



Coalition youth fight back against cyber bullying



INSIDE | PAGE 7A

The Jasper News

nflaonline.com

Today's Weather

High 79° F



Precip: 60%

Rain showers in the morning then thundershowers in the afternoon. High 79F. Winds ENE at 10 to 15 mph. Chance of rain 60%. For up to the minute weather go to www.nflaonline.com.

142nd YEAR, NUMBER 21

THURSDAY, MAY 2, 2013

3 SECTIONS 32 PAGES

50¢

Voters in Hamilton approve .25 tax levy for schools

By Joyce Marie Taylor
joycemarie.taylor@gafnews.com

Hamilton County voters approved a four-year .25 ad valorem tax for critical operating needs of the school district on Tuesday, April 30. Unofficial results from the Supervisor of Elections Office show the referendum passed by a vote of 586-331.

Out of 8,030 registered voters in the county there were a total of 918 ballots cast (1 under vote) with 63.9 percent voting for and 36.1 percent voting against.

For many years, school districts were authorized to levy 2.0 mils in taxes for capital outlay expenses and then in 2008-09, the legislature changed the amount that could be levied for such expenses, reducing the capital outlay millage to a maximum of 1.75 mils.

In 2009-10, the legislature made yet another change, authorizing school districts to use .25 mil of the 1.75 mils for critical operating needs purposes, subject to a super majority vote by the local school board.

Superintendent of

SEE VOTERS, PAGE 2A

Rabies alert issued for Hamilton County

The Hamilton County Health Department has issued a rabies alert for the Jennings area of Hamilton County. This is in response to a raccoon that tested positive for rabies on April 26, 2013.

All citizens in Hamilton should be aware that rabies is present in the wild animal population and domestic animals are at risk if not vaccinated. The public is asked to maintain heightened awareness that rabies is active in Hamilton County. Alerts are designed to increase awareness to the public, but they should not give a false sense of security to areas that have not been named as under an alert.

The recent rabies alert is for 60 days. The center of

SEE RABIES, PAGE 2A



ARE WE READY?

Preparing for, responding to natural disasters

Hamilton County prepares for next big storm

By Joyce Marie Taylor
joycemarie.taylor@gafnews.com

Editor's note: Today begins a five week series titled "Are we ready?", in which we delve into storm preparedness locally. Here is the first in that series.

Ever since Tropical Storm Debby pounded our region last summer with torrential rain that caused widespread flooding, there are

some folks in Hamilton County who are still dealing with the after-effects.

This is especially true in White Springs where several roads were completely washed out. In fact, the Jewett Street project is still awaiting funding in order to repair the total collapse of the road.

In neighboring Suwannee County many

SEE HAMILTON, PAGE 2A

FDLE: Lack of evidence against Townsend

By Joyce Marie Taylor
joycemarie.taylor@gafnews.com

Former White Springs Town Manager Robert Townsend, who was under investigation by the Florida Department of Law Enforcement (FDLE), and who ultimately resigned after being placed on administrative leave on March 28, 2012, as a result of an ongoing investigation, will not face prosecution due to lack of sufficient evidence in the complaints against him, according to a recent report

SEE FDLE, PAGE 2A

White Springs council members sworn in



Town clerk Shirley Heath swears in Tonja Brown and Rhett Bullard. - Courtesy photo:

Mayor and vice mayor selected

The White Springs Town Council convened at 7 p.m. on Thursday, April 25, to conduct its annual organizational meeting.

Newly elected council members Tonja Brown and Rhett Bullard were sworn in by town clerk Shirley Heath to serve their two-

year terms.

In an act of affirmation of town government, Dr. Helen Miller was re-elected as mayor and Walter McKenzie was re-elected as vice-mayor for 2013-14.

SEE WHITE, PAGE 2A

Hundreds turned out for Relay for Life



The first lap of cancer survivors rounds the last curve of the track.

-Photo: Joyce Marie Taylor

By Joyce Marie Taylor
joycemarie.taylor@gafnews.com

Despite the threat of inclement weather, hundreds turned out to support the 2013 Hamilton Coun-

ty Relay for Life event held in Jasper on Friday, April 19.

Cloudy skies and the threat of continuing rainfall failed to keep

SEE HUNDREDS, PAGE 8A

Rivers possibly contaminated

Sanitary sewer overflow in Georgia to blame



Suwannee north of Suwannee River State Park should be fine

Staff

The Florida Department of Health is advising the public to take precaution around the Suwannee and Withlacoochee rivers after a sanitary sewer overflow from a burst main in Lowndes County. The overflow occurred outside the city of Valdosta in Lowndes County west of the Withlacoochee near Highway 133 and resulted in 1.32 million gallons spilling over the course of 40 hours, some of which reached the river. The county reported the

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Hamilton County prepares for next big storm

Continued From Page 1A

were left homeless after waist deep flood waters entered their houses. Some are still trying to piece their lives back together and recover from the financial and emotional strain of this multi-million dollar storm.

Local officials have begun to focus more on storm management since TS Debby and a lingering question remains. "Is Hamilton County prepared for major natural disasters?"

Hamilton County Emergency Management Director Henry Land offered his assessment of current storm preparedness within the county.

When asked if he thought Hamilton County was ready should another similar disaster strike, Land said, "You are never as prepared as you would like to be."

Hamilton County, he said, has a plan in place and emergency management officials have taken

many precautions. He encourages all residents to do the same.

"Have a plan," Land said. "Be prepared for 72 hours."

The Jasper News asked Land if he thought large-scale storms were more frequent now than they once were.

Land replied, "Due to media and weather pinpointing, we have the capability of being informed of all storms in all places. In the past, those capabilities haven't always been

available."

Land said you never know when a natural disaster may strike.

"Hamilton County has taken many precautions to be as prepared as possible," said Land. "We make plans and train through drills and exercises. We have dedicated First Responders including a CERT Team who is able to respond on a moment's notice."

Individuals in the community, Land said, need to have a plan in place. They need to

know where to go if an evacuation is necessary, as well as have all the needed items should they be told to shelter in place.

"Be prepared to be self-sufficient for at least 72 hours," Land said. "Have a disaster preparedness kit prepared now. Don't wait. It may be too late."

Hamilton County has many steps in place should disaster strike and all emergency support functions have a role in the Emergency

Operations Center, Land explained. Each year, he said, their Emergency Support Functions are trained in "know your role".

"When the EOC is activated all of the ESF's and First Responders are prepared to take all necessary actions in keeping the residents of Hamilton County safe," said Land.

For related national stories visit the section "Are we ready?", on the homepage at nflaonline.com.

New Dollar General coming to White Springs



The new Dollar General store in White Springs. -Photo: Joyce Marie Taylor

By Joyce Marie Taylor

A brand new super-sized Dollar General store is coming to White Springs. Construction has been ongoing on the corner of Turner Street and

US 41 just a few short blocks east of the center of town and residents are getting anxious to shop there. According to City Manager Bob Farley, the store should be opening by May 1, if not sooner.

FDLE: Lack of evidence against Townsend

Continued From Page 1A

from the FDLE.

There were several allegations filed with FDLE against Townsend dating back many years.

One was a falsifying records complaint for not disclosing he had pled guilty to a first degree misdemeanor crime when filling out a job application for the town of White Springs. According to FDLE that charge was in all probability a valid charge, however, the statute of limitations had run out on Nov. 2, 1996, and Townsend could not be prosecuted.

An official misconduct complaint was also filed with FDLE, however,

then Third Judicial Circuit State Attorney Jerry Blair determined there were no grounds to charge Townsend because statute of limitations ran out on Nov. 2, 1999.

In 2004, allegations of sexual assaults on a prison inmate while on work release assignment at White Springs water treatment facility were filed with FDLE.

In March 2011, Townsend was accused of lewd acts with a DOC inmate. Again in March, 2012, a work release prison inmate made allegations that Townsend had inappropriately touched him while he was working at the

wastewater treatment facility.

Townsend had retained attorney Jeff Seigmeister, (who is now Third Circuit State Attorney) who on April 3, 2012, stated he declined to have his client interviewed by FDLE, however, he said Townsend would turn himself in, in the event a warrant was issued for his arrest.

Then State Attorney Skip Jarvis, at the end of the investigation, reflected there was insufficient evidence to prove the allegations against Townsend beyond a reasonable doubt and, therefore, the case would not be prosecuted.

Voters in Hamilton approve .25 tax levy for schools

Continued From Page 1A

Schools Thomas Moffses said the Hamilton County school district approved the .25 mil to help offset the school system's budget cuts of about \$1.5 million. The next year, school districts were required to get the voters' approval to continue the levy and voters approved it for three years. That three-year approval period ends June 30, 2013.

Without the continuation of the .25 mil levy,

Moffses said the district would have lost about \$200,000 in funding.

"I would like to thank the voters for their belief in the students of Hamilton County," said Moffses. "Continuing to provide the additional .25 millage will benefit our entire school system and most of all, our amazing students. Thank you again Hamilton County for your support!"

