

Lake City Reporter

LAKECITYREPORTER.COM

Start the New Year right



'Get Fit, Lake City' organizers have tips for toning up in '14.

By STEVEN RICHMOND
srichmond@lakecityreporter.com

As the holiday season comes to a close, many Lake City residents are saying goodbye to out-of-town relatives and hello to a new, unwelcome visitor—holiday fat.

However, Altrusa Lake City President Mantha Young said New Year's resolutions are ideal for residents looking to get in shape after weeks of stuffed turkeys, hams, cookies and other assorted holiday treats.

"There's so much family and the entire holiday season is geared toward specialty foods," Young said. "So now's the time to pick yourself back up, get on the train, and make it happen."

Young also heads Get Fit Lake City, a community fitness initiative aimed at helping local residents stay in shape and lead healthier lifestyles.

In their latest press release, Altrusa speculated that people who overeat during the holidays justify their poor diet as a



FILE Jimbo Haley helps Heather McInnis work out her arms with an resistance band handed out at the Get Fit Lake City Community Fitness Initiative Fittest Business Kick-Off Breakfast.

"reward" for the stress associated with the season.

"Do not reward yourself with food," the press release read. "You're not a dog!"

Young advises people looking to set that well-intentioned but difficult-to-keep weight loss resolution to set realistic goals.

"Reasonable" would be looking at losing a pound-and-a-half a

Do not reward yourself with food... You're not a dog!

— Altrusa press release

week," Young said. "Don't expect dramatic results in six weeks. It needs to be a lifestyle change."

To date, 263 individuals and 35 businesses around Columbia County have registered with the initiative, competing to see who can maintain the healthiest lifestyle by accumulating points for weight loss and physical activity.

"We have testimonial from a good friend that she and her husband started getting healthy together," Young said. "She has

lost almost 25 pounds and he has lost around 17. They're both sleeping better late at night, their cholesterol is coming in check... They're simply doing some good eating habits and getting up and moving."

According to Young, participants are finding their own,

GOALS continued on 3A

COMING UP

SVTA meeting

The Suwannee Valley Transit Authority Board of Directors will hold a special meeting on Wednesday, Jan. 8 at 6 p.m. at the SVTA Headquarters Board Room, 1907 Voyles St. S.W., Live Oak. The purpose of this special meeting is for the Board of Directors to enter into: 1) Review, consider and approve resolutions directing the Administrator to apply for, and obtain grants for capital or operating projects for any and all applicable 5339 Series federal grant programs. 2) Retirement Honorarium for Annie Manning who has been a Professional Bus Operator for Suwannee Valley Transit System for 25 years. 3) Installation of new Board Members: Jason Bashaw and Ricky Gamble.

Spaghetti supper

The Wellborn United Methodist Church wants to provide the community with a break from holiday cooking and will offer a free spaghetti supper and movie on Friday, Jan. 10 beginning at 5:30 p.m. The meal will include spaghetti and sauce, salad, bread, dessert and a beverage. Following the supper, "Though None Go With Me," the inspirational story of Elizabeth Leroy Bishop, will be shown. This event is free of charge and open to the public. To reach the Wellborn United Methodist Church from Lake City, travel west on U.S. 90 or Lake Jeffery Road to County Road 137. For additional information, contact Rev. Dr. Everett L. Parker at 386-688-1358.

LOCAL TRAFFIC DEATHS



TONY BRITT/Lake City Reporter

Florida Highway Patrol Capt. Eileen Powell stands near the sign detailing how many people were killed in Columbia County traffic crashes in 2013. Statistics indicate the number of fatal crash victims was on the increase in 2013 compared to 2012.

Highway fatalities up sharply in 2013

By TONY BRITT
tbritt@lakecityreporter.com

The number of fatal crash victims in Columbia County returned to a double-digit count in 2013 following a year where fewer than 10 people died on area roads.

In 2013 there were a total of 17 deaths on local roads and thoroughfares compared to 2012 when there were nine deaths on local roadways. The 2012 statistics indicated a significant drop in fatalities

FATALITIES continued on 3A

Commissioners will discuss waste collection tippage fees

By TONY BRITT
tbritt@lakecityreporter.com

A change in tippage fees at the Winfield Solid Waste Facility will cost the city's solid waste collector about \$200,000 more annually. The vendor has requested the county maintain the rate from 2012-13 for Lake City customers, but the county has already implemented the new rate.

Commissioners will discuss what will be done in regards to the tippage fee increase for Waste Pro during a 5:30 p.m. Thursday county commission meeting at 372 W. Duval St.

Dale Williams, county manager, said county officials recently received a letter from Waste Pro, the contract refuse collector for the City of Lake City, requesting the county not increase tippage fees until the 2014-15 fiscal year for city customers.

