

The Jasper News

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Today's Weather

High
81° F
Precip:
0%



Sunshine. Highs in the low 80s and lows in the mid 50s. Chance of rain 0%.

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143rd YEAR, NUMBER 47

THURSDAY, OCTOBER 16, 2014

1 SECTION 18 PAGES

50¢

Semi fire injures driver



This 18-wheeler went up in flames on I-75 Oct. 8. - Photo courtesy of Hamilton County EMS

By Joyce Marie Taylor

joycemarie.taylor@gafnews.com

The Florida Highway Patrol is investigating a tractor-trailer fire that occurred on Interstate 75 in Hamilton County last week and left the driver with serious injuries.

According to FHP, on Wednesday, Oct. 8 at 2 p.m., a 2006 International 18-wheeler driven by Steven Earl Guice, 57, Port Saint Lucie, was hauling a 1999, 53 foot Wabash trailer and traveling north on I-75 in the right lane, just north of Exit 467/CR-143.

The driver veered to the right and traveled off the roadway in a northeasterly direction, impacting a traffic sign with the right side of the vehicle. The semi continued

across the northbound entrance ramp from CR 143 to I-75 and then traveled off the roadway again and crossed the eastern grassy ditch and shoulder of I-75. The truck struck the border fence and traveled into the woods about 180 feet, struck a large tree with the front right wheel and came to final rest facing northeast in an upright position before becoming engulfed in flames, reports state.

The driver managed to escape the vehicle on his own and was flown to Shands UF in serious condition. Hamilton County Fire, Hamilton County EMS, Hamilton County Sheriff's Office and Jennings Police Department all responded to the scene, along with FHP. It is believed that medical issues may have contributed to the crash, FHP said.

SVTA audit ongoing

Second audit underway



Suwannee Valley Transit Authority headquarters in Suwannee County.

Staff

The Florida Department of Transportation's financial audit of Suwannee Valley Transit Authority is concluding and Robert E. Clift, inspector general of FDOT, said they are working hard to get a draft final report written.

The audit began Dec. 2, 2013, and focuses on SVTA's

SEE SVTA, PAGE 7A

Damon Deas retiring from school board



Superintendent Thomas Moffses (left) presents school board member Damon Deas (center) with a plaque to honor his years of service with the school district. Deas's wife Becky is on the right. - Photo: Joyce Marie Taylor

By Joyce Marie Taylor

joycemarie.taylor@gafnews.com

Hamilton County School Board member Damon Deas, who is currently serving as chairman, presided over his last school board meeting on Monday, Oct. 13. Deas, who de-

clined to run for re-election this year, is retiring.

"He served for eight years," said School Superintendent Thomas Moffses. "For the last two years, anytime I needed some guidance

SEE DAMON, PAGE 7A

Custodial outsourcing denied

Motion fails for lack of support



It was a packed room Monday night when custodial outsourcing was denied by the school board.

- Photo: Joyce Marie Taylor

By Joyce Marie Taylor

joycemarie.taylor@gafnews.com

On the agenda at the Oct. 13 meeting of the Hamilton County School Board was an item that piqued the interest and concern of a lot of local residents; proposals for custodial services, which, when all was said and done, failed to move

forward due to lack of support by school board members.

History

The possibility of outsourcing was discussed at length during a May 27 school board workshop when GCA Services Group offered an initial bid propos-

SEE CUSTODIAL, PAGE 7A

ELECTION 2014

Prince announces candidacy for State Representative District 10



Prince

By Amber Vann

amber.vann@gafnews.com

Barbara Ann Prince, a Suwannee County resident, is running as a write-in candidate for Florida State Representative District 10, which encompasses Hamilton, Suwannee, Baker, Columbia, and Alachua counties.

Prince was born in the small town of Beaver, Penn-

SEE PRINCE, PAGE 7A

Quilt Show starts Friday at Stephen Foster

By Joyce Marie Taylor

joycemarie.taylor@gafnews.com

The 26th Annual Quilt Show and Sale starts this Friday, Oct. 17 and runs through Sunday, Oct. 19, from 9 a.m. until 5 p.m. each day at Stephen Foster Folk Culture Center State Park in

SEE QUILT, PAGE 7A

Pumpkin Fest is Saturday

See page 11A for details.



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Spotlight on White Springs at Florida Outdoor Recreation Coalition/FNST Symposium



John Waldron shakes hands with Senator Bill Montford. - Courtesy photo

The town of White Springs was highlighted at the 2014 Florida Outdoor Recreation Coalition/FNST Symposium Weekend Forum held at the Wakulla Center, Tallahassee Community College, in Crawfordville, on Sept. 13.

Dr. Helen Miller, mayor of White Springs, was joined by Edwin McCook, Suwannee River Water Management District (SR-WMD), in a presentation on the outdoor recreation opportunities offered in White Springs.

Miller discussed the re-blazing of the Florida National Scenic Trail (FNST) through historic downtown White Springs in January 2014. The result is more hikers spending time in White Springs, adding to its eco-tourism economy. Miller also displayed the town's February 2014 pictorial postmark celebrating seven years as the first gateway community on the Florida Trail. Plans for the future include working with the Florida Trail Association on their annual IDIDAHIKE event scheduled for Feb. 21, 2015 in White Springs.

Miller also described other major outdoor recreation assets in White Springs, namely the Stephen Foster Folk Culture Center and Big Shoals State Parks, Suwannee Bicycle Association (SBA), American Canoe Adventures (ACA), Rooster's Outfitters, the US 41 Boat Ramp, and the internationally recognized Bienville Plantation.

Edwin McCook described the outstanding River Camp assets available along the Suwannee River Wilderness Trail, and provided an overview of the public and private sector partners working together to complete and maintain multi-use trails in the White Springs area. As resources permit, McCook is completing the construction and signage for a series of information kiosks on SR-

WMD and town lands.

Jeff Glenn, Florida Trail Association's representative in North Florida, provided a summary of milestones achieved during his first year. Glenn praised the initiative and hard work of the many volunteers working on the Florida Trail, and went on to describe the unique beauty of the trail in White Springs.

The agenda for the Florida National Scenic Trail symposium was organized by Megan Eno, federal administrator of National Forests in Florida. The purpose of the FNST event was to highlight plans for one of Florida's most remarkable trails – past, present, and future.

The FNST symposium was day two of the weekend forum, which was organized by John Waldron, executive director of the Florida Outdoor Recreation Coalition. Key speaker on day one was Senator Bill Montford, who addressed the critical role that water resources play, and the priority that water has garnered during the last session of the Florida Legislature. There is growing recognition of the need to preserve, protect, and restore the state's water resources.

The Florida Outdoor Recreation Coalition is a not-for-profit organization, whose affiliates include: Florida Disabled Outdoor Association, UF-IFAS, Florida Forever Coalition, Flag Credit Union, US Forest Service of Florida, Get Outdoors Florida, Surfrider Foundation, Florida Trail Association, Florida Greenways & Trails Foundation, Inc., Florida Trail Riders Association, Florida Freewheelers, Florida Forever Back County Horsemen, Diving Equipment & Marketing Assoc., Seminole County, Sail Forth Productions, American Association for Nude Recreation – Florida Region, Florida Association of RV Parks and Campgrounds.

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Jennings woman chosen to design wreath for Tomb of the Unknown Soldier in Arlington



Linda Wetherington with the finished wreath.

One of the great traditions of our country is the placing of a wreath at the Tomb of the Unknown Soldier in Arlington National Cemetery in Washington, D.C.

On Oct. 17, four students from Feagin Mill Middle School in Warner Robbins, Ga. will be selected to participate in this event. Their selection will be based on written essays about deceased veterans.

There is a local connection, as well. Caroline O'Cain, granddaughter of Curtis and Linda Wetherington of Jennings, and Charles and Carol O'Cain of Jasper, is one of the students participating in the essay contest. Also, her grandmother, Linda Wetherington, was chosen to make the wreath that will be used in the cemetery.

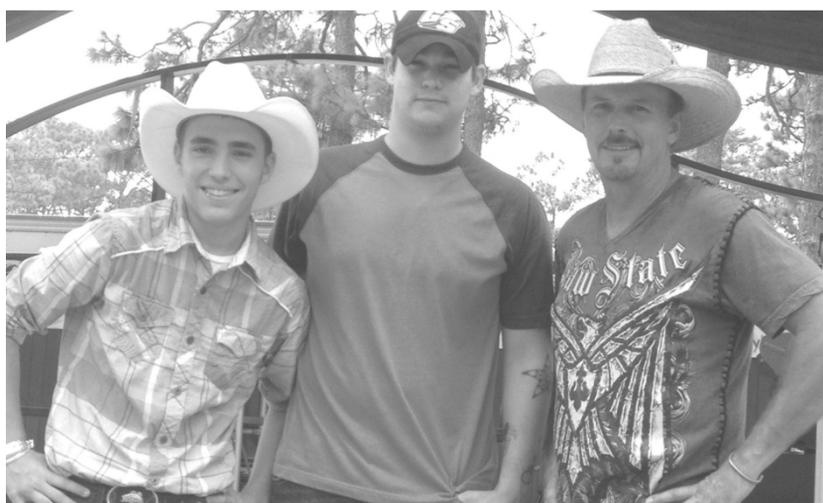
“I would like to say what a privilege it is for me as Caroline’s grandmother to be asked to make this wreath,” said Linda Wetherington. “It is such a sacred honor. Before I started work on the wreath, I prayed that God would use my talent and would bless this ceremony with His presence when it takes place in October. Each section of this wreath, the red, the white and the blue, represent the five branches of service; Army, Navy, Marine, Air Force and National Guard. Again, it is such an honor to be a part of this occasion.”



Clayton Jones, U.S. Army veteran and Pete Coleman, National Guard veteran stand beside the wreath in the foyer of West Lake Church of God in Jennings.

- Courtesy photos

Country in the Pines Jam audition winners revealed



Pictured from left: Noah Garner, Nate Kenyon and Mark Copeland; the three winners of the second 2015 Suwannee River Jam (SRJ) Audition. - Photo: SOSMPC

Suwannee River Jam 2015’s second audition was held Sept. 27 in Perry at the new Country In The Pines Country & Southern Rock Festival.

Taking the win in the solo division were three awesome country singers: Mark Copeland (Alachua) Noah Garner (Panama City) and Nate Kenyon (Baxley, Ga.). Winning the band audition and gaining an invitation to play during the 2015 Suwannee River Jam (SRJ) April 29 - May 2 at The Spirit of the Suwannee Music Park & Campground (SOSMPC) in Live Oak is The Michael Miller Band (Tallahassee).

The soloist winners join Smokin’ Pig BBQ Festival’s first 2015 SRJ Audition winners Rachel Blount (Saint Augustine), Cassidy Kinsman (Jacksonville) and Joshua Edwards (High Springs) and Katherine Kincaid, alternate, (Saint Johns), who will be in the finals.

Steve Briscoe of 1st Street Music & Sound Company, whose company oversees all SRJ Auditions and the 1st Street Music & Sound and Budweiser Party Zone Stage in the Amphitheater at the SRJ where these winners will perform, said four more auditions will be held starting in January with winners from all six events going to the finals at the SOSMPC March 28. Winners selected that night will perform at the 2015 SRJ. Bands do not have to compete in the finals as their invitation is secured with the initial win. Briscoe said those interested in getting into an audition should keep checking firststreetmusic.com for dates, times and updates with all expected to be posted by mid November. If you want to audition, keep a close watch on the website and sign up quickly as these spots fill up quickly.

Keep watching for more news about the 2015 Suwannee River Jam, artists and contests. Remember, tickets are available at suwanneeriverjam.com, at the SOSMPC and you may purchase tickets on Easy Pay, making it easy to have that great Christmas gift paid for by Dec. 25 or even later.

Please check the SOSMPC website at www.musicliveshere.com to see our many events coming up. If you would like to make reservations for RV parking, cabins, primitive camping or camper parking for SOSMPC events or need more information, call The SOSMPC at 386-364-1683 or email spirit@musicliveshere.com. The Spirit of the Suwannee Music Park & Campground is located at 3076 95th Drive, Live Oak.

Obituaries

Anne Scaff
July 24, 1937
Oct. 10, 2014

Anne Scaff, 77, of Lake City, Fla., died early Friday morning, Oct. 10, 2014, at Haven Hospice in Lake City, Fla. Born on July 24, 1937, in Simcoe, Ontario Canada. Anne was the daughter of Charles and Rose Csercsics and was one of three children. She was educated in the Simcoe School District and graduated from the Delhi School District. Her family owned a farm in Norfolk County where her future husband went to work in tobacco during the summer. They courted under the big maple tree. Anne and Lester were married on Dec. 12, 1959 and moved to Lake City, Fla. Together with her husband Lester, Anne started Scaff’s Inc. dba, S&S Food Stores in Lake City in 1961. They

now own 45 convenience and grocery stores, located throughout Northeast Florida as well as two Wendy’s locations and have consistently been in Florida Trend’s Top 200 Private companies since 1999.

Anne was a member of Epiphany Catholic Church in Lake City, Fla. Her faith drove her many charitable works in Lake City, which included serving as a member of the Financial Council of Epiphany Catholic Church. She served on the Foundation for Florida Gateway College Executive Board of Directors and was a Finance Member for over 30 years. Along with her husband Lester, she co-founded the S&S Charities Golf Tournament and the Lester and Anne Scaff Foundation Inc. Anne also founded the Anne C. Scaff Take Stock in Children Endowment Scholarship

and was a member of Altrusa International. One of Anne’s favorite jobs for many years was to teach the New-Hire Class at S&S Food Stores. This gave her the opportunity to meet each new employee. Anne led a very long and active life until her passing.

Anne is pre-deceased by her brother, Steve Csercsics. Anne is survived by her husband, Stafford Lester Scaff, her brother, Joe Csercsics and her sister in law, Rose Csercsics, as well as, fifteen nieces and nephews. In lieu of flowers the family requests that donations be made to the Suwannee Valley Care Center (Haven Hospice), 6037 West US Hwy 90, Lake City, Fla. 32055.

Visitation with the family were held Monday evening, Oct. 13, 2014 from 4 p.m. until 7 p.m. at the funeral home. A funeral mass was celebrated by Father Mike Pendergraft on Tuesday, Oct. 14, 2014 at 11 a.m., at Epiphany Catholic Church. Interment followed in Forest Lawn Memorial Gardens. Arrangements are under the direction of GATEWAY-Forest Lawn Funeral Home, 3596 South US HWY 441, Lake City, Fla. 32025. (386) 752-1954. Please leave words of comfort for the family online at www.gatewayforestlawn.com

The Jasper News

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Phone (386) 362-1734 FAX (386) 364-5578
E-mail address: joycemarie.taylor@gafnews.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.

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OPINION

Officially killing Americans

The Food and Drug Administration can make two types of errors. It can approve a drug that has dangerous unanticipated side effects, or it can reject or delay approval of a drug that is safe and effective. Let's look at these errors, because to err on the side of under- or over-caution is costly.

It's in an FDA official's self-interest to err on the side of over-caution. People who are injured by incorrectly approved drugs -- and their families -- will know that they are victims of FDA mistakes, or under-caution. Their suffering makes headlines. FDA officials face unfavorable publicity, perhaps congressional hearings and possible termination.

The story is very different when the FDA incorrectly delays or denies drug approval -- errs on the side of over-caution. Here victims are people who are prevented access to drugs that could have helped them. Their suffering or death is seen as reflecting the state of medicine rather than the status of an FDA drug application. Their doctor simply tells them there's nothing more that can be done to help them. This kind of FDA victim is invisible.

Dr. Henry I. Miller is a medical researcher, a 15-year veteran of the FDA and now a research fellow at Stanford University's Hoover Institution. He has an article in the New York Post titled "Life-saving drugs and deadly delays" (9/28/2014). He says that the FDA has just granted expanded access to an experimental drug for the Ebola virus. Safety and efficacy testing of the drug TKM-Ebola has barely begun, and there have been no clinical trials. Miller says, "It's OK as far as it goes, but it's an exception to the FDA's reluctance to approve the use of life-saving products."

A
MINORITY
VIEW

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BY WALTER WILLIAMS

Miller asks, "Why expend the agency's time and energy on a drug that will be used rarely, if at all, in the United States?" He asks us to consider the case of Bexsero, a vaccine for meningitis B. Bexsero has been approved by the European Union, Australia and Canada but hasn't been approved by the FDA, even though outbreaks occur on U.S. college campuses, recently killing a Georgetown University student. FDA policy is responsible for the death of that student, but you won't hear anything about it.

As early as 1974, FDA Commissioner Alexander M. Schmidt said: "In all of FDA's history, I am unable to find a single instance where a congressional committee investigated the failure of FDA to approve a new drug. But the times when hearings have been held to criticize our approval of new drugs have been so frequent that we aren't able to count them. The message to FDA staff could not be clearer." In other words, no problem as long as the victims are invisible.

Citizens have taken some initiative. Miller points to a mother of a University of California, Santa Barbara student who sent her son to England to be immunized with Bexsero. The mother of a woman who died from meningitis B organized bus trips for dozens of people, mostly college-age kids, to Windsor, Ontario, where she arranged for the group to be seen by a doctor and vaccinated.

