florida League of Cities Manny Marono (mayor of Sweetwater) presented the SRLC 2012 Municipal Official of the Year Award to Dr. Helen B. Miller, mayor of White Springs.

"The 2012 SRLC Municipal Official of the Year has accomplished a great deal in her 32 months of service," said Marono. "This individual worked to start a summer enrichment program and an after

school program. Through these initiatives the town has made use of more than \$300,000 in grant funding. The after school program was saved after funding ran out through the diligence of this individual and the community. The 2012 Municipal Official of the Year has worked in cooperation with the University of Florida to complete architectural visioning for the community and presented the plan at the Florida Rural Economic Summit and to Governor Rick Scott."

Miller was nominated for her tireless effort on projects and resolutions

that address and reverse the continued draw-down of the Floridan Aquifer. She has also worked to establish a food bank in her community, hosted a series of forums to identify the concerns of the citizenry, appointed committees or individuals to act on citizens' concerns, and initiated the position of Health Counsel for White Springs.

When a group of juveniles broke into her home, Miller worked to create programs that benefit youth and adults in the community, instead of seeking punishment for the individuals.

A quote from her nomination reads: "Mayor Miller has made White Springs a better place to live and has brought all sides of our community together to address our problems, needs, hopes and aspirations."

In other business, the SRLC nominated and approved its 2013-2015 Board of Directors. Miller was installed as a new board member.

Public invited to gallery talk and art reception with artist Paho Mann

The North Florida Community College Art Department invites the public to a gallery talk and art reception with artist Paho Mann on Thursday, April 18 from 12-1:30 p.m. at the Hardee Center for the Arts (Bldg. 11, NFCC campus). Mann will discuss his featured work in the Hardee Center's April exhibit entitled "Paho Mann: Amassed". Light refreshments will be served.

"I invite everyone to stop in April 18 to meet our featured artist Paho Mann," said Lisa Thompson, NFCC Art Instructor and Gallery Director. "Mann's work invites us to reexamine everyday objects and consider how we individually participate in consumerism."

The exhibition includes images from three of Mann's projects: The Phoenix Recycling Project, a public art project originally commissioned by the city of Phoenix to be displayed at a large recycling transfer station in Phoenix, Arizona; One Dollar Electronics, a grid of twenty-four photographs of small electronics manufactured in China and sold for \$1 in stores in Dallas, Texas; and Junk Drawers, a typology of the nearly ubiquitous catch-all drawer in where we put objects that don't have a specific place.

"Central to my understanding of the works in this exhibition, is that looking at what we own and consume can reveal something about our identity and culture, and that this examination underlines the importance of making thoughtful choices in what we do with these objects," said Mann.

Mann's work investigates the physi-

cal manifestation of individuality, using both traditional photographic practices and contemporary digital technology. His work has been included in exhibitions at the Arizona State University Art Museum (Tempe, AZ), Tucson Museum of Art (Tucson, AZ), Walker Art Center (Minneapolis, MN) and the Carnegie Museum of Art (Pittsburgh, PA) among others. Mann's work is included in the Tucson Museum of Art's permanent collection and has been commissioned for public art projects by the city of Phoenix.

Mann was born in 1978 on his parents homestead near Snowflake, Arizona. In 1992 he moved with his family to Albuquerque, New Mexico where in 2001 he received a BFA from the University of New Mexico. He received his MFA from Arizona State University in 2007. Currently, Mann lives and works in Dallas, Texas where he is an Assistant Professor of Photography at the University of North Texas.

The "Paho Mann: Amassed" exhibit is open now through April 30 at NFCC's Hardee Center for the Arts. Regular gallery hours are Monday and Wednesday, 9 a.m.-4 p.m. and Tuesday and Thursday, 8 a.m.-3 p.m. For more information, contact NFCC Art Instructor and Gallery Director Lisa Thompson at (850) 973-1642 or ThompsonL@nfcc.edu. More information is also available at www.nfcc.edu/departments/academics/hardee-center-for-the-arts. More information about Paho Mann can be found on his website - www.pahomann.com.