The letter said the city had already passed its budget by the time Waste Pro was notified about the tippage fee increase and therefore the city was not able to include the increase in this year's fiscal budget.

Wendell Johnson, city manager, said the city does not plan to raise its trash fees this fiscal year.



Williams



Johnson

"The city has a contract with Waste Pro, a 5-year contract and we're in year one and the tippage fee has no bearing on the city, because that's built into Waste Pro's contract. They're bound for five years," he said. "The liability financially is against Waste Pro. There will be no rate increases this budget year and we may consider it for fiscal year 2015, which begins in October."

"The city has a good relationship with Waste Pro," he continued. "They provide good quality service and we will work with them to help absorb the operational costs increase caused by this tippage fee."

Williams said Waste Pro has been taking the city's garbage to the Winfield Solid Waste Facility, but is not legally bound to take the trash there.

"We recently raised the tippage fees at Winfield and that was done as part

WASTE continued on 3A

Women selling donuts arrested at Pizza Hut

By STEVEN RICHMOND
srichmond@lakecityreporter.com

Two Jacksonville women were tossed in jail after starting a brawl and throwing pizzas at a local Pizza Hut Monday, LCPD reports. Eden Aisha Odom, 23, and



Eden Odom



Eternity Odom

Eternity Aisha Odom, 19, both of Jacksonville, were trying to sell donuts to staff at the South Marion Avenue Pizza Hut around 7:24 p.m. Monday, according to an LCPD press release.

The Pizza Hut staff told the women multiple times the store

was particularly busy at the moment and they would have to wait, according to police.

However, Eden Odom took the matter into her own hands and walked to the back of the store

DONUTS continued on 3A



Vol. 139, No. 236
CALL US:
(386) 752-1293
SUBSCRIBE TO
THE REPORTER:
Voice: 755-5445
Fax: 752-9400

TODAY'S WEATHER

64 57
Chance of showers

Opinion 4A
Health 6A
Obituaries 5A
Advice & Comics 4B
Puzzles 3B

HEALTH

Lung cancer scans recommended for some smokers, not all, 6A.



SPORTS

Lady Tigers softball: Remembering the win, 1B.

Photo of the Day



JASON MATTHEW WALKER/Lake City Reporter

Holiday pruning

Derrick Griffis, of Burford Tree Inc, is elevated 45 feet in the air as he prunes trees along Country Club Road on Tuesday.

AROUND FLORIDA

AP's top state stories in 2013

Acquittal of Zimmerman is Fla.'s top story

ORLANDO — It was yet another high-profile trial in central Florida that attracted around-the-clock cable television news coverage and captivated viewers from around the world.



Zimmerman

But unlike the Casey Anthony trial two summers earlier, which was a domestic drama involving a mother

accused of killing her toddler, the murder trial of George Zimmerman in the fatal shooting of Trayvon Martin tackled two of the thorniest issues confronting America: race and gun control. For those reasons, the George Zimmerman trial was voted the state's story of the year for 2013 by Florida newspaper and broadcast editors.

The murder trial ... tackled two of the thorniest issues confronting America:

race and gun control.

The six female jurors picked for Zimmerman's trial had to determine whose story to believe: Zimmerman's claim of self-defense or prosecutors' contention that Zimmerman was a vigilante who profiled Martin and decided the black teen was up to no good in the gated community where Zimmerman lived and Martin was visiting.

A prosecutor began the trial with a jolt by repeating obscenities Zimmerman said to a dispatcher while following Martin. The neighborhood watch volunteer's defense attorney followed with a knock-knock joke that fell flat. Over the next three weeks, prosecutors and defense attorneys tried to convince jurors whose voice was screaming for help on 911 calls that captured the fight. Martin's mother, father and brother testified it was the Miami teen screaming for help; Zimmerman's mother, uncle, father and five friends told jurors it was the neighborhood watch volunteer's voice.

The most memorable witness was Rachel Jeantel, the young woman from Miami who was on the phone with Martin in the moments before he was shot. Her testy exchanges with a defense attorney, her lack of polish and her use of the term "creepy-ass cracker" in recounting how Martin described Zimmerman made her the brunt of spoof accounts poking fun at her candid statements and dialect.

The instructions jurors were given after three weeks of testimony allowed them to find Zimmerman not guilty if they had reasonable doubt or if they thought it was a justifiable use of force. Under Florida law,

Zimmerman could use justifiable force not only if he faced death or bodily harm but also if he merely thought he did.

After deliberating over two days, the jury found him not guilty of second-degree murder or manslaughter. In the weeks following the verdict, protests were held around the nation. Protests in Oakland and Los Angeles turned mildly violent, but the response to the Zimmerman verdict was nothing like the massive 1992 Los Angeles uprising that killed 53 people after police officers were acquitted in the Rodney King beating.