Miller cites the case of pirfenidone, a drug that treats idiopathic pulmonary fibrosis, which kills tens of thousands of Americans each year. Pirfenidone has been marketed in Europe (since 2011), Japan (2008), Canada (2012) and China. The FDA has yet to approve pirfenidone for use in the U.S. Miller guesses that it will approve the drug by the end of this year. The FDA's four-year approval delay has led to the deaths of 150,000 Americans from idiopathic pulmonary fibrosis.

Miller's New York Post article (<http://tinyurl.com/mq3w6hg>) points to the needless death and suffering from other FDA approval delays. I have two recommendations. If U.S. doctors know that a lifesaving drug has been approved in Europe, Japan and Canada, it is their ethical duty to inform their patients. Second, when the FDA calls a news conference to announce approval of a drug, somebody should ask the official how many Americans died from the drug's not being approved the previous year.

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.

Health department offers tips to avoid Enterovirus D68

TALLAHASSEE, FL – The Florida Department of Health announced the first confirmed case of an Enterovirus D68 (EV-D68) infection in a 10 year old girl who is recovering in Polk County. The Department advises parents, childcare workers and healthcare professionals to be vigilant for respiratory virus infections such as enterovirus (EV), respiratory syncytial virus (RSV) and influenza (flu).

"The most effective way to prevent enteroviruses is to practice good hygiene regularly by washing hands often," said Deputy Secretary for Health and Deputy State Health Officer for Children's Medical Services, Dr. Celeste Philip. "Those having cold-like or flu-like symptoms should stay home from child care centers, school or work and, if possible, remain apart from other family members."

Enterovirus D68 can cause difficulty breathing in infants and young children. Like RSV and the flu, EV-D68, is highly contagious and could spread through droplets in coughs or sneezes or when someone touches a contaminated surface like a countertop or doorknob. Frequent hand washing and non-alcohol surface disinfectants are recommended since alcohol-based hand sanitizers and disinfectants have not been found to be effective against EV-D68.

Enterovirus D68 is often mistaken

for a common cold, the flu, or RSV. Adults and older children might have only mild symptoms such as a cough, stuffy nose and low-grade fever. People with asthma, particularly children, are at increased risk for infection from EV-D68. EV infections can become serious enough to require hospitalization.

Other prevention measures include:

- Covering coughs and sneezes with a tissue or elbow;
- Avoiding sharing cups and eating utensils;
- Refraining from kissing those with symptoms;
- Frequently cleaning potentially contaminated surfaces (doorknobs, countertops, tables, toys, etc.) using a bleach solution (1 part bleach and 9 parts water).

Call the doctor if you or your child has any of these symptoms:

- wheezing
- trouble breathing
- high fever with ill appearance
- thick nasal discharge
- signs of dehydration

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. For more information about the Florida Department of Health please visit www.floridahealth.gov.

Nutrition Association installs new officers



President Betty Bell, President-elect Patrick Howell and Superintendent Thomas Moffses. - Courtesy photos



The 2014-15 nutrition officers are Tratika Morgan, treasurer; Mavis Troy, secretary; Patrick Howell, president-elect; and Betty Bell, president.

Arrest Record

Editor's note: The Jasper News prints the entire arrest record. 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. 2, Paul Michael Shea, 35, 40 Apple Tree Circle Fishers, In, out of county warrant Orange

COSO VOP

482013CF0091020: OALE - R. Norris

Oct. 5, Timothy David Morton, 31, 1691 Lynn St., Jasper, Fla., VOP

warrant 1300120 simple battery (two counts):

JAPD - S. McDonald

Oct. 6, Brett Adam Smith, 32, 3122 NW 86th BLVD, Jasper, Fla., battery domestic violence:

HCSO - Carter

Oct. 7, Marshanti Rayshawn Brown, 35, 1288 Greenley Ave., Groveland Lake, Fla., VOP o/c utter forged instrument: HCSO - Cribbs

Oct. 8, Julie Ann Paul, 35, 1833 Oakhill St., Lakeland, Fla., Columbia County warrant W050727913 no bond: DOA - Smith

Oct. 9, Galvin J. Collie,

27, 2867 NW Suwannee Valley Road, Lake City, Fla., VOP 12-192CF on drug offense, hold SCSO VOP (1308CF): HCSO - Capt. Williams

Oct. 9, Irvin Jason Tomlinson, 32, 16758 Tomlinson Drive, White Springs, Fla., VOP - 11-152CF hold for CCSO: HCSO - Capt. Williams

Oct. 9, Roberta Michelle Collins, 23, burglary, trespass: HCSO

Oct. 9, Kyle James Parsons, 21, 451 62nd St., Holmes Beach, Fla., burglary, trespass: HCSO - Burnam

Oct. 9, Stefan Hair, 23, 1665 N. 68th Way, St. Pete, Fla., burglary, trespass: HCSO - Burnam

Oct. 11, Julius Veiga

Gomes, 20, 1008 Mardi Gras Drive, Kissimmee, Fla., burglary, trespass: Burnam

Oct. 11, Bill Bernard Collett, 42, 5056 Adair St., Ocoee, Fla., DUI: Dept. of Ag: Everett

Oct. 11, Brandon Kyle Patrick, 19, 204 St., Lake City, Fla., VOP 14-09CF o/c credit card fraud and grand theft, hold for CCSO: HCSO - Cribbs

Oct. 11, Edwin Tra-main Powell, 26, PO Box 1181, Jasper, Fla., two counts FTA: HCSO - Murphy

Oct. 12, Chasity La'Vonne Owens, 29, damage prop-crim misch, trespassing out of county Suwannee COSO FTA petit theft: HCSO - Murphy

Oct. 12, Justin Alan Kirby, 26, 6150 Old Peaman Dairy Rd., Anderson, S.C., DWLS with knowledge, fail to stop agg: DOA - Everett

Oct. 12, Geoffrey Steven Vaught, 25, 5047 13th Ave., N., St. Pete, Fla., poss less than 20 grams marijuana: JAPD - Rickerson

Submitted

The Hamilton County Nutrition Association held an installation ceremony on Monday, Sept. 15, at the Hamilton County High School cafeteria. The new president, Betty Bell and president-elect, Patrick Howell are pictured here with Hamilton County School Superintendent Thomas Moffses.

"The nutrition staff of our school district plays an integral role in all we do," said Paula Williams. "They help keep our children healthy through balanced breakfast and lunch programs and we certainly appreciate all that they do. The association is busy all the time with after school programs and evening initiatives for parents."

Members were installed by the superintendent after a delightful program and remarks by Director Ida Daniels. Refreshments were enjoyed by all. Thank you to all who shared this special event.



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HEART MATTERS

people came to be known as Samaritans and was despised by the Jews, so much so that the typical travel routes involved going the long way around the region of Samaria, avoiding the area at all costs.

Prejudice can be a difficult subject to discuss, because it often evokes strong emotions. However, it is unlikely that any of us avoid stopping by the store for fear of bumping into a Samaritan, so this passage can help us look at prejudice a little more objectively. Here are a few truths we can observe:

Prejudice is a waste of time and energy. Prejudice may not cause us to travel completely around an entire town, but it will never work for the building up of the kingdom of God. Sadly, we have all witnessed evidence of how it works against it.

Prejudice never travels alone; pride and fear are constant companions. Consider why prejudice demands isolation. If we get to know someone personally, those pre-judged ideas become harder to justify.

Walking with Christ will expose any prejudice in our thinking. In the parable of the Good Samaritan (Luke 10:25-37) Jesus pushed the issue of a Samaritan being the "neighbor" to the Jew.

It is God's desire that none should perish, but that all will have eternal life...prejudice gets in the way by preventing the spread of the gospel to everyone. As we seek to walk with Christ, let's make sure we only go out of our way to pursue, not avoid, because every heart matters...

Blessings,
Angie

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



The first two Heavens are the earth's atmosphere; and the stars and planets. Now as we consider the third Heaven, this Heaven was already there when God created the first two. Paul said, "I know a man in Christ who fourteen years ago—whether in the body I do not know, or whether out of the body I do not know, God knows - such a one was caught up to the third heaven. And I know such a man - whether in the body or out of the body I do not know, God knows - how he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter." (2nd Cor. 12:2-4). This is the Heaven where God is and where the redeemed of all ages will dwell. Paul says "we groan, earnestly desiring to be clothed with our habitation which is from heaven" (2nd Cor. 5:2). This is the Heaven where Jesus Christ descended from. "And being found in appearance as a man, He humbled Himself, and became obedi-

ent to the point of death, even the death of the cross. Therefore God also has highly exalted Him, and given Him the name which is above every name" (Phil. 2:8, 9).

The longing for a future glorious city of God can be traced back to the time of the OT patriarchs. Abraham "waited for the city which has foundations, whose builder and maker is God" (Heb. 11:10). The term New Jerusalem (Rev.3:12; 21:2) is just one of several names given to this future city of God. It is also called the holy city (Rev. 21:2; 22:19), the heavenly Jerusalem (Heb. 12:22), Mount Zion (Heb. 12:22), and the bride of the Lamb (Rev. 21:9). Many theologians refer to the New Jerusalem as "the crown of the new creation."

Perhaps nothing in Christianity has been caricatured as much as heaven - or represented as inaccurately. The Bible presents heaven as a very tangible place - a city called the New Jerusalem, on earth (Rev. 21:2). Revelation 21:1 - 22:5 describes this place. (Please read.)

The apostle John saw the New Jerusalem descending from heaven to earth, dispelling the notion that our eternal home is "up in heaven." Instead, heaven comes to earth (Rev. 21:1-3). Sin has been paid for and Satan will have been banished to the lake of fire for eter-

nity. The tragic effects of sin on this present world will be absent from the New Jerusalem "And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away" (Rev. 21:4). Those "former things" include those who, during their life on earth, preferred sin over righteousness (Rev. 21:8).

John describes the beauty of the New Jerusalem using the language at his disposal, but one gets the impression that John is trying to describe the indescribable (Rev. 21:9-21). Some of the traditional images of heaven - like pearly gates and streets of gold - have their origin in John's characterization (Rev. 21:21). The number 12 occurs eight times in John's description of the city, referring to gates and foundations, and the angels, tribes, and apostles associated with them. The city's 12 foundations are probably not separated from each other, but are 12 layers encircling the city. Its brilliant colors would then blend together and add to its beauty.

When this life is over, there are only two destinations: heaven or hell. Trust Jesus today.

Hugh G. Sherrill
Pastor Philippi Baptist Church
1444 SE County Rd 18
ems-hugh43@comcast.net

OPINION

That bandwagon is not for me!

Dwain Walden
The Moultrie Observer

Lately I've been getting a lot of emails promoting the idea that we should all be vegetarians. I defend anyone's right to express themselves thusly, but I won't be jumping on that bandwagon. No siree Bob.

Apparently people are sending out letters to editors that are, for the most part, canned. In other words someone or some group has an agenda to promote the vegetarian concept, and they provide carbon copy letters for others to sign and send to newspapers.

There are many issues out there I think we must be concerned about. Terrorism, global warming, poverty, economics, disease, etc. I think dialogue and robust debate is required and demanded in these issues. But when it comes down to an agenda that promotes a vegan diet, sorry but that didn't make my list. To me that's no more critical than the argument over "better taste less filling."

Now there have been plenty of times when I've eaten a meal that only involved vegetables. But I'm

talking about butter beans, crowder peas, creamed corn, tomatoes and cornbread. I'm not talking about seaweed, kelp and moss.

I love vegetables. I also enjoy beef, pork, chicken and seafood.

To me, an effort to get everyone to switch over to a vegetarian diet is like saying everyone should behave so we won't have to spend our tax dollars on police and prisons.

I've known some vegetarians. And if that's their choice and it makes them happy and meets their needs, then I'm all for them. I will even applaud their accomplishments. But like bungi jumping, it's not for everyone.

Some of this promotion of vegan diets includes research that cows pollute our environment via the methane gas they emit. Now it's rather obvious that cows emit methane. But then so do people. And then they surmise that if we don't grow cows for the meat then we will not be contributing to this environmental damage. I could be in error here, but I haven't been convinced that old Daisy's contribution to global warming

has been established as a primary cause. Nor has anyone addressed the people/methane thing.

Meanwhile, if that impact of cows should prove alarming, I embrace comedian Ron White's position when he says he's trying to help. "I'm trying to eat them all!"

I brought this subject up at my breakfast club recently. One of my friends noted that there is a reason we have "incisor" teeth.

Again, I eat a lot of vegetables. My problem is, I eat a lot of everything. So moderation has become my goal. I grew up in a culture where we ate three big meals a day. And I haven't completely abandoned that culture.

Some days I do good and some days not so good. Last night I tried to do better. I had a bowl of shredded wheat. I stared at it for a moment. It looked like tiny bales of hay with snow on them. And it tasted like tiny bales of hay. But then the milk came from a cow, and so I really wasn't helping address the methane issue.

I would think we would be better off if we researched ways of trapping that methane and using it as fuel as opposed to getting



everyone to become vegetarians.

I have noticed that not a single politician has included this vegetarian movement in his or her platform. And ironically, no one has voiced concern about the methane produced during an election season.

Again, if you are a vegetarian and you're happy with that, then I'm proud for you, and I encourage you to continue.

But as someone else has said, I didn't climb to the top of the food chain to eat sticks and grass.

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

OPINION

FPL's extra natural gas pipeline doesn't pass the smell test

By Laura Dailey
SpectraBusters board

FPL wants federal eminent domain to gouge a hundred-foot right of way for a yard-wide fracked methane pipeline through Alabama, Georgia, and Florida, claiming Florida needs new power. That don't pass the smell test.

Nationwide electricity demand continues to decline, as the U.S. Environmental Protection Agency (EPA) reminded the pipeline-permitting Federal Energy Regulatory Commission (FERC) in April. EPA asked FPL why it couldn't implement conservation, efficiency, compressed gas storage, or other energy sources.

FPL projected 13 percent electricity demand increase in its 2014, 10-year plan to the Florida Public Service Commission (FL PSC). A third pipeline would be a 50 percent increase. Why?

Sabal Trail, the pipeline joint venture of FPL and Spectra Energy of Houston, claims Duke Energy needs the gas for Florida power plants. Yet Duke repeatedly has said it does not need Sabal Trail.

Sabal Trail's own figures show just as much solar power would use half the acreage of that pipeline. While cold, Northern Germany is the world leader in solar power, the Sunshine State

should be.

Distributed solar power is a disruptive challenge to the century-old base-load capacity business model, as Edison Electric Institute warned utilities in January 2013. UBS Warburg, the world's largest private bank, in August 2014 called for its investing clients to "join the revolution" of distributed solar power. Wall Street analysts say utilities lacking serious solar and wind power face a "death spiral".

FPL boasted to FERC (21 April 2014) it was "a strong supporter of solar power". Yet FPL's FL PSC filings show not a single megawatt solar increase from 2010 to 2013.

Instead, FPL just purchased an Oklahoma fracking subsidiary that its parent NextEra conveniently bought into back in 2010.

FERC Commissioner Tony Clark testified to Congress in December: "The large amount of natural gas in the U.S. is also creating an impetus for something that was nearly unimaginable 10 or 15 years ago, LNG export...."

The U.S. DOE Office of Fossil Energy (FE) has already authorized three LNG export operations right at the Florida end of the proposed Transco -> Sabal Trail -> FSC pipeline chain. FE chief Paula Gant testified in March: "Today, domestic natural gas prices are lower than international

prices of delivered LNG to overseas markets. ...demand for natural gas is growing rapidly in foreign markets. Due primarily to these developments, DOE has received a growing number of applications to export domestically produced natural gas to overseas markets in the form of LNG."

Spectra's CEO Greg Ebel has said he expects to export, and Spectra is already working on a pipeline through British Columbia (BC) to an LNG export terminal.

Transco owner Williams Company connects Spectra's BC pipeline through Washington State to two LNG export terminals in Oregon.

Rather than deploying solar power in the Sunshine State, or conservation, efficiency, or storage, FPL's pipeline would connect a fracked gas glut to huge profits overseas.

FERC's rules say a public benefit has to outweigh environmental destruction and eminent domain property takings. LNG export profit for FPL and Spectra and Williams is not a public benefit.

Cities, counties, and states should protect their citizens from new pipelines through ordinances with legal force. FERC should deny a permit for Sabal Trail.

FPL's pipeline just plain stinks. SpectraBusters is a citizen organization against the Sabal Trail pipeline and for solar power.



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St. Therese Barbecue and Country Store

Saturday, Nov. 8, from 11 a.m. to 2 p.m.
St. Therese Catholic Church on US Hwy. 41,
Hamilton County

The menu will be barbecue chicken, potato salad, green beans, roll and tea. Eat in or take out. There will also be the Country Store where you can purchase home-made cakes, cookies, pies, jams, jellies and more. Hope to see you there!

Book & gift fair

Shands Live Oak Regional Medical Center
Ladies Auxiliary

Holiday shopping event. Save up to 30 and 70 percent off all your books and gifts. This is the last time we will be here this year. Monday, Oct. 20, from 10 a.m. until 5 p.m. and Tuesday, Oct. 21, from 7 a.m. until 3 p.m. in the cafeteria.