Results by district:
Jennings City Hall:

67 Yes, 26 No
Jasper Courthouse:
42 Yes, 17 No
White Springs:
52 Yes, 19 No
Civic Center:
69 Yes, 14 No
Road Camp:
66 Yes, 23 No
Genoa:
10 Yes, 16 No
Bellville:
32 Yes, 14 No
Crossroads:
29 Yes, 23 No
Absentee:
219 Yes, 179 No

Rabies alert issued for Hamilton County

Continued From Page 1A

the rabies alert is NW 9th Drive and includes the following area boundaries in Hamilton County:

**CR 141 north
CR 152
The Alapaha River**

All domestic animals should be vaccinated against rabies, and all wildlife contacted should be avoided. Rabies is a disease of the nervous system and is fatal to warm blooded animals and humans. The only treatment for human exposure is rabies specific immune globulin and rabies immunization. Appropriate treatment started soon after exposure will protect an exposed person from the disease.

The following advice is issued:

Keep rabies vaccinations up to date for all pets.

Keep your pets under direct supervision so they do not come in contact with wild animals. If your pet is bitten by a wild animal, seek veterinary assistance for the animal immediately.

Call your local animal control agency to remove any stray animals from your neighborhood.

Do not handle, feed, or unintentionally attract wild animals with open garbage cans or litter.

Never adopt wild animals or bring them into your home.

Teach children never to handle unfamiliar animals, wild or domestic, even if they appear friendly.

Prevent bats from entering living quarters or occupied spaces in homes, churches,

schools, and other similar areas, where they might come in contact with people and pets.

Persons who have been bitten or scratched by wild or domestic animals should seek medical attention and report the injury to the Hamilton County Health Department at (386)792-1414.

For further information on rabies, go to the Florida Department of Health website: <http://www.doh.state.fl.us/environment/medicine/rabies/rabies-index.html>.

White Springs council members sworn in April 25

Continued From Page 1A

When the next chapter of White Springs history is written, it will include the fact that newly elected councilman Rhett Bullard represents the third generation of his family to serve on the

White Springs Town Council. The town council is a diverse group of individuals representing citizens whose families have historical roots in White Springs, as well as those who have retired to this beautiful community.



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Life in WHITE SPRINGS

By Walter McKenzie

lifeinwhitesprings@gmail.com

Monday's late afternoon power outage affected almost all of White Springs, many homes and businesses were without electricity, but the power outage brought with it some blessings. Candles and lanterns lit our home, just like they did when it was built in 1905, and we ate a simple dinner on our front porch and chatted with our neighbors. A stroll around the neighborhood was very enjoyable because many other folks were sitting on their front porches too, enjoying chatting with their neighbors, seemingly glad that television and air conditioning had been replaced by real conversations and the fresh, cool evening air. Perhaps the good old days really were the good old days, although I'm glad this didn't happen in the

midst of the heat and the mosquitos of July or August! We enjoyed the brief respite from modern technology and perhaps we will endeavor to sit and have a simple dinner and chat with the neighbors on the front porch more often, enjoying the pleasures of a bygone time in White Springs.

From Johnny Bullard I got the word that Charvin Graham, son of Rev. Charles and Brenda M. Graham was recently admitted to the Florida Bar at a swearing in ceremony at the Florida Supreme Court in Tallahassee, Florida. Charvin attended South Hamilton Elementary School, White Springs, and graduated from Hamilton County High School.

He received his undergraduate degree at Florida A & M University, Tallahassee, and he received his Juris Doctorate (JD) Degree from Howard University, Washington, D.C.

Presently, Charvin resides in the Washington, D. C. area. He is the paternal grandson of the late Mr.

and Mrs. E.W. Graham, Sr., paternal great-grandparents were the late Mr. and Mrs. King Henry Williams, all of White Springs.

Congratulations to you Charvin. You have reminded us all that anything is possible for the kids from South Hamilton Elementary and we are so very proud of you.

Belated happy birthday wishes to Mr. "RJ" Tennis. Mr. Tennis is a very involved member of the White Springs community who lives outside the city limits but has never let that stop him from being involved in our community life. He volunteers for many worthwhile projects every year, including the Florida Folk Festival. Happy Birthday RJ! We are lucky to have folks like you as part of the greater White Springs community.

There are many blessings to being a dog owner and our two little black and white pups bring us a lot of joy but they also inadvertently cause us this one particular problem, namely that whenever someone knows of a black and white dog that needs adopting, they ask us to consider taking on another dog, which we just can't do. But recently I was tempted to say yes when some dear friends of ours, who have a farm, complete with many different animals and dogs and cats, called to say that a beautiful little black and white male dog had shown up on their doorstep. They described him as a small (10 Lbs.) long haired, young, smart and playful dog who loved interaction with people. I told them that we would have to pass on their offer, but promised to mention it here as I know many of my readers are dog lovers. This is a special favor for a friend in need, not the start of a dog adoption column as there are other more suitable venues for that. But, just this one time, call me if you are interested.

Saturday May 4th is the monthly first Saturday Coffee House, hosted this month by Kim Rivers and Nancy Crockford, known to many as StoryMusic! Storymusic is live music intertwined with storytelling's oral tradition. Kim and Nancy have represented the Southeastern United States at the National Storytelling Festival and are seasoned Florida Folk Festival performers and part time White Springs residents. This will be a great show, it's free, and it starts at 7PM at the Stephen Foster Auditorium. I hope to see you there and I hope to see you out and about, enjoying life in White Springs.

Walter McKenzie
386-269-0056

lifeinwhitesprings@gmail.com.

Florida Crown Workforce Board Veteran's Hiring Fair Event

Florida Crown Workforce Board and Dollar General Stores have announced they will present a Paychecks for Patriots (P4P) 2013 Veteran's Hiring Fair Event to be held in Lake City, Florida on Friday, May 10. This Hiring Fair

Event will be from 10 a.m. until 2 p.m. at American Legion Post 57, 2602 SW Main Blvd. in Lake City. This will be a free, one-of-a-kind, Hiring Fair for both employers and veteran jobseekers.

Employers with job

openings are encouraged to sign up and reserve a job fair table at no cost. Veteran jobseekers, active duty military members, Guard and Reserve members, and qualifying military spouses are encouraged to attend.

Veterans are asked to bring a copy of their DD-241 or proof of their military status/service and copies of their current resume. Employers can call Denise Wynne at 386-755-9026 to register. Jobseekers are encouraged to dress for success while taking this step into a professional business environment.

The P4P Event is being conducted by Florida Crown Workforce Board Inc. and Dollar General KKR Parent Companies in conjunction with Florida Department of Veterans Affairs, Florida National Guard and American Legion Post 57.

Free GED practice test

May 4

RSVP: 386-792-7829

In January 2014, a new General Education Development (GED) exam will be given to obtain your state of Florida high school equivalency diploma. This test will be more expensive and must be taken on the computer, and requires two essay writings instead of one. Also, any scores already achieved on the current GED exam will become invalid.

Because of the importance of earning your GED diploma be-

fore January 2014, the Hamilton VTAE School is offering a GED practice test to determine if an adult is ready to take the GED exam this June or will need further study.

The practice test is free and will be administered on Saturday, May 4, 2013. Interested adults, age 18 or older, must call 386-792-7829 to reserve a spot for the free test. Only 17 people can test, so call early!

Thursday: Randy Houser, Eli Young Band & More

Friday: Easton Corbin, Rodney Atkins & More

Saturday: Aaron Tippin, LoCash Cowboys, Florida Georgia Line & Sheryl Crow

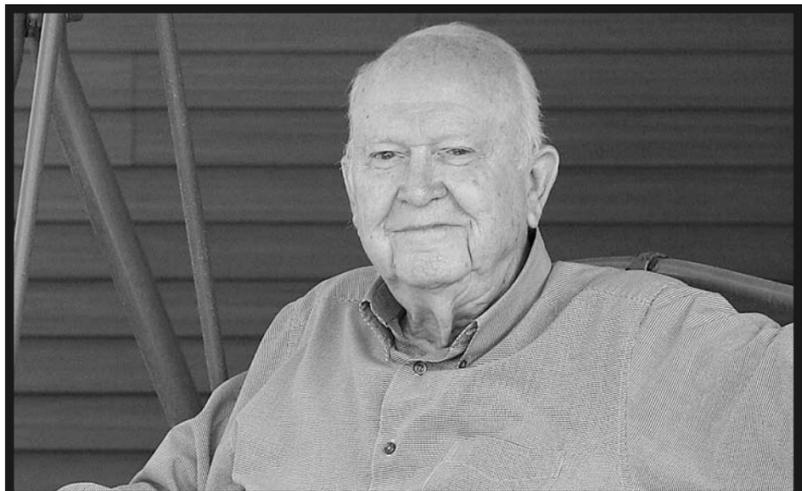
Single Day Tickets Thursday: \$40 • Friday \$45 • Saturday \$50

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OPINION

Liberal suffering and confusion

The liberal world vision and reality are often at variance, for example, with equal pay for equal work. I've often watched "Lockup," a show that features California supermax prisons, including Pelican Bay and Corcoran. Often, a recalcitrant prisoner must be extracted from his cell through brute force. I've never seen female guards remove a prisoner. If they are part of the process at all, it's to videotape the extraction for legal purposes. It's my bet that female guards receive the same salaries as male guards while not having to risk injury. Along the same lines, women on aircraft carriers earn as much as their male counterparts, but I have yet to see women hefting a hernia bar to attach a 500- or 1,000-pound bomb to a fighter jet wing. All of this suggests that liberals are for equal pay for unequal work. Or could it be sex discrimination whereby equally qualified women are denied the opportunity to extract beastly inmates from their cells and load heavy bombs on fighter planes?