AP Editors' top 2-10 picks for state stories

2. The Florida Legislature rejected a plan to expand the state's Medicaid program, turning down a promised \$50 billion in federal funding. The decision left 1.1 million Floridians uninsured for now. Gov. Rick Scott originally had opposed the expansion but made a dramatic about-face when he announced his support for Medicaid expansion under President Barack Obama's Affordable Care Act after the U.S. Supreme Court upheld the law.

3. The Miami New Times linked the anti-aging clinic Biogenesis to the distribution of performance enhancing drugs to major league baseball players, including New York Yankees star Alex Rodriguez. He denied the claim and later fought a lengthy suspension. Also mentioned in the leaked documents were 2012 All-Star game MVP Melky Cabrera, 2005 AL Cy Young Award winner Bartolo Colon and 2011 AL championship series MVP Nelson Cruz.

4. Florida election officials revived plans that they say will remove non-U.S. citizens from the state's voter rolls without also purging eligible citizens, despite criticism that minority voters are being targeted. To promote the plan, Secretary of State Ken Detzner held five meetings with county election officials around the state. Some election supervisors say there remains scant evidence of widespread voter fraud conducted by non-U.S. citizens.

5. Former Republican Gov. Charlie Crist announced that he will run for governor next year as a Democrat against Scott, the GOP incumbent. Crist is now considered the Democratic front-runner in the contest to chal-

lenge Scott, one of the most unpopular governors in the country.

6. The arrest of 57 defendants on charges they were running a \$300 million gambling operation out of Internet cafes around the state led to the resignation of Florida Lt. Gov. Jennifer Carroll and caused the Legislature to ban the storefront Internet centers. Carroll had worked as a consultant for Allied Veterans, the charity group operating the Internet cafes, though she was never accused of wrongdoing. The first of the defendants, an attorney for the veterans' group, went on trial and was convicted on 103 counts in October.



COURTESY/WikiMedia Commons

7. Scott signed into law a statewide ban on texting while driving, making Florida the 40th state to enact a texting-while-driving ban for all drivers. The law makes it a secondary offense to read or send a text, email or instant message on a smartphone while driving. That means police have to first stop drivers for another offense, such as an illegal turn.

8. A state task force concluded that Florida's so-called stand your ground law shouldn't be amended. The parents of Trayvon Martin had asked the task force to change the 2005 law following the fatal shooting of their son by George Zimmerman. But the task force said in a report that people have a right to feel safe and secure in Florida, and they have a fundamental right to stand their ground and defend themselves from attack.

9. Florida's unemployment rate fell to 6.4 percent in November, the lowest level in over five years. Scott maintains his policies have helped Florida's recovery, but economists say there are other reasons for the decline: People are leaving the labor force or have delayed their job search.

10. Duke Energy canceled plans to build a nuclear plant and repair another in the state's Big Bend area. The country's largest utility cited changes in the energy market — including natural gas prices — and regulatory hurdles at the state and federal level. Despite the scuttled plans, Duke intends to charge its 1.7 million Florida customers a monthly fee to pay for the costs it incurred planning the construction on the plants.

■ Associated Press

Winning Lottery Numbers

Cash 3: (Tuesday evening) 0-2-5
Play 4: (Tuesday evening) 7-7-8-6
Fantasy 5: (Monday) 6-8-10-12-25

Thought for Today

The object of a New Year is not that we should have a new year. It is that we should have a new soul and a new nose; new feet, a new backbone, new ears, and new eyes. — G.K. Chesterton

Scripture of the Day

“Thus saith the Lord, which maketh a way in the sea, and a path in the mighty waters; Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.” — Isaiah 43:16, 18-19

See an error?

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.

Lake City Reporter

HOW TO REACH US

Main number (386) 752-1293
 Fax number 752-9400
 Circulation 755-5445
 Online ... www.lakecityreporter.com

The Lake City Reporter, an affiliate of Community Newspapers Inc., is published Tuesday through Friday and Sunday at 180 E. Duval St., Lake City, Fla. 32055. Periodical postage paid at Lake City, Fla. Member Audit Bureau of Circulation and The Associated Press.

All material herein is property of the Lake City Reporter. Reproduction in whole or in part is forbidden without the permission of the publisher. U.S. Postal Service No. 310-880.

POSTMASTER: Send address changes to Lake City Reporter, P.O. Box 1709, Lake City, Fla. 32056.

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

NEWS

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

ADVERTISING 752-1293
 (ads@lakecityreporter.com)

CLASSIFIED

To place a classified ad, call 755-5440

BUSINESS

Controller Sue Brannon 754-0419
 (sbrannon@lakecityreporter.com)

CIRCULATION

Home delivery of the *Lake City Reporter* should be completed by 6:30 a.m. Tuesday through Friday, and by 7:30 a.m. on Sunday.