Magnolia Fest is Oct. 16 - 19 at The Spirit of the Suwannee Music Park

More than 40 Americana artists/groups will be on hand over the weekend including Lyle Lovett & his Acoustic Group, Jason Isbell, The Indigo Girls, Bela Fleck & Abigail Washburn, Canary In The Coalmine, The Lee Boys, Grandpa's Cough Medicine, Parker Urban Band and many more

The 18th Annual Magnolia Fest will bring an exciting lineup of some 40 artists/groups to The Spirit of the Suwannee Music Park & Campground (SOSMPC) in Live Oak Oct. 16 - 19, with Lyle Lovett & his Acoustic Group, Jason Isbell, The Indigo Girls, Dr. John and The Nite Trippers, Bela Fleck & Abigail Washburn, Marcia Ball & Terrance Simien, Keller Williams with More Than A Little, Donna the Buffalo x 2, The Wailers, North Mississippi Allstars, The Duhks, Rodney Crowell, Anders Osborne, Tornado Rider, New Orleans Suspects, Rushadicus The Cello Goblin, Jim Lauderdale, Nikki Talley Trio, Tim Reynolds & TR3, Willie Sugarcapps, American Aquarium, Col. Bruce Hampton and Madrid Express, Marchfourth Marching Band, The Lee Boys, Bloodkin, Honey Island Swamp Band, Sloppy Joe, Big Cosmo, Grandpa's Cough Medicine x 2, Quartermoon, Canary In The Coalmine, The Steppin Stones, Flagship Romance, Jacksonvegas, The Vegabonds, Parker Urban Band, Juke, Bryce Alastair Band, Chelsea Saddler, Heywire, Tyler Denning Band and Rusty Shine.

The festival begins in the Amphitheater Thursday, Oct. 16 at 4 p.m. with Big Cosmo followed by Honey Island Swamp Band, MarchFourth Marching Band, American Aquarium and Jason Isbell. Friday will be a full day of Music on the Porch and Meadow stages, Amphitheater and Music Hall. Saturday is another full day of music. The final day, Sunday, music gets underway at noon on the Amphitheater Stage, continuing until 8 p.m. when fans will go home satisfied they have heard some of the best Americana music ever.

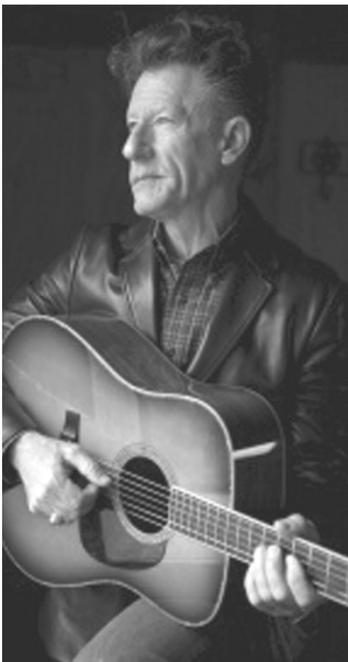
Tickets will be available online and at the gate. To order online, go to www.magnoliafest.com, email spirit@musicliveshere.com or call The SOSMPC at 386-364-1683. Remember, ticket prices go up when gates open so get your tickets early.

This annual event is considered one of the best festivals in America and has for nearly two decades brought praises from all over the U.S. for its artists, the beautiful setting and the down home atmosphere.

If you would like to make reservations for RV parking, cabins or primitive camping for this event or need more information or tickets, call The SOSMPC at 386-364-1683, email spirit@musicliveshere.com or go to www.musicliveshere.com. The Spirit of the Suwannee Music Park & Campground is located at 3076 95th Drive, Live Oak.



Bela Fleck & Abigail Washburn.



Lyle Lovett By Michael Wilson.



Indigo Girls.

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889533

District receives FEMA grant to enhance flood hazard data

The Federal Emergency Agency has awarded the Suwannee River Water Management District (District) \$627,000 to conduct the Waccasassa River Basin Study and produce maps flood hazard for the Withlacoochee River basin. The purpose is to help communities and municipalities become more resilient through long term flood protection and planning.

District staff has developed a Mapping Activity Statement (MAS) that details a step-by-step process to enhance the regulatory flood maps and provide Risk MAP products for the Waccasassa and Withlacoochee river basins. The grant funds will benefit the residents, businesses,

and municipalities as the project will incorporate engineering studies to update the current flood maps. In addition to providing more precise regulatory flood maps, additional maps will be based on timeframes other than the standard 100 year flood event. Such maps include depth of flooding and associated financial risks to home.

The District is also in the process of updating information in all basins of the District by using technology called Light Detection and Ranging (LiDAR) to obtain more precise information about the elevations within the District. District and community floodplain managers will use the

data to make informed decisions to mitigate existing flooding problems and help prevent future flooding issues.

"The availability of these updated and additional products will allow area floodplain managers to better identify, assess, and mitigate the different levels of flood risks to prevent loss of life and property," said Leroy Marshall II, P.E., a Certified Floodplain Manager and the District's FEMA program manager.

For more information about The District's Risk MAP program or mapping activities, visit <http://mysuwanneeriver.com> or contact the District at 386.362.1001.

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<p>FIRST ADVENT CHRISTIAN N.W. 15th Avenue Jasper Rev. Wayne Sullivan Sunday</p> <p>Sunday School.....10:00 a.m. Morning Worship.....11:00 a.m. Wednesday Bible Study.....7:00 p.m. 784022</p>	<p>FIRST BAPTIST CHURCH "Where Friends become Family" 207 N.E. 2nd Street, Jasper 792-2658 Pastor Roger Hutto</p> <p style="text-align: center;">SUNDAY SERVICES</p> <p>Sunday School.....9:45 am Morning Worship.....11:00 am Evening Worship.....6:00 pm</p> <p style="text-align: center;">WEDNESDAY SERVICES</p> <p>Wednesday Evening Supper.....6:00 pm</p>	<p>FIRST UNITED METHODIST CHURCH 405 Central Ave., Jasper, FL Pastor - Dale Amies Phone - 386-792-1122 Sunday</p> <p>Sunday School.....9:45 a.m. Morning Worship.....11:00 a.m. Wednesday</p>	<p>FIRST PRESBYTERIAN CHURCH 204 N.W. 3rd Avenue, Jasper 792-2258 Pastor: Sheldon Steen SUNDAY</p> <p>Sunday School.....10:00 a.m. Worship Service.....11:00 a.m. Youth Ministries.....4:00 p.m. 1st & 3rd Middle High • 2nd & 4th Elementary WEDNESDAY Choir Practice.....7:00 p.m.</p>
<p>CATHOLIC CHURCH ST. THERESE CATHOLIC CHURCH Three miles north of Jasper U.S. 41 P.O. Box 890, Jasper, FL 32052 Rectory U.S. 90 E., Live Oak, FL (386) 364-1108 Saturday MASS 4:00 p.m. 784014</p>	<p>BAPTIST (Southern) NEW HOPE BAPTIST CHURCH SR 6 West, 6592 NW 48th St., Jennings, FL 32053 784013 938-5611 Pastor: Jeff Cordero</p> <p>Sunday School.....10:00 a.m. Morning Worship.....11:00 a.m. Evening Worship.....6:00 p.m. Youth Happening, Mission Friends, R&A & GA.....6:00 p.m.</p> <p style="text-align: center;">Wednesday Prayer Meeting, Teen Kids, Youth.....6:00 p.m.</p> <p style="text-align: center;">Van pick-up upon request</p>	<p>July 9th - Aug 6th VBS Programs 6pm-8:30pm We welcome everyone to check out our new children's environment 784012</p> <p>CALVARY BAPTIST CHURCH 11320 C.R. 6 East Jasper FL 32052</p> <p>Pastor: Rev. Ronald Prueter Home: 386-938-5912 Church: 386-792-3267</p> <p style="text-align: center;">Morning Service:</p> <p>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.</p> <p style="text-align: center;">Wednesday Worship.....6:00 p.m.</p>	<p>NON-DENOMINATIONAL BURNHAM CHRISTIAN CHURCH 4520 NW CR 146, Jennings, FL 32053 938-1265 Pastor: Johnny Brown Sunday</p> <p>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>

Building On FAITH



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835547

Custodial outsourcing denied

Continued From Page 1A

al of \$407,900, which Superintendent Thomas Moffses said would be a savings of \$46,837 to the district, roughly a 10 percent savings of what they are currently spending. The board was interested in exploring the idea of outsourcing and so it went out to bid.

In September, the board was given presentations from two companies vying for the job; GCA Services Group and Southern Management-ABM. Moffses explained that current custodial employees who have state retirement programs would be able to keep them when they migrate over to the management company, and any union employees could still work under union guidelines.

Hamilton County Schools Director of Business Services Mary Loughran and Coordinator of Food and Nutrition Services Ida Daniels reviewed both proposals and recommended Southern Management-ABM.

Southern Management submitted two amounts: \$398,925 (market value) and \$449,803.86 (based on current wages). GCA submitted \$516,731 (based on current wages), but did not submit a proposal for market value.

Moffses stated at the time that both proposals saved money for the district, however, board members said they needed more time to review both companies before making a decision.

Oct. 13 meeting

It was standing room only inside the board room and several people from the community voiced their objections to outsourcing school custodial services to a management company.

Jane Lowe, president of the Hamilton County Education Association, spoke first.

"We have a lot of concerns concerning the privatization of the custodians," said Lowe. "We feel like that the solution that has been proposed is a solution to a problem we did not even know existed. We believe the district is rushing to solve a problem that has not even been defined."

Lowe said the district had not provided the union with all the requested public records regarding the request for bids and responses that was sent via e-mail on Oct. 7. There were five items requested, she said, and the union had only received two. Some of the requested items not received included copies of written correspondence and e-mails with attachments between school district personnel and the bidding companies from the date the Request for Proposal was issued, as well as records of phone calls, meetings, presentations, reports, analyses, bid comparisons and impact analyses conducted by the district.

"We believe that the district has not considered all possible unintended consequences of privatizing the custodians, such as the negative impact on the local economy," Lowe said.

Lowe said there would be a loss of local control if the custodians were employed by an outside management company.

"We also know that they would probably be paid differently than what they're being paid now," she added.

Lowe also said she has done a lot of research recently on privatization and its effects, and has learned a lot.

"I wish I had stood up sooner," she said. "I would ask that the board take the time to do the same due diligence and not just rush into a drastic decision tonight before taking the time to truly study all of the implications and not just a proposed sliver of savings on a spreadsheet that may or may not materialize. It clearly says that these salaries may be at 'market'. That's \$8 to \$8.50 an hour."

Lowe said she has not heard any complaints from the teachers about any of the custodians, only positive comments.

"They are faithful. They are loyal. They never miss a day of work," she said. "They are here and they love these kids. I just pray and hope that you will show the respect that our loyal employees deserve."

Sarah Higginbotham and Pastor Philip Jackson also spoke and reiterated much of what Lowe stated.

George Williams, head custodian for Madison County Schools, spoke next. Williams said he is affiliated with the Florida Education Association, the American Federation of Teachers, and is the president of the American Association of Classified School Employees.

"We spend our hours lobbying against this very issue in our nation's capitol," said Williams. "I know firsthand the experience that outsourcing and privatization can do, not only to a work staff, but to a community."

He said Madison County went through the same process 15 years ago and learned something in the process; custodians, just like teachers, need professional development and they need to collectively discuss any work issues with the district and the school board.

"These companies that come in as privatizers, they're more concerned about the bottom line than they are anything else," Williams said. "They're not concerned with what happens to the schools in your community. They're not concerned about child safety."

Williams said it has been his experience on a national level that anyone who is employed by a privatization company is usually no longer employed within three to five years.

Moffses said in discussions with both bidding companies, it was stated that current custodial employees would not be negatively impacted and that they would not be paid any less than their current salary. He also said he would be willing to offer early buyouts to two of the custodial staff as part of his recommendation, and then they could go work directly for the management company if they wished.

Moffses said board members spoke with Santa Rosa County about their custodial services with Southern Management-ABM.

"Santa Rosa's model was that all members stayed paid members with the school district," said Moffses. "Their pay doesn't change, their benefits don't change, nothing changes except the manager of those individuals, as they retire, as they leave or for some of the members who have

fewer years, feel that it is a better option for them to work for the management company directly. That is a choice that they make."

Thompson was given an opportunity to have a say and he tried to assure everyone that his company was right for the job and would take care of their custodians and make sure his employees are safe to be around.

Moffses again reassured all the custodians in attendance that they would remain employed by Hamilton County Schools. The only change would be that they would report to the management company.

After much more random discussion, which at times became heated, between audience members, Moffses, Thompson and the school board, it was time for a decision.

Moffses made a recommendation to move forward with the contract for custodial services with Southern Management-ABM for a period of three years with annual renewals. When Chairman Damon Deas asked for a motion there was dead silence among the board members. Deas then announced that the motion died for lack of support.

SVTA audit ongoing

Continued From Page 1A

expenditures of funds from the Commission Transportation Disadvantaged Board and the Agency for Health Care Administration, Clift said.

The FDOT is also doing a second audit of expenditures made by SVTA of funds and resources provided by FDOT through their DOT District Two in Lake City. Clift said after the first audit was underway, they decided to also review those expenditures.

"Details related to the second audit will be released in a separate report," Clift said. "Finalizing the audit work on this second project will begin at a faster pace once the first report is released."

The first report was previously projected to be released in September, however, the depth of data has proven to be cumbersome.

"There's a lot of data to display and the data has to

be summarized in succinct narrative as well. We are striving to do our best writing so the reader can clearly see what we believe took place," said Clift. "In short, it's a detailed assignment."

After the draft report is completed, the next step, Clift said, is specified by Florida Statute; they have to send it to the SVTA for a 20 day review and comment period.

"They may or may not decide to comment, their option," said Clift. "If they do comment, we need to see if their comment would logically support any additional audit steps, and complete those. If not, we include their comment in our report and publish final."

Clift said when the report is complete, it will be posted on their website and available for public viewing. The website link is <http://www.dot.state.fl.us/inspectorgeneral/documentsandpublications.shtm>.

Quilt Show starts Friday at Stephen Foster



A scene from last year's quilt show. - Photo: Joyce Marie Taylor

Continued From Page 1A

White Springs.

This event always draws a large crowd as visitors enjoy the amazing artistry of unique and colorful quilts in a tranquil setting along the historic and majestic Suwannee River.

Quilts of all shapes and sizes will be on display and many will be for sale. Others will be entered into a judged showing.

Throughout the park you can also enjoy boutiques, quilting supply vendors, demonstrations, lectures, door prizes, food and more. Come spend the day or the entire weekend at the park. Group buses are welcome, but you need to register before you go.

The quilt show is sponsored by the Stephen Foster Citizen's Support Organization. Admission is \$5 per person at the gate. For more information, call 877-635-3655.

Damon Deas retiring from school board

Continued From Page 1A

and direction, at least I could always reach out to Deas. I felt that he had the district's best interests at heart at all times. He is probably one of the most strongest in character gentleman that I've ever had the opportunity to know."

Deas with a plaque in honor of all his years of service to Hamilton County, as Deas's wife Becky stood by his side.

"You are probably one of the most grounded and godly men that I've ever met," Moffses told Deas. "I highly respect you and I appreciate all of your service to Hamilton County and

the Hamilton County School District."

"It's been a pleasure serving this school board," said Deas. "I appreciate the voters from my district for supporting me and I appreciate my wife for putting up with all those nights I was gone coming to school functions."

Prince announces candidacy for State Representative District 10

Continued From Page 1A

sylvania, and received her diploma in nurses training in New Castle, Penn. at the Jameson Memorial School of Nursing. She also took nursing classes at the Pennsylvania Bible College.

Prince moved to Manatee County, Fla., 42 years ago where she worked as a registered nurse at Manatee Memorial Hospital in Bradenton, and as the director of nursing at Suncoast Manor Nursing Home in Bradenton. In her nursing career, Prince has also managed a national healthcare staffing business in which she received a President's Club Award for expanding the company's staffing hours, despite never having received business training.

"I was still able to act in a business role," said Prince. "I think that the Lord has truly blessed me with an ability and commitment to work on special projects like that."

Prince retired to O'Brien in Suwannee County six years ago, and has been highly involved in local politics and church activities. In May of this year, she was approached by members of the O'Brien Tea Party who she said had issues with the current incumbent's approach to politics. They asked Prince if she would run for state representative.

"I said 'sure,'" Prince said. "I don't know how that word came out of my mouth; the Lord may have put it there. I agreed to it."

Since that time, Prince has been campaigning across District 10. If elected as state representative, Prince says that she would get back to voting by representing the people who pay her salary instead of voting according to the whims of political parties or the governor.

Prince is running as an independent Christian conservative, and she holds the U.S. Constitution, the nation's children and their education, job creation, and wise government spending as just a few of the priorities in her platform.

If elected, Prince would work to change Common Core policies, she said.