Here's another bit of liberal confusion. Liberals deny that raising labor cost through minimum wages reduces incentives to hire. But if you asked a liberal for advice on how to stop rich

people from shirking their tax obligations, they'd say raise the penalty. Ask low-information Harvard University doctors what should be done to stem gun violence and they answer that government should institute "a new, substantial national tax on all firearms and ammunition." Ask Illinois' Cook County Board of Commissioners President Toni Preckwinkle how to reduce purchases of bullets and guns. She'd say levy a nickel tax on each bullet and a \$25 tax on each gun. Liberals demonstrate they understand the law of demand -- that raising the cost of something lessens the amount taken -- but they deny that it applies to labor. That's as ludicrous as suggesting that the law of gravity applies to everything in the universe except cute creatures, such as pandas and puppies.

Liberals love political correctness that conceals information. For example, how does one know whether the "chair" of a board of directors or the chair of a city council is a man or woman? This issue arose during my



A MINORITY VIEW

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BY WALTER WILLIAMS

(1995-2001) chairmanship of George Mason University's distinguished economics department. At a chairman's meeting or gathering, I was referred to as department chair. I

told the speaker that I am a chairman and that I have empirical evidence as proof. Needless to say, it didn't go over well, but academics don't like the terms chairwoman or chairperson, either, but puzzlingly, God forbid that people refer to their idol as Chair Mao instead of Chairman Mao.

How liberals identify black people must be confusing to whites. Having been around for 77 years, I have been through a number of names. Among the more polite ones are colored, Negro, Afro-American, black and, more recently, African-American. Among those names, African-American is probably the most unintelligent. Let's look at it. To identify their races, suppose I told you that I had a European-American friend, a South American-American friend and a North American-American friend. You'd probably say, "Williams, that's stupid. Europe, South America and North America

are continents and home to different races, ethnicities and nationalities." You might suggest that my friend is a German-American instead of European-American. My friend from Brazil is a Brazilian-American rather than a South America-American, and my friend from Canada is a Canadian-American instead of a North America-American. So wouldn't the same apply to people whose heritage lies on the African continent? For example, instead of claiming that President Barack Obama is the first African-American president, he's the first partially Kenyan-American president. Obama is lucky; he knows his national heritage. The closest thing to a national identity for most black Americans is some country along Africa's Gold Coast. Adding to the confusion, what would you call a white American of Afrikaner or Egyptian descent? Is he an African-American?

Liberals suffer confusion and cognitive dissonance because the rest of us don't help explain things to them.

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.

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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..

Community Calendar

Hamilton County Democrats meeting are third Monday of the month at the Jasper Public Library at 7 p.m.

Melody Church announces FREEDOM FEST

Melody Church announces their inaugural FREEDOM FEST. The event will be on June 29 and will be a day filled with fun for the whole family celebrating our freedom as Americans. Families are encouraged to come out together and enjoy what they hope to make a lasting tradition.

Melody Church is coordinating the event and is planning a Firecracker 5k to kick off the event, followed by live music, food and arts/crafts vendors, water slides and kids area, car show and more. The event will end with a BANG, a profes-

sional fireworks show that will be sure to be the talk of the town. Currently they are looking for other business sponsors and community partners to help donate funds to cover the cost of the fireworks and other activities. Food and craft vendors are also welcome to apply to set up a booth at FREEDOM FEST. Applications will be available online at melodychurch.com. Volunteers are needed to help the day of the event. Pastor Darrin Baldwin said, "We want to celebrate the greatest nation in the world and thank God we are able to enjoy our freedom here."

Melody Church invites families of Suwannee County and surrounding areas to join them on June 29, for this fun family event. For more information con-

tact their church office or follow them on facebook at facebook.com/melodychurchliveoak or visit their website at melodychurch.com.

Pastor Darrin Baldwin sees FREEDOM FEST becoming an annual family tradition.

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 encuennta 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 donators 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

SEE COMMUNITY, PAGE 7A

NATIONAL TRAPPERS ASSOCIATION S.E. REGIONAL TRAPPING & OUTDOOR EXPO

Hosted By:
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May 3-5, 2013
Suwannee Co. Agricultural Complex
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General Admission:
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Meet the Swamp pEOPLE

Meet Junior, Willie & Teresa Edwards
Saturday May 4th

For more event details contact:

National Trappers Association: 1-866-680-TRAP(8727) toll free
Bill Crowder: 850-973-4830 or wildbillc40@gmail.com
Steve MacKellar: 239-699-5418 or steve.allscrap@yahoo.com
Carol Lokken: 941-475-1206 or beachbum5253@comcast.net

www.nationaltrappers.com or www.floridatrappers.org



FAIR HOUSING / EQUAL HOUSING OPPORTUNITY/EEO/SECTION 504

It is illegal to discriminate based on race, color, religion, sex, national origin, age, disability, or familial status when renting, selling or financing a home or property.

You Have Rights!! If you feel you have been discriminated against when buying or renting a home please contact Mr. George Glover, Town Manager, Fair Housing Coordinator, Town of Jennings (386) 938-4131.

The Town of Jennings is a Fair Housing Advocate as explained in the Towns Fair Housing Ordinance which outlines steps that can be taken locally to report housing discrimination.

A copy of this ordinance can be obtained at Town Hall, Jennings, FL at the Town Managers Office for additional information on Fair Housing and Fair Housing Law can be obtained by contacting the Housing Discrimination Hotline at, 1-800-669-9777 (Voice) 1-800-927-9275 (TTY) or on the world wide web at <http://www.hud.gov/offices/fheo/index.cfm>

Should you have questions regarding Equal Employment Opportunities or Section 504/ADA compliance also contact Mr. George Glover, Town Manager, EEO Coordinator, Section 504/ADA Coordinator, Town of Jennings (386) 938-4131.

Heart Matters

An ad popped up on my computer the other day that said, "Change your life in 30 seconds or less!" Chalk it up to a curiosity, coupled with 30 seconds to spare, and I double-clicked. Seems I could purchase 1 DVD for \$19.95, 5 for \$59.95, or 10 for \$99.95! I guess the 30 seconds is actually the minimum amount of time you need to decide how much change you could afford...a little or a lot!

This really got me thinking, so I decided to type in "change your life" on my search engine...it was amazing!! Not only can you change your life in 30 seconds, if you want to take a little longer, you can also do it in 7 days, 30 different ways, in 10 steps, or take up to a whole year. There were at least 10 pages of possibilities! This almost unending supply of opportunities to change is no doubt available to meet the demand and desire of folks looking for a better way...a better life. There is also no limit to the things we wish to change: our financial situation, jobs, health, looks, and relationships...and heaven knows some of those things are screaming for change!! However, change, just for the sake of change, is not always good. There are lots of paths out there, but simply jumping from one wrong road to another still won't get us to our desired destination. The cry to "change your life" takes on the hollow ring of an empty promise.

This reminded me of a conversation I read recently that is recorded in the Bible between Moses and the people of Israel. Nearing the end of his life, Moses reminded the Israelites of God's promises and instructions, and then:

"When Moses finished reciting all these words to all Israel, he said to them, "Take to heart all the words I have solemnly declared to you this day, so that you may command your children to obey carefully all the words of this law. They are not just idle words for you—they are your life. By them you will live long in the land you are crossing the Jordan to possess." -Deuteronomy 32:45-47

Right away I noticed a stark difference between Moses' claim and the recent advertisements: One offered to change your life...the other to be your life. This is significant because simply bringing change leaves the door open to changing back to the old way or taking another wrong road. When God's Words become our life, they supply durability, stability and immovability!! This thought is echoed in Proverbs 4:20-22:

My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body."

Life and Health...isn't that on the list of what



we want to change? And once the positive change occurs, wouldn't it be nice if it actually stayed? Again, God's Word offers to become the life and health...not simply the change to our relationships. However, let me assure you this is no 30-second cure. Whatever change we seek begins with one step into a journey of meeting God in His Word...and it continues for a lifetime.

Our primary goal for the Heart Matters column has been and remains to be a road sign, pointing the way to strong, healthy relationships through God's Word and His ways...because every heart really does matter.

Blessings, 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

Being Filled with the Holy Spirit - Part 2

By Hugh G. Sherrill
ems-hugh43
@comcast.net

"And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, submitting to one another in the fear of God" (Ephesians 5:18-21NKJV).

