

Lake City Reporter

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SUNDAY EDITION

Walk4Life raises more than \$25K.

7A



School program will promote a healthy diet.

ID



Couple found dead in river

Bodies discovered by divers Friday; foul play not suspected.

By **AMANDA WILLIAMSON**
awilliamson@lakecityreporter.com

LAFAYETTE COUNTY — The bodies of two Lake City residents were recovered Friday in Lafayette County, ending a two-day search by 10 area law enforcement agencies.

Bill and Lynda Ward drove to their Lafayette County home along the Suwannee River Wednesday morning, but disappeared shortly after. They were found Friday in the Suwannee River — Bill Ward at 9:45 a.m. and Lynda at 11:52 a.m. Both appeared to have drowned, according to a media release from Lafayette County Sheriff's Office.

The sheriff's office stated in the release that it is waiting for results from the medical examiner.

Foul play is not suspected. According to Lafayette County Sheriff Brian Lamb, it appears either Bill, 69, or Linda, 60, slipped into the river and the other was trying to help.

"We just don't know who," he said. "There were no witnesses, so there's no way to tell."

Lamb said he could provide no further information on the case, including details of the recovery.

The couple usually tells their friends when they leave Lake City to travel 35 minutes to their other residence. But their neighbor Buddy Clayton said on Thursday he had no idea they were making the trip. He was leaving church on Wednesday when Lynda's sister called him with the news, and then told him she already contacted the sheriff's office.

In a Thursday interview, Clayton said the Wards' floating dock had a broken board and signs of scuff marks. At the time, he believed

COUPLE continued on 7A

Texting fines will have some teeth here

By **STEVEN RICHMOND**
srichmond@lakecityreporter.com

Text-happy motorists will have to save their LOLs for another day when Florida's new texting and driving law takes effect Tuesday.

The new law prohibits individuals from operating a motor vehicle while "manually typing... into a wireless communications device or while sending or reading data in such a device for the purpose of nonvoice interpersonal communication..."

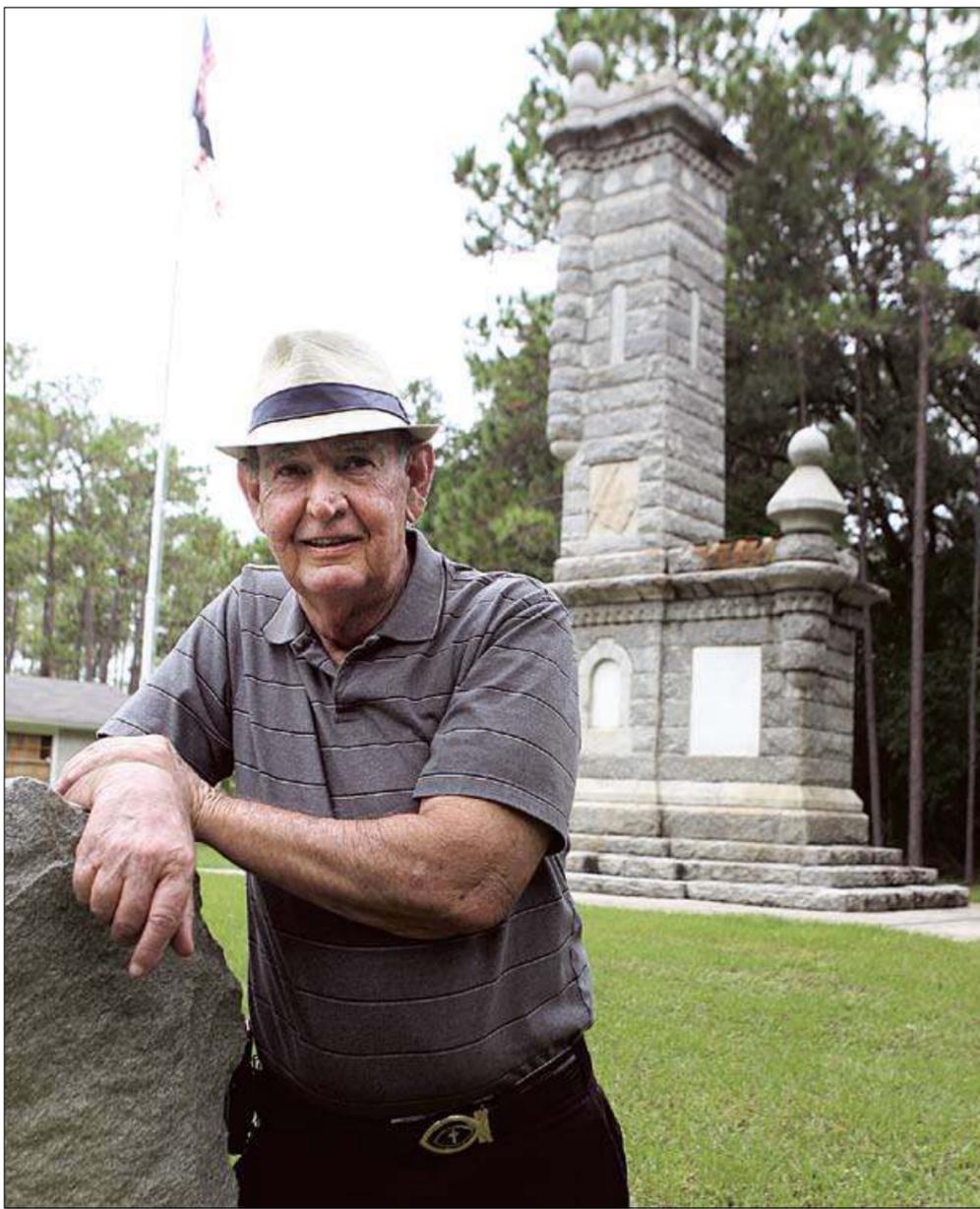
Aa Columbia County Sheriff's Office news release announced CCSO will be enforcing the new law starting Tuesday.

The law received criticism statewide for its status as a sec-

TEXTING continued on 6A

PROPOSED UNION MONUMENT AT ISSUE

Olustee's next battle looms



JASON MATTHEW WALKER/Lake City Reporter

At Olustee Battlefield Historic State Park, Larry Rosenblatt stands in front of the Battle of Olustee monument, erected in 1912 by the United Daughters of the Confederacy.

St. Cloud man seeks to erect a memorial to Union troops

However, proposed location has some area residents upset.

By **TONY BRITT**
tbritt@lakecityreporter.com

MOLUSTEE—more than 149 years ago, Union and Confederate troops clashed at the Battle of Olustee in the only major Civil War battle fought on Florida soil. The Battle of Olustee occurred on Feb. 20, 1864, in what is now Baker County.

Nearly a century and a half later, on the eve of the 150th anniversary of the battle, lines have once again been drawn in the sand as two factions square off at the same place — Olustee Battlefield Historic State Park. The fight that is emerging is over a new monument that has been proposed for the park.

Approval has been granted by the Florida Department of Environmental Protection to



STEVEN RICHMOND/LAKE CITY REPORTER

Robert Crumpton signs a petition organized by Robert Tucker (right) against the proposed location of a Union memorial in Olustee Battlefield Historic State Park. "I want to make sure it stays the South [near the 1912 UDC monument] and preserve it like it was intended," said Crumpton, two of whose ancestors who served in the Civil War were killed in action, he said. For more on the Expo, see Page 6A.

allow a monument in honor of Union soldiers to be erected at the first park in the Florida State Park system.

Michael Farrell, of St. Cloud, a member of the Sons of Union

Veterans of the Civil War, a fraternal order founded in 1881, is a department commander of the group that filed the paperwork

MONUMENT continued on 3A

Census: County's grown poorer

Percentage on food stamps has nearly doubled.

By **STEVEN RICHMOND**
srichmond@lakecityreporter.com

New data from the U.S. Census Bureau's 2012 American Community Survey suggest downward economic and housing trends for Columbia County.

The ACS began in the mid 1990s as a way to replace the decennial census long form, providing annual socioeconomic and demographic data estimates for geographic regions with a population of 65,000 or more.

Two trends in particular suggest the Columbia County workforce is struggling through an uncertain economic future: Lower median salaries and more food stamp recipients.

The median household income has seen a downward trend for the past five years, falling from \$40,872 in 2008 to \$36,542 in 2012.

However, the median income has risen since its 2010 low of \$34,174, suggesting that Columbia County's economic dynamics are running parallel to the nation's crawling post-Great Recession recovery.

Also, it may pay to a bachelor in Columbia County. The average nonfamily income is up 5.6 percent since 2009.

Even so, the percentage of households receiving Food Stamp/SNAP benefits in 2012 has nearly doubled since 2008. According to 2012's ACS, 1 in 5 households receive food stamp benefits—a stark contrast to 11.5 percent in 2008.

The detailed ACS report also suggests Columbia County women were affected by a stagnating economy more than men. The median income for full-time female workers is down 5.6 percent, sliding from \$30,601 in 2008 to \$28,890 in 2012. Full-time working males, on the other hand, saw their 2008 median salary of \$34,637 edge higher to \$35,407 in 2012.

The most emblematic indicator of a tough economy reveals itself in the percentage of Columbia County families below the poverty line. In 2012, 20.2 percent of families were below the poverty line, compared to 14.1 percent in 2008.

For those looking for work, the top three employers in Columbia County for 2011 were:

- Educational services, and health care and social assistance: 23.5 percent;
- Retail trade: 16.8 percent;
- Public administration: 12 percent;

Another notable trend comes in the ACS's "housing characteristics" cat-

CENSUS continued on 7A

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85 63
Partly cloudy

WEATHER, 8A



People 2A
Opinion 4A
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Advice 5D
Puzzles 2B, 3B



TODAY IN PEOPLE
Swearing in a new attorney.

COMING TUESDAY
Local news roundup.



Friday:
10-15-38-40
(14)



Friday:
1-6-7-9-17



Saturday:
Afternoon: 1-4-9
Evening: N/A



Saturday:
Afternoon: 3-6-4-4
Evening: N/A



Wednesday:
1-2-25-43-48-53
(x4)



Wednesday:
2-7-17-49-53
PB 23

AROUND FLORIDA

Jetpack industry zooms toward expansion

MIAMI—Miguel Endara nervously stepped on the edge of a boat on Biscayne Bay with a 30-pound machine strapped to his back. The machine had two pipes sticking out and a 33-foot hose that connected to a Jet Ski.

The instructor then told him to jump.

"Just jump in?" the 30-year-old asked. "I feel like I'm going to go straight down."

But soon after he took the plunge, Endara screamed with excitement. Instead of sinking, he was flying. Two powerful streams of water came out of the pipes like fire out of a space shuttle sending Endara 25 feet in the air.

The water sport, simply known as jetpack, has sprung up all over the world since its debut two years ago and South Florida has established itself as the overall hot spot, with 60 percent of the company's business coming from Fort Lauderdale, Miami and the Keys.

The jetpack Endara recently tried out is the JetLev R200x. It's the company's flagship product but they are set to introduce two new products, a modified version of the jetpack and a hover board, in November.

Matt Rosenblatt, the owner of JetLev, a company based in Dania Beach, said the two new products—the Aquafler and Aquaboard—will make flying accessible to a lot more people.

When the JetLev R200x launched in 2011, it cost



AMANDA WILLIAMSON/Lake City Reporter

Wellness Initiative

Even though Columbia High School teacher Jan Silverstein works out several times a week, she believes the new district-wide Wellness Initiative is a great idea. The program was organized by Columbia County School Board member and nurse practitioner Stephanie Finnell to help employees get healthier. See story, Page 1D.

\$100,000. It was marketed to yacht owners and operators with enough capital to pay for the machine. But the Aquafler and Aquaboard will cost less than \$10,000 when they hit the market in November. Rosenblatt expects the move to shift the current market, now primarily made up of operators, to individual buyers.

"I'd like to have one in every lake and every beach

in the country," he said. "The sky's the limit."

Palmetto berry industry benefits

IMMOKALEE—The Mayans drank saw palmetto berries as a tonic, the Seminole Indians used them as an antiseptic and some in the Far East swear they're a powerful

aphrodisiac.

Most recently, benefits to prostate health have gained saw palmetto berry pharmaceutical supplements a worldwide following.

The industry, with a strong presence in Immokalee, is now the No. 3 herbal supplement nationwide with about \$200 million in sales, according to Valensa, a

top provider. Added to roughly \$500 million in sales around the world, Valensa's president says it's prompted a global market of about \$700 million.

But berry picking can lead to arrests, danger due to bees, wasps, snakes and other wildlife such as bears and bears — even death from heat strokes or snake bites, and recently drownings.

Fort Myers man wins 'Bad' raffle

FORT MYERS—A Fort Myers man and his friend won a raffle to watch the series finale of AMC's "Breaking Bad" with star Aaron Paul and other cast members.

Paul, who plays Jesse Pinkman in the Emmy-winning show, announced Friday that Ryan Carroll won an Omaze.com raffle.

The raffle raised money to benefit the Kind Campaign, which combats the negative effects of bullying.

The winner gets a chance to "cook," a reference to the show's theme of producing methamphetamine, with Paul and other cast members before watching the "Breaking Bad" finale Sunday.

Plane crashes into Okeechobee

PAHOKEE—A man has died after a small plane crashed into Lake Okeechobee in South Florida.

Authorities responded to call about a possible boating accident around 8 a.m. Saturday. When they arrived on scene they found what appeared to be an amateur, experimental plane.

Rescue divers found the victim in the water around 9:30 a.m. He was a white male between 50 and 60-years-old, police said.

■ Associated Press

PEOPLE IN THE NEWS

City says goodbye to 'Breaking Bad'

ALBUQUERQUE, N.M.—The southwestern New Mexico city that's played home to "Breaking Bad" is preparing for the end, with the Emmy-award winning series airing its last episode on Sunday.

As the AMC finale approaches, Albuquerque is planning on celebrating with watch parties and red carpet casting events in a city still benefiting from a tourism boost thanks to the drama's popularity.

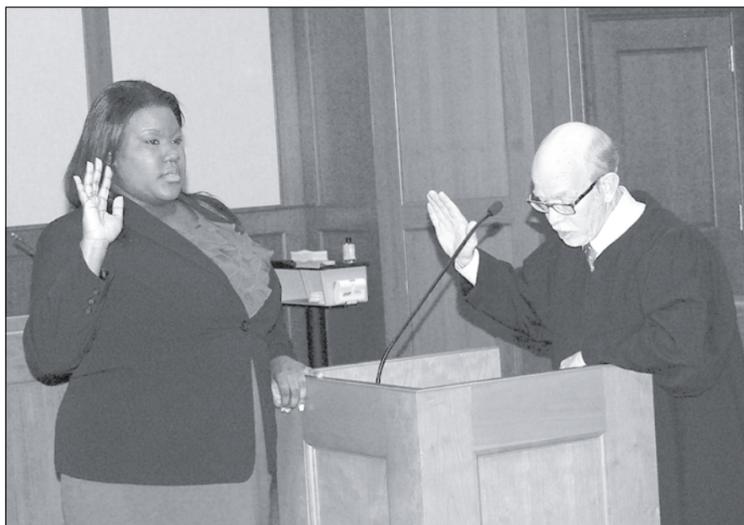
Despite the show's dark themes of drug trafficking and violence, tourism officials say "Breaking Bad" highlighted neighborhoods around the city and gave viewers a sense of Albuquerque. The show displayed the city's downtown Route 66, its various stores and restaurants, and even took audiences to Latino barrios and nearby American Indian Pueblos — places rarely seen in Hollywood.

"Before the show, Albuquerque didn't have an image," said Ann Lerner, Albuquerque's film liaison. "When I started this job in 2003 and I mentioned New Mexico, people would say, 'Oh, I love Santa Fe.' No one thought of Albuquerque."

That has changed in the five seasons that "Breaking Bad" has aired on AMC, growing its reputation and buzz as Netflix users raced to catch up on previous episodes. Since then, trolley and private limo tours of scenes from the show have sold out and created waiting lists that go on for weeks. A city-run website detailing locations of scenes — from seedy motels to the one-time headquarters of a now deceased drug lord — has seen tens of thousands of visitors.

The series, she said, has boosted inquiries to the city's film office. And two more television series are currently under production, Lerner said.

Albuquerque businesses also have taken advantage by selling "Breaking Bad" themed products like "blue meth" t-shirts and character-related clothing. One art store, Masks y Mas, continues to sell statues of La Santa Muerte, the Mexican folk saint of death. That underground saint was shown in one season opener



TONY BRITT/Lake City Reporter

Swearing-in

Third Circuit Judge Julian Collins swears in Whitney McGrew as a member of the Florida Bar Friday in Courtroom 1 at the Columbia County Courthouse. McGrew is a new Third Circuit assistant public defender.

and was the spiritual protector of the show's cartel assassins, cousins Leonel and Marco.

Jury deliberates case vs. Jackson promoter

LOS ANGELES—After a bitterly fought five-month trial, a negligence lawsuit by Michael Jackson's mother against his concert promoter is in the hands of a jury after a final plea by a Jackson lawyer to punish the company he portrayed as a heartless, money-making machine.

In his argument Thursday, attorney Brian Panish, who represents Katherine Jackson, urged the six women and six men on the jury to find that defendant AEG Live LLC and Jackson shared responsibility for hiring Dr. Conrad Murray, the physician whose treatments killed the superstar.

Earlier this week, a lawyer for AEG Live suggested the promoter was pressured by Jackson to hire

Murray as his personal physician, and was deceived when Jackson and Murray hid the fact that the singer was receiving nightly doses of the anesthetic propofol in his bedroom.

The drug is intended for use during operations at hospitals.

Murray was convicted in 2011 of involuntary manslaughter after giving Jackson an overdose of propofol as a sleep aid as Jackson fought chronic insomnia. Murray is in prison.

Jurors were led out of the courtroom by 10 armed sheriff's deputies assigned to guard them during deliberations. They spent two hours behind closed doors, then retired for the night and returned Friday for their first full day of talks.

Panish used his rebuttal argument Thursday to urge the jury to find that AEG hired Murray without considering whether he was fit for the job. AEG lawyers say it was Jackson who hired the doctor.

■ Associated Press

Celebrity Birthdays

■ NBA star Kevin Durant is 24.
■ NFL star Calvin ('Megatron') Johnson is 27.
■ Baywatch actress Erika Eleniak is 43.
■ Former Olympic runner Sebastian Coe is 56.
■ Grand Funk Railroad gui-

tarist Mark Farner is 64.
■ 'Real Sports' host Bryant Gumbel is 64.
■ Former Polish leader Lech Walesa is 69.
■ Rocker Jerry Lee Lewis is 77.
■ Former NFL coach Bum Phillips is 89.

Daily Scripture

Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal.

— 1 Corinthians 13:1

Lake City Reporter

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Publisher Todd Wilson 754-0418
(twilson@lakecityreporter.com)

NEWS

Editor Robert Bridges 754-0428
(rbbridges@lakecityreporter.com)

ADVERTISING 752-1293
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CORRECTION

The Lake City Reporter corrects errors of fact in news items. If you have a concern, question or suggestion, please call the executive editor. Corrections and clarifications will run in this space. And thanks for reading.

MONUMENT: Some local groups object to proposed Union monument

Continued From Page 1A

for the monument.

"Since there are three Confederate monuments, I began to realize a monument to Union soldiers is needed to complete a balanced cultural picture of the battlefield," Farrell said in an e-mail to the Lake City Reporter.

Farrell said he set things in motion in 2011 with a statewide meeting of SUVCW. The group is now raising money to have the monument erected.

"I don't know why no one has placed a monument to Union soldiers in the Olustee Battlefield State Park until now," Farrell said. "Olustee was a major battle of the Civil War with approximately 10,000 men from both sides. Every Civil War battlefield I've ever been to has monuments to the courage and sacrifice of soldiers from both Confederate and Union forces. Olustee has three Confederate monuments but, no Union. Is it not time to honor them, too?"

However, the project has been met with opposition from those complaining about the proposed location, as well as some who question the need for the monument at all.

"They have the right to place their own monument at the battlefield," said Faye Bowling Warren of the Blue-Grey Army. "The site of the monument seems to be the issue."

Larry Rosenblatt, a member of the Sons of Confederate Veterans who served as chairman of the 100-year anniversary of the UDC monument at the park last year, also objects to the new monument's proposed location.

He said he has been told SUVCW wants to place the new monument between the two cannons in front of the 1912 United Daughters of the Confederacy monument.

"It's something that we felt like was completely out of place," he said. "For one thing with all that granite there, it's a black, marble monument."

Plus, he added, "It really will look bad on the Union soldiers because it will be sitting there flanked by two Confederate cannons with Gen. Finnegan's and Gen. Colquitt's monuments directly behind it and the large UDC monument directly behind that."

Rosenblatt also questions the need for the monument.

He said the monument erected in 1912 by the UDC is meant to honor both Union and Confederate soldiers.

