

The Jasper News

147th Year | No. 020

75 CENTS

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Daylight Saving Time Begins

Daylight Saving Time, often referred to as “spring forward,” begins on Sunday, March 11, 2018, at 2 a.m. Before you go to bed, remember to set your clocks ahead one hour.



PHOTOS: SUWANNEE COUNTY SHERIFF'S OFFICE

A razor blade was attached to a shopping cart with a magnet.

Razor blade found attached to Walmart shopping cart

BY JESSIE R. BOX

jessie.box@gafnews.com

LIVE OAK — A razor blade was found attached to the handle of a Walmart shopping cart Saturday afternoon.

Sheriff Sam St. John said a Walmart associate discovered the razor blade while bringing carts inside the store from the parking lot.

St. John said the razor blade was attached to the handle with a magnet.

No one was injured. “Everyone should do a quick visual of the cart before grabbing one,” St. John said.

He added people should look at carts at all stores, not just at Walmart.

“It’s disturbing that someone might try to in-

jure a customer or associate, and we’re grateful no one was seriously hurt,” a Walmart spokesperson said. “We’ve checked all shopping carts and will be conducting regular checks. We will also review footage and will continue to work with police to find the person responsible.”

According to Walmart, this is not the first time a razor blade has been found on shopping carts but it is common for shoplifters to place them there to use to cut off security tags.

If you have any knowledge about this incident, please contact the Suwannee County Sheriff’s Office at 386-362-2222 you can remain anonymous.



Shoppers are warned to check carts for razor blades.

Sports



Ric Whittington hired as new HCHS football coach, page 10A

BOCC discusses five-year term with Nutrien

BY ALEXIS SPOEHR

alexis.spoehr@gafnews.com

JASPER — Following Potash-Corp’s merger and name change to Nutrien, the Hamilton County Board of County Commissioners discussed Tuesday a new five-year term to continue allowing phosphate mining by White

Springs Agricultural Chemicals Inc., PCS Phosphate in White Springs.

The amendments to the Master Mining Plan and the special permit were approved by the board, but the five-year term was just discussed and action will be taken at the March 20 meeting. The special permit covers the closing

of the Suwannee River Chemical portion of Nutrien.

Hamilton County resident Chris Mericle asked about the report given to the board in regards to the section on wells and impacts from the mining. He stated that PCS had expected

SEE BOCC, PAGE 2A



PHOTO: SUBMITTED

Wesley Driggers, MD, PhD, was named the 2017 Florida Physician of the Year Award. Pictured, from left, are Bethany Driggers, Wesley Driggers, Adam Driggers, Shannon Driggers and Joseph Driggers.

Driggers receives Florida Physician of the Year Award

JASPER — A 1987 Hamilton County High School graduate received the Florida Physician of the Year Award.

Wesley Driggers, MD, PhD, was named the 2017 Florida Physician of the Year Award at the annual meeting of the Florida Association of Family Practice held in December 2017 at Amelia Island.

Driggers resides in Port Orange with his wife Shannon and their three children Bethany, Joseph and Adam.

He has been practicing medicine in Port Orange since 2004 after completing his residency at Halifax Medical Center in Daytona Beach.

SEE DRIGGERS, PAGE 2A

CSO seeking funds to repair carillon tower

BY ALEXIS SPOEHR

alexis.spoehr@gafnews.com

WHITE SPRINGS — The Stephen Foster Citizen Support Organization is looking for funding to repair the carillon tower at the Stephen Foster Folk Culture Center State Park.

During a storm last summer, electrical damage occurred and silenced the bells that played daily from the tower at the park.

The CSO has created a GoFundMe page in an effort to help raise \$86,460 to start a multi-phase restoration project on the bells and tower, conducted by the Verdin Company, which has created and repaired bells and carillons for more than 170 years.

The first phase will be to complete extensive services and repair to all 97-tubular bell strikers, relay panels, control clock and roll player.

SEE CSO, PAGE 2A

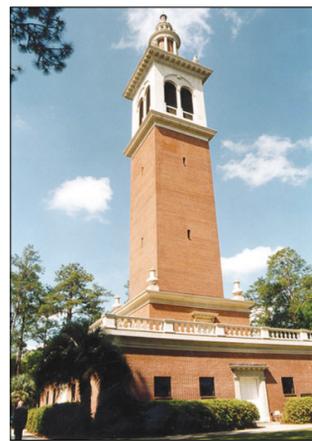


PHOTO: FLORIDA STATE PARKS

The Stephen Foster Citizen Support Organization is looking for funding to repair the carillon tower at the Stephen Foster Folk Culture Center State Park.

Jennings receives audit

BY ALEXIS SPOEHR

alexis.spoehr@gafnews.com

JENNINGS — The Jennings Town Council heard about the town’s audit at Tuesday night’s meeting.

Denise Rackley, from Valenti, Rackley and Associates, performed the audit.

She told the county at the end of the town’s budget last year, it had a total revenue of \$282,311 with expenditures of \$352,816. Rackley added that before the total amount of borrowing was placed onto the account and that

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PUBLIC NOTICES

THE PUBLIC’S RIGHT TO KNOW



- 1) County’s Notices of Application for Tax Deed
- 2) FL D.E.P. Notice of Intent to Issue Air Permit
- 3) Notice to Creditors

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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
 Feb. 26, Maria Belen Bolanosanchez, 37, 2946 North Dixie Highway Boca Raton, Fla., DWLSR 3rd offense: HCSO — L.J. Smith
 Feb. 26, John Patrick Maulden, 28, 718 Burgoyne Drive Fayetteville, NC., larceny, fraud imperson: HCSO — Beck
 Feb. 27, Benjamin Leonard Robinson, 40, 944 SW County Road 249 Lot 13 Jasper, Fla., larceny \$300 or more, but less than \$5,000: HCSO — Harden
 Feb. 29, Jaime Isidro Martinez, 29, 6618 NW County Road 152 Jennings, Fla., no valid DL: WSPD — Anderson
 Mar. 2, Markell Pearson, 43, 2333 Garder Street St. Louis, MO, possession of 20 grams of marijuana, by pass Ag station: DOA — Buckles
 Mar. 2, William Donald Watson, 27, 3125 Timberland Farms St. Augustine, Fla., poss. less than 20

grams of marijuana, poss. drug para.: FDOA — Williams
 Mar. 2, Joshua David Buck, 33, 422 Tabor Drive W Jacksonville, Fla., poss. less than 20 grams of marijuana, poss. drug para.: FDOA — Williams
 Mar. 3, Elvin Joel Osorio, 31, 3012 Pioneer Street Oklahoma City, OK, no valid DL, fail to stop at Ag inspection station: FDOA
 Mar. 3, Samuel Lee Sessions, 31, 340 Thomasville Blvd Apt. 43 Atlanta, Ga., poss. less than 20 grams of marijuana: FDOA — Parsons
 Mar. 3, Stacy June Cohmeryantz, 37, 305 1st Ave NW Jasper, Fla., FTA DWLS (17-0295CT): HCSO — Fouracker
 Mar. 4, Jessica Michelle Padgett-Zanders, 38, 7778 NW 38th Way Jennings, Fla., DUI damage to property or person of another: FHP — Hernandez
 Mar. 4, Charles Alfred Dundas, 50, 353 Honey Bear Road Norman Park, Ga., poss. more than 20 grams of marijuana, poss. drug equip.: DOA — Smith

From Page One

BOCC

Continued From Page 1A

those wells to go dry and drilled deeper wells for those who would need it because of their mining. He was told by a private property owner that had a shallow well with drinkable water and was then replaced by PCS with a deeper well with undrinkable water.

"The question I would like to pose, does PCS' right to mine supersede private property owners right to a well with good water," Mericle asked. "I would like to recommend at the minimum that PCS

be required to notify the board in writing of any expected impacts on private wells before mining starts in an area and that private well impacts be part of the discussion or increasing setbacks from private wells."

Mike Williams, the Public Affairs Manager for Nutrien's White Springs site, said the company will go to the place of the affected well and test the water to make sure there is nothing harmful in the water. Williams stated Nutrien only checks the water levels before they start to mine.

Commissioner Josh Smith asked if they did

any kind of pre-, during and post-testing of water quality to prove they have not impacted the private wells surrounding the mining area. Williams said Nutrien would need land owners' permission to test their water, but would look into possibly being able to do that.

Zoning Issue

Jay and Betty Borman requested a waiver of zoning change for their property that they have had since 2010.

They said that when they bought the property they were not made aware by the seller that it is zoned as a five-acre lot, not three separate

lots on five acres.

Due to the Bormans only having 2.5 acres of the five-acre lot they can not receive any permits for projects on their property.

"It was split in 2009 and not in accordance with the land development regulations," Megan Carter said. "When I spoke to Mrs. Borman they bought the property not knowing that. It sounds like the gentleman who sold the Bormans the property indicated that he knew it was supposed to be five acres per lot and told them that rule was not in affect anymore, which is not the case."

Their park model home has been secured and anchored to the ground, but with not having the zoning correct they can not have the inspector come out to help them with providing power to their property as well as needing the roof replaced.

Smith motioned for the approval to waive the zoning change fee for the Bormans so they can start the permitting process on their home. His only complaint was for issues like this to be sent to the Planning and Zoning board before being sent to the commissioners.

The zoning change was approved.

EMS and EOC services

Toby Witt, head of the Hamilton County Emergency Medical Services, will be purchasing a new ambulance. Henry Land, head of Hamilton Emergency Management Office, will be purchasing a new tanker fire truck for the county. For the tanker, Land said the office will be using the \$150,000 from the budget and the office will pay for the rest out of pocket.

The board approved a lease for \$125,277 with Frazer ambulance to remount an ambulance. Witt said the price possibly could be cheaper depending on if parts are needed.

Driggers

Continued From Page 1A

Driggers credits his accomplishment to the support of his family, hard work, a desire to serve his fellow man and, principally, an effort to follow Christ's teaching of treating others as you'd like to be treated.

Driggers said he is truly humbled by this recognition from his peers.

He is the son of Hazel Royals and the late W.J. Driggers.

He is very appreciative for the lessons he learned growing up on a small farm in Hamilton County and is proud to call it his home.

Driggers encourages young people to pursue their dreams and live daily to glorify God by seeking to live out His will.

CSO

Continued From Page 1A

Among the items listed to be involved in Phase I are a repair to a short in a wire connecting the control panel to the clock,

check all 97 chime's striker assemblies and perform maintenance, check support cables, check thimbles, check striker heads which are rawhide tip, clean and service all 97 strikers, clean and lubricate all 194 rollers, clean and check all striker

relays, check and service control clock, clean and service roll player and clean contacts with contact cleaner.

The CSO is hoping for the first phase to be completed by July.

The bells have been a part of the Stephen Foster

Folk Culture Center since 1958 when it was built and installed by the carillon division of J.C. Deagan, Inc., Chicago. The 97-bell carillon is the largest instrument produced in the Western Hemisphere and the world's largest tubular carillon in number of bells.

Audit

Continued From Page 1A

grants the town had received covered the balance of the expenditures.

In the general fund, the balance at the beginning of the year was \$258,841 and at the end of the year was \$256,140.

Also in Tuesday's meeting, the

council approved the bid for the drinking water project by Interstate 75 at a cost of \$156,960. The town will only have to pay back \$15,696 of that total cost.

There were three bids for the street department's shop, which will be located behind the gym. The bid from O'Steen Building was for \$8,585, another from carport Empire for \$8,490 and one from Keen's Portable Buildings for

\$8,145. The council chose the bid from Keen's Portable Buildings.

Spencer Nabors, from ITC, brought forth a resolution for the Town of Jennings adopting a policy of protecting individuals engaging in a non-violence civil rights demonstration repealing all resolutions in conflict. This policy is from the contract between the town and the DEO that needed to be updated.



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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 521 Demorest St., SE, Live Oak, FL 32064, Monday through Friday, 8 a.m. until 5 p.m.

Letters to the editor should be typed, brief and to the point, approximately 150 to 200 words or less. Not all letters are published. To be considered for publication, letters to the editor must be signed, include the writer's address and phone number, and in the news office by noon on Friday.

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

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

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

Final Jam audition set for Saturday

LIVE OAK — Saturday is the last chance for up and coming country artists to audition to perform at the 2018 Suwannee River Jam, the South's Music and Camping Festival.

Opening up the weekend will be the Jukebox Oldies to get the audience on that dance floor with 50s – 90s music.

Come spend the weekend for this wonderful time of country and oldies music in the Music Hall. Jukebox Oldies of Valdosta, Ga., will set off the weekend with lots of oldies music from many different years with its great band. It's a fun time with many fans who come to dance the evening away.

Saturday night a large number of fans are expected to be in the house as solo singers and bands will bring their best performances in this last audition hoping to move to the April 13 finals. These artists come from all across the state. Those signed up to audition are Andy Pursell Band (Bradenton), Broken Trust Band (Perry) and Treble Hook Band (Lake City). Solo singers are Scotty Williams (aka Behrenwald) (Ft. Myers/Lake City), Kamryn Palmer (Indian Harbour Beach), Kam Williams (Mayo), Sadie Miller (Bran-



Jukebox Oldies Band of Valdosta, Ga.

ford), Chyann Rose (Statesboro, Ga.) and Zach Lambert (Hahira, Ga.)

Friday the doors open to the Music Hall at 6 p.m. with music from 8 p.m. – midnight. Saturday night doors open at 6 p.m., audition begins about 7 p.m. Each night admission is free.

If anyone would like to rent one of the park's cabins, or a spot to park a RV/camper or primitive camp for this or one of the SOS-

MP's many other events such as Suwannee Spring Reunion from March 22-25, Waneec from April 19-21 or just need additional info, please call the SOSMP at 386-364-1683, email spirit@musicliveshere.com or go to www.musicliveshere.com. The SOSMP is located 4.5 miles south of Interstate 75 and 4.5 miles north of Interstate 10 at the beautiful Suwannee River off U.S. Highway 129 at 3076 95th Drive in Live Oak.

Life in White Springs

Life in White Springs is too quiet!

We have a neighbor, much beloved by the White Springs community, whose voice was so wonderful that people would ask every day if she would sing some of their favorite songs, and she would always oblige, singing in a voice so clear and powerful that she could be heard a mile or more away! She performed daily for more than 50 years, much to the delight of locals and visitors, who came from all over the world to hear her! Over the years her health began to deteriorate and her voice faltered and grew weaker until it finally reached the point that she could not perform any more. The bad news is that she has lost her voice. The good news is that her voice can be restored to its former magnificence!

As some of you have probably guessed by now, I'm talking about the Stephen Foster Memorial Carillon, the "world's largest tubular bell instrument", with a total of 97 bells. It was built in 1957 by the J.C. Deagan Company. Over four decades, the company built and installed in excess of 400 carillons worldwide. The setup at White Springs was their largest and last carillon, and now it has fallen silent. Time and multiple daily concerts have taken their toll and the grand old bells need some tender loving care to find their collective voice again. A "Go Fund Me" account has been created to assist in raising the considerable funding that will be necessary to restore the carillon. More on that in another paragraph, but first I want to share a carillon story with you.

A while back Merri and I went to an outdoor Easter Sunrise Service on the grounds of the Stephen Foster

Carillon, and the birds singing loudly during the carillon concert reminded me that, tucked away somewhere, I had an old 33 1/3 Decca record album of a carillon concert that was recorded sometime in the sixties. In this album the melodies were played manually by June Albright, a professional carillon concert musician employed by the Deagan Company of Chicago, Illinois. Ms. Albright made a special trip down to White Springs to play those wonderful bells for the album to be recorded. Recording such a large instrument outdoors presented quite a few technical and environmental challenges. When the concert recording was planned, the utmost care was taken to avoid any background noise such as traffic or wind, but the best laid plans often go wrong. There was some background noise indeed! On the back of the album cover the following explanation is offered. "Listeners will be interested to know that this album was recorded in the quiet of dawn. Unanticipated was the full-throated chorus of awakening birds and the lively chirping of crickets as they responded to the music of the bells, creating an atmosphere so characteristic of this lovely park." The recording of the mighty bells was a wonderful success, and the accompaniment of the birds and crickets just added to the magic!