Please call 386-755-5445 to report any problems with your delivery service.

In Columbia County, customers should call before 10:30 a.m. to report a service error for same day re-delivery. After 10:30 a.m., next day re-delivery or service related credits will be issued.

In all other counties where home delivery is available, next day re-delivery or service related credits will be issued.

Circulation 755-5445
 (circulation@lakecityreporter.com)

Home delivery rates

(Tuesday -Friday and Sunday)
 12 Weeks \$26.32
 24 Weeks \$48.79
 52 Weeks \$83.46
 Rates include 7% sales tax.

Mail rates

12 Weeks \$41.40
 24 Weeks \$82.80
 52 Weeks \$179.40

PEOPLE IN THE NEWS

Beckham, Murray miss out on Queen Elizabeth's knighting honor

LONDON — David Beckham and Andy Murray will have to wait a while longer for a possible knighthood.

Both sports stars were left off Queen Elizabeth II's New Year's honors list, a surprise to some who had expected them to be knighted.

Murray became the first British man since 1936 to win Wimbledon in July, while Beckham ended his illustrious 20-year soccer career in May. Both have previously been made an Officer of the Order of the British Empire.

On a low-profile list of sports names, former Football Association chairman David Bernstein and 1969 women's Wimbledon champion Ann Jones were made a Commander of the Order of the British Empire.

David Bedford, a former 10,000-meter world record holder who is now race director for the London Marathon, was awarded an OBE for services to athletics and charitable fundraising.

Jim Cramer's book argues it is possible to 'Get Rich Carefully'

Who wouldn't want to "Get Rich Carefully," as the title of Jim Cramer's new book promises? The stock market may seem scary, but Cramer says you can make money with research, logic and prudence. That sounds good to some.

Readers may know Cramer as a co-anchor of CNBC's "Squawk on the Street" or from his weekday stocks show "Mad Money," which recently passed the 2,000 episode mark. Since 2005, the former hedge fund manager has been dispensing advice on "Mad Money" in a high-octane style that can make him sound like an animated sports coach, one who makes liberal use of a sound board of noises including the sound of a train wreck, a gong and a chorus singing "hallelujah."

Cramer is also a prolific author. His books include "Jim Cramer's Getting Back to Even," "Jim Cramer's Real Money: Sane Investing in an Insane World" and "Jim Cramer's Mad Money: Watch TV, Get Rich."

In "Get Rich Carefully," he makes the pitch that you can get wealthy by being careful and methodical. He starts, patiently enough, by talking about the forces that move a stock's price. And he tells you which quarterly earnings calls will help you understand the landscape of the market. For example, heavy equipment company Caterpillar can help you take the pulse of the world's economies. Disney can tell you about the state of the U.S. consumer. And home builder Toll Brothers can tell you not just about the demand for housing but also about how hard or easy it is to get credit.

Whether Cramer's advice will make you a boatload of money or not, his rational explanations make stocks feel less intimidating.

■ Associated Press



JASON MATTHEW WALKER/Lake City Reporter

Beginning the new year with discipline

Nikolai Lee (from right), American Hapkido Alliance master instructor, practices with students Brett Marts, 11, Clayton Marts, 11, and Keith Feagle at the CYSA fields on Tuesday.

DONUTS

Continued From 1A

to complain about how they were being treated, police said.

Following a brief verbal altercation, the staff asked the Odom women to leave the store, according to police.

Eden Odom then began poking one of the employees in the forehead with a nearby pizza spatula, which eventually led to a physical altercation that included both Odom women and several store employees, police said.

According to the release, the participants threw several objects during the scuffle, including a sharpened knife, with one witness reportedly getting hit in the face with a pizza.

Both suspects were arrested and booked into Columbia County Detention Facility on \$6,000 bond each. They both face charges of aggravated battery and trespassing.

WASTE: Rates likely to remain the same

Continued From 1A

of this fiscal year's budget," Williams said. "All of that was considered and included into the non-advalorem assessment that the county levied."

Williams said Waste Pro representatives have indicated they don't have a requirement in the agreement that bounds them to bring their waste to the Winfield Solid Waste Facility but they would prefer to continue to take the waste there.

Waste Pro is asking the county to give the city time to adjust its rates for the tippage fee increase, so they can continue to take trash to the local site.