The UDC monument contains an inscription noting that 5,000 Confederate and 6,000 Union troops fought there on Feb. 20, 1864, and that the Union was defeated.

However, another inscription indicates a clear aim to honor the Confederacy:

"To the men who fought and triumphed here in defence of their homes and firesides, this monument is erected by the United Daughters of the Confederacy aided by the state of Florida in commemoration of their devotion to the cause of liberty

and state sovereignty."

In addition, there is an inscription on a metal plate around the perimeter of the monument that reads: "This monument at Ocean Pond is dedicated to these Southern units that fought here."

The various units are then listed.

That inscription was added in 1994, on the 130th anniversary of the battle.

The perimeter inscription was cited on the SUVCW's application, in which the group contended there were no monuments in the park dedicated to Union troops.

State Rep. Elizabeth Porter, R-Lake City, said she was approached by the SUVCW some months back about their desire for a Union monument.

She said she told the group if it were true that no existing monuments honored Union troops, it would be fair to allow them to erect one.

However, she said Friday that, "If it is found that this one monument honors both sides of the battle, it would be my wish that we leave things as they are."

The state Department of Environmental Protection, which manages state parks in Florida, will hold a series of public meetings to discuss issues surrounding the proposed monument, she said.

THE MONUMENT

For six years Farrell has been an educational exhibit representing the Sons of Union Veterans of the Civil War at the Olustee Battlefield State Park.

He said during that time when he asked children, black or white, how many African Americans served in the Union Army during the Civil War, the answers ranged anywhere from zero to a couple of hundred.

"They (children) are often astounded to learn that 200,000 African American Union soldiers enlisted in 178 regiments," Farrell said by email. "These men fought to free their people from the curse of the slave labor system so prevalent in the 19th century. At the Battle of

Olustee there were three African American Union regiments. The 8th United States Colored Troops; the 1st North Carolina and the famous 54th Massachusetts. There were at least 26 African American Union soldiers who won the Medal of Honor during the Civil War. Our purpose there is to make the public aware of the African American Union soldiers' participation in the Civil War and the heritage of freedom their sacrifice means to us all in today's world. I also encourage people to learn about their family history and how their members served our country."

The SUVCW formed an Olustee Monument Commission to petition the state to place a Union monument in the Olustee Battlefield State Park. A 14-page PowerPoint presentation was created citing the potential benefits of such a monument.

"A monument to Union soldiers is needed to complete a balanced cultural picture of the battlefield," the document said. "The monument would commemorate those Union regiments that fought there and recognize the African American regiments who comprised one-third of the Union Army of Olustee."

According to the application for the monument, the proposal is to add a new monument at the battlefield to provide for recognition of Union soldiers, including the large number of African Americans who fought, as well as those who were wounded or killed there.

"Our mission as sons is to keep green the memory of the valor and courage of those soldiers and veterans who fought to preserve the Union and purchased with their blood the end of slavery in our land," the document said.

The SUVCW proposed erecting a 10-foot tall, polished, black granite obelisk. The projected cost of the monument has been estimated at between \$4,000 - \$12,000. The SUVCW is raising funds for the monument and hope to have it in place by 2015.

DEP APPROVAL

Patrick Gillespie, press secretary for the Florida Department of Environmental Protection, said that starting in February, the Florida Park Service began working with the Sons of Union Veterans of the Civil War to place a new monument at the battlefield.

"In April, the Florida Department of State's Historic Preservation Compliance office reviewed a proposal and approved," he said in an e-mail earlier this week. "The park manager on April 27 discussed the proposal at the Olustee Citizens Support Organization Board meeting."

Gillespie said the park currently has three monuments dedicated to the battle that commemorate Confederate soldiers.

"The Sons of Union Veterans of the Civil War requested a monument dedicated to Union soldiers who died during the battle," he said by email. "During the last several years, re-enactors have discussed the topic of an additional monument leading up to the 150th anniversary of the Battle of Olustee next February. There are no other monuments dedicated to Union troops, [though] there is a monument at a nearby cemetery dedicated to Union soldiers."

Gillespie said there has been feedback from people who support having another monument at the park as well as others who oppose it. He said efforts are under way to solicit input from all interested stakeholders.

THOSE OPPOSED

Robert Tucker, a commander in the Sons of Confederate Veterans in Lake City, is also opposed to the monument.

"I have ancestral blood on that battlefield," Tucker said. "I call this a desecration. That particular area I consider Confederate. The land was deeded to the park service by the UDC and that's the reason I want to preserve it for the Confederates. They can put up a monument,

but don't put it in the Confederate section."

Tucker is also a member of the newly formed group, Concerned Citizens for the Preservation of the Olustee Monument, and circulated a petition at the Olustee Civil War Expo on Saturday against the new monument.

The petition says: "We, the undersigned registered voters of Florida do most definitely protest the proposed construction of a 10-foot tall black granite obelisk monument to Union soldiers, or to anyone else, to be placed in front of the 1912 Olustee monument. The original monument proudly stands next to the American Flag, and honors soldiers on both sides of the War Between the States. Not only is the new proposed monument to the Northern troops unnecessary, but it blocks a clear view of the original, unifying monument. We most urgently implore you not to locate the proposed monument in this immediate vicinity."

"We put it together earlier this week," Tucker said Wednesday afternoon in a telephone interview. "It's from other people from across the state and they forwarded it to me and I added a few words."

Tucker first circulated the petition Saturday at the Olustee Expo at the state park.

People from Tallahassee, Jacksonville, Tampa, Lake City, McLeanny and across the state also planned to circulate the petition beginning Saturday.

ROOM FOR COMPROMISE?

Gillespie said the location of the monument has not yet been determined.

"The Florida Park Service has many state parks that include historic markers and monuments because the mission of state parks is to capture the natural, historic and cultural resources of Florida," he said. "Parks often work with donors who wish to see a memorial set up in a park. Additions like these to parks do not typically require changes to unit management plans."

"We treasure our long

and respectful working relationship that has developed over many years in many locations since the Legislature asked the Florida Park Service to manage monuments and memorials in 1949," Gillespie continued. "Olustee Battlefield Historic State Park serves to commemorate the battle that took place there and to honor those who lost their lives there."

A Sept. 20 meeting to discuss possible concessions concerning the proposed location of the monument was canceled.

"Meanwhile there has been a tassel of people writing letters to the (Florida) Park system, Rep. Liz Porter and all the park authorities," Rosenblatt said. "The UDC has set their heels in and don't even want the monument to be there."

Efforts to contact the UDC for comment were unsuccessful.

Rosenblatt said allowing the proposed monument may set a new, unwanted precedent at the park in regard to monuments.

"If they put up a specialty monument like that, they've opened up the door to make that whole park a monument park from every unit, every man that died and every man that was wounded," he said. "They could have monuments all over the place. We're looking at a 100-year-old monument that's sitting there now, plus two that are about 54 years old for Colquitt and Finnegan. To set a modern monument that is not in keeping with what is there I just think it would be an eyesore."

Farrell said the organization has heard about the monument's detractors.

"In the last few weeks the SUVCW has been informed by the State Park Service of objections," he said. "Three Confederate monuments exist there but one Union monument seems to have struck fear in the hearts of some people. I can say that some of the comments and criticisms are ugly and uncalled for. Union soldiers and veterans who fought at Olustee should be recognized culturally, by the visiting public to the State Park."



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OUR OPINION

Citizens Police Academy a winner

We were pleased to cover graduation ceremonies for the second session of Lake City Police Department's Citizens Police Academy last Monday evening.

Twenty-four local residents got a taste of what real police work is like during the 12-week course – and loved it.

Chief Argatha Gilmore is to be congratulated for putting together a program that is as popular as it is valuable.

There is a waiting list for next January's session, which surely tells you something.

But what most impressed us was the level of enthusiasm from the newly-graduated group on Monday.

The reasons varied, but everyone we spoke with recommended the course in the strongest terms.

A program like this is valuable on a deeper level as well, however.

It is important for folks to know just what it is law enforcement officers are up against when they answer a call civilians might consider 'routine.'

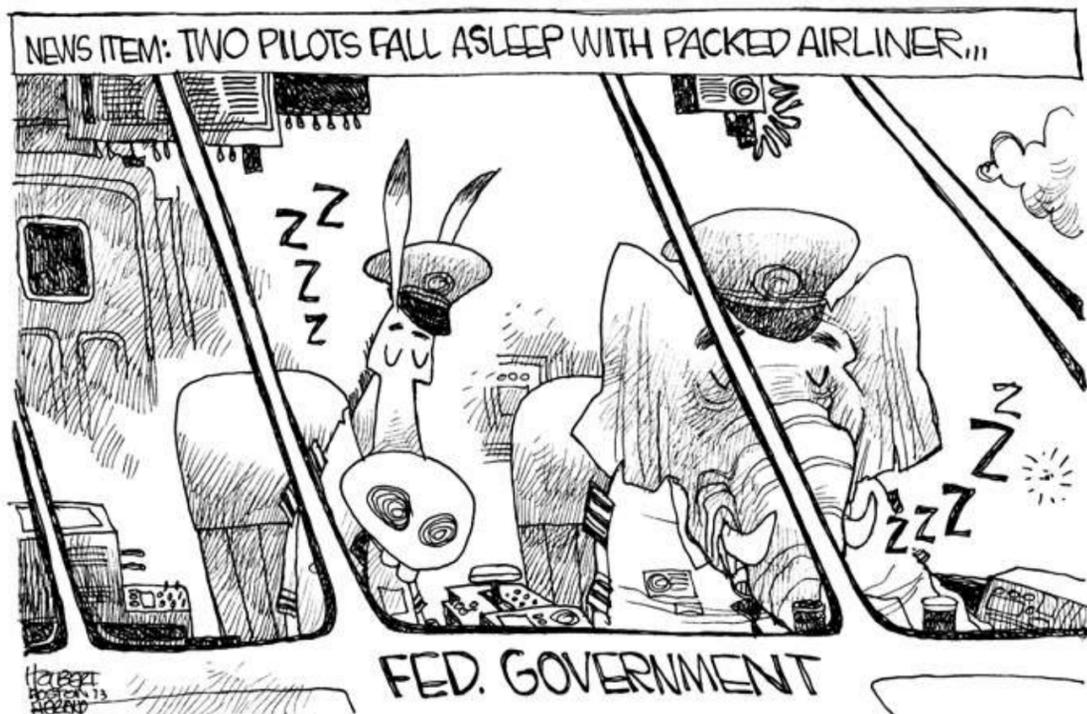
It's nothing like TV.

Sometimes, it's much scarier, and always more emotionally draining.

Judge Julian Collins, who spoke at Monday's ceremony, put it best:

"For us to preserve our strength as a nation, our workplaces have to be secure, our institutions strong and our society, ever vigilant, ever vigilant about our core values," Collins said during his address. "I hope that, among the things you learned over the past two or three months, your mind has been reaffirmed about the continuing need for that vigilance and for your appreciation to those who maintain that vigilance in our community."

We wholeheartedly agree, Judge Collins.



No compromise this time

Among the pearls of wisdom conveyed in Ecclesiastes is that everything has its time. "A time to be born ... a time to die, a time to plant ... a time to uproot, a time for war ... a time for peace."

The founders of the United States drew up a Constitution to serve as an operating manual, in its checks and balances, for peaceful, deliberative government. They understood human nature and set up a system in which competing interests would have to give in. Compromise, they understood, is a necessary lubricant for the wheels of government "of the people, by the people, and for the people" to turn and allow us to move forward.

But compromise is meant for those competing interests – not for the core principles of the country that the Constitution exists to protect and secure. When the principles of our free nation under God are under siege, it is a time for confrontation, not compromise.

The other day, I watched a short video of Rafael Cruz's presentation at a July event by FreedomWorks, a Washington, D.C.-based political action committee that usually supports tea party causes. Cruz is the father of the junior Republican senator from Texas, Ted Cruz, who is now in the spotlight.

Rafael Cruz is a self-made businessman, an immigrant from Casto's Cuba, and a born-again evangelical Christian pastor.

Most of the time when someone cites the Declaration of Independence, they mention its famous opening sentences. But Rafael Cruz, in this brilliant summation of what America is about, quoted the signers' closing words: "... with a firm reliance on the pro-



Star Parker
parker@urbancure.org

tection of divine Providence, we mutually pledge to each other our lives, our fortunes and our sacred honor."

Take a walk around Washington any evening. The fancy restaurants are filled with lobbyists and legislators.

Try to find anyone who would pledge his or her life and fortune for anything.

The American government is no longer about doing the business of the people while preserving and protecting the principles of a free nation. The principles of freedom have been drowned out by the power elite – whether politicians, big business lobbyists or big media – who use their influence to feather their own beds.

A Jeremiah-like Ted Cruz, ringing the alarm that things are not OK, is an annoyance to the comfortable establishment. As the class of "haves" protects its interests, it assures a dismal future for our young and for our poor. Its members play while the ship sinks.

There is no more powerful predictor of economic growth and prosperity than a nation's economic freedom.

The just-published "2013 Economic Freedom of the World Report" shows that the United States has dropped from being the world's second-most economically free in 2000 to number 17

in this year's report. The report comes from the Fraser Institute, a Canadian public-policy think tank.

Our economic arteries are clogged because of excessive government, which is dragging us down and ruining everything that made America great.

The Affordable Care Act is just the latest huge incursion into the freedom of American citizens in a long process of deterioration.

Every year, the trustees of Social Security and Medicare provide a report showing the dismal financial state of these huge entitlement programs. And every year, the political class in Washington ignores it, not having the courage to fight for real change, while things continue to worsen.

Now big business, unions and Congress are getting themselves exempted out of Obamacare, ready to leave the rest of country to be shepherded into socialized medicine.

But Sen. Cruz, like his brave father Rafael, is putting his life, his fortune and his sacred honor on the line to save our beleaguered country.

When Abraham Lincoln took office, he still believed that slavery could be purged from America through deliberation. But soon it became clear that only war would do it.

America must stand by Cruz and other brave tea party Republicans who understand the message of Ecclesiastes: that there is a time for everything, and that today is the time for confrontation.

■ Star Parker is president of CURE, Coalition on Urban Renewal and Education (www.urbancure.org) and author of three books.

Lake City Reporter

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Letters to the Editor should be typed or neatly written and double spaced. Letters should not exceed 400 words and will be edited for length and libel. Letters must be signed and include the writer's name, address and telephone number for verification. Writers can have two letters per month published. Letters and guest columns are the opinion of the writers and not necessarily that of the *Lake City Reporter*.

BY MAIL: Letters, P.O. Box 1709, Lake City, FL 32056; or drop off at 180 E. Duval St. downtown.

BY FAX: (386) 752-9400.

BY EMAIL: news@lakecityreporter.com

George Washington gets his library

The library of our 42nd president, Bill Clinton, opened in 2004 in Little Rock, Ark. The library of our 43rd president, George W. Bush, opened this past April in Dallas.

Those are our two most recent ex-presidents. The library of our first president opened this weekend and it is long overdue. The preliminary reviews are that it was worth a wait, although perhaps not two centuries' worth.

In contrast to most presidential libraries, which are generally government-run, the \$106 million Fred W. Smith National Library for the Study of George Washington is privately owned, as is the Mount Vernon mansion and its grounds, by the Mount Vernon Ladies' Association.

By 1853, when the association was formed to rescue Washington's home, Mount Vernon was nearly derelict, its paint peeling, the grounds overgrown, the portico partially collapsed by an old ship's mast. It took the association five years to raise the \$200,000 to buy the house and grounds from Washington's great-grandnephew. Washington's collection of some



Dale McFeatters
mcfeattersd@shns.com

900 bound volumes and other materials had been allowed to scatter, in contrast to Thomas Jefferson's, which became the nucleus of the Library of Congress. The association owns 103 of Washington's books, is searching for more, and has period duplicates of many of the missing volumes.

Pride of place at the library's dedication went to Washington's 1789 annotated copy of the Acts of Congress, two of which were the Constitution and the Bill of Rights. Of special interest to Washington were Sections 2 and 3 of Article II, the closest thing there was to a set of directions for a president.

The association has patiently restored the Mount Vernon property, rebuilding Washington's gristmill and his rye whiskey distillery (bottles of which are on sale at the

gift shop) and offering a relatively clear-eyed view of the lives of the slaves who made the estate run.

The new library is a three-story building of limestone, wood and glass on 65 acres across the suitably named Mount Vernon Parkway from the mansion. It has stacks and vaults for the especially rare acquisitions and quarters for visiting scholars.

The association hopes to make Mount Vernon a center of scholarship as well as a tourist destination.

Washington would be pleased since he loved having guests, constantly entertained and eventually had to add a wing so he and Martha could have a little privacy. The wing contained his office and rapidly expanding library. He wrote to a friend that he wanted a building to house "my Military, Civil & private Papers, which are voluminous and may be interesting."

Washington died in 1799 before the project could be started. Now, 214 years later, our first president finally has his library – and the interest is greater than ever.

■ Dale McFeatters is editorial writer for Scripps Howard News Service.

COMMUNITY CALENDAR

■ Submit Community Calendar announcements by mail or drop off at the Reporter office located at 180 E. Duval St., via fax to (386)

Sept. 29

Glad Tidings

Glad Tidings Assembly of God, 1571 E. Duval Street (Highway 90 East) Lake City, invites you to attend Homecoming and our one-year anniversary at this location beginning at 10:30 a.m. Sept. 29 with Pastor Lowell Van Vleck sharing the miraculous works of God throughout this year.

There will be special music and dinner.

There will be no evening service.

CHS Class of '73

The Columbia High School Class of 1973 will have their final meeting on Sept. 29 at 5:30 p.m. at the Richardson Center. All classmates are asked to attend. Contact Estralita H. Taylor, 386-867-6718.

Sept. 30

Early Learning

The Early Learning Coalition of Florida's Gateway Inc. Program Quality Committee will be meet at 3p.m. at the coalition office, 1104 SW Main Blvd. The coalition administers the state and federal funding for all School Readiness and Voluntary Prekindergarten programs for Columbia, Hamilton, Lafayette, Suwannee and Union counties. Anyone with a disability who needs assistance to attend this meeting should contact Stacey Nettles at (386) 752-9770.

Women's Bible study

A women's Bible study class will be held each Monday at 9:30 a.m. at the Class Extension of Our Redeemer Lutheran Church, 436 SW McFarlane Ave. All denominations are welcome. For more information, call Esther at (386) 752-9909.

Oct. 2

Builders Assn.

The Columbia County Builders Association is happy to have State Rep. Elizabeth Porter speak at their Wednesday, October 2 lunch at Guang Dong. Buffet opens at 11:30 a.m. meeting starts about noon.



STEVEN RICHMOND/Lake City Reporter

Ford's Drive One 4 UR School

George H. Hudson Jr. (from left), Delayne Carroll and Brook Trulen stand outside a brand new Ford Fusion SE during the Ford's Drive One 4 UR School event Saturday at Columbia High. Organized through Rountree Moore Ford Lincoln, the Ford Motor Company agreed to donate \$20 to various Columbia High School clubs and groups for every verified test drive.

The public is welcome to attend. Cost of lunch is \$12 (inclusive) for CCBA members and \$15 (inclusive) for non-members. Reservations are appreciated - please call: 386-867-1998 to make a reservation or e-mail: colcountybuild@comcast.net.

Blue Grey meeting

The Blue Grey Army will have a planning meeting for the 2014 Olustee Festival on Oct. 2 at 5:30 p.m. in the Columbia County School District Central Building, Room 153, at 409 SW St. Johns St. The festival will be Feb. 14-16. For information, call 755-1097.

Oct. 4

Fine Arts Show

The Art League of North Florida presents the 9th Annual Fine Arts Show through October 25 at the Alfonso Levy Performing Arts Center at the Florida Gateway College. The show is open to all artists 18 years or older. There is an entry fee for members and non members. The

art is received from 10am until 3 pm at the college. There will be a reception on Friday September 13th at 6 pm at the Performing Arts Center. There will be art, food and the awards presentation. The entire community is invited to attend. Applications are available at the Gateway Art Gallery 461 SW Main Blvd. or at the College at check in time. For more, call the Gallery at 752-5229 Tuesday through Saturday 10 am-6 pm.

Oct. 8

On the Constitution

The John Birch Society has a new series of DVDs for you to learn how the Constitution was intended to secure rights, not to enable the federal government to infringe on those rights.

You're invited to attend an ongoing six-part workshop based on these DVDs that will provide you with a practical, common sense understanding of how the Constitution was intended to limit the government,

not the citizens. This understanding will equip you to work with others to solve many of the problems Americans face every day that were created by Big Government.

Each class will include a DVD presentation and group discussion. Topics include:

Part 1: The Dangers of Democracy (Sept. 3). Part 2: Enumerated vs. Unlimited Power (Sept. 10). Part 3: Constitutional Economics, Constitutional Money (Sept. 17). Part 4: Constitutional War Powers and the Enemy Within

(Sept. 24)

Part 5: Exposing the Enemies of Freedom (Oct. 1). Part 6: Restoring the Constitution (Oct. 8)

Where: Lake City Baptist Temple, 3061 SR 47, Lake City.