When one is filled with the Holy Spirit it changes everything about him. Ephesians 4:1& 2 says "Therefore be imitators of God as dear children. (When one is filled with the Spirit he wants to act like God would have him act.) And walk in love, as Christ also loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma". (One can never share the love of Christ as he ought to until he is filled with the Spirit.)

Every Christian should know what the fruit of the Spirit is, as

recorded in Galatians 5:22-23. "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law". Notice the word fruit is used, not fruits (plural). The phrase seems to indicate when one is filled with the Spirit, all - not some - of the things listed will be present in the life of the believer. When one is filled with the Holy Spirit his whole life is effected. The Spirit will open your ears so you can hear God when He speaks to you through His word. These days in many churches when a pastor brings an inspired message to the flock, most do not hear because they don't have their ears open by the Holy Spirit. One of the sad problems with the church today is even the leaders are not filled with the Spirit, so they can't lead the church.

The next thing being filled with the Spirit will do is open our eyes so that we can truly see that the world around us is dying and on the road to a Devil's Hell. Without the filling of the Spirit,

the church has no vision of the lost about them. They do not have a vision of God's plan to save the lost. They don't have a vision of the gospel that is the Power of God unto salvation. They don't see as God want them to see. When one is filled with the Spirit his eyes are open and he can see clearly the path the world is headed.

When one is filled with the Spirit, his prayer life changes immensely. He knows more how he ought to pray. He will see how God wants him to pray. When one is filled with the spirit his tongue will be loosened. He would be much bolder in sharing the love of God and God's plan of salvation where ever he is.

When the ears are open, and the eyes are made to see, and the tongue is lead by the Spirit, great and wonderful things will begin to happen. The only way the church can experience revival is for members to be filled with the Spirit. Church, it is up to us!

Jasper Methodist Sunday Sing

Jasper First United Methodist Church will host The Bullards at their Second Sunday Sing musical worship service on Mother's Day, May 12, at 11 a.m.

Everyone is invited to share in this special event. Luncheon will be served in Fellowship Hall following the service.

Also, please note the Jasper First Methodist Clothes Closet has been in operation for several years now. The Closet provides clothing for men,

women and children at no charge.

It's spring cleaning time again and we would like remind everyone that there is a special need for men's and children's clothes at this time. Please donate items that are clean and in good condition. We thank everyone for your past support and hope you will continue to help make this outreach a success.

For further information, please call 386-792-0904.

Sweet Home Baptist Church in White Springs will be holding Old Fashioned Day on Sunday, May 5 at 11:30 a.m. and 4 p.m. Those who plan to attend are encouraged to dress in "yesteryear" fashion. An old fashioned dinner on the grounds will be served after the morning and evening services.

Darshan Shah joins SRWMD as an Engineering Specialist

Darshan Shah joined the Suwannee River Water Management District (District) as an engineering specialist on April 22. He will work in the Water Resources Division. In this capacity, Shah will collect and maintain water use monitoring data to support the District's water use monitoring program and water resource planning.

Prior to employment with the District, Shah worked with the U.S. Department of Agriculture Natural Resources Conservation Service as an engineering intern where he designed and

implemented various conservation practices. He also served as an intern with GDP Design and Construction in Orlando where he tracked the progress of construction projects, managed city and county permit applications, assisted with subcontractor insurance, and provided consultation on design projects.

Shah earned his B.S. in Agricultural and Biological Engineering from the University of Florida.

"I am excited to join the District as we address water and natural



resource concerns in north Florida. I look forward to a challenging position and a great learning experience," said Shah.

"The District welcomes Darshan Shah to our team," said District Executive Director Ann

Shortelle. "His skills are vital in ensuring the reliability of the District's water use monitoring program, and he will provide critical support for our water supply planning and resource management programs."

In the passing of Colton Lee McHaney "Our Little Buddy" 08/06/90-04/16/13

Whether you were there with a prayer, a thought, a hug, a handshake, words of comfort or food, the kindness and love shown was deeply appreciated. Thank you so very much. The McHaney family

A special thanks to Rev. Randy Ogburn, Reid Funeral Home and Hamilton County law enforcement. God bless.

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May Specials

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Church & Family Go Together

<p>ADVENT CHRISTIAN</p> <p>FIRST ADVENT CHRISTIAN N.W. 15th Avenue Jasper Rev. Wayne Sullivan Sunday</p> <p>Sunday School.....10:00 a.m. Morning Worship.....11:00 a.m. Wednesday Bible Study.....7:00 p.m. 784022</p>	<p>BAPTIST (Southern)</p> <p>FIRST BAPTIST CHURCH "Where Friends become Family" 207 N.E. 2nd Street, Jasper 792-2658 Pastor: Roger Hutto</p> <p>Sunday Sunday School.....9:45 a.m. Morning Worship.....11:00 a.m. Evening Worship.....6:00 p.m.</p> <p>Wednesday Supper.....6:00 p.m. Children, Youth & Adult Programs 6:30 p.m. 784012</p>	<p>METHODIST</p> <p>FIRST UNITED METHODIST CHURCH 405 Central Ave., Jasper, FL Pastor - Dale Amies Phone - 386-792-1122</p> <p>Sunday Sunday School.....9:45 a.m. Morning Worship.....11:00 a.m. Wednesday Family Night Dinner 3rd Wednesday Clothes Closet 4th Saturday 1-5pm 783995</p>	<p>PRESBYTERIAN</p> <p>FIRST PRESBYTERIAN CHURCH 204 N.W. 3rd Avenue, Jasper, 792-2258 Pastor: Alexandra Hedrick</p> <p>SUNDAY Sunday School.....10:00 a.m. Worship Service.....11:00 a.m. WEDNESDAY Choir Practice.....7:00 p.m. 783982</p>
<p>CATHOLIC CHURCH</p> <p>ST. THERESE CATHOLIC CHURCH Three miles north of Jasper U.S. 41 P.O. Box 890, Jasper, FL 32052 Rectory U.S. 90 E., Live Oak, FL (386) 364-1108 Saturday MASS 4:00 p.m. 784014</p>	<p>NON-DENOMINATIONAL</p> <p>BURNHAM CHRISTIAN CHURCH 4520 NW CR 146, Jennings, FL 32053 938-1265 Pastor: Johnny Brown</p> <p>Sunday Sunday School.....9:45 a.m. Worship.....11:00 a.m. Evening Service.....6:00 p.m.</p> <p>Wednesday Youth Program.....5:30 p.m. 784003</p>	<p>BAPTIST (Southern)</p> <p>NEW HOPE BAPTIST CHURCH SR 6 West, 6592 NW 48th St., Jennings, FL 32053 784013 938-5611 Pastor: Jeff Cordero</p> <p>Sunday School.....10:00 a.m. Morning Worship.....11:00 a.m. Evening Worship.....6:00 p.m. Youth Happening, Mission Friends, R&A & GA.....6:00 p.m.</p> <p>Wednesday Prayer Meeting, Teen Kids, Youth.....6:00 p.m. Van pick-up upon request</p>	<p>Building On FAITH</p>

To list your church on our church directory, please call Trenea at 386-362-1734

Healthy Living

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

Stand for something

You know you've achieved a new level of "oldness" when you find yourself saying things like "when I was a kid". I laughed in spite of myself when I asserted this to my son, Matt. I

remember hearing statements like that as a kid, which were almost always followed by extreme eye rolling. Now I'm saying them! However old I feel what I caught myself saying

was true, and I'm sure we've all caught ourselves saying it a time or two. "When I was a kid we played outside and didn't need to be entertained."

Matt plays soccer,

loves sports, and is an active kid. But when it comes to playing around, if I don't regulate his TV time, X-Box, Wii, or PSP, that's all he wants to do. Once I began limiting his time on electronic devices he plays outside more, even wants to read books!

This is pretty much common sense for all of us. I bring this point up not to attest to the idea things were better in the good old days. Recently I read some pretty alarming statistics. Simply by limiting TV/screen time to less than two hours per day has shown an increase in life expectancy by 1.4 years. These increased levels of TV viewing all over the world have a strong correlation with a concomitant decrease in lifespan, 1.8 years in men and 1.5 years in women.

But why does this happen? Outside of the impact of the content of TV, video games, or any other screen viewing activities, the major killer? We're spending too much time sitting! Most Americans now sit for more than 10 hours per day and screen time has increased to more than three hours per day. 2012 American Heart Association findings reveal sitting for extended periods of time dramatically increases fat deposition in the body, especially surrounding the heart.

Sitting for long periods of time can also be referred to as "unloading" the body. Which



means literally what it says. You are no longer bearing the load of your own body weight. When this unloading occurs lipoprotein lipase, responsible for fat metabolism, is drastically suppressed. LPL is very sensitive to inactivity, and also results in decreases in HDL's, good cholesterol. Not only this, within a short 72 hour period of unloading muscle atrophy, or muscle loss, is significant. Imagine what happens over hours of sitting.

Thirty minutes of moderate physical activity is recommended on a daily basis. If you're job

is active, your needs will be different than an individual who sits all day. If you sit all day it's imperative you spend at least 30 minutes of each day most days a week participating in moderate physical activity. While official guidelines are yet to be set for "sitters", it's recommended for every hour spent sitting one needs to stand for at least five minutes of that hour. Don't just stand for something, stand for anything! Most importantly, your health.