"Before the City of Lake City can pick up the increase in the rate, they need time to let it run through a cycle where they can increase and adjust their rates accordingly," Williams said. "The question before the board of county commissioners is do we wish to give that

In other business, the commission:

- Will review an external budget amendment to pay \$3,777 to replace a 911 Combined Communications Center computer server;

- Will review bringing funds (\$9,665) forward from last year's fiscal budget to make changes to the Computer Aided Dispatch system;

- Received a \$18,750 federal grant for the Erin Glen Flood mitigation project in Fort White. The county is required to put \$6,250 in matching funds to pay for the engineering of a storm water mitigation pond for the project;

- Will hold a public hearing to discuss vacating a portion of the Woodborough Subdivision Phase 2; and

- Will review an interlocal agreement between the county and the Alachua County Board of County Commissioners where will be handled by Alachua County should Columbia County suffer a catastrophic 911 failure.

opportunity and if we do, under what conditions."

The county increased its tippage fee from \$42 per ton to \$52 per ton in October.

"Columbia County's tip-

page fee is a little higher than other counties' tippage fees and the reason for that is we do not accept out-of-county waste," Williams said.

Report: Man stole relative's collector coins

From staff reports



English

A Lake City man, arrested Sunday, faces burglary charges after he allegedly broke into his relative's house and stole collector coins, watches and other items.

Kenneth Lee English, 25, of 758 SW Dockery Lane, was charged with burglary of an occupied dwelling (unarmed), trespassing, larceny and fraud in connection with the case. He was booked into the Columbia County Detention Facility on \$16,000 bond.

According to Columbia County Sheriff's Office reports, English was at a B&B gas station and asked his cousin for a ride to his house. The victim gave English a ride to his home and dropped him off, but when he returned to his home he noticed this back door was open. When the victim went inside he noticed the front of his window mounted air conditioning unit was torn off and he became suspicious and started looking around.

The victim told a Columbia County Sheriff's Office deputy that two watches he had on his refrigerator, some half-dollar coins, as well as another watch, collector coins and nine two-dollar bills were also missing.

Reports said the vic-

tim had a suspicion who the thief could have been so he went back to the B&B and asked the

clerk if English had been in the store and made a purchase. The clerk told the victim, "Yes, he paid with these coins." The victim then notified the sheriff's office.

The victim was supposed to pick English up and bring him to Lake City and the deputy had the victim and English meet him at the B&B station. The deputy spoke to the clerk at the store who told him English paid with half dollar coins and she could identify English if she saw him again.

The victim arrived at the B&B and the deputy immediately took English into custody. While conducting an inventory of English's belongings the deputy recovered two checks. English reportedly admitted to signing one of the checks and later admitted to going inside the victim's house and taking his belongings.

The deputy recovered three watches, nine two-dollar bills and three collector coins, which were placed into evidence.

English was taken to jail without incident.

FATALITIES

Continued From 1A

from 2011 when 31 people died in crashes on local roads.

Florida Highway Patrol Capt. Eileen Powell said a possible reason for the increased number of traffic fatalities could be due to an increased number of people traveling. She said most 2013 fatal crashes in Columbia County were due to careless driving.

"A large majority of our traffic fatalities, especially in Columbia County, were attributed to careless driving," she said. "In fact, half of our current fatalities for 2013 are attributed to careless driving, which is an actual statute."

According to Florida Statute 316.1925, any person operating a vehicle upon the streets or highways within the state shall drive the same in a careful and prudent manner, having regard for the width, grade, curves, corners, traffic, and all other circumstances, so as not to endanger the life, limb or property of any person. Failure to drive in such a manner shall constitute careless driving.

Statistics indicate that Friday was the deadliest day to travel on local roadways.

"Fridays, this year, have actually had roughly 50 percent of our traffic fatalities on that one day of the week."

— Florida Highway Patrol Capt. Eileen Powell

not to endanger the life, limb or property of any person. Failure to drive in such a manner shall constitute careless driving.

Statistics indicate that Friday was the deadliest day to travel on local roadways.

"Fridays, this year, have actually had roughly 50 percent of our traffic fatalities on that one day of the week," Powell said.

A large percentage of area fatal wrecks occurred between 6 p.m. to midnight. Drivers aged 31 - 40 years old were involved in most of the fatal crashes.

"Fifty percent of our fatal crashes this year have occurred on local roadways," Powell said. "Most people would think that the interstate would be our biggest collector of fatal crashes, but it's not. We've had three fatal crashes on the interstate this year, opposed to seven on the local roadways."

Although Columbia County experienced an increase in the number of traffic fatalities, statewide numbers indicate a decrease in traffic fatalities.

According to information from the Florida Highway Patrol, as of Sunday, Dec. 29, statewide there were 2,295 traffic fatalities in 2013. In 2012 there was a total of 2,379 traffic fatalities across the state.

"We're actually down 84 deaths statewide from last year at the same time," Powell said.

Suwannee and Hamilton counties also reported smaller traffic fatality crash totals for the year.

In Suwannee County there were 13 traffic fatalities in 2013. There was also 13 traffic fatalities in Suwannee County in 2012.