When: Beginning Tuesday, September 3 at 7:00 pm and every Tuesday after for 5 weeks. More Information: Contact Sharon Higgins by phone (386-935-0821) or email (shiggins@windstream.net)

Oct. 11

Fine Arts Show

The Art League of North Florida presents the 9th Annual Fine Arts Show through October 25 at the Alfonso Levy Performing Arts Center at the Florida Gateway College. The show is open to all artists 18 years or older. There is an entry fee for members and non members. The art is received from 10am until 3 pm at the college. There will be a reception on Friday September 13th at 6 pm at the Performing Arts Center. There will be art, food and the awards presentation. The entire community is invited to attend. Applications are available at the Gateway Art Gallery 461 SW Main Blvd. or at the College at check in time. For more, call the Gallery at 752-5229 Tuesday through Saturday 10 am-6 pm.

Oct. 12

Pink Party Zumbathon

A Pink Party Zumbathon is set for October 12, 9:00 -10:30 am at Lake City Skating Palace. \$10 Donation. All proceeds to Tough Enough to Wear Pink Crisis Fund. Lights, music and dancing! Wear pink!

Contact Sarah Sandlin for more info: 386-438-9292 or on Facebook "Lake City Zumba"

Oct. 31

'Wealth of Information'

The free 'Wealth of Information Fair' will be held Thursday, Oct. 31 from 9 am - Noon, LifeStyle Enrichment Center, 628 SE Allison Ct. Lake City.

For more, email carols@ccseniors.com or call 386-755-0235.

OBITUARIES

Larry Paul Watkins, Sr.

Larry Paul Watkins, Sr., 65 of Lake City, passed away after a long illness Saturday, September 21, 2013 at the Gainesville VA Hospital. He was born in Graceville, FL and he moved to Lake City in 1996. He was in the US Army 5 years and served 2 tours in Viet Nam and among his medals he received a purple heart. He loved his country and was a disabled veteran and retired, but would do anything to help someone and always had a smile. He is survived by his wife, Margaret Watkins of 20 years, 2



had many family and friends and extended family, Jim and

sons Larry Watkins Jr. and Robert Watkins in Beaumont, TX and 2 step-sons, Raymond Joyner Lakeland, FL and William Joyner, Jacksonville, FL., one sister Mary Lou Crutchfield, Waycross, GA. His parents and 3 brothers Freddie, Robert and Jack predeceased him. He

Kathy and Mike Wilkinson. Moring Funeral Home, Melbourne, FL will handle his cremation and he will be taken to the Jacksonville National Cemetery October 4, 2013 at 1:30 p.m. there will be a memorial service held for him at Athens Baptist Church, Lake City, FL where he was a member, on Saturday, October 5, 2013 at 1:00 pm.

Obituaries are paid advertisements. For details, call the Lake City Reporter's classified department at 752-1293.

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Expo gives glimpse of Civil War life

By STEVEN RICHMOND
srichmond@lakecityreporter.com

OLUSTEE—A thunderous boom broke the cool morning calm as Civil War re-enactors fired "Sheila," an 1841-style cannon during the Olustee Civil War Expo Saturday.

Fans and historians milled about the historic location of the 1864 Battle of Olustee, learning about the trials, tribulation and history behind Florida's most significant Civil War battle from groups of re-enactors and experts on mid-19th century American life.

Scott Miller, one of the cannoners with the Melrose-based Tri-County Artillery, removed his earplugs and gave attendees a brief history lesson on the Battle of Olustee as the smoke from Sheila cleared.

"It was another Union attempt to get [Tallahassee]," Miller said. "Florida supplied a great deal of beef to the Confederacy and the Union troops were trying to cut off that supply line."

Although the Union forces out-

numbered the 5,000 entrenched Confederate soldiers at Olustee Station, the South was able to repel the advance of Federal troops and maintain control of Florida.

"I've been doing events like these for a few years now," 8th Florida Infantry reenactor Nathan Collins

of textbooks and into the real side of it, the human side. It helps them see what the soldiers went through."

Terri Blocker sewed and dyed old fabrics with a group of women from the Jacksonville-based Golden Teacup Society, showing visitors the civilian side of the Civil War.

"There was a town here before and after the war," Blocker said. "Sometimes people forget that life went on at home. People still had to grow food and take care of families."

George Scott and Jay Nicely of the 2nd Florida Cavalry huddled around a makeshift fire, heating water and brewing coffee in a small tin cup.

"Some soldiers only got by on 'hardtack,' which is basically just flour, salt and water. Maybe some game, too, if you were lucky," Scott said. "Civil War men put up with a tremendous amount because they believed in what they were doing. Men back then were willing to sacrifice for a cause. Whether it was preserving the Union or defending their homes, they were just trying to protect their way of life."



STEVEN RICHMOND/Lake City Reporter

Terri Blocker demonstrates what life was like for wartime Olustee civilians during the Olustee Civil War Expo Saturday. Her exhibit demonstrated a typical civilian's limited access to materials and how women would repurpose worn out fabrics to produce new clothing.

said. "I got started as a drummer boy in the Boy Scouts. I think passing this knowledge onto younger generations is important. It helps get them out

of their homes, they were just trying to protect their way of life."

TEXTING: Penalties here will be enhanced

Continued From Page 1A

ondary offense and its weak penalties. The legislation says first-time offenders will be charged with a non-moving violation and \$30 fine, while second-time offenders will be charged with a moving-violation and \$60 fine.

However, fines vary county-by-county in Florida for traffic violations. Text and drive in Columbia County and you'll receive a \$114 non-moving violation fine the first time around, and a \$164 moving violation fine for a second offense. Any additional court costs are not included in the penalties.

Nonetheless, the ban can only be enforced as a secondary offense, meaning law enforcement officers will not be able to pull individuals over solely for texting and driving.

Rather, an officer must pull over a driver in relation to another traffic offense, such as running a red light or speeding.

"I would have to visually see you texting," LCPD Public Information Officer Steve Shaw said. "I might see you looking down in your lap, but can't prove it. I might see you run a red light while looking down at your lap, but you might have been looking at a drink between your legs. The burden of proof is with us, and there are some challenges to it."

Of the 256,000 traffic accidents in Florida in 2012, 4,586 of them were attributed to distractions from electronic communication devices, according to data from FDOT.

However, public safety officials suspect the number is much higher, since drivers must admit to using a cell phone before officers can link the crash to cell phone distraction in their

accident reports.

Since texting and driving was not an enforceable offense in Florida, there was no reliable way to track just how many accidents were caused by distracted cell phone use.

Florida Highway Patrol Public Affairs Officer Sergeant Trace Hisler-Pace likened the new legislation to Florida's seatbelt law which started as a secondary offense in 1986 and became primary in 2009.

"It was secondary for many years, but we were able to stop people and talk to them about it and get the message across that it's a dangerous thing to do," she said. "I feel we're going in the same direction, but it takes time. I'm very happy to see it go through."

However, the new law is not without its loopholes. The legislation contains language saying the law does not apply when the driver is:

- Reporting an emergency, criminal, or suspicious activity to law enforcement authorities;

- Receiving messages that are related to the operation or navigation of the vehicle, safety-related information, data used by the motor vehicle, or radio broadcasts;

- Using the device or system for navigation purposes;

- Conducting communication that does not require manual entry (like iPhone's Siri voice-recognition app);

- Conducting wireless communication that does not require reading text messages except to activate, deactivate, or initiate a feature or function.

The law also does not apply to stopped vehicles, including those at red lights or stop signs.

The one advantage given to law enforcement is that the user's billing records and message contents can be used against them as evidence in the court of law. Message recipients can receive a subpoena to appear in court, as well.

Texting while driving will add points under the following circumstances:

- Use of a wireless communications device within a school safety zone—2 points;

- Unlawful use of a wireless communications device resulting in a crash—6 points.

In an effort to promote awareness, the Florida Department of Transportation designated Oct. 1 as "Put It Down" day, encouraging people to consider the consequences of using a cell phone while driving.

"I certainly hope people will look at [texting and driving] and recognize that it's contributing to crash-

es happening around the state," Shaw said. "I hope that's the way people look at it, take that into consideration and think before they text and drive."

Hisler-Pace referred to the new law as just "another tool in the toolbox" for troopers to use in the field to help save lives.

"I think it's a positive thing," she said. "I truly believe any law the legislature passes that makes the driving environment for motorists safer is a good thing. It'll give us the opportunity to enforce the law. If we can cut down on crashes due to destructive driving, we're saving lives. That's what we want to do."

Florida is one of the last states to create legislation penalizing texting and driving. Arizona, South Carolina, and Montana are the last remaining states that currently do not have any legislation banning texting and driving.



STEVEN RICHMOND/Lake City Reporter

Falling for Education

Children cavort and play during a Russian folk dance demonstration at Westside Elementary's Falling for Education festival fundraiser Saturday afternoon. According to school staff estimates, approximately 1,500 children and family members arrived, raising around \$12,000 in school supplies and PTO funding. See story, more photos in Tuesday's Lake City Reporter.

Woman faces charge of false imprisonment

By STEVEN RICHMOND
srichmond@lakecityreporter.com

A Columbia County woman is behind bars after assaulting her mother and resisting officers Thursday night, according to the Columbia County Sheriff's Office.

Jessica Ann Jordan, of 128 NW Green Lane, was arrested by sheriff's deputies physically attacking her mother and detaining her against her will, according to the arrest report.

According to deputies, Jordan's mother, Elizabeth,

said she was arguing with her daughter over a parenting class and pending Department of Children and Families case, the report said.

As the mother attempted to call police, Jordan hid all the phones in the house and told her to sit on a nearby couch while she retrieved a rope-like rubber screen holder in order to restrain her, the report said.

The mother said she attempted to flee the house, yelling and screaming, but that Jordan restrained and prevented her, the report said.

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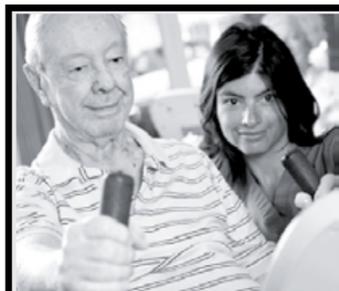
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Walk4Life raises more than \$25,000

By STEVEN RICHMOND
srichmond@lakecityreporter.com

Four-hundred sixty people laced up their best walking shoes for the 5K Walk4Life in Lake City and Live Oak Saturday morning, raising more than \$25,000 for the faith-based Pregnancy Care Center.

"Everything's running great," Pregnancy Care Center executive director Donna Sandage said, scanning the crowd of participants warming up for the event on a cool Saturday morning in Olustee Park.

Each participant in the walk was backed by a sponsor, such as a family member or friend, who pledged donations of various sizes to the organization.

"We're a faith-based organization, meaning we don't receive any state or government funds," Sandage said. "So this is an opportunity for people who believe in life, who believe in God, to say that publicly, that every life has a purpose."

Walkers of all ages made the 3.1 mile trek through a downtown loop along Marion, Baya, Ermine, and Lake Drive, including Sarah Floyd and her three sons, Gabriel, Grady and Garrett.

"We support everything they're doing," Floyd said. "I come from an adopted family, so this really means a lot to me. Babies are a blessing from the Lord."

Five-year-old Grayson Starling could hardly contain his enthusiasm as he bounced around Olustee Park waiting for the walk to begin.

"I'm real excited because I'm here with my family," he said. "I want to walk for babies."

County Commissioner Scarlet Frisina, her children, Chandler and Caitlyn, and her mother, Wanda Parnell were among the participants.

"We're out here to support the Pregnancy Care Center," Frisina said. "Our family chooses life."

Just over 220 people participated in the Lake City walk.



STEVEN RICHMOND/Lake City Reporter

County Commissioner Scarlet Frisina (second from right) stands with her mother Wanda Parnell and her children Chandler and Caitlyn just before the start of Pregnancy Care Center's Walk4Life Saturday morning. "Our family chooses life," Frisina said. See more photos of the Walk4Life in Tuesday's Lake City Reporter.

COUPLE: Bodies found Friday

Continued From Page 1A

The Wards arrived at their river home, left their keys, cell phones and purse in their Chevrolet truck to walk down to the water's edge. They hadn't even unlocked their house yet, he said Thursday.

The quick-moving water of the Suwannee River has risen with recent rain, and may have trapped logs along the edge of the dock. Clayton said the couple may have been attempting to "get the logs unjammed."

According to Clayton's Thursday interview, the Wards were both good friends to him and his wife. He said they were good people who would "help you do anything."

The LCSO thanked the sheriff's offices of Columbia, Dixie, Duval, Gilchrist, Franklin and Suwannee counties, as well as Judy Thigpin of K9 Rescue and Recovery, the Florida Fish and Wildlife Commission and Mayo Correctional Institution.

Woman in biting incident arrested

A woman institutionalized after allegedly biting an officer and strangling her three children in the middle of Lake Jeffery Road in August was arrested Friday, according to LCPD.

Police said they found Kalandra Perry, of 473 SE Avalon Ave., standing in the roadway near DOT Glen with her three children ages 5, 4 and 1, shortly before 8 p.m. Aug. 22. Two of the children were

held by their necks under each of Perry's arms while the third was pinned between her legs, an LCPD release said.

As officers attempted to save the children, Perry bit one of the officers on his side, the release said.

The children were unharmed aside from minor scrapes, police said.

- Steven Richmond

CENSUS: County grew poorer

Continued From Page 1A

egory. The number of housing units has remained stable since 2008, dropping only 1 percent.

However, the number of vacant units has risen from 11.8 percent in 2008 to 20.6 percent in 2012, even though the annual percentage of out-of-county immigrants has stayed relatively stable every year between 2008 and 2012 (about 10 percent).

If housing vacancy is rising while immigration remains stable, and the number of housing units has decreased in the same period of time, that suggests one or both of two things: People are leaving Columbia County or they're dying off.

In fact, 19.1 percent of county residents were over the age of 62 in 2012 alone.

So where are most of our new residents coming from?

In the past five years, of the average 10 percent of new residents:

- 6-7 percent came from Florida;
- 3-5 percent came from a different state;
- 0.0-0.8 percent came from abroad.

The 2012 ACS also revealed estimates of the leading ancestries in Columbia County. Of the nearly 68,000 county residents, the top five ancestral origins were:

- German, 17.3 percent;
- Irish, 14.8 percent;
- English, 11.2 percent;
- American, 8.2 percent;
- Sub-Saharan African (nations south of Egypt, Libya, Algeria, etc), 6.5 percent.

The survey's 2012 sample size for Columbia County was 375 of the county's 28,496 households, officials said. All values in this article are estimates with a 90 percent confidence level following statistical imputation and extrapolation.

more time to be grand

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red dot clearance

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when you take an extra 50% off the current ticketed price*

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*If you're 55 or older, take an extra 20% off storewide, or 15% off in our home & shoes departments with your Belk Rewards Card. 15% off storewide, 10% off in our home & shoes departments with any other form of payment, on your sale purchases. *Excludes Red Dot, Clearance, Earlybirds, Night Owls, Doorbusters, Bonus Buys, Everyday Values, Alegria, All Clad, Austin Reed, Ben Sherman, Better & Designer Intimates, Brighton, Buffalo, Casio, Chip & Pepper, Citizens of Humanity, Clarisonic, Coach, Cole Haan, Columbia, cosmetics/fragrances, Dansko, designer handbags, designer sunglasses, Diane Von Furstenberg, Dockers, Donald J. Pliner, Dooney & Bourke, Eileen Fisher, Fine Jewelry watches and service plans, Free People, Furla, Gameday, Gear For Sports, Hart Schaffner Marx, Herend, Hickey Freeman, Hugo Boss, Jack Rogers, Kate Spade, Keen, kitchen/ novelty electricals/coffee, Lacoste, ladies better swim, ladies designer, bridge & contemporary sportswear & dresses; ladies, kids & men's designer shoes; Le Creuset, Levi's, Lilly Pulitzer, Lucky, Mattel, Merrell, Michael Kors Shoes, Minnetonka Moccasins, Miss Me, Munro, My Flat in London, Nanette Lepore, Nautica, Orthoheel/Vionic, Rachel Roy, Ralph Lauren/Polo, Roberto Coin, Seven for All Mankind, Stuart Weitzman, Thomas Dean, Tommy Bahama, Tommy Hilfiger, Trina Turk, Trunk Shows, Tumi, Ugg, Under Armour, Vineyard Vines, Wusthof; non-merchandise depts., lease depts. and Belk gift cards. Not valid on prior purchases, phone or special orders or on belk.com. Cannot be redeemed for cash, credit or refund, used in combination with any other discount or coupon offer. Valid OCTOBER 1, 2013. **RED DOT:** *Limited exclusions in Brighton, Eileen Fisher, Lilly Pulitzer, My Flat in London, Resort, Bridge Collection, Levi's, Coach, designer handbags, designer sunglasses and junior denim. Juniors total savings are 70-80% off. Fashion Accessories, Handbags, Small Leather Goods, Hosiery, Home Store and Men's Tailored Clothing total savings are 60-75%. COUPONS NOT VALID ON RED DOT

Homecoming

2013

October 6, 2013

First Baptist of Lake City, FL

182 NE Justice Street

Pastor Robert Bass and members invite friends, family and former members to help us celebrate 147 years of continuous service to our community.

Our speaker is Pastor Emeritus
Rev. Robert Davis

Special music led by Rev. Ken Baxley
Bible Study 9:15 am
Worship Service 10:30 am

Dinner in Fellowship Hall after the service. Church will provide meat and members will bring vegetables, salads, and deserts for their families and our guests. Please join us for worship, food and fellowship.

THE WEATHER

29 SUN Partly cloudy HI 85 LO 63	30 MON Partly cloudy HI 85 LO 63	01 TUE Isolated storms Partly cloudy HI 86 LO 65	02 WED Slight chance of storms HI 86 LO 65	03 THU Slight chance of storms HI 85 LO 67
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REGIONAL FORECAST MAP for Sunday, Sep. 29

Sunday's highs/Sunday night's low

City	Monday	Tuesday
Cape Canaveral	87/73/pc	87/75/pc
Daytona Beach	86/71/ts	87/72/pc
Fort Myers	91/73/ts	91/74/ts
Ft. Lauderdale	87/76/pc	89/76/ts
Gainesville	85/65/sh	86/66/ts
Jacksonville	83/66/sh	84/66/ts
Key West	88/79/pc	88/79/ts
Lake City	85/65/sh	86/66/ts
Miami	89/76/pc	88/76/ts
Naples	87/73/ts	90/74/ts
Ocala	87/66/sh	87/67/ts
Orlando	89/72/pc	89/73/ts
Panama City	83/73/ts	83/74/pc
Pensacola	82/70/ts	82/72/pc
Tallahassee	86/68/pc	88/67/pc
Tampa	88/72/ts	90/73/ts
Valdosta	85/66/pc	87/65/pc
W. Palm Beach	87/75/pc	87/75/ts

LAKE CITY ALMANAC

TEMPERATURES

High Saturday	78
Low Saturday	68
Normal high	85
Normal low	66
Record high	94 in 1921
Record low	54 in 1962

PRECIPITATION

Saturday	0.14"
Month total	6.26"
Year total	48.37"
Normal month-to-date	4.17"
Normal year-to-date	39.76"

SUN

Sunrise today	7:22 a.m.
Sunset today	7:18 p.m.
Sunrise tom.	7:23 a.m.
Sunset tom.	7:16 p.m.

MOON

Moonrise today	2:22 a.m.
Moonset today	3:56 p.m.
Moonrise tom.	3:15 a.m.
Moonset tom.	4:32 p.m.

Oct 4 New Oct 11 First Oct 18 Full Oct 26 Last

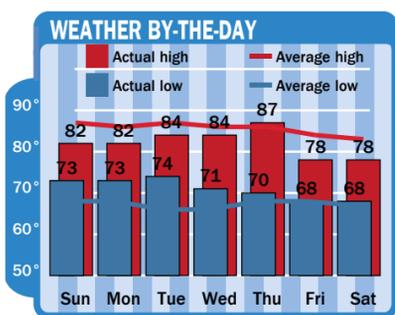
UV INDEX

9

Very High
15 mins to burn
Today's ultra-violet radiation risk for the area on a scale from 0 to 10+.

FYI
An exclusive service brought to our readers by The Weather Channel.

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WEATHER HISTORY

A significant tornado outbreak hit Charleston, S.C. on this date in 1938. Five tornadoes ravaged the town, killing 32 people and causing \$2 million dollars in damage. Market and Broad Streets were almost totally destroyed by the third tornado in the outbreak.

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Lake City Reporter

NATIONAL FORECAST: Showers and a few thunderstorms will stretch from the eastern Great Lakes to Texas along a cold front. A storm system in the Northwest will be responsible for windy and rainy conditions, with some locally heavy rain possible.

NATIONAL FORECAST MAP 3 p.m. today

YESTERDAY'S NATIONAL EXTREMES High: 119°, Lexington, NE Low: 15°, Wolf Creek Pass, CO

CITY	Saturday Hi/Lo/Pcp.	Today Hi/Lo/W	CITY	Saturday Hi/Lo/Pcp.	Today Hi/Lo/W	CITY	Saturday Hi/Lo/Pcp.	Today Hi/Lo/W
Albany NY	62/57/0.00	68/51/cd	Des Moines	70/57/22	76/50/s	Oklahoma City	78/59/1.35	77/51/s
Albuquerque	64/43/0.00	77/52/s	Detroit	73/53/0.00	67/53/sh	Omaha	75/55/44	78/53/s
Anchorage	48/36/0.00	51/35/pc	El Paso	73/60/0.00	83/58/s	Orlando	85/72/0.08	88/68/pc
Atlanta	77/57/0.00	77/60/pc	Fairbanks	42/36/0.00	46/30/sn	Philadelphia	73/57/0.00	74/53/pc
Baltimore	71/55/0.00	74/53/pc	Greensboro	70/52/0.00	74/54/pc	Phoenix	88/64/0.00	94/66/s
Billings	55/41/0.00	71/49/pc	Hartford	73/46/0.00	73/46/s	Pittsburgh	72/52/0.00	74/53/pc
Birmingham	79/61/0.00	80/59/pc	Honolulu	82/73/0.02	87/73/pc	Portland ME	71/49/0.00	66/46/s
Bismarck	64/46/0.01	79/48/pc	Houston	87/77/53	87/74/ts	Portland OR	63/57/36	62/53/r
Boise	57/53/0.00	65/54/r	Indianapolis	82/56/0.00	72/53/sh	Raleigh	73/50/0.00	75/55/pc
Boston	66/55/0.00	67/51/pc	Jackson MS	82/64/0.00	80/63/sh	Rapid City	64/34/0.03	79/51/pc
Buffalo	73/50/0.00	73/56/pc	Jacksonville	77/69/12	81/64/pc	Reno	69/39/0.00	73/52/pc
Charleston SC	78/59/0.00	79/58/pc	Kansas City	73/58/40	76/51/s	Sacramento	78/48/0.00	78/59/pc
Charlotte	73/53/0.00	76/57/pc	Las Vegas	77/57/0.00	88/63/s	Salt Lake City	64/42/0.00	77/55/pc
Cheyenne	60/34/0.00	71/45/s	Little Rock	87/66/0.00	80/66/ts	San Antonio	82/80/0.00	87/71/ts
Chicago	82/55/0.00	71/50/s	Los Angeles	88/61/0.00	82/60/s	San Diego	82/61/0.00	73/62/s
Cincinnati	80/55/0.00	72/57/sh	Memphis	82/66/0.00	79/67/ts	San Francisco	71/53/0.00	65/58/pc
Cleveland	75/64/0.00	72/56/sh	Miami	88/77/0.02	88/75/pc	Seattle	60/55/1.11	60/51/r
Columbia SC	77/64/17	75/51/s	Minneapolis	72/55/14	74/55/s	Spokane	55/48/23	56/45/r
Dallas	87/75/0.02	80/66/pc	Mobile	84/63/0.00	84/64/pc	St. Louis	84/66/0.00	76/55/pc
Daytona Beach	83/71/1.34	83/67/pc	New Orleans	86/70/0.00	85/70/pc	Tampa	88/72/0.00	88/72/pc
Denver	64/39/12	78/41/s	New York	74/56/0.00	71/56/pc	Tucson	86/57/0.00	89/61/s
			Oakland	72/55/0.00	69/59/pc	Washington	71/60/0.00	73/58/pc

INTERNATIONAL

CITY	Saturday Hi/Lo/Pcp.	Today Hi/Lo/W	CITY	Saturday Hi/Lo/Pcp.	Today Hi/Lo/W	CITY	Saturday Hi/Lo/Pcp.	Today Hi/Lo/W
Acapulco	87/77/0.00	87/77/pc	La Paz	64/30/0.00	62/32/ts	Rio	78/64/0.00	80/69/ts
Amsterdam	62/46/0.00	60/44/s	Lima	64/59/0.00	64/57/pc	Rome	80/55/0.00	80/59/s
Athens	84/62/0.00	82/69/s	London	66/53/0.00	66/53/pc	San Juan PR	93/80/0.00	93/79/pc
Auckland	62/55/0.00	62/53/pc	Madrid	73/62/0.00	73/53/pc	Santiago	91/71/0.00	91/71/pc
Beijing	68/51/0.00	71/53/s	Mexico City	77/53/0.00	77/57/pc	Seoul	73/59/0.00	69/53/r
Berlin	57/37/0.00	59/41/pc	Montreal	71/48/0.00	71/48/pc	Singapore	89/80/0.00	89/77/ts
Buenos Aires	62/57/0.00	62/46/r	Moscow	42/39/0.00	46/37/pc	St. Thomas VI	89/80/0.00	90/79/pc
Cairo	86/68/0.00	84/68/s	Nairobi	84/59/0.00	80/59/ts	Sydney	86/53/0.00	89/59/pc
Geneva	69/55/0.00	78/57/pc	Nassau	91/77/0.00	87/77/s	Tel Aviv	82/69/0.00	82/69/pc
Havana	87/73/0.00	89/69/ts	New Delhi	95/77/0.00	91/78/ts	Tokyo	73/60/0.00	75/64/pc
Helsinki	50/37/0.00	51/41/pc	Oslo	53/51/0.00	51/46/pc	Toronto	64/57/0.00	62/57/s
Hong Kong	86/78/0.00	89/75/pc	Panama	84/77/0.00	86/75/ts	Vienna	60/37/0.00	62/48/s
Kingston	89/80/0.00	89/80/pc	Paris	69/59/0.00	77/59/r	Warsaw	51/41/0.00	53/35/pc

KEY TO CONDITIONS: c=cloudy, dr=drizzle, f=fair, fg=fog, h=hazy, i=ice, pc=partly cloudy, r=rain, s=sunny, sh=showers, sn=snow, ts=thunderstorms, w=windy.

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Story ideas?

Contact
Tim Kirby

Sports Editor
754-0421

tkirby@lakecityreporter.com

Sunday, September 29, 2013

www.lakecityreporter.com

Section B

Still undefeated



BRENT KUYKENDALL/Lake City Reporter

Columbia High running back Lonnie Underwood tries to break loose from Englewood High's Ergen Imeri in the Tigers' 59-0 win in Jacksonville on Friday.

Tigers go on Ram-page against Englewood, 59-0

By **BRANDON FINLEY**
bfinley@lakecityreporter.com

Columbia High moved to 5-0 on the season with ease as the Tigers' rammed through Englewood High with a 59-0 win in District 4-6A play in Jacksonville on Friday.

Running back Lonnie Underwood rushed for five touchdowns — all in the first half — for the third straight week and finished with 215 yards.

Underwood came out of the game in the second half after sustaining a shot to the ribs toward the end of the first half, according to head coach Brian Allen.

Underwood said he thinks about the record.

He's also thinking about the single-season rushing touchdown mark which is 28 touchdowns held by running back coach Quinton Callum. Underwood has 22 rushing touchdowns through five games.

"I wanted to stay in," Allen said. "I felt like I was running good, but there are

more games. It would mean a lot to break the record."

Allen said that Underwood's time would come, but his main concern was the running back's health.

"He got hit in the rib area, and I wanted to be smart about it," Allen said. "The best thing to do was take him off the field and save him for when we need him the most."

Nate Taylor continued to play well at quarterback with a 6-for-9 game with 139 yards through the air and a touchdown.

The Tigers began the game with a 24-yard field goal from Brayden Thomas and never looked back in their first defensive shutout of the season.

Underwood's first touchdown came on a five-yard score with 3:51 remaining in the first quarter. He broke a 75-yard run to set up the touchdown on the play before.

Columbia forced a three-and-out early in the second quarter after Will Bowen

registered a sack and the Tigers began to pour it on the Rams.

Underwood scored his second touchdown of the game on a 25-yard run coming with 5:17 remaining in the second quarter to give Columbia a 16-0 lead.

After a 40-yard return from Roger Cray following the Rams' next possession and a face mask penalty added on, Underwood added a third touchdown from five yards out to give Columbia a 23-0 lead with 3:05 remaining in the half.

Carlos Vega added a fumble recovery to the defense's day and set up Underwood for a 10-yard touchdown run and the Tigers had a 30-0 lead with 2:03 remaining in the first half.

"His play has been non-measurable to what he means to our football team," Allen said of Vega. "You can't account for what he does in pure numbers. He's a guy that has

CHS continued on 2B

The Columbia County Republican Party
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The Honorable Rick Scott, Governor
The Honorable Ted Yoho, US Congress
The Honorable Charlie Dean, State Senator
The Honorable Elizabeth Porter, State Representative

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\$85
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Tigers ram Englewood



BRENT KUYKENDALL/Lake City Reporter

Columbia High's Lonnie Underwood barrels through an Englewood High defender during the Tigers' 59-0 win against the Rams in Jacksonville on Friday.



BRENT KUYKENDALL/Lake City Reporter

Columbia High's Terry Calloway wraps up an Englewood High running back during the Tigers' 59-0 win on Friday.



BRENT KUYKENDALL/Lake City Reporter

Columbia High's Brayden Thomas kicks a field goal with a hold from J.T. Bradley.



BRENT KUYKENDALL/Lake City Reporter

Columbia High's Nate Taylor fires a pass against Englewood High on Friday.



BRENT KUYKENDALL/Lake City Reporter

Columbia High and Englewood High are involved in a scrum during the Tigers' 59-0 win.

Indians off to hot start



JASON MATTHEW WALKER/Lake City Reporter

Fort White High's Tavaris Williams (2) is chased by a group of Newberry High defenders swarm in the Indians' 36-18 home win on Sept. 6. Fort White is off to a 3-0 start this season.



JASON MATTHEW WALKER/Lake City Reporter

Tavaris Williams runs for a touchdown against Bradford High at David Hurse Stadium in Starke on Sept. 13.



JASON MATTHEW WALKER/Lake City Reporter

Tavaris Williams dodges a tackle while making his way toward the end zone against Newberry High.



JASON MATTHEW WALKER/Lake City Reporter

A Bradford High defender attempts to stop Fort White High's Melton Sanders. The Indians beat the Tornadoes, 37-27



JASON MATTHEW WALKER/Lake City Reporter

Fort White High defenders attempt to strip the ball from a Chiles High runner during the Indians' 35-14 homecoming win.

Columbia, Inc.

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Week of Sept.29-Oct 5, 2013

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Section C

Saving your home from storms

Flood damage is what we see here most, but wind can also be a problem.

From staff reports

While Florida residents have been lucky so far this year, there are still two months remaining in the 2013 Atlantic hurricane season. Even though there have been only two hurricanes so far this year (Humberto and Ingrid, both category 1), there's always the chance for more.

While Columbia County residents tend to see more flooding, the consequences of wind damage and broken windows should not be ignored. Safeguarding windows helps protect against the threat of dangerous glass shrapnel and interior water damage.

In order to minimize damage, Columbia County Emergency Management Director Shayne Morgan suggests people use plywood, and not tape, to board up windows and sliding glass doors.

"There's been a new initiative from FLASH (the Federal Alliance for Safe Homes)," he said. "They're recommending plywood to safeguard against breaking glass."

The following guide from FLASH will come in handy for home and business owners who'd like to safeguard their property against damaging winds and rain.

Plan the Project

- Count and measure each window and door that has glass including French doors, sliding glass doors as well as skylights. You might also want to include roof and gable end vents or any opening that if damaged would allow wind to enter your home.



Flooding is usually the most notable consequence residents of North Florida see from tropical storms and hurricanes, as seen in this June 2012 photo of damage from tropical Storm Debby. However, wind damage ought not be ignored as a possible danger.

- Measure each opening horizontally inside the exterior trim and vertically from the sill to the bottom of the top trim. Add eight inches to both the height and width to provide a four-inch overlap on all sides.
- When measuring a window with an extended sill measure from the top of the sill to the top of the window and add four inches instead of eight. Sheets of plywood

are generally 4 feet by 8 feet. This will help determine how many sheets to buy.

- Be sure to purchase plywood that is 5/8 inch or greater, exterior grade (CDX).

Assemble Your Tools and Hardware

- You will need a circular saw, drill and drill bits, hammer and wrench, work gloves and safety goggles for this project.

- You will also need an assortment of hardware including bolts, wood or masonry anchors, nuts and large washers. A range of bolts may be used because different bolts will be needed for wood frame versus masonry homes.

- Wood Homes use lag screws and plas-

DAMAGE continued on 2C

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Dr. Joseph Gentile

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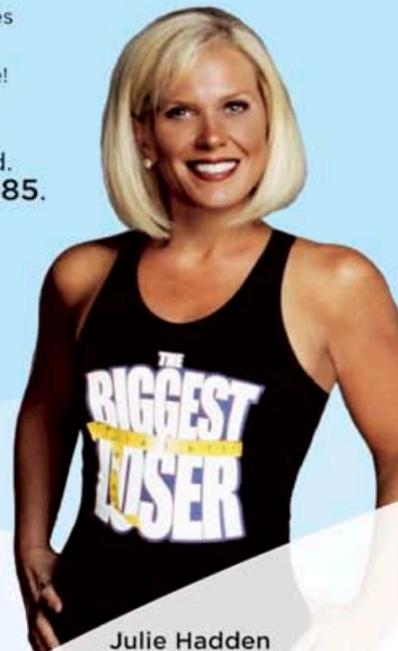
Columbia County Fairgrounds Banquet Hall
438 SW State Road 247, Lake City, FL 32025

Be tough enough to wear pink and join Lake City Medical Center and Columbia County Resources, Inc. for a FREE lunch and learn all about standing up to breast cancer! Don't miss Julie Hadden, NBC's The Biggest Loser Season 4 Runner-Up as she discusses her journey and explains the valuable role that staying fit plays in fighting cancer.

There will be drawings for door prizes and free mammograms for eligible attendees. We hope to see you there!

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Runner-Up on NBC's
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Ask the Fool

Splitting Shares

Where can I look up a company's recent stock splits? — *H.W., Prescott, Ariz.*

You can start with the company itself, by calling its investor relations department. If you're online, head to **finance.yahoo.com**, enter the company's ticker symbol and click "Look Up." Then choose "Basic Chart" in the blue bar on the left. Right under the chart and above more data you'll find a list of recent splits. A "3:1" notation reflects a split where shareholders got three shares for every one they owned. For lists of past and upcoming splits, visit **biz.yahoo.com/c/s.html**.

Stock splits are generally non-events, though. The share price gets adjusted down in proportion to the increase in share count. So while suddenly owning more shares can be exciting, it's not too meaningful. Pre-split, you might have owned 100 shares priced at \$40 per share (total value: \$4,000). Post-split, your 200 shares are worth about \$20 each, for a total of ... \$4,000. Not much has changed.

When stocks fall, should I move my money into bonds, and vice versa? — *A.N., Endicott, N.Y.*

Do that, and you'll be selling low, instead of buying low and selling high. Think for yourself and don't follow the crowd. Decide, for example, how much of your nest egg you want to keep in bonds. Young people might want to be close to 100 percent in stocks, while those near or in retirement might want to have a chunk of their money in bonds. Stick with your desired allocation until you have a good reason to change it. The reason to diversify across categories is so that when one slumps, the other might offset the loss (though that doesn't always happen). Healthy fallen stocks tend to recover.

Got a question for the Fool? Send it in — see Write to Us



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Competitive Forces

When studying a company as a possible investment, you should develop a solid understanding of its industry. Harvard Business School professor Michael Porter laid out five competitive forces in his book "Competitive Strategy" (Free Press, \$40). Give them some thought when researching businesses:

- **Threat of entry.** Assess how expensive it is to enter the industry, the economies of scale, switching costs and brand value. It's easier, for example, to enter the lawn service industry than the automobile industry — one requires some relatively inexpensive equipment, while the other requires factories, distribution networks and much specialized knowledge.

- **Switching costs protect companies, too.** When consumers can easily switch from one product to another, companies have to work harder to keep them. Brands also matter. Many consumers would rather buy a brand-name product than an unknown brand.

- **Bargaining power of suppliers.**

There are only a few airplane suppliers (think Boeing and Airbus), so if you're running an airline, it's difficult to play one against the other, negotiating for a great price. Meanwhile, if hospitals need to buy a certain drug, they don't have many options.

When there are many suppliers, they generally have to compete more to win business, and that can lower prices for buyers.

- **Bargaining power of buyers.** This is affected by brand power, switching costs, the relative volume of purchases, standardization of the product, and elasticity of demand (where demand increases as prices fall, and vice versa). Wal-Mart can dictate terms to many suppliers because of its size.

- **Availability of substitutes.** The cable TV business is threatened by the growth of substitutes such as streaming video.

- **Competitive rivalry.** The more competitive an industry is, the more likely you are to have price wars and reduced profitability. Examples include supermarkets, airlines and hotels.

Consider these forces, and you might determine that an industry is more or less attractive than you thought.

My Dumbest Investment

Impatience Hurts

I manage my brother's portfolio and my own. I bought Visa at \$110 for the two of us. When it was near \$130, I called it quits. Boy, that was dumb — it has recently been near \$180. I made my brother continue to hold it, and he's sitting pretty. Sometimes I feel like I give him better advice than I give myself.

There are lots of these examples. I bought 3-D Systems at \$33 for my brother after it plummeted, and I sold it for around \$40. It's now near \$52. I bought Bank of America at \$6.50, watched it fall, and sold it once it returned to \$6.50. It hit \$15 later. So many future profits missed! I also bought Coffee Holding Co. in 2011 on the recommendation of a CNBC article. I held for a 30 percent loss before I concluded that it was a bad position.

Bottom-line lessons? Have confidence in the long-term profitability of the companies you believe in. Ignore the volatility and noise all around you. — *G.L., online*

The Fool Responds: Amen. Patience can be quite profitable.

Do you have an embarrassing lesson learned the hard way? Boil it down to 100 words (or less) and send it to The Motley Fool c/o My Dumbest Investment. Got one that worked? Submit to My Smartest Investment. If we print yours, you'll win a Fool's cap!

LAST WEEK'S TRIVIA ANSWER

Founded in 1970 and based in Kansas City, Mo., I'm a publisher and also the world's largest independently owned newspaper syndication company, distributing content to print, online and mobile platforms. Brands under my roof have included Doonesbury, Dear Abby, Miss Manners, Calvin and Hobbes, Garfield, Peanuts, Dilbert, For Better or For Worse, Cathy, Ziggy and The Motley Fool. Each year, I publish the work of more than 240 syndicate creators and writers and more than 150 books. I'm also the nation's top calendar publisher, selling more than 15 million calendars annually. Oh, and greeting cards, too. Who am I? (Answer: Andrews McMeel Universal)

Write to Us! Send questions for Ask the Fool, Dumbest (or Smartest) Investments (up to 100 words), and your Trivia entries to Fool@fool.com or via regular mail c/o this newspaper, attn: The Motley Fool. Sorry, we can't provide individual financial advice.

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Name That Company

Based outside Boston, I'm a major global maker of musical instruments.

The brands under my roof include one of the top names in pianos, founded in Manhattan in 1853 by a German immigrant. (Its name is part of mine.) My other offerings include Bach Stradivarius trumpets, Selmer Paris saxophones, C.G. Conn French horns, Leblanc clarinets, King trombones and Ludwig snare drums. Through my online music retailer, ArkivMusic, I offer classical music. I rake in more than \$350 million annually, and the Paulson & Co. investment company is aiming to buy me. My ticker symbol evokes Beethoven. Who am I?

Know the answer? Send it to us with Foolish Trivia on the top and you'll be entered into a drawing for a nifty prize!

DAMAGE

Continued From Page 1C

tic coated permanent anchors. Masonry Homes use expansion bolts and galvanized permanent expansion anchors.

Get Started

Having someone help you with this project will make things a lot easier.

- **First drill holes in the same diameter as the bolts or screws, 2 inches in from the edges of the plywood at each corner and at 12 inch intervals around the panel.**

- **Next hold the plywood firmly in place over the opening to mark where to drill mounting holes. If the window sill is flush to the wall, secure the plywood on all four sides. If the window sill extends out at the bottom, secure the plywood on the top and sides.**

- **For windows 3 feet by 4 feet or smaller installed on a wood frame house, use 1/4 inch lag screws and plastic coated permanent anchors. The lag screws should penetrate the wall and frame surrounding the window at least 1 3/4 inches.**

- **For larger windows, use 3/8 inch lag screws that penetrate the wall and frame surrounding the window at least 2 1/2 inches.**

- **For windows 3 feet by 4 feet or smaller installed on a masonry house, use 1/4 inch expansion bolts and galvanized permanent expansion anchors. The expansion bolts should penetrate the wall at least 1 1/2 inches.**

- **For larger windows, use 3/8-inch expansion bolts that penetrate the wall at least 1 1/2 inches. If a window or door is larger than a sheet of plywood, you will need to join the panels with 2X4 bracing along the entire seam.**

- **Attach the 2X4s to the outside of the plywood panel with 10 gauge, 2 inch long galvanized screws (exterior deck screws) spaced every 4 inches. Use the widest side of the 2X4 to run the length of the entire seam.**

- **When you're done, mark each panel with the name of the opening so you will quickly know where to install it when a storm is approaching. Store the panels, washers and nuts together in a location away from the elements.**

Consider waterproofing the panels with paint or a sealant. And be sure to visit flash.org for more information about strengthening your home and safeguarding your family from disaster.

For information specific to Columbia County, contact Shayne Morgan at 386-758-1125 ext. 2.

Cornell research orchard seeking the perfect apple

By MICHAEL HILL

Associated Press

GENEVA, N.Y. — Trees at Cornell University's research orchard this fall are heavy with waxy apples, deep-red, round apples, oblong apples and aromatic apples that smell like autumn.

The thousands of trees here are tended for a single goal: to grow apples with just the right mix of sweetness, tart and crunch.

The orchards, part of the New York State Agricultural Experiment Station, are essentially a 50-acre lab devoted to developing apples that are tasty for consumers and hardy for farmers. The station has released 66 apple varieties over more than a century including Cortland, Macoun and two new entries at farm markets this fall: SnapDragon and RubyFrost.

"I could never be a medical doctor; I don't like blood. But I can create," breeder Susan Brown said. "I can manipulate things and create stuff that no one else has seen or tasted, and sometimes it's a home run and sometimes it's a spitter."

Brown, a Cornell professor of agriculture who has been breeding apples since 1990, walked through the apple-dappled rows on a sunny day this week offering test chops. One apple was juicy but mushy, another exceptionally firm and crisp.

"You would not want to eat this with

dentures," she said with a laugh.

Brown's team is looking for crisp apples with a good balance of sugar and acid. It also pays close attention to "volatiles," or the aromas like a hint of cherry or grassiness that contribute so much to an apple's flavor. But researchers also want farmer-friendly apples that hold up well against insects, fire blight and apple scab and during shipping.

One promising variety was rejected because its leaves were prone to spotting and falling off the tree. A green apple that might have been able to compete with the Granny Smith was discarded because it was susceptible to blister spots.

"It's only skin deep," Brown said of the blistered apple, "but consumers are still going to find it objectionable."

The researchers here have access to cutting-edge technology, but the mechanics of their breeding work is similar to what their counterparts have done for generations. Pollen is collected from unopened blossoms and applied to female parts of another tree's flower. It can take four years before a seedling produces fruit ready for tasting.

Researchers try to combine desirable traits from two different apples — like the snappy sweetness of one and the resistance to insects of another. But just like a mom and dad can have children who are very different from each other, new apples can fall far from the tree,

figuratively speaking. Research assistant Kevin Maloney says about 95 percent of the seedlings they plant are discarded. The neat rows of trellised trees have gaps where apples that didn't make the cut had grown.

"It's a numbers game. We plant out thousands and thousands of seedling trees," Maloney said. "If they're not exceptional quality or something we can use in the breeding program, they're removed."

Brown has high hopes for their two new apples developed in partnership with the members of New York Apple Growers, which will initially be sold at dozens of farm markets in New York this fall.

SnapDragon is a cross of Honeycrisp with a Jonagold-like hybrid that's easier for farmers to manage. RubyFrost, which ripens later in the fall, has high vitamin C content and resists browning, which is important now that apple slices are such a large part of the retail market.

As picking season for SnapDragon dawns, Brown is already thinking of the next generation apple. She believes she can breed an apple that is resistant to browning. And she thinks she can up an apple's vitamin C content to the level of an orange.

"I've already made the next generation, crossing SnapDragon and RubyFrost," she said.

Iceland's scenery, tax breaks lure Hollywood

By JENNA GOTTLIEB

Associated Press

REYKJAVIK, Iceland — It has doubled as an alien planet, a Himalayan peak and even the snow-filled fantasy world of the "Game of Thrones." Still recovering from financial collapse, Iceland can perhaps be forgiven for seeking alternate identities.

And Hollywood is providing the remote North Atlantic island much needed revenue and jobs — as well as a touch of glamour — as it struggles to emerge from its nationwide banking and currency debacle. The country's unique environment, along with generous tax incentives,

continues to attract some of the biggest Hollywood filmmakers and television producers.

"The main factor is the incredible landscape that we have," said Einar Sveinn Thordarson, the director of marketing for Pegasus, which provides production services for HBO's "Game of Thrones"; the hit series has filmed in Iceland three times. "It's very unique, and that's what inspires people the most."

This summer, about 300 crewmembers spent two weeks at Iceland's Thingvellir National Park, shooting for the upcoming fourth season.

Game of Thrones producer Chris

Newman told Icelandic news website Visir this summer that they were creating the Westeros world in the drama — and that Iceland fits the vision for the imaginary continent.

"I've been filming here and working here for 25 years working on and off and I know, having driven around so much, that there's so much landscape here to make the show just seem enormous," said Newman.

Producers have come to treasure Iceland for its strange and magnificent appearance: otherworldly black lava fields, active volcanos and gushing geysers.

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Lake City Reporter

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755-5440

ADvantage

Placing An Ad

You can call us at **755-5440**, Monday through Friday from 8:00 a.m. to 5:00 p.m. Some people prefer to place their classified ads in person, and some ad categories will require prepayment. Our office is located at 180 East Duval Street.

You can also fax or email your ad copy to the Reporter.

FAX: 386-752-9400 Please direct your copy to the Classified Department.
EMAIL: classifieds@lakecityreporter.com

Personal Merchandise 4 lines • 6 days One item per ad

Rate applies to private individuals selling personal merchandise totalling less than the category amounts listed below. Each item must include a price. This is a non-refundable rate.

Under \$100	Under \$500	Under \$1,000	Under \$2,500	Under \$4,000	Under \$,6000
\$3.50	\$10.75	\$17.15	\$24.70	\$28.40	\$31.40
Each additional line \$25	Each additional line \$1.10	Each additional line \$1.15	Each additional line \$1.45	Each additional line \$1.55	Each additional line \$1.65

Service Guide

Limited to Service type advertising only.
\$82.00
4 Lines • 1 Month
Each additional line \$9.00
Includes an additional \$3.00 per ad for each Sunday insertion.

Garage Sale

\$17.50
4 Lines • 3 Days
Includes 2 Signs
Each additional line \$1.65

Ad to Appear:	Call by:	Email by:
Tuesday	Mon., 10 a.m.	Mon., 9 a.m.
Wednesday	Tues., 10 a.m.	Tues., 9 a.m.
Thursday	Wed., 10 a.m.	Wed., 9 a.m.
Friday	Thurs., 10 a.m.	Thurs., 9 a.m.
Sunday	Fri., 10 a.m.	Fri., 9 a.m.

These deadlines are subject to change without notice.

Cancellations, Changes, and Billing Questions

Ad Errors- Please read your ad on the first day of publication. We accept responsibility for only the first incorrect insertion, and only the charge for the ad space in error. Please call 755-5440 immediately for prompt correction and billing adjustments.
Cancellations- Normal advertising deadlines apply for cancellation.
Billing Inquiries- Call 755-5440. Should further information be required regarding payments or credit limits, your call will be transferred to the accounting department.

General Information

Advertising copy is subject to approval by the Publisher who reserves the right to edit, reject, or classify all advertisements under appropriate headings. Copy should be checked for errors by the advertiser on the first day of publication. Credit for published errors will be allowed for the first insertion for that portion of the advertisement which was incorrect. Further, the Publisher shall not be liable for any omission of advertisements ordered to be published, nor for any general, special or consequential damages. Advertising language must comply with Federal, State or local laws regarding the prohibition of discrimination in employment, housing and public accommodations. Standard abbreviations are acceptable; however, the first word of each ad may not be abbreviated.

Legal

NOTICE OF INTENT BY THE SCHOOL BOARD OF COLUMBIA COUNTY TO ADOPT RULE AND SET PUBLIC HEARING

The School Board of Columbia County will hold a public hearing on Tuesday, November 12 2013, at 7:00 p.m., at the School Board Administrative Complex, 372 West Duval Street, Lake City, Florida, on proposed amendments to rules, regulations and procedures for the operation of the Columbia County School District. The public is invited to attend. Action is anticipated at this meeting.

Persons with disabilities who require assistance to participate in the public hearing are requested to notify the Office of the Superintendent at 755-8000 at least 48 hours in advance so that their needs can be accommodated.

TITLE: Policy 8.331 - Technology Use
PURPOSE AND EFFECT: Revisions are being made in order to comply with Florida Statutes.
SPECIFIC LEGAL AUTHORITY: 1001.41; 1001.42; 1001.43, FS

TITLE: Policy 5.21* - Use of Time Out, Seclusion and Physical Restraint for Students with Disabilities
PURPOSE AND EFFECT: Revisions are being made in order to comply with Florida Statutes.
SPECIFIC LEGAL AUTHORITY: 1001.41,1001.42,1003.32, 1001.43,1003.573,1006.07,1006.11 1012.75FS SBR 6A-6.03312;69A-58.0084,FAC

A complete text of the proposed amended rules, regulations and procedures can be obtained at the Office of the Superintendent of Schools, 372 W. Duval St., Lake City, FL, between the hours of 7:30 a.m. and 5:00 p.m. Monday - Thursday. Economic impact statements, where applicable, are on file in the Office of Superintendent at the above listed address.

DATED THIS 26th DAY September OF, 2013.

SCHOOL BOARD OF COLUMBIA COUNTY

BY ATTEST
Steve Nelson, Chairman Terry L. Huddleston, Superintendent
Accredited Systemwide by Southern Association of Colleges and Schools
An Equal Opportunity Employer
Using Affirmative Action Guidelines

05541216
September 29, 2013

060 Services

BANKRUPTCY / DIVORCE
Other Court Forms Assistance
18 yrs Exp. / Reasonable
386-961-5896

Custom Marriages / Vows

100 Job Opportunities

05541226
Rogers Cartage Company is looking for Class "A" Liquid Drivers for our Jacksonville, FL terminal. 10-14 days out then 2-3 days home. Must have Class "A" CDL Excellent Blue Cross/BlueShield Benefits (\$26-81/week). Tank and HAZMAT endorsements required. Practical Miles - 43 loaded/34 unloaded. Hourly pay for loading and unloading of trailers. No liquid experience necessary. Orientation and liquid training in Jacksonville. Call Brian at 800-507-8848 www.tankstar.com

05539276
Lake City Reporter
Lake City Reporter Ad Designer Position
Candidates must be proficient in all Adobe CS print production programs. Send resume and digital work samples to: dckimler@lakecityreporter.com
Interviews to follow for qualifying applicants. Competitive salary and benefits plan available.

05540816
NOW HIRING Cashiers and baggers. High Springs fruit & gift stores. Benefits avail: health, dental, & vacation Apply in person: Florida Citrus Center (Chevron) 18603 NW CR 236, High Springs (exit 404 & I-75)

05541231
ACCOUNTANT - Auditor position open in local CPA Firm. Accounting or related degree and experience required. A career position, competitive salary and benefits. Send resume to: richard@powellandjonescpa.com

100 Job Opportunities

CLASS A CDL drivers needed Applicants must have clean driving record with NO points on license. Must have a minimum of at least two years driving experience. Applicants must be drug free and will be subject to random drug testing throughout term of employment. Applicants must be able to read, write, and understand written directions. Applicants must be clean and neat in appearance as they will be representing our company. John Lacquey Pinestraw Inc. Call 386-935-1705

CUTS BY US IS SEEKING A LICENSED COSMETOLOGIST TO JOIN OUR BUSY TEAM. NO CLIENTELE NEEDED! BEST PAY PLAN! Call Jennifer 386-754-3722 or go by the salon located in the PUBLIX CENTER, Hwy 90.

Drivers: \$5,000 Sign-On Bonus! Great Pay! Consistent Freight, Great Miles on this Regional Account. Werner Enterprises: 1-888-567-3110

Experienced Welder needed. Must be able to read and understand assembly paperwork and drawings. Must be able to pass a measurement comprehension test. Apply in person at Grizzly Manufacturing 174 NE Cortez Ter. Lake City Fl.



IMMEDIATE OPENING Security/Night Maintenance
6:00 pm - 2:00 am
Days Vary
Industry Standard Benefits
Must Be Self Motivated with Excellent Customer Service Skills
Apply In Person
450 SW Florida Gateway Drive
Lake City, FL 32024
NO PHONE CALLS PLEASE

Large company seeking an experienced **IT Administrator**. Includes the responsibility of operation, maintenance and troubleshooting of company network and various computer applications.

Requires a strong understanding of IT operations including networking, server support, network security, service desk and general computer operations. The candidate must have 3 to 5 years experience in these areas. Please fax resume to 386-755-9132 or email to hr@andersoncolumbia.com. Drug Free Workplace/EOE

Large Construction Company has an immediate opening for a **Fuel Service Technician**. Qualified candidate must possess a valid commercial driver's license with a hazmat and tanker endorsement. Apply in person at Anderson Columbia, Co., Inc., 871 NW Guerdon Street, Lake City, Florida 32056
Drug Free Workplace & EOE

LOCAL COMPANY looking for a F/T employee with computer skills, customer service, managing phones, scheduling and filing. Send Resume to: hrhd7@yahoo.com

LOCAL SECURITY COMPANY, seeking master service technician, with knowledge of security and fire installation. Send Resume to: hrsscinc@gmail.com

NOW HIRING at Plaza Barbers and Stylists. Please apply in person at 857 SW Main Blvd., Ste. 130 next to Bealls outlet. Tues-Fri 8-5 and Sat. 8-12. Busy full service shop!

Professional Office seeking full time help. Must be internet savvy and proficient in Word Perfect, Excel and Quickbooks. SEND reply to Box 05105, C/O The Lake City Reporter, P.O. Box 1709, Lake City, FL, 32056

REVENUE SPECIALIST III Florida Department of Revenue General Tax Administration, Collections Located in Lake City, Florida Apply at People First website http://peoplefirst.myflorida.com
The State of Florida is an Equal Employment Opportunity Employer/Affirmative Action Employer.

The Columbia County Clerk of Court has an immediate opening for the position of Board Finance Director. Please see **columbiaclerk.com** for a full position description.

120 Medical Employment

05541151
MEDICAL Billing
Several years experience in all aspects of Medical Insurance Billing required. Please send resume to admin@npsc.comcastbiz.net or fax to 386-438-8628

05541152
LPN needed PRN at Ambulatory Surgery Center. Please send resume to admin@npsc.comcastbiz.net or fax to 386-438-8628

05541201
Advent Christian Village 658-5627 (JOBS) for Current Opportunities

Florida's Oldest Retirement Community - Where Excellence & Compassion Come Together

FT Assistant Director of Nursing / Director of Education / 161-Bed SNF

Long-term care environment with history of excellence and innovation; unrestricted FL RN license required, BSN desired; direct patient care & supervisory / management experience strongly preferred; must be very organized & computer literate, and have strong desire to teach and good knowledge of Florida and federal LTC regulations.

Administrative Assistant
FT position for experienced administrative assistant. Must be detail oriented, proficient in MS Office Suite & Internet, organized, pleasant, professional, and have strong customer service & communication skills, including proper phone etiquette. Must have or be eligible for FL Notary Public commission. HSD or equivalent required. AA or office admin certificate preferred and prior experience preferred.

Generous benefits include health, dental, life, disability, supplemental insurance; 403b retirement with matching employer contribution; paid time off; and access to onsite day-care and fitness facilities. Apply in person at Personnel Office (Carter Village Hall) Monday through Friday from 9:00 a.m. until 4:00 p.m., or fax resume/credentials to (386) 658-5160. EOE / Drug-Free Workplace / Criminal background checks required

CMA 30 HRS.
Front/Back with experience. Willing to work both areas of a 2 doctor practice. Fax resume to 758-5628

LOCAL PRIVATE practice medical office accepting applications for Certified Medical Asst., Billing Clerk, Receptionist/ Scheduler. Medical office experience required. Fax resume to 866-861-1727

MEDICAL RECEPTIONIST, HS Diploma/GED required. One yr. medical office exp. including multi-line telephone, data entry & customer service responsibilities. Must have knowledge of Medicare/Medicaid/Insurance billing/verification & electronic scheduling system. Mail resume to: P.O. Box 2343 Lake City, FL 32056

RN, LPN, MA needed for Medical Office practice. Please send C.V. to: P.O. Box 2204, Lake City, FL 32056

RNs and LPNs needed for local assignments. Immediate work/daily pay. Call 352-336-0964 www.suwanneemedical.com

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1999 Alegro 28Ft.
Clean, 75K, one owner. No smoke/pet. Ref, ice maker, elec-gas hot water, air w/heat pump, 3 burner cooktop w/oven.
\$11,500
386-758-9863

130 Part Time

P/T Child care worker needed for church services on Wednesdays & Sundays. Contact 386-755-5553 for additional information

240 Schools & Education

05541230
INTERESTED in a Medical Career?
Express Training offers courses for beginners & exp

• Nursing Assistant, \$479 next class- 10/14 /2013

• Phlebotomy national certification, \$800 next class- 10/7/2013

• LPN APRIL 2014

Fees incl. books, supplies, exam fees. Call 386-755-4401 or expresstrainingsservices.com

310 Pets & Supplies

FREE TO GOOD HOME.
Lab puppy. 8 months old, male. 386-288-9579

PUBLISHER'S NOTE
Florida Law 828.29 requires dogs and cats being sold to be at least 8 weeks old and have a health certificate from a licensed veterinarian documenting they have mandatory shots and are free from intestinal and external parasites. Many species of wildlife must be licensed by Florida Fish and Wildlife. If you are unsure, contact the local office for information.

412 Medical Supplies

2012 ELECTRIC WHEELCHAIR, Excellent Condition, \$550 OBO Call 386-344-0329

430 Garage Sales

PUBLISHER'S NOTE
All Yard Sale Ads Must be Pre-Paid.

440 Miscellaneous

Three Wheel Bike, \$140, Beg. Guitar \$50, 21 Cord Auto Harp \$250, Psaltry Harp \$140, Pie Safe \$80. Contact 755-3697

520 Boats for Sale

1992 17' Wahoo, center console, Yamaha 150 hp, one owner, well maintained, \$6,700. 755-2235, 397-3500 or 752-0442

630 Mobile Homes for Rent

2 & 3 BR MH. \$400 - \$700. mo. Plus Deposit. Water & Sewer Furnished. Cannon Creek MHP & other locations 386-752-6422

2/1 W/ screened porch, Lg. lot, in very nice, clean, well maintained, safe, small park, no pets, really nice place to live, with long term tenants, \$475 mo., \$475 sec. dep. 386-719-9169 or 386-965-3003.

3BR/2BA DWMH on 1 acre private lot. 1st+last+dep required located in Ellisville. No pets. Contact 352-870-5144

640 Mobile Homes for Sale

ATTENTION!
We buy used mobile homes! Singles or Doublewides. Call Rusty at North Pointe Homes 352-872-5566

640 Mobile Homes for Sale

NEW 28X52 3/2 Jacobsen
Only 1 Left \$45,900 incl del-set-ac-skirting and steps. No Gimmicks! North Pointe Homes-Gainesville 352-872-5566 Free Credit by Phone till 9 PM or www.northpointemobilehomesales.com

North Pointe Homes in Gainesville has the largest selection of New Jacobsen Homes in Florida. All at Factory Outlet Prices! We also have 10 display models being sold at cost. North Pointe Hwy 441 N, Gainesville-352-872-5566

710 Unfurnished Apt. For Rent

2 BR/1.5 BA w/garage 5 minutes from VA hospital and Timco. Call for details. 386-365-5150

2/1 -1300 sqft, Good Clean Condition duplex w/ garage. W/D hook up. CH/A. Lease Req. 386-965-2407 or 386-758-5881

2BR/1 BA, 1 car garage, W/D hook up, \$535 month, no pets 1 month sec, 386-961-8075

2br/1ba Apt. CH/A **\$475. mo \$475 dep.** No pets 386-697-4814

2BR/1BA, CH/A, Convenient location, No pets, water incl. \$550 mo + Sec. Dep., 211 SW Knox Street, **386-752-6686**

A LANDLORD You Can Love! 2 br Apts \$600. & up + sec. Great area. CH/A washer/dryer hookups. 386-758-9351 or 352-208-2421

Great area West of I-75, deluxe 2br apts, some w/garage, W/D hookups & patio. \$625-\$750 plus SEC. 386-438-4600

Ready now - 2/1 \$515 mth & \$515 dep. No pets. Contact 386-697-4814

UPDATED APT, w/tile floors/fresh paint. Great area. 386-752-9626

720 Furnished Apts. For Rent

ROOMS FOR Rent. Hillcrest, Sands, Columbia. All furnished. Electric, cable, fridge, microwave. Weekly or monthly rates. 1 person \$145, 2 persons \$155. weekly 386-752-5808

730 Unfurnished Home For Rent

2br/1 & 1/2 ba Townhouse. Very Clean. W/D \$875 a month & \$875 deposit Call 386-288-8401

3 BR/2 BA, near schools, \$550 mo. + \$250 dep. No Pets. Call 386-758-0057

3/1 NEAT, clean. Just completely re-done inside Eadie Street (In Town) \$785 mth & \$800 dep. 386-752-4663 or 386-854-0686

3BD/3BTH & more. \$800 down, \$800 mth. CHA, corner lot, 2 car garage. Call **(850) 386-3204**. 397 NE Montana St., L.C.