Marc Minno joins SRWMD as an environmental scientist



LIVE OAK, FL, April 2, 2013 – Dr. Marc Minno joined the Suwannee River Water Management District (District) as an environmental scientist on April 1. He will work in the Water Resources Division. In this capacity, Dr.

Minno will analyze water quality data for trends and hydrologic relationships, particularly related to ecosystem status and restoration. He will also develop and implement biological monitoring of aquatic ecosystems and analyze these data for effects and trends.

Prior to employment with the District, Minno worked at the St. Johns River Water Management District (SJRWMD) for more than 20 years as an environmental scientist and later as a supervising regulatory scientist. During his time there, he was responsible for mapping, restoring and developing wetland restoration plans and served as the lead scientist in the environmental review of consumptive use permits.

Dr. Minno holds a B.S. and an M.S. in entomology and a Ph.D. in zoology. He is well known for his work as a wetland scientist, having contributed to hundreds of technical staff reports and published reports and a book chapter on wetlands. At SJRWMD he worked together with other scientists to develop a new method for assessing and reducing the risk to wetlands from groundwater withdrawals.

"For an ecologist the Suwannee District is an exciting place to work because of its diverse natural resources, places of spectacular beauty, and soundscapes which are unique in Florida. I always remember the roar of Big Shoals at night while swapping stories around a campfire," said Minno.

"The District welcomes Marc Minno to our team," said District Executive Director Ann Shortelle. "With his leadership, experience, and dedication, I know he will be a valuable asset to our water resources program."



“Are Expired Medications Still Safe?”

It is 2 a.m. and that cough and stuffy nose you have been battling is still keeping you up. You reach for the nighttime cold relief medicine only to find it expired a few months ago. If you take a dose to ease your symptoms, will you be putting yourself at risk?

This situation is a relatively common occurrence. Many medicine cabinets are stocked with over-the-counter drugs as well as prescription medications that may be past their expiration dates. It is a good idea to routinely discard expired medicines, but if you happen to take a drug that has passed its expiration date, you will most likely suffer no ill effects.

According to the Harvard Medical School Family Health Guide, the expiration date on a medicine is not the dates when a drug becomes hazardous. Rather, it marks the period of time after which a drug company can no longer guarantee the efficacy of

the medication. Since 1979, drug manufacturers selling medications in the United States have been required by the Food and Drug Administration to stamp an expiration date on their products. This is the date until which the manufacturer can still guarantee full potency of the drug.

Expiration dates also may be a marketing ploy. Francis Flaherty, a retired FDA pharmacist, has said drug manufacturers put expiration dates on products for marketing purposes rather than scientific reasons. It doesn't make financial sense to a company to have products on the shelves for years. Therefore, most drug manufacturers will not do long-term testing on products to confirm if they will be effective 10 to 15 years after manufacture.

The U.S. military has conducted their own studies with the help of the FDA. FDA researchers tested more than 100 over-the-counter and prescription drugs. Around 90 percent were proven to still be effective long past the expiration date -- some for more than 10 years. Drugs that are stored in cool, dark places have a better chance of lasting because the fillers used in the product will not separate or start to break down as they might in a warm, humid environment. Storing medicines in the refrigerator can prolong their shelf life.

Although a pharmacist cannot legally advise consumers to use medication past an expiration date, most over-the-counter pain relievers and drugs in pill form should still be fine. Certain liquid antibiotics and drugs made up of organic materials can expire faster than others. For those who still want to err on the safe side, routinely clean out medications from cabinets once they expire. However, if an expired medication is taken by mistake, there's little need to worry about potentially adverse effects.

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Tobacco Rd Band, Jared Ashley, The Sweeney Family Band added to the Suwannee River Jam lineup

The Suwannee River Jam (SRJ) has added Tobacco Rd Band, Jared Ashley and The Sweeney Family Band to the already fantastic line-up for the largest country music jam in the south May 1-4 at The Spirit of the Suwannee Music Park (SOSMP) in Live Oak.



Tobacco Rd Band

They will kick off the Suwannee River Jam May 1 in the Music Hall. CMT touring artist Eric Durrance formed the Tobacco Rd Band in 2010. The Tallahassee 4-piece band came out of the gate running in and has accomplished in less than a year what some bands spend a lifetime trying to do. Powered by the songwriting of Eric Durrance, the soulful guitar play-

ing of Lex Vance, the solid bass playing of Aaron Halford and the feel good rhythm of drummer Joe Markham, the Tobacco Rd Band has been a hit since the first time they stepped on stage.

Front man Eric Durrance, who opened for Jason Aldean and Lady Antebellum on the 2008 CMT tour, has returned to his roots in Tallahassee, Fla where he formed what he calls the dream team. "These are some of the best musicians I have had the privilege to share the stage with," Eric says. Eric also co-wrote the top 10 hit "Eight Second Ride" recorded by country singer Jake Owen. The success of the song has opened many doors for Tobacco Rd and continues to be a favorite in the band's set list. Fresh Country 103.1 The Wolf in Tallahassee and XM satellite radio channel Nashville 11 have also embraced the band's sound by playing three songs of the band's debut CD, Coming Back Around. Tobacco Rd's fan base keeps growing every day as people from all over the world discover their music. The band teamed up with Coors Light in 2013 and is proud to have them as a sponsor. Together, they have big plans and dreams for the future of Tobacco Rd Band.

The Tobacco Rd Band has played shows with Jake Owen, Brantley Gilbert, LoCash Cowboys, Jason Aldean, Florida Georgia Line, Corey Smith and Colt Ford and has headlined its own shows on countless stages in the south.



Jared Ashley

Jared Ashley, a Georgia/New Mexico singer who had made it big in country music, will open the Suwannee River Jam Thursday, May 2, with a 45 minute set beginning at 6:15, opening for Randy Houser and the Eli Young Band.

While in the Navy he began playing acoustic guitar gigs in Yokosuka, Japan. He visited Nashville and was totally hooked! He later moved to Nashville where he assembled a band and his career was off to a big start. He landed him a weekend gig at the world-famous Tootsie's Orchid Lounge on lower Broadway in Nashville. "Lower Broad is a boot camp," Jared says. "You're gonna meet a ton of people, and you're gonna learn a lot. It'll either make you or break you."

In 2006, Jared placed fifth on Season Four of "Nashville Star," released his first album and has since traveled the US performing. Jared was fan voted Regional Act of the Year by Georgia Country in 2011 and was recently honored to be a part of the 2013 Folds of Honor Patriot Bowling Cup at the ACM's at Orleans Casino on April 5.

To connect with Jared go to his Facebook page at <https://www.facebook.com/jaredashleymusic>, his website at <http://jaredashley.com/>, see his video at <http://www.youtube.com/watch?v=Ytw96jbh-fuQ&list=UUOCDKrfm0xE7ziRDACzMwew&index=1>.

He is now on a nationwide tour, visiting country radio stations to promote his first single, "Last Train To Memphis." He will release his second album this fall.



The Sweeney Family Band

Hide The Corn Squeezin's....HERE THEY COME! The Sweeney Family Band. They are just some good ole backwoods boys with a flare for having fun. Join Slim Sweeney and his two identical twin cuzzins for some pickin', singin' and funnin' around at the 2013 Suwannee River Jam presented by Budweiser and S&S Food Stores and held at The Spirit of the Suwannee Music Park (SOSMP) in Live Oak May 1-4. This is where the Sweeney Family Band will also be part of this year's first Redneck Wedding.

The Sweeney Family Band might be a couple of bricks shy of a load, but they do know how to have a good time. They'll have you clappin' your hands and stompin' your feet to some good ole bluegrass and folk tunes that everybody loves.

Take a little Hee Haw and mix it with some Grand Ole Opry... add a couple of pinches of The Smothers Brothers, sprinkle in a little Andy Griffith Show, simmer over down home humor....and soon you'll have a banquet of fun.