In Hamilton County there were three traffic fatalities in 2013, compared to 11 traffic fatalities in 2012.

To keep the fatal traffic crashes at a minimal amount during the Christmas and New Year holiday travel periods, the Florida Highway Patrol participated in activities designed to keep roadways safe.

"We're working in an increased number of what we refer to as special enforcement details," Powell said. "They're details where the troopers go out and actually target areas of unlawful speed, aggressive driving and seatbelt and child restraint usage, trying to keep the deaths down because 64 percent of our deaths in Columbia County last year were unbelted drivers."



FILE

Julie Hadden, a contestant in The Biggest Loser Season 4 reality TV show, speaks with Brent Kuykendall (left) and his father, John, after the Get Fit Lake City Community Fitness Initiative Fittest Business Kick-Off Breakfast held at the LifeStyle Enrichment Center earlier this year. Hadden described her experience on The Biggest Loser, her relationship with the contestants as well as her relationships with family, friends and food.

GOALS

Continued From 1A

unique ways to change their lifestyles for the better. One person, she said, simply cut out sweet tea, bread and soft drinks.

Others are finding friends and family join in their weight loss resolutions.

"You need an accountability partner, somebody who's going to be honest with you," Young said. "You can exercise together, obviously, but if you're having a down moment, your partner can say, 'Listen, it's okay, you're going to get back up and keep going.' A person needs to realize that the only person not making a mistake is the person who never does anything."

Young's biggest piece of advice? Do it for your loved ones.

"You need to love yourself so you can be a better person for the people you do love," she said.

Dancing into the New Year

After a year of struggles, Palm Harbor girl is back on the dance floor.

By LAURA C. MOREL

Associated Press

PALM HARBOR — During her first dance lesson, Ireland Nugent, dressed in black tights and a pink tutu dress that stopped just above her prosthetic legs, stood still before a full-length mirror.

When the dance teacher demonstrated to the group of half a dozen little girls how to spin with their arms arched above them, Ireland, 3, watched the instructor for a few seconds. Then she stretched her own arms above her head of curly blond hair that was pulled into a tight bun for the class, and spun slowly.

Her mother, Nicole Nugent, watched from outside the studio and recorded her daughter's first dance lesson on her phone.

Just six months ago, Ireland began to walk on her first set of prosthetic legs.

Now, Ireland is learning to dance. "She has no fear," Nicole said.

On April 10, Ireland lost her lower

legs and feet when her father, Jerry, accidentally backed over her with his riding lawn mower in the driveway of the family's Palm Harbor home.

Then came a whirlwind of surgeries, doctor visits and physical therapy. Ireland received prosthetic legs in June, and then a replacement pair in October when she outgrew the first set. In August, she underwent another surgery to remove growing bone in her legs.

But Ireland is quickly adapting to her new life, her parents said. "She's doing so much better," said Nicole, 31. "It's not going to be all sunshine and roses, but it's not going to be all dreary either."

About a month ago, several businesses, including Home Depot and International Granite & Stone, began renovating the Nugents' Palm Harbor home for free.

The improvements will make the four-bedroom, two-bath house completely accessible for Ireland. The carpet was ripped out, replaced by

tile and wood floors throughout so Ireland can learn to walk on both textures. The kitchen cabinets and appliances will be replaced. The work is scheduled to be completed by late January, the Nugents said.

Since the accident, donations have trickled in. Jerry, a Pinellas County building maintenance worker, said he had trouble accepting it all at first.

"Over the last eight, nine months," he said, "I've just had to learn to accept and be grateful."

Jerry, 48, said he has also had to let go of the guilt that sometimes lingers when he thinks about the accident. He and Nicole still go to counseling.

"You always want to be there to protect and be the hero for your kids," he said, "not be part of the reason why they are in the position they are in."

But watching Ireland thrive helps him heal.

"She's doing everything she wants," he said.

OUR OPINION

Keep getting fit, Lake City

New Year's Day is as good a time as any to check in on the progress of Get Fit, Lake City, the Altrusa Club initiative to ward off obesity and make folks here healthier.

The final tally won't be in for a few weeks, but we are pleased to report progress.

Folks are running, walking, jogging, biking – staying active in a myriad of ways. And they're cutting back at the dinner table as well.

As reported on today's front page, folks are finding this needn't be an all-or-nothing proposition.

One person, we're told, found success just by eliminating sweet tea, soft drinks and bread.

Good to hear.

The grand finale is coming in February.

We'll keep you posted on the final results.

Meanwhile, keep getting fit, Lake City. All your hard work is sure to pay off.

TODAY IN HISTORY

On this date:

In 1863, President Abraham Lincoln signed the Emancipation Proclamation, declaring that slaves in rebel states were free.