June Albright came back in 2011 and played the bells for Stephen



WALTER MCKENZIE

Foster Day, and noted privately then that though it was wonderful to play the mighty set of bells again, they did not sound quite the same. They were already significantly in need of some Tender Loving Care then, and now, six years later, they have fallen silent. As part of their effort to fund the restoration of the carillon, the Stephen Foster Citizen Support Organization has started a "Go Fund Me" account called "Save Our Bells." You can find it on the Go Fund Me website. It's a very worthy project and no contribution is too great or too small. Give what you can to repair our carillon, and to save the most magnificent of a "dying breed" of musical instruments. Of the 440 original installations across the world, only about 230 tower chimes survive, in various conditions. The rest have been lost to the decay and destruction of time, tragedy and "progress." The Stephen Foster Citizen Support Organization (CSO) has been diligently researching and seeking proposals on what is needed for the bells to ring clear again. They have found the Verdin Company, which has been creating and repairing bells and carillons for more than 170 years. The Restoration will have multiple phases, but one step at a time. Phase 1 of the project is to complete an extensive service and repair to all 97-tubular bell strikers, relay panels, control clock and roll player.

With your generous support and tax-deductible contribution, the CSO hopes to have Phase 1 of the bells completed by July 2018.

Were any of you here when the original tower recording was made? I'd love to hear your stories about

that or any other special memories of the carillon tower that you'd like to share.

The Appreciation Program in honor of Mr. Kenny Hutcherson last Saturday was amazing! I knew that Kenny was appreciated and foolishly thought that I was typical of someone who appreciated him, but I had no real idea! The community center was packed, standing room only, and the stories that people told of Kenny's service and devotion to the Town of White Springs and, more importantly, to the people and families of White Springs, were sometimes tearful but always joyful testaments to what a great man Kenny Hutcherson is. It was a privilege just to be there! Thank you Kenny Hutcherson for all you do and for reminding us by your living example that the love of family and the admiration of friends are much more fulfilling than wealth and privilege.

I'm always glad to hear about goings on in the community and will be glad to share anything appropriate for this column. Email is the best way to contact me, but any way is welcome. I am thankful that we truly are all connected, and I hope that we can continue to feel proud of who we are and where we're headed, and that we all appreciate that White Springs is a very special place, to be honored and protected. As always, I look forward to seeing you out and about, enjoying your community and your life in White Springs.

Walter McKenzie
lifeinwhitesprings@gmail.com
386-303-1394

FGC enrollment increases for seventh straight semester

LAKE CITY — For the seventh consecutive semester, more than 2 1/2 years, Florida Gateway College is reporting an increase in student enrollment.

According to preliminary estimates, FGC increased enrollment by 6.3 percent for the 2017-2018 academic year and for the past 2 1/2 years has increased a total of 18 percent.

The Florida College System saw a net growth in full-time equivalent (FTE) enrollment of just 0.3 percent across the

28 member colleges for the 2017-2018 academic year.

FTE is a measure of the total number of credit hours being taken at the college divided by the number of hours required for a student to be considered full-time.

Several initiatives at FGC have contributed to the increase, including the availability of late-start course options, improved student engagement and a push by administrators for full-time students to take 15 credit-hours per semester.

The college has also made it a campus-wide priority to expand course offerings and programs and to retain students.

"In addition to these initiatives, we have re-examined our enrollment process for current and future FGC students," said Dr. Jennifer Price, Vice President of Enrollment Management and Student Affairs. "It was important for us to create a more streamlined process by improving communication and eliminating obstacles."

Easter Sunrise Service planning meeting tonight

WHITE SPRINGS — A planning meeting is scheduled for tonight for the White Springs community's 51st annual Easter Sunrise Service.

The meeting will start at 7 p.m. at the White Springs United Methodist Church's Fellowship Hall. All White Springs area churches are encouraged to attend the meeting.

The service will be held Sunday, April 1, at 7 a.m. at Stephen Foster Folk Culture Center's Carillon Tower East Lawn.

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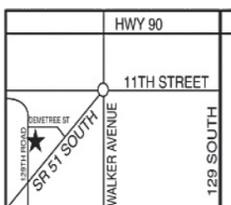
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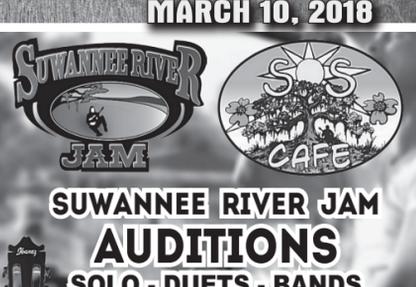
FRIDAY



JUKEBOX OLDIES

MARCH 10, 2018

SATURDAY



SUWANNEE RIVER JAM AUDITIONS
SOLO - DUETS - BANDS

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Opinion



Decline of morality is to blame for increased violence

Before we discuss violence with guns, I'd like to run a couple of questions by you. According to the Centers for Disease Control and Prevention, every day nearly 30 Americans die in motor vehicle crashes that involve drunk driving. What kind of restrictions should be placed on automobile ownership? Should there be federal background checks in order for people to obtain a driver's license or purchase a car?



WALTER WILLIAMS

The FBI's 2015 Uniform Crime Report shows that nearly three times more people were stabbed or hacked to death than were killed with shotguns and rifles combined. The number of shotgun and rifle deaths totaled 548. People who were stabbed or hacked to death totaled 1,573. Should there be federal background checks and waiting periods for knife purchases?

Any mature and reasonable person would argue that it is utter nonsense to deal with drunk driving deaths and knife deaths by having federal background checks and waiting periods to obtain a driver's license or to purchase a car or knife. One would recognize, just as courts and the general public do, that cars and knives are inanimate objects and cannot act on their own. Therefore, if we want to do something about deaths resulting from drunk driving or being stabbed or hacked to death, we must focus on individuals. It would be folly and gross negligence of victims for us to focus on inanimate objects like cars and knives. Guns are also inanimate objects and like cars and knives cannot act on their own. It's also plain folly to focus on guns in the cases of shooting deaths.

What about the availability of guns? It turns out that for most of our history, a person could walk into hardware and department stores or a gun store, virtually anywhere in the United States, and purchase a rifle or pistol. The 1902 Sears mail-order catalog had 35 pages of firearm advertisements. Other catalogs and magazines from the 1940s, '50s and '60s were full of gun advertisements

directed to both youngsters and parents. "What Every Parent Should Know When a Boy or Girl Wants a Gun" was published by the National Shooting Sports Foundation. Another magazine advertised "Get This Cowboy Carbine with Your Christmas Money." Just a few states even had age restrictions for buying guns. Private transfers of guns to juveniles were unrestricted. Often a 12th or 14th birthday present, from a father to his son, was a shiny new .22 caliber rifle.

Today, there is far less availability of shotguns, rifles and pistols than any time in our history. That historical fact should raise the question: Despite the greater accessibility to guns in previous decades, why wasn't there the kind of violence we see with today's far more restricted access to guns? Have rifles and pistols changed their behavior from yesteryear and they are now out committing mayhem and evil? To answer in the affirmative can be dismissed as pure lunacy. Thus, if guns haven't changed, then it must be that people have changed. Half-witted psychobabble such as stopping children from playing schoolyard games like cops 'n' robbers and cowboys 'n' Indians won't do much. Calling for more gun restrictions, gun-free zones and other measures have been for naught.

We must own up to the fact that laws and regulations alone cannot produce a civilized society. Morality is society's first line of defense against uncivilized behavior. Moral standards of conduct have been under siege in our country for over a half a century. Moral absolutes have been abandoned as guiding principles. We've been taught not to be judgmental, that one lifestyle or set of values is just as good as another. We no longer hold people accountable for their behavior and we accept excuse-making. Problems of murder, mayhem and other forms of anti-social behavior will continue until we regain our moral footing.

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 webpage at www.creators.com.



Please drive safely on roadways

For the second straight week, someone has died on our area roadways.

As of Tuesday, there have been five crashes on Hamilton County roads in the span of a week. Fortunately only one of those included injuries.

One nearby in eastern Suwannee County last weekend included a fatality.

That followed a deadly accident the weekend before in Hamilton County.

Traffic accidents, a number involving just one vehicle, have taken a toll. Lives lost. Others seriously wounded. Families have been shattered.

We need to keep that in mind as we get behind the wheel.

Every action we take has an affect on others, even those we don't realize.

So we must pay closer attention.

Ignore the phone call and, especially, the text.

Avoid the distraction of trying to find a better song on the radio.

Keep our eyes peeled and on the road.

Watch for traffic signs and incoming traffic.

Be more cautious about making turns.

Try not to rush to beat a stop light.

Slow down, period.

Rather than being in a hurry to get somewhere, anywhere, let's instead make sure that we just reach that destination.

In the first two-plus months of the year, more than 40 times people did not while driving on Hamilton County roadways.

That's slightly below the totals from the previous two years.

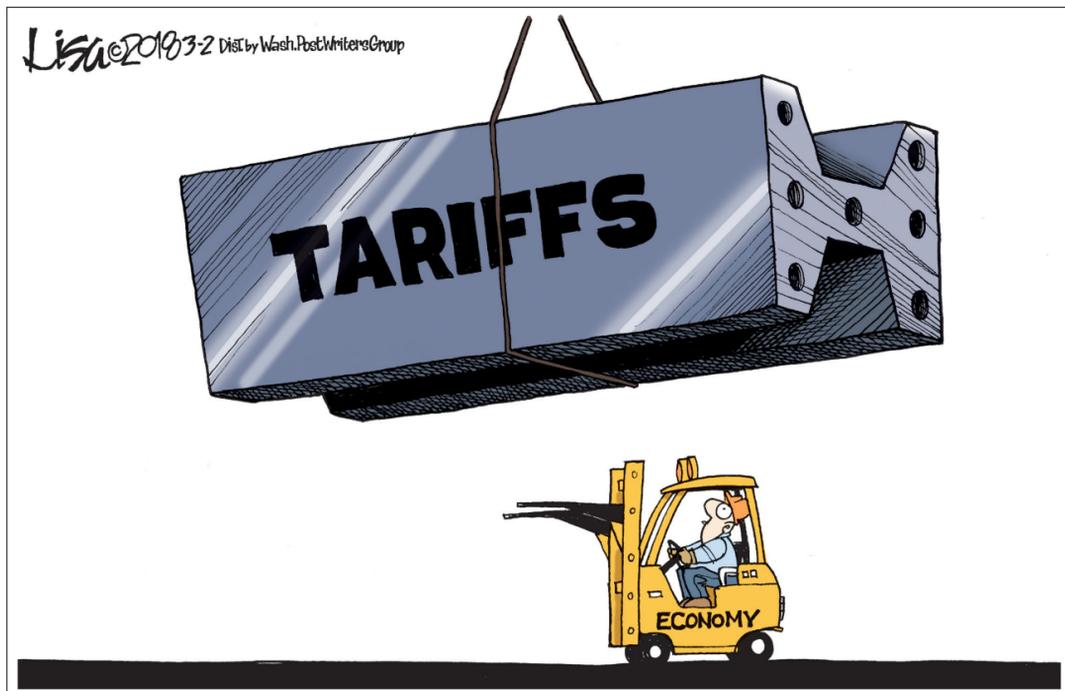
And spring break and summer vacation travel season hasn't even arrived yet with an increase in traffic on the Interstate 75 corridor.

Last year ended with nearly one fatality per month and more than an injury in a crash every other day.

Let's do our part in lowering that this year.

Let's try for being below average.

Let's aim for being safe and sound.



The freshest beer around

I heard that a brewery had opened in Columbia County recently, so I decided to ride over to Lake City and check it out. I was under the impression that the brewery was in an expanded portion of the Marion Street Bistro and Brew House, but my mistake was a fortunate one. Once we got our table on Friday night, we asked the waitress about the brewery. She told us the new brewery was around the corner and that they do not serve full meals there.



ERIC ANTHONY RODRIGUEZ

We had a good meal at Marion Street Bistro and were treated to live music by Kellen Vincent as we were finishing our chicken and waffles with a side of oysters. Kellen told the crowd that he won his way into the Suwannee River Jam this year, and after listening to him play a few songs it was easy to believe. I really enjoyed his renditions of "Hey Ho" by the Lumineers and "I'm Yours" by Jason Mraz. Considering the news lately, I think the entire restaurant was glad he played "Don't Worry, Be Happy."

After dinner, we walked around the block and found the Halpatter Brewing Company. We entered the downstairs part of the brewery through some garage doors, and there was a short line in front of the bar with a long row of taps behind the bar. Above the taps was an enormous screen that listed the 16 choices of beer, ale, cider and stout. Six of the 16 choices were made in Lake City. None of the choices are what I would call cheap; so if you feel the price of Bud Light has gotten ridiculous lately, you probably would not think the trip to Halpatter was

a wise choice. The food choices were things like chips and salsa or a soft, warm pretzel, so I was glad we had already eaten.

I decided to try the Pineapple Cider from a company called Ace because I have never even heard of pineapple cider before. It was so sweet and delicious. I took my glass outside and stood by the fire for a bit. There were a couple of fire pits and a couple of corn hole games going on. Thankfully, no one threw one of the game bags into the fire while we were there. We went upstairs to check out that part of the brewery.

There was a large wooden deck outside and several tall tables inside next to the bar and many taps that also had a large screen above them like downstairs. There was also an adjacent room where an intense game of ping pong was taking place. Upstairs there were also 16 beverage choices and very few were repeats from what was available downstairs. I decided to try one of the local brews this time. The Cookies and Cream stout from Halpatter was the best stout I have ever tasted. I usually don't like stout beer, but I could get used to drinking a glass of Cookies and Cream after dinner.

There was some construction still going on, so maybe one day soon you will be able to get a full meal along with an incredible beer, ale, cider and stout selection. I think it is great that there are delicious beverages made right here in our neck of the woods. The Halpatter Brewing Company is located near the corner of NE Hamilton Street and NE Hernando Avenue in downtown Lake City.

Eric lives in Suwannee County and is a public school educator. He is an independent contractor. You can reach him at miamistyle8@gmail.com.

The Jasper News

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To Submit Letters

The Jasper News welcomes letters from readers on matters of public interest, with the following guidelines:

- Letters must contain your full name, address, daytime phone number and city of residence. Only your full name and city of residence will be published with the letter.
- Letters must reflect issues of current interest to the general public and be concise.
- Management has the right to refuse any material it believes does not meet standards of publication.

You can email letters to nf.editorial@gafnews.com
fax them to 386-364-5578 or mail them to:
Letters to the Editor, The Jasper News
P.O. Box 370, Live Oak, FL 32064

OBITUARIES and Death Notices

Milton Willie Clarence Peterson
Dec. 17, 1940 - Feb. 23, 2018

It is with much sadness that we announce the passing of our brother, Milton Willie Clarence Peterson, affectionately known as "Peter." He passed away quietly on Feb. 23, 2018, in the home of his daughter and son-in-law, Melanie and Joseph Davila, in Fredericksburg, Va. Milton was born on Dec. 17, 1940 and grew up in Jasper, Fla.

Peter was a very quiet, motivated individual with personality plus.

Some of his life achievements include being an accomplished baker, specializing in cake decorating for the Giant Food Company.

Peter and his wife, Gerrie established a

successful daycare center in Fredericksburg, Va., known as "The True Vine Day-care Center."

Peter and Gerrie also formed a popular Gospel Singing Combo and attended many singing engagements in the Virginia area throughout the south.

We are going to miss Milton. He was alert, coherent, and smiling until the end.

The family was blessed to have him as a father, a brother, uncle, and a cousin.

We will certainly miss his easy-going personality, his great sense of humor, and his beautiful smile.

Ames Funeral Home is in charge of arrangements.

Publix recognized for United Way support



The Live Oak Publix conducted its annual Publix appreciation day to recognize the generosity of its employees as demonstrated by the store's recently announced United Way campaign results. The employee pledges totaled \$10,199. The employee break room was decorated with United Way balloons, thank you cards from United Way affiliated agencies, and a cake — made and beautifully decorated by the Publix bakery department. Pictured are, left, Pam Cochran, Suwannee County United Way campaign chair, and Tenieka Parker, Publix, Live Oak United Way campaign coordinator.