~Beth Harris, CSCS, HFS, CHC
www.jayeelizabethharris.com

SREC Inc. funds availability

Suwannee River Economic Council Inc. currently has funding available for rent and mortgage assistance in Lafayette, Hamilton and Suwannee counties.

These funds are avail-

able to households who meet income and program eligibility requirements.

For additional information or to schedule an appointment for assistance, please call 386-362-4115, extension 234.

Norris Notes

By Lillian Norris

Spring has arrived, hopefully-one of the early signs is the beautiful, colorful yard of Jean Fralick on the right coming into Jasper from 41 North; slow down and enjoy the beauty. Other areas are also beautiful and a drive around the county will be worth the trip.

Now thinking about it, we discussed the neat and well-tended farmlands around the county, especially as we traveled out in the county around Burnham Baptist Church over the weekend. It is evident that the farmers here in our area take great pride in their farmlands and home areas. Over the years we have noted how Hamilton County folks always work for the betterment (is that a word?) of their areas and respect of others. Every day we are reminded of how fortunate we are to live among the people here who take care of each other and are willing to help those who are in need. Of course, any place one lives has problems; we do not

have to look far for understanding and help.

Now that FCAT is behind our school system as far as testing is concerned, right now waiting on results, schools seem to be settling into spring activities. I know the track team has been active and at a visit with friends last weekend, learned that baseball season is at hand. I remember how I looked forward to that when my grandson was involved; enjoying the ball games and visiting with friends, all supporting our players and coaches.

Regarding the scenery, I was privileged to explore the flower gardens at the home of Gerry and Margaret Lewis and family. It is indeed a showplace, but also shows the love and care of those who care for it. Margaret would make a great landscaper, and with the help of her assistants, would make the world a more beautiful place. She shared some of her plants to help me, but I do not have a very good green thumb. She also cut me some of her prize roses which have helped brighten my apartment.

Margaret and I also enjoyed a trip to the Boys Ranch Store in

Suwannee County. I had not been there in years. It was interesting to go through and see the variety of items. This made me think of stories read of the past years where people went to one store to purchase everything they needed. The only thing that seemed missing, we stopped at Dixie Grill and got some food to bring home. That, too, brought back memories.

Speaking of food always brings Mrs. Dee Watson to mind. She has fed us for so many years and we are so sorry for her recent problems and pray for healing and peace for her.

Have not had a report on the Suwannee Valley Nursing Center barbecue held last Saturday; had a wedding to attend. I am sure it was the greatest, as usual, and you will hear from them.

Visiting Jim and Jo Coe last week was Jo's sister, Nancy Buchanan, Burkesville, KY, here especially for the wedding of her niece Emily Carter to Alex Murphy, which was a beautiful day. We will have more about this occasion next week.

Lillian Norris
386-792-2151

AGENDA BOARD OF COUNTY COMMISSIONERS, HAMILTON COUNTY, FLORIDA Room 112 – Courthouse 207 Northeast First Street Jasper, Florida MEETING DATE: MAY 7, 2013

THE AGENDA ITEMS LISTED BY NUMBER WILL BE TAKEN IN ORDER FROM THE BEGINNING OF THE MEETING REGARDLESS OF TIME. HOWEVER, THE TIME CERTAIN ITEMS LISTED WITH SPECIFIC TIMES WILL COMMENCE AT THE SPECIFIED TIME.

LISTED ITEMS

- 1) COMMENTS FROM THE PUBLIC – UNAGENDAED APPEARANCES (*)
- 2) CONSENT AGENDA APPROVAL
- 3) ECONOMIC DEVELOPMENT REPORTS AND REQUESTS
- 4) GREEN/GRIMSLEY PROPERTY
- 5) BOARD APPOINTMENT – SUWANNEE RIVER ECONOMIC COUNCIL BOARD OF DIRECTORS
- 6) DISASTER HOUSING – ORDINANCE
- 7) ORDINANCE – PROHIBITION OF JAKE BRAKES
- 8) PROPOSED CHANGES TO ANIMAL CONTROL OFFICER RATES
- 9) SHELTER FOR RECREATION CENTER
- 10) FLORIDA LEADERS ORGANIZED FOR WATER (FLOW)
- 11) VETERANS MEMORIAL PARK – STATUS REPORT
- 12) APPROVE BILLS
- 13) CORRESPONDENCE AND ANNOUNCEMENTS
- 14) ADJOURN

TIME CERTAIN ITEMS

- 9:00 A.M. – CALL TO ORDER – INVOCATION – PLEDGE ALLEGIANCE TO THE FLAG
9:05 A.M. – COUNTY ROAD PROJECTS – STATUS REPORT AND REQUESTS
9:10 A.M. – DEPT OF TRANSPORTATION – COUNTY TRANSPORTATION PRIORITIES – JORDAN GREEN AND BILL HENDERSON
9:20 A.M. – NW 23RD BLVD – ROAD REPAIRS AND PAVING
9:25 A.M. – 2ND PUBLIC HEARING – SE 13-02 - REYNOLDS

DUE TO PUBLICATION DEADLINE, THIS AGENDA MAY NOT CONTAIN ALL MATTERS BEFORE THE BOARD. A COMPLETE COPY OF THE AGENDA MAY BE OBTAINED AFTER 1:00 P.M. ON WEDNESDAY, APRIL 24, 2013 FROM THE OFFICE OF THE CLERK OF CIRCUIT COURT, COURTHOUSE, JASPER, FLORIDA.

Persons appearing before the Board are requested, if possible, to submit in writing the subject matter of their appearance before the Board not later than Tuesday prior to the Board Meeting the following Tuesday.

(*) NOTICE: Persons appearing before the Hamilton County Board of County Commissioners, not having given notice in time to be included and shown on the Agenda, and desiring to make a presentation, will be limited to five (5) minutes, in the interest of meeting time. The Board of County Commissioners will hear and listen to persons appearing whose subject has not been shown on the agenda; however, action by the Board on any such matter can only be taken upon determination of an emergency situation. Any identifiable group of three (3) persons or more shall be limited to a total of ten (10) minutes per topic.

In accordance with Section 286.0105, Florida Statutes, notice is given that if any person decides to appeal any decision made by the Board, agency or commission, with respect to proceedings and that, for such purpose, he/she will need to ensure that a verbatim record of the proceedings is made, which record includes testimony and evidence upon which the appeal is based.

NOTIFICATION: IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT, PERSONS WITH DISABILITIES NEEDING A SPECIAL ACCOMMODATION FOR ATTENDANCE AT THIS MEETING SHOULD CONTACT THE CLERK OF CIRCUIT COURT, ROOM 106, 207 NORTHEAST FIRST STREET, JASPER, FLORIDA, TELEPHONE (386) 792-1288, NOT LATER THAN 72 HOURS PRIOR TO THE PROCEEDINGS. IF HEARING IMPAIRED, TDD (386) 792-0857.

NEXT REGULAR MEETING OF THE BOARD: TUESDAY, MAY 21, 2013 AT 6:00 P.M.

BOARD OF COUNTY COMMISSIONERS HAMILTON COUNTY, FLORIDA CONSENT AGENDA

May 7, 2013

1) MINUTES – APPROVE:

A) April 16, 2013 – Regular Meeting

2) COUNTY DEPARTMENT HEADS – INFORMATION ITEMS:

3) SUWANNEE RIVER WATER MANAGEMENT DISTRICT MONTHLY HYDROLOGICAL CONDITIONS REPORT – MARCH 2013

804665

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EQUAL HOUSING
OPPORTUNITY

801521

Coalition youth fight back against cyber bullying

By Joyce Marie Taylor

HCHS school students Regina Carson, Robin Barber and Lorena Villafranco, members of the Hamilton County Alcohol and Other Drug Prevention (Youth) Coalition, re-enacted their cyber bullying presentation for the adult Coalition members at their April 16 meeting.

Coalition member and HCHS teacher Abbey Taylor invited 11 students to meet as part of a logistics model and they were asked to list every problem they could think of that students at the high school face. The general consensus of the students, who were chosen from different type groups on campus, such as sports kids and AP kids, was that cyber bullying was an issue that really needed to be addressed.

"We have this really great group," Taylor said of the eleven students. "It represents the entire student body. You'd be amazed with some of the things they came up with."

The group then constructed a presentation from the students' perspective and it was shown at the school district's Professional Development Day on March 20. They also gave the same presentation at a conference in Washington, D.C.

Taylor said, "That was an amazing opportunity."

Part of their presentation was a survey they passed out to everyone that asked nine different questions and participants had to circle their answer as to whether they agreed or disagreed with the statements. For example, "Do teachers have the power to stop or prevent injustice?" "Do you think cyber bullying causes serious or long term effects?" The most interesting question was, "Do you think you could survive as a youth in the world of cyber bullying?"

Carson said students have confirmed that most bullying is hidden, secretive and devious and that adults are not fully aware of the breadth and depth of suffering that a child goes through when they are being cyber bullied.

"A lot of it causes seri-

ous psychological damage upon a person," said Carson.

All three girls said that after their presentation at the school, many teachers and adults came up to them and said they were surprised it was going on and that they really weren't aware.

"They got an amazing reaction when we did the presentation at Professional Development Day, especially from some people that I didn't even think would pay attention," said Taylor.

Taylor said if teachers happen to observe a student who seems distressed after looking at their cell phone, then they need to address the problem and have the student share it with them.

"If we don't start addressing it, then the kids that do need to share, never will share," she said.

The girls switched to a slide that showed a jumble of common, slanderous words that are used in cyber bullying; name-calling, if you will. Many of them were graphic. Some of the least graphic words were freak, fatso, loser, dork, punk, stupid and worthless. Carson said many students get called these names on a regular basis and a lot of them commit suicide.

"People don't talk about it," said Carson.

"That's where our shirts come in," said Villafranco. "We each picked a word that might describe us, a word that maybe someone else has called us. You'll see a video that explains the back of the shirts."

The video, the most emotional part of their presentation, was a short, seven minute animated video on bullying by Canadian poet Shane Koyczan called, "To This Day." It was so powerful it brought many of the Coalition members to tears.

The statement on the backs of the girls' shirts said it all; "They were wrong."

Carson said it is important, especially for teachers, never to tell a child to "get over it", when they complain about being cyber bullied.

"Because you never know," said Carson.

"Because you never know." Regina Carson



Lorena Villafranco, Robin Barber and Regina Carson know how to get their point across about cyber bullying. Photo: Joyce Marie Taylor

Community Calendar

Continued From Page 4A

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.

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WELL KEPT 3/2 home with Hard wood floors, an expansive master suite that has surround sound, french doors to small back deck. \$66,000 William Golightly, 386-590-6681 MLS#83642

3/2 DWMH with 1780+ sq. ft. FP. kit. designed for the cook. Above ground pool and a large outbuilding complete w/living quarters that would make a great man-cave. \$99,500. Irvin Dees, 386-208-4276 MLS#82409

24 ACRES- Older 3/2 DWMH, front porch full length of MH. Open floor plan, inground pool (needs TLC), huge pole barn. Handicap access. \$99,000. Nelda Hatcher, 386-688-8067. MLS#82998

RIVERFRONT: 114 ft., 2/2, 1,156 sq. ft. completely furnished, shop/ storage, large covered porch, deck at river w/steps leading to sandy shoreline. \$155,000. Glenda McCall, 386-208-5244. MLS#83114

FOXBORO SID- 1,700+ sq. ft. 3/2 home is in tip top shape. The grounds are serene with country living atmosphere. Great home with a great with a great price. \$169,000. Sherrel McCall, 386-688-7563. MLS#83604

REDUCED- Log home w/all cypress walls, solid maple kitchen cabinets, whole house generator, Garage, shed, & Access to private airpark. \$189,000. Anita Handy, 386-208-5877. MLS#82629

MOVE IN READY- 24x36 barn with 3 stalls, 12x24 & 24x24 run in sheds in 4 paddock. Established pasture. 23 is wooded w/granddaddy oaks. \$313,500. David Mincey, 386-590-0157. MLS#82305

35 ACRES w/3,000+sq. ft. 4/3.5 ranch style home w/3 car garage, pole barn, equipment barn, full basement, & mature pecan orchard. \$400,000. David Mincey 386-590-0157, MLS# 82968

ALMOST AN ACRE. Conveniently located to Dowling Park. \$12,500. Nelda Hatcher, 386-688-8067. MLS#81012

NORTHWOOD ACRES.... 0.67 ac. paved road, scattered trees, perfect spot to build, just off SR-51, close to shopping & schools, \$13,000. Glenda McCall, 386-208-5244, MLS#83046

JUST REDUCED 9 acres priced at just \$19,900. Sylvia Newell, 386-590-2498. MLS#78713

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Hundreds turned out for Relay for Life

Continued From Page 1A

local residents, survivors and supporters from coming out to celebrate those who have fought and conquered cancer, as well as to remember those who lost their battle against the deadly disease.

The Relay for Life ac-

tivities got off to a rousing start at 6 p.m. Friday evening at Jimmy Williams Memorial Stadium, located at the old high school football field/track, with opening ceremonies emceed by Superintendent of Schools Thomas Moffses, who is also a two-time cancer survivor.

After Lamar Royals gave the invocation, the Hamilton County High School AFJROTC presented the Colors as the National Anthem was sung by Steven Troy.

As local cancer survivors made their way around the track for the first lap of the event, they were cheered on by

the crowd as upbeat, inspirational music blasted through the loudspeakers.

The rain held off for a little while and long enough for many of the activities to proceed as planned. It was supposed to be an 18-hour event and conclude at 12 noon on Saturday, how-

ever, the skies opened up and the downpours forced an early end to the relay. At about 12 midnight everyone called it a night, packed up and headed for home.

Moffses said, "The weather had a major impact and safety precautions were implement-

ed."

Many thanks go out to all the committee members and sponsors who, along with cancer survivors and caregivers, would like to "imagine a world with more birthdays", a fitting theme for the event.



Lamar Royals (left) gives the invocation as Thomas Moffses and the crowd bow their heads in prayer.



The HCHS AFJROTC presents the colors. -Photos: Joyce Marie Taylor



One of the sign-up sheets filled up quickly with names of supporters.



Cloudy skies couldn't dampen the spirits of all those who turned out for the event.

Rivers possibly contaminated

Continued From Page 1A

spill and has established sampling points to monitor the river.

The Withlacoochee River meets the Suwannee near Suwannee River State Park at US 90 West.

The Department of Environmental Protection collected water samples Friday. Those results were not back as of press time.

The three locations tested are between Georgia/Florida border and the location where the

Withlacoochee and Suwannee rivers meet.

Until the results are back and they know what level of contamination there is, if any, the public is asked to take precautions when near the rivers. This includes those in Dixie, Gilchrist, Hamilton, Lafayette, Levy, Madison and Suwannee counties.

The same goes for fish. The DOH recommends people to cook fish to 155 degrees for at least 15 seconds. Megan Wetherington of

the Suwannee River Water Management District said that portions of the Suwannee River above the Withlacoochee, near Suwannee River State Park at US 90 West, should be ideal for recreation use as this part of the river should be unaffected by the spill.

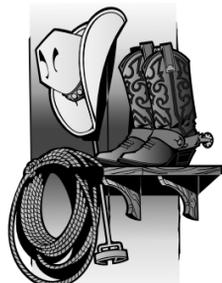
"The entire Alapaha River and the Suwannee River upstream of the Withlacoochee confluence would not be affected by any releases into the Withlacoochee," said Wetherington.

2013

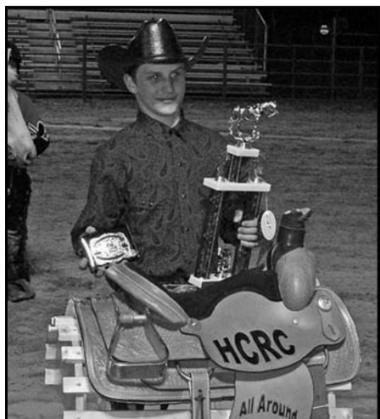
Hamilton County Riding Club



Miss Rodeo Katey Godwin, Jr. Miss Rodeo Taylor Smith, 1st Runner Up Jr. Miss Rodeo Ariana Gomez, 1st Runner Up Rodeo Princess Jordenn Waters (Not In Order)



All Around Cowboy
Clyde Tucker



Cowboy & Judges
Mr. James Head, Mrs. Shelly Head, Clyde Tucker, & Bruce Stafford



2nd Runner Up
Elijah Cohen



1st Runner Up
Branden Tucker



Central Hamilton Elementary Tropicana Speech Winners

4th grade
1st - Caleb Deas
2nd - Caitlyn Brown
3rd - Autumn Register

5th grade
1st - Malakai Perez
2nd - Kassandra Carter
3rd - Hadiya Iqbal

6th grade
1st - Taylor Moffses
2nd - Logan Hughes
3rd - Jeremiah Vaughn

The winners of the Tropicana Speech Contest.



These are all of the participants. Courtesy photos:

Awards Day at Central Hamilton Elementary



AR trophy winners: fourth grade, Rachel Armstrong; fifth grade, Mykeli White; sixth grade, Wynter Weiss.

CHE Garden



CHE students get ready to plant. Courtesy photos:

Central Hamilton Elementary 5th and 6th graders have teamed with the Florida Department of Agriculture with a Team Nutrition grant to start a garden at their school.

The children have planted strawberries, peppers, tomatoes, broccoli, squash and various other fruits and vegetables to learn where their food comes from. The students were really able to get their hands dirty in this project by helping plant the garden.

We would like to thank all who made this possible; Doug Clayton with the local FFA chapter and President Winston Crosby who helped transport materials and build the raised garden beds, Mr. Hamm at Jasper Hardware for donating the supplies, Damon Deas for allowing us to purchase the additional materials needed, Bill Coon with Bonnie Plants, who donated the plants for the garden, and Jim Taylor and Rebeca Siplak with the Florida Department of Agriculture for helping make this dream for the school a reality with all your hard work.

It's fun getting your hands dirty.



CHE students work together to plant their garden.



Timothy Johns, Principal's Award.



Iyanna Speights, second grade student of the quarter; Timothy Warfel, third grade student of the quarter.



Arianna McClain, second grade AR trophy winner; Ja'Quavion Lanier, third grade AR trophy winner.



Students of the Quarter: Dylan Reddish, pre-kindergarten; Desmond Gibbons, Kindergarten; Salimah Iqbal, first grade.



Around the Banks of the Suwannee

By Correspondent Johnny Bullard

There is a lot of talk each year about folks who develop or contract a seasonal ailment known as "spring fever". Those who teach school see this "ailment" affect students, and, truthfully, staff members and everyone at the time when the weather begins to turn more mild and the temperatures begin to climb. In the school setting, "spring fever" especially escalates after standardized tests are given.

"Spring fever" does not have symptoms such as elevated temperature, aching muscles, sniffles and sore throat. It's symptoms are a little different, but there are some similarities. You may see folks with more a "deer in the headlight" looks, kind of day dreaming when spring comes around. There seems to be a general restlessness associated with "spring fever".

Folks seem to want to be "outside" rather than "inside" and it seems when spring arrives, folks have a tendency to want to be more active - work in their yards, gardens, and with their flowers and plants. All of these seem to affect young and old, rich and poor, male and female, in various degrees.

The bad thing about "spring fever" is that it affects just about everyone. After winter with its gray and dreary days, lifeless trees and cold temperatures that seem to bring everyone down, especially during those eight or so weeks following Christmas, just about everyone looks forward to the trees budding out, the flowers beginning to bloom, and a bit more sunshine. It is a proven fact that sunshine and light can, indeed, improve and elevate one's mood.

With this mood eleva-

tion, though, comes a longing that is unique in and of itself. Individuals who are working often find themselves gazing longingly out of windows and "day dreaming" about being outside working in their yards, fishing, going boating and/or canoeing, or just taking long walks during the first wonderful weeks of spring.

The good thing about "spring fever" is that there is definitely a cure and our area is full of wonderful dosages of medicine one can take that will lead to an eventual cure.

Go to the Suwannee River and sit on its banks and enjoy the beauty of the river and the area around it. Purchase yourself a fishing license, grab a cane pole and some wigglers and spend an afternoon on the bank of one of our area's many creeks, lakes, ponds, or, even on

the bank of the river itself fishing. Even if you don't catch many fish, you will enjoy the time outside soaking up the North Florida sunshine and receiving the "cure" for "spring fever".

For some the cure for "spring fever" lies in digging and planting in their yards and gardens. Some folks cannot be cured unless they smell the unmistakable fragrance of fresh, upturned "dirt" and get some on their hands and under their nails. If it is the cure you need or desire, go out and dig to your heart's content, plant, plant, plant, and then reap the bounties of your planting in the late spring or early summer.

Some folks, in order to be cured, must simply lie in the sunshine. Our area provides many opportunities for you to do just that. Get out and simply take a nap in your hammock, lie on

your recliner and just soak up some wonderful Vitamin D. Be sure and put on some sun screen though, the sun is wonderful, but it can be damaging to one's skin. So take the proper precautions.

Some folks, in order to be cured from "spring fever" must take the complete plunge. That is, they must dive into one of our area's many outstanding bodies of water and swim around. Go ahead and "take the plunge", but make sure before you do that the water temperature is warm enough for you. Just because the temperature on the thermometer reads in the mid eighties doesn't mean that the water temperature will be the same, but if you need to take "the plunge" for the cure, then my all means, take it.

For some, the cure for "spring fever", simply can be found in wearing more colorful and lighter clothing. This in and of itself can certainly elevate one's mood.

For some folks, "spring fever" can be cured by finding a good book and leisurely reading it on one's screened porch or in a lounge chair outside. Our public libraries in the area provide many wonderful books, and if you are not sure which one to choose to help you escape, just ask one of the helpful staff members at any of our libraries that are part of the Suwan-

nee River Regional Library system, and they will be glad to help you. You choose the book, and I know you will find a wonderful spot to read.

We have some outstanding state parks in our area and the admission price to them is very reasonable. These state parks offer many beautiful sites where I can guarantee you can and will find a cure for "spring fever". You don't have to travel far to find the cure, it's very close to all of us.

"Spring fever", almost everyone has a case of it, whether it be mild, moderate, or severe, that's the bad news. The good news is that our beautiful area here around the "Banks of the Suwannee" provides us with just an outstanding array of opportunities for "a cure", and I can promise you will enjoy your own method of cure.

I hope you will, over the next several weeks seek your own cure for "spring fever". Get out and enjoy all the bounties and treasures that abound here in our home "Around the Banks of the Suwannee", and I promise that over a period of time, you will be cured of your case of "spring fever".

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

Understanding Allergy Treatments

Millions of people across the globe suffer from allergies, many of which rear their ugly heads during the spring season. Such a reality can quickly spoil the excitement of the nice weather. Although there is no cure for allergies, individuals who do suffer from allergies have a host of treatment options at their disposals. Some are over-the-counter medications while others require prescriptions. Each type of medication works differently, and allergy sufferers may find it interesting and beneficial to understand the different ways some of the more common allergy treatments work.

Antihistamines

Some of the more well-known over-the-counter antihistamines include Benadryl, Claritin and Zyrtec. Prescription antihistamines include Clarinex and Livostin.

When an allergy sufferer is exposed to an allergen, cells within the body's immune system release a substance called histamine, which then attaches to receptors in the blood vessels as well as additional receptors. As a result, the blood vessels enlarge and histamine's attachment to other receptors causes swelling, itching, changes in secretions, and redness. However, when an allergy sufferer takes an antihistamine, the medication blocks the histamine receptors, preventing the symptoms in the process.

Though antihistamines are effective, they can also cause drowsiness. Allergy sufferers should look for non-sedating antihistamines, which may require a prescription.

Decongestants

Some of the more recognizable decongestants are Visine eye drops, Sudafed tablets or liquid, and Zyrtec-D. Each of these is an over-the-counter decongestant. Prescription decongestants like Claritin-D are often combination medications, which means they contain both an antihistamine and a decongestant.

When an individual is having an allergic reaction, the tissues in the nose swell as a result of contact with the allergen. This swelling results in fluid and mucous production, and swelling in

the blood vessels of the eyes also occurs, which causes the redness of the eyes many allergy sufferers experience during spring.

Decongestants work by shrinking the swollen nasal tissues and blood vessels. This helps relieve the swelling, mucous secretion, redness, and congestion.

Many allergy sufferers prefer nasal sprays and eye drops to relieve symptoms. However, such medications, which often require a prescription, can only be used for a few days. Use beyond a few days can actually make allergy symptoms worse.

Not all men and women can use decongestants to relieve their allergy symptoms. That's because decongestants may raise blood pressure, essentially making them off limits to those who already have high blood pressure. Additional potential side effects of decongestants are insomnia, irritability and restricted urinary flow. When considering a decongestant to relieve allergy symptoms, men and women should consult their physician before buying any products.

Steroids

Thanks to professional sports, many people shudder at the mere mention of the word "steroids." However, steroids used to treat allergies are corticosteroids and not the anabolic steroids athletes use to build muscle. Steroids used to treat allergies can be nasal (Flonase, Nasonex), inhaled (Flovent, Alvesco), eye drops (Alrex and Dexamethasone), or oral (Prednisone).

Steroids work by reducing inflammation and swelling. Steroids can be highly effective in treating allergies, and work for seasonal and year-round allergies as well as skin allergies. When prescribed a steroid to treat an allergy, it's important for men and women to continue to take the medication daily as directed, even if the symptoms of the allergy have disappeared. This can be as long as two weeks.

Though highly effective, steroids do come with significant side effects. When taken orally, short-term steroid use can cause weight gain, high blood pressure and fluid retention, while long-term use can result in muscle weakness, bone-thinning osteoporosis and even diabetes. When taking inhaled steroids, men and women might suffer from coughing, hoarseness or even develop a yeast infection in their mouth.

Even though spring is commonly referred to as allergy season, men and women have a host of allergy treatment options to try. Before committing to any treatment, it's best for a person to examine each option to determine which is the best fit for him or her.



CAPTION: Despite their beauty, spring flowers often trigger allergy season.

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Golf tourney success at new country club in Jasper

Marjorie Carmichael team takes first place

By Joyce Marie Taylor

The Hamilton County Alcohol and Other Drug Prevention Coalition (the Coalition) held their 6th Annual Benefit Golf Tournament on Friday, April 26, at Florida Gateway Resort and Country Club (formerly Suwannee Valley Golf Course). First place trophy winners were the Marjorie Carmichael team.

The sign on the front door of the Florida Gateway Resort and Country Club says, "Pardon our dust" because there is still construction going on, but inside it was hard to tell, as everything looked and smelled new and clean.

About 40 anxious golfers, both men and women, began arriving on a beautiful Friday morning, ready to hit the links for a 9 a.m. shotgun start. Before the game started, general manager and golf pro Robert (Bob) Budwick welcomed everyone to the newly revamped golf course and clubhouse.

"We had some big changes here," said Budwick. "A lot of good things are coming. We have some new owners. Florida Gateway Resort bought this place about five weeks ago and they're really starting to spend some money. We really enjoy them being here."

Budwick said there are a lot more plans for upgrades at the country club and if anyone would like to see the master plans they are set up in the Pro Shop. He also thanked all the golfers for coming out to support the Coalition.

Members of the Coalition worked hard getting everyone checked in, decorating the banquet room, as well as making certain all the golfers had plenty to eat and drink, including an assortment of snacks and lots and lots of water. There were also door prizes and a delightful lunch was provided

to all after a hard day on the golf course, which consisted of barbecued chicken, baked beans, potato salad and bread.

At the awards ceremony/luncheon the Marjorie Carmichael team snagged the first place trophy with players Marjorie Carmichael, Curtis Koon, Sam Roberson and Henry Roberson.

The second place trophy was presented to the Metal Coat team with players Clyde Amerson, Gary Godwin, Ted Miller and Greg Godwin.

The last place consolation prize trophy went to the Campers team with Lynn Hagen-Gentry, David Eure, Richard White and Bob Gentry.

Coalition Executive Director Grace McDonald said, "They all said they had a wonderful time and that they couldn't wait to come back again next year."

Corporate sponsors for the event were PotashCorp and Well Florida Council. Business sponsors included Hamilton County School Board and Superintendent, First Federal, Progress Energy, Suwannee Valley Electric Cooperative, Inc., CDS Family and Behavioral Health Services, Inc. and Metal Coat, Inc.

The Golf Pro Shop opens daily 8 a.m. to 6 p.m. The bar and grill is open weekends and for scrambles and a restaurant will be coming soon. For more information about Florida Gateway Resort and Country Club call 386-792-1990.

For more information about the Coalition contact Executive Director Grace McDonald at 386-792-9388 or any Coalition member.

There are more photos online and photos are available for purchase. Go to suwanneedemocrat.com (or nflaonline.com) and click the photo gallery link on the left navigation bar.



These golfers watch as the ball drops just inches from the hole. - Photo: Joyce Marie Taylor



(L-R) Grace McDonald and her secretary Crystal Eudy manned the sign in desk.



These lady golfers chat in the clubhouse before the game.



Gary Godwin prepares for a putt.



Golf carts are lined up and ready to roll.



He's got his eye on the ball.



Is it a hole in one?



Coalition members fill up buckets with water and ice.



The spacious banquet room.



Sugar Dumplings provided the cupcakes.

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Hamilton County High School 3rd Nine Weeks Honor Roll

A Honor Roll

12th Grade

Jacob A. Bunting
Elizabeth B. Burnam
Willie J. Cooper II
Winston L. Crosby
Lisa D. Hill
Robert C. Keeler
Amber N. Laffoon
Shannan Leutner
Kandra D. Martin
Hetal G. Thakor
Jamice L. Wallace

11th Grade

Marquis J. Glover
Jaylon M. Mcelwain
Wade B. Norris III
Madiah Tomoney
Tyler C. Warfel
10th Grade
Dixie J. Boston
Rachel E. Bunting
Lashawn Claridy
Sarrah H. Davis
Shelby R. Hines
Richard C. Mccoy

9th Grade

C.J. Bozeman - HS
Sabrina M. McClain
Cheyenne S. Rice
Leoti E. Taylor

8th Grade

Madison N. Brantley
Ashton K. Bryant
Charles E. Johnson
Kaleigh M. Norris
Brittany M. Whitmore

7th Grade

Bradley A. Driggers
Zaevan G. Martin
Marlonda S. Ross
Tori E. Troy
Jenna A. Whittington

A/ B Honor Roll

12th Grade

Everett L. Alford
Taylor S. Brooks
Jacob A. Bunting
Caitlyn M. Burkett
Elizabeth B. Burnam
Willie J. Cooper II
Winston L. Crosby
Jamee' R. Daniels

Jaimen Diego
Lisa D. Hill
Megan D. Hodges
Robert C. Keeler
Amber N. Laffoon
Laura A. Lancaster
Shannan Leutner
Andrew G. Manalis
Kandra D. Martin
Kristie A. Mccarthy
Ambria K. Milton
William K. Mitchell
Alejandro Navarro
Emily T. Scaff
William F. Scaff
Briana D. Seymore
Darian J. Speights
Rachel Sullivan
Hetal G. Thakor
Vinisha J. Udell
Jamice L. Wallace

11th Grade

Bailey E. Altman
Ismelda Alvarez
Dylan L. Blanton
Crystal W. Coleman
Tacoya L. Cooper
Kaley J. Fenneman
Stephanie Y. Garcia
Benjamin F. Gaspar
Gina M. Giannantonio
Marquis J. Glover
Lance A. Griner
Tia T. Ingram
Amber I. Manley
Jaylon M. Mcelwain
Dalton L. Norris
Wade B. Norris III
Trevor L. Sistrunk
Lorena R. Villafranco
Tyler C. Warfel

10th Grade

Dixie J. Boston
Rachel E. Bunting
Lashawn Claridy
Whitney J. Crosby
Sarrah H. Davis
Lillian S. Griffith
Hunter Z. Hill
Shelby R. Hines
Shonteria B. Lee
Elizabeth F. Lewis
Richard C. Mccoy
Aubrey D. Morris
Kristen N. Morris
Raven D. Raiford
Mazey A. Roberts
Kaleb Sadler

Jayla B. Williams

9th Grade

Bianca M. Capozzi
Regina S. Carson
Autumn M. Cole
Kaitlyn B. Curry
Josefina Diaz
Maria A. Gonzalez
Austin M. Graham
Sabrina M. McClain
Tamiera D. Mobley
Catherine M. Moffses
Benita D. Morris
Alexis J. Owens
Cheyenne S. Rice
Jestyn A. Roberts
Leoti E. Taylor
Zachary Vankirk
David A. Williams

8th Grade

Maelin A. Bass
Sierra A. Beck
Madison N. Brantley
Ashton K. Bryant
Lamichael T. Bryant
Tyler M. Carter
Ben Cox Jr
John L. Davis
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A'lyssa Shields
Monasha D. Simmons
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Malik D. Wallace
Brittany M. Whitmore

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Laquiesha M. Williams
Tatyana L. Williams
Javier Zamora Jr

Post Offices Conduct "Stamp Out Hunger" Food Drive May 11

The employees of the Jasper, Jennings and White Springs Post Offices will participate in the annual national "Stamp Out Hunger" Food Drive on Saturday, May 11. For letter carriers in Hamilton County this will be the 10th year the letter carriers and their customers have participated in this annual event.

Each year United Way Worldwide partners with the National Association of Letter Carriers and Feeding America to address hunger by providing food to those most in need. It is the largest one-day effort to combat hunger in the United States with millions of families participating and thousands of letter carriers, postal employees and volunteers collecting the donations. Locally, United Way of Suwannee Valley coordinates the effort with the local post offices and agencies which receive the contributed food.

The Jasper Post Office letter carriers and rural route carriers in Jennings and White Springs in Hamilton County hauled in food thousands of pounds from their customers' residences to the loading docks of the post offices. The food received in Hamilton County is distributed to local church food pantries which in turn they make food available to assist those in need.

"People are encouraged to leave a sturdy bag containing non-perishable food such as canned soup, vegetables, meats and fish, pasta, rice or cereal next to their mail box before the regular delivery on Saturday." Postmaster

Chris Byrd said. "These would include canned tuna or chicken as well as canned stews and peanut butter. Please do not include any glass or perishable items."

Carriers will bring the food to local food pantries and shelters. Assisting 1,400 NALC Branches will be rural letter carriers and other postal employees, plus members of other unions and civic volunteers. Other national partners are Campbell Soup Co., AARP, Valpak Direct Marketing Systems, Valassis/Red Plum, the US Postal Service, United Way Worldwide, the AFL - CIO, Uncle Bob's Self Storage, GLS Companies, Source Direct Plastics and the Publix grocery store chain.

The Stamp Out Hunger Food Drive has never been more important than in these times, with hunger a growing problem - affecting about 50 million people around the country, including 17 million children and nine million seniors. The donation of food not only provides the agencies with food to assist their clients but also saves agency funds that can then be utilized otherwise.

United Way of Suwannee Valley is a community impact and fundraising organization which, utilizing volunteers on all levels, advances the common good by identifying unmet community needs and seeking to alleviate those needs through United Way of Suwannee Valley initiatives and the funding of 22 affiliated health and human service agencies.

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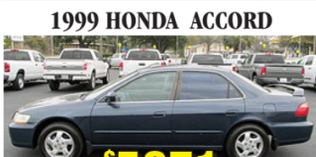
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