In 1890, the first Tournament of Roses was held in Pasadena, Calif.

In 1942, the Rose Bowl was played in Durham, N.C., because of security concerns in the wake of the Pearl Harbor attack; Oregon State defeated Duke, 20-16.

In 1953, country singer Hank Williams Sr., 29, was discovered dead in the back seat of his car during a stop in Oak Hill, W.Va., while he was being driven to a concert date in Canton, Ohio.

In 1959, Fidel Castro and his revolutionaries overthrew Cuban leader Fulgencio Batista, who fled to the Dominican Republic.

In 1962, the first two U.S. Navy SEAL (Sea, Air and Land) teams were created. The Beatles (with Pete Best) auditioned in London for Decca Records, which opted to sign Brian Poole and the Tremeloes instead.

In 1984, the breakup of AT&T took place as the telecommunications giant was divested of its 22 Bell System companies under terms of an antitrust agreement.

In 1992, President George H.W. Bush became the first American leader to address the Australian Parliament.

■ Associated Press

Lake City Reporter

Serving Columbia County Since 1874

The Lake City Reporter is published with pride for residents of Columbia and surrounding counties by Community Newspapers Inc.

We believe strong newspapers build strong communities — "Newspapers get things done!"

Our primary goal is to publish distinguished and profitable community-oriented newspapers.

This mission will be accomplished through the teamwork of professionals dedicated to truth, integrity and hard work.

Todd Wilson, Publisher
Robert Bridges, Editor
Sue Brannon, Controller

Dink NeSmith, President
Tom Wood, Chairman

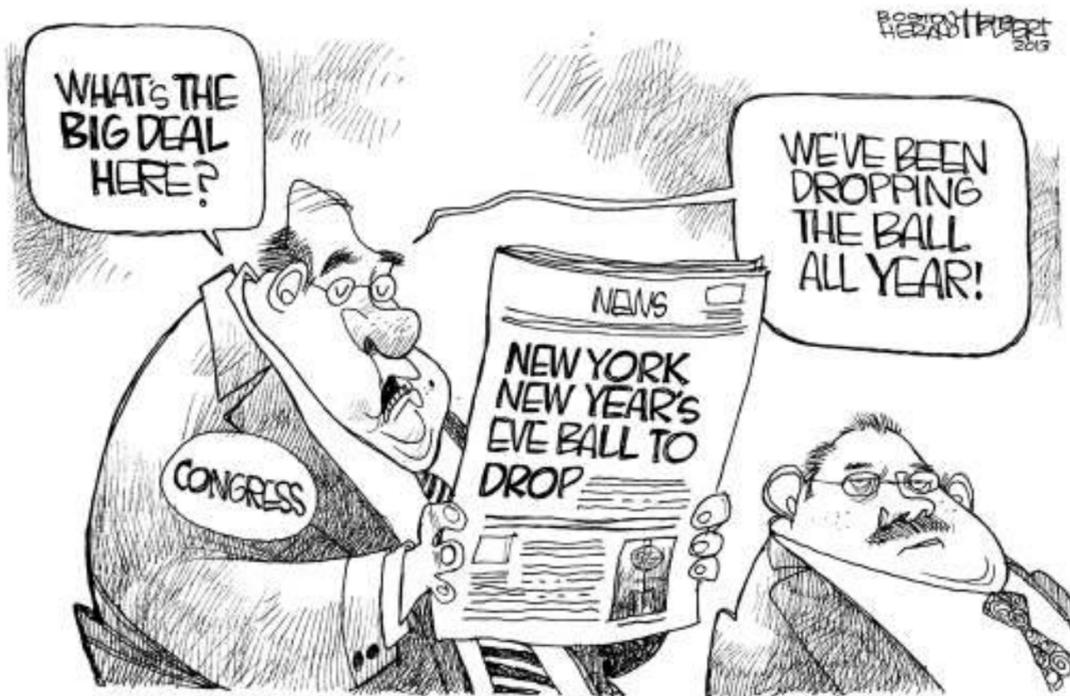
LETTERS POLICY

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



California sunshine law in spotlight

One of the low points of 2013 was quickly followed by one of this year's high points when California policymakers did a quick reversal in Sacramento to protect the state's vital "sunshine law."

In response to public pressure in June, lawmakers and Gov. Jerry Brown swiftly and dramatically abandoned the half-baked legislation that would have eviscerated the state's open-records act.

Instead, chastised in the glare of bad publicity, the leaders switched gears, did the right thing and actually protected the public's right to know what local governments are doing.

The whole episode started when the Legislature passed a trailer bill – one of those laws that implement the state budget but sometimes contain sneaky surprises. In this instance, Assembly Bill 76 included a provision that would have made it optional for local governments to comply with significant parts of the California Public Records Act.