Religion

Heart Matters

Be ready for God's changes in you

As I have watched the weather channel this winter, I am more thankful than ever to live in Florida! There were many days when our little state was the only ground not literally covered with snow and ice. And yet, my feet stay cold from November till April. Between that and my thick southern accent, I would have to stock up on wool socks and a find a translator to survive up North!

So, I'm wondering if you have enjoyed the few warm afternoons lately teasing us toward spring as much as I have. I think spring is the season that yells "NEW" to us like nothing else. After months of everything looking dead, life begins to reappear. Miraculously, God is up to a new thing as He renews the earth! And yet, too often we take it for granted. Perhaps we just get used to the routine and stop really seeing it. Listen to the words of Isaiah 43:16-19:

"This is what the LORD says — He who made a way through the sea, a path through the mighty waters, who drew out the chariots and horses, the army and reinforcements together, and they lay there, never to rise again, extinguished, snuffed out like a wick: Forget the former things: do not dwell on the past. See, I am doing a new thing! Now it springs up, do you not perceive it? I am making a way in the desert and streams in the wasteland...I provide water in the desert and streams in the wasteland, to give drink to my people, my chosen, the people I formed for myself that they may proclaim my praise."

For generations, the children of Israel had repeated the testimony of God delivering them from slavery in Egypt by way of the Red Sea. Indeed, He parted those mighty waters and they walked through on dry ground. He also closed those waters over Pharaoh's army and sent the Israelites on their way (Exodus 14). At the time of Isaiah's writing, the Israelites have once again found themselves enslaved. Not by Egypt this time,

but by Babylon. No Red Sea, just a lot of sand. And God wants them to trust Him to deliver, but they can't see how He can. According to verse 22: "Yet you have not called upon me..." they are just used to the routine. This is where we are, this is how it is.

If we aren't careful, we can make an idol out of our routine. We hold on to it so tight that we can't see God doing a new thing all around us, or IN us! What new thing does God want to do in your life? Renew your marriage? Make a new friend or heal a broken relationship? Is it time to get serious about taking care of your health, get your finances under control, or just break a bad habit? If you are honest, you already have an idea of what He wants to do; you just haven't been willing to change. We settle with "this is where I am, this is how it is" because change is such a scary word and an even scarier thought. But what if the change is worth the change? What if you had help? "This is what the LORD says — He who made you, who formed you in the womb, and who will help you: Do not be afraid..." (Isaiah 44:2). This may be where you are, but it doesn't have to be where you stay. Let Him do a new thing so that you may proclaim His praise!

Because your heart really does matter,
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.



ANGIE LAND

Doctrinal views expressed on our Religion pages are those of the individual authors and not necessarily of *The Jasper News*.

WEEKLY BIBLE VERSE

"These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."

— Deuteronomy 6: 6-7 NIV

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Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



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NOTICE OF CLOSURE

Dr. Rana's office, located at 413 NW 5th Ave, Jasper, FL. Will be closing permanently effective **February 27th, 2018**.

We will continue to operate **Urgent Medical Care** at 609 SW 5th Street, Suite 5, Live Oak, FL. (behind **Auto Zone** on 90). Our Live Oak location is open 6 days a week, **8am to 5pm Mon-Fri** and on **Saturdays 10am to 2pm**. We will be happy to care for all of our **Jasper** patients, as well as new patients in **Live Oak office**. If you have any questions or concerns, please call **386-208-1200**.

For any patients unable to come to Live Oak, we recommend you to establish medical care under another provider. We will transfer all medical records upon written request.

We thank you for trusting Dr. Rana's office with your care since April 2011.

48430-1

Church & Family Go Together

<p>BAPTIST (Southern)</p> <p>NEW HOPE BAPTIST CHURCH SR 6 West, 6592 NW 48th St., Jennings, FL 32053 www.newhopejennings.org 938-5611</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..... 6:30 p.m.</p> <p>Wednesday Prayer Meeting, Team Kids, Youth 6:30 p.m. Van pick-up upon request 50504-1</p> <p>BAPTIST (Southern)</p> <p>FIRST BAPTIST CHURCH "Where Friends become Family" 207 N.E. 2nd Street, Jasper 792-2658 Pastor Roger Hutto</p> <p>SUNDAY SERVICE Sunday School.....9:45am Morning Worship.....11:00am Bible Study.....6:00pm</p> <p>WEDNESDAY SERVICE Wednesday Evening Supper6:00 pm (Up Street) Children's Ministries.....6:30pm (Salt & Light) Youth Ministries6:30pm Prayer meeting.....6:30pm We welcome everyone to check out our NEW Children's Environment! 50508-1</p>	<p>CATHOLIC CHURCH</p> <p>ST. THERESE CATHOLIC CHURCH Three miles north of Jasper U.S. 41 P.O. Box 890, Jasper, FL 32052 Rectory U.S. 90 E., Live Oak, FL (386) 364-1108 Saturday MASS 4:00 p.m. 50502-1</p> <p>METHODIST</p> <p>FIRST UNITED METHODIST CHURCH 405 Central Ave., Jasper, FL Pastor - Missy Turbeville Phone - 386-792-1122</p> <p>SUNDAY Morning Worship..... 10:00am</p> <p>WEDNESDAY Bible Study..... 10:00am (Family Night Dinner 3rd Wednesday at 6pm) Clothes Closet 4th Saturday 1-5pm 50511-1</p>	<p>PRESBYTERIAN</p> <p>FIRST PRESBYTERIAN CHURCH 204 N.W. 3rd Avenue, Jasper 792-2258 Pastor: Ruth Elswood</p> <p>SUNDAY 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</p> <p>WEDNESDAY Choir Practice..... 7:00 p.m. 50513-1</p> <p>Non-Denominational</p> <p>BURNHAM CHRISTIAN CHURCH 4520 NW CR-146, Jennings, FL 32053 386-938-1265 Youth Pastor: Patrick Murphy</p> <p>SUNDAY Sunday School.....9:45 a.m. Worship..... 11:00 a.m. Bible Study..... 5:00 p.m. Youth Program..... 5:00 p.m.</p> <p>WEDNESDAY Kids Rock: Pre-K4 - 6th Grade: 6:00pm - 7:30pm 50430-1</p>
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Building On
FAITH

To list your church in the church directory, Please call Ninan 386-362-1734

Around the Banks

Enjoy springing forward with nature, events

"Spring forward" in regards to the change of time to Daylight Savings.

How many times has that been said in regards to time? Sunday, March 11, 2018, early in the morning, the spring forward begins again, and many of you will not be up in the wee hours of Sunday, March 11, 2018, so "spring forward" an hour before you "retire" for the evening on Saturday, March 10, 2018, and, that way, you will be "on time" for labor or leisure.

Officially spring does not occur on the calendar until Tuesday, March 20, 2018, but unofficially it has arrived here "Around the Banks of the Suwannee," and I love it. There is something in the Southern soul that loves the vibrancy of color. It's almost as dear to us as sweet tea, almost.

We don't have the long ordeal of winter that some places have, but we had enough of a taste of it, and, some might say for them, too much this year, that we know what it is. At any rate, I love spring, pollen and all. Spring is a time of refreshment, renewal and rebirth.

I was reminded of that a short time ago when I went out to Hamilton County Elementary School and was invited to step inside the classroom of Mrs. Erica McCoy, one of Hamilton County's outstanding public educators and to meet her new arrivals in the classroom, a whole beautiful bunch of baby chicks.

As I stood there smiling, I thought about how, even in the spring of the year, the cycle remains the same, and we take joy in many of this season's cyclical traditions and events; the hatching of newborn baby chicks, seeing that first dogwood or azalea "pop out" from its winter sleep; death, burial, re-birth. The story as old as the season itself.

A number of friends posted photos of the wild azaleas in bloom near the Big Shoals, Florida's only white-water rapids, located on the Suwannee River north of White Springs.

As I enjoyed these photos, and thought about the joy of those on their Sunday hike or walk along the beautifully paved and scenic Woodpecker Trail at the Big Shoals State Park north of White Springs, my memories took me on a trip, long before there was any thoughts of a park being there; the joy, and anticipation of that first big "bunch" of wild azaleas across a road ditch on a white sand road north of our farm about six miles north

of the Big Shoals tract where, each year, riding in the cab of a pick-up truck between Daddy and Uncle Warren, as the cigarette smoke from the Viceroy's sent an aroma that shall forever be "them" to me. Whomever was driving, Daddy or Uncle Warren, would stop the truck for me, as they looked over the flatwoods, one of thousands of the same trips taken through the years, and cut some wild azaleas for me with razor sharp pocket knives to take to my then current elementary teacher, at White Springs, we had a choice in second grade of the late Mrs. Virginia Daniel or Mrs. Virginia Daniel, and in first grade of Miss Virginia Bell or Miss Virginia Bell, and in fifth grade of the late Miss Mildred Shiver or Miss Mildred Shiver, all wonderful educators, still lovingly and fondly remembered.

Here are some events that are always welcomed in our area, and they are "a-coming" just like our spring time on the Suwannee.

Friday, March 16, 2018, White Springs, Florida, "A Taste of White Springs" at the Nature and Heritage Tourism Center on U.S. Highway 41 and Bridge Street, from 6 p.m. till 8 p.m. Tickets are \$5 each, and if you want a plate full of good north Florida home-cooked goodies and a cool beverage, fruit punch, my mother's special, or cool water, come on down, pay your money, rock in the rocking chairs on the front porch, visit with your friends, and enjoy an evening of good times, laughter and good food, not "around" but "on" the banks of the Suwannee River. You can watch it quietly flow by, as you savor the culinary, musical, and natural surroundings of the area.

Saturday, March 17, 2018, Wild Azalea Festival, music, children's events, arts and crafts, regional foods, at the Bailey Ogburn Memorial Field behind New Bethel A.M.E. on U.S. 41 and Adams Memorial Drive, from about 10 a.m. till late in the afternoon. Events around the Nature and Heritage Tourism Center and inside Stephen Foster Folk Culture Center State Park. Come and enjoy.

Want more tradition, the more than a century old Suwannee County Fair begins on Friday, March 16, 2018, at the Suwannee



JOHNNY BULLARD



County fairgrounds, Live Oak. Go enjoy the Suwannee County Fair. More memories of more than a half century ago going there with my maternal aunt and a longtime close friend (shouting out to you, Margaret W. and Becky W. D.) That was a much bigger deal to us than Disney World. The unmistakable, porcine, bovine, poultry, grilled onions, popping popcorn, and all the 4-H and Home Demonstration Booths, the Suwannee County Fair had it going on and still does today. Here are the details for the Fair

Friday, March 16: 5 p.m.-1 a.m.

Saturday, March 17: Noon-Midnight

Sunday, March 18: 1-6 p.m.

Monday, March 19: 5-10 p.m.

Tuesday, March 20: 5-10 p.m.

Wednesday, March 21: 5-10 p.m.

Thursday, March 22: 5-10 p.m.

Friday, March 23: 5 p.m.-1 a.m.

Saturday, March 24: Noon-Midnight

More than a week of the annual Suwannee County Fair and Youth Livestock Show at the Suwannee County Agricultural Coliseum.

Admission prices range from \$3 to \$30, and I am sure more details on this event will be shared in the "Suwannee Democrat" and "Jasper News."

In closing, I wish to extend my appreciation and that of our community to Walter and Merri McKenzie, White Springs, for their longtime love of folk music and traditions and for "bringing" many wonderful folk musicians to our area through the White Springs Folk Club. The Folk Club will have their last gathering of good music, good times, and fun on Saturday, March 17, at White Springs United Methodist Church, beginning at 7 p.m.

I also want to, in advance, thank, Mrs. Carolyn Cannon, my church family at White

Springs United Methodist Church, all the churches in our White Springs area, as well as the staff of Stephen Foster Folk Culture Center State Park, and the Town of White Springs, who support our annual Easter Sunrise Service and who make it a success each year. We will celebrate our 51st annual on Sunday, April 1, 2018, Stephen Foster Folk Culture Center State Park, admission for this event is free and coffee, orange juice and doughnuts are served after the Easter Sunrise Service in the carillon auditorium, and, if you read this column before Thursday evening, come on down, Thursday, March 8, 2018, at 7 p.m. and join us at White Springs United Methodist Fellowship Hall for the annual planning session of the Easter Sunrise Service. I can assure you, we welcome you and cordially invite you and encourage you to attend.

Charles and Barbara Williams were decorating the Jasper City Park on Monday when I drove through. Thank them and the City of Jasper for this effort in the Park in Jasper, Florida.

So, there you go, nature's cycle, the cycle of tradition, longtime tradition, music, fun, time with friends and family, what could be more north central Florida? So much to see and do and enjoy, and, if none of that suits you, pack yourself a simple picnic lunch and visit one of the area's state parks or just take your own special walk down to the banks of the Suwannee and enjoy this time of year, pollen and all, watching that old Suwannee River flow by singing her song of springtime. It will be good for what "ails you."

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

AMENDED NOTICE OF TAX FOR SCHOOL CAPITAL OUTLAY

The **Hamilton County School District** will soon consider a measure to amend the use of property tax for the capital outlay projects previously advertised for the 2017-18 school year.

NEW PROJECTS TO BE FUNDED:

MAINTENANCE, RENOVATION, AND REPAIR

Repair and upgrade to building fire alarm systems.

MOTOR VEHICLE PURCHASES

Purchase of (2) school buses.

Purchase of maintenance vehicles.

NEW AND REPLACEMENT EQUIPMENT, COMPUTERS, ENTERPRISE RESOURCE SOFTWARE, AND S. 1011.71(2), F.S. ELIGIBLE EXPENDITURES IN SUPPORT OF DIGITAL CLASSROOMS PLANS PURSUANT TO S. 1011.62(12), F.S.

Purchase of (1) pressure washing unit and related accessories.

Lease-purchase of (1) cleaning and disinfecting system.

Purchase of (1) forklift and related accessories.

Purchase and installation of fuel management equipment and related software.

Purchase of software application for student transportation.

All concerned citizens are invited to a public hearing to be held on Tuesday, March 13, 2018, at 5:45 p.m. at Hamilton County School Board District Office.

A DECISION on the proposed amendment to the projects funded from CAPITAL OUTLAY TAXES will be made at this hearing.

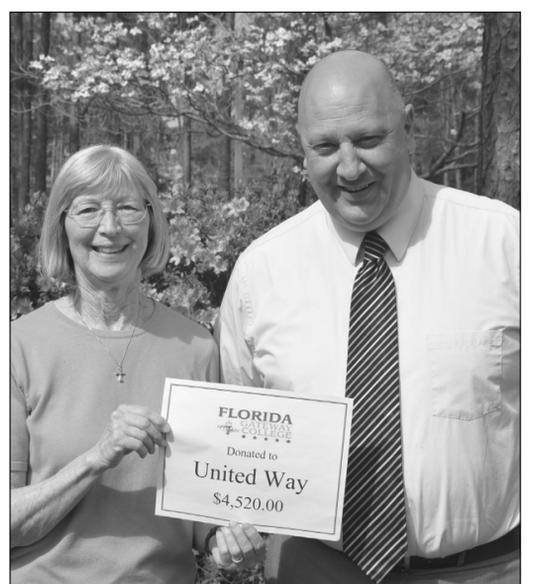
TO ALL TRADESMEN & SERVICE PROVIDERS:

Haven't you always heard the old saying, "Big things come in small packages?"

Well, this is the idea behind the new Tri-County Service Directory coming soon to the Suwannee Democrat, The Jasper News & the Mayo Free Press!

Call
386-362-1734
Extension 102
for more information on how to place a small ad (that's the "small package") to appear in all 3 of our publications which means the opportunity for your ad to be seen by approximately 4,600 potential customers (and that's the "big things").

United Way Donation



Florida Gateway College President Dr. Lawrence Barrett presents a donation of \$4,520 from FGC faculty and staff to the United Way of Suwannee Valley on Monday. Executive Director Rita Dopp accepts the donation on behalf of the organization.

Healthy Living

What is the mind-body connection?

A few years back, I wrote an article that was titled “your body hears everything your mind thinks.” Before that article, I wrote “if you think you can’t, you’re right.” Both of these articles were about the mind-body connection and how what we think affects what we do.

Fast forward a few years, and the book I am reading now is called *The Power of Neuroplasticity*, written by Shad Helmstetter Ph. D. It was recommended reading by a Christian woman I follow on social media. All I can say is WOW. I am roughly 50 percent through as I write this week’s article and it has reminded me again how important the mind-body connection is.