3BR/2BA CARPORT, CH/A Fenced yard. Good area. \$700 mo plus security. 386-752-0118 or 386-623-1698

3br/2ba W/D. References Req. Not Pets. \$875 mth & \$875 Dep. Only serious inquires. 386-397-3500, 755-2235 or 752-0442

AVAILABLE OCT. 15. 3 BR/1.5 BA, screened porch, large fenced, yard, new gas range & carpet & tile floors. Convenient to schools & town. East of town \$750 mo.+1st.+last+sec. dep. Call 752-9286 after 7 p.m.

Taking applications for 3bd/1ba Just renovated, FR, carport, shed. 279 SE Eloise Ave. \$800 mth, First & Sec.. Call 386-466-2266

750 Business & Office Rentals

05541069
17,000 SQ FT + WAREHOUSE
7 Acres of Land
Rent \$1,500 mo.
Tom Eagle, GRI
(386) 961-1086 DCA Realtor

4,000SQFT WAREHOUSE for lease. Edge of town on a paved street. Contact Wayne 386-365-0637 or 386-752-0330

805 Lots for Sale

PUBLISHER'S NOTE
All real estate advertising in this newspaper is subject to the fair housing act which makes it illegal to advertise "any preference, limitation, or discrimination based on race, color, religion, sex, disability, familial status or national origin; or any intention to make such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under the age of 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777, the toll free telephone number to the hearing impaired is 1-800-927-9275.

810 Home for Sale

3 BR/2 BA, 2,000 sq. ft. brick home on cul-de-sac lot. Detached workshop, fenced yard. Close to town. **\$185,000. 386-288-6162.**

HANDYMAN 3/I Close to VA. Lrg corner lot. Owner Finance, \$35,900, \$1,000 down, \$356 mth. 954 SE Putnam St 352-215-1018

NICE BRICK, 2BR/1BA home. Great location in homes only neighborhood. \$69,900 w/possible owner fin. 386-752-5035 ext. 3211 7 days 7-A Bar Sales, Inc.

820 Farms & Acreage

10 acres with w/ss/pp. **Owner financed**, low down payment Deas Bullard/BKL Properties 386-752-4339 www.landnfl.com

4 1/2 acre lot. Lake Jeffery Road. Gorgeous Oaks! Paved Rd Owner Financing! **NO DOWN!** \$59,900. \$525mo 352-215-1018. www.LandOwnerFinancing.com

950 Cars for Sale

2007 VOLKSWAGEN BETTLE, tan, excellent condition, 43,000 miles, \$8,000 Call 386-752-2358

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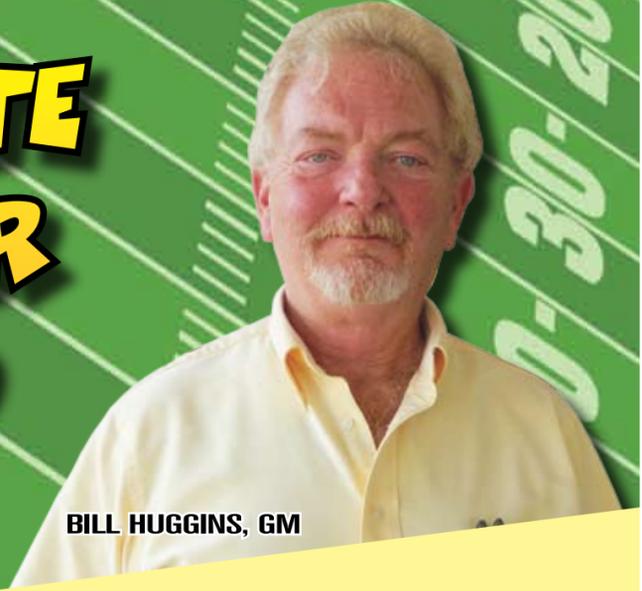


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Sunday, September 29, 2013

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Section D

TRAVEL TALES



Sandy Kishton
skishton@comcast.net

Fixing a flat in Jax

It was late afternoon when we arrived back in Jacksonville from Chicago and we quickly picked up our luggage in baggage claim. We couldn't believe it was sitting there waiting on us and that the belt had already stopped.

It took a few minutes more to find the car in the garage. Susan Eagle was driving so Sonja Meads and I approached the passenger side of the car as Susan made her way around to the driver's side. As I made my way to the passenger door, I loudly exhaled and uttered a bad explicative and turned around and set my luggage down. They couldn't imagine what I realized I had forgotten when I got to the car.

Well I didn't forget anything. We had a flat tire on the rear passenger side. I couldn't believe it. Susan and I unloaded what luggage had been loaded already and began to dig out the instruction manual and jack. I asked Sonja to scour the parking garage for some help.

Sonja quickly returned with a young man who knew exactly where the key was to unlock the jack and the spare tire. He was

TROUBLE continued on 2D

A healthy start for school workers

New program will focus on prevention.

By AMANDA WILLIAMSON
awilliamson@lakecityreporter.com

Green vegetables and grilled, lean meat. Two hours of exercise on a weekly basis, and encouragement from approximately 1,400 other employees in the school district.

With the start of the new school year, school board member and nurse practitioner Stephanie Finnell organized the Wellness Initiative to get district employees thinking about preventative health care.

"As a school board member, I care deeply about our employees," Finnell said. "But as a nurse practitioner and health care provider, I'm aware of the alarming increase in chronic illnesses due to obesity and even smoking, as well as the increase in the rising cost of health care."

Blue Cross, Blue Shield donated money to the district two years ago to create a wellness program, earmarking the funds specifically for that purpose. Until now, the money just sat there — untouched.

Slowly the program has been gaining its footing. Finnell planned the initiative over the summer, and it finally had its first meeting this month. About 40 people attended the inaugural presentation held in the Columbia County School Administrative Complex on Sept. 10. She said all the other



AMANDA WILLIAMSON/Lake City Reporter

Columbia County School Board member and nurse practitioner Stephanie Finnell takes a bite of salad Friday, a food she suggests eating frequently. She organized the Wellness Initiative, a district-wide plan to help employees become healthier and happier.

school board members have been supportive of the program.

Since the first meeting, Finnell said she has

received good feedback from district employees, adding that everyone seems eager to get results.

Finnell plans for the district to eventually be able to offer discounted gym memberships, biggest loser contests, Zumba

and cooking classes and camaraderie for local 5K marathons.

SCHOOLS continued on 2D

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No response? You're not alone

By **MARTHA IRVINE**
AP National Writer

CHICAGO—Technology is supposed to make us easier to reach, and often does. But the same modes of communication that have hooked us on the instant reply also can leave us feeling forgotten.

We send an email, a text or an instant chat message. We wait, and nothing happens. Or we make a phone call. Leave a voicemail message. Wait. Again, nothing.

We tend to assume it's a snub, and sometimes it is.

Erica Swallow, a 26-year-old New Yorker, says she's heard a former boyfriend brag about how many text messages he never reads. "Who does that?" she asks, exasperatedly.

These days, though, no response can mean a lot of things. Maybe some people don't see messages because they prefer email and you like Twitter. Maybe we're just plain overwhelmed, and can't keep up with the constant barrage of communication.

Whatever the reason, it's causing a lot of frustration. A recent survey by the Pew Internet & American Life Project found that 39 percent of cell phone owners say people they know complain because they don't respond promptly to phone calls or text messages. A third of cell owners also have been told they don't check their phones frequently enough.

It happens in love. It happens in business.

"Tell me to go to hell, but just tell me something! I'm getting lonely over here." That's what Cherie Kerr, a public relations executive in Santa Ana, Calif., jokes she's considered putting after her email signature.

It happens in families.



ASSOCIATED PRESS

In this Feb. 7 file photo, Mahrinah von Schlegel, managing director of Cibola, an incubator for tech entrepreneurs that will open this spring, sits at her computer at her office in Chicago. Technology is supposed to make us easier to reach, and often does. But the same modes of communication that have hooked us on the instant reply also can leave us feeling forgotten. These days, no response can mean a lot of things. Maybe some people don't see messages because they prefer email and you like Twitter. Maybe we're just plain overwhelmed, and can't keep up with the constant barrage of communication.

Last year, Terri Barr, a woman on Long Island, N.Y., with grown children, sent her son a birthday present — a \$350 gift certificate for "a wonderful kayaking trip for six, lunch, wine, equipment," she says.

She sent him an email with the details, but he didn't respond. She says she then telephoned and texted him to tell him it was a present. He eventually sent a one-line email, she says, telling her he was too swamped to open her email gift right then.

Instant communication "can be wonderful — but also terrible," says Barr, who shared the story more as a lament of modern communication than a reprimand of her son, whose busy work life, she acknowledged, often takes him overseas.

So this year, she sent him a birthday gift by snail-mail in a box. "He actually opened it," she says, and they've been talking more frequently since then.

Many other people, though, sit waiting for

responses that never come.

"That's where the frustration lies — it's in the ambiguity," says Susannah Stern, a professor of communication studies at San Diego State University.

Though we often assume the worst, experts say we shouldn't.

Frequently, they say, people simply — and unknowingly — choose the wrong way to contact someone.

"I admit to having often been lax with checking my work number voice-

mail, which has led to me not responding to people waiting for my reply," says Janet Sternberg, an assistant professor of communication and media studies at Fordham University.

She's also had technical glitches. For instance: thinking she'd sent a text message to someone overseas and then, when he didn't respond, realizing she had his international number programmed incorrectly in her phone.

"The sheer management of all these devices

and channels is exhausting and sometimes daunting, leaving less and less time for actual communication," Sternberg says. "We connect more but communicate less, in many ways."

That's why many people say they have no choice but to prioritize — and to respond only to the most urgent messages.

That describes Mahrinah von Schlegel, who's working to launch a Chicago-based "incubator" that will offer shared office space and other resources for fledgling tech entrepreneurs.

"People get angry when not answered and send multiple messages," says von Schlegel, the 30-year-old managing director of the firm, known as Cibola. She says missed communication has caused her to lose some business deals. Often, it's when people try to contact her by Facebook or direct message on Twitter and she doesn't see the messages for days. Email, she says, is her preferred mode of communication.

But even then, she says, there are only so many hours in the day: "I still need time to eat and sleep and shower."

As she sees it, getting no response — even when she's the one unsuccessfully trying to contact someone — is just part of life in a high-tech world.

A lot of young people say that, so they've become accustomed to having to try again, or try a different mode of communication if something is truly urgent.

Tech and communication experts agree that choosing a primary means of communication, and letting it be known, is one way to improve communication.

SCHOOLS: Wellness Initiative will focus on preventive measures

Continued From Page 1D

"I thought what better time to start the program," she said. "It's a win-win situation because I know our employees are very concerned about the increasing premiums. But if we can get our employees healthier, our insurance claims will decrease, and, therefore, the premiums will decrease. The goal will be that our employees will see a decrease in what they are paying out."

To keep all the schools and departments active, Finnell called for a representative from each area to be the cheerleader. As of now, she believes she has rallied a person to represent each of the schools

and departments in the county. Since Finnell's program specifically targets district employees, she partnered with other organizations, such as Altrusa's Get Fit Lake City, to help motivate students to live healthier lifestyles as well.

The program can positively impact the district by shaping happy, healthy teachers and employees, who can then provide exceptional education and leadership to Columbia County students, she said. In August, Finnell read an article published by the Lake City Reporter listing Columbia County in the bottom ten healthiest counties in Florida. Out

of 67 counties in Florida, Columbia placed 58th in terms of health outcomes and 50th in health factors. She said the results are "even more of a reason to do the Initiative."

"It's a big project," Finnell added. "I know people want results, but they have to be active as well."

To encourage the district employees to stay on track, Finnell plans to release a monthly wellness tip through a mass e-mail or on Facebook. The program will have its own Wellness Initiative Facebook page in the near future.

In the end, wellness comes down to the education

—regardless of a community's size, health statistics or demographics.

"Overall, we have to get healthier," Finnell said. "A lot of us have been brought up in the south. We kind of get stuck in the ways that we've been taught to eat. As a nurse practitioner, I have people come in daily that say, 'Isn't it okay to eat two sandwiches a day?' But the bread is not healthy."

The next meeting

will be on Oct. 11 at 4 p.m. in room 227 of the Columbia County School Administrative Complex. All district employees are welcome to attend.

The vision Finnell has for the program is to create a healthy lifestyle for all employees in the district. She aims to promote wellness, but also give support to individuals who want to reach lifetime goals. She encourages the employees to get involved.

"Without involvement, we aren't going to see results," Finnell said.

Eventually, preventative health care can reduce peoples' risk of chronic disease and, in turn, reduce the cost of health care.

"Is it going to happen right away? No. It's going to take a few years. But it's a start, and you have to start somewhere."

TROUBLE: Fixing a flat in Jax

Continued From Page 1D

there picking up some arriving guests and was glad to help. Apparently Susan picked up a nail somewhere. The tire was quickly changed and we thanked him graciously.

We loaded back up with the doughnut (spare tire) on and I noticed it was a little low and knew we'd have to stop and put more air in it. As we were leaving the parking garage, we heard a clinking noise. Susan stopped and I checked the rear of the car and noticed the wire and lock that held the spare in was still lowered and dragging the ground. I went back into the rear of the car to get the tire iron out and wind this back up so it was off the ground.

Back on the road, we maintained about 55 mph and realized it would take forever to get home. We stopped at a gas station to fill the doughnut up and I read on the side of the tire that the recommended maximum speed was only 50 mph.

We decided to take the back roads home and look for a service station that might still be open. It was a stretch since it was Wednesday night after 6 pm. Not only that, service stations are really a thing of the past, especially now when you can stop at a gas station, pay at the pump and be on your merry way.

Finally, in Baldwin, I spotted a tire shop with an OPEN sign lit up. We stopped

and asked the attendant if he could plug a tire for us. Well I should have been more specific, because he informed me that his business was for Semi trucks, but he'd look at it and if it was a quick fix, he'd do it for \$10. So we watched him plug the tire and fill it back up with air. When I asked if he was going to change the tire back out he said he didn't have time. In my mind, I'm thinking, "What's the point of plugging the nail hole in the tire if you're not putting it back on?"

So, we double teamed it. Susan started taking the lug nuts off by standing on the tire iron to loosen them as I started jacking the car back up. I had to use a screw driver because we realized that somewhere back in the parking garage we lost a part of the jack. I think Sonja was just supervising. Needless to say we got the tire changed back out and were back on the road driving more than 50 mph.

On the way back, I heard Susan mention that her tire light had come on but that she thought it was something else entirely. Moral of the story, if your tire light comes on, check your tires.

■ Sandy Kishton is a free-lance travel writer who lives in Lake City.

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Nature takes starring role in stamping

By JENNIFER FORKER
Associated Press

I was chopping vegetables for dinner recently when my 14-year-old daughter, Grace, disappeared with the unusable end of the bok choy. She returned five minutes later with paper, a stamping ink pad and the pilfered vegetable.

"Look, Mom," she said, and held up a stunner: The bok choy head, refuse to me, had stamped a beautiful blooming rose onto the paper.

I discovered what some crafters have long known: It's the beauties of stamping with food. Part of the pleasure derives from the experimentation, and part from the element of surprise when an ordinary vegetable imparts a beautiful image.

Kristen Sutcliffe of Oberlin, Ohio, came to love stamping while teaching preschool in Japan, where it's popular, she says.

Her favorite food tool? Okra.

"It's so pretty," Sutcliffe says. "It looks like a little flower."

Heads of bok choy and celery stamp pretty roses. Pull off a stalk of either to stamp U shapes. Peppers, sliced in half and deseeded, stamp wavy rounds for making flowers.

Garlic is the favored stamp of Sarah Raven, program director for a group with the acronym GARLIC (Green Art Recreating Life in Communities) that encourages low-income residents of New Haven, Conn., to make art from recycled items. Garlic, too, can create a delicate flower image.

The discovery was part of the thrill, Raven says.

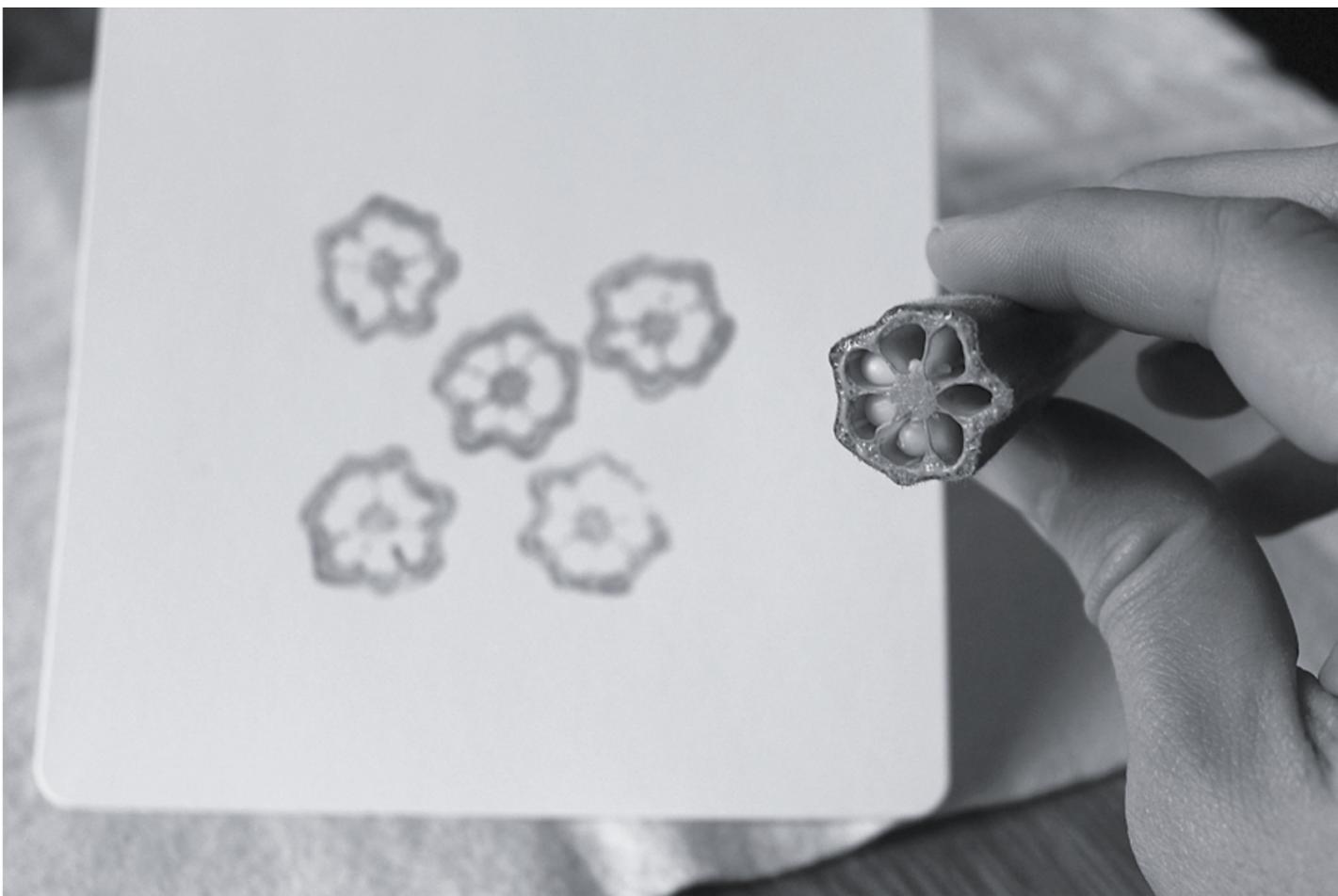
"I tried to ink the entire garlic and that didn't work," she says. Then she pulled a single clove out of the bulb and realized it looked like a finger and a flower petal.

"The individual clove becomes a stamping surface for individual flower petals," Raven says.

She also has tried carved potatoes and star fruit cut in half. The latter is a little unwieldy and stinky, she says.

Terri Ouellette of Phoenix has a tip for that: Cut and air-dry citrus and other watery fruits and vegetables, sometimes overnight, before working with them, she says. Be watchful because they dry out quickly.

"Anything with a very high water content does not work very well," says Ouellette, who posts crafts videos to YouTube and her own website, Super Simple



This undated handout photo provided by Kristin Sutcliffe shows a okra where the end of it was cut off and its immediate seeds scooped out to stamp the image of a delicate flower. It's the element of surprise -- when an ordinary vegetable imparts a beautiful image -- that grabs folks who stamp with food.



This undated handout photo provided by Sarah Raven shows her usage of a single clove of garlic, skin removed, to stamp flower petals on paper. It's the element of surprise -- when an ordinary fruit or vegetable imparts a beautiful image -- that grabs folks who stamp with food.

with Terri O.

What works, she says: apples, oranges and pears. What doesn't: grapes, broccoli and lettuce.

Besides celery, Ouellette likes using mushrooms, cauliflower and potatoes.

Potatoes "can be cut up

into anything and turned into a great stamp," she says. "You just have to carve in reverse."

Marcie McGoldrick, editorial director of holiday and crafts for Martha Stewart Living, has stamped with apple

halves, carrots (the ends make polka dots) and radicchio.

Radicchio? The cut end of a head of radicchio, like celery and bok choy, makes a version of a rose print.

Martha Stewart Living online also recommends

trying Brussels sprouts cut in half.

The whole venture is trial and error, says McGoldrick.

"It's really just looking at different things when you're cooking," she says, and then having a printing

day.

As with other stamping, use a stamp pad or acrylic paint for stamping on paper. Use fabric-specific acrylic paint for printing on textiles.

Sutcliffe recommends soaking a sponge with tempera (poster) paint or pouring a thin layer of the paint on a plate and using either as an ink pad.

Once your prints are dry, add embellishments, such as stems or leaves, with colored markers or fabric markers, says Ouellette. She has stamped aprons, placemats and tote bags with food. McGoldrick has stamped note cards and gift wrap.

Sutcliffe, whose book for kids, "Fabric, Paper, Thread," will be published in June by C&T Publishing, prints mostly on paper gift tags and note cards, and small swatches of fabric. Sometimes her 6-year-old daughter joins her.

While it's a great project for kids, food stamping also can provide attractive artwork for the home.

McGoldrick recommends stamping several images of the same vegetables but in complementary colors, then framing the series.

She also recommends this for gardeners who want to document their harvest artistically.

Rainscaping: an answer to storm runoff

By DEAN FOSDICK
Associated Press

Stormwater runoff can quickly drain a homeowner's wallet. The flooding erodes yards, soaks basements, pollutes streams and wastes a precious resource.

But rainscaping -- an integrated system of directed water flow and settling basins -- can convert those losses into gains by providing new wildlife habitat, beautifying properties and in some cases providing food for the dinner table.

"It's becoming a pattern of capture and reuse rather than simply moving the water off," said Pat Sauer, Rainscaping Iowa Program administrator. "There are more options out there than just rain gardens. We're looking more comprehensively at what can be done on the landscape."

Numerous state and local groups are holding workshops and providing rebates for residents who add such refinements to their properties as rain barrels, cisterns, permeable paving, settling ponds, green roofs and berms.

"Iowa is providing training for professionals -- certified rainscapers -- who are designing some of those programs," Sauer said.

"Many of these agencies also build large-scale infiltration systems projects on public lands," said Cleo Woelfle-Erskine, who along with Apryl Uncapher wrote "Creating Rain Gardens." (Timber Press, 2012).

Landscapers often merge art with science. "In Portland, Ore., many parking lots and curb strips sport swales (depressions) and retention basins, often decorated with sculptures of leaping fish," Woelfle-Erskine said.

Rainscaping, though, can be expensive and complicated. So why bother?

"A rain garden is not only a beautiful, low-maintenance, water-saving garden, but can additionally provide habitat and forage for local fauna, sustain select edibles for harvest, reduce pollution, flooding and erosion to nearby rivers and become a daily reminder of the importance of water conservation," Uncapher said.

Yards vary, and rainscaping designs must be site specific. Some suggestions:

- Perk. Conduct a soil test to see if your yard will percolate (drain) rainwater, Sauer said. "If it doesn't perk, then all you'll be left with is standing water. If your yard is hard, like concrete, you'll have to improve the soil."

- Plant native. Prairie plants and woodland seedlings with deep roots help soak up stormwater, filter pollutants and regulate groundwater levels, Sauer said. "Using native plants also helps ensure they'll survive their new setting."

- Installing a residential rain garden, which is a saucer-like depression in the ground that captures rain from a downspout, driveway or patio, is the simplest and least expensive way to retain stormwater, Woelfle-Erskine said. But here's his kicker: "They won't work if your yard is uphill from your house."

- Use permeable materials like bricks, paving blocks or gravel on driveways and walkways, with spacing that allows water to seep into the soil.

- Edibles. Berries, asparagus, fiddlehead ferns, fruit trees, winter squash, Brussels sprouts, and culinary and tea herbs can be creative additions in the right rain garden sites, but use them with care. "Be aware of where the water is flowing into your rain garden from," Uncapher said. "Rain gardens serving to intersect runoff from potentially polluted surfaces are not ideal for edibles unless soil and water nutrients are tested and monitored."

Rain gardens and related rainscaping features give homeowners a chance to be part of the stormwater and pollution solution, while serving aesthetic and functional purposes, said Bob Spencer, RainWise program manager for the City of Seattle.

"Not only are the gardens attractive landscaping, they are protecting our water bodies and the creatures that live there," he said.

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3-ABC	3	-	-	TV20 News	ABC World News	Once Upon a Time (N) [Ⓢ]		Once Upon a Time [Ⓢ]		Revenge The return of Victoria's son.	(:01) Betrayal "Pilot" [Ⓢ]		News at 11	Inside Edition	
4-IND	4	4	4	Chann 4 News	omg! Insider (N)	Big Bang Theory	Big Bang Theory	CSI: Miami "Identity" [Ⓢ]		Criminal Minds "Valhalla"	News	Sports Zone	Chann 4 News	Arsenio Hall	
5-PBS	5	-	-	Keeping Up	Keeping Up	Earthflight, A Nature Special		Last Tango in Halifax (N) [Ⓢ]		Masterpiece Mystery! Foyle protects an	M15 informant. (N)	The Blechley Circle	(Part 3 of 3) [Ⓢ]	Austin City Limits	
7-CBS	7	47	47	CBS Evening News	Action News Jax	60 Minutes (Season Premiere) (N)		The Amazing Race [Ⓢ]		The Good Wife "Everything Is Ending"	(:01) The Mentalist	"The Desert Rose"	Action Sports 360	(:35) Castle [Ⓢ]	
9-CW	9	17	17	(5:00) *** "Up in the Air" (2009)		YourJax Music	Music 4 U	The Crook and Chase Show (N) [Ⓢ]		Local Haunts	YourJax Music	YourJax Music	Jacksonville	Local Haunts	
10-FOX	10	30	30	(4:25) NFL Football Philadelphia Eagles at Denver Broncos.		The OT (N) [Ⓢ]		The Simpsons	Bob's Burgers	Family Guy	American Dad	News	Action Sports 360	Modern Family	
12-NBC	12	12	12	News	NBC Nightly News	Football Night in America (N) (Live) [Ⓢ]			(:20) NFL Football	New England Patriots at Atlanta Falcons. (N) [Ⓢ]				Modern Family	News
CSPAN	14	210	350	Newsmakers	Washington This Week			Q & A		Prime Minister	Road to the White House			Q & A	
WGN-A	16	239	307	(5:00) *** "Analyze This" (1999) [Ⓢ]		America's Funniest Home Videos		How I Met/Mother	How I Met/Mother	How I Met/Mother	How I Met/Mother	WGN News at Nine	(:40) Instant Replay	*** "Insomnia" (2002) Al Pacino.	
TVLAND	17	106	304	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls	
OWN	18	189	279	Iyanla, Fix My Life [Ⓢ]		Iyanla, Fix My Life [Ⓢ]		Oprah's Lifeclass Bishop T.D. Jakes.		Oprah's Lifeclass Bishop T.D. Jakes.		Oprah's Lifeclass (Part 1 of 2)		Oprah's Lifeclass Bishop T.D. Jakes.	
A&E	19	118	265	Bad Ink [Ⓢ]	Bad Ink [Ⓢ]	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty "Till Duck Do Us Part"	Duck Dynasty	Bad Ink [Ⓢ]	Bad Ink [Ⓢ]	(:01) Bad Ink [Ⓢ]	(:31) Bad Ink [Ⓢ]	
HALL	20	185	312	** "The Nanny Express" (2009, Drama)		Vanessa Marcil, Brennan Elliot. [Ⓢ]		Cedar Cove "Stormfront" [Ⓢ]		** "First Daughter" (2004, Romance-Comedy)	Katie Holmes, Marc Blucas. [Ⓢ]		Frasier [Ⓢ]	Frasier [Ⓢ]	
FX	22	136	248	(5:00) *** "Moneyball" (2011, Drama)		Brad Pitt, Jonah Hill.		*** "Taken" (2008) Liam Neeson. Slavers kidnap the daughter of a former spy.		(:02) *** "Taken" (2008, Action) Liam Neeson, Maggie Grace, Famke Janssen.					
CNN	24	200	202	CNN Newsroom (N)		CNN Newsroom (N)		Anthony Bourdain Parts Unknown	Anthony Bourdain Parts Unknown (N)	To Be Announced			Anthony Bourdain Parts Unknown	*** "Transformers" (2007) [Ⓢ]	
TNT	25	138	245	(:15) ** "Resident Evil: Extinction" (2007)		Milla Jovovich, Oded Fehr. [Ⓢ]		*** "Transformers" (2007, Action) Shia LaBeouf, Tyrese Gibson. Two races of robots wage war on Earth. [Ⓢ]		(DVS)			*** "Transformers" (2007) [Ⓢ]	(DVS)	
NIK	26	170	299	Sam & Cat [Ⓢ]	Sam & Cat [Ⓢ]	Hathaways	Hathaways	See Dad Run (N)	Instant Mom [Ⓢ]	*** "Sleepless in Seattle" (1993, Romance-Comedy) Tom Hanks, Meg Ryan. Premiere.			Friends [Ⓢ]	Friends [Ⓢ]	
SPIKE	28	168	241	Bar Rescue "Bikini Bust"		Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue "Corking the Hole"		Bar Rescue "A Bar Full of Bull"	
MY-TV	29	32	-	The Rockford Files "Quickie Nirvana"		Kojak "Cry for the Kids" [Ⓢ]		Columbo "Troubled Waters" On a cruise, auto exec kills lover. [Ⓢ]		Thriller "The Ordeal of Dr. Cordell"				The Twilight Zone "The Bard" [Ⓢ]	
DISN	31	172	290	Jake and the Never Land Pirates (N)		Austin & Ally [Ⓢ]	Austin & Ally [Ⓢ]	Live & Maddie (N)	Austin & Ally [Ⓢ]	Shake It Up! (N)	Wander-Yonder	Jessie [Ⓢ]	Austin & Ally [Ⓢ]	Good Luck Charlie A.N.T. Farm [Ⓢ]	
LIFE	32	108	252	(5:00) ** "Madea's Family Reunion"		** "Meet the Browns" (2008, Comedy-Drama)	Tyler Perry, Angela Bassett. [Ⓢ]	** "Tyler Perry's Madea Goes to Jail" (2009)	Tyler Perry, Derek Luke. [Ⓢ]				(:02) ** "Meet the Browns" (2008)		
USA	33	105	242	Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Modern Family	Modern Family	Modern Family	Modern Family	** "The Back-up Plan" (2010) [Ⓢ]	
BET	34	124	329	(5:30) *** "Luv" (2012, Drama) Common.		Michael Rainey Jr. [Ⓢ]		BET Awards 2013 Chris Brown; Mariah Carey. [Ⓢ]							
ESPN	35	140	206	SportsCenter (N) (Live) [Ⓢ]		SportsCenter (N) (Live) [Ⓢ]		Baseball Tonight	Baseball Tonight	MLS Soccer New York Red Bulls at Seattle Sounders FC. (N)				SportsCenter (N) (Live) [Ⓢ]	
ESPN2	36	144	209	WNBA Basketball: Lynx at Mercury		Baseball Tonight (N) (Live) [Ⓢ]		NHRA Drag Racing	AAA Insurance Midwest Nationals. From Madison, Ill. (N Same-day Tape) [Ⓢ]					NASCAR Now (N)	
SUNSP	37	-	-	Florida Sport	Fishing the Flats	Sprtsman Adv.	College Football	Florida State at Boston College. (Taped)			Tarpon Tour.			Fight Sports: In 60	
DISCV	38	182	278	Airplane Repo "Repo Roulette" [Ⓢ]		Alaska: The Last Frontier [Ⓢ]	Alaska: The Last Frontier "Poopsciole"	Alaska: The Last Frontier [Ⓢ]		Alaska: The Last Frontier "Fall Flurry"				Alaska: The Last Frontier [Ⓢ]	
TBS	39	139	247	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	** "The Love Guru" (2008) [Ⓢ]	
HLN	40	202	204	Mystery Detectives	Mystery Detectives	Mystery Detectives	Mystery Detectives	Mystery Detectives	Mystery Detectives	Mystery Detectives	Mystery Detectives	Mystery Detectives	Mystery Detectives	Mystery Detectives	
FNC	41	205	360	FOX News Sunday With Chris Wallace		FOX Report (N)		Huckabee		FOX News Special		Stossel		Huckabee	
E!	45	114	236	13 Going on 30	** "Couples Retreat" (2009, Comedy) Vince Vaughn, Jason Bateman, Jon Favreau. Premiere.			Keeping Up With the Kardashians (N)		Eric & Jessie:	Keeping Up With the Kardashians	Eric & Jessie:		Eric & Jessie:	
TRAVEL	46	196	277	Most Terrifying Places in America 4		Halloween Fright House: Revealed		Making Monsters [Ⓢ]		Halloween Night Frights (N) [Ⓢ]		Scariest Halloween Attractions		Scariest Halloween Attractions	
HGTV	47	112	229	House Hunters	Hunters Int'l	House Hunters	Hunters Int'l	Extreme Homes (N) [Ⓢ]		Love It or List It, Too (N) [Ⓢ]		House Hunters Renovation (N) [Ⓢ]		House Hunters	
TLC	48	183	280	Breaking Amish: LA "Into the Fire"		Breaking Amish: LA "Paradise Lost"		Breaking Amish: LA "Cast Off" [Ⓢ]		Breaking Amish: LA "Redemption" (N)		Breaking Amish: LA (N) [Ⓢ]		Breaking Amish: LA "Redemption"	
HIST	49	120	269	Mountain Men "Settling the Score"		Mountain Men "Judgment Day" [Ⓢ]		Mountain Men "Meltedown" [Ⓢ]		Mountain Men "Misty Mountain" [Ⓢ]		American Pickers [Ⓢ]		(:02) American Pickers [Ⓢ]	
ANPL	50	184	282	To Be Announced		Gator Boys "Paint You Later, Alligator"		Call/Wildman	Call/Wildman	Gator Boys "Monster Croc Rescue" (N)		Call of Wildman	Call/Wildman	Call/Wildman	
FOOD	51	110	231	Chopped Escargot and biscuit dough.		Rachael vs. Guy Kids Cook-Off		Rachael vs. Guy Kids Cook-Off		The Great Food Truck Race		Cutthroat Kitchen "Steak Out" (N)		Iron Chef America	
TBN	52	260	372	T.D. Jakes [Ⓢ]	Joyce Meyer	Leading the Way	The Blessed Life	Joel Osteen [Ⓢ]	Kerry Shook	BelieverVoice	Creflo Dollar [Ⓢ]	The Ten Commandments	Moses leads the	Israelites to the Promised Land.	
FSN-FL	56	-	-	Bull Riding (Taped)		World Poker Tour: Season 11		World Poker Tour: Season 11 (Taped)		The Best of Pride (N)		World Poker Tour: Season 11		World Poker Tour: Season 11	
SYFY	58	122	244	"Friday the 13th Part VIII"		* "Friday the 13th: Part IV" (1984, Horror)	Kimberly Beck, Peter Barton.	* "Friday the 13th Part V" (1985, Horror)	John Shepard, Melanie Kinnaman.			"Friday the 13th, Part VI: Jason Lives" (N)		"Friday the 13th, Part VI: Jason Lives" (N)	
AMC	60	130	254	Breaking Bad	(:39) Breaking Bad	Ozymandias" [Ⓢ]	(:45) Breaking Bad	Granite State A conclusion closes in.	Breaking Bad The story concludes.	(:15) Talking Bad (N) [Ⓢ]		(:15) Talking Bad (N) [Ⓢ]		(:15) Low Winter Sun Frank Listerfish. (N)	
COM	62	107	249	(5:54) * "Mr. Deeds" (2002, Comedy) Adam Sandler, Winona Ryder. [Ⓢ]		** "Happy Gilmore" (1996) Adam Sandler, Christopher McDonald. Premiere.				(:06) Tosh.0 [Ⓢ]	(:38) Tosh.0 [Ⓢ]		(:09) South Park	Al Madrigal	
CMT	63	166	327	Dallas Cowboys Cheerleaders		Dallas Cowboys Cheerleaders		Dallas Cowboys Cheerleaders		Dog and Beth: On the Hunt [Ⓢ]		Cops Reloaded	Cops Reloaded	Cops Reloaded	
NGWILD	108	190	283	Secret Life of Predators "Naked"		Secret Life of Predators "Exposed"		Galapagos Sites and creatures of the islands.						Galapagos	
NGC	109	186	276	Brain Games	Brain Games	Drugs, Inc. The drug scene in Montana.		Drugs, Inc. "Miami Vices"		Drugs, Inc. "Philly Dope" (N)		Alaska State Troopers "Bear Aware"		Drugs, Inc. "Philly Dope"	
SCIENCE	110	193	284	How It's Made	How It's Made	How the Universe Works [Ⓢ]		Into the Universe		On the Universe		How-Made	How-Made	Into the Universe	
ID	111	192	285	Fatal Encounters "Killer View" [Ⓢ]		Surviving Evil "Home Invasion" [Ⓢ]		Dateline on ID "Secrets in the Mist" (N)		On the Case With Paula Zahn (N)		On the Case With Paula Zahn (N)		Dateline on ID "Secrets in the Mist"	
HBO	302	300	501	Ocean's Twelve	(:45) *** "This Is 40" (2012, Romance-Comedy) Paul Rudd, Leslie Mann, John Lithgow. 'R' [Ⓢ]			Boardwalk Empire "All In" (N) [Ⓢ]		Eastbound & Down! Hello Ladies [Ⓢ]		Boardwalk Empire "All In" [Ⓢ]		Boardwalk Empire "All In" [Ⓢ]	
MAX	320	310	515	(4:30) The Game	(:40) ** "Taken 2" (2012, Action) Liam Neeson, Maggie Grace. 'NR' [Ⓢ]			(:20) *** "Cruel Intentions" (1999) Sarah Michelle Gellar.		** "Abraham Lincoln: Vampire Hunter" (2012) 'R' [Ⓢ]		Girl's Guide		Girl's Guide	
SHOW	340	318	545	(5:00) Homeland	*** "Lincoln" (2012, Historical Drama) Daniel Day-Lewis, Sally Field. 'PG-13' [Ⓢ]			Homeland Nick Brody remains at large.		Masters of Sex "Pilot"		Homeland Nick Brody remains at large.		Masters of Sex "Pilot"	

WEEKDAY AFTERNOON				SEPTEMBER 30, 2013											
Comcast	Dish	DirecTV		12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
3-ABC	3	-	-	News	Be a Millionaire	The Chew		General Hospital		We the People	Supreme Justice	Dr. Phil		Be a Millionaire	News
4-IND	4	4	4	Chann 4 News	Varied Programs	Supreme Justice	Supreme Justice	Steve Harvey		The Queen Latifah Show		The Dr. Oz Show		Chann 4 News	Chann 4 News
5-PBS	5	-	-	WordWorld	Barney & Friends	Caillou	Daniel Tiger	Super Why!	Dinosaur Train	Cat in the Hat	Curious George	Wild Kratts	Electric Comp.	WUFF News	World News
7-CBS	7	47	47	Action News Jax	The Young and the Restless	Bold/Beautiful		The Talk		Let's Make a Deal		Judge Judy	Judge Judy	Action News Jax	Action News Jax
9-CW	9	17	17	The Trisha Goddard Show		Law & Order: Special Victims Unit		Judge Mathis		The Bill Cunningham Show		Maury		The People's Court	
10-FOX	10	30	30	Jerry Springer		The Steve Wilkos Show		The Test		Paternity Court	Paternity Court	Dr. Phil		Family Feud	Family Feud
12-NBC	12	12	12	News	Be a Millionaire	Days of our Lives		First Coast Living		Katie		The Ellen DeGeneres Show		News	News
CSPAN	14	210	350	(1:00) Public Affairs		Varied Programs								Public Affairs	
WGN-A	16	239	307	In the Heat of the Night		WGN Midday News		Walker, Texas Ranger		Walker, Texas Ranger		Law & Order: Criminal Intent		Law & Order: Criminal Intent	
TVLAND	17	106	304	Andy Griffith Show	Andy Griffith Show	Gunsmoke	Varied Programs	(1:49) Gunsmoke	Varied Programs	Bonanza	Varied Programs	Bonanza	Varied Programs	Bonanza	Varied Programs
OWN	18	189	279	Dr. Phil		Varied Programs									
A&E	19	118	265	CSI: Miami		Criminal Minds		Criminal Minds		The First 48	Varied Programs			The First 48	
HALL	20	185	312	The Better Show	Varied Programs	The Better Show	Varied Programs	The Waltons		The Waltons		The Waltons		The Waltons	
FX	22	136	248	(11:00) Movie	Varied Programs										
CNN	24	200	202	Around the World		CNN Newsroom		CNN Newsroom				The Lead With Jake Tapper		The Situation Room	
TNT	25	138	245	Bones		Bones		Bones		Bones		Castle		Castle	
NIK	26	170	299	PAW Patrol	Dora the Explorer	Dora the Explorer	Peter Rabbit	SpongeBob	SpongeBob	Odd Parents	Odd Parents	Odd Parents	SpongeBob	SpongeBob	SpongeBob
SPIKE	28	168	241	Varied Programs											
MY-TV	29	32	-	Hawaii Five-0		Gunsmoke		Bonanza		The Big Valley		Dragnet	Adam-12	Emergency!	
DISN	31	172	290	Mickey Mouse	Doc McStuffins	Austin & Ally	Shake It Up!	Varied Programs	Jessie	Jessie	Varied Programs	Good Luck Charlie	Varied Programs	Good Luck Charlie	
LIFE	32	108	252	How I Met/Mother	How I Met/Mother	Grey's Anatomy		Grey's Anatomy		Charmed		Charmed		Wife Swap	
USA	33	105	242	Varied Programs										NCIS: Los Angeles	
BET	34	124	329	(10:30) Movie	Varied Programs		My Wife and Kids	My Wife and Kids	Family Matters	Family Matters	Family Matters	Movie			
ESPN	35	140	206	SportsCenter		SportsCenter		SportsCenter		NFL Insiders	Varied Programs	NFL Live		Around the Horn	Interruption
ESPN2	36	144	209	First Take		Varied Programs		Numbers Never Lie		SportsNation		Questionable	Outside the Lines	Coll. Football Live	ESPN FC
SUNSP	37	-	-	Varied Programs											
DISCV	38	182	278	Unusual Suspects		Varied Programs									
TBS	39	139	247	Varied Programs				American Dad	Family Guy	Varied Programs	Friends	Varied Programs			
HLN	40	202	204	Raising America With Kyra Phillips		News Now						Now in America		Evening Express	
FNC	41	205													

DEAR ABBY

Mom is proud to share story of her son's joyful adoption



Abigail Van Buren
www.dearabby.com

DEAR ABBY: In response to the Aug. 13 letter from the adoptive mom in Indianapolis, we, too, are sometimes questioned about our son. I don't find it at all offensive, and I encourage her to view it from a different perspective.

Just as mothers enjoy telling stories about their pregnancy and delivery, I relish talking about how our son came to be part of our family. I have talked openly about it to strangers in front of my son since he was a toddler. I tell them how amazing it is that a mother could love her child so much that she would be willing to give him to us so he could have a better life than she could offer.

By not shying away from the topic, my son has seen that his adoption doesn't make us uncomfortable, and as a result, it's something he is comfortable with. Our son is full of confidence because he knows how much joy he has brought to our lives.

— REAL PARENT IN COLORADO

DEAR REAL PARENT: My office was flooded with comments from adoptive parents and adopted children, but not all of them were as positive as

yours. "Why do you need to know?" was frequently cited as a way to deflect unwelcome questions about why the biological parents placed the child for adoption, as was, "I'll forgive you for asking that question if you forgive me for not answering."

My favorite response was, "We don't discuss such intimacies. Have you told your children the details of THEIR conception?"

Readers, thank you all for sharing.

** ** *

DEAR ABBY: I have been in an on-again-off-again, long-distance relationship with a guy for a year and a half. I have broken up with him and taken him back six times. It is always for the same reason: We are not compatible as a romantic couple.

I have explained that we would be better as friends, but when I try to leave, he cries and begs me not

to go. I'm afraid he could be suicidal, based on past reactions.

I love him as a friend and I want him to be with someone who can love him the way he wants to be loved. How do I let him down easy, if there is even such a thing? I'm afraid I might ruin his life.

When you know in your gut that things won't work out, when is it OK to throw in the towel? — PERPLEXED IN PENSACOLA

DEAR PERPLEXED: After six breakups, your long-distance romance is well past its expiration date. When there is a lack of chemistry between a couple, it's no one's fault and it's usually a deal-breaker. The problem with letting someone down the way you're trying to is that it prolongs the pain, like removing a sliver halfway, then jamming it back in because the person is wincing.

Threats of suicide if a romance is unsuccessful are attempts to control the partner who wants to leave through guilt. The time to throw in that towel is NOW.

■ Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

HOROSCOPES

THE LAST WORD Eugenia Word

ARIES (March 21-April 19): Get out with people you have an emotional connection to and you will figure out a way to alter some of the things you don't like about your life. ★★★★★

TAURUS (April 20-May 20): Emotional problems will surface if you aren't willing to compromise. A relationship will undergo some unusual changes that can push you into a make-it-or-break-it situation. Make wise choices based on true feelings. Anger won't help. ★★★★★

GEMINI (May 21-June 20): Socializing will encourage you to try new things and get involved in an activity that can alter the way you do things and the direction you take. ★★★★★

CANCER (June 21-July 22): Make positive changes, but don't fall for fast-cash schemes or items that promise the impossible. Trust and believe in who you are and what you have to offer and you will develop interesting friendships with unusual people. ★★★★★

LEO (July 23-Aug. 22): Deal with emotional issues. Call a family meeting or get together with friends who have not been pulling their weight. It's time to make compromises and listen to complaints. ★★★★★

VIRGO (Aug. 23-Sept. 22): Include the people best suited to be involved in your plans or who can offer the most in return. Love is on the rise, and making romantic plans can lead to an interesting place filled with happiness and satisfaction. ★★★★★

LIBRA (Sept. 23-Oct. 22): Rethink your next move. Overreacting will lead to mistakes. Consider what you have to offer and where you are best served to put your skills to work for you. ★★★★★

SCORPIO (Oct. 23-Nov. 21): Your intuition is fine-tuned right now and should be your guide regarding domestic

and personal situations. Someone may try to confuse you emotionally or talk you into something you shouldn't do, but hold your ground. Follow your gut, not your heart. ★★★★★

SAGITTARIUS (Nov. 22-Dec. 21): Take a course or investigate investments or money matters that encourage profits. Don't rely on secondhand information. ★★★★★

CAPRICORN (Dec. 22-Jan. 19): Stand up and be counted and you will be recognized for your knowledge, skills and an unusual contribution you make. Enjoy the moment and don't feel obliged to make a quick decision if someone puts pressure on you. ★★★★★

AQUARIUS (Jan. 20-Feb. 18): Resolve issues before they turn into an emotional mishmash. A money matter or settlement will all turn out in your favor. Learn from past mistakes and you will avoid getting involved with someone who isn't good for you. ★★★★★

PISCES (Feb. 19-March 20): Explore new interests and you will meet people who have something to offer. Romance is on the rise, and sharing with someone you love or looking for someone new will lead to an engaging time and a promise for a brighter future. ★★★★★

CELEBRITY CIPHER

by Luis Campos
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" C N J V C X , R S A C D H X J A A F Z N Z Y C W . C D H P S V A D V H D W W I C O W C X D R C I U J O W N A O B C X I A J L C X N V J H Z J X Z A J W J Y Z . " — H D O C W B X H J X O J Z

Previous Solution: "To expect life to treat you good is foolish as hoping a bull won't hit you because you are a vegetarian." — Roseanne Barr

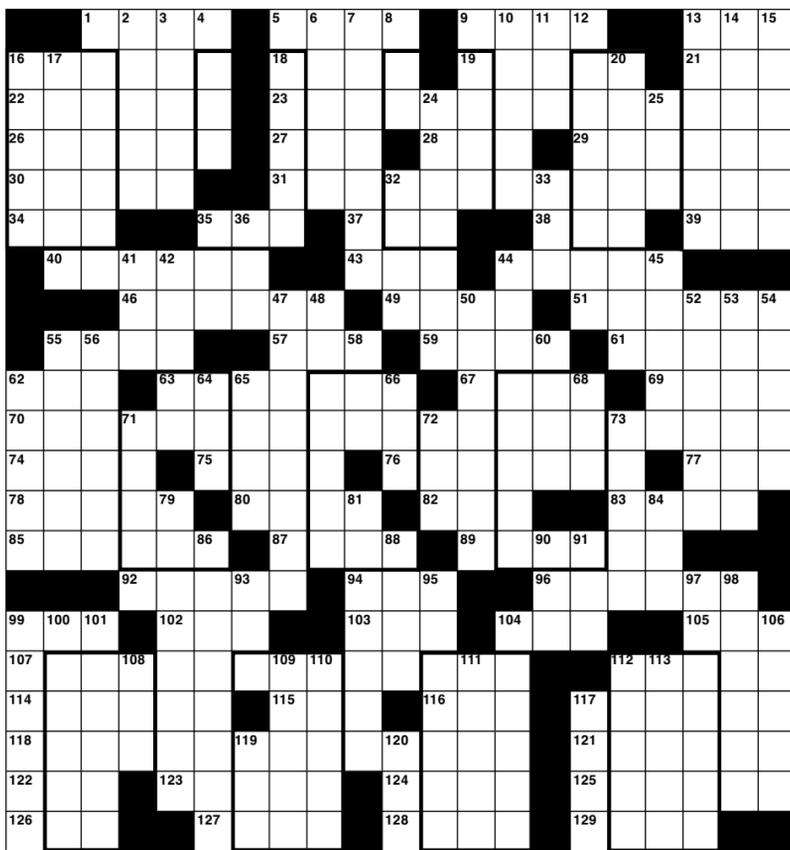
TODAY'S CLUE: *¡genba!*
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SUNDAY CROSSWORD

LETTERBOXES By Mike Selinker / Edited by Will Shortz

In this special crossword, the completed solution conceals a familiar three-word phrase related to the puzzle's theme. 70-Across provides a hint on how to find it.

- | | | | |
|--|---|--|--|
| Across | 51 Material beyond the terrestrial plane, in medieval science | 104 TV channel with lots of bells and whistles | 9 Baltimore club, for short |
| 1 Crew's colleagues | 55 Hello or goodbye, maybe | 105 Take up, as a skirt | 10 Ethan of "Before Sunrise" |
| 5 Dojo needs | 57 PC key | 107 Rotary alternative | 11 Giant Manning |
| 9 Classic sci-fi film billed as "a horror horde of crawl-and-crush giants" | 59 First word in 104-Across | 112 Covent Garden performance | 12 Company that pioneered walkie-talkies |
| 13 "La-La" lead-in in a 1974 Al Green hit | 61 Cum ___ | 114 Newspaper columnist, humorously | 13 "___ Mater" (hymn) |
| 16 Iberian wine city | 62 ___ engr. | 115 Grampa Simpson | 14 African capital |
| 18 "Vincent & ___" (film about the van Gogh brothers) | 63 Like hit shows, often | 116 Snookered | 15 Organic chemistry group |
| 19 Rings of angels | 67 Pitchfork-wielding groups | 117 Anders Celsius and Greta Garbo, for two | 16 Lilac and lavender |
| 21 What X-O-X lacks? | 69 Boo-boo | 118 DDT and others | 17 Turns into mush |
| 22 "Macbeth" king | 70 <i>How to get a message out of the boxes</i> | 121 "Is Anybody Goin' to San ___" (#1 Charley Pride song) | 20 Oaf |
| 23 Words on a fragile package | 74 Van Morrison song "___ the Mystic" | 122 Bullet, in poker | 24 Not ephemeral |
| 26 Irascible | 75 Numerical prefix | 123 Cartoonist Wilson | 25 All ChiSox home games are played on it |
| 27 "Mona Lisa," e.g. | 76 "Only the Lonely" singer | 124 Help illicitly | 32 ___ Lee |
| 28 Thumbs-up | 77 Part of a wriggly field? | 125 Alley flanker | 33 Pro with books, for short |
| 29 Harridan | 78 Foreordained | 126 Hide/hair link | 35 Slapstick prop |
| 30 Orchestra section | 80 Understands | 127 Looking up | 36 Play watcher |
| 31 Mouthpiece for the head? | 82 Maker of the Sorento | 128 Chant at a bullfight | 41 Motocross entry, for short |
| 34 Jiffy | 83 Gallivants, with "about" | 129 Satirical 1974 espionage film | 42 Pirate's cargo |
| 35 Not post- | 85 Boo-boos | Down | 44 Frenzied as if possessed |
| 37 Old piece | 87 Pale | 1 With 97-Down, classic puzzle type | 45 East German secret police |
| 38 Little dog, for short | 89 Like citrus fruits | 2 Like eyebrows | 47 Where a mattress goes |
| 39 ___ Aviv | 92 Like video games, nowadays | 3 Ones getting the red-carpet treatment, say | 48 Shapes like squares |
| 40 Strawberry blond sister of Barbie | 94 ___ Lingus | 4 "The Spiderwick Chronicles" co-author DiTerlizzi | 50 Country that has two oryxes on its coat of arms |
| 43 Hindu "Mr." | 96 Round Table assignments | 5 Antarctic summit between peaks named for faith and charity | 52 Like much processed wheat |
| 44 "Swans Reflecting Elephants" and others | 99 Old PC monitor feature | 6 Words after "win by" or "hang by" | 53 Roman magistrates |
| 46 1960s-'70s series starring Efram Zimbalist Jr. | 102 Ernie's instrument on "Sesame Street," informally | 7 What lobsters and crabs have | 54 Push off |
| 49 Oscar winner Hathaway | 103 Italy's main broadcasting co. | 8 Nursery purchase | 55 Food item named after an Austrian city |
| | | | 56 Film set on Pandora |
| | | | 58 Snarly dog |
| | | | 60 Recedes |
| | | | 62 Blackmail, e.g. |



- | | | | |
|--|---|---|---|
| 64 "Well, now!" | 79 Hefty thing | 98 Placid | 109 Some West Coast wines |
| 65 Beat | 81 Wrinkly dog | 99 Self-image? | 110 Magazine to which Obama gave his first postelection interview in 2008 |
| 66 Uncle Pedro, e.g. | 84 Ones providing cold comfort, briefly | 100 Like the Palace of Versailles | 111 N.F.C. West player |
| 68 Sign of a successful show | 86 Big wheel's wheels | 101 English landscapist famous for "The Burning of the Houses of Lords and Commons" | 112 Admit |
| 71 One with a name on a plaque, maybe | 88 "You betcha" | 90 Dim bulbs have low ones | 113 Trifling |
| 72 Nickname for baseball's Dwight Gooden | 91 Horse hue | 93 Prefix with skeleton | 117 Wilts |
| 73 Rolling Stones #1 hit with the lyric "You're beautiful, but ain't it time we said goodbye?" | 95 1970 John Wayne western | 106 Electromagnetic device | 119 "___ my destiny be Fustian" (Dickinson poem) |
| | 97 See 1-Down | 108 Op. ___ (footnote phrase) | 120 Was idle |

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

Answers to last Sunday's Crossword.

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

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

Losing patience? Tips for a quicker vegetable harvest

DEAN FOSDICK
Associated Press

Vegetable gardening is an exercise in patience. Sweet potatoes can take more than 100 days to ripen; some tomato and watermelon varieties require five months.

But there are ways to shorten the wait.

The easiest is choosing plants that taste best when harvested young.

"The one thing you will miss out on with speedy growing is bulk, but what you will get in return is layers of flavor; a sprinkle of hot and peppery micro-green radish here, a sweet and nutty, barely cooked new potato there, a garnish of cucumber-y borage flowers to finish a dish," writes Mark Diacono in the new "The Speedy Vegetable Garden" (Timber Press). "These are the crops that will mark out your cooking as distinctly and unquestionably homegrown."

Timing is everything.

"Be slow to harvest and you'll miss their best moments," says Diacono, who does his gardening on a 17-acre plot in Devon, England. "These are fresh, lively and zingy flavors, flavors that can either fade or become bitter and overly strong as the plant grows on toward maturity."

Many plants are notably wired for late development.

"Tomatoes, strawberries and apples all want to be left on the plant until they are fully ripe to get the fullest, lushest flavors out of them," Diacono says. "Vegetables are a little different. Many get woodier, less succulent and lower in sweetness as they grow more mature, so really are at their loveliest picked young."

That would include new potatoes, radishes, baby carrots, zucchini, miniature cucumbers, spring peas, turnips and beets.

Cut-and-come-again salad

leaves can be clipped in as little as 21 days. Sprouted seeds (mung beans, mustard, lentils) can become table fare in just three days.

Check the maturity dates on seed packets as you shop. Heirloom tomatoes take 100 days or more to develop while cherry tomatoes need only about 65 days.

The same goes for squash. Winter squash (acorn, butternut) generally require 110 days before they are kitchen-ready. Summer squash (crookneck, zucchini), by comparison, can be eaten in 55 days or less.

There are many ways to jumpstart the growing season so you can be harvesting a meal while other gardeners are just beginning to turn the ground. Among them:

- Choose the warmest site possible if you're planting early. "Even a small change in temperature can make a difference during spring and fall frosts," says Jo Ann Robbins, an extension educator with the University of Idaho.

- Use enclosures. Covering plants moderates temperature, wind and humidity. "Air and soil temperatures are warmer, and the cover will conserve heat radiation from the soil during the night," Robbins says in a fact sheet.

- Start vegetable plants inside from seed, and transplant them eventually into the garden. "Research shows the older the transplants, the better they will resist cold weather," Robbins says.

- Warm the soil early. "Throw a piece of black or clear polyethylene over the soil in early spring, pin it down with tent pegs or bricks, and wait," Diacono says. "The sun will warm it and excessive water will be kept off, leaving it in a fantastically workable state a few weeks later and conducive to quick plant growth."

Hate cleaning the grill? Hire it out

By AMY LORENTZEN
Associated Press

Nick Escalante enjoys grilling his family's meals a couple of times a week year-round, but doesn't like cleaning the greasy mess that comes with it.

So he uses a professional grill cleaner.

"I really am not a fan of cooking food for my family on a grill that has leftover food from previous uses all over it," says Escalante, 47, of Mesa, Ariz. "They come and do the dirty work for us."

Proper grill maintenance can make cooking safer and extend the life of your barbecue.

Celia Kuperszmid Lehrman, deputy home editor for Consumer Reports, says homeowners can do the job on their own.

"There is not some huge skill set here that the average person can't handle," she says.

Many quality grills sell for between \$200 and \$300. Doing your best to clean the appliance and then replacing it may be more cost-effective than paying for professional upkeep, she says.

Whether you do it yourself or hire an expert, there is some regular upkeep required for your barbecue. That includes scraping grates before and after you cook, washing flavorizer bars occasionally, and emptying grease traps.

Gas grillers should regularly check their propane tank and replace if it has corrosion or dents, and inspect and replace cracked or brittle hoses, Kuperszmid Lehrman advises. Most grill parts, cleansers and tools can be purchased inexpensively at home stores.

Check the manual to ensure you don't use anything that could void your barbecue's warranty.

Jeffrey Krentzman, founder and owner of The BBQ Cleaner in Hackensack, N.J., recommends a professional grill cleaning at the start and end of barbecuing season, or more if you grill year-round. Professional grill cleaners take the barbecue apart; steam, spray or soak the pieces; and use special tools to scrub in spots the average homeowner may not easily reach. Many use food-safe and environmentally friendly products designed for grills.

Professional cleaners also advertise their services as making barbecues healthier by removing potentially cancer-causing substances from the grill. Those substances are produced when foods are cooked at high heat, and especially when meats are charred. The Department of Agriculture advises preventing flames when barbecuing for added food safety. You can do that by trimming fat, pre-cooking to release fatty juices and keeping the barbecue free of greasy buildup.



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This photo taken on July 16, 2010 shows Heirloom tomatoes, rear, which can take more than 100 days to ripen, while the smaller cherry tomatoes, foreground, need only 65 days as shown in New Market, Va. Grow both varieties to stagger the dates of your harvest.

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