"We need to take a stand and make a show if Common Core is going to change," said Prince. "I want to pro-

tect our children from being exposed to inappropriate sexual things at too young an age. I want to make sure that our children all know the same math, and that they learn about the Constitution."

Prince says that she is concerned over the amendments on the Florida ballot this year, and believes that they should not be amendments at all because they do not alter any pre-existing laws. Prince, as a registered nurse, has many concerns over Amendment 2, the medical marijuana bill.

"The bill is not written well at all," said Prince. "There are too many loopholes. It doesn't require the dispenser to have certain medical training and it doesn't regulate caregivers who can pick up an order."

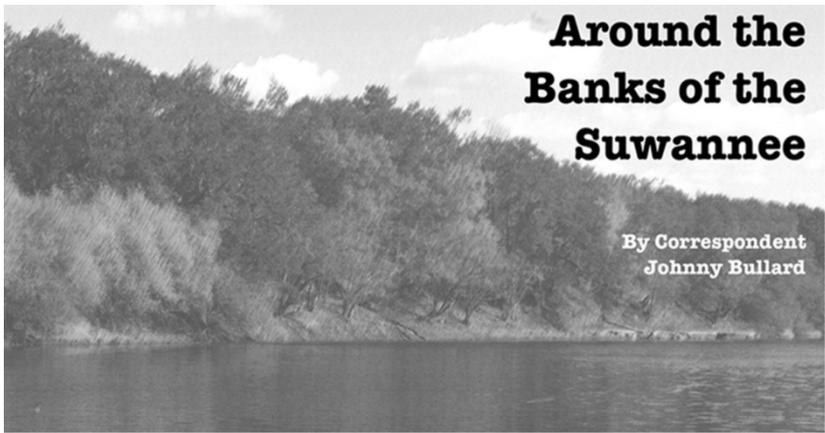
"The next step after legalizing medical marijuana is legalizing marijuana altogether. The drug doesn't have an immediate reaction; studies show that there's a peak time almost two hours after smoking it, and people can get very high very quickly without even realizing it. There's also a market for smokeless marijuana, such as cookies, candies, cakes, and things like that. That makes it very dangerous for children who may not realize what they're eating."

Prince said that she doesn't want people to be in pain or to be sick, but that there are other pain medications that have been around for years besides marijuana that have proven effective, she said.

If elected, Prince would also work to increase jobs in District 10, she said.

"There is a lack of jobs in this area," said Prince. "You can see it in the smaller towns like Jasper or Mayo; their downtowns are closing up shops left and right. If we could attract warehouses for big stores and corporations, or any industry that offers different levels of jobs from labor to management, that would help increase our economy. More jobs would also mean that our graduates would have more incentive to stay in this area, which would help grow the economy."

Prince lives in O'Brien with her two dogs, and she has one son and four grandchildren in Manatee County.



Around the Banks of the Suwannee

By Correspondent Johnny Bullard

By Johnny Bullard

*It's been a little over thirty years since Anne Murray sang the following...
"There's a local paper rolled up in a rubber band,
One more sad story's, one more than I can stand.
Just once how I'd like to see the headline say...
"Not much to print today. Can't find nothing bad to say."
Because...
"Nobody robbed a liquor store on the lower part of town.
Nobody OD'd, Nobody burned a single building down.
Nobody fired a shot in anger,
Nobody had to die in vain,
We sure could use, a little good news today."*

I have just about stopped watching the national news, and that is not good, since I like to stay abreast of what is going on, but it's Ebola, it's Isis, it's Democrats railing against Republicans and Republicans railing against Democrats, and I am here to tell you what the Lord loves now.

If either of Florida's present gubernatorial candidates were to come out and say: "My opponent is a good person, a fairly decent person. He's not perfect, but none of us are. I think he did the best he could, and politics is not a easy road. I don't have anything bad to say about him or against him. I just think I would do a better job." I truly might, MIGHT consider voting for that candidate.

I will venture to say over the past several weeks in excess of \$20 million dollars has been spent on campaign ads for the Florida's Governor's race alone. It makes one wonder.

Recently, I heard a retired United States Senator state - and this, I believe, is more truth than fiction - in national politics, especially for a state wide race, a candidate for U.S. Senate must raise several million dollars to run again, as well as a number of Congressional candidates. A lot of their time in office is spent

fundraising and they spend a lot more time answering to those who contribute heavily to their campaigns than they do to the actual constituency.

At one time, we had statesmen who cared more about the state and its people and what their desires happen to be. Today, it's a "shell game", except it "ain't" clam shells, folks. It's tens of millions of dollars. It's a sad state of affairs, but it is what it is, and we all must live with it.

I want to diverge from that, though, and discuss some really good things, some good news in our local communities, positives... good things... positive things...

Not too many years ago, there was a great movie made entitled, "An American Quilt". If you want to see some of the most beautiful quilts ever--true works of art, come out to the Stephen Foster Folk Culture Center State Park, White Springs, this coming weekend, Oct. 17-19, 9 a.m. until 5 p.m. Quilters from all over the Sunshine State will have their beautiful works of art on display and some will be for sale. This is a great event; textile artistry at its finest.

Want something for the whole family? Take them out to Big Shoals State Park on Saturday, Oct. 18, for the annual Pumpkin Festival with all kinds of Fall activities, pumpkin painting contest, face painting, a haunted hay ride. All these events start around 4 p.m. in the afternoon and go on until around 7 p.m. and the charge for it is the regular gate admission, \$5 for a car load up to 8 folks. Can't beat the price. You might need to BYOP, that means brings your own pumpkin.

Spirit of the Suwannee Music Park, near Live Oak, is celebrating their annual Magnolia Festival, better known as "Mag" Fest this coming weekend, Oct. 16-19. Great music, wonderful food and lots of activities. Come out and join all the fun at Spirit of the Suwannee Music Park. For more information, go to Spirit of the Suwannee

Music Park on your computer. Mag Fest is a wonderful event.

Want your spirits lifted without spending a dime except for a little gasoline? Take a drive through the countryside and enjoy the beauty of the fall wildflowers. Here in the flat woods close to the Eight Mile Still, the woods have been a riot of colors... gold, yellow, lavender, purple, white...I can't name them all, except goldenrod, but I do love them and enjoy them this time of year. One of God's many gifts to us here in our beloved homeland.

The new Brantly Walker Helvenston V Memorial Park dedicated this past Saturday, Oct. 11, over in Live Oak. What a positive, what a gift. Walker Helvenston was one of my star students at Suwannee Elementary East. I loved him, as I never stop loving my "children". When I touch their lives, and they touch mine... there is a bond there that is never broken. I am so pleased that a place of fun, joy, and entertainment is in place for children of our area in memory of Walker.

I can recall a day over a decade ago when I took Walker and my niece, Laura Leigh, to play at the little park near the Live Oak Woman's Club. What fun they had! What precious memories. As much fun as they had, I believe they enjoyed lunch later at Dairy Queen even better, as being the doting uncle and having a good time, I let them have ice cream for lunch.

As much unfortunate news as there is in the world, there are always bright spots, positive news, wonderful things happening. Let's concentrate on them and take joy in what's around us.

Oh, one more thing. Want your heart to sing with the beauty of fall and not drive to far? Go out to Noble's Greenhouse near Live Oak. If that doesn't do it for you, you have a thumping gizzard and not a heart... glorious...thank you, Chris, Kim, and all the staff.

From the Eight Mile Still on the Woodpecker Route, wishing you all a day filled with joy, peace, and above all, lots of love and laughter. So blessed to be in the number "one more time".

Jasper Legals

NOTICE OF PUBLIC MEETING

The District Board of Trustees of North Florida Community College will hold its regular meeting, **Tuesday, October 21, 2014 at 5:30 p.m.** in the NFCC Board Room, NFCC, 325 NW Turner Davis Dr., Madison, FL. A copy of the agenda may be obtained by writing: NFCC, Office of the President, 325 NW Turner Davis Dr., Madison, FL 32340. For disability-related accommodations, contact the NFCC Office of College Advancement, 850-973-1653. NFCC is an equal access/equal opportunity employer.

IN THE CIRCUIT COURT OF THE THIRD JUDICIAL CIRCUIT, IN AND FOR HAMILTON COUNTY, FLORIDA

CASE NO. 2103-CA-000025

CITIFINANCIAL SERVICING LLC, A DELAWARE LIMITED LIABILITY COMPANY,

PLAINTIFF,

vs.

MARGARET L. HOBBY, ET AL.

DEFENDANT(S).

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to the Final Judgment of Foreclosure dated September 19, 2014, in the above action, I will sell to the highest bidder for cash at Hamilton County, Florida, on October 29, 2014 at 11:00 A.M., at South front lobby of courthouse-207 NE 1st Street, Jasper, FL 32052 for the following described property:

LOT 7, OF HAMILTON FOREST SUBDIVISION, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 3 AT PAGE 12, OF THE PUBLIC RECORDS OF HAMILTON COUNTY, FLORIDA. TOGETHER WITH A T/W 1995 DESTINY 28 X 60 041723 ABC MOBILE HOME

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the lis pendens must file a claim within sixty (60) days after the sale. The Court, in its discretion, may enlarge the time of the sale. Notice of the changed time of sale shall be published as provided herein.

DATED: October 3, 2014

(Court Seal) GREG GODWIN

By: /s/ Cynthia Johnson
Deputy Clerk of the Court

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact ADA Coordinator at 386-719-7428, 173 NE Hernando Avenue, Room 408, Lake City, FL 32055 at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.

IN THE CIRCUIT COURT OF THE 3RD JUDICIAL CIRCUIT, IN AND FOR HAMILTON COUNTY, FLORIDA CIVIL DIVISION

CASE NO. 12000372CAAXMX

GMAT LEGAL TITLE TRUST 2013-1, U.S. BANK, NATIONAL ASSOCIATION, AS LEGAL TITLE TRUSTEE

Plaintiff,

vs.

WILLIAM R SANDERS; GLORIA J SANDERS; UNKNOWN PERSON(S) IN POSSESSION OF THE SUBJECT PROPERTY;

Defendants.

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated September 19, 2014, and entered in Case No. 12000372CAAXMX, of the Circuit Court of the 3rd Judicial Circuit in and for HAMILTON County, Florida, wherein GMAT LEGAL TITLE TRUST 2013-1, U.S. BANK, NATIONAL ASSOCIATION, AS LEGAL TITLE TRUSTEE is Plaintiff and WILLIAM R SANDERS; GLORIA J SANDERS; UNKNOWN PERSON(S) IN POSSESSION OF THE SUBJECT PROPERTY; are defendants. I will sell to the highest and best bidder for cash AT SOUTH FRONT DOOR OF THE COURTHOUSE, at 207 NE 1ST STREET, JASPER IN HAMILTON County, Florida 32052, at 11:00 A.M., on the 29th day of October, 2014, the following described property as set forth in said Final Judgment, to wit:

LOT 5, MILLER PINES SUBDIVISION, ACCORDING TO THE MAP OR PLAT THEREOF, AS RECORDED IN PLAT BOOK 3, PAGE 16, OF THE PUBLIC RECORDS OF HAMILTON COUNTY,

TOGETHER WITH THAT CERTAIN 2007 FLEETWOOD "EAGLE TRACE" MODEL #4603E, DOUBLEWIDE MANUFACTURED HOME, SERIAL #GAF L635A92054-ET21 & #GAF L635B92054-ET21, HUD LABEL #GEO1455278.

A person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the lis pendens must file a claim within 60 days after the sale.

Dated this 19th day of September, 2014.

(Court Seal) GREG GODWIN

By: /s/ Cynthia Johnson
As Deputy Clerk

This notice is provided pursuant to Administrative Order No. 2.065. In accordance with the Americans with Disabilities Act, if you are a person with a disability who needs any accommodation in order

Jasper Legals

to participate in this proceeding, you are entitled, at no cost to you, to provisions of certain assistance. Please contact the Court Administrator at 207 NE 1st Street, Rm. 106, Jasper, FL 32052, Phone No. (386) 792-0857 within 2 working days of your receipt of this notice or pleading; if you are hearing impaired, call 1-800-955-8771 (TDD); if you are voice impaired, call 1-800-955-8770 (V) (Via Florida Relay Services).

IN THE CIRCUIT COURT OF THE THIRD JUDICIAL CIRCUIT IN AND FOR HAMILTON COUNTY, FLORIDA GENERAL JURISDICTION DIVISION

CASE NO. 2009-CA-000326

Bank of America, National Association

Plaintiff,

vs.

Ralph A. Jackson; Ralph A. Jackson; Ruby L. Jackson; United States of America; John Doe; Jane Doe as Unknown Tenants in Possession

Defendants.

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Summary Final Judgment of Foreclosure dated May 21, 2010, entered in Case No. 2009-CA-000326 of the Circuit Court of the Third Judicial Circuit, in and for Hamilton County, Florida, wherein Bank of America, National Association is the Plaintiff and Ralph A. Jackson; Ralph A. Jackson; United States of America; John Doe; Jane Doe as Unknown Tenants in Possession are the Defendants, that I will sell to the highest and best bidder for cash at the south front door of the courthouse, 207 NE 1st Street, Jasper, FL 32052, beginning at 11:00 A.M. on the 19th day of November, 2014, the following described property as set forth in said Final Judgment, to wit:

THE FOLLOWING DESCRIBED LOT, PIECE OR PARCEL OF LAND, SITUATE, LYING AND BEING IN THE COUNTY OF HAMILTON, STATE OF FLORIDA; LOT 1 WETHERINGTON PINES SUBDIVISION, AS PER PLAT RECORDED IN PLAT BOOK 2, PAGE 37, PUBLIC RECORDS OF HAMILTON COUNTY, FLORIDA.

Dated this 7th day of October, 2014.

(Court Seal) W. Greg Godwin

As Clerk of the Court

By: /s/ Cynthia Johnson
As Deputy Clerk

If you are a person with a disability who requires accommodations in order to participate in a court proceeding, you are entitled, at no cost to you, the provision of certain assistance. Individuals with a disability who require special accommodations in order to participate in a court proceeding should contact the ADA Coordinator, 173 NE Hernando Avenue, Room 408, Lake City, FL 32055, (386) 719-7428, within two (2) business days of receipt of notice to appear. Individuals who are hearing impaired should call (800) 955-8771. Individuals who are voice impaired should call (800) 955-8770.

IN THE CIRCUIT COURT OF THE THIRD JUDICIAL CIRCUIT IN AND FOR HAMILTON COUNTY, FLORIDA CIVIL ACTION

CASE NO.: 2014CA000012

WELLS FARGO BANK, NA,

Plaintiff,

vs.

JOSEPH C. DAVIS A/K/A JOSEPH DAVIS, et al,

Defendant(s).

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Mortgage Foreclosure dated September 26, 2014, and entered in Case No. 2014CA000012 of the Circuit Court of the THIRDJ Judicial Circuit in and for HAMILTON County, Florida wherein WELLS FARGO BANK, NA is the Plaintiff and JOSEPH C. DAVIS A/K/A JOSEPH DAVIS; CONNIE E. DAVIS A/K/A CONNIE DAVIS; are the Defendants. The Clerk of the Court will sell to the highest and best bidder for cash at SOUTH FRONT LOBBY OF THE HAMILTON COUNTY COURTHOUSE at 11:00 A.M., on the 12th day of November, 2014, the following described property as set forth in said Final Judgment:

ALL THAT TRACT OR PARCEL OF LAND SITUATE, LYING AND BEING IN SECTION 27, TOWNSHIP 2 NORTH, RANGE 12 EAST, HAMILTON COUNTY, FLORIDA, AND BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS:

AS A POINT OF REFERENCE ONLY, COMMENCE AT THE NORTHWEST CORNER OF SECTION 27, TOWNSHIP 2 NORTH, RANGE 12 EAST, AND FROM SAID POINT OF REFERENCE RUN THENCE NORTH 89 DEGREES 44 MINUTES 36 SECONDS EAST, 1327.86 FEET TO A CONCRETE MONUMENT AT THE NORTHEAST CORNER OF THE NORTHWEST 1/4 OF THE NORTHWEST 1/4 OF SAID SECTION 27; THENCE RUN NORTH 79 DEGREES 09 MINUTES 11 SECONDS EAST, 282.42 FEET TO AN IRON PIN, SAID IRON PIN BEING THE POINT OF BEGINNING OF THE TRACT OR PARCEL OF LAND DESCRIBED HEREIN; FROM SAID POINT OF BEGINNING RUN NORTH 33 DEGREES 25 MINUTES 00 SECONDS WEST 205.00 FEET TO AN IRON PIN; THENCE RUN SOUTH 83 DEGREES 22 MINUTES 16 SECONDS EAST, 809.65 FEET TO AN IRON PIN; THENCE RUN SOUTH 32 DEGREES 07 MINUTES 09 SECONDS EAST, 80.00 FEET TO AN IRON PIN; THENCE RUN SOUTH 89 DEGREES 13 MINUTES 40 SECONDS WEST, 733.93 FEET TO AN IRON PIN, SAID IRON PIN BEING THE AFORESAID POINT OF BEGINNING.