We often forget that everyone has an opinion and many times that opinion affects how we think and feel about ourselves. Quite often we ask for someone’s opinion regarding what we should do or what decision we should make. And what do we get? THEIR opinion. Their opinion mirrors how THEY feel about the topic not necessarily what is in our best interest.

When we let another’s opinion determine

what we do, we allow them to affect our future — good or bad. For example, if you are struggling with lowering your blood pressure, who should you ask for advice? A person that has been able to lower their blood pressure through lifestyle changes or someone who is taking stronger and stronger blood pressure medication to control it?

Your answer should be the person who was able to lower it through lifestyle changes. Why? They understand your struggle and the effort you will need to reach your goal of lowering your blood pressure. The other person continues to struggle with the problem. We need to surround ourselves with people who motivate and encourage us to be better today than we were yesterday — no matter what goal we are working toward.

Back to the mind-body connection. If you are around people who have a negative opinion or attitude regarding something you want to do, it’s a good possibility you will take on that attitude. After all, we tend to act and think the same way as those around us. So how do we break this

pattern?

By becoming aware of it. The first time I was asked to speak at an event many years ago, I think every other word out of my mouth was “like.” I didn’t even realize I was doing it until watching a video playback, VIDEO IN THE VCR (that’s a flashback). When I heard how often I used the filler word like, I cringed. What did I do about it? I made a conscious effort to be aware of using that word whenever I talked to anyone. Being conscious of it, allowed me to pause, stop speaking, take a breath and remove the word from my sentence.

As I did with breaking the habit of using the filler word “like,” you will use the same process for any habit you want to break or goal you want to reach. First, you need to be aware of it then you need to set the intention to propel you forward to reaching it.

What goal do you want to reach or habit do you want to break? First thing in the morning no matter what else is going on, stop. Think of that habit you want to break

or goal you want to reach. Throughout the day, when making decisions ask yourself if your choice will get you closer to or farther from reaching the goal that you set that morning. If the answer is closer, you are on the right track.

Don’t let anything or anyone stop you from reaching your goals. At the end of the day, the only opinions that matter are God’s and our own. You GOT this! Have a great week.

Have a great week!
Denise



DENISE SANGER

Denise Sanger is a certified fitness instructor, FXP Hoop instructor, licensed Zumba, STRONG by Zumba instructor, yoga, teaches morning classes at Dog Pound Health & Fitness. Denise may be reached at DeniseSanger.com, 386/292-6105 or denisesanger@gmail.com.

Shawna Caspi to perform at final White Springs Folk Club

WHITE SPRINGS — The White Springs Folk Club has always taken pride in featuring talent from all across the world, and will do so once again for its closing ceremony.

Shawna Caspi, a mighty singer, amazing fingerstyle guitarist, story sculptor and truth teller, will perform for the Folk Club on Saturday, March 17, at 7 p.m. The performance will take place at the White Springs United Methodist Church, 16580 U.S. Highway 41 (Spring Street).

Caspi performs solo, but there’s a whole band under her fingertips. A fresh voice, yet a seasoned performer, she has toured across Canada and the USA and believes in poetry and the power of one person and one instrument, accompanying herself with a remarkable lyrical fingerpicking guitar style. She loves the landscapes of her travels and while weaving them into her songs, she has also been portraying them on canvases, painting one-of-a-kind works of art inspired by the rich scenery she sees on tour.

“I just knew that I was booking someone who epitomizes excellence and distills her performance down to the pure essence of what folk music is all about,” organizer Walter McKenzie said about bringing Caspi to White Springs.

A full house is anticipated, so to guarantee a seat, please RSVP to mckenzie@windstream.net, or call 386-303-1394.

A suggested donation of \$15 includes excellent refreshments at intermission.

Pro rodeo returns to Lake City next week

FLORIDA GATEWAY PRO RODEO

LAKE CITY — The 24th annual Florida Gateway Pro Rodeo will be held next week at the Columbia County Fairgrounds.

Sanctioned by the Professional Rodeo Cowboys Association, Lake City will welcome some of the Southeast’s best cowboys and cowgirls for a fantastic weekend March 16-18 of bull riding, barrel racing, steer wrestling, team roping, bronc riding, and all of the other excitement the rodeo brings, including entertainment with rodeo clown Troy “Wild Child” Leawill.

The rodeo kicks off Friday, March 16, with gates opening at 7:30 p.m. and performances beginning at 8 p.m. The first 500 children to enter will receive a free souvenir.

On Saturday, the public is invited to come out and wear pink to show support for cancer awareness. Funds from Saturday will go towards supporting the Tough Enough to Wear Pink Crisis Fund, which helps cancer patients with medical bills, prescriptions, equipment, and more. Gates open at 7:30 p.m., with the rodeo starting at 8 p.m.

On Sunday, the rodeo will be saluting the U.S. Armed Forces. All military with a valid ID will receive free admission Sunday. Gates open at noon Sunday.

Tickets may be purchased in advance at S&S Food Stores and Russell’s Western Wear for \$10 per adult and \$5 per child, age 6-12 years. Children 5 years and under are free. Tickets at the gate will be \$14 for adults and \$5 for children. Adult tickets may also be purchased online at Eventbrite.com.

Contact Christina Miller at Columbia County Resources, 386-752-8822, for additional information.

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Community calendar submissions

aimee.buckner@gaffnews.com

*Profitable events must go through our advertising department. Calendar submissions are published within space availability and are not guaranteed consistency.

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Community Calendar



Community Calendar FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Groundhog Day	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 Presidents' Day	20	21	22	23	24
25	26	27	28			

Share Your Blanche Stories

We are looking for people to share their or their family stories and pictures about the Blanche Hotel. We hope to include former employees, guests, event attendees and businesses that were located in the Blanche Building. The interviews will be videotaped and the photos scanned. All participants will receive a free eBook version of the book, "The Blanche A History" when it is published in the fall. Check out our website: <http://TheBlancheAHistory.websandblogsforwriters.com> to schedule a time at the Columbia Co. Public Library on Mon. or Tues. from 6 p.m. to 8 p.m. in March or April.

Mar. 7

Savvy Caregiver Training

10 a.m.-Noon
Savvy Caregiver is a free, seven-session training program designed for caregivers who serve family members and friends with any form of dementia (i.e. Alzheimer's). The goal of Savvy is to increase knowledge and skills to lessen caregiver stress and improve levels of care.

For information, or to register contact Johnnie Jones III at (352) 692-5277 or by e-mail at jonesj@agingresources.org. Pre-registration is required. Suwannee River Regional Library

Mar. 7

NFCC Site Review

North Florida Community College will host a site review for initial accreditation of its associate and baccalaureate nursing programs by the Accreditation Commission for Education in Nursing (ACEN) on Wednesday, March 7. The public is invited to meet the ACEN site visit team and share comments about NFCC's associate and baccalaureate nursing programs in person or in writing. MORE INFO at <https://www.nfcc.edu/about-nfcc/public-announcements/index> or call (850) 973-9428.

Mar. 8

Suwannee County Conservation District supervisor meeting

The supervisors of the Suwannee County Conservation District will meet on March 8 (instead of the third Thursday this month) at 7 p.m. in the USDA Service Center Conference Room for their regularly scheduled District Meeting. The USDA Service Center is located at 1525-B Ohio Ave. South, Live Oak.

Mar. 8

Military History in Suwannee County

Noon-1 p.m.
Learn about the military history of Suwannee County with County Historian Eric Musgrove. Suwannee River Regional Library 386-362-2317

Mar. 9

'Safety Concerns for the Church'

Suwannee County Sheriff Department will be presenting "Safety Concerns for the Church." Those of the community who are pastors, security team members, ushers, door greeters or anyone who has safety concerns are welcome to attend this event. The guest speaker will be Sheriff Sam St. John. For more information, call Johnnie Philman Men's Ministry at 386-842-5494 or Pastor Wes Tank-sley at 386-362-2483.

Mar. 10

New York Day Celebration

New York Day, for all who have lived anywhere/ anytime in New York State and guests, will be held at the new Sal's Downtown, 297 N. Marion Ave., Lake City. A variety of specialty pizzas by the slice or whole, hot and cold sandwiches, calzones and stromboli will be available to order. Wine, beer, soft drinks and delicious desserts will also be available. Tony Buzzella will entertain throughout the afternoon. There will also be door prizes. a 50/50 drawing, and a NY trivia game. A registration charge will be collected at the door. We will need a firm headcount so Sal's can prepare. Please reply by Monday, March 5 to Vern Lloyd 397-3113, Maureen Lloyd 397-0598, Sue Tuell 961-5190 or vernmoe@comcast.net.

Mar. 10

Pancake Breakfast

Pancake Breakfast, Sat., March 10, from 8 a.m. to 11 a.m., at Spirit of Christ Lutheran Church, located at 145 SW Sweetbreeze Drive, Lake City (386-752-3807) – take US-90 West past Harvey's Supermarket. **Takeout available.**

Mar. 10

"Hometown Heroes" Softball Tournament

The second "Hometown Heroes" Take the Field Against Domestic Violence softball tournament will be held on March 10 at 10 a.m. The tournament will be held at the First Federal Sports Complex, 1201 Silas Drive, Live Oak, FL. Admission fees apply. Concession food and drinks will be sold, and all proceeds will benefit Suwannee County's domestic violence shelter.

Mar. 14

Knitting Class

11:30 a.m.-12:30 p.m.
Learn how to knit, purl, cast on, and bind off. Please bring needles and yarn. Taught by Debra Barney Suwannee River Regional Library 386-362-2317

Mar. 14

Straw Bale Beds Workshop

2 p.m.
Learn about gardening with straw bale beds. Presented by Suwannee County Master Gardeners. Suwannee River Regional Library 386-362-2317

Mar. 15

Herbs in the Landscape Workshop

Noon-1 p.m.
Learn about gardening with herbs. Presented by Suwannee County Extension Agent, Carolyn Saft. Suwannee River Regional Library 386-362-2317

Mar. 21

Crocheting Class

11:30 a.m.-12:30 p.m.
Learn how to crochet. Please bring needles and yarn. Taught by Debra Barney Suwannee River Regional Library 386-362-2317

Mar. 22

Cooking Demo

Noon-1 p.m.
Cooking Demo by Bonnie Box, Suwannee County

Community Calendar event submissions

Want to place your upcoming event(s) in our weekly Community Calendar?

Email your events to aimee.buckner@gafnews.com.

Include basic details such as who, what, where and when.

Please note: profitable events will need to be handled by our advertising department. For more information, contact Aimee via email. Deadline for submissions is Monday at 3 p.m.

Extension Office. Sample mango salsa and learn about smart snacking options. Bonnie will share recipes that are low-cost, healthy, easy, and tasty. Suwannee River Regional Library 386-362-2317

Mar. 24

CPR & First Aid Class

9 a.m.-3 p.m.
Free class taught by Suwannee Fire Rescue. Space is limited. Please pre-register. Suwannee River Regional Library 386-362-2317

Mar. 24

Annual "Share Saturday"

New Hope Baptist Church announces its annual "Share Saturday" for March 24 from 8 a.m. until noon. This is the church's gift to the community as every item is free. There will be clothes of all sizes, toys, household goods and other items. New Hope is located at 6592 N.W. 48th Street, Jennings, 1 mile off State Road 6 West. The public is invited to attend. Please note: this event will not begin until 8 a.m.

Mar. 28

One for the Money Book Club

2:00-3 p.m.
Join us to discuss One for the Money by Janet Evanovich. Copies available for checkout at the front desk. Suwannee River Regional Library 386-362-2317

Apr. 4

Francis Gary Powers, Jr. Presentation and Book Signing

6 p.m.
Francis Gary Power, Jr., international lecturer on the Cold War and son of Francis Gary Powers, the U2 pilot shot down over Russia in 1960, will speak on the spy plane incident. He recently published a book Letters from a Soviet Prison: the personal journal and correspondence of CIA U-2 pilot Francis Gary Powers. Copies of this book will be available for purchase and signing. Suwannee River Regional Library 386-362-2317

Apr. 14

Alligator Lake Spring Festival

The Alligator Lake Spring Festival will be held Saturday, April 14 at Alligator Lake Park in Lake City from 10 a.m. until 3 p.m. Enjoy a free community festival celebrating nature. Bird walks led by experts start at 8 a.m. on the Florida Birding Trail. Walking workshops highlight butterflies, native plants and bird habitats. Featuring a Full Flight Raptor Program, with live owls, falcons and hawks by Accipiter Enterprises™. Vendors and exhibitors offer nature and garden related items, and native plants. Many free activities will be offered for children, music, food and drinks will be available. www.fourriversaudubon.org

Apr. 14

60th Anniversary Diamond Jubilee Gala

The North Florida Community College Foundation has an elegant night of dinner, dancing, entertainment and reminiscing planned for its 60th Anniversary Diamond Jubilee Gala (student scholarship fundraiser) on Saturday, April 14. For more information on sponsorship opportunities, contact the NFCC Foundation at 850-973-9414 or foundation@nfcc.edu. To make seating and table reservations: (850) 973-9414 or www.ticketsource.us/nfcc.

Apr. 20

John McEuen and The String Wizards to Perform

The NFCC Artist Series presents John McEuen and The String Wizards on Friday, April 20 at 7 p.m. at Van H. Priest Auditorium. Join Grammy-award winning host John McEuen (founding member of the Nitty Gritty Dirt Band), with his banjo, guitar, fiddle and mandolin, and The String Wizards on an incredible journey interwoven with music, stories and memories of the iconic 'Circle' album including Dirt Band favorites and hot bluegrass. Tickets: (850) 973-1653 or www.ticketsource.us/nfcc.

Apr. 21

Annual Fitness Run

NFCC's annual Fitness Run is set for April 21 in conjunction with the Madison County Florida Down Home Days festival. 5-K Run/Walk begins at 8 a.m. One-mile Fun Run/Walk begins at 9 a.m. Proceeds from this event will support Relay for Life. Register at www.nfcc.edu/fitness-run or contact Tyler Coody at (850) 973-1639.

Apr. 27 & 28

The Curious Savage Performance at NFCC

The NFCC Sentinel Upstage Players (Community Theatre) presents The Curious Savage on Friday

& Saturday, April 27 & 28 at 7 p.m. at Van H. Priest Auditorium. In this comedic production, the eccentric Mrs. Savage is left 10 million dollars by her late husband and wants to make the best use of it. Her wish is to use the money to help others realize their dreams, but her grown stepchildren will do anything to keep her from squandering away "their" money. With the help of Mrs. Savage's new friends, she leads the stepchildren on a merry chase, and learns the true meaning of family in the process. Tickets: (850) 973-1653 or www.ticketsource.us/nfcc.

Monthly Meetings

Men's Community-wide Church Fellowship and Supper

The Live Oak Church of God invites the community to join them for their dinner on the third Monday night of each month for their Men's Community Wide Church Fellowship and Supper at 7 p.m. Each month, there will be a guest speaker. For more information, call Johnnie Philman Men's Ministry at 386-842-5494 or Pastor Wes Tanksley at 386-362-2483.

History of Suwannee County

Presented by County Historian Eric Musgrove Jo Kennon Public Library 10655 Dowling Park Dr. Live Oak, FL 32064 1st Thursday of the month, 12-1 p.m.. 386-658-2670

McAlpin Community Club meeting

The McAlpin Community Club meetings are held on the second Monday every month at 9981 170th Terrace in McAlpin. A covered dish dinner is served at 6 p.m. with the meeting beginning at 7 p.m. Find them on Facebook by searching 'McAlpin Community Club.' For more information, contact Susan Fennell at 386-688-1267 or s.fennell@windstream.net.

Seed Library and Gardening Workshop

Presented by Master Gardener Rhonda Lepper Jo Kennon Public Library 10655 Dowling Park Dr. Live Oak, FL 32064 1st Thursday of the month, 10 a.m.-12 p.m. 386-658-2670

Recipe Swap

Jo Kennon Public Library 10655 Dowling Park Dr. Live Oak, FL 32064 2nd Thursday of the month, 1-2 p.m. Bring in a favorite recipe or dish, meet other foodies and exchange ideas. Call 386-658-2670 for featured recipe of the month.