The CPRA is important to all Californians because it requires public agencies – for example, city councils, the county Board of

Supervisors, law-enforcement agencies and school districts, to name just a few – to make government documents and data available to the public within 10 days of a request in most cases. The CPRA even requires the agencies to help the public identify the records they're interested in seeing, and then provide the documents free or at nominal cost.

The public outcry against AB 76 forced legislative leaders and the governor to backtrack. They quickly agreed on a revised version of the trailer bill, SB 71, that did not provide any such loophole for local governments.

Part of their 180-degree turn, however, was an agreement to put a constitutional amendment on the state ballot in 2014 to discontinue state payments to local agencies to cover their expense of complying with requests made under the CPRA. According to the California Secretary of State's Office, the measure, SCA 3, has qualified for the June state ballot.

The reversal by the Legislature and Gov. Brown was eminently appropriate. Continuation of the CPRA makes a big difference in California by discouraging ques-

tionable government policies and practices, thus promoting good government.

For example, in the last two years, requests under the CPRA produced evidence that Simi Valley's former city attorney received a six-figure severance package that was not in her employment contract; that state authorities requested an investigation into a business relationship linked to an Oxnard affordable housing project; and that Port Hueneme's former chief of police, after taking over responsibility for issuing concealed-weapon permits to city residents, granted permits to the then-mayor, a second City Council member and three city police chaplains.

We don't know how state voters will respond to the June measure, which intends to halt the state's payments to local governments for doing what they should be doing regardless.

But as to the larger issue of protecting the public's right to know, we are delighted that 2013 was a year when state leaders quickly saw the light and acted properly to protect California's sunshine law.

■ Scripps Howard News Service

The case for videotaped interrogations

Terrence "T.J." Johnson, 17, is back in the relative safety of his Memphis home, but thinking about his 64 nights in jail should give pause to opponents of mandatory videotaping of police interrogations.

Johnson's case is the latest entry in a catalog of false murder confessions. He admitted to police that he drove the getaway car in the Oct. 4 robbery and murder of Piperton, Tenn., contractor John "J.P." Shelley.

We have only Johnson's account of the interrogation, the police not having commented on it. But from his description it had the earmarks of a method developed in the 1950s that permits interrogators who believe suspects are lying to obtain confessions by making false and misleading statements to them and promises that interrogators don't intend to keep.

The widely employed Reid tech-

nique, described in detail by writer Douglas Starr in his Dec. 9 New Yorker article "The Interview," has been called into question by criminal justice scholars because of the number of false confessions it has produced.

As an antidote, at least 18 states require videotaping of interrogations in murder cases. Tennessee had an opportunity to join them in 2011 when the issue was debated in the General Assembly. Legislators ultimately accepted the argument that the decision should be left up to law enforcement officials because taping can cause a guilty suspect to clam up.

But suspects who waive the "right to remain silent" believing they have nothing to hide and wind up confessing are almost never acquitted by juries. And in 50 percent of exonerations resulting from DNA evidence, false confessions were obtained.

It's not difficult to see why police

focused on Johnson. They had evidence that the driver in the Shelley case was nicknamed "T.J." Johnson had associated with gang members. A cellphone that belonged to one of the robbery victims had been found near his home. He and the co-defendants all once attended Wooddale High School in Memphis. And Johnson wasn't in school when the crime occurred. After lengthy questioning, he signed a statement confessing to the crime.

Fortunately, Johnson's attorneys didn't believe it. Their investigation, as well as more work by prosecutors and police, eventually resulted in a murder charge against alleged getaway car driver Thomas Bernard Moss, 17.

The story would seem to have had a good ending. It would be a lot better, of course, if the public could be assured that it's not likely to happen again.

■ Scripps Howard News Service

Uruguay goes first on marijuana

Uruguay has volunteered to be the canary in the cannabis field.

The small – population 3.4 million – Latin American nation has voted to legalize the growth and sale of marijuana.

The country's senate narrowly, 16 to 13, approved a law allowing individuals over 18 to buy up to 40 grams – just over 1.4 ounces – a month from state licensed dealers. Individuals also have the alternative of growing up 1.06 pounds of pot for their own use. The price is likely to be around \$1 a gram.

The commercial planting, harvesting and sale will be under the

control of the state. Sales will be limited to Uruguayan nationals 18 and older, to head off the possibility of becoming a drug tourism destination, and exports will be prohibited.

Uruguay's action is part of a growing sense that the U.S. war on drugs has been a dangerous and expensive failure that has cost the lives of thousands and fostered an atmosphere of lawlessness....

The Uruguayan experiment will test several theories put forward by advocates of legalization here and elsewhere. Proponents say that legalization will take much of the profit out of cultivation and thