

District champs! Trojans heading to playoffs



The Hamilton County High School Trojans football team (4-4, 3-0) is heading to the playoffs following a 33-16 win over visiting Jefferson County (1-7, 1-2) Friday night, Nov. 1. The win secured the district title for the Trojans. See more in sports, 10A. - Photo: Rob Wolfe

Veterans Day services

Jasper

There will be a Veterans Day service in the city of Jasper on Monday, Nov. 11, beginning at 11 a.m. at the courthouse annex. The service will begin with an opening prayer, the posting of colors by the

SEE VETERANS, PAGE 7A

Rash of recent vehicle burglaries solved

Sheriff's Office arrests 3 juveniles

By Joyce Marie Taylor
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A recent rash of vehicle thefts and burglaries in the town of Jasper has been solved through the joint efforts of the Hamilton County Sheriff's Office and the Jasper Police Department, according to HCSO Sheriff Harrell Reid. All of the thefts and burglaries oc-

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Natural gas pipeline could affect 100 here

By Bryant Thigpen
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Sabal Trail Transmission has announced their intent to construct a natural gas pipeline which will affect about 100 landowners in Hamilton County, according to Andrea Grover, spokesperson for Sabal Trail Transmission.

Plans are underway to construct a

natural gas pipeline from North Alabama to Central Florida and could be constructed as early as Summer 2016.

If the proposed map remains unchanged, the pipeline is about 470 miles long and will make its way through four Alabama counties, nine Georgia counties and 12 Florida counties, including Hamilton and neighboring Suwannee and Madison

counties. The proposed line in Suwannee County will run approximately 40 miles in that county and will affect about 500 landowners.

"The routing is very much not set," Grover said.

According to Grover, the current proposed route could change, but it will stay within the 600 feet corridor.

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School board discusses redistricting

By Joyce Marie Taylor
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At the Hamilton County School Board workshop on Monday, Oct. 28, the subject of proposed redistricting for the county was discussed at length with much input from everyone on the board.

Superintendent Thomas Moffses announced that the attorneys for the county and the school board have asked that another joint meeting be held this month to further discuss the redistricting matter. Moffses said he told them a November meeting is not

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LEARNING ABOUT RURAL FOLKLIFE



Rural Folklife Days 2013 was held last week with many area school children attending. The event was held at the Stephen Foster Folk Culture Center State Park in White Springs. See more in next week's edition. - Photo: Joyce Marie Taylor

Two businesses burglarized in White Springs

By Joyce Marie Taylor
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Two White Springs businesses were burglarized on Wednesday, Oct. 30, according to White Springs Police Chief Ken Brookins.

A press release from WSPD states that during the early morning hours of Wednesday, Oct. 30, Munchies Food Store and Fat Belly's Restaurant in

SEE TWO, PAGE 8A

School board workshop highlights

By Joyce Marie Taylor
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The Hamilton County School Board met for a planned workshop on Monday, Oct. 28 and discussed a variety of issues.

Attendance procedures for student transfers

Superintendent Thomas Moffses advised the board that the student transfer procedure under discussion was for students transferring into the district and he asked the board to again review the draft that was presented to them at the last workshop.

"There are students that are now interested in transferring into Hamilton County, and because of that, we'd like to make sure that there are some guidelines around that," said Moffses. "If they're leaving a county, maybe for some discipline issues, we can go through it and validate it just like we normally would, but also have some guidelines that they are

required to make progress on their academics, and if there are complications within the district here discipline-wise, we don't have to wait until the end of the year."

There is a compact that the parents and the student sign when they request permission into the district, Moffses explained, and if it is violated the district would have the authority to return them back to their home district without complications and without waiting.

Moffses said he would like the board's approval before the district finalizes the new procedure. He told board members if they had any comments or suggestions they could contact the district office. It was noted that this policy would not affect students who are residents of the county and now attending school out of the county who may want to come back.

Board member Johnny Bullard warned that the district should be careful with this policy as it could affect FTE dollars.

"I would say to just proceed with caution," said Bullard.

Flu prevention

Moffses advised the board there is a group called Healthy Schools who has offered to

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Bridge work should not cause delays

By Joyce Marie Taylor
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The Florida Department of Transportation is in the process of preparing to clean and repaint the steel structures underneath the bridge on County Road 136 over the Suwannee River leading into and out of the town of White Springs, ac-

SEE BRIDGE, PAGE 7A



INSIDE: 3A

- Dulcimer retreat at Stephen Foster.
- Free quit tobacco programs.
- First annual 5K at Hamilton CI.



Jasper First United Methodist Church will present Dr. Paul Pitts at their Second Sunday Sing to be held Nov. 10, at 11 a.m.

With over 5,000 performances on seven continents, Dr. Pitts' beautiful tenor voice has delighted audiences all over the world. He has touched over 5 billion people by television, radio, recordings and personal appearances.

Paul was the soloist for the 60th Anniversary television special celebrating Israel's 60 years of Statehood, with Benjamin Netanyahu. This internationally televised event was broadcast to 200 countries with over 300 million viewers worldwide.

Paul was the soloist for the "Concert of Peace", uniting North and South Ireland, held at the Wa-

terfront Arena in Belfast. Paul has sung at the Porsche Arena (Stuttgart, Germany), ExCel Center (London, England), Moriches Island of the Southeast coast of Africa drawing 90,000 people in attendance, as well as Taipei, Taiwan.

He has been awarded an honorary doctorate in humanities from Coral Ridge University and is the recipient of the "Outstanding Young Men of America" award.

Paul Pitts has shared the stage with motivational speakers such as Zig Ziglar and John Maxwell. He has appeared at James Dobson's "Focus on the Fam-

ily", and "In Touch" television program with Charles Stanley. He has performed at the Crystal Cathedral, Alamo Dome, Amway Arena in Orlando Florida, Cypress Gardens and Opryland USA.

Dr. Pitts has presented his powerful testimony in churches throughout the United States.

"I gave my heart to the Lord, and I've never turned back," he said. "I have received God's wonderful forgiveness and such a peace in my heart that I want to share with everyone. This has become my passion and purpose in life. If I can touch someone's heart with the love of God, I



Paul Pitts

will have lived out my purpose for living."

The members of Jasper First United Methodist extend an open invitation for everyone to join them for this much anticipated performance.

Social Security serves those who've served

By Mary Kate Vang
Social Security Manager
in Lake City, FL

On Nov. 11, we honor our Nation's veterans for their service to America. What better time than now to tell you — and for you to help spread the word — about the many benefits and wealth of information Social Security has available for veterans and military personnel?

Social Security recognizes those who put their lives on the line for our freedoms. Members of the armed forces receive expedited processing of their Social Security disability applications. The expedited process is available for any military service member who became disabled during active duty on or after October 1, 2001, regardless of where the disability occurs. Some dependent children and spouses of military personnel may also be eligible to receive benefits.

Visit our website designed specifically for our wounded veterans: www.socialsecurity.gov/woundedwarriors. There, you will find answers to a number of commonly asked questions, as well as other useful information about disability benefits available under the Social Security and Supplemental Security Income (SSI) programs. Please pay special attention to the fact sheet available on that website, Disability Benefits for Wounded Warriors.

You'll also find a webinar that explains the faster disability process available to wounded

warriors. The program covers general information about Social Security disability benefits as well as topics unique to wounded service members. The online video is less than three minutes and a great introduction to disability benefits for veterans and active duty military.

On the same webpage, you'll also find links to useful Veterans Affairs and Department of Defense websites. The requirements for disability benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

Military service members are covered for the same Social Security survivors, disability, and retirement benefits as everyone else. Although the expedited service is relatively new, military personnel have been covered under Social Security since 1957, and people who were in the service prior to that may be able to get special credit for some of their service.

To learn more about Social Security for current and former military service members, read Military Service and Social Security. It's available in our digital library at www.socialsecurity.gov/pubs.

But first, take a look at the wounded warrior page at www.socialsecurity.gov/woundedwarriors. The webinar, factsheet, and pertinent links will brief you on everything you need to know to "maneuver" your way through the Social Security process.

HealthCare.gov: Improving the account registration process

Submitted

We continue to improve the overall user experience each week on HealthCare.gov, so that by the end of November the site will be functioning smoothly for the vast majority of users.

As you know, one of the places we've seen a lot of consumer frustration is in their ability to successfully create an account. This issue was identified on Oct. 1 and we've made significant progress since then to deliver a much smoother process for consumers.

In combination, the following fixes are al-

lowing users to successfully create an account and be able to continue through the application process. We can now process nearly 17,000 account registrants per hour — or five per second — with an error rate near zero:

We replaced the virtual database with a high-capacity physical one, which allowed more efficient, effective processing and significantly reduced the error rate, or account registration failures;

We optimized software configurations to increase efficiency in system interactions;

We added capacity by doubling the number of servers;

We swapped out a directory component for another that can process more transactions simultaneously;

We improved the efficiency of database look-ups through software changes; and

We pushed through a patch release with four software fixes to address users that were having a hard time logging in to their accounts.

We are moving through the rest of our punch list to make more performance and functionality improvements

as our work to improve HealthCare.gov continues.

Thanks to these fixes, people across the nation are shopping for and signing up for coverage. Deborah L., a New Hampshire native, enrolled online for a plan that "will save us hundreds of dollars each month. It has better coverage, lower deductibles, and lower co-pays." She says she "couldn't be happier."

To hear Deborah's story visit: <http://www.hhs.gov/healthcare/facts/blog/2013/10/affordable-coverage-deborah.html>.

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—Hebrews 13:8



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*Love you both very much,
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Life in WHITE SPRINGS

By Walter McKenzie

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Halloween was wonderful this year. We must have had a couple of hundred kids come by our house, trick or treating and the costumes this year were terrific! Many were dressed up as super heroes, and while I had no trouble recognizing several such as Superman, Batman, Spiderman, the Hulk, and even the Teenage Mutant Ninja Turtles, there were quite a few that showed up that I did not have a clue what super hero they were dressed up as. Perhaps I should start reading DC and Marvel Comics again so that I can keep up with the times. I am pleased to report that most all of the trick or treaters were wonderful, of a proper age and polite. We were showered with thank yous, Happy Halloween's, and a few delightful hugs. Merri had the house decorated in festive Halloween decorations and when the kids tore their attention from the candy, they seemed to enjoy the visual treats too. Thanks to the White Springs Police Department for being present, keeping an eye out for the safety of the kids, and making sure that the treats were safe and the tricks were kept to a minimum. All up and down our street, folks seemed to really be enjoying this annual visit of fairy princesses, ghosts and

ghouls and super heroes. Rhett Bullard had his house lit and decorated in a wonderful way and hosted a gathering of friends that further enjoyed the treats of the season, which included wonderful eats and drinks. I hope that all of you had as wonderful a Halloween as Merri and I did.

I want to remind you again that White Springs is sponsoring a Veterans Day event at 11 AM on Veterans Day, Monday, Nov. 11. This event will take place at the White Springs Veteran's Park next to the old water on Spring Street, US 41. There will be a brief program, followed by lunch served on the grounds. This event will be followed by a Veteran's Day program at South Hamilton Elementary School at 1 PM. Show your appreciation for our veterans, all who gave and some who gave all, and come to this event.

If you are a Stephen Foster Citizen Support Organization member or would like to become one, you are invited to the combined CSO Dinner Meeting & Volunteer Appreciation Dinner Monday, November 18, 2013 6:30 p.m. Since many of the park volunteers are gone after the Festival of Lights the CSO has decided to have their Catered Appreciation Dinner at our regular November CSO Dinner Meeting. This means you do not need to bring a covered dish. The meal will be provided by Fenced-N-BBQ. Look forward to a real treat. The "Buck in a Bucket" drawing

for donated treasures is still on. The money we make goes to the Annual Big Shoals Pumpkin Fest. It was held last month and was another year of fun and games. Reminder: Renewal of your CSO Membership is due before Jan. 1, 2014. Thank you for those who have already renewed. If you want to renew at the meeting we will accept them at the sign in table. Volunteers are still needed for the Festival of Lights. If you have not called 386-867-1636 to volunteer yet, please do it soon. The time is fast approaching. Speaking of the Festival of Lights, Maddie Moore will Chair the Festival of Lights Sponsor's Reception on Thurs. Dec. 5. She has had her initial planning meeting and all is organized. We certainly do appreciate all the hard work that Maddie does for White Springs!

I'm sure that there are some other things going on but I have not heard from any of you this week so next week if you have some information that you want to share about what is happening in our area I would love to hear from you. In the meantime, I hope to see you out and about, enjoying life in White Springs.

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Green sea turtles nest at unprecedented pace in Florida this year

The number of green sea turtle nests in Florida this year was more than double the count of the previous highest year. Biologists with the Florida Fish and Wildlife Conservation Commission (FWC) have documented more than 25,000 green turtle nests on 26 index beaches in the state in 2013.

"We are astounded and pleased by the high number of green turtle nests documented in 2013," said Dr. Blair Witherington, FWC research scientist. "It looks like the years of conservation efforts for this endangered species are paying off."

FWC-trained and authorized surveyors across the state monitor nests on a set of index beaches that span nearly 250 miles and are the focus of the Index Beach Nesting Survey. These surveys

began in 1989. Index surveyors follow firm counting guidelines, making it possible for FWC researchers to use the data from these beaches to identify trends.

The trend for green turtles shows an exponential increase in nesting over the past 25 years. In 1989, biologists documented only 464 green turtle nests on index beaches. In 2013, this index nest count was 25,553. The index count represents about 70 percent of green turtle nesting statewide.

Leatherback sea turtle nest counts have also risen dramatically over the past quarter century. However, the 2013 count of 322 leatherback nests on index beaches was 193 lower than last year.

Loggerhead sea turtles, the most prevalent sea turtle species on Florida's

shores, accounted for 44,810 nests on index beaches this year, down from 2012's near-record count of 58,172 nests. Although this federally threatened species nests on the same beaches as green turtles and leatherbacks, loggerheads have not shown the recovery in numbers seen in nesting by the other two species. The high level of loggerhead nesting last year followed a pronounced drop in the species' nest counts between 1998 and 2007.

Hundreds of surveyors from conservation organizations, universities and federal, state and local governments – along with other volunteers – make possible the extensive data collection on Florida's nesting sea turtles. In conjunction with the Index Nesting Beach Survey, the Statewide Nesting Beach Sur-

vey documents sea turtle nesting on nearly all sandy beaches in Florida. Data from the statewide surveys will be available in early 2014.

The FWC's role in coordinating Florida's sea turtle nest counts, training surveyors and compiling data is funded by the U.S. Fish and Wildlife Service and sales of the state's sea turtle license plate. Florida residents can purchase the plate to support these efforts at BuyAPlate.com.

For more information about trends in sea turtle nest counts, visit MyFWC.com/Research, click on "Wildlife," then click on "Nesting" under the "Sea Turtle" heading. Report sick or injured sea turtles to the FWC's Wildlife Alert Hotline at 888-404-FWCC (3922).

First annual 5K at Hamilton CI set for Nov. 15

By Joyce Marie Taylor
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Hamilton Correctional Institution will be hosting their First Annual FL vs FSU 5K on Friday Nov. 15, at 5:30 p.m. This is part of the ongoing wellness program at Hamilton CI and a follow up to their Biggest Loser Contest held at the beginning of the year.

There is no entry fee and the public is invited to attend. Please meet at the

training building where the race will begin.

There are two ways to win. The team that is represented by the most people, and the team that reaches the finish line first. No prizes will be awarded, only bragging rights.

This is a fun walk/run, so put on your favorite team shirt, FSU or FL, and come join the fun. See you at the finish line!

Tobacco Free Florida's new weight management program can assist with weight loss while quitting

– State is also offering new combination nicotine replacement therapy –

TALLAHASSEE – Do you want to quit tobacco but you're concerned about weight gain? The Florida Department of Health's Tobacco Free Florida program's new expanded resources can help.

As of Sept. 25, participants who enroll in the Florida Quitline phone counseling may access the Weight Management Program, a pilot program designed to help tobacco users quit while limiting possible weight gain associated with quitting.

Those enrolled will receive up to three tobacco cessation calls in addition to up to three weight management coaching calls. Participants with type 2 diabetes will receive up to three calls with registered dietitians trained in the weight loss needs of individuals with type 2 diabetes.

The Weight Management Program is available to Florida Quitline participants, age 18 and older, who speak English, currently use tobacco, and have a body mass index (BMI) of 23 or higher. Participants cannot be pregnant, diagnosed with type 1 diabetes, or have had weight loss surgery in the past 12 months.

Tobacco Free Florida has also ex-

panded its free nicotine replacement therapy (NRT) offering. Any participant who smokes more than nine cigarettes per day or chews more than two tins per week is eligible for combination NRT, including a supply of both nicotine patches and gum, free of charge.

This offering comes after a change in the U.S. Department of Health and Human Services' Treating Tobacco Use and Dependence guidelines. For individuals who use tobacco at these levels, the guidelines indicate this combination of medications "may result in greater suppression of tobacco withdrawal symptoms than does the use of a single medication."

Florida residents who want to quit tobacco and qualify for the Weight Management Program and/or combination NRT can take advantage by calling 1-877-U-CAN-NOW. Both programs are free and give participants access to a trained Quit Coach who will provide support by:

- Preparing participants for their quit date
- Helping develop an individualized Quit Plan, including a plan for weight management if applicable
- Offering advice and information on medications that may help with withdrawal symptoms

Free quit tobacco programs coming

By Joyce Marie Taylor
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Three locations in Hamilton County are offering free tobacco cessation programs, two in Jasper and one in White Springs, sponsored by the Florida AHEC Network and the Florida Department of Health.

Free Quit Tobacco programs will be held at the Florida Department of Health-Hamilton County, 209 Central Avenue SE, Jasper, on Tuesdays from

1-3 p.m. on Nov. 19, Dec. 17, and Jan. 21, 2014.

The program will be at Jasper City Hall, 208 West Hatley Street, on Nov. 13 and 20, and Dec. 4, 12 and 18, from 12-1:30 p.m.

In White Springs, the free Quit Tobacco programs will be held at the White Springs Public Library on Thursdays from 1-2:30 p.m. on Nov. 7, 14 and 21, and Dec. 5, 12 and 19.

To register for these programs, please call 866-341-2730.

Dulcimer retreat at Stephen Foster is Nov. 8-9

By Joyce Marie Taylor
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Come enjoy a weekend of workshops, jamming, concerts, fun and fellowship at the Dulcimer Retreat held at Stephen Foster Folk Culture Center State Park on Nov. 8-9.

The Dulcimer Retreat will be hosted by dulcimer master David Beede. Instructors include David, Aaron O'Rourke, Bing Futch, Susan Boyer Haley, Robert Force, Ken Kolodner and Sally Anderson. In-depth instruction and techniques on the mountain dulcimer and hammered dulcimer instruments will be offered.

Traditional music will be celebrated

with workshops offered for beginning, intermediate and advanced students, and taught by nationally recognized instructors.

Concerts will feature the masterful instructors from the workshops and are scheduled for Friday and Saturday evenings in the park auditorium at 7 p.m.

Tickets for public admission are \$10. Admission to the two day event is \$95, which includes all workshops, jam sessions, concerts and discussion groups. Register early because after Oct. 28, there is a \$15 late registration fee.

For more information call 1-877-635-3655. Call Reserve America at 1-800-326-3521 to reserve a camping space.

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OPINION

Congressionally duped Americans

Last week's column, "Is There a Way Out?", generated quite a few responses, some a bit angry. Some people were offended by my reference to Social Security and Medicare as entitlements or handouts. They said that they worked for 45 years and paid into Social Security and Medicare and how dare I refer to the money they now receive as an entitlement. These people have been duped by Congress and shouldn't be held totally accountable for such a belief. Let's examine the plethora of congressional Social Security lies. I'll leave the Medicare lies for another column.

The Social Security pamphlet of 1936 read, "Beginning November 24, 1936, the United States Government will set up a Social Security account for you. ... The checks will come to you as a right" (<http://tinyurl.com/maskyul>). There-

fore, Americans have been led to believe that Social Security is like a retirement account and money placed in it is their property. The fact of the matter belies that belief.

A year after the Social Security Act's passage, it was challenged in the U.S. Supreme Court, in *Helvering v. Davis*. The court held that Social Security is not an insurance program, saying, "The proceeds of both employee and employer taxes are to be paid into the Treasury like any other internal revenue generally, and are not earmarked in any way." In a 1960 case, *Flemming v. Nestor*, the Supreme Court held, "To engraft

upon the Social Security system a concept of 'accrued property rights' would deprive it of the flexibility and boldness in adjustment to ever-changing conditions which it demands."

Decades after Americans had been duped into thinking that the money taken from them was theirs, the Social Security Administration belatedly -- and very quietly -- tried to clean



A MINORITY VIEW
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BY WALTER WILLIAMS

up its history of deception. Its website explains, "Entitlement to Social Security benefits is not (a) contractual right." It adds: "There has been a temptation throughout the program's history for some people to suppose that their FICA payroll taxes entitle them to a benefit in a legal, contractual sense. ... Congress clearly had no such limitation in mind when crafting the law" (<http://tinyurl.com/49p8f2>). The Social Security Administration failed to mention that it was the SSA itself, along with Congress, that created the lie that "the checks will come to you as a right."

Here's my question to those who protest that their Social Security checks are not an entitlement or handouts: Seeing as Congress has not "set up a Social Security account for you" containing your Social Security and Medicare "contributions," where does the money you receive come from? I promise you it's neither Santa Claus nor the tooth fairy. The only way Congress can send checks to Social Security and Medicare recipients is to take the earnings of a person currently in the workforce. The way Congress conceals its Ponzi scheme is to dupe Social Security and Medicare recipients into thinking that it's their

money that is put away and invested. Therefore, Social Security recipients want their monthly check and are oblivious about who has to pay and the pending economic calamity that awaits future generations because of the federal government's \$100 trillion-plus unfunded liability, of which Social Security and Medicare are the major parts.

Pointing to the congressional lies and future economic chaos is not the same as calling for a cessation of checks going out to recipients. Instead, it's a call for the recognition that we've made a mistake that needs to be corrected while there's time to avoid a calamity. It's also a call for us to recognize that we all share in the blame and hence the burden to make it right. Politicians have little interest in doing something about an economic calamity that will happen in 2030 or 2040; they only care about the next election. Older Americans, who own most of the political clout, must lead the fight to get Congress to do something about entitlement programs. Of course, the alternative is continued belief in the Social Security and Medicare myth and the heck with future generations.

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 article submissions can be mailed or dropped off at the news office at 211 Howard St. E, Live Oak, FL 32064, Monday through Friday, 8 a.m. until 5 p.m.

Letters to the editor should be typed, 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 news office by noon on Friday.

Submissions, 400 or less words, should be typed, brief and to the point. Not all submissions are published.

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

You may fax letters/submissions to 386-364-5578.

Letter to the Editor

Dear editor,

I'd like to express my thanks and sincerest appreciation to the city of Jasper Police Department for their quick investigation and recovery of a stolen vehicle from my property Oct. 27, 2013. It's a tribute to their level of courtesy and professionalism.

John R. Lucas
Jasper

Annual business meeting of CVFD

The annual business meeting of Crossroads Volunteer Fire Department invite family, friends and residents to come out and listen and support our volunteer firefighters who risk their lives daily to service us. We commend all the men who completed Firefighter I at North Florida Community College. We are proud and indebted to you daily to keep our small community safe. The meeting is Tuesday, Nov. 19 at 7 p.m. at CVFD at 5769 SW CR 141 in Jasper. Refreshments will be served by the Women's Auxiliary.

You've just stepped into, the retirement zone

By Mary Kate Vang
Social Security Manager in
Lake City, FL

You are about to enter another dimension. A dimension not only of work and earnings, but of pension and leisure. A journey into a wondrous land of imagination. You unlock this door with Social Security's Retirement Estimator and online benefit application. Next stop ... the retirement zone.

That's not exactly sticking to the original script, but some television viewers may be hearing the voice of Rod Serling ringing in their heads right now. The Twilight Zone television program first aired in 1959 and ran for five seasons — and continues to live on in reruns. The series took viewers through amazing journeys with each episode featuring characters who faced unusual or extraordinary circumstances.

If you're nearing retirement now, it may seem an extraordinary circumstance that these days you really can do it all from the comfort of your home or office computer. Amazing but true: you can do so much online, including getting an estimate of future benefits, testing out different retirement scenarios, completing and submitting your retirement appli-

cation online, and much more!

Picture a man. A man sitting at his home computer. He isn't sure whether he should apply now, wait until he reaches full retirement age, or work a little longer and begin receiving benefits at age 70. He's about to find out ... with a visit to the Retirement Estimator. The Estimator uses his past earnings and allows him to enter variable future earnings and retirement dates to complete the picture of a retirement he'd like to live.

Imagine a woman. A woman with a laptop enjoying a hot cup of java at her favorite coffee house. She's done with planning and has decided it's time to take the plunge and retire. Before going to a local Social Security office as her parents and older siblings did, she visits www.socialsecurity.gov and discovers she can complete the entire application online and submit it in about 15 minutes. As in most cases, there are no papers to sign and no documents to provide. She ventures from www.socialsecurity.gov to an audio book and closes her eyes to begin enjoying her retirement.

Back when The Twilight Zone first hit television screens, the idea of testing out retirement scenarios or even completing and submit-

ting a retirement application online would have been science fiction fodder fit for an episode of the program. Today, it is reality.

Try it out for yourself. Visit www.socialsecurity.gov and take a visit into ... the retirement zone.

Veterans' Day salute in White Springs

The Town of White Springs and its Special Events Committee will hold a Veterans' Day Salute on Monday, Nov. 11, at the site of the Memorial Park (old water tower park on US 41).

The program to honor and express appreciation to the community's veterans will begin at 11 a.m. A lunch of sandwiches and homemade desserts will be served from 11:30 a.m. until 12:15 p.m.

Members of the community are invited to join us to observe this special day and salute our veterans.

Town Hall will be closed in observance of Veterans Day on Monday, Nov. 11.

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ARREST RECORDS

Editor's note: The Jasper News prints the entire arrest record each week. If your name appears here and you are later found not guilty or the charges are dropped, we will be happy to make note of this in the newspaper when judicial proof is presented to us by you or the authorities.

The following abbreviations are used below:
DAC - Department of Agriculture Commission
DOA - Department of Agriculture

DOT - Department of Transportation
FDLE - Florida Department of Law Enforcement
FHP - Florida Highway Patrol
FWC - Florida Fish and Wildlife Conservation Commission
HCDTF - Hamilton County Drug Task Force
HCSO - Hamilton County Sheriff's Office
ICE - Immigration and Custom Enforcement
JAPD - Jasper Police Department
JNPD - Jennings Police Department

OALE - Office of Agricultural Law Enforcement
P&P - Probation and Parole
SCSO - Suwannee County Sheriff's Office
WSPD - White Springs Police Department
Oct. 31, Brandon Rashad James, 7/26/1992, 6 Prescott Place, Valdosta, Ga., grand theft of firearm, carrying concealed weapon/firearm, drug equip-possession, marijuana possession less

than 20 grams: FHP - D.M. Morgan
Oct. 31, Maurice Antonio Hughes, 9/24/1985, 4705 E. Citrus Circle, Tampa, Florida, pickup on warrant: HCSO - Harden
Nov. 2, Benjamin Franklin Bell, 6/15/1973, 1949 Berry St., Jennings, Fla., DWLS knowingly, battery: HCSO - Fouraker
Nov. 2, James Robert Webster, 2/17/1984, 762 Javelin Way, Bear, Delaware, DWLS knowingly: DOA - J. Johnson

The Tabernacle and Christ

Hugh G. Sherrill
ems-hugh43
@comcast.net

Any student of the Bible knows that there are pictures and types of Jesus throughout the Old Testament. The late Dr. M. R. DeHaan once said "that unless you have found Christ in the Old Testament passages you have not yet found the whole meaning of it".

One of the most beautiful pictures of Jesus is found in the Tabernacle. God gave Moses instructions to build it in Exodus 25. It would be a place where God would meet with man. It was called "the tabernacle of the congregation". The Tabernacle was a moveable tent seventy five feet wide, one hundred and fifty feet long. God always wants to dwell with, have fellowship with, and communicate with His people (Exodus 25:22).

The Tabernacle and its courtyard were constructed according to God's plan. The Tabernacle helps us under-

stand the steps that God laid out for sinners to approach a Holy God. It was the place where God dwelt with His people for 400 years from Exodus to King Solomon. It was in the center of the camp of the Israelites, surrounded by the 12 tribes. This tells us that today Christ should be the center of our lives.

There are about 50 chapters in the Bible that discuss the Tabernacle. It was in a shadow of things in heaven. Hebrews 8:1-5 tell us that the real Tabernacle is in heaven. This is where Jesus Himself, our high priest, is (Hebrews 8:2). The Tabernacle was built out of material that today would cost well over a million dollars. Our salvation cost the blood of the Lamb of God, Jesus.

The Tabernacle had seven pieces of furniture. First, Bronze Altar, the place where the animals were sacrificed for sinful people. The blood was important to justify the people before God (Exodus 27:1-8). Jesus is our perfect sacrifice and

shed His blood for our sins (John 1:29; Hebrews 10:10; Romans 4:25). Second, Laver of Brass (Exodus 30:18; 38:8). The priest washed himself here after the sacrifice. We, as children, also need to be cleansed (I John 1:8-9). Third, Golden Candlestick. It was fueled by oil and provided light in this otherwise dark room. Jesus called Himself the Light of the world (John 12:46). We are to be the light in the absence of Jesus (Acts 13:47). Fourth, Table of Shewbread (Exodus 25:23-30). It held the 12 loaves of bread that were eaten by Aron and his sons; replaced every week on the Sabbath. Jesus said He is the "Bread of Life" (John 6:35; 6:51). Fifth, Altar of Incense (Exodus 30:1-10). Incense was to be burned constantly on the altar. Incense represents the prayers of the faithful (Revelation 5:8; 8:3-4). Sixth, the Veil that separated the Holy Place from the Most Holy Place where the Ark of the Covenant was kept. When Jesus died on the



Freedom is Here Fixing relationships

By Pastor John Whittington
Lighthouse Christian Center, Mayo

Galatians 5:26
Let us not become conceited, provoking and envying each other.

Remember the first time in history that something was not good? Genesis tells us that it was not Satan who first brought less than "good." It was not the taste of forbidden fruit. The first time God said something wasn't good He was referring to man's loneliness. After declaring, "It is good," over every aspect of creation, God proclaimed, "It is not good for the man to be alone."

God solved the man's problem by creating fellowship through marriage. But this principal applies to all of us: It's not good to be alone. We were made in the image of God who is Father, Son and Holy Spirit in perfect "trinity." We were created for fellowship.

The problem is that fellowship was broken in Eden. Relationships are now difficult if not impossible. Eventually you disappoint or are disappointed by other people. Fortunately Jesus came to reconcile, first people with God, and as a byproduct people with each other.

Galatians 5 shows a big part of the problem and solution in relating to each other. Two words, provoking and envying, are the two wrong directions we can

travel regarding others. The Greek word for provoking is related to "challenging out of a feeling of rivalry." It involves looking down at the other as being inferior. While envying involves looking up at someone in jealousy.

As a musician I've faced both of these extremes looking at one person and thinking, "I could play that any day," but thinking of someone else, "I could never be able to do that!" Although a little competition probably motivates performance, this becomes a problem when all our energy is spent looking down at or up at someone with disdain.

Paul hints at how we can avoid such comparisons in the next chapter: Galatians 6:5-6 Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load. Paul did this himself with humility. He called himself "less than," "the least" and "the worst" (1 Corinthians 15:9, Ephesians 3:8, 1 Timothy 1:15). But in Paul's humility God showed up and filled this empty vessel, performing mighty deeds through Paul!

Fixing relationships requires fixing the heart. Fixing the heart comes when we humble ourselves and allow God to come in. Then He will be great in us and through us!

Heart Matters

"At this, she (Ruth) bowed down with her face to the ground. She exclaimed, 'Why have I found such favor in your eyes that you notice me - a foreigner?'"

Boaz replied, 'I've been told all about what you have done for your mother-in-law since the death of your husband - how you left your father and mother and came to live with a people you did not know before. May the Lord repay you for what you have done. May you be richly rewarded by the Lord, the God of Israel, under whose wings you have come to take refuge.'

'May I continue to find favor in your eyes, my lord,' she said 'You have given me comfort and have spoken kindly to your servant-though I do not have the standing of one of your servant girls.' (Ruth 2:10-13)

News travels fast doesn't it? Ruth had barely made it to Bethlehem, unpacked her bags and headed out to the fields to find some food for Naomi and herself...and in the meantime, everyone in town has heard her story. If you live in a small town, you understand what happens when someone asks, "Who is that?" The answer is all about how they are related to whom. For example, when asked about Ruth..."Who is she?" the answer might sound something like this: "Oh, she's that girl that was married to one of Naomi's boys from over in Moab...you can tell she is not from around here..." If you glance

back at verse 19 of chapter one, it reminds us "the whole town was stirred because of them..." In other words, everyone was talking!

Growing up in a small town, I have often heard folks complain about everyone "knowing their business." Surely we all realize that our complaint about this is usually only about the news that might not shed so favorable a light on our family or us personally. We hope the positive stuff spreads like wildfire! This was the case with Ruth...her reputation preceded her, and by the time it reached Boaz, it sparked a very gracious response from him. "May the Lord repay you for what you have done. May you be richly rewarded by the Lord..." Apparently, Boaz took that blessing seriously and perhaps recognized that God had sent Ruth to him to receive those rewards.

But what about when the news is embarrassing, or even worse, damaging? When our family troubles are exposed, our addiction uncovered, or our children's mistakes made public...how do we hold our heads up amidst the knowing looks, whispers, or even the direct questions that we may encounter? How do we continue to live in our community when the strongest temptation is to stay at home, with our heads under the covers and the phone off the hook? Psalm 3:2-3 offers valuable insight: "Many are saying of me, 'God will not deliver him.'

But you are shield around me, O Lord; you bestow glory on me and lift up my head."

By nature, our sins tempt us to hide and take cover, per Adam and Eve in the garden. The truth is, God wants the world to see His grace, mercy and willingness to forgive and put us back in our place among the living. His forgiveness is available according to 1 John 1:9, when we confess our sins. This confession doesn't mean that we take out an ad in the newspaper or stand on the courthouse steps and make an announcement. It does mean that we go first to God and repent. Repentance is acknowledging what we have done, and being willing to make the change that God requires...or agreeing with God about what He is doing in our loved one's life. Recognize that God will often use embarrassment as a catalyst for repentance! Once repentance occurs, the righteousness of Christ becomes our shield, our protection and the only thing we need to hide behind! With our forgiveness

cross, the veil was rent from top to bottom. Now mankind can go directly into the presence of God (Hebrews 4:16). The Seventh, Ark of the Covenant and the Mercy Seat. This was the Most Holy Place where God spoke to the high priest. Through Jesus, God speaks to Christians today. The Bible says we are all kings and priest. So God deals with us one on one. Trust Him today.

These seven pieces of furniture in the Tabernacle all had a special meaning. Today all you and I need is the Lord Jesus Christ. It is His blood sprinkled on the altar for our sins that is the only perfect sacrifice for our sins. Trust His shed blood today.



settled, the glory bestowed on us is the return of our dignity and reputation as a new creation in Christ. As a result, He lifts our head, not to look down on another, but in order for all to see the miracle of grace...

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

Jasper Presbyterian Youth Annual Pancake Supper
November 12, 2013
5-7 p.m.
\$5 a plate pancakes and sausage

Church & Family Go Together

<p>ADVENT CHRISTIAN FIRST ADVENT CHRISTIAN N.W. 15th Avenue Jasper Rev. Wayne Sullivan Sunday Sunday School.....10:00 a.m. Morning Worship.....11:00 a.m. Wednesday Bible Study.....7:00 p.m. 784022</p>	<p>BAPTIST (Southern) FIRST BAPTIST CHURCH "Where Friends become Family" 207 N.E. 2nd Street, Jasper 792-2658 Pastor: Roger Hutto Sunday Sunday School.....9:45 a.m. Morning Worship.....11:00 a.m. Evening Worship.....6:00 p.m. 784022</p>	<p>METHODIST FIRST UNITED METHODIST CHURCH 405 Central Ave., Jasper, FL Pastor - Dale Ames Phone - 386-792-1122 Sunday Sunday School.....9:45 a.m. Morning Worship.....11:00 a.m. Wednesday</p>	<p>PRESBYTERIAN FIRST PRESBYTERIAN CHURCH 204 N.W. 3rd Avenue, Jasper 792-2258 Pastor: Shelton Steen SUNDAY Sunday School.....10:00 a.m. Worship Service.....11:00 a.m. WEDNESDAY Choir Practice.....7:00 p.m. 834981</p>
<p>CATHOLIC CHURCH ST. THERESA 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 BURNHAM CHRISTIAN CHURCH 4520 NW CR 146, Jennings, FL 32053 938-1285 Pastor: Johnny Brown Sunday Sunday School.....9:45 a.m. Worship.....11:00 a.m. Evening Service.....6:00 p.m. Wednesday Youth Program.....5:30 p.m. 784003</p>	<p>BAPTIST CALVARY BAPTIST CHURCH 11320 C.R. 6 East Jasper FL 32052 Pastor: Rev. Ronald Prueter Home: 386-938-5912 Church: 386-792-3267 Morning Service: Sunday School.....10:00 a.m. Worship.....11:00 a.m. Children's Church.....11:00 a.m. Evening Training Union.....6:00 p.m. Worship.....7:00 p.m. Wednesday 835174 Worship.....6:00 p.m. 835547</p>	<p>Building On FAITH</p>

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

6th Annual Hamilton County 4-H Dog Show



Those involved in the Dog Show: Heather Futch UF/IFAS Extension Hamilton County 4-H/Family and Consumer Sciences Agent, Chuck Burnett Show MC, Nancy Spearman Judge, Ida Daniels Judge, Orane Hugues, Rachel Fry, Braxton Stewart, Branden Tucker, Nathen Stewart, Cooper Copeland, Gracie Ball, Timothy Warfel, Taylor Smith, Jaden Mercer, Kaleigh Norris. - Courtesy photos

The 6th Annual Hamilton County 4-H Dog show took place at Hamilton County Arena during Fair Events Day on Thursday, Oct. 3.

Youth Participants: Taylor Smith, Rachel Fry, Branden Tucker, Cooper Copeland, Caleb Smith, Orane Hughes
Judges: Nancy Spearman and Ida Daniels

MC: Chuck Burnett

Oldest Dog: Kip (6 yrs. 10 months old)

Youngest Dog: Clover* (1 week old)

Best Trick:

1st Place: Sam, High Five, Jaden Mercer

2nd Place, Rangler Counting, Branden Tucker

3rd Place: Max, Dance, Caleb Smith

3rd Place: Lily, Handshake, Orane Hughes

Best Costume:

1st Place, China, Halloween Princess, Timothy Warfel

2nd Place: Sam, Halloween, Jaden Mercer

3rd Place, Kip, football player, Kaleigh Norris

Most Adorable:

1st Place: Capone, Cooper Copeland

2nd Place: Pheobe, Taylor Smith

3rd Place: Remi, Rachel Fry

Best of Show: Sam, shown by Jaden Mercer

Special thanks to our sponsors Huston's Veterinary Clinic in Jasper. Thank you also to Mrs. Susan Bozeman for taking photos during the event.

*Remi is an abandoned mixed puppy who was rescued from the S&S in White Springs. The family requested someone to adopt her during the show. If anyone is interested in adopting this dog, please contact the Hamilton County Extension Office for more information.

** Clover was named during the show. Due to this puppy being one week old, the family had not named it yet. Clover is a baby bulldog, still being bottle fed.



Kaleigh Norris with her six year old dog Kip accepts the award for Oldest Dog.



Braxton Stewart with his one week old puppy accepts the award for Youngest Dog.



Caleb Smith shows his dog Max with their 3rd place award for Best Trick.



Timothy Warfel and his dog China win the 1st Place Award for Best Costume with China dressed as a Halloween Princess.



Kaleigh Norris and Kip receive the 3rd Place Award for Best Costume by dressing Kip as a mini football player.



Taylor Smith's dog Pheobe achieves the 2nd Place Award for Most Adorable.



Winners for Best Trick: (L-R) Orane Hughes, Caleb Smith, Branden Tucker, Jaden Mercer.



Cooper Copeland is proud that his dog, Capone is awarded 1st Place for the Most Adorable Award.

Veterans Day services

Continued From Page 1A

Hamilton County High School AFJROTC, followed by the National Anthem and Pledge of Allegiance. Guest speaker is David Butler. The American Legion Post 215 and VFW Post 8095 will offer comments and a special recognition. Robyn Barber will be singing "America the Beautiful" and Pastor Roger Hutto will play Taps. The public is invited to attend the service. Please plan to come out and pay tribute to our veterans.

White Springs

The town of White Springs and the Special Events Committee are hosting a Veterans Day Salute on Monday, Nov. 11 at Memorial Park (old water tower on US

41). The program begins at 11 a.m. and will honor and express appreciation to the community's veterans. A lunch of sandwiches and homemade desserts will be served from 11:30 a.m. until 12:15 p.m. Members of the community are invited to come out to observe this special day and salute the veterans.

Town Hall will be closed in observance of Veterans Day on Monday, Nov. 11.

There will also be a Veterans Day program at South Hamilton Elementary School in White Springs on Friday, Nov. 8 at 1 p.m. and the public is welcome to attend. Students will be performing songs and reciting poems in honor of our veterans.

Rash of recent vehicle burglaries solved

Continued From Page 1A

curred within the city of Jasper except one; a burglary that was in the jurisdiction of the county.

In an interview with Sheriff Reid, he stated that between Oct. 13 and Oct. 28 there were seven vehicle thefts and 11 vehicle burglaries in the Lynn Lakes area by the rodeo arena and the area around the old hospital, as well as behind Foodway and along SE Central Avenue.

"There was one firearm that was stolen and recovered out of these vehicle burglaries," said Reid.

The Jasper Police Department, Reid said, wrote up the reports on each of the crimes and detectives from the

Sheriff's Office, as well as JAPD officers began investigating.

Officer Mike Vickers from the Jasper Police Department said, "It took us two or three days to track them down."

It wasn't long before the Sheriff's Office was able to arrest three juveniles ages 14-16, all from Jasper. They were charged with six of the seven vehicle thefts and five of the 11 vehicle burglaries, according to Reid.

"Those were the only ones we could prove that they did," Reid explained. "I just wanted to let the people of Hamilton County know that the Sheriff's Office is working diligently to protect its citizens."

Bridge work should not cause delays

Continued From Page 1A

According to Laurie Windham from the FDOT.

Signs are posted on both sides of the bridge to alert motorists that work should begin around Nov. 18. Windham stated she did not anticipate any major traffic delays, as all the work will be going on underneath the bridge.

According to a press release from the FDOT, the bridge over the Suwannee River at the juncture of Columbia and Hamilton counties is being repainted as part of a FDOT project to clean and repaint four bridges in three counties which began Monday, Oct. 21.

In Gilchrist County, the Santa Fe River bridges on SR 47 and US 129, as well as the US 27 bridge over the Santa Fe River in Alachua County are also part of the repainting project.

Lane closures will be limited and only necessary when crews and equipment need to be near the edge of each bridge. Most of the work will occur between the water line and the bottom of the bridge deck. Rust is being removed, the bridge structures cleaned and then repainted. Crews are expected to work seven days a week, beginning work at 8:30 a.m. and working until dusk.

Continued From Page 1A

Grover said the pipeline will run along existing rights-of-way for about 80 percent of the route. When construction begins, the pipeline's projection path will be narrowed down to a 50 feet corridor.

The company is currently studying each area and reviewing the properties. The company will make route changes along the way, and hopes to have narrowed the route down to the 50 feet corridor by the end of next year, known as their preferred route.

Grover said she is unsure when property owners will be notified of their properties being impacted, however, she said it will be next year for sure before any decisions are made.

Since Sabal Trail was selected by Florida Power and Light Company to construct the gas line, the company has been doing their homework in preparing the route and conducting surveys and holding town hall meetings to inform the public of their efforts.

In the summer of this year, Sabal Trail sent out a letter to all property owners affected by the project and in the letter,

they asked for permission to survey their property.

"Our ultimate goal is to stay along existing right-of-ways and where current utilities exist," Grover said.

If the company has to negotiate with property owners, Grover said her staff has a high success rate of working with individuals.

"We work really well with landowners," she said.

Grover also said eminent domain is always a last resort.

Grover said her staff will be conducting several landowner meetings in cities along the proposed path of the gas line.

"Our goal is to hold these meetings so people can come and hopefully won't have to drive no more than 20 miles," Grover said.