Florida Native Plant Society

The Sparkleberry Chapter meets on the second Tuesday of the month at Hatch Park Community Center, 403 S.E. Craven Street in Branford, presenting a variety of educational programs concerning our Florida native plants, the birds, bees and other wildlife that visit our plants, their place in our landscapes, and the contributions they make to our Florida environment. Meetings are always open to the public. More at www.sparkleberry.fnpschapters.org, or call 407-319-2488 or 386-364-9309.

Rock Painting

Jo Kennon Public Library 10655 Dowling Park Dr. Live Oak, FL 32064 3rd Tuesday of the month, 6-7 p.m. Paint rocks and visit with other rock star artists. All supplies are provided. 386-658-2670

EAA monthly pancake breakfast

The EAA Chapter 797 hosts a pancake breakfast every third Saturday of the month from 8:30-10 a.m. in the EAA building at Suwannee County Airport. The EAA building is located at 13302 80th Terr. in Live Oak. For more information, contact 817-308-9752.

Armchair Travels

Presented by Don and Joanne Mott Jo Kennon Public Library 10655 Dowling Park Dr. Live Oak, FL 32064 3rd Friday of the month, 10-11 a.m. Travel around the country and learn about exciting new places to visit.

Dementia Support Group

Location: Good Samaritan Center – Private Dining

Community Calendar

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Room
10676 Marvin Jones Blvd.
Dowling Park, Florida
When: the fourth Tuesday of each month
Time: 10 a.m.
This is for anyone who is a caregiver for someone who is suffering with Dementia or Alzheimers. There is no charge for this support group.
You do not have to have a loved one residing in the Good Samaritan Center to attend this meeting.
For more information please feel free to contact Ginger Calhoun at 386-658-5594.

Book Club for Adults
Jo Kennon Public Library
10655 Dowling Park Dr.
Live Oak, FL 32064
Last Friday of the month, 10-11 a.m.
Join us to discuss our latest read.
386-658-2670

Suwannee Valley Branch of the NAACP meeting
The Suwannee Valley Branch of the NAACP's regular monthly meeting will be at New Bethel Baptist Church located at 205 4th St in Jasper from 7 p.m. every third Monday. Meetings will begin after May 22, 2017.

SREC, Inc. Senior Center monthly events
The SREC, Inc. Senior Center, located at 1509 Martin Luther King Dr. SW in Jasper has monthly birthday parties the third Friday of every month at noon, as well as monthly karaoke the fourth Wednesday of every month at 10 a.m. For more information, contact Barbara Daniels at 386-792-1136. Events are subject to change.

Mom 2 Mom
The community is invited to Mom 2 Mom on the fourth Thursday of the month from 1-2 p.m. at the Lafayette Three Rivers Library. Get together with other parents. Door prizes and goodies will be provided. Call Healthy Start at 386-294-1321. Estas invitada a Mom 2 Mom, un evento que se celebró el cuarto Jueves de cada mes la 1p.m. hasta la cas 2 p.m. en la Biblioteca de Lafayette. Reunirse con otras mamás. Se propocionarán premios y regalos. Llame a Healthy Start al 386-294-1321.

All-You-Can-Eat Wellborn Blueberry Pancake Breakfast
The All-You-Can-Eat Wellborn Blueberry Pancake Breakfast will be held the first Saturday of each month from 7:30-10 a.m. All new menu items including blueberry pancakes, scrambled eggs, sausage, grits, bacon, orange juice and coffee. Located at the Wellborn Community Association Building 1340 8th Ave. Wellborn, FL. For pricing and other information, call 386-867-1761 or visit us online on Facebook or www.wellborncommunityassociation.com. Come join us for great food and help benefit the Wellborn community.

Taylor County Beekeeping Club meeting
Taylor County Beekeeping Club meets the second Monday of every month at 6:30 p.m. at the Taylor County IFAS center:
203 Forest Park Dr, Perry, Fla. 32348
www.facebook.com/tcbeeclub
tacobeekeepers@gmail.com

WoodmenLife monthly member meeting, bring a dish
WoodmenLife monthly member meeting is held on the first of every month. Located at 1339 SR 47 in Lake City. RSVP with your local WoodmanLife representative Kristen Hunt at 386-688-7942.

"Singspiration" at Suwannee Church of the Nazarene
Every 5th Sunday, the church will host a "Singspiration"—a night where members of the congregation sing, read poems, share testimonies, etc. Want to participate? Visit the church, or call at 386-397-2309, to be added to the list. The more participation, the longer it goes. Afterwards, there will be snacks and refreshments in the fellowship hall. The church is located at 18763 SE CR 137 in White Springs, FL 32096

The Florida Gateway Bee Club meeting
The Florida Gateway Bee Club meets at 7 p.m. the second Thursday of each month at the Suwannee Valley Agriculture Center located at 8202 CR 417, Live Oak.
Professional and hobby beekeepers are welcome, as well as anyone with an interest in learning about honeybees.

San Juan Mission Catholic Church public Rosary
The community is invited to join San Juan Mission Catholic Church, 304 SE Plant Ave, Branford, for the public Rosary on the first Saturday of every month at 9 a.m. The community will pray for religious freedom, traditional moral standards and freedom of conscience.

The Suwannee Chapter, Florida Trail Association meetings
The Suwannee Chapter, Florida Trail Association has its monthly meetings on the second Monday, 7-9 p.m. at the Suwannee River Water Management District, 9225 CR 49, Live Oak, corner of US 90 and CR 49, 2 miles east of Live Oak. Programs and activities available, and public is welcome.
For more information, call 386-776-1920 or visit Suwannee.FloridaTrail.org.

Disabled American Veterans Chapter 126, Suwannee Memorial
Meets the first Tuesday of each month at the hall in John Hale Park, 215 East Duval St., Live Oak.

Disabled veterans and their spouses are encouraged to attend and join.

Suwannee Republican Executive Committee
Meets the 1st Thursday of each month at 7 p.m., Live Oak City Hall
101 White Ave SE
Contact Sherri Ortega 386-330-2736 for more information.
www.suwanneegop.com

Suwannee County Republican Executive Committee
Live Oak City Hall, 101 White Ave SE, Live Oak
Meets first Thursday, 7 p.m.
www.suwanneegop.com

Suwannee Valley 500 Club
Third Saturday of each month, Suwannee Valley 500 Club will meet at 1 p.m. at Thunder Alley, located at 1605 S. Ohio Ave., Live Oak. 386-364-7778.

Clothes Closet open donations
The Jasper First Methodist Church is accepting donations of clean and gently used items of clothing for children, women and men to be offered in the monthly Clothes Closet. The Clothes Closet is open to everyone on the fourth Saturday of every month from 10 a.m. to 1 p.m. (Christmas and Thanksgiving months the schedule is subject to change). All items are offered free of charge. For more information call 386-792-0904.
*The Clothes Closet will be closed due to the Christmas holiday on December 16.

Suwannee County Historical Commission
The Suwannee County Historical Commission meets on the third Thursday of the month at 3:30 p.m. at the Suwannee County Historical Museum (old Freight Depot) on Ohio Avenue in Live Oak. Meetings are open to the public.

Public rosary - first Friday
Join St. Francis Xavier Catholic Church for the public rosary every first Friday of the month at 3 p.m. The church is located at 928 Howard St West. Contact Sheri Ortega at 386-364-1108 or Paul Schmitz at 386-362-5710 for more information.

MOAA-Military Officers Association of America
The Suwannee River Valley Chapter of MOAA meets monthly (September through June) in Lake City. All active duty, retired, and former military officers of all services, including Reserve and National Guard, and spouses/guests are welcome. For information and reservations call Mo Becnel (386)755-0756 or Steve Casto at (386)497-2986. The Suwannee River Valley Chapter, founded in 1990, is one of over 400 MOAA chapters around the world.

Suwannee County Riding Club Bob Holmes Arena, Live Oak
We have roping events on the second and fourth Fridays of the month. Sign ups at 7 p.m. and rides begin at 8 p.m. Speed events are held on the second and fourth Saturdays of the month. Sign ups begin at 6 p.m. and rides begin at 7 p.m. We ride from the fourth weekend of January until November with the exception of March where we have no rides. If you have any questions contact Brittney Smith at 386-688-1482.

Recipe Swap
Suwannee River Regional Library
1848 Ohio Ave. S, Live Oak
1st Tuesday of the month, 12 p.m. - 1 p.m. Bring in a favorite recipe or dish, meet other foodies, and exchange ideas. Call 386-362-2317 for Featured Recipe of the Month

Christian Singles
Meet every other Saturday at 5 p.m. Call for more information: 386-623-5810, 386-288-0961, 386-438-3394.

Branford Camera Club
Hatch Park Community Center
403 SE Craven St. Branford
Meets 3rd Thursday with an occasional exception
386-935-2044 or 386-590-6339

Critter Corner
Suwannee County Animal Shelter
11150 144th St., McAlpin, Fla.
(approx. 8 miles South off Hwy 129). If you are missing a pet or would love to adopt a pet, please come see us. Animals can be viewed Monday-Friday 9-1 and Saturday 9-12. Volunteers and transporters are desperately needed; Tues.-Sat., 9-9:30 a.m., see Ms. Norma. Spay/Neuter 386-208-0072

Suwannee County Seniors Free Breakfast and Lunch
Suwannee River Economic Council's Senior Center
1171 Nobles Ferry Road NW, Live Oak. Monday-Friday 8 a.m. - 5 p.m. Breakfast- 8:30 a.m./ Lunch- 11:30 a.m. (make reservation for lunch by 9:30 a.m.) Bingo: (Wednesdays) 10 a.m. Meeting/Service: (Fridays) 10a.m. 386-362-1164

First Baptist Church of Live Oak Clothes Closet
515 SW 5th Street, 1st and 3rd Thursday, 8 a.m.-12 p.m. (The Old Red Barn)

Suwannee Valley Branch NAACP-Unit #5137
PO Box 6105, Live Oak, FL 32064
President: Alonzo Philmore
Triumph The Church & Kingdom of God in Christ, 410 Taylor Ave. SW off of 7th St.
1st Monday each month, 7 p.m.
Email: a1101st@comcast.net
386-205-9132

American Legion Post 107
10726 142nd St., Live Oak

Off of Hwy 129 S, post is 1 mile on the right. Meets 1st Thursday at 12 p.m. 386-362-5987

Social Sewing Club
Center Ave., off of 7th St.
2nd and 4th Tuesday
For more information: 386-362-4062

Live Oak Garden Club
1300 11th St. SW, Live Oak
3rd Friday of each month, 11 a.m.
liveoakfloridagardenclub.com
386-364-4189

'Stars Widow Group'
Antioch Baptist Church
5203 CR 795, Live Oak, FL
4th Monday, 10:30 a.m.
386-362-3101

Suwannee Amateur Radio Club
1st Tuesday, social at 6:30 p.m., regular meeting at 7 p.m.
North of 110 & US Hwy 129, Live Oak. Call for exact location and directions.
www.suwanneearc.org
386-249-3616

Live Oak Art Guild
Suwannee River Regional Library
1848 Ohio Ave. S, Live Oak
Meets 1st Tuesday, 7 p.m.
Judith Adams-386-776-2675

Suwannee Democratic Executive Committee
Live Oak City Hall
101 White Ave. SE, Live Oak
Meets 2nd Thursday, 7 p.m.

Suwannee County Bassmasters
Poole Realty Inc
127 E. Howard St., Live Oak
Meets 1st Tuesday, 7 p.m.
386-688-0978 or 386-590-2885

Save the Cats of Live Oak
Help needed at the shelter with feeding and cleaning Monday through Sundays. Help is also needed within the city limits with feeding several cat colonies Monday through Sundays. Items always needed are food, litter and resalable items for the thrift store located at 217 W. Howard St. downtown. For more information, contact 386-364-1006 or 407-748-0396.

The Arc North Florida
Recycle with us
We recycle cardboard, name brand ink cartridges, laser toners, working cell phones w/charger, digital cameras, GPS, MP3, and laptops.
386-362-7143 ext. 0

Book Club for Adults
Suwannee River Regional Library
1848 Ohio Ave. S, Live Oak
Meets 4th Wednesday of the month at 2 p.m.
Join us to discuss our latest read!
386-362-2317

Lunch & Learn - History of Suwannee County
Presented by County Historian, Eric Musgrove
Suwannee River Regional Library
1848 Ohio Ave. S, Live Oak
Meets 2nd Thursday of each month from 12-1 p.m.
Bring your lunch & learn about our historic county!
386-362-2317

Weekly Meetings

Savvy Caregiver Training at Jo Kennon Library
Jo Kennon Public Library
10655 Dowling Park Dr.
Live Oak, FL 32064
Are you caring for someone with dementia? Become a Savvy Caregiver! This training is presented by Elder Options and is designed for caregivers who assist persons with dementia and Alzheimer's. Join them for these free classes each Tuesday, 1-3 p.m. for seven weeks, February 6-March 20. To register, please call Johnnie Jones III at 352-692-5277.
386-658-2670

Savvy Caregiver Training at Suwannee Regional Library
Savvy Caregiver is a free, seven-session training program designed for caregivers who serve family members and friends with any form of dementia (i.e. Alzheimer's).
Training begins Wednesday, March 7. It will be held at the Suwannee River Regional Library, 1848 S. Ohio Ave., in Live Oak. Sessions are from 10 a.m. until noon. Space is limited to the first 15 who register.
For information, or to register contact Johnnie Jones III at 352-692-5277 or by email at jonesj@agingresources.org. Pre-registration is required.

Bridge Club seeking players
Monday Bridge Club meets every Monday at 5:30 p.m. at a local restaurant in Live Oak. Club needs players. Contact Diana at 904-254-8923 for details.

Grace Lutheran Church hosting educational prayer classes
Would you like to learn more of Jesus?
Do you have questions about the Christian faith?
Are you going through a difficult time and seek God's council?
Classes starting soon, those who attend can do so to fit their schedules best. Different class times will be available.
Please contact Pastor Doug Priestlap at Grace Lutheran Church
Live Oak, 386-364-1851 or gracelutheranliveoak@gmail.com

Children's Table Food Distribution
The Children's Table Food Distribution will be at Peace Baptist Church, 7794 S. Hwy. 27, Branford,

FL each Wednesday between 2:00-2:30.
Bring a large laundry basket or other container to put food in.
Donations will be accepted.
For further information, 386-935-4681

Beginners AA meeting
Beginners AA at Dowling Park meets Monday-Wednesday-Saturday, 7 p.m. at "The Light-house" 23595 CR 250, Live Oak, 32060 For more information call 305-407-0895. www.LiveOakAA.com

Live Oak Seed Library
Every Wednesday from 1-3 p.m.
Presented by the Suwannee County Master Gardeners.
Check out seed packets and get all your gardening questions answered at the Suwannee River Regional Library.
386-362-2317

GriefShare Support
GriefShare is a pastor-supervised, lay-led, Biblically based, Christ-centered, video assisted support group for persons who have lost loved ones or friends by death.

The group will meet each Thursday at 10 a.m. beginning May 18 and run through August 10. This 13 week support program will be scheduled throughout the year on different day and time to give those on varying personal schedules an opportunity to participate. All who have experienced the death of a loved one are cordially invited to become a participant in GriefShare. For more information call 383-792-1122.

Finding Your Roots?
The Suwannee Valley Genealogy Society is the place to start! The library, located at 215 Wilbur Street SW near the football field in Live Oak, is open to the public on Tuesdays and Thursdays from 9 a.m. until 4 p.m. to help you find your ancestors. You do not have to be a member to use the library. Meetings are held on the first Thursday of each month at 7 p.m. at the library. For further information, including membership prices, call Jinnie Hancock at 386-330-0110 or email JinnieS-VGS@windstream.net

SREC, Inc. Senior Center weekly events
The SREC, Inc. Senior Center, located at 1509 Martin Luther King Dr. SW in Jasper hosts weekly support counseling every Wednesday beginning at 10 a.m. and Bible study every Friday at 10:30 a.m. For more information, contact Barbara Daniels at 386-792-1136. Events are subject to change.