SUBJECT TO AN EASEMENT FOR PURPOSES OF UTILITIES IN WIDTH

Jasper Legals

OF 20 FEET ALONG ANY ROAD AND 10 FEET ALONG AND SIDE OR SIDES THEREOF.

TOGETHER WITH AND SUBJECT TO AN EASEMENT FOR INGRESS AND EGRESS DESCRIBED ON WARRANTY DEED, AND RECORDED IN OFFICIAL RECORD BOOK 377, PAGES 149-152, SAID PUBLIC RECORDS.

TOGETHER WITH A CERTAIN RETIRED 2005 DESTINY MOBILE HOME LOCATED THEREON AS A FIXTURE AND APPURTENANCE THERETO: VIN# DISH00763A AND DISH00763B

A/K/A 3001 NW 62ND AVENUE, JENNINGS, FL 32053

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within sixty (60) days after the sale.

WITNESS MY HAND and the seal of this Court on September 29, 2014.

(Court Seal) Greg Godwin

Clerk of the Circuit Court

By: /s/ Cynthia Johnson
Deputy Clerk

See Americans with Disabilities Act
If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact Carrina Cooper, Court Administration, 173 NE Hernando Avenue, Room 408, Lake City, Florida 32055, Phone: 386-758-2163. Contact Court Administration at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing impaired call 711.

LOCAL MITIGATION STRATEGY (LMS) PLANNING COMMITTEE TO MEET THURSDAY, OCTOBER 16TH 2014.

The Hamilton County LMS Planning Committee/Work Group will meet at 2PM on Thursday, October 16th at the Hamilton County Emergency Management Office. The County encourages any interested citizens and business owners to attend and provide input. The Committee guides the preparation of the Hamilton County LMS, which serves as a plan to reduce the community's long-term risk for protecting people and property from the affects of natural disasters and to build a safer and stronger community. Please contact the Hamilton County Emergency Management at: (386) 792-6647 for more information.

/s/ Henry Land
Henry Land, Director Hamilton County Emergency Management
10/09, 16

IN THE CIRCUIT COURT OF THE THIRD JUDICIAL CIRCUIT OF FLORIDA IN AND FOR HAMILTON COUNTY GENERAL JURISDICTION DIVISION

CASE NO. 24-2014-CA-000040

NATIONSTAR MORTGAGE LLC,

Plaintiff,

vs.

BILLY CRAYTON SKINNER, JAIME JOANN SKINNER, OAK WOODLANDS PROPERTY OWNERS' ASSOCIATION, INC., UNKNOWN TENANT IN POSSESSION 1, UNKNOWN TENANT IN POSSESSION 2

Defendants.

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure filed September 19, 2014 entered in Civil Case No. 24-2014-CA-000040 of the Circuit Court of the THIRDJ Judicial Circuit in and for Hamilton County, Jasper, Florida, the Clerk of Court will sell to the highest and best bidder for cash at the south door of the Hamilton County Courthouse, 207 Northeast First Street, Jasper, FL 32052 in accordance with Chapter 45, Florida Statutes on the 29th day of October, 2014 at 11:00 A.M. on the following described property as set forth in said forth in said Final Judgment, to-wit:

Lot 13, of LAKE CREEK PARK AT OAK WOODLANDS, according to the Plat thereof, recorded in Plat Book 3, Page 2, in the office of the Clerk of the Circuit Court in and for Hamilton County, Florida.

TOGETHER with a 1999 NAVISTAR doublewide mobile home, identification numbers PSHGA21564A, title number 75456165, RP number 12431978 and PSHGA21564B, title number 75456166, RP number 12431979, located on the above described parcel and assessed as real property.

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens, must file a claim within 60 days after the sale.

Dated this 19th day of September, 2014.

(Court Seal) GREG GODWIN

CLERK OF THE CIRCUIT COURT

As Clerk of the Court

By: /s/ Cynthia Johnson
Deputy Clerk

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Persons with a disability who need any accommodation to participate should call the ADA Coordinator, Jacquetta Bradley, P.O. Box 569, Lake City, FL 32056, 386-719-7428, within two (2) working days of your receipt of this notice; if you are hearing impaired call (800) 955-8771; if you are voice impaired call (800) 955-8770.

10/09, 16

Public Notice

PotashCorp-White Springs will cross County Road CR-137 on Saturday October 18, 2014 with Dragline #5 Southeast of Friendship Baptist Church. Signage, a bypass road and traffic control will be provided.

The Road will not be closed. The #5 Dragline will cross SE 129th Place on Monday, October 19 and Tuesday, October 20, 2014. Signage and Traffic Control will be provided. Detour will be SE 120th.

890575

Divonia Baptist Church

US 129 South Jasper, Florida

**Revival
October 22nd, 23rd, 24th
7:00 p.m.**

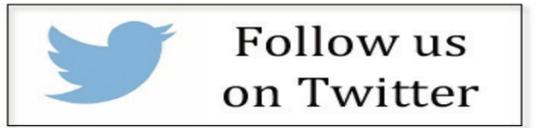
**Homecoming
October 26th
11:00 a.m. Service
Dinner on the Ground**

890574



When we bought our four-year-old home from a couple that must have hated cleaning floors, the grout on my otherwise beautifully tiled floor was the primary reason I started looking into different grout cleaning methods. The best way I found to clean grout was to go the local home improvement store and rent a steam grout cleaner. It made for a full day's work, but when I was finished, my grout looked like new, even in the guest bathroom where it was the worst. With some new grout touch-up and a good sealer, my wife and I now love our tile floors.

Randy





Where	What's Biting	What Bait
Altman Bay	Bass	Chatter Baits and Light Spinners w White Trailers
	Bream	Crickets, Red Worms, Bets Spinner or Beetle Spins # 16 or 32 John Deere Green Tail
Eagle Lake	Bass	Bass Assassin Worms – Black w Chartreuse Tail and June Bug w Chartreuse Tail
	Bream	Crickets, Red Worms, Beetle Spins # 32 - Dark
	Catfish	Crickets, Blood Baits (Liver)
Ocean Pond	Bass	Chatter Baits – All Light Colors (Large), Spinners – Light Colors (Stay Shallow)
	Bream	Crickets, Red Worms, Betts Yellow Spinner w Chartreuse Tails (2")
Ocean Pond – Fly Fishing	Bass	Poppers, Large Floating Bugs
	Bream	Crickets, Small Water Bugs
Suwannee River	Bass	Top Water – Devil Horse Heddon Frogs, Top Water – Raps, Bass Assassin Worms – Black w Chartreuse or Red Fire Tail and Crawfish w Glitter Belly
	Bream	Crickets, Red Worms, Betts or Beetle Spinners – Dark Colors
	Channel Cats	Wigglers, Blood Baits (Liver)
	Strippers	Spinners – Light Colors w Crawfish Tail, Wigglers

Good Luck Fishing! Drop by Rooster's at 10315 SE 141 Blvd (off CR 25A after Swift Creek) for the region's best price on all fishing and hunting supplies (Rooster's Crickets continue to catch the largest fish), and tips from Keith, 5 AM to 7 PM or at (386) 397-2724. At day's end stop by with your catch; you may have caught the fish of the week.

FISH OF THE WEEK

Courtesy of Rooster's Outfitters in White Springs



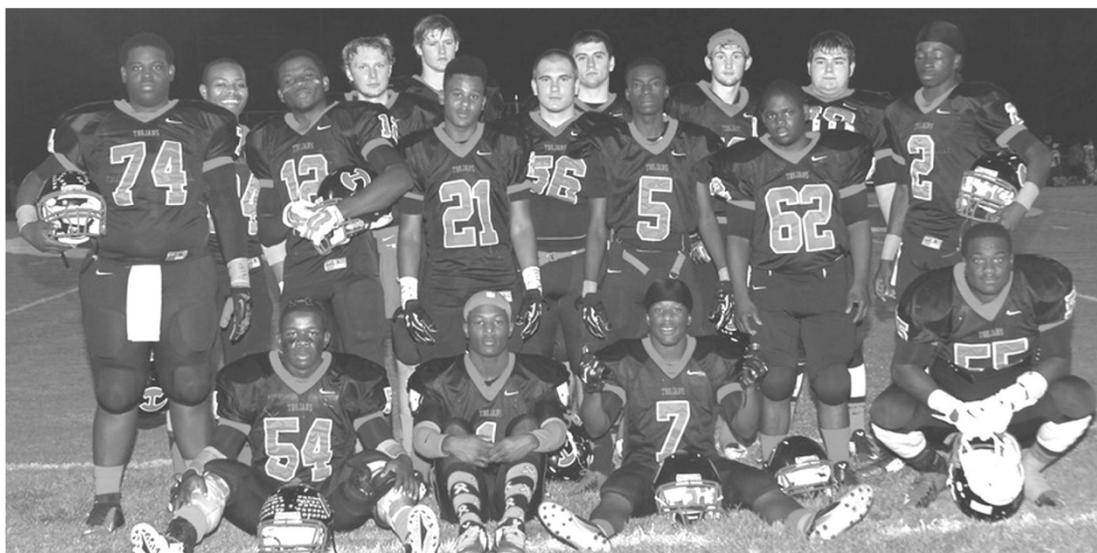
Once again William Harris of Lake City catches a 10 lb. channel catfish with a rooster cricket on Eagle Lake along with his fishing buddies who caught some nice bream on rooster crickets. - Courtesy photo

DEER OF THE WEEK



Pooh Bear Marshall (Teddy Bear's brother) got this deer with his bow on Oct. 10, wearing a full camo rain suit he bought from Rooster's Outfitters in White Springs. - Courtesy photo

Trojans fall to Bears, 20-7



The seniors on the Hamilton County High School football team were honored Friday night, Oct. 10. Back row from left: Leonekeo Robinson, Justin Culbreth, Ridge Cone, Kaleb Sadler, Ethan Land, Hunter Hill and J'Quan Cole. Middle row from left: Solomon Arrington, Tyron Bristol, Justin Williams, Jesse Alsing, Jarvis Lee and Emmitt Dowells. Front row from left: Deangelo Robinson, La'Marcus Webb, Alex Barner and Marcus Williams.

Submitted

The Hamilton County Trojans and the Dixie County Bears showed why they were ranked number one (Dixie) and number two (Hamilton) when the first half ended 0-0. Defenses for both teams were stellar. On the first drive by Dixie, they marched 16 plays down to the six yard line where the Trojan defense led by Ethan Land, Hunter Hill, Deangelo Robinson and Marcus Williams stopped them on fourth down to get the ball back. Penalties hampered the Trojans and Ridge Cone punted his first of five punts on the night. The Dixie defense slowed down the Trojan offense led by quarterback Kentwan Daniels (10 for 18 passing with 188 passing 1 touch-down) all night. Both Daniels and running backs Malik Randolph and La'Marcus Webb were pretty

much held in check on the night. The first half went back and forth with no real threats by either team except in the middle of the second quarter. The Trojans got to the Dixie County 25 yard line before penalties backed them out of field goal range. The Trojan defense really stepped up all night stopping the Bears on fourth down four times. Other defensive standouts were Fabian Reid, Jesse Alsing, Travion Weary, Darrell Walker, Justin Williams, La'Marcus Webb and Kendrick Carter. In the second half, the Bears scored fast making it 6-0, but stripped the Trojan kick return of the ball returning it for the second touchdown within 10 seconds. A two point conversion was good and suddenly Hamilton County was down 14-0. In the fourth quarter, the Bears had a short field for their final

score after an interception return to the Trojan 10 yard line. With the score 20-0, the Trojan offense seemed to rise up and take over, but it was a little too late. Daniels and company put on a nice drive, which ended in a Daniels pass to La'Marcus Webb. The Bear defender deflected the pass, but Webb, not giving up on the deflected ball, dove and caught it in the end zone for the score. The Santiago Granatos' kick was good and the score was 20-7. The Trojans finished the night with a 5-2 record, 1-0 in the district and heading to Branford this Friday. The Hamilton County defense, once again, stopped a great runner on the night. Julian Robinson, the leading rusher for the Bears had 1,100 yards in five games coming into the contest. The Trojans held the junior to 51 yards on the night.

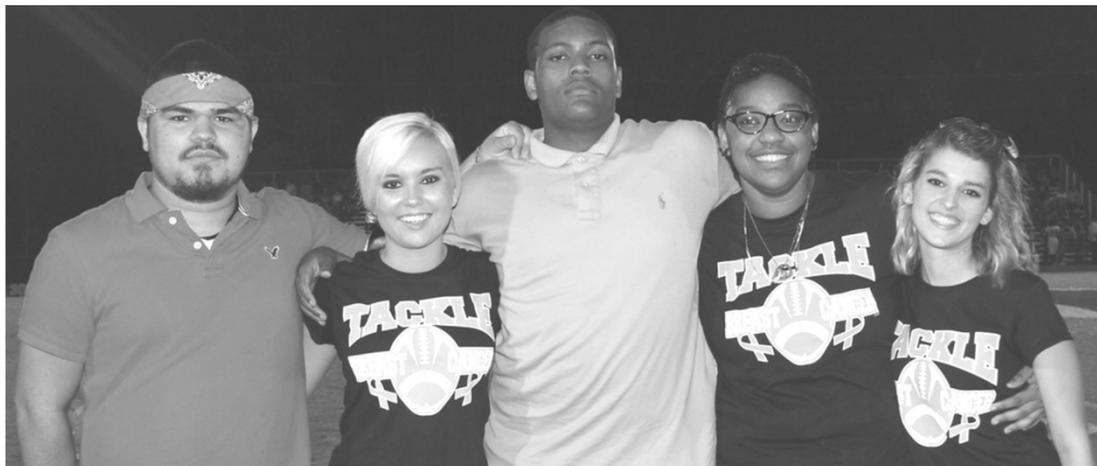
CareerSource North Florida supports Disability Employment Awareness Month

October is National Disability Employment Awareness Month. Through work incentive programs like Ticket to Work, provided by the Social Security Administration and administered at CareerSource North Florida, disabled individuals can find new careers and become financially independent and self-sufficient. Ticket to Work is a voluntary, free program that allows individuals who are receiving disability benefits (SSI or SSDI) go to work, but keep their valuable health benefits. Also, if enrolled in Ticket to Work, persons are not subject to continuing disability reviews and once employed, they enjoy the benefit of expedited reinstatement of benefits in the event they lose their employment. Participants in the program meet with a Career Consultant who works with them to outline their needs and abilities – and will help place them in a job that fits them. Individuals who are age 18-64 and receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) due to a disability are qualified to receive help through Ticket to Work. But why work? According to the Social Security Administration, individuals who are receiving SSI or SSDI do not earn enough money to support themselves entirely. While getting the benefits took time and effort, individuals will enjoy a higher standard of living by going to work! With the assistance of a Career Consultant at CareerSource North Florida, participants develop an Individual Work Plan that defines employment goals. Along the way, participants have access to career counseling, assessments, job placement services, and help meeting all of the planned goals. The goal of Ticket to Work is to gradually reduce an individual's reliance on benefits and eventually transition to a financial independence. You can do it with help! For more information about Ticket to Work, contact CareerSource North Florida at 850.973.9675 or visit www.choosework.net. Certified Workforce Professionals are available to help evaluate individual needs and begin work on a new career.