Starting in December, she said the company seeks to hold 18 open house events.

"We absolutely want to hear from the people," Grover said. "We want to do our homework and we want to make the right decision."

Currently, the company is engaging with the Federal Energy Regulatory Commission to be-

gin the pre-file process, which allows the company's project to be on the record, so the public can ask FERC questions directly if they choose not to correspond with Sabal Trail.

Once the process has been completed, the company will notify each landowner of their involvement with FERC and will encourage each person to call them or their office with questions.

At the end of next year, Sabal Trail hopes to file an application for a certificate which will allow the company to begin construction on the gas line. According to Grover, the process of approval takes about a year. Should the process go smoothly, the company could begin construction as early as 2016. It's the goal of the company to have the pipeline constructed and flowing by May 1, 2017.

Sabal Trail's efforts to develop a new natural gas transportation system in the region is in response to an industry-wide request by Florida Power & Light Company to provide dedicated natural gas transportation services for their power generation needs starting in May 2017.

Sabal Trail is a wholly

owned affiliate of Spectra Energy Corp, a leading transporter of clean-burning natural gas. Through their multiple interstate pipeline companies, they have been providing natural gas to local utility and electric generating facilities for almost 70 years.

At the onset of the project, Sabal Trail will have two above-ground facilities; one will be constructed in Tallapoosa County, Ala., at the start of the pipeline and one at the end in Osceola County in Florida. An additional five stations will be added after the in-service date.

For safety purposes, Grover said the pressure in the pipelines will be monitored around the clock and a fly over will be conducted regularly. Grover also said they will walk the line once a year.

"Things will be going on all the time to ensure safety," Grover said.

Sabal Trail believes this project will create a significant amount of jobs during the construction and add capital investment and tax base in Alabama, Georgia and Florida.

To learn more, visit <http://www.sabaltrail-transmission.com/>.

School board discusses redistricting

Continued From Page 1A

plausible, as they have a full slate for their November meeting already with discipline reviews, an organizational meeting and an executive session already on the agenda.

"We can coordinate with them, if the board so chooses, to continue with the joint meeting," Moffses told the board.

Board member Johnny Bullard said he had suggested to County Attorney John McCormick that a joint meeting should be held at the commission chambers downtown to facilitate those who have no transportation to come out to the high school. He said McCormick agreed with the suggestion.

Board member Gary Godwin said, "As far as I'm concerned, we can put it on the next agenda and vote on it. I'm happy with the voting lines and districts the way they are. We reviewed it," he added. "That's just my personal opinion. Then the county commissioners can do as they please."

Godwin said he understood from that first joint meeting that if the county and the school board wind up with separate and different voting districts, it would be a nightmare for the supervisor of elections, but it is a possibility.

Several of the board members said they knew for certain that a new district map had already been drawn up, but had only been shared with a select few.

"I don't think it (the new proposed map) was supposed to have been, but it was out there," said Damon Deas.

Moffses said the school district has already contributed \$3,000 toward the first phase of the \$15,000 process of voting district analysis and review. There are a few different junctures of the process and Moffses said it was his understanding they have the option of dropping out or continuing and not being involved in the final process.

"That \$15,000 did not include attorney's fees, did it?" Deas asked Moffses.

"No, sir," Moffses replied. "It was my understanding that this was a county project. I didn't understand why there was so much attorney interaction on our part to begin with, because it is a county project, so it should have been the county attorneys doing the entire project, not the school board and the county."

Bullard said, "The elephant that was in the room the other night that nobody wanted to address, but I'm about to address it and I'm not an attorney, was the 1985

court mandate that dealt with the majority/minority district. That was a federal mandate."

Bullard said that mandate has to be maintained no matter how voting lines are redrawn.

"If it isn't, they're going to face something more than just Tallahassee," Bullard said. "They're going to face something from Washington and then you will have some attorney fees on your hands. I'm kind of like Godwin. I think I'll just vote to keep what we've got."

"To me, according to the law, every few years we review it and we did," said Godwin.

"Yes, we looked at it and I think if you were to ask the majority of the people they would say they were satisfied with it," said Bullard.

Moffses said he was aware that the review had to be done and that there had to be some attorney involvement, but he said he thought the school board may be too involved in a process that the county was leading.

"I'll leave it to the board at this point as to what they want to do," said Moffses. "I do believe that we have committed to the second phase and we will have to pursue that and set a joint meeting for the presentation information of the second phase. At

that point, if the board wants to continue in phase three, they can, or they can say they are happy with the lines as they are and walk away."

"After the next phase, I don't want to sit through another hour of listening to him tell me we've got 2,800 inmates out there that skews the population," Bullard interjected. "I know that they cannot vote and that there's only a few out there who can. It doesn't take a PhD for me to figure that one out."

Deas said he got hammered the next day after that first joint meeting with people asking him why the school board was trying to change the lines. Again, he reiterated that people were telling him that a new map was out there already.

Moffses ended the discussion saying he would get with the county on next steps for a joint meeting.

At the Nov. 5 meeting of the Hamilton County Board of County Commissioners, the board chose two dates, Nov. 19 and Nov. 21, and will ask the school board which date works best for them to hold another joint meeting on redistricting, which will most likely be held at the Hamilton County Courthouse.

Ask a Lawyer

'What, exactly, is considered texting?'

M. C. of Cedar Key writes: "I keep hearing that "texting" while driving is illegal in the State of Florida as of October 1, but I'm not sure exactly what that means....so what, exactly, is "texting?"

Dear M. C.;

Good question and, obviously, very timely. The answer to your question can be found at

Florida Statute 316.305, entitled the FLORIDA BAN ON TEXTING WHILE DRIVING LAW. It reads, in pertinent part, at section (3)(a) therein, as follows:

"A person may not operate a motor vehicle while manually typing or entering multiple letters, numbers, symbols, or other characters into a wireless communications device or while

sending OR reading data on such a device for the purpose of nonvoice interpersonal communication, including, but not limited to communication methods known as texting, e-mailing, and instant messaging..."

So, texting is defined to include reading data, which surprised me, since reading data does not require typing any letters, but this statute

does not apply to the use of a telephone. Many states have laws which prohibit the use of cell phones for talking while driving, but Florida has not done so, yet.

It seems to me that talking on a phone while driving can certainly be a distraction for a driver just as much as texting, especially if a person must actually hold the device in one hand while

driving. Also, to place a call, one must type in numbers, which would seem to qualify as texting. However, "voice" communications are excluded under the newly enacted statute.

There are numerous exceptions to the law as stated above, including using the device to report an emergency or criminal or suspicious activity to law enforce-

ment. I suggest that anyone with a specific question about the exceptions take a look at section (3)(b) of the statute to view all of the exceptions to the general rule of no texting while driving.

There are a couple of key provisions I should mention which relate to enforcement of the new

School board workshop highlights

Continued From Page 1A

come out and set up a school located vaccine clinic to give out flu mist vaccines to all Hamilton County school students. For those students who have health insurance, their insurance companies will be billed for the vaccine and its administration to the child. Medicaid eligible students and those who are uninsured will also be able to receive the vaccine through cooperation with the health department and the Center for Disease Control.

Notices will be going home to the parents about the program and will explain authorization procedures. The vaccine clinic will be at each facility tentatively on Nov. 14.

Gun violence

The Department of Justice has offered to do a presentation at Hamilton County Schools with a PowerPoint presentation on the topic of gun crime.

Acting U.S. Attorney A. Lee Bentley, III and Assistant U.S. Attorney Frank Talbot co-authored a letter to the district and stated that "northeast Florida has a major problem with gun violence." The purpose of the presentation is to discuss with students the impact of gun crime in the community, to highlight measures that law enforcement is taking to reduce gun crime, and to equip students with practical steps they can take to reduce gun crime.

The presentation is free of charge as part of the Department of Justice Project Safe Neighborhoods Initiative.

"They are willing to send staff from Jacksonville to do presentations in the schools," said Moffses.

Special facilities construction account (SFCA)

Moffses said he has been in touch with Violet Brown who recently gave a presentation to the board about concerns and security items at each of the schools. Brown forwarded a written report on her findings and Moffses distributed them to each board member. Brown had indicated that the school district was eligible for a construction project through special facility funding at the end of her presentation.

In order to comply with the Department of Education's rules, there is a detailed process that must be gone through beginning with a plant survey to analyze new construction needs, which was done in 2006 and again in 2011.

The next steps are to determine if the new facility will be built on a new or existing parcel of land, board approval of the survey recommendation and submission to DOE, send a letter to the Commissioner of Education requesting that a pre-application committee visit the district to determine critical need, complete a resolution pledging all capital outlay funds to the pro-

ject for three years, advertisement of architectural services and get DOE approval of construction drawings, and presentation of the project to the SFCA committee, who will rank the project in order of critical need and submit to the Commissioner, who will include it in a legislative budget request. The legislature will fund some or all of the projects in priority order and if the district is chosen, they must be prepared to sign a construction project 90 days after advertising for bids.

Moffses said he received a "high confidence" from Brown that the district would be in the Jan. 2015 cycle.

General Services Coordinator Chuck Lambert was asked by Moffses to offer his comments about North Hamilton Elementary's needs and he said, "Basically, we have a school building that's crumbling down around us."

Some of the issues have to do with electrical wiring, while other issues are structures on the campus that are unusable and others that have unsafe flooring, roofing problems and ground settlement. One structure is currently sitting on jacks, he said.

Moffses interjected, "We are not going to sacrifice the safety of the students and we are going to go in and address what needs to be addressed."

The concern is that some of the repairs could be very costly, Moffses said.

It was clarified that SFCA would only be funding one construction project and that they would not be giving money for the district to repair all of the elementary schools.

Bullard suggested that because a new building is still at least two years out, that the district try to get grant funding for North, as the building is on the historical register, which is something South Hamilton Elementary did not too long ago.

"The board had to give \$50,000 in order to get \$200,000," said Bullard.

Moffses told the board they needed to decide on a site to build that is centrally located. Properties the school district currently owns that could be prospects are the new high school property (although there are water issues), the JRE Lee complex, and the site where Central Hamilton is currently located that Moffses said could be options so that no additional expenses are incurred for buying new property.

Because the funding would only cover the basic building - probably with a combined auditorium/gymnasium - and with certain existing features of a gymnasium and athletic field at currently owned properties, Moffses said, "Renovation is definitely something that can be weaved into a construction project."

Board member Jeanie Daniels said the board should definitely make a

decision soon before anything bad happens and that political flak from constituents regarding the choosing of a site should not influence or take away from the main issue, which is the safety of students.

"Every time we start talking about consolidating we always get a lot of flak, but we still have to remember what we're here for," she said. "We're here to do what's best for children."

Moffses suggested and the board agreed the first step is to get the pre-application committee from DOE in to do a review and determine what needs to be addressed immediately and whether or not the district has a critical need.

Union negotiations update

Director of Business Services Mary Loughran updated the board on the latest Teacher's Union negotiations and results of a scattergram the union had requested. Loughran read from her recap sheet that was completed Oct. 22, and stated there were 266 employees at that time, 212 are union (about 80 percent of staff), and there are six elected officials.

The union had asked the district in August how much it would cost to give the teachers a one percent increase in pay, and they wanted a breakdown of funds in the general fund, food service, and federal monies.

"There's 114 instruc-

tional employees in the general fund," said Loughran. "There are seven paid out of federal funds. For the non-instructional group, there's 60 educational support employees paid out of general fund, 14 out of the federal, and 17 food service workers. So, we have a total of 212 out of our 266 employees."

Backup information Loughran provided included individual salary schedules and the one percent computation, along with retirement and Social Security benefits. The grand total for a one percent increase, she said is \$99,444.47.

Moffses made note that other requests had been put on the table as far as a five percent increase for non-instructional personnel that equates to about \$200,000, which includes an additional two steps.

"You're already up to about \$430,000 and that doesn't even factor in the two steps that we just did July 1," said Moffses. "That seems to be forgotten in the mix."

The monies set aside by the legislature, Moffses said, is not factored in the above mentioned numbers.

"To make everything hold the way it's been requested, we need about \$430,000," Moffses told the board. "We just don't have that kind of money and that's been shared with you."

The matter will be discussed more at the next board meeting, Moffses said.

Perfect recipe for retirement

By Mary Kate Vang
Social Security Manager
in Lake City, FL

Succulent turkey. Savory stuffing. Green bean casserole. Sweet potato and pumpkin pie. Every family has its Thanksgiving dinner traditions. With a carefully followed recipe, everyone around the table can enjoy their favorite dishes.

If you plan poorly and wait to throw the bird in the oven at the last minute, you will end up with a turkey of a dish. The same can be said for financial planning and preparing for retirement. Follow the perfect recipe and you'll be rewarded with a juicy retirement.

Ingredients: one part Social Security earnings, one part savings, a pinch of planning.

First, start your retirement casserole with a visit to the Retirement Estimator. As useful as a food processor, the Estimator gives you an instant projection of what you can expect to receive in retirement benefits. Just plug in some simple information and the Estimator uses your past earnings and estimated future earnings to project about how much you'll get when you retire. Like an experienced cook, you can experi-

ment with the recipe and plug in different future earnings and retirement dates until it's just the way you want it.

Next, fold in the savings. The earlier you begin, the better off you will be. Social Security replaces about 40 percent of the average worker's pre-retirement earnings. Most financial advisors say you will need 70 percent or more of pre-retirement earnings to live comfortably. To supplement Social Security you also will need savings, investments, pensions, or retirement accounts to make sure you have enough money to enjoy retirement. Visit the Ballpark Estimator for tips to help you save. www.choosetosave.org/ballpark.

If you have a pension from your employer or a 401k, IRA or similar retirement fund, be sure to add that into the mix.

Like to taste as you cook? Then you'll want to set up a my Social Security account so you can log in anytime to check your reported earnings and projected benefit estimates. If something doesn't taste just right — if your earnings are reported incorrectly or you find you need to save more to meet your retirement

goals — there's still time to make corrections before your retirement casserole is done.

Once you've added the ingredients of Social Security earnings, personal savings, and any pensions you may have, it's time to let the retirement casserole bake.

If you pull the retirement casserole out to find it a little underdone, just put it back in for a bit longer. Delaying retirement can increase your benefits and give you more time to build up your savings. To learn more, read our publication entitled When To Start Receiving Retirement Benefits. It provides helpful information regarding the things you should consider when making a decision on when to collect retirement benefits. You will find it, along with our other useful publications, at www.socialsecurity.gov/pubs.

When the retirement casserole is ready, enjoy it! You deserve a comfortable retirement. Following a traditional Thanksgiving recipe carefully can ensure a satisfying meal. In the same way, following our financial planning recipe will help you achieve a more fulfilling retirement. Learn more at www.socialsecurity.gov.

Two businesses burglarized in White Springs

Continued From Page 1A

White Springs were burglarized. Police are following up on a few leads and reviewing surveillance videos at this

time.

If you have any information on these crimes, please contact the Hamilton County Sheriff's Office, the White Springs Police Dept. or

Crime Stoppers at 386-792-8477. Your information will remain anonymous and you may be eligible for a monetary reward.

'What, exactly, is considered texting?'

Continued From Page 7A

statute, such as the subsection regarding the authority of a law enforcement officer to stop a person suspected of violating this statute only if that law enforcement officer has stopped or detained or intends to stop and detain the driver for a suspected violation of another provision of the traffic laws, such as speeding, running a red light, equipment violations and so forth, much like the seat-belt law.

Also, law enforcement officers can only use billing records for a wireless communications device to establish a violation of the statute under circumstances in which an accident has occurred and death or personal injury resulted from that accident.

I hope I have answered your question, M.C., and, again, I encourage you to read the statute. I hope you are among those who agree, as I do, that this is a good law. However, I expect it is going to be extremely hard for some people to break the habit of driving while texting, since it has become so pervasive in our society today.

Any readers with specific legal questions for this "Ask a Lawyer" column are invited to submit those ques-

tions to the Editor of this newspaper, who will pass it along to me. If you need assistance with a consumer matter, such as an unfair and deceptive collection practice, or garnishment of wages, a mortgage foreclosure or other such things, and you cannot afford an attorney, call the Legal Services office closest to you, which provides free legal assistance to qualified individuals, or call the Florida Bar Referral service at 1-800-342-8011. I wish you good luck in obtaining access to our legal system, no matter what your income and asset level might be.

The foregoing was written by attorney Pierce Kelley, who is a member of the Florida Bar Association. The contents reflect his personal opinions and beliefs.

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

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“Protecting Paradise”

By Katie Purcell

Stay safe, be responsible on public lands



Across the nearly 6 million acres in Florida’s wildlife management area (WMA) system, officers with the Florida Fish and Wildlife Conservation Commission (FWC) can be found atop buggies, operating all-terrain vehicles, in patrol

trucks and on foot. One part of their job is to patrol public lands.

This time of year, many hunters are also in the woods too, scouting or enjoying archery season, and other nature-lovers are taking advantage of the cooler weather.

Through state, federal and private partnerships, Florida boasts many diverse and exciting public hunting opportunities. The FWC encourages adults and children to get out and enjoy all the state has to offer, and its officers make sure that people do so safely and responsibly.

“We want people to be

safe outdoors and the resources to be around for generations to come,” said the FWC’s Lt. Albert Wass de Czege, a field supervisor in northwest Florida.

Safety while hunting is of paramount importance, which is why hunter safety courses are required for most hunters. FWC officers make sure all bag and size limits are followed, appropriate methods and equipment are used, and that hunters are hunting during the right hours and possess the necessary license and permits.

“We also check that all users, not just hunters, are being safe and re-

sponsible in our WMAs,” Wass de Czege said. “They should be operating on open roads or trails, staying off closed roads, following speed limits and showing courtesy to others.”

As more people hit the woods this fall, FWC officers may set up surveillance and plain-clothes details and use radar devices to accomplish this. Also, they are just a phone call away if people find themselves in need of assistance.

Violations involving licenses and permits could warrant a \$50 fine plus the cost of the license. Penalties can escalate for people with recent previous violations.

Some hunting and other violations can lead to more serious consequences, including higher fines and even jail time.

“If you follow all posted information and treat others and the resources with respect, you will be setting yourself up for a great time in the outdoors,” Wass de Czege said.

All safety precautions and resource laws are of vital importance, on both public and private lands. Those hunting on public lands just need to remember a few extra things:

Do not consume alcohol or use illegal drugs. Pick up all belongings;

don’t litter; preserve paradise.

Only build fires of appropriate materials at recognized campsites and thoroughly extinguish flames and embers before leaving.

Be sure of the specific rules for the area in which you plan to visit. You can go to MyFWC.com/Hunting and click on “WMA Brochures” for more information.

Remember to report any suspected fish, wildlife or boating violations by calling 888-404-3922, texting Tip@MyFWC.com or going online to MyFWC.com/WildlifeAlert.

Biggest line-up yet announced for AURA Music & Arts Festival 5 at The Spirit of the Suwannee Music Park in 2014

Lotus, Papadosio, Conspirator, Zoogma, The Werks, Marco Benevento, Mike Dillon Band, Kung Fu, Dopapod, The Heavy Pets, Superhuman Happiness, Brock Butler, Jimkata and more

AURA Music Group has unveiled the line-up for AURA Music & Arts Festival 5, returning to The Spirit of the Suwannee Music Park (SOSMP) in Live Oak, Fla., Feb. 14-16, 2014. Celebrating its fifth anniversary with the most impressive and eclectic lineup to date, AURA will feature Lotus, Papadosio, Conspirator, Zoogma, The Werks, Marco Benevento and more to perform.

Other artists Mike Dillon Band, Kung Fu, Dopapod, The Heavy Pets, Superhuman Happiness, Brock Butler and Jimkata round out the initial line-up for the event. Plenty of acts will perform for two nights, including Lotus, Papadosio, The Werks, Kung Fu and Dopapod.

Since its humble beginnings in Brooksville, Fla., AURA has become one of the premiere multi-day boutique music events in the Southeast US, attracting fans from around the

country. Now comfortably at home at the famed SOSMP, AURA comes to life in the midst of 800 plus acres of Spanish moss-draped oak and cypress trees along the Suwannee River and utilizes one of the most beautiful natural amphitheaters in the country, only made more awe-inspiring by AURA’s attention to sound and lighting production. As always, AURA 5 will feature live painters, an interactive arts village, craft and food vendors, yoga, meditation and inspiring transformational workshops. Stay tuned for additional details and artist announcements. To join the wait list for cabins, golf cart rentals and RV hook-ups, please contact SOSMP at 386-364-1683. For tickets, visit www.AURAMusicFestival.com. A limited number of tickets to the festival are now on sale at \$125.

Initial Lineup
Lotus x2, Papadosio x2, Conspirator, Zoogma, The Werks x2, Marco Benevento, Mike Dillon Band, Kung Fu x2, Dopapod x2, The Heavy Pets, Superhuman Happiness, COPE,

Juno What?!, Start Making Sense: A Tribute to The Talking Heads, Twid-



dle, Jimkata, Brock Butler, The Resolvers, Pigeons Playing Ping Pong and Polyester Pimpstrap.

For more info on the SOSMP, please go to www.musicliveshere.com, email spirit@musicliveshere.com or call the Spirit of the Suwannee Music Park (SOSMP) at 386-364-1683.

The Spirit of the Suwannee Music Park is located at 3076 95th Drive, Live Oak.

AURA Music & Arts Festival Links:
www.AURAMusicFestival.com
www.facebook.com/AURAMusicFestival

Twitter & Instagram: @AURAMu-

sicFest (#AURAFest)
www.MusicLivesHere.com

FOR MEDIA ONLY

Videos from AURA 4:

Papadosio “Stick Figure”:

<http://bit.ly/17yFOLX>

Kung Fu Stevie Wonder Tribute w/

Nigel Hall “Too High”:

<http://bit.ly/YVeJIS>

Conspirator “Retrograde”:

<http://bit.ly/18BdEgq>

Festival Media Contact:

Brotherly Love Productions | Des-

tiny Spang | 215-704-9555 | Des-

tiny@BrotherlyLoveProductions.com

White Springs HOPE fuel bank gears up for winter

The HOPE fuel bank volunteers in White Springs are organizing for the coming colder days ahead. Residents who are interested in volunteering, who have

trees that can be donated, or who need wood for home heat, please call town hall at 386-397-2310 and leave a message for the fuel bank coordinator.

Hamilton County Parks and Recreation are doing soccer sign-ups. The cost is \$50 and the deadline is Dec. 6. Age groups are 5 and under, 8 and under, 10 and under, and 13 and under.

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Sports



District champs!

Trojans heading to playoffs

Staff

The Hamilton County High School Trojans football team (4-4, 3-0) is heading to the playoffs following a 33-16 win over visiting Jefferson County (1-7, 1-2) Friday night, Nov. 1.

The Trojans will take on Bell (7-2, 3-1) Friday night, Nov. 15, at 7:30 p.m., in the 2013 Florida High School Football Playoff Brackets: FHSAA-1A. These two teams meet in round 1 (Regional Semifinals).

Before the guys take on Bell, they will travel to Taylor County for a non-league battle on Friday, Nov. 8. Hamilton County will play a Bulldogs squad coming off a 34-19 league loss to Fort White. The Bulldogs record is 4-5.

Hamilton County started the Friday night action off quickly against Jefferson County with a touchdown

from Anteferne Smith. The extra point was good. The score remained 7-0 until the second quarter when Smith rushed in for another touchdown, his final of the night. The extra point brought the score to 14-0, Trojans. Another touchdown later on will end the half with the score, 20-0, Trojans.

With about five minutes left in the third quarter, the Trojans lead 26-0, before senior Aaron Cooks intercepts a Jefferson County pass. The Trojans took over on the 45 yard line. Another interception on Jefferson's next possession was secured by the Trojans. A few plays later, Markevious Davis takes the ball in for yet another touchdown.

The Trojans go into the fourth quarter up 33-0.

The only scores of the night from Jefferson County Tigers came in the fourth quarter.



The Hamilton County High School football team gets praise from the coaching staff on their winning districts. - Photos: Rob Wolfe



HCHS head coach Blair Armstrong is all smiles after he led the team to a district win Friday night.



Anteferne Smith drops back for a pass.



Anteferne Smith throws the ball.



The Trojans in action.



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Suwannee Bicycle Association Fat Tire Festival

Cycling enthusiasts from throughout the southeastern U.S. converged on White Springs as the Suwannee Bicycle Association (SBA) held its annual Suwannee Fat Tire Festival this past weekend.

"We had many new cyclists and members enjoy our event this year," stated Sharon Shea, president of the SBA. "With some last-minute registrations, we had about 145 members who came out to play with SBA. In addition to perfect weather and excellent cycling conditions, our festival participants enjoyed the delicious food prepared for us by Fat Bellies," Shea added.

SBA is a membership organization formed over 20 years ago to promote environmental awareness, bicycling, paddling and hiking in the Suwannee River Valley. SBA owns an historic building in downtown White Springs that serves as the organization's clubhouse.

"SBA is an outstanding eco-tourism partner for the town of White Springs," said White Springs Mayor Helen Miller. "SBA promotes what is special about our community. They has mapped 10 beautiful routes along 270 miles of scenic, low traffic country roads. In addition, seven trails in the White Springs area offer over 50 miles of great single track for all skill levels. Created and maintained by SBA, these trails are on Suwannee River Water Management District or state park land."

SBA trails are marked and maps with QR codes can be downloaded from the SBA website, www.suwanneebike.org. In addition, the SBA website provides recommended hiking maps that can be readily downloaded for those interested in hiking the scenic Florida Trail that runs through White Springs along the banks of the Suwannee River. Readers may contact SBA at SBA@suwanneebike.org.



Edwin McCook of Live Oak, Mark and Sue Wienczek of Lake City, and Dale Nanny of White Springs arrive for the Fat Tire Festival. Courtesy photos:



Get ready to ride!



Participants take time for a break and enjoy the sun.



Mike Kelly of Gainesville teaches mountain biking to kids from Jacksonville and Fort Lauderdale.



Sharon Shea from SBA and White Springs Mayor Helen Miller.

Needed.



Wanted.



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Transportation Day at Central

Central Hamilton Elementary recently had Transportation Day where students from Pre-k to 2nd grade got to meet a Sheriff's Deputy and a Jasper Police Officer, as well as get an up

close look inside a Jasper fire truck and EMT/ambulance. Smokey the Bear, the mascot for the Florida Forestry Division was also on hand to educate students on fire prevention.



Smokey the Bear was a hit with the kids. Courtesy photos:



The Jasper Fire Department gave the students an up close look at their fire truck.



So, this is what the inside of an ambulance looks like.

Current version of GED test to expire

The current version of the GED test will expire at the end of 2013. The current version, known as the 2002 Series GED test, will be replaced with the new 2014 GED test on Jan. 2, 2014.

Those who have taken the 2002 Series GED test, but not passed all five parts, have until the end of 2013 to pass or they will need to start over again in 2014 with the new GED test in order to receive their high school credential.

"The GED test opens doors to college, better jobs, the respect adults deserve, and the satisfaction of earning a high school credential," said Pam Poole, GED chief examiner, Suwannee-Hamilton Technical Center. "So we want to be sure that everyone is aware of this deadline. GED test-takers must act now to finish and pass before the current test expires."

"Support is available, right here in Suwannee County," said Walter Boatrigh, director of career and technical education. "We can help adult learners

get prepared to take the parts of the GED test they still need to pass. We want you to succeed."

Interested GED test-takers can find more information at finishtheGED.com.

A few important tips you should know about testing:

The current 2002 Series GED test is offered in two different format at SHTC. Call 386-647-4201 for more information.

Register Dec. 4 at 9 a.m. or 6 p.m. - Test Dec. 9 and 10 at 4 p.m.

Computer based format in English or Spanish is now offered every Tuesday and Wednesday at SHTC. Register at GEDtestingservice.com.

"To anyone who has already started the GED test, your future is calling. By passing the GED test, you can answer the call," said Randy Trask, president and CEO of GED Testing Service. "You owe it to yourself. Don't miss the chance to turn one small step into your next big opportunity in life."



Easy ways to celebrate Veterans Day

Veterans Day is an annual holiday in the United States when veterans of the armed forces are honored and celebrated. Many people confuse Veterans Day with Memorial Day. While both days honor members of the armed forces, there's a distinction between the two holidays. Memorial Day, which is celebrated in May, is a day designated for remembering servicemen and servicewomen who died while serving. Veterans Day, which is observed in November, honors all military veterans. The role of the brave men and women who serve in the military is an important one, and it's one that warrants appreciation and celebration. The following are a few easy ways to celebrate veterans and their significant contribution to our country this Veterans Day.

Offer your thanks. Serving in the military can feel like a thankless job, as those who have not served might not be aware of the risks men and women in the military take and the sacrifices they must make to protect our country and help the less fortunate across the globe. As a result, something as simple as saying "Thank you" to a current service member or military veteran can go a long way. Veterans know they don't serve in vain, but it's still a great idea to let them know how much you appreciate their efforts and sacrifices.

Help families of active military. Many service members are currently stationed and serving overseas, and their families back home may need

or just appreciate a helping hand. Invite family members of active military over for dinner, offer to do chores like cutting the grass or shoveling the driveway when it snows, or help around the house if something needs fixing. Even if families of active members serving overseas appear to be getting along great, offer your friendship and let them know you're there to help should anything arise.

Visit hospitalized veterans. Unfortunately, many veterans are hospitalized after suffering an injury during a tour of duty. These veterans sacrificed their physical well-being to protect our way of life, and many spend extended periods of time in the hospital. Visiting a hospital to get to know a veteran and spend some time with him or her sharing a few laughs and thanking them for their service is a great way to celebrate the holiday and lift a veteran's spirits at the same time. Recruit friends and family members to visit hospitalized veterans as well.

Pay for a veteran's night out on the town. Like many people, veterans appreciate an escape from the daily grind. Men and women who want to show their appreciation to veterans can treat a veteran to a night out on the town. Have extra tickets to a ballgame or play? Donate them to a local VFW or play. Or if you see a veteran out on the town, offer to pay for his meal.

Thank businesses who support veterans. Many businesses show their gratitude to veterans by offering them free services on Veterans Day. When a local business shows its appreciation to veterans, patronize that business and let them know you appreciate their efforts to help veterans.



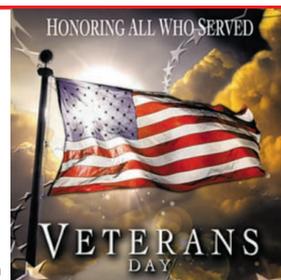
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If These Walls Could Talk Preservation effort underway in White Springs

Scott Gay, owner of an historic structure on the corner of Kendrick and Mill Streets in White Springs, is in the process of disassembling and re-covering as much wood as possible from the 100 year old residence.

"Some people might want to rush it, but I intend to preserve as much as possible, and that means I need to do everything exactly right," stated Gay.

Gay noted that as each board is removed, he learns a little more about how the structure was originally built, and how it was modified over time.

"It's part of the heritage of White Springs and I want to preserve as much of the wood and the structure itself, if at all possible," Gay continued.

On a recent weekend, Gay and Brian Futch, who is assisting with the disassembly, showed Mayor Helen Miller the hand hewn studs, rafters and beams interspersed throughout the historic home. Gay and Futch speculated about the reason for the mix of mill-sawed and hand-hewn boards. With the R.J. and B.F. Camp Lumber Co. sawmill north of town producing just about any wood products necessary, there would have been no need to hew boards by hand. Gay surmised that the hand-hewn boards could have been recovered from an earlier building that had been taken down.

Futch, a master carpenter, pointed out that all of the wood in the structure was old growth heart pine taken from trees that ranged from one and one-half to three feet in diameter, and possibly even more.

"The boards are very straight, fine grain wood, unlike anything that is cut today," said Futch. "At 20 inches and more, the heart pine is something special to see. It's so hard and dense that termites and other insects have not been able to attack it."

"This is beautiful wood, similar to that in

the Camp House," said Miller. "We know that all the wood in the Camp House (on the corner of US 41 and CR 25A) was cut in the Camp sawmill. This is the type of wood every quality restoration expert gets excited about. We spent a great deal of time locating similar wood for our restoration project."

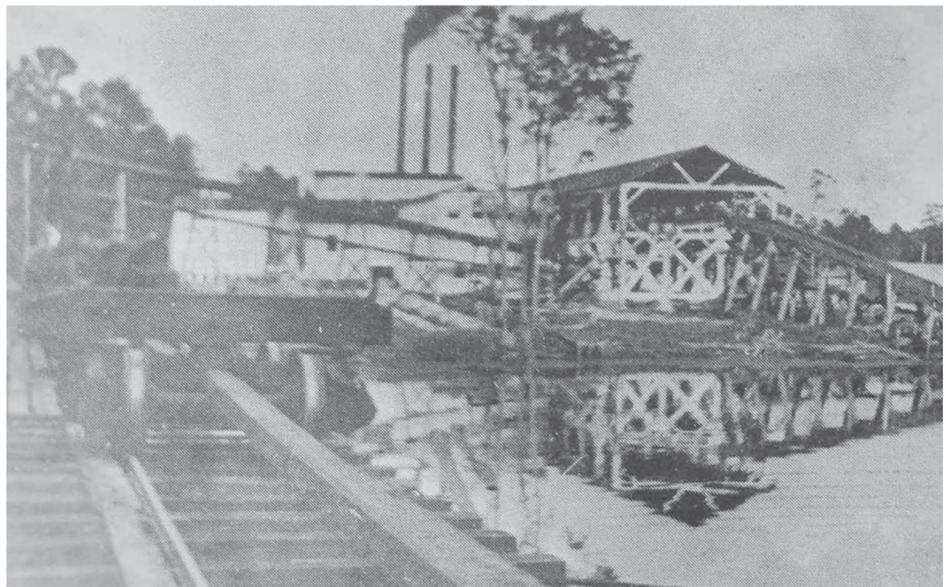
Futch went on to speculate that the mill-sawed boards were cut at least 100 years ago from trees that were at least 100 years old when harvested. The hand-hewn boards were likely even older. If the walls could talk, what stories they could tell. At its height of production in 1905, the Camp Lumber Mill employed 1,500 workers (source: The Documented History of White Springs, Florida by Tracy Woodard). Much of the Camp lumber was used to build hotels in White Springs, including the Hamilton, Kendrick, Bynum House, Telford, Oaks, Taxton, High Hotel, Prichard House, and the Horn House, as well as family homes throughout the community.

Local historian Johnny Bullard, whose grandparents Gordan and Mary Bullard moved to the home in 1934, commented that the core structure of the home was likely built in the 1890s, and that over time additional features like the porches were added. Bullard went on to add that Gay's grandparents, Mr. and Mrs. Bill Freeman, also lived in the home.

"The town, the White Springs Historical Preservation Society, and all who enjoy history, appreciate Gay for his preservation approach with the disassembly project, as well as his other restoration efforts in White Springs," Miller said. "The cultural history of White Springs will always be intertwined with its natural resources, and will continue to be enriched by each generation."



L to R: Mayor Helen Miller, Brian Futch, and Scott Gay. Courtesy photos:



R.J. and B.F. Camp Lumber Company sawmill built in White Springs circa 1904.

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October Happenings at S.V.N.C.

There were many fun filled activities in October. Smokey Bear made a big entrance on Oct. 2. Residents had their pictures taken with him and he gave them and the staff big hugs.

On Oct. 7, everyone enjoyed shelling purple hull peas. Residents sat in a circle while shelling peas and reminisced about the good old days.

Residents enjoyed attending a baby shower for staff member April Tharp, LPN. Congratulations on the soon arrival of your baby girl.

The birthday party for the month of October was sponsored by "The Morgan Girls" of White Springs; Mildred Miller, Phyllis Lewis, Linda Waldron and Irene Morgan. We had a special treat when Linda painted a beautiful picture of a lighthouse and everyone witnessed as she painted about letting your light shine for Jesus Christ. Thanks again for a great birthday party.

Haunted Chairs was played on the 22nd and Lafayette McCall won a beautiful fall throw. On the 24th residents enjoyed a sardine social. There were all flavors of sardines, fish steak, cheese, pickles and onion crackers. At the end, mints were given out.

The big event of October was our Annual Resident's Family Fish Fry. This is where the residents' families are invited to come out and have dinner with their loved ones and enjoy the entertainment. We were blessed to have Amber Abbott, who has a beautiful voice, which was enjoyed by all. A big thank you goes out to all the dedicated cooks who are so faithful every year to cook the fish.

On Oct. 31, residents had their faces painted and watched a scary mMovie. The S.V.N.C. Bingo Champ for October was Jim Bell. Congrats! Thanks again for your love and support.



SVNC residents prepared an invitation for their families for the fish fry. (Front to back) Linda Selph, Phyllis Clark, Margaret Tuten, James Cook, Elizabeth Barrett, Alla Mae Webb, John Daniels, James Bell, Willie Wakely and Lafayette McCall. Courtesy photo:

Landscape irrigation resumes to once per week

Lawn and landscape irrigation returned to one day per week on Nov. 3 for residents and others within the Suwannee River Water Management District's (District) 15-county region.

The District's year-round lawn and landscape irrigation measures limit watering to two days per week during Daylight Saving Time and once weekly during Standard Time. Residents may choose which days to water. However, irrigation should not occur between 10 a.m. and 4 p.m. and users should water only as much as their landscape needs.

However, Alachua County and the cities of Alachua, Archer, Gainesville, and Newberry have local ordinances

that restrict irrigation between 10 a.m. and before 4 p.m. Residents in those areas should use the following irrigation schedule:

- Saturday, homes with addresses that end in an odd number or have no address
- Sunday, homes with addresses that end in an even number
- Tuesday, nonresidential properties

The measures apply to residential landscaping, public or commercial recreation areas, and public and commercial businesses that aren't regulated by a District-issued permit. The limits apply to those who receive water from utilities, private wells, or sur-

face water. However, they do not apply to users of reclaimed water or water captured in rain barrels.

The limits on landscape irrigation are part of an ongoing effort to help address water needs within the District.

"Our landscapes require less water in the cooler months, so this is a great opportunity to conserve water," said District Executive Director Ann Shortelle.

For more information about the landscape irrigation measures or to learn more about how to conserve, visit www.mysuwanneeriver.com and look for the water conservation page.

POSSIBLE NEW WAY TO AVOID OVEREATING

The holiday season is a prime time for entertaining and eating many rich foods. Oftentimes, people find their dieting and healthy eating plans fall by the wayside when Thanksgiving arrives and indulgence continues through New Year's Day celebrations. Those who find that they have trouble pushing themselves away from the dinner table may want to try a modified version of a food-thickening agent that can reduce hunger pangs and help individuals feel fuller after eating less.

In August of 2012, a German research team presented their findings about an ingredient called SATISFIT-LTG at the 244th National Meeting and Exposition of the American Chemical Society. The product is a variation on methyl cellulose, which helps to thicken foods. SATISFIT-LTG is a white powder that dissolves in cold water and forms a thick solution. The solution gels up when heated, and using it in food may give eaters the impression that they consumed plenty of food and that their stomachs are full, helping to reduce the tendency for overeating.

"With that sense of fullness and hunger-

satisfaction, they would not crave more food," says Dr. Carsten Huettermann of Dow Wolff Cellulosics in Germany, the team responsible for developing the ingredient.

In fact, Dr. Huettermann said that, in his first study, he witnessed fewer calories being consumed after participants ate the new SATISFIT-LTG product. The research team allowed volunteers to eat as much as they wanted in the study. Those who had the anti-hunger ingredient in their food consumed 13 percent less calories than those who did not.

Methyl cellulose in its regular form is a texturizer and emulsifier in food products. It has been used safely for more than 50 years, primarily in baked goods and ready-made meals. It also has been used as a treatment for constipation. Like cellulose, it is not digestible or toxic and it is not an allergen. Methyl cellulose normally passes quickly through the stomach and digestive tract. However with SATISFIT-LTG, the unique formulation enables the emulsifier to form a thick gel at body temperature. Therefore it lingers longer in the stomach before passing into the intestines, creating a feeling of fullness.



A new satiety ingredient could help individuals avoid overeating during the holidays and year-round.

SATISFIT-LTG has preliminary approval by the U.K. Food Standards Agency, though it has yet to be approved by the Food and Drug Administration in the United States. However, it may be promising as a dietary agent in the years to come.

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Restoration project underway for Middle Suwannee and springs

By Joyce Marie Taylor
joycemarie.taylor@gaffnews.com

The Suwannee River Water Management District (SRWMD) is currently working on a project called the Middle Suwannee River and Springs Restoration and Aquifer Recharge Project to benefit Lafayette and Dixie counties.

To kick off the project SRWMD held a media event at one of the test well sites at Mallory Swamp on Wednesday, Oct. 30, inviting many state and local officials to attend, as well as the press from various news organizations.

About 40 people were in attendance, including Senator Charles Dean (R-Inverness), Representative Halsey Beshears (R-Monticello), Representative Keith Perry (R-Gainesville), Department of Environmental Protection (DEP) Secretary Herschel T. Vinyard Jr., Lafayette County Board of County Commissioners Donnie Hamlin and Gail Garrard, and representatives from the Dixie County Board of Commissioners.

As part of the restoration project, SRWMD is re-establishing natural drainage patterns by modifying hydraulic structures, such as ditch blocks, culverts and flashboard risers within Mallory Swamp on the southeast end of Lafayette County. SRWMD owns 31,000 acres of Mallory Swamp, which sits in the middle of the Lafayette Forest Wildlife and Environmental Area. Roughly 1,500 acres of ponds and 4,000 acres of wetlands will be rehydrated as a result of the project.

Aquifer recharge wells will be placed in a few locations within the swamp to increase groundwater levels in an attempt to improve spring flows and groundwater supplies in the Middle Suwannee region. Collection of surface water data, identification of key hydraulic structures, assessment of geologic and hydrogeologic conditions, and locating test well sites and working with local governments is currently underway.

SRWMD Executive Director Ann Shortelle presided over the meeting, which was delayed for a short time as everyone awaited the arrival of Senator Charles Dean (R-Inverness) who was at a local legislative delegation meeting. It gets quite hot and steamy

out in the middle of the swamp on a hot, sunny day, so everyone was searching for a shaded area to get out from under the blazing sun.

"I know it's been a long, hot wait, but I think it's worth it," Shortelle said. "This project is one of the few but wonderful funded springs projects for this fiscal year and the SRWMD is so pleased and grateful to be the recipient of the funding for this project."

Shortelle thanked Governor Rick Scott and the state of Florida for providing more than \$11 million in state appropriations to help fund the project, as well as Sen. Dean for his leadership in the senate.

The project, Shortelle explained, will support groundwater supplies to help agriculture and domestic water users, as well as surface water features, and ultimately benefit the springs and the Suwannee River.

"When we support sustainable water for agriculture, we're supporting sustainable water for our springs and for our river," said Shortelle.

SRWMD Governing Board Chairman Donald J. Quincey said, "This couldn't have happened without Sen. Dean. He has been the backbone in the legislature of getting this done."

Citing that the SRWMD has the highest magnitude springs in North America and possibly the world, Quincey said that the springs in the district are extremely important to protect. He also said it is vital to keep the Suwannee River clean and healthy. With agriculture being the primary industry in the district, aquifer levels are a major focus of concern.

Shortelle introduced DEP Secretary Herschel T. Vinyard who briefly spoke about the project and thanked everyone involved.

Sen. Dean, who has lately been dubbed as 'Senator Springs' because of his leadership in support of springs protection and restoration, said this project is just the beginning of what can be done for the entire state of Florida.

SRWMD Senior Hydrogeologist Dale Jenkins and Engineer Brian Brooker, who are actually doing the work, according to Shortelle, both explained the more intricate processes involved with the project as the crowd attentively listened.



State and local dignitaries, along with SRWMD representatives gathered for a photo op before the presentation. -Photos: Joyce Marie Taylor



SRWMD Governing Board Chairman Donald J. Quincey speaks to the crowd.

Sen. Dean honored as Audubon of Florida Teddy Roosevelt award winner

Award recognizes Dean's continued commitment to Florida's springs

Palm Harbor — Senator Charles S. Dean (R-Inverness) was recently recognized as the Teddy Roosevelt Award recipient by the Audubon of Florida at the 2013 Audubon Assembly. The award honors Senator Dean's "Resilience, Resolve and Courage" on behalf of Florida's environment.

"It is an honor to receive this award," said Senator Dean. "Protecting our environment continues to be my top priority while serving in the Florida Legislature. Florida's water

must be protected. As Chairman of the Senate Committee on Environmental Preservation and Conservation I will see to it we do everything in our power to be good stewards of our most precious natural resource."

In the 2013 Legislative Session, Senator Dean helped secure \$10 million in funding for spring protection and restoration projects. Senator Dean also filed Senate Resolution 1788 recognizing April as Springs Awareness Month.

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