Quilting Friends
Each Tuesday from 9 a.m.-noon
Jasper Public Library, 311 Hatley St. in Jasper.
386-792-2285

"He Speaks to Me" bible study for women
"He Speaks to Me," a Priscilla Shier Bible study for women, will be held on Tuesdays from 9:30-11 a.m. beginning Jan. 17 at Pinemount Baptist Church on Hwy 129 in McAlpin led by Chaplain Judy. For more information, contact her at 364-5558. We hope to see you there!

Suwannee River Church of the Nazarene schedule
The Suwannee River Church of the Nazarene is located at 18763 SE CR 137 in White Springs. For more information, call 386-397-2309.
Sunday School- 9:45 - 10:45 a.m.
Sunday Morning Service- 11 a.m. - noon
Afternoon Potluck- Noon
Sunday Evening Service- 6 - 7 p.m.
Wednesday Evening Service- 6-7 p.m.

TOPS #662
(Take Off Pounds Sensibly)
Meets every Thursday. (8 a.m. for weigh-in, meeting at 9 a.m.) at Advent Christian Church, 911 Pinewood Ave., Live Oak, Fla. For more information, call Mary at 386-330-2535.

Branford Seed Library
Every second and fourth Tuesday from 2:30-4:30 p.m.
Presented by the Suwannee County Master Gardeners.
Check out seed packets and get all your gardening questions answered at the Branford Public Library.
386-935-1556

TOPS #9798
TOPS (Take Off Pounds Sensibly)
TOPS #9798 is a support group that offers weekly weigh-ins and programs. The programs provide participants with health and weight loss information.
Those ready to achieve weight loss and wish for more information may call Barbara at 386-362-5933 or Dori at 386-658-2767.

Mayo AA Group
Located at the First United Methodist Church, meet every Sunday, Monday, Wednesday and Thursday at 8 p.m.
For more information, contact 386-294-2423 or 386-647-6424

AWANA Club
New Hope Baptist Church, Mayo on Hwy. 51. From 6-8 p.m. and runs throughout the school year. Open to children ages two through sixth grades. For more information, call 386-294-2742.

Grief Share
GriefShare, a special support group for people experiencing grief and loss, will be held on Wednesday evenings from 6-8 p.m. at First Baptist Church of Live Oak. The church is located at 401 W. Howard St. Childcare is provided. Please call the church at 386-362-1583 if you would like to attend.

Sports

Ric Whittington hired as new HCHS football coach

BY MIKE JONES

michael.jones@gafnews.com

JASPER — Hamilton County High School has named Ric Whittington as its new head football coach.

Whittington, a Cross City native and University of Florida graduate, has been a defensive coordinator the past five years, most recently at Williston High School. Before coaching at WHS, he was the defensive coordinator at Bell High School from 2013 to 2015.

Whittington will get his first head coaching opportunity with the Trojans.

“What’s appealing about Hamilton County is that there is so much potential here,” Whittington said. “To be the head coach at Hamilton County is a great honor.”

He’s also looking forward to more than just coaching.

“When you’re the head coach at a small 1A high school, you become part of the fabric of the community,” Whittington said. “You have the potential to be a part of the community that has a strong connection to its high school.”

“To be able to impact young men both academically and athletically and also be a community leader is an awesome opportunity.”

Whittington played high school football for

Dixie County and went on to play collegiately for two years at Wabash College in Indiana. He got into coaching in 2012 as a JV assistant coach at Dixie County High while he was finishing his degree at UF.

HCHS athletic director Mike Cohen spoke highly of Whittington.

“He’s what we need,” Cohen said. “He’s young and he can relate to them. I feel like he is going to get the guys pumped up.”

Whittington, who will also teach PE at HCHS, started the job Monday. He spoke about the importance of multitasking as he begins preparation for spring football.

“Once my feet are on the ground here, I want to get the weight room established,” he said. “The place where I’m going to establish that work ethic culture — where we value the process and we love working hard — is in the weight room.”

“Also making sure that we’re on track in the classroom. The No. 1 goal is getting kids prepared for the future after high school.

We need to make sure the kids know where they’re at and what they need to do in the classroom — just like football.”



Ric Whittington

Corinth Christian Academy softball wins a pair

JASPER — The Corinth Christian Academy softball team opened up its season with a pair of wins — 16-3 against Riverside Christian on Friday and 24-11 against Northside Christian Academy on Monday.

McCulley shines at the plate, and in the circle, as Warriors top Riverside Christian

Logan McCulley was dialed in at the plate on Friday, tallying four hits — which included a double and a home run — to lead the Warriors to a 16-3 win against Riverside Christian. She also pitched well, striking out five hitters in four innings while allowing three runs.

The Warriors secured the victory thanks to 10 runs in the fourth inning. They were led by McCulley, Madison Crain, Triston Carter, Gracie Herndon and Anslie Creech, who all drove in runs in the fourth.

After falling behind 2-1, CCA scored five runs in the second inning and never let go of the lead. In that second inning, Marcella Horton had an RBI single. McCulley had a two-RBI double, Creech contributed with an RBI single and Crain also scored a run with her single.

CCA had 16 hits in the game. Crain, McCulley, Creech and Laura Cumbess each collected multiple hits. McCulley and Crain led the way with four hits.

Creech tallies four hits to help Warriors topple Northside Christian

Creech and the Warriors kept up the hot hitting on Monday as they defeated Northside Christian Academy 24-11.

Creech had four of the Warriors’ 17 hits. She notched two singles, a double and a grand slam.

Crain got the offense started in the first inning with an RBI single and CCA never slowed down.

The Warriors tallied six runs in the second inning, five runs in the fourth and six runs in the sixth and final inning. In that final inning, they were led by singles from Crain, Kelsie Sivik and Creech. Cumbess had a walk in the inning.

McCulley got the win again on Monday, pitching three innings. She allowed five runs on five hits and struck out five. Sivik came on in relief and pitched the final three innings.

Creech, Crain, Monica Solomon, Sivik and Herndon all had multiple hits.

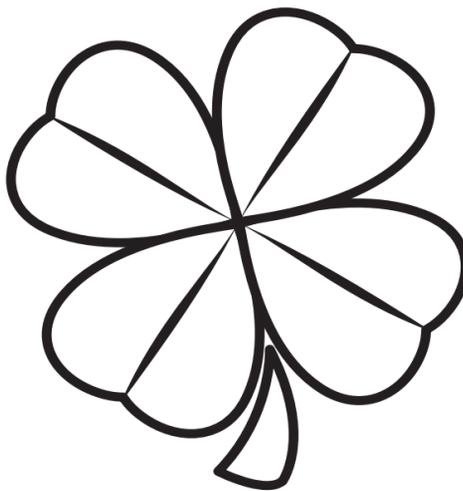
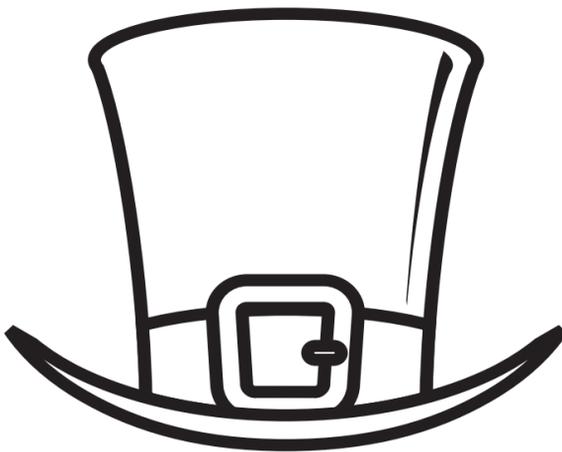
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- **1990:** LITHUANIA DECLARES ITS INDEPENDENCE FROM THE SOVIET UNION.



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HOW TO PROMOTE HEALTHY KIDNEYS

Staying hydrated while avoiding over-hydration is one way for men and women to protect their kidneys.

Kidney disease is a widespread issue made all the more disconcerting by the fact that many people are unaware they have it. According to the National Kidney Foundation, 26 million American adults have kidney disease, and most don't know it.

Healthy kidneys are something many people take for granted. But those who want to do everything they can to keep their kidneys healthy can consider the following tips, courtesy of the Cleveland Clinic.

- Stay hydrated, but avoid over-hydration. Many people are familiar with the benefits of drinking water each day, and adequate hydration definitely promotes healthy kidneys. But over-hydrating has not been proven to enhance kidney function. The Cleveland Clinic recommends adults drink between four and six glasses of water per day.
- Exercise. Regular exercise benefits various parts of the human body, including the kidneys. High blood pressure and diabetes are two of the biggest risk factors for kidney disease, and regular exercise can reduce a person's risk of both conditions. However, overexertion can strain the kidneys, so adults who exercise, especially novices who need to improve



Staying hydrated while avoiding overhydration is one way for men and women to protect their kidneys.

their conditioning, should avoid going too hard at the gym.

- Speak with a physician before taking vitamin supplements or herbal remedies. Vitamin supplements and herbal remedies have become very popular in the 21st century, but excessive supplementation can harm the kidneys. Discuss any supplements or herbals remedies with a physician before taking them.

- Quit smoking. Just as exercise benefits the body in myriad ways, smoking harms the body in myriad ways. Smoking decreases the blood flow in the kidneys, decreasing their ability to function at optimal capacity. Smoking also increases a person's risk of high blood pressure and cancer of the kidneys.
- Eat healthy. A healthy diet decreases a person's risk for high blood pressure and diabetes. Adhering to a healthy diet and controlling portion sizes can help control weight and blood pressure and contribute to healthy kidneys as well.
- Get screened. Adults who have been diagnosed with high blood pressure or diabetes should make sure their physicians screen for kidney dysfunction during routine appointments.

Learn more about kidney disease at www.kidney.org.

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Fresh Home Upgrades for Spring

FAMILY FEATURES

After a long winter cooped up indoors, spring is the perfect time to start re-imagining your home and making upgrades that create a fresh, welcoming vibe. These project ideas – some big, some small – can help breathe new life into your home so you're ready to enjoy your favorite rooms to the fullest.

Air it out

Months of closed windows and doors can make any room feel dusty and stale. As soon as temperatures allow, throw open the windows and skylights to let the fresh air chase away the remnants of winter. It's a perfect time to launder window treatments and clean area rugs. After a few passes with a carpet cleaner, allow rugs to air-dry outdoors. If you're considering an update to the overall decor, changing out these textiles is an easy and affordable way to create a new look. Just donate the used drapes and rugs after cleaning instead of bringing them back into the room.

Shift your outlook

When contemplating changes to a room's aesthetic, most people focus on the floor, walls and elements like furniture and accessories. As some homeowners are discovering, there's a whole other space waiting to be discovered. The ceiling, a fifth wall of sorts, opens up endless creative design opportunities.

Whether you're seeking more natural light, access to fresh air, a sense of spaciousness or a way to bring sophistication to a room, a skylight may be just the solution. For example, Velux room-darkening and light-filtering blinds can add a splash of color just where you least expect it, and they're efficient in shielding your space from the sun, meaning the blinds and

installation are eligible for a 30 percent tax credit. Learn more at whyskylights.com.

Paint to perfection

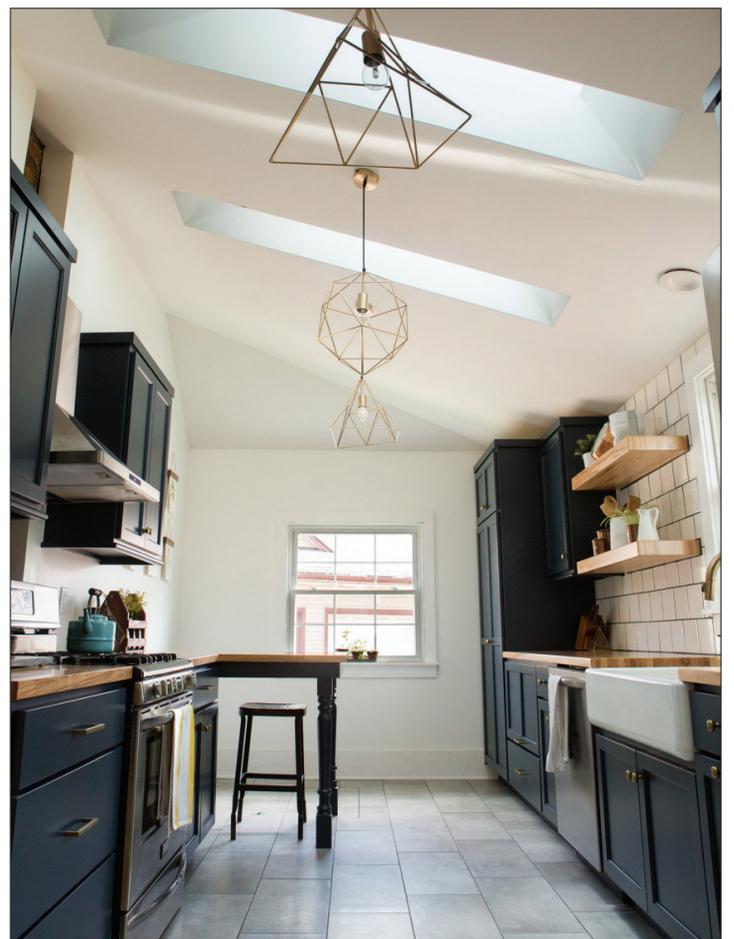
Over time, once cheerful walls can grow dull. Create a livelier ambiance with a fresh coat of paint, either in the same shade or something completely new. If you're not sure exactly where to start, tackle the project room by room. To choose the right hue, select a favorite item in the room, such as an heirloom throw blanket or a piece of wall art, and consider color shades that complement the item well.

Make what's old new again

Sometimes a fresh perspective is as simple as rearranging a room to better fit your needs. Over time, the furnishings can become almost an afterthought because they've been in place so long. Try moving things around to create new conversation groupings or to highlight a piece that has been tucked away in the shadows. An updated arrangement may inspire you to add and embellish with some simple new accessories or accent pieces for a room that only looks brand new.

Get earth smart

With all of the new growth and hues of green that abound during spring, it's natural to be more mindful of the environment. Earth-friendly upgrades like switching out inefficient lighting or installing low-flow toilets and shower heads can make a sizable difference. Another option for energy conservation: Look for ways to maximize natural light for heat and to brighten rooms. Well-placed windows and skylights can harness energy naturally, so you can minimize your reliance on electricity for comfort and convenience.



5 Ways to Make the Most of Your 5th Wall

1. **Start with a smooth canvas.** This means eliminating any details like popcorn ceilings or other texturing that may appear dated and dingy.
2. **Add some color.** Bring character to the room by adding color to the ceiling that complements the traditional walls for a cohesive look. If you have eaves, dormers or other architectural elements, consider painting some and leaving others white for variety and added dimension.
3. **Introduce natural light.** When it comes from above, natural light brightens a room in a whole new way. An option like a Velux skylight is a sensible solution because it offers plenty of ways to customize the skylight to your specific space and functional needs.
4. **Enhance with accessories.** Both practical and attractive, blinds are a good idea for a skylight. They let you control the light, such as blocking out harsh rays during the heat of the day but letting the gentle evening light illuminate the room. In addition to choosing a style and color that complements the room decor, also look for features such as remote-control operation and room-darkening textiles.
5. **Get creative.** Treating your ceiling like a wall opens virtually endless possibilities. Especially if you have some unique architectural features, you can highlight them by adding special touches such as built-in shelves for extra storage or new place to nurture lush house plants.

Nation

Doctor's across the U.S. are over prescribing opioids, running pill mills



BY JILL RIEPENHOFF,
MEGAN LUTHER AND LEE ZURIK
Raycom News Network

Editor's Note

This is the first of three-part series on ways doctors, regulators and drug companies contribute to the nation's opioid addiction epidemic.

LEWISBURG, Tenn. — Shortly after Dr. Mark A. Murphy, a top opioid prescriber in the U.S., started practicing here three days a week last year, the clinic owners asked a police detective to meet for dinner.

Lewisburg Police Lt. Tom Miller thought the request seemed like a preemptive strike to keep the cops away from the Specialty Associates clinic.

"They ... wanted to stress with me they weren't doing anything wrong," said Miller, who served as a drug task



Dr. Mark Murphy

force commander for 18 years before joining the Lewisburg force.

But Miller's suspicions of the doctor were already amplified. He knew Murphy had been the No. 1 opioid prescriber in the federal Medicare program for years; that he closed his practices in Alabama when that state's medical board accused him of writing excessive opioid prescriptions.

He also knew that many of Murphy's patients were driving far distances to see him: Alabama, Florida, Georgia, Louisiana and Mississippi.

That led Miller and Lewisburg Police Chief David L. Henley to conclude Murphy's practice had all the tell-tale signs of a pill mill.

"That clinic, with that many license tags from out of state, is not right," said Henley. "That type of activity, I don't want in my town."

Murphy declined repeated requests for an interview. A woman on his staff shooed a reporter out of the clinic parking lot, stating: "We don't need any TV (expletive) going on."

Weak oversight

Despite law enforcement crackdowns and new federal guidelines and state laws to limit the number of opioids given to patients, some of the highest prescribers have avoided scrutiny, a Raycom Media national investigation found. The top 1,000 highest prescribers in



JACOB HUGHEY | JCB MEDIA

The parking lot at the Specialty Associates clinic in Lewisburg, Tennessee is crowded with cars shortly after the doors open. Dr. Mark A. Murphy, a pain specialist at the office, sees patients only three days a week.

the Medicare Part D program, which provides drug benefits to the elderly and disabled, collectively wrote 14.6 million prescriptions between 2013 and 2015, public records show.

Some wrote prescriptions for so many opioids that the patients' daily supply of the pain-killing medication exceeded, on average, the number of days in a year.

Murphy gave 1,100 of his Medicare patients opioids that, if taken as prescribed, would have lasted each of them 497 days in 2015.

Medicare covers at least one out of every four prescriptions written in the U.S.

But some medical and law enforcement experts say: being a top prescriber in the Medicare program should raise red flags. Murphy wrote more prescriptions between 2013 and 2015 than anyone else in the U.S., the Medicare data shows.

"The doctors who top the list... one has to question whether they are drug dealers in white coats," said Andrew Kolodny, co-director of the Opioid Policy Research Collaborative at Brandeis University. "If you're prescribing that aggressively, you are killing patients."

It's been well documented that doctors were deceived by the pharmaceutical industry about the addictive nature of opioids — and began changing their prescribing habits about a decade ago. Overall, last year they wrote 17 percent fewer opioid prescriptions than in 2012, according to the American Medical Society.

Yet 70 percent of Medicare's top 1,000 prescribers increased the number of opioid prescriptions they wrote between 2013 and 2015.

Raycom Media sent letters to each of the top 1,000 prescribers; 44 responded as of Feb. 14. Many said that they are prescribing appropriately to patients who need opioids because of severe medical problems. Others threatened legal action if their names were made public. A few said that they now prescribe fewer opioids because of new federal guidelines that, among other things, push for alternatives to painkillers.

"There exist patients who genuinely are suffering and who justifiably need medications. We make every effort to separate those from others who are seek-



Allyson Holley visits her mother's grave after she graduated from high school. After her mother's death, Allyson took a break from school to deal with her loss.

ing medications for other uses," wrote Dr. William Megdal, a spine specialist in Athens, Ga. "We are totally aware of the opioid crisis and have implemented caution to avoid being a part of the problem."

And, the problem is huge.

"Four million people are addicted to prescription drugs," said Stephen G. Azzam (left), special agent in charge of U.S. Drug Enforcement Agency operations in Alabama, Arkansas, Louisiana, and Mississippi. "The doctor needs to open his eyes. Why do you still need that prescription?"

As opioid drug makers and distributors have found themselves in the crosshairs of cities and states ravished by the opioid epidemic, doctors and other prescribers largely avoid scrutiny by state and federal regulators, Raycom's investigation found.

A deep dive into the backgrounds of Medicare's top 1,000 opioid prescribers found that few have faced discipline for prescribing drugs that the Centers for Disease Control and Prevention says should be restricted to cancer patients, those who had surgery or were involved in a serious accident and some with chronic pain.

In the past two decades, 98 prescribers have been sanctioned for inappropriately prescribing medicine; 22 are facing criminal charges or have been convicted.

But 49 of the prescribers with checked pasts — including Murphy — have licenses that allow them to practice as of Feb. 14.

The Medicare data, state medical board records, and court documents show that:

- Rogue prescribers keep practicing for years as regulators build investigations.
- State medical boards have given some doctors second chances.
- Some boards also dropped investigations into doctors' conduct, allowing them to move their practices to other states.

Opioid hot spots

The data also shows the highest volume prescribers are practicing in the

south — and not in the states typically associated with the opioid crisis such as Kentucky, Ohio and West Virginia.

More than half of the highest prescribers are practicing in nine southern states: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina and Tennessee.

Alabama had more than twice as many health-care providers on the list than Ohio, a state with nearly three times as many residents.

Mississippi, a state with only 3 million residents, has 23 prescribers on the list. Pennsylvania, with a population of nearly 13 million, had just 24.

In Mississippi, there were enough opioid prescriptions filled last year to give everyone in the state a bottle of 70 pills, said John Dowdy, director of the Mississippi Bureau of Narcotics and a former assistant U.S. Attorney General.

"We have an addicted state because of over-prescribing," Dowdy said. "I knew that with us having that kind of prescribing rates, we were going down the same paths as Ohio, Kentucky and West Virginia."

Nearly 12 percent of everyone in the U.S. recorded as having died of prescription opioid overdoses between 2013

SEE DOCTOR'S, PAGE 15A



ANDY MILLER | RAYCOM MEDIA

Dr. Andrew Kolodny is co-director of the Opioid Policy Research Collaborative at Brandeis University. He's critical of doctors who played a role in the opioid crisis. "This is without a doubt the worst drug-addiction epidemic in U.S. history."



COURTESY OF UAB

Dr. Stefan Kertesz, professor of medicine at the University of Alabama at Birmingham School of Medicine.

Nation

Doctor's

Continued From Page 14A

and 2015 came from those three states, according to Kaiser Family Foundation.

The highest opioid-prescribing volumes shifted into southeastern states in recent years.

"You have legal drugs coming from doctors," Dowdy said. "The vast majority of our medical doctors are good doctors. I wish there was an easier way for us to identify the bad doctors."

State medical board records show some states are ramping up scrutiny of doctors who are top prescribers. Michigan, for example, in 2016 and 2017 suspended or revoked the licenses of four doctors who were top prescribers there.

Basing conclusions on prescription data can be dangerous because it overlooks the histories of chronic-pain sufferers who truly may need the drugs, said Dr. Stefan Kertesz (left), a professor of medicine at the University of Alabama at Birmingham School of Medicine and specialist in addiction and opioid safety.

Even so, he said, doctors bear a great deal of responsibility for the opioid crisis.



JON TURNIPSEED | RAYCOM MEDIA

John Dowdy, the director of the Mississippi Bureau of Narcotics and a former assistant U.S. Attorney General.

"Physicians flooded the market with opioid prescriptions in ways that proved unhelpful," he said. "There was a conspicuous lack of caution, care and a great deal of optimistic feelings by physicians."

How addiction happens

Terah Holley's family called the U.S. Drug and Enforcement Agency after her death in 2014 with one request: put Dr. Howard Diamond out of business.

Holley, a 39-year-old mother of three from northern Texas, died of an overdose after ingesting a lethal amount of morphine that Diamond prescribed for her 10 days earlier.

The family's call triggered a lengthy investigation that ended with Diamond's arrest last summer on 18 counts of health-care fraud, conspiracy and distributing controlled drugs. Diamond's downfall came nearly three years to the day since Holley died.

During that time, Diamond continued to practice medicine at his two clinics in small towns in northern Texas and prescribed so many opioids that he was among the top 25 Medicare prescribers in the country.

At least 19 of his patients died as investigators built their criminal case, according to federal court records.

But there were missed opportunities to sideline Diamond, state and federal records show.

Health insurance companies sent some 100 letters to Diamond expressing concerns he was prescribing excessive doses and toxic combinations of opioids. But those companies did not alert the Texas Medical Board.

In 2015, a pharmacist complained to the board about the prescriptions Diamond was writing. The medical board ordered him to take an 8-hour class on medical record-keeping, state records show.

Diamond kept on practicing.

"I don't know what took so long."

said Holley's daughter, Allyson. "We'll get closure when something happens to the doctor."

Investigating a doctor is difficult and can take a long time because they have the medical expertise that investigators lack, said Miller, the former Tennessee drug task force commander.

"They know they can do the bare minimum — touch your wrist, ask you a few questions and make their assumption on how to treat you," he said. "It's hard to challenge a doctor."

As far as her family was concerned, Terah Holley died long before she ingested a deadly amount of morphine on July 25, 2014.

"She didn't function at all. She was a living zombie," her daughter Allyson said.

Holley was involved in a car crash in 2001 that left her with nerve damage. She lived with constant pain for more than a decade, holding down three physically demanding jobs as a waitress, maid, and cosmetologist.

After a sleep study in 2012, a doctor referred her to Diamond, who immediately prescribed opioids. Over the three years that Diamond treated Holley, she received prescriptions for hydrocodone, oxycodone, Zantac, Lortab and morphine, Allyson said.

The woman who had been a free spirit willing to try or do anything suddenly was falling asleep in her food at dinner, her family said. She also lost her jobs.

Allyson once accompanied her mother to an appointment with Diamond. After a 10-minute visit, she left with new opioid prescriptions.

"I feel like the doctor took her life away," Allyson said.

She was just 16 when her mom died. "I quit school for a little while. It took a toll on me," she said. "I shouldn't have to go through that at 16. Sometimes I want to pick up the phone and call my mom."

Diamond, meanwhile, remains in jail awaiting trial.

Second chance

For six years, Dr. Raymond Krainak fought the Pennsylvania Board of Osteopathic Medicine over allegations he prescribed an excessive amount of habit-forming diet pills.

The family-practice doctor owned two clinics in small towns about 90 minutes northwest of Philadelphia. He was a local school board member, who once caused a stir when he was arrested for drunken driving.

In 2012, Krainak and the medical board came to an agreement to settle the case against him: he would pay a fine and take a course on "controlled substances management."

Soon after, oxycodone became Krainak's drug of choice, writing prescriptions for more than 3.6 million pills in less than three years.

At least five of his patients have since died of a prescription opioid overdose.

Among Medicare's top prescribers, at least 19 had at least one brush with their

state licensing boards for prescribing-related problems and were given second and third chances.

George Loucas, a Cleveland lawyer who also is a pharmacist, said state medical boards haven't done enough to stop doctors.

"I have no idea where they have been the past 10 years," Loucas said. "I'm aware of more than one doctor who killed seven or eight patients and they are still practicing today."

He has sued dozens of doctors whose patients died of an opioid prescription overdose and won settlements for the victims' families. But the doctors in those cases have not been sanctioned by their state boards.

Among Medicare's highest prescribers who have been disciplined for wrongdoing by state medical boards for prescribing-related issues, 53 still have licenses that allow them to practice.

A dozen of them, including Krainak, eventually faced additional allegations of over-prescribing that led to suspensions or revocations of their licenses.

Days before Christmas, federal agents arrested Krainak and charged him in the overdose deaths of five patients as well as other drug-related violations.

The doctor's prescribing habits shocked investigators.

"The sheer number of pills prescribed in this case is staggering," U.S. Attorney David J. Freed said on Dec. 21, the day Krainak was arrested at his office in Mount Carmel, PA. "Death or serious injury was the inevitable result of this... conduct."

Crossing state lines

Before he left Alabama for Lewisburg, Tennessee, Dr. Mark Murphy's ability to practice medicine was in jeopardy. The Alabama Board of Medical Examiners had levied an 8-count complaint against him in August 2016 for:

- Acting unprofessionally.
- Endangering patients.
- Prescribing not for legitimate medical purposes.
- Performing unnecessary tests.



COURTESY OF THE U.S. DRUG ENFORCEMENT AGENCY

Dr. Howard Diamond is booked into a Texas jail after his on July 11.



MIKE STAUGAITIS/SHAMOKEN NEWS-ITEM

Dr. Raymond Krainak departs Northumberland County Courthouse in Sunbury, Penn., in 2013 where he faced charges of driving under the influence of alcohol.



ANDY MILLER | RAYCOM MEDIA

Stephen G. Azzam oversees U.S. Drug Enforcement Agency operations in Alabama, Arkansas, Louisiana and Mississippi and has supervised the take down of pill-mill operators.

- Lacking basic medical knowledge and competency.

The 33-page complaint detailed Murphy's questionable care of 15 patients. One was a 58-year-old man who overdosed on a dangerous combination of opioids and other drugs prescribed by Murphy. Several other patients said they received opioids even though they had documented substance abuse issues. In some cases, Murphy increased the doses.

The committee that investigated Murphy had "grave concerns" about him and recommended that the board revoke his medical license.

But that didn't happen.

Instead, the board allowed his license to practice in Alabama expire at the end of 2016 and dismissed the case two months later. That left Murphy's reputation unscathed by formal disciplinary actions.

Other top opioid prescribers in the Medicare Part D program also have been allowed to leave a state under a cloud of suspicion.

In Arkansas, Dr. Mahmood Ahmad, who ran a pain clinic, faced serious accusations of excessive prescribing from state medical board officials.

The board considered suspending his medical license but then backed off after Ahmad agreed in 2015 to pay a \$20,000 fine.

Soon after, he was practicing near Anchorage, Alaska, and almost immediately under investigation there.

State medical officials launched an investigation, which resulted in formal, administrative charges against him 14 months after he opened his clinic in a strip shopping center.

Though he worked in the state only one weekend a month, one pharmacist told investigations that she turned away 18 of his patients in a single morning. Each arrived with prescriptions for such high-dose opioids that Costco didn't even stock it.

Within 17 months of arriving in Alaska, the state medical board revoked his license. That action prompted Arkansas to act, too. It revoked Ahmad's license two months later — four years after it first looked into his prescribing practices.

Ahmad could not be reached for comment and is believed to now be living in Pakistan, said a lawyer who has filed a civil suit against him.

Procedures and databases exist to prevent disciplined doctors from quietly slipping from state to state. But in the case of Murphy and Ahmad the tepid actions of the medical boards did not prevent the doctors from moving elsewhere.

Murphy had long held a license to practice medicine in Tennessee, where he lives.

The Tennessee state medical board hasn't filed an administrative complaint against him, the only public way to know if a doctor is under investigation.

But the Tennessee Bureau of Investigations knows of Murphy.

Lewisburg police Lt. Tom Miller made sure of it.

Investigative producer Tom Wright and News Content Specialist Erin Snodgrass contributed to this report.

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to Know



Legals

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

CASE NO.: 2018-CP-07

IN RE: THE ESTATE OF

DORTHY EILEEN EVERY,
Deceased.

NOTICE TO CREDITORS

TO ALL PERSONS HAVING CLAIMS OR DEMANDS AGAINST THE ABOVE ESTATE:

Within three months from the time of the first publication of this notice, you are required to file with the Clerk of the Circuit Court of Hamilton County, Florida, Probate division, the address of which is 207 NE 1st Street, Jasper, Florida 32052 a written and verified statement of any claim or demand you may have against the estate of **DORTHY EILEEN EVERY**, deceased.

Each claim must be in writing and must indicate the basis for the claim, the name and address of the creditor or his agent or attorney, and the amount claimed. If the claim is not yet due, the date when it will become due shall be stated. If the claim is contingent or unliquidated, the nature of the uncertainty shall be stated. If the claim is secured, the security shall be described. The claimant shall deliver a copy of the claim to the clerk who shall furnish a copy to the personal representative.

ALL CLAIMS AND DEMANDS NOT SO FILED WILL BE FOREVER BARRED.

Dated this 15th day of February, 2018.

/s/ Donald Rudser

Donald K. Rudser
Florida Bar No. 120735
P.O. Box 948
Jasper, Florida 32052

(386) 792-1933
rudserd@windstream.net

Attorney for the
Personal Representative
03/01, 03/08/2018

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

CASE NO.: 17000085CAAAXMX

FIRST FEDERAL BANK OF FLORIDA,
Plaintiff,

vs.

EDNA F. HACKLE N/K/A EDNA EARL FOY,
Defendants.