The three join country artists Sheryl Crow, Rodney Atkins, Florida Georgia Line, Eli Young Band, Easton Corbin, Randy Houser, Aaron Tippin, LoCash Cowboys, Josh Thompson, Adam Sanders, The Sweeney Family Band, Steel Bridge Band and Justin Case Band along with the winners of the Suwannee River Jam Auditions being held April 13 at the Spirit of the Suwannee Music Park.

SRJam weekend passes are \$85, student and military \$65, children \$45; Day tickets are \$40 Thursday, \$45 Friday and \$50 Saturday. To make reservations for RV parking, cabins, primitive camping or camper parking for the SOSMP, find out more about the Jam or purchase tickets, call 386-364-1683, email spirit@musicliveshere.com or go to www.musicliveshere.com. You may also go to www.suwanneeriverjam.com.

The Spirit of the Suwannee Music Park is located at 3076 95th Drive, Live Oak, Fla, 4.5 miles south of Interstate 75 and 4.5 miles north of Interstate 10 off US 129. Keep an eye out for the SOSMP sign and white painted board fence.

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GREAT GRILLERS

Potatoes Make Healthy Meals in Minutes

FAMILY FEATURES

Few things in life are harder to resist than the delicious aroma of a backyard barbecue. There is just something about the sizzle and smells of grilled fare that brings folks together.

The farm families who grow Wisconsin potatoes know how to please the palates of hungry crowds. The natural flavors found in the many varieties of Wisconsin potatoes are easy to enhance with the addition of a few fresh ingredients and a little bit of smoke.

The Wisconsin russet potato makes for a great tasting baked potato, but its light and fluffy interior also holds up well when seared on the grill. Also great on the grill are Wisconsin yellow flesh potatoes, which have a just-buttered appearance.

The appearance of the trendy new blue and purple potatoes will certainly get guests talking. They add color and a subtle nutty flavor to your favorite dish. Everyone's favorite dish at an outdoor barbecue is often the potato salad. Wisconsin round red or white potatoes are both well-suited for salads as well as roasting, boiling, and steaming.

Potatoes are an extremely versatile and hearty vegetable. But the one thing all potatoes have in common is nutrition. Just what can Wisconsin potatoes do for you? Well, potatoes are:

- Nutritional powerhouses. In addition to being fat-free, cholesterol-free, sodium free and gluten-free, a medium potato has just 110 calories.
- Rich in potassium. According to the USDA, diets rich in potassium may help to maintain healthy blood pressure. The potato is second only to the banana in the amount of potassium it contains.
- Packed with Vitamin C. A medium potato contains 45 percent of the daily recommended amount of Vitamin C.
- Great source of fiber. The USDA reports that fiber helps reduce blood cholesterol levels and may lower your risk of heart disease. Potatoes can also help make you feel fuller with fewer calories.

Grilled, fried, baked, roasted or boiled, few ingredients get every guest asking for second helpings like the versatile potato. Find more health information, as well as recipes and purchasing tips, at www.EatWisconsinPotatoes.com.

Chicken and Potato Fiesta Grill

Servings: 4
Ready time: 60 Minutes

- 1/2 cup prepared Italian dressing
- 2 tablespoons lime juice
- 1 tablespoon chili powder
- 4 whole chicken legs with thighs, skin on
- 1 1/3 pounds (4 medium) red Wisconsin potatoes, cut into 1 1/4-inch cubes
- 2 tablespoons water
- 1 red bell pepper, cut into 1 1/2-inch pieces
- 2 medium zucchini, cut into 3/4-inch-thick slices
- 4 to 8 flour or corn tortillas, warmed (optional)

Prepared salsa (optional)

In small bowl, combine marinade ingredients; remove 1/4 cup and combine with chicken in resealable plastic bag. Turn to coat; marinate in refrigerator 30 minutes or up to 2 hours, turning occasionally.

Meanwhile, in microwave-safe dish, combine potatoes and water. Cover and microwave on high 9 to 10 minutes or until just tender; cool. When potatoes are cool enough to handle, alternately thread with bell pepper and zucchini onto eight 10 to 12-inch skewers; brush with remaining marinade. Remove chicken from plastic bag; discard marinade from chicken.

Grill chicken over medium to medium-low coals 30 to 40 minutes or until juices run clear, turning occasionally. About 10 minutes before chicken is done, add vegetables to grid; reserve marinade. Grill until tender and lightly browned, turning and basting occasionally with reserved vegetable marinade. Serve chicken and vegetables with tortillas and salsa, if desired.

Roasted Red Potatoes with Pesto

Servings: 8
Ready time: 40 Minutes

- 3 pounds medium-size red Wisconsin potatoes
- Olive oil cooking spray
- 1/3 cup white or golden balsamic vinegar
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon sea salt
- 3 cloves garlic, minced
- Freshly ground pepper to taste
- 1/3 cup shredded Parmesan cheese
- 1/4 cup finely minced fresh basil
- 1/4 cup toasted pine nuts (optional)

Place potatoes in a large microwave-safe bowl; cover with lid or plastic wrap. Note: If using plastic wrap, make sure plastic wrap is not touching any ingredients and poke one small hole in cover to vent. Microwave on high for 10 to 12 minutes or until potatoes are tender (cooking time may vary depending on microwave). Use oven mitts to carefully remove from microwave.

When cool enough to handle, cut potatoes in half or quarters and spray liberally with olive oil spray. Grill over high heat for 5 to 7 minutes, turning occasionally, until grill lines are apparent. Remove from grill and let cool.

Cut into bite-size pieces and place in a large bowl. Whisk together vinegar, oil, salt and garlic; pour over potatoes and toss lightly to coat. Season with pepper, then cover and refrigerate until ready to serve. Just before serving, toss with Parmesan cheese and basil, then sprinkle with pine nuts.

Grilled Red Potato Skewers

Servings: 4
Ready time: 20 Minutes

- 2 medium russet or Yukon gold Wisconsin potatoes or 6 red Wisconsin potatoes
- 2 medium zucchini
- 1/2 smoked sausage rope
- 4 12-inch skewers
- 1/2 cup Italian dressing

Preheat grill. Cut potatoes in half. Cut zucchini and sausage the same width as potatoes. Place skewer through potato, zucchini and sausage. Repeat for each skewer.

Place skewer in dish and pour Italian dressing over skewers. Marinate in dressing for 5 minutes.

Place skewers on grill and cook 5 minutes each side, or until potatoes are done. Remove from grill and serve.



Little Havana Grilled Beef and Potato Salad

Servings: 6
Ready time: 30 Minutes

- 2 pounds medium unpeeled Wisconsin potatoes (about 2 1/2-inch diameter), such as yellow flesh or round reds
- 2 teaspoons ground cumin
- Salt and pepper
- 1 beef top round steak, cut 1 inch thick (about 1 1/2 pounds)
- 3/4 cup prepared white wine vinaigrette
- 2 cans (15 ounces each) black beans, rinsed, drained
- 1/2 cup chopped fresh cilantro

Cut potatoes crosswise in half; place in microwave-safe dish with 1 cup water. Cover and microwave on high 10 to 14 minutes or until almost tender, rearranging once. Immediately rinse under cold running water; drain well.

Meanwhile, combine cumin and salt and pepper; press evenly onto beef steak. Place steak on grill over medium, ash-covered coals. Grill, uncovered, 16 to 18 minutes for medium rare doneness, turning occasionally. Remove; let stand 5 minutes.

About 5 minutes before steak is done, brush potatoes with some of the vinaigrette. Place on grid around steak. Grill 5 to 7 minutes or until golden brown, turning occasionally.

Carve steak into thin slices. Combine beef, potatoes, beans, cilantro and remaining vinaigrette in large bowl; toss gently. Serve immediately.