Sabal Trail to hold open house event

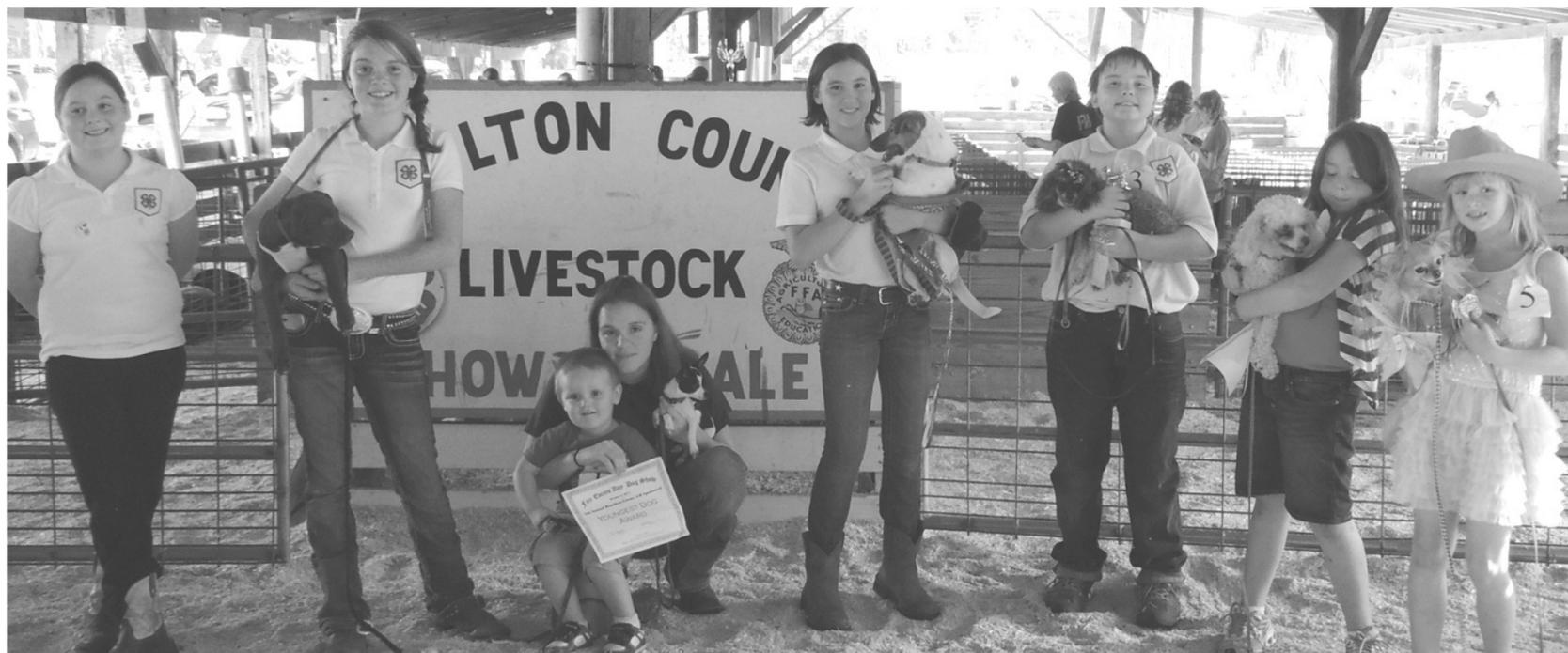
Public invited to Tuesday meeting

Sabal Trail Transmission, LLC, will be holding an open house in Jasper for folks in Hamilton and Suwannee counties Tuesday, Oct. 21 at 5 p.m. The event will be located at Florida Gateway Golf & Country Club, 8055 US 129 South, Jasper. "The public is invited to this open house and all interested persons are encouraged to attend," said Kristen Bridges, senior vice president of Bascom Communications & Consulting, LLC. Sabal Trail representatives will be available to answer questions on the proposed route alternative to the Sabal Trail pipeline affecting Hamilton and Suwannee counties. "Representatives will also be available to discuss facilities, land acquisition, environmental and permitting processes, construction and operation, and other aspects of the project," said Bridges. Representatives from the Federal Energy Regulatory Commission will also be available. For more information on the underground natural gas pipeline project, visit www.sabaltrail.com. You can also visit the Jasper News website at nflaonline.com, and search Sabal Trail for more articles.



Other seniors honored at Friday night's football game from left: Rio Barraza (band), Holly Crutchfield (cheerleader), T.J.Sanford (band), Brianne Hawkins (band), Tiphani Register (cheerleader). Nathan Putnel (band) was not pictured. - Photos: Ben Daniel, Jasper Studios

7th Annual Hamilton County 4-H Dog Show



Dog Show Volunteer and Participants (L-R): Triston Carter, Taylor Smith, Eli Smith with his mom Heather Smith, Rachel Fry, Timothy Warfel, Jaden Mercer, and Gracie Ball. - Courtesy photos



Timothy Warfel with his dog China receives Best Of Show from the judges, Karen Mitchell and Ida Daniels.

The 4H Dog Show took place at the Hamilton County Arena during Fair Events Day on Thursday, Oct. 2.

Participants:

<i>Youth</i>	<i>Dog</i>
Taylor Smith	Daisy
Rachel Fry	Tipsy
Eli Smith	Gizmo
Timothy Warfel	China
Gracie Ball	Bella
Jaden Mercer	Sam

Judges:

Ida Daniels and Karen Mitchell.

MC: Chuck Burnett.

Oldest Dog: Sam (9 years) shown by Jaden Mercer.

Youngest Dog: Gizmo (2.5 months old) shown by Eli Smith.

Best Trick:

<i>Place</i>	<i>Dog</i>	<i>Trick</i>	<i>Youth</i>
1st	Tipsy	Speak/Shake/Sit	Rachel Fry
2nd	China	Dance/Shake/High Five	Timothy Warfel
3rd	Sam	High Five	Jaden Mercer

Best Costume:

<i>Place</i>	<i>Dog</i>	<i>Costume</i>	<i>Youth</i>
1st	Bella	Cowgirl Fairy	Gracie Ball
2nd	Daisy	Dancer	Taylor Smith
3rd	Tipsy	Cowgirl	Rachel Fry
3rd	China	Pumpkin	Timothy Warfel

Most Adorable:

<i>Place</i>	<i>Dog</i>	<i>Youth</i>
1st	Gizmo	Eli Smith
2nd	China	Timothy Warfel
2nd	Bella	Gracie Ball
3rd	Sam	Jaden Mercer

Best of Show:

China, shown by Timothy Warfel.

Special thanks to our sponsors Huston's Veterinary Clinic, Jasper.

AGENDA
BOARD OF COUNTY COMMISSIONERS, HAMILTON COUNTY, FLORIDA
 Room 112 – Courthouse 207 Northeast First Street
 Jasper, Florida
MEETING DATE: OCTOBER 21, 2014

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

LISTED ITEMS

- 1) COMMENTS FROM THE PUBLIC – UNAGENDAED APPEARANCES (*)
- 2) CONSENT AGENDA APPROVAL
- 3) NW 23RD BLVD DEED ACCEPTANCE
- 4) PCS PHOSPHATE ANNUAL REVIEW
- 5) DISCUSSION OF REDISTRICTING
- 6) APPROVE BILLS
- 7) CORRESPONDENCE AND ANNOUNCEMENTS
- 8) ADJOURN

TIME CERTAIN ITEMS

6:00 P.M. – CALL TO ORDER – INVOCATION – PLEDGE ALLEGIANCE TO THE FLAG
 6:10 P.M. – COUNTY ROAD PROJECTS – STATUS REPORTS
 6:15 P.M. – SHIP/CDBG PROGRAM – STATUS REPORT

DUE TO PUBLICATION DEADLINE, THIS AGENDA MAY NOT CONTAIN ALL MATTERS BEFORE THE BOARD. A COMPLETE COPY OF THE AGENDA MAY BE OBTAINED AFTER 1:00 P.M. ON WEDNESDAY, OCTOBER 15, 2014 FROM THE OFFICE OF THE CLERK OF CIRCUIT COURT, COURTHOUSE, JASPER, FLORIDA.

An Agenda review meeting will be held, beginning at 12:00 noon, on Monday preceding the above Agenda meeting date, and will be held in Room 106, Hamilton County Courthouse, 207 NE First Street, Jasper, Florida 32052. In the event that Monday meeting date should be on the same date as a County Adopted holiday, then the Agenda review meeting will be on Friday, beginning at 12:00 noon, preceding the above Agenda meeting date at the same office as aforesaid.

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

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

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

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

NEXT REGULAR MEETING OF THE BOARD: TUESDAY, NOVEMBER 4, 2014 AT 9:00 A.M.

BOARD OF COUNTY COMMISSIONERS
HAMILTON COUNTY, FLORIDA
CONSENT AGENDA
October 21, 2014

- 1) MINUTES – APPROVE:
 - A) October 7, 2014 – Regular Meeting
- 2) APPROVE PAYMENT OF THE FOLLOWING INVOICE FROM ARD, SHIRLEY & RUDOLPH P.A.:
 - A) Invoice No. 9611 – Phosphate Mining - \$5,680.76
- 3) APPROVE PAYMENT OF THE FOLLOWING INVOICE FROM RHETT BULLARD P.A.:
 - A) Invoice No. 2305 – 2014 Value Adjustment Board - \$1,027.05
- 4) APPROVE PAYMENT OF THE FOLLOWING INVOICE FROM D.L. CONTRACTING LLC AT THE AT RECOMMENDATION OF ENGINEER NORTH FLORIDA PROFESSIONAL SERVICES:
 - A) Application No. 3 – Gibson Park Boat Ramp Project - \$38,925.00

887985



Sabal Trail
TRANSMISSIONSM

Informational Open House

Learn more about Sabal Trail Transmission's Sabal Trail Project

Date: Tuesday, October 21, 2014 (5:00pm - 7:30pm)

Location: Florida Gateway Golf & Country Club
 8055 U.S. 129
 Jasper, Florida 32052

Sabal Trail Transmission, LLC, (“Sabal Trail”) invites you to an Open House for its Sabal Trail Project, a proposed interstate natural gas pipeline project including nearly 500 miles of pipeline and related facilities crossing the states of Alabama, Georgia and Florida. The proposed Project will deliver approximately one million dekatherms of natural gas per day (about 1 Billion cubic feet per day) beginning in May 2017 to meet the growing demand for natural gas by electric generation, distribution and end use markets in the Southeast US.

Since entering into the Federal Energy Regulatory Commission’s (“FERC’s”) Pre-Filing Review Process in October 2013, Sabal Trail has held multiple public meetings and has done considerable work in gathering field data, and coordinating with interested individuals and agencies to identify a pipeline route in northern Florida. As a result of extensive survey work and feedback received from stakeholders, Sabal Trail is considering an alternative pipeline route, the Withlacoochee Alternative, which would eliminate the Withlacoochee River crossing in the Hamilton County area and has scheduled an Open House in your area.

During the Open House, Sabal Trail representatives will be available to answer your questions, including environmental, construction, operation and other aspects about the Project and the Withlacoochee Alternative under consideration. FERC representatives will also be available to answer your questions.

We encourage your attendance to learn about the Sabal Trail Project, the Withlacoochee Alternative, review mapping and displays, collect information and ask any questions you may have. **The public is invited and we encourage all interested persons to attend.**

For more information, contact Sabal Trail toll free at (888) 596-7732 or visit our website at <http://www.sabaltrail.com> .

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Learn from UF/IFAS Extension experts at 37th annual Sunbelt Ag Expo

By Brad Buck
bradbuck@ufl.edu

GAINESVILLE, Fla. – Find out when to plant crops, how to can foods safely and how to use paper to pot plants from University of Florida experts at the 37th annual Sunbelt Ag Expo – the largest agricultural expo in the southeast.

The Sunbelt Ag Expo, Oct. 14-16 in Moultrie, Georgia, draws more than 100,000 people each year.

“The Sunbelt Expo gives people from all walks of life a chance to learn about everything Extension offers from our experts,” said Nick Place, dean of Extension for UF’s Institute of Food and Agricultural Sciences.

The expo features the latest agricultural research, a live farm harvest and insights into various agricultural businesses, according to its website.

UF/IFAS will have a permanent building, popular with visitors because of engaging displays and giveaways such as peanuts from the Florida Peanut Growers Association, Florida Orange Juice provided by Natalie’s Orchid Island Juice Company and many other “Gator Giveaways.”

This year, the Extension Service celebrates the centennial of the Smith-Lever Act of 1914, which created the national service, through which agents deliver unbiased research data to the public. Florida’s program remains as viable as ever, helping its many stakeholders. That includes guiding growers to maximize production through the most efficient use of their resources.

UF/IFAS’s three branches, Extension, research and the College of Agricultural and Life Sciences (CALs) will host six interactive booths with the theme “Solutions for the Next 100 Years.”

Experts will interact with the public on several topics:

“Canning parties” were some of the first Extension programs to help people better understand how to safely preserve foods. Expo visitors can learn more about

this tradition as Family and Consumer Science Extension agents share from the past and present to provide the latest innovations for home food preservation.

4-H is one of UF/IFAS’ oldest recognized Extension programs. See how youth are leading and learning to meet the challenges of the next century. Visitors will learn about a 4-H recycling project and can take home a start to their family garden.

Farming tools and methods are constantly improving. Visitors can see some of UF/IFAS’ favorites from the past and contrast them with flying drones and infrared scanners fortoday and the future. These new tools aid farmers in early identification of disease, pest and nutritional problems.

Natural Resource and Sea Grant Extension agents are bringing Florida’s beaches and bays to Georgia. Touch tanks and displays with animals will highlight this exhibit focused on beach and boating safety and stewardship.

Horticulture displays will give visitors insight into establishing a Florida Friendly yard by using appropriate plants and cultural methods. Butterfly gardening plants will be featured. Visitors will also learn how to distinguish beneficial insects from problem pests.

Visit with CALs Ambassadors and learn about life as a UF agriculture student. Ambassadors will give information about major programs, admission, enrollment and hand out plenty of Gator goodies.

The expo is on 1,680 acres, 4 miles southeast of U.S. 319 (Veteran’s Parkway) on Georgia Highway 133 near Moultrie. Expo hours are 8:30 a.m. to 5 p.m. Tuesday and Wednesday and 8:30 a.m. to 4 p.m. Thursday. Admission price is \$10 per person per day, or \$20 for a three-day pass. Children 10 and under get in free, if they’re accompanied by a parent or guardian.

For more information, go to www.sunbeltexpo.com.

NFCC Community Theatre presents ‘The Legend of Sleepy Hollow’

Local stars, students and community members star in this spookily funny production

MADISON, FL — North Florida Community College’s Community Theatre group The Sentinel Upstage Players are bringing a spooky tale to the Van H. Priest Auditorium stage this October. This student and community based troupe presents “The Legend of Sleep Hollow” on Saturday, Oct. 18 at Van H. Priest Auditorium. Two show times are being offered, a Saturday matinee at 2 p.m. and an evening performance at 7 p.m. Tickets are \$6 (general admission) and available in advance or at the door Oct. 18.

“The Legend of Sleepy Hollow” is a wonderful and spooky story complete with thrills, chills and laughs. Local actors and actresses will bring the story’s famous characters – the bumbling, awkward school teacher, Ichabod Crane, the coquettish Katrina and Ichabod’s brutish rival, Brom Bones – to life on stage. And of course the Headless Horseman will be lurking in the night, ready to make his frightening appearances, so beware!

The adaption of this classic tale by Kathryn Schultz Miller is full of shivers and merriment. It is a perfect production for the month of October and features local talent. Don’t miss it!

For more information about the production, contact Denise Bell at (850) 973-9481 or belld@nfcc.edu. Tickets are on sale now in the NFCC College Advancement Office (Bldg. 32, NFCC campus). For more information or to purchase tickets call (850) 973-1653 or email news@nfcc.edu.

Area residents who will be on the cast and crew:

ICHABOD CRANE	Rene Perez	(Hamilton)
BROM BONES	James Henderson	(Suwannee)
CHARLOTTE	Keyla Perez	(Hamilton)
WILHEMINA	Katrina Handson	(Lafayette)
Stagehands	Rachel Sullivan	(Hamilton)
	Samantha Crumly	(Hamilton)
	Sabrina Reddy	(Hamilton)

Pumpkin Fest is Saturday



By Joyce Marie Taylor
joycemarie.taylor@gafnews.com

The 6th Annual Family Pumpkin Festival is this Saturday, Oct. 18, from 4-7 p.m. at Big Shoals State Park in White Springs.

There will be games, such as pumpkin bowling, pumpkin slingshot and pumpkin decorating, as well as face painting, a treasure chest full of prizes, and a haunted hayride through the woods. At 5:30 p.m. there will be a costume parade and an awards ceremony

at 6 p.m. for costumes and pumpkin decorating. For more information, contact Park Services Specialist Stephanie McClain at 904-540-6781. The event is free with \$5 park admission per vehicle. The park is located on US 41 in White Springs.

Sweet, Sweet Candy History

Halloween is as much about candy as it is about dressing up in fun costumes and engaging in scare tactics.

Humans have loved their sweets for centuries. Early human beings made candy out of honey by drying it and forming a taffy-like confection, while many modern incarnations of candy involve dissolving sugar into water or milk to form a syrup. Candy is then made by varying the temperature of the syrup and the sugar concentration to achieve desired textures. The word “candy” is derived from the Arabic “quandi,” meaning “made of sugar.”

Candy also often refers to chocolate bars and other treats that people find so delectable. Ancient Mayans and Aztecs were the first to experiment with the cocoa bean, the cornerstone of chocolate confections, in the 1500s. However, their chocolate drinks were bitter and not the sweet delights we’ve come to associate with chocolate. It wasn’t until the 19th century that innovators began mixing cocoa with sugar to create chocolate bars. Joseph Fry is credited with making the first chocolate bar in 1847, using bittersweet chocolate. Milk chocolate came later, in 1875, when it was introduced by Henry Nestlé and Daniel Peter. Milton Hershey began producing sweet chocolate in 1894.

Hershey bars, Nestlé bars and many other original candies are still in production today. Tootsie Rolls and Charleston Chews are other classic candies still produced. Good & Plenty debuted in 1893, making it the oldest branded candy in America. NECCO company Wafers were officially branded in 1901 and are another classic treat consumers can still find in the candy aisle of their nearest grocery store.

Smarties is another candy that’s bound to show up in trick-or-treat bags this Halloween. Smarties have been owned and operated by the same family since 1949. The Ce De Candy Inc. factory opened up in August 1949 in Bloomfield, NJ, and produced a candy that would not melt in the heat.

Smarties are a favorite all over North America and elsewhere. When demand is too high for the NJ factory, particularly around Halloween, Smarties are also produced in a Canadian factory in Newmarket, Ontario. Smarties imported to the United States are still called Smarties. However, Smarties sold in Canada are known as “Rockets,” as another candy sold in Canada already bears the Smarties name.



Candy dishes up delicious fun in time for Halloween celebrations.

Halloween wouldn’t be nearly as sweet without troves of candy treasures. Children are urged to have their candy sorted and inspected by parents prior to eating to avoid any dangers, such as food allergies or tampering.

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To get information on how to place your business in the Medical Directory Call Brenda at 386-362-1734.

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- Geriatrics • Spinal & Joint Pain • Sports Injuries • Work Injuries
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1-800-829-6506
(Out of Suwannee County)

Calendar of Events

Reader submissions:

Community events will be published once for free in the newspaper of choice. Following runs will be placed in the community calendar of events up to the event. The calendar is published in each Wednesday Suwannee Democrat and each Thursday Mayo Free Press and Jasper News. The community event should be brief (who, what, when, where) and not include any prices, admission fees, etc.. If you require these to be added to your submission, you will be asked to seek an advertisement through our ad department.

Class of 1974

Branford High School 40th reunion

When: Saturday, Nov. 8

Where: Shriners Club, Branford

Time: 4:30 p.m., meal served at 6 p.m.

Who: All 1974 students and teachers are welcome.

For more information, call Marie at 386-935-0305 or Tina at 386-935-0850.

Book & gift fair

Shands Live Oak Regional Medical Center

Ladies Auxiliary

Holiday shopping event. Save up to 30 and 70 percent off all your books and gifts. This is the last time we will be here this year. Monday, Oct. 20, from 10 a.m. until 5 p.m. and Tuesday, Oct. 21, from 7 a.m. until 3 p.m. in the cafeteria.

Suwannee County Animal Shelter

11150 144th. St.

(Approx. 8 miles south of Live Oak)

McAlpin, Florida 32062

If you are missing a pet and live in Suwannee County, please come in and check the shelter. Animals can be viewed between 9-1 Monday - Friday and 9-12 Saturday.

If you are new to the area and would love to adopt a pet once you are settled, please come see us. Animals can be viewed between 9-1 Monday - Friday and 9-12 Saturday.

Spay/neuter. We are in desperate need of volunteers and transporters at the shelter, come in between 9-9:30 a.m., Tuesday through Saturday and see Ms. Norma.

Countywide Brotherhood

Meeting will be held at the First Baptist Church in White Springs on Thursday, Oct. 23, at 7 p.m. Bring a covered dish and prepare for a wonderful evening of fellowship.

Take Charge of Your Diabetes

UF/IFAS Extension in Suwannee County is now offering an educational program to help adults with type 2 diabetes control their blood sugar to feel better and reduce risk of health complications. Classes will begin Oct. 24, to be held each Friday afternoon from 1 to 3 p.m. at the Extension office. Please call Cathy Rogers or Karen McGalliard at the Suwannee County Extension office at (386) 362-2771.

UF/IFAS Extension in Suwannee County is An Equal Opportunity Institution.

Janet Moses at the Live Oak Library

Artist Janet Moses will be speaking on the new Florida Quilt Trail Thursday, Oct. 30, at 6:30 p.m. at the Live Oak Library.

Please call the library at 386-362-2317 for more information.

Swing for the King softball tournament

Oct. 18, 9 a.m. until ?

at First Federal Sports Complex

Sponsored by: M.L.K. Planning Committee

Please contact: Bryce Johnson 386-688-3501

The Ebenezer A.M.E. Church of Live Oak

Trustee Board is hosting the closing of their one year restoration campaign project with a program. The service will be on Oct. 18 at 6 p.m. and their guest speaker will be Reverend Ronald Wiggins of East Grove Baptist Church of Tallahassee. Come on out to help us celebrate this cause.

The Great Book Sale

The Suwannee County Friends of the Library will be holding their annual Great Book Sale at the Live Oak branch of the Suwannee River Regional Library on US 129 South. Come browse through thousands of books at better than fantastic prices. The sale will take place Oct. 9, 10 and 11 and Oct. 16, 17 and 18. These are Thursday, Friday and Saturdays of two weeks. The sale will be open the same hours as the library.

Suwannee County Veterans Day Chorus

Wondering how you might honor our Suwannee County veterans this Veterans Day? Here's one way to do so: Suwannee County Veterans Day Community Chorus. Open to any and all Suwannee County residents. Rehearsal dates: Tuesday, Oct. 21 from 6:30-8 p.m. and Thursday, Nov. 6 from 6:30-8 p.m. at First Baptist Church, Live Oak. Performance will be on Veterans Day (Tuesday, Nov. 11) at 2:30 p.m. at the Coliseum off 11th Street.

For more information, please contact Alan Lott at First Baptist Church in Live Oak at 386-362-1583 or fbcmusic@windstream.net.

Barrs Family Reunion

There will be a Barrs family reunion held at Day Community Center in Day, Florida on Oct. 18. Family and friends are invited, and are encouraged to bring a covered dish of their choice. It begins at 12 p.m., so mark your calendar and plan on enjoying the day with us!

Bryan Mixon Hines Reunion

Date: Oct. 18 at 12:30 p.m.

Meat, paper goods and drinks will be furnished. Bring a covered dish and dessert. Also bring a friend. The reunion will be held at John Hale Community Park off Duval Street in Live Oak. For more information, call Paula Gardner at 386-688-2710 or 386-590-4079.

Take Charge of Your Diabetes

UF/IFAS Extension in Suwannee County is now offering an educational program to help adults with type 2 diabetes control their blood sugar to feel better and reduce risk of health complications. The program will include five classes, and a personal consultation with a registered dietitian. Classes will begin Oct. 24, 2014 through Nov. 21, 2014 to be held each Friday morning from 9a.m. to 11a.m. at the Extension office.

We are now recruiting participants for this program. If you have been diagnosed with type 2 diabetes, are at least 21 years old, and are interested in being a part of this program, please call Cathy Rogers or Karen McGalliard at the Suwannee County Extension office at (386) 362-2771.

UF/IFAS Extension in Suwannee County is An Equal Opportunity Institution

3rd Annual Thanksgiving Basket Give Away

Soul Harvest Ministries will be taking applications for our 3rd Annual Thanksgiving Basket Give Away starts Oct. 13 thru Nov. 5 from 4-7 p.m. on Saturday it's by ap-

pointment only. The basket includes a Turkey and all the fixings. Those interested in applying for a basket will have to provide proof of household size and meet low income standards. For more information or to set up an appointment please contact Mrs. Desiree Soto @386-205-2215 or by email at highlyfavored@usa.com. Baskets are limited so applications taking on a first come, first served basis

Christian Mission On Action

Ministries & Youth Development

Annual Thanksgiving Luncheon

Celebrating and honoring all veterans

11 a.m. - 1 p.m. at John Hale Recreation Center

Nov. 8

Co-Sponsors; First United Methodist & Mt. Zion AME of Live Oak

Come out and celebrate Thanksgiving with us and enjoy a good hot meal as we honor and celebrate our veterans and show our appreciation for all they are doing and have done. All veterans are welcomed as well as our communities of Live Oak and Suwannee County. Door prizes and raffle for our veterans only. Contact Audrey Howell at 386-364-4560 or Otha White Sr at 386-364-1367 for more information.

Pastor celebration

Greetings in the name of our Lord and Savior Jesus Christ. We, the New Bethlehem Baptist Church family of Live Oak, are happy to announce the upcoming third appreciation celebration for our Pastor Rev. L.C. Hunt. Services will begin on Thursday, Nov. 6, and Friday, Nov. 7, at 7:30 p.m., and Sunday, Nov. 9, at 11 a.m., and will end at 3 p.m. We would like to invite your pastor and your church family to please come out and fellowship with us, by lifting up the name of Jesus as we bless this man of God.

The church is located at 9503 CR 136, Live Oak. For more information, call 386-364-5284.

St. Therese Barbecue and Country Store

Hamilton County

Saturday, Nov. 8, from 11 a.m. to 2 p.m.

St. Therese Catholic Church on US Hwy. 41, Hamilton County

The menu will be barbecue chicken, potato salad, green beans, roll and tea. Eat in or take out. There will also be the Country Store where you can purchase home-made cakes, cookies, pies, jams, jellies and more. Hope to see you there

Race to the Amazon 5K

Where: Wellborn Baptist Church

When: Nov. 8

Time: 8 a.m.

This race is to help raise funds for a mission team that will be going to Brazil in Feb. 2015. For more information, please call Denny Tompkins at 386-688-3344.

Biker appreciation day

Operation Christmas Child

You are invited to join us for the 14th Annual North Florida Operation Christmas Child Biker Appreciation Day, sponsored by Suwannee Valley Area Operation Christmas Child.

When: Saturday, Nov. 22

Where: Suwannee Station Baptist Church, 3289 101st Lane, Live Oak. 386-362-2553

Who: Bikers, ride from your home base to Suwannee Station Baptist Church.

Donation: Each participant shall bring a gift-filled shoe box or each participant can adopt a shoebox at \$20 per participant. To adopt a shoe box, simply include a \$20 check for each participant. The check should be made payable to Samaritan's Purse/Operation Christmas Child.

Time: 9 a.m. until 12 p.m. Lunch for each participant that brings a gift-filled shoe box or adopts a shoe box.

Please RSVP as soon as possible with the following information:

Number of participants attending.

Names of all those attending.

RSVP to: Colleen Ruehl, at 850-556-1787, or mail to 12545 SE CR 25A, Jasper, Fla. 32052, or email to jruehl@aol.com.

Please RSVP no later than Nov. 1.

March of Dimes

Signature Chefs Auction

The March of Dimes is presenting "Signature Chefs Auction" at 5:30 p.m., Tuesday, Nov. 18, at the spacious, specially decorated Rountree Moore Toyota showroom, US 90 W, Lake City. There will be silent and live auctions, a premier drawing, live entertainment, wine tastings and a cash bar. The highlight will be a selection of specialty foods presented by over 20 area restaurants and caterers. For more information contact Kathy McCallister at (386) 697-9810 or kmccallister@marchofdimes.com; or Maureen Lloyd at 397-0598.

Tickets will go on sale in mid-Sept. at First Federal Bank (US 90 W and Turner Rd.), Ward's Jewelers, First St. Music, and the Suwannee Democrat in Live Oak. Put this event on your calendar as we work together to give every baby a healthy start.

First annual single moms support group

Saturday, Nov. 8

10 a.m. to 12 p.m.

Suwannee River Regional Library

For further information, contact Angela Herring at 386-219-0479 or 386-628-7849.

Huge Veterans Day activities planned

The Live Oak Woman's Club, Elks Club, Lions Club, and Rotary Clubs are sponsoring a day of activities to honor the veterans of Lafayette, Hamilton, and Suwannee counties.

A parade is scheduled Nov. 11 at 9 a.m. with the usual 11 a.m. cemetery services in Live Oak Cemetery. The Barrett Masonic Lodge is providing free child ID services at the Suwannee County Coliseum on 11th Street beginning at 11 a.m. and a lunch of hot dogs, chips, and sodas will be available for purchase.

An afternoon of varied local entertainment will begin at 1 p.m. in the Coliseum.

For more information, please contact Pat Roberts at 386-362-6815.

Suwannee County Seniors

Meet at Suwannee River Economic Council's Senior

Center, 1171 Nobles Ferry Road NW, Live Oak, on the following days and times:

Monday-Friday 8 a.m. - 5 p.m.

Breakfast: 8:30 a.m. Lunch: 11:30 a.m.

Bingo: (Wednesdays) 10 a.m.

Meeting/Service: (Fridays) 10 a.m.

Telephone: 386-362-1164

Social Sewing Club

Meets the second and fourth Tuesday of each month. For more information, call 386-362-4062.

Save the Cats of Live Oak

Need volunteers for feeding cat colonies, help with fundraisers on Saturdays, help with maintaining and cleaning building. We also need donations of resalable merchandise for thrift store, a 12 by 12 feet utility building, fill dirt, building materials and move a utility building. For additional information, call 386-364-1006.

Monthly food pantry Church of Christ

Monthly food pantry and clothes closet, Live Oak Church of Christ, Hwy. 51 South, third Saturday of the month, **(Will be closed for the month of October and will reopen the third Saturday in November)** 9:30-10:30 a.m. 386- 364-5922.

Wellborn Blueberry Pancake breakfast

Wellborn Blueberry Pancake breakfast first Saturday monthly 7-11 a.m., Wellborn Community Center. Event to benefit Annual Wellborn Blueberry Festival

Branford Camera Club

Branford Camera Club meets on third Thursday of each month, with an occasional exception, 386-935-2044 or 386-9382

Suwannee Amateur Radio Club

First Tuesday, social at 6:30 p.m., regular meeting at 7, north of I10 & US129, Live Oak. Call for exact location and directions. www.suwanneearc.org. 386-249-3616.

Boy Scout Troop 693

Boys aged 11 - 17 and adult volunteers, Thursdays 6:30 - 8 p. m., Shrine Club, 11557 100th Road, 386 590-6121, troop693@windstream.net

American Legion Post 107

Post 107 meets on first Thursday of each month at 12 p.m. 386-362-5987. Post 107 location is 129 S., turn left at the American Flag and POW/MIA flag on to 142nd St. Post is 1 mile on the right.

Live Oak Art Guild

Meets at 6:30 p.m. the first Tuesday of each month (except July and December), Suwannee River Regional Library.

First Baptist clothes closet

The First Baptist clothes closet, 515 SW 5th St. (the old red barn that was Cheryl's Buffet), first and third Thursday of every month, 8 a.m. until noon.

Suwannee River Economic Council, Inc.

Free breakfast & lunch for ages 60 and older Monday - Friday, Senior Center 1171 Nobles Ferry Road Live Oak, breakfast 8:30 - 10 a.m., lunch 11:30 a.m. Make reservations for lunch by 9:30 a.m. 386-362-1164

Suwannee County Branch NAACP - Unit #5137

President: Lesley White

Mailing address: P.O. Box 6105, Live Oak, FL 32064

Telephone: 386-647-7360

Email: al101st@comcast.net

Meets first Monday in each month at 6 p.m. Ex. Bd., 7 p.m.

Boy Scout Troop 408

Troop 408 meets on Thursdays, 7-8:30 p.m., American Legion Post 107, 10726 142nd St., 386-209-3480

Cub Scout Pack 408

Pack 408 meets Thursdays, 6-7 p.m., American Legion Post 107, 10726 142nd St., 386-209-3480.

The Arc North Florida

Recycle with us

We recycle: Name brand ink cartridges and laser cartridges, working cell phones w/electric cord, digital cameras - GPS - MP3, laptops. 386-362-7143 Ext. 5.

Suwannee County Bassmasters

Meets at 7 p.m. on the first Thursday of each month. 386-688-4780 or 386-688-0978

Antioch Baptist Church 'Stars Widow Group'

Every fourth Thursday, 10:30 a.m. 5203 CR 795 Live Oak, 386-362-3101

Recovery By The Numbers

Group of Narcotics Anonymous

Meets Wednesday and Friday, 7:30 p.m., St. Luke's Episcopal Church, 1391 11th St. S.W. Live Oak 386-249-3505 or 866-352-5323, http://uncoastna.org Recovery by the numbers is not affiliated with St. Lukes.

Suwannee Democratic Executive Committee

Meets on the second Thursday of every month, 7 p.m., Live Oak City Hall.

Alcoholics Anonymous

Meetings Tuesday, Thursday and Friday at 8 p.m. The meetings are at Nobles Ferry Road next to Meridian Behavioral Health Center. 386-288-2925.

TOPS FL 798

Helps people meet their individual weight needs through group support. Meet every Wednesday morning, 10 a.m., Community Church of God, 10639 Hwy 129 S, Live Oak.386-658-2767

Alzheimer's Support Group

Fourth Thursday of each month at 11 a.m. Surrey Place Care Center, 110 Lee Ave. SE in Live Oak. 386-364-5961 ext 16 386-209-2327

Live Oak Garden Club

Meets on the 3rd Friday of each month www.liveoak-floridagardenclub.com 386-364-4189

Suwannee River Jeep Club & 4X4

Looking for members that enjoy off-road activity. srjc4X4@gmail.com 386-688-3750

Volunteers Needed!

Surrey Place Care Center in Live Oak. 386-364-5961 act.surrey@signaturehealthcarellc.com

Love Forever

Live Oak Church of Christ, 1497 SR 51 (Irvin Ave) will be open every third Saturday morning of each month for a clothes closet and food pantry, 10:30 - 12 p.m.

Researchers turn to plants to help treat hemophilia

GAINESVILLE, Fla. — Accidents as minor as a slip of the knife while chopping onions can turn dangerous for patients with hemophilia, who lack the necessary proteins in their blood to stem the flow from a wound.

People with severe hemophilia typically receive regular injections of these proteins, called clotting factors, as a treatment for the disease. But up to 30 percent of people with the most common form, hemophilia A, develop antibodies that attack these lifesaving proteins, making it difficult to prevent or treat excessive bleeding.

Now, researchers from University of Florida Health and the University of Pennsylvania have developed a way to

thwart production of these antibodies by using plant cells to teach the immune system to tolerate rather than attack the clotting factors. The study was published today (Sept. 4) in the journal Blood.

"The only current treatments against (antibody) formation cost \$1 million and are risky for patients," said Henry Daniell, Ph.D., interim chairman of biochemistry at the University of Pennsylvania School of Dental Medicine and a co-author on the study. "Our technique, which uses plant-based capsules, has the potential to be a cost-effective and safe alternative."

The study focused on hemophilia

A, which occurs when babies are born with a defective gene on the X chromosome. Because girls have two X chromosomes — giving them two shots at having a working version of the gene — the disease typically only affects boys. Worldwide, one in 7,500 male babies is born with this disease.

After receiving factor VIII treatments, between 20 and 30 percent of patients develop antibodies against the clotting protein. Instead of allowing the protein to do its job, the immune system responds to this foreign protein as an invader that must be attacked and eliminated.

"In the hemophilia world these antibodies are known as inhibitors," said UF co-author Roland Herzog, Ph.D., a professor of pediatrics in the UF College of Medicine and a member of the UF Genetics Institute. "That is what patients are all scared of, because they render their standard therapy ineffective and inhibit the blood from clotting."

Daniell and colleagues had developed a platform for delivering drugs and biotherapeutics using genetically modified plants to express proteins. After teaming with Herzog and his colleagues at UF, they devised a way to use this technique to stop the body from launching an immune attack on the hemophilia treatment.

Using a combination of factor VIII DNA and another substance that can safely cross the intestinal walls and enter the bloodstream, the researchers fused the genes into tobacco plants. The team fed the resulting plant solution to mice with hemophilia A twice each week for two months and compared them with mice that were fed unmodified plant material. They then gave the mice infusions of factor VIII, just as human hemophilia patients would receive. As expected, the control group formed high levels of inhibitors. In contrast, the mice fed the experimental plant material formed fewer inhibitors — on average, seven times fewer.

"This could potentially be a way to prevent antibodies from forming or lower the incidence of it," Herzog

said. "This is a major step forward."

The researchers discovered the mice that ate the experimental plants had more signaling molecules associated with suppressing or regulating immune responses, while mice in the control group had more associated with triggering an immune response.

The researchers also tested whether the plant capsules would help reduce antibodies in mice that had already developed them. After two to three months of feedings with the plant capsules, the mice had three to seven times fewer antibodies than before the treatment began.

"We have been looking for a way to induce immune tolerance in hemophilia for a while," Herzog said. "Oral tolerance is ideal is because you are feeding them something specific that addresses the problem and you don't have to use drugs that suppress the immune system. It's not invasive. You're not manipulating patients' cells. It would be an ideal way to do it."

The treatment would not be a one-time solution, however. Patients would need to continue taking the plant capsules to maintain immune system tolerance. When translated to humans, the researchers will use lettuce plants instead of tobacco plants.

Daniell, Herzog and the Penn Center for Innovation are now working with a pharmaceutical company to test this strategy in other animal species, with plans to begin human trials shortly thereafter. For human use, the goal would be to use lettuce plants instead of tobacco plants.

"With multimillion-dollar funding from a global pharmaceutical company and their decades of expertise in bringing numerous protein therapeutics to the clinic, we're excited to take lettuce capsules producing human blood clotting factors to the clinic soon," Daniell said.

The study was supported by the National Institutes of Health and Bayer. Other authors included Jin Su and Shina Lin from the University of Pennsylvania, and Alexandra Sherman and Xiaomei Wang at UF.

AAA: More crashes and convictions for teens that skip driver's ed

AAA Foundation research reveals opportunities to produce smarter, safer drivers

TAMPA — Although vehicle crashes remain the leading cause of death for teens, fewer new drivers are participating in what used to be considered a rite of passage — driver education. State funding and requirements for these programs have declined over recent decades, leaving uneducated teen drivers vulnerable on America's roads. New research from the AAA Foundation for Traffic Safety reveals that teens that skip this important step are involved in more crashes and receive more traffic convictions compared to their peers that participated in driver education.

"This research proves our teens are safer on the roadways when they participate in driver education," said Sandy Maxwell, director of Driver Training Programs, AAA - The Auto Club Group. "New drivers should take part in this critical step of the learning-to-drive process because it makes a significant difference."

This study assessed examples of U.S. and Canadian driver education programs using a variety of evaluation methods including surveys, driver's licensing tests, driver simulators and the review of driving records. The results revealed that several key differences exist between teens who receive driver education and those who do not, including:

Driver education is associated with a lower incidence of both crashes

and convictions — reducing crashes by 4.3 percent and convictions by nearly 40 percent.

Teens that completed driver education not only scored higher on the driving exam, they also demonstrated modest increases in knowledge over their peers who did not take any formal training.

"Overall, the findings suggest that driver education can make a difference, but there is still much room for improvement in most existing programs," noted Peter Kissinger, President and CEO of the AAA Foundation for Traffic Safety. "This underscores the need for states to adopt the NHTSA-supported Standards that are designed to enhance the scope and quality of driver education."

AAA, a vocal advocate for teen driver safety for nearly 80 years, works at the state level to improve driver education programs and prioritizes five of the NHTSA-funded Novice Teen Driver Education and Training Administrative Standards, owned by the driver education community:

Requiring a teen's parent/guardian to attend an educational seminar

Ensuring that classroom instruction is completed in no less than 30 days

Requiring annual continuing education for driving instructors

Ensuring standards are met by public and private driving schools

Adopting a compre-

hensive graduated drivers licensing (GDL) system that integrates driver education

AAA and the AAA Foundation are committed to helping teens stay safe on the roads and have developed comprehensive resources including TeenDriving.AAA.com, a state-specific website to help parents navigate the learning-to-drive process, DriversZed, an interactive tool designed to teach teens how to react in various driving scenarios and the StartSmart Online Parent Session, a two-hour webinar that explains the licensing process and parents' role, and demonstrates how to maximize the practice driving that parents/guardians are required to do with their teen.

First Federal Bank contributes to the Florida Sheriffs Youth Ranches



From left: Stephanie McClendon, Brandon Fernald, Roger Bouchard, Robin Heath, Bill Frye and Susan McClamma. - Courtesy photo

First Federal Bank of Florida proudly announces a \$3,000 contribution to the Florida Sheriffs Youth Ranches. The donation will be used to help cover expenses for the annual open house and horse show which hosts up to 4,000 attendants.

"We are hopeful that our contribution will inspire other businesses and individuals to also contribute to these important worthwhile projects," said Keith Leibfried, President and CEO of First Federal.

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WINNEBAGO ADVENTURER 2000 Very clean unit! Chevy 8100 Chassis, electric steps, full size refrigerator, driver side door, large slide out, sleeps approximately 4, microwave/hood combo, range with oven, large standing shower, foam mattress, 38,697 miles, etc! List Price \$32,900.00 OUR PRICE \$29,000.00* You Save \$39,00 Estimated Payment*** \$218.84** / month for 15 Years @ 5.9% APR (\$2,900.00 Down Payment)Call Nikki @ 229-435-5852 or visit www.teamrvinc.com for more information!

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Apartments for rent in Live Oak, FL. **Mobile Homes for rent** in Fort White & White Springs, FL. Call 386-362-9806 or 386-623-3404.

Houses for Rent

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Two Bd/Two Ba. 1 mi from Live Oak, FL. Very nice! \$750/mo, 1st, last, \$300 dep. Also 2/1 for \$650/mo NO PETS. 386-362-3002 or 318-840-4802 (cell).

Mobile Homes for Rent

DWMH, completely remodeled. 3Bd/2Ba. New appliances, wood-burning fireplace, lg covered porch. On beautiful 5 ac. 5 mi S. of Live Oak, FL. \$750/mo + \$500 sec dep. 386-362-8708 anytime or 386-362-9355 after 5pm.

Homes for Sale

In downtown Live Oak, FL. 3Bd/2Ba on double lot w/pecan trees and grapevine, dbl-car garage. On high ground. \$150,000. **Rentals available also.** Call 386-397-0602.

Suwannee River: 2 homes, 4 acres, 400' beachfront. O'Brien, FL. Reduced to \$179,000.00. 386-295-3030. sdfant@earthlink.net

Mobile Homes for Sale

DWMH, Owner Financing. 3/2, 2.5 ac. Jasper, FL area. Fenced, pond, sm dn & \$675/mo. www.suwanneevalleyproperties.com. 386-590-0642 or 386-867-1833.

Acree/Land/Lots Sale

ACREAGE FOR SALE-600 acres located in West Liberty, Kentucky. Excellent hunting & investment property. Lots of timber, creeks, & streams. 4 mi. from town. \$600,000. **Call (229) 221-2228.**

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SUV for Sale

GMC YUKON XL 2003, leather, rear air, 3rd seat, loaded with all extras, 2 wheel, 4 wheel push button, 4 wheel drive, tow package, like new condition, new tires, 100,040 miles, \$14,500. Call 229-251-0339

SUDOKU

		4		5				2
								1
8			4	6				
		3	9	2			5	
							8	6
2	7							
			5					3
		8		7		6		
6				1			4	

Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

3	6	2	8	9	1	7	4	5
5	4	8	2	7	3	6	9	1
7	1	9	5	4	6	8	2	3
1	2	7	6	8	5	9	3	4
4	9	5	3	1	7	2	8	6
6	8	3	9	2	4	1	5	7
8	3	1	4	6	2	5	7	9
2	5	6	7	3	9	4	1	8
9	7	4	1	5	8	3	6	2

ANSWER:

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R Y Y V A H E P T D I L L U Y P P R K N
B I I B N N J A A H A G P A D R X P E T
C A P T C H A M C Y J V A R W E O E B C
S E G X R G J T I M C V I B D E R M Y N
M N O Y E L A I F L R V E N Y C R T E H
E O D O M B V B I K E L I B S T D I F M
Y I H V O J A E T P I P E H M R E D F J
N S X A T W N E R F N M C D A P E A L R
A N J T E T C A E O A U P O U S R I J G
L A U L E R O E C R O U B V K O A D B B
H P K S U C R E F T J Y D T U N W E A D
F X C O I A H N Y G E E O K G B D M T C
U E S V W O I N R K B P L A A F A Y C U
J I J M U A H A O U W I P N K O C U H M
U E R T M I P D G L A H I B E R N A T E
F I A V G H V B M M O D W K M M A S O O
F S C V I C X O E I X G V D E A R P U M
K B H C D A T A B N F G Y I E T H U X T
E Y S S E C C A V N O I S S E R P M I Y

WORDS

ACCESS GIGABYTE
ADWARE GRAPHIC
BASIC HDMI
BATCH HIBERNATE
BITMAP IMPRESSION
CAPTCHA INDEX
CERTIFICATE JAVA
CLIENT KEYBOARD
DATA LAN
DEBUG MAINFRAME
DESKTOP MEDIA
DRIVE MEMORY
EMAIL PORT
EXPANSION REMOTE
FILE SOURCE
FIREWALL TASK
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FORMAT TOUCHSCREEN

SOLUTION

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

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A Healthy You



HealthiestWeight

By Johnny Bullard
Florida Department of Health-Hamilton County

Fall is a great time of year to enjoy the outdoors with family and friends. Being outside encourages active lifestyles by decreasing time spent in front of the television or computer screen. Spending time outside also has mental health benefits such as stress reduction and mood elevation.

The "NUMBER ONE" public health threat to Florida's future is unhealthy weight. Currently only 36 percent of Floridians are at healthy weight. On our current trend, by 2030, almost 60 percent will be obese. Additionally, six out of 10 children born today will be obese by the time they graduate high school.

Childhood obesity is becoming a more chronic problem in Florida. Many children are spending less time exercising and more time in front of the TV, computer or video game console. Today's busy families have fewer free moments to prepare nutritious, home-cooked meals. From fast food to electronics, quick and easy is the reality for most people.

Preventing children from becoming overweight means adapting the way your family eats and exercises, and how you spend time together. Helping children learn healthy lifestyles begins with parents who lead by example.

If you're worried that your child or teen may be overweight, make an appointment with your doctor, who can assess eating and activity habits and make suggestions on how to make positive changes. The doctor also may decide to screen for some of the medical conditions that can be associated with obesity.

The State of Florida is the Sunshine State and attracts visitors from all over the world. We also attract hundreds of thousands of retirees who come here to retire. Florida is a beautiful state with lovely beaches and many beautiful natural resources.

Florida, however is facing a huge increase in health care costs over the next 17 years to the tune of \$34 billion.

There are a variety of factors that play a role in unhealthy weight. This makes it a complex health issue to address. Behavior, environmental and genetic factors all influence weight. At this time, behavior and environment are the most

promising areas for prevention and treatment of actions.

Healthiest Weight Florida employs five strategies to address behavior and environmental change. These strategies described below, closely align with national expert organization recommendations like the Centers for Disease Control and Prevention and the Institute of Medicine.

Strategy One-Increase opportunities for physical activity.

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits. Being physically active can help.

- Control weight.
- Reduce the risk of cardiovascular disease.
- Reduce the risk of Type 2 diabetes.
- Reduce the risk of some cancers.
- Strengthen bones and muscles.
- Improve mental health and mood.
- Improve ability to do daily activities and prevent falls in older adults.
- Increase the chances of living longer
- vStrategy Two-Make healthy food available everywhere.

A number of factors determine what people eat, but access to healthy food and beverages has a major influence. Finding healthy food is not always convenient. Studies have found that people buy food that is readily available. Today, it is often the case that communities with the highest rate of obesity are also the places where residents have few opportunities to conveniently purchase nutritious, affordable food.

Strategy Three-Promote health in the workplace.

Sticking to a healthy lifestyle while at work can be difficult. Now that many people are spending most of their day sitting at a desk or inside an office, implementing health programs inside the workplace has become a vital piece of the healthy lifestyle puzzle. Effective workplace programs, policies and environments that are health-focused and worker-centered have the potential to significantly benefit employers, employees, their families and communities.

Strategy Four-Strengthen schools as the heart of health.

Schools are uniquely positioned to be a national focal point for

healthy weight promotion, because children spend up to half of their waking hours in school and consume between one third and one-half of their daily calories in the school setting.

Strategy Five-Market what matters for a healthy life.

When the messages around us focus on health, it becomes easier to think about making healthy choices. Healthiest Weight Florida seeks to make useful health information and advice available through campaigns, social media and other resources. (All of the above information can be found by going to <http://www.healthiest-weightflorida.com>)

The percentages of Hamilton Countians who are overweight or obese according to the Florida CHARTS (Community Health Assessment Resource Tool Set) from the Florida Department of Health, is 73.5 percent in the 2010 information. Those who are obese are 44.8 percent. There are 25.4 percent of adults in Hamilton County who are at a healthy weight according to CHARTS.

We can all work harder to "do better" for ourselves. We have to set goals and take "one step at a time". Work each day for a "Healthier You", because YOU are worth it.

UF/IFAS study: Consumers will pay more for eco-friendly plants

By Brad Buck
bradbuck@ufl.edu

GAINESVILLE, Fla. – People concerned with future consequences of their decisions will pay up to 16 cents more for eco-friendly plants, a new University of Florida study shows.

While 16 cents may not seem like much, researchers see any willingness to pay more to help the ornamental plants industry and the environment as good news.

Previous research has investigated the effects of perceived long-term consequences on people's environmental behavior, including recycling or using public transportation. So UF food and resource economics assistant professor Hayk Khachatryan wanted to understand how differences in people's perceptions of long- and short-term consequences affect plant preferences and purchase decisions.

For the study, 159 people bought plants at experimental auctions at Texas A&M University, the University of Minnesota and the Vineland Research and Innovation Centre in Ontario, Canada. The participants were recruited through Craigslist and community newsletters.

Researchers studied differences in what's called "consideration of future consequences" the extent to which con-

sumers consider potential outcomes of their actions and how that affected their willingness to pay for edible and ornamental plants. Specifically, the study focused on their preferences for plant attributes related to sustainable production methods, container types and origin of production.

Eighty-eight of the 159 participants were deemed concerned about the consequences of their purchases. The study showed they were willing to pay up to 16 cents more for plants grown using energy-saving and sustainable production methods, sold in non-conventional containers as well as plants produced locally.

Some people recycle, exercise or diet, actions that take time to see results. Paying for long-term environmental conservation is a bit like working out or jogging, Khachatryan said.

"When you exercise, you don't see the benefits right away," he said.

Similarly, the benefits of pro-environmental production practices in the ornamental plants industry may not produce immediate impacts. Thus, consumers' plant choices may depend on how much they consider future versus immediate consequences of their choices, said Khachatryan, a member of the Institute of Food and Agricultur-



Hayk Khachatryan

al Sciences who conducts research at the Mid-Florida Research and Education Center in Apopka.

The price increase is relatively low, but even 16 cents can help retailers offset their costs, researchers said. Some larger retailers may go through thousands of plants in a short period, and that can add up quickly, said Ben Campbell, a University of Connecticut extension economist, and study co-author.

A garden center or retailer may have a thin margin between production cost and the sales price, Campbell said. By adding 16 cents per plant the amount some say they're willing to pay for eco-friendly plants the margin can increase considerably, he said. That makes garden centers and other retailers more profitable and, perhaps more sustainable.

The study is published online in the current issue of the Journal of Environmental Horticulture.

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