CLERK'S NOTICE OF SALE

NOTICE IS GIVEN that, in accordance with the Final Judgment of Foreclosure entered on February 16, 2018 in the above-styled cause, I will sell to the highest and best bidder for cash on **March 28, 2018 at 11:00 A.M. EST, at the Hamilton County Courthouse, South Front Lobby, 207 NE 1st Street, Jasper, FL 32052:**

COMMENCE AT THE POINT OF INTERSECTION OF THE SOUTH LINE OF 10TH STREET SOUTHWEST (FORMERLY SMITH STREET) AND THE CENTER LINE OF THE ATLANTIC COAST LINE RAILROAD AND WEST THENCE SOUTH 89°26'00" WEST, ALONG SAID SOUTH LINE OF 10TH STREET SOUTHWEST, A DISTANCE OF 313.00 FEET TO THE POINT OF BEGINNING; THENCE RUN SOUTH 00°27'00" EAST A DISTANCE OF 311.86 FEET TO A POINT

Legals

ON THE SOUTH LINE OF SECTION 6; THENCE RUN NORTH 89°45'30" WEST, ALONG THE SOUTH LINE OF SAID SECTION 6, A DISTANCE OF 84.91 FEET; THENCE RUN NORTH 00°27'00" WEST A DISTANCE OF 193.92 FEET; THENCE RUN NORTH 07°47'00" WEST A DISTANCE OF 117.70 FEET TO SAID SOUTH LINE OF 10TH STREET SOUTHWEST, THENCE RUN NORTH 89°26'00" EAST A DISTANCE OF 100.00 FEET TO THE POINT OF BEGINNING; SAID LANDS BEING IN SECTION 6, TOWNSHIP 1 NORTH, RANGE 14 EAST, HAMILTON COUNTY, FLORIDA, AND BEING A PART OF THOSE LANDS DESCRIBED IN OFFICIAL RECORD BOOK 98, PAGE 347, PUBLIC RECORDS OF HAMILTON COUNTY, FLORIDA.

Property Address: 114 10TH ST SW, JASPER, FL 32052

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: February 16, 2018

(Court Seal) GREG GODWIN, CLERK
HAMILTON COUNTY
CIRCUIT COURT

By: /s/ Cynthia Johnson
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. Please contact: Carina Cooper, Court Administration, 173 NE Hernando Avenue, Room 408, Lake City, FL 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. 03/08, 03/15/2018

NOTICE OF APPLICATION FOR TAX DEED

NOTICE IS HEREBY GIVEN that Viri Dye, the holder of the following certificate(s) has filed said certificate(s) for a tax deed to be issued thereon. The certificate number(s) and year(s) of issuance, the description of the property, and the names in which it was assessed are as follows:

CERTIFICATE NO.: 1038
Issued May 27, 2011

DESCRIPTION OF PROPERTY:
Parcel No. 6494-000
Section 6 Township 1N
Range 14E 1-498 Lot 16 Blk 105
Langs Survey Town of Jasper

NAME(S) IN WHICH ASSESSED:
Estate of H.M. Tuten Heirs
C/O Stephen P. Tuten

All of said property being in the County of Hamilton, State of Florida.

Unless such certificate or certificates shall be redeemed according to law, the property described in such certificate or certificates will be sold to the highest bidder at the South Front Door of the Hamilton County Courthouse, 207 Northeast First Street, Jasper, Florida at 11:00 a.m. on Thursday, April 5, 2018.

Pursuant to Chapter 197.542(2), Florida Statutes, the highest bidder is required to post a non-refundable cash deposit of \$200 with the Clerk of Court at the time of the sale, to be applied to

Legals

the sale price at the time of full payment. The Clerk may require bidders to show their willingness and ability to post the cost deposit.

/s/ Greg Godwin

Greg Godwin
Clerk of Circuit Court
Hamilton County, Florida
03/01, 03/08, 03/15, 03/22/2018

NOTICE OF APPLICATION FOR TAX DEED

NOTICE IS HEREBY GIVEN that IDE Technologies, Inc., the holder of the following certificate(s) has filed said certificate(s) for a tax deed to be issued thereon. The certificate number(s) and year(s) of issuance, the description of the property, and the names in which it was assessed are as follows:

CERTIFICATE NO.: 806
Issued May 31, 2012

DESCRIPTION OF PROPERTY:
Parcel No. 4904-063
Section 22 Township 2N
Range 11E 372384 Lot 4 Lake Country Oaks at Oak Woodlands ORB 410-330

NAME(S) IN WHICH ASSESSED:
Jerry A. & Irvana Giffin

All of said property being in the County of Hamilton, State of Florida.

Unless such certificate or certificates shall be redeemed according to law, the property described in such certificate or certificates will be sold to the highest bidder at the South Front Door of the Hamilton County Courthouse, 207 Northeast First Street, Jasper, Florida at 11:00 a.m. on Thursday, April 5, 2018.

Pursuant to Chapter 197.542(2), Florida Statutes, the highest bidder is required to post a non-refundable cash deposit of \$200 with the Clerk of Court at the time of the sale, to be applied to the sale price at the time of full payment. The Clerk may require bidders to show their willingness and ability to post the cost deposit.

/s/ Greg Godwin

Greg Godwin
Clerk of Circuit Court
Hamilton County, Florida
03/01, 03/08, 03/15, 03/22/2018

PUBLIC NOTICE OF INTENT TO ISSUE AIR PERMIT

Florida Department of Environmental Protection Northeast District Office
Draft/Proposed Permit No. 0470002-112-AV White Springs Agricultural Chemicals, Inc. dba PCS Phosphate, White Springs, Suwannee River/Swift Creek Complex Hamilton County, Florida

Applicant: The applicant for this project is White Springs Agricultural Chemicals, Inc. dba PCS Phosphate, White Springs. The applicant's responsible official and mailing address are: William L. Donohue, General Manager, White Springs Agricultural Chemicals, Inc. dba PCS Phosphate, White Springs, Suwannee River/Swift Creek Complex, P. O. Box 300, White Springs, Florida 32096.

Facility Location: The applicant operates the existing Suwannee River/Swift Creek Complex, which is located in Hamilton County at 15843 SE 78th Street, White Springs, Florida.

Project: The applicant applied on November 13, 2017 to the Department for a Title V air operation permit revision to incorporate the terms of previously issued Construction Permit No. 0470002-097-AC (EU079) for the installation of a new 230 MMBtu per hour Natural Gas Auxiliary Boiler and Construction Permit No. 0470002-

Legals

104-AC for the installation of a Micro-nutrient Storage and Handling System and a new 50 MMBtu/hour natural gas fired boiler. This is a revision of Title V Air Operation Permit No. 0470002-110-AV. The existing facility consists of two phosphoric acid plants, one monocal/dical process, two monoammonium/diammonium phosphate (MAP/DAP) plants, one Storage and Shipping building, one screening/shipping building, two sulfuric acid plants, two phosphoric acid filters, three superphosphoric acid plants, one green superphosphoric plant, and one acid clarification plant. The facility also has storage silos associated with the Swift Creek Mine.

Permitting Authority: Applications for Title V air operation permits are subject to review in accordance with the provisions of Chapter 403, Florida Statutes (F.S.) and Chapters 62-4, 62-210, and 62-213 of the Florida Administrative Code (F.A.C.). The proposed project is not exempt from air permitting requirements and a Title V air operation permit is required to operate the facility. The Northeast District Office is the Permitting Authority responsible for making a permit determination for this project. The Permitting Authority's physical address is: 8800 Baymeadows Way, W., Jacksonville, Florida 32256. The Permitting Authority's mailing address is: 8800 Baymeadows Way, W., Jacksonville, Florida 32256. The Permitting Authority's telephone number is (904) 256-1700.

Project File: A complete project file is available for public inspection during the normal business hours of 8:00 a.m. to 5:00 p.m., Monday through Friday (except legal holidays), at the address indicated above for the Permitting Authority. The complete project file includes the draft permit, the Statement of Basis, the application, and the information submitted by the applicant, exclusive of confidential records under Section 403.111, F.S. Interested persons may view the draft/proposed permit by visiting the following website: <https://fddep.dep.state.fl.us/air/emission/apds/default.asp> and entering the permit number shown above. Interested persons may contact the Permitting Authority's project review engineer for additional information at the address or phone number listed above.

Notice of Intent to Issue Permit: The Permitting Authority gives notice of its intent to issue a revised Title V air operation permit to the applicant for the project described above. The applicant has provided reasonable assurance that continued operation of the existing equipment will not adversely impact air quality and that the project will comply with all appropriate provisions of Chapters 62-4, 62-204, 62-210, 62-212, 62-213, 62-296 and 62-297, F.A.C. The Permitting Authority will issue a subsequent final permit in accordance with the conditions of the draft/proposed permit unless a response received in accordance with the following procedures results in a different decision or a significant change of terms or conditions.

Comments: The Permitting Authority will accept written comments concerning the draft/proposed Title V air operation permit for a period of 30 days from the date of publication of the Public Notice. Written comments must be received by the close of business (5:00 p.m.), on or before the end of this 30-day period by the Permitting Authority at the above address. As part of his or her comments, any person may also request that the Permitting Authority hold a public meeting on this permitting action. If the Permitting Authority determines there is sufficient interest for a public meeting, it will publish a notice of the time, date, and location

Legals

in the Florida Administrative Register (FAR). If a public meeting is requested within the 30-day comment period and conducted by the Permitting Authority, any oral and written comments received during the public meeting will also be considered by the Permitting Authority. If timely received written comments or comments received at a public meeting result in a significant change to the draft permit, the Permitting Authority shall issue a revised draft/proposed permit and require, if applicable, another Public Notice. All comments filed will be made available for public inspection. For additional information, contact the Permitting Authority at the above address or phone number.

Petitions: A person whose substantial interests are affected by the proposed permitting decision may petition for an administrative hearing in accordance with Sections 120.569 and 120.57, F.S. Petitions filed by any persons other than those entitled to written notice under Section 120.60(3), F.S., must be filed within 14 days of publication of the Public Notice or receipt of a written notice, whichever occurs first. Under Section 120.60(3), F.S., however, any person who asked the Permitting Authority for notice of agency action may file a petition within 14 days of receipt of that notice, regardless of the date of publication. A petitioner shall mail a copy of the petition to the applicant at the address indicated above, at the time of filing. A petition for administrative hearing must contain the information set forth below and must be filed (received) with the Agency Clerk in the Office of General Counsel, 3900 Commonwealth Boulevard, MS 35, Tallahassee, Florida 32399-3000, Agency_Clerk@dep.state.fl.us, before the deadline. The failure of any person to file a petition within the appropriate time period shall constitute a waiver of that person's rights, request an administrative determination (hearing) under Sections 120.569 and 120.57, F.S., or to intervene in this proceeding and participate as a party to it. Any subsequent intervention (in a proceeding initiated by another party) will be only at the approval of the presiding officer upon the filing of a motion in compliance with Rule 28-106.205, F.A.C.

A petition that disputes the material facts on which the Permitting Authority's action is based must contain the following information: (a) The name and address of each agency affected and each agency's file or identification number, if known; (b) The name, address, any email address, telephone number and any facsimile number of the petitioner; the name, address, any email address, telephone number, and any facsimile number of the petitioner's representative, if any, which shall be the address for service purposes during the course of the proceeding; and an explanation of how the petitioner's substantial interests will be affected by the agency determination; (c) A statement of when and how each petitioner received notice of the agency action or proposed decision; (d) A statement of all disputed issues of material fact. If there are none, the petition must so indicate; (e) A concise statement of the ultimate facts alleged, including the specific facts the petitioner contends warrant reversal or modification of the agency's proposed action; (f) A statement of the specific rules or statutes the petitioner contends require reversal or modification of the agency's proposed action including an explanation of how the alleged facts relate to the specific rules or statutes; and, (g) A statement of the relief sought by the petitioner, stating precisely the action the petitioner wishes the agency to take with respect to the agency's proposed action. A petition that does not dispute the ma-

Legals

terial facts upon which the Permitting Authority's action is based shall state that no such facts are in dispute and otherwise shall contain the same information as set forth above, as required by Rule 28-106.301, F.A.C.

Because the administrative hearing process is designed to formulate final agency action, the filing of a petition means that the Permitting Authority's final action may be different from the position taken by it in this written notice of Intent to Issue Air Permit. Persons whose substantial interests will be affected by any such final decision of the Permitting Authority on the application have the right to petition to become a party to the proceeding, in accordance with the requirements set forth above.

Mediation: Mediation is not available in this proceeding.

EPA Review: EPA has agreed to treat the draft/proposed Title V air operation permit as a proposed Title V air operation permit and to perform its 45-day review provided by the law and regulations concurrently with the public comment period, provided that the applicant also transmits an electronic copy of the required proof of publication directly to EPA at the following email addresses: FDTitleV@epa.gov. Although EPA's 45-day review period will be performed concurrently with the public comment period, the deadline for submitting a citizen petition to object to the EPA Administrator will be determined as if EPA's 45-day review period is performed after the public comment period has ended. The final Title V air operation permit will be issued after the conclusion of the 45-day EPA review period so long as no adverse comments are received that result in a different decision or significant change of terms or conditions. The status regarding EPA's 45-day review of this project and the deadline for submitting a citizen petition can be found at the following website address: <http://www2.epa.gov/caa-permitting/florida-proposed-title-v-permits>.

Objections: Finally, pursuant to 42 United States Code (U.S.C.) Section 7661d(b)(2), any person may petition the Administrator of the EPA within 60 days of the expiration of the Administrator's 45-day review period as established at 42 U.S.C. Section 7661d(b)(1), to object to the issuance of any Title V air operation permit. Any petition shall be based only on objections to the permit that were raised with reasonable specificity during the 30-day public comment period provided in the Public Notice, unless the petitioner demonstrates to the Administrator of the EPA that it was impracticable to raise such objections within the comment period or unless the grounds for such objection arose after the comment period. Filing of a petition with the Administrator of the EPA does not stay the effective date of any permit properly issued pursuant to the provisions of Chapter 62-213, F.A.C. Petitions filed with the Administrator of EPA must meet the requirements of 42 U.S.C. Section 7661d(b)(2) and must be filed with the Administrator of the EPA at: U.S. Environmental Protection Agency, Office of the Administrator, 1200 Pennsylvania Avenue, N.W., Mail Code: 1101A, Washington, DC 20460. For more information regarding EPA review and objections, visit EPA's Region 4 web site at <http://www2.epa.gov/caa-permitting/florida-proposed-title-v-permits>. 03/08/2018

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March 13th is Good Samaritan Day



BE A GOOD SAMARITAN:
Volunteer!



Get kids excited about volunteering

Volunteering benefits people of all ages, but can be especially beneficial to children. Studies have indicated

that teenagers who volunteer are less likely to become pregnant or use drugs. In addition, in a



review of 60 studies on child engagement, Child Trends found that children who participate in civic engagement programs are likely to be more involved in school, to graduate from high school and to hold more positive civic attitudes than those who do not get involved in such programs.

Getting kids to volunteer as they progress through adolescence may not be so difficult. In its 2014 analysis of volunteering trends, Child Trends found that 39 percent of twelfth grade students volunteered at least once a month in 2014 compared to just 27 percent of eighth graders. Older students might feel compelled to volunteer to improve their college admissions applications, but parents can take steps to get their younger children excited at the prospect of volunteering.

• Set a positive example. Young children want to



emulate their parents, so moms and dads who volunteer may find ready and willing partners in their children. Parents can inform their children when they volunteer and why they do so before

bringing kids along to join them.

- Don't forget fun. Young children may be more likely to embrace volunteering if the activity is fun. Kids might not find it too fun to sit next to their parents while mom and dad balance a soup kitchen's books, but a beach cleanup excursion or a trip to refurbish an inner city park may inspire kids to spend a lifetime giving back to their communities and helping the less fortunate.
- Keep it simple. Kids may not enjoy volunteering activities that consume too much time or make them feel exhausted. As kids grow older, parents can encourage them to embrace more challenging activities and/or commit more time to volunteering. But keep things simple with especially young children or older children who have never before volunteered.
- Try and try again. It might take some trial and error before parents find volunteering opportunities their children truly enjoy. When volunteering with children for the first time, be careful not to commit to more than one day. If children enjoy themselves, then parents can commit more time. If kids do not seem excited by an activity, parents won't feel guilty or let the charity down by not returning.

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C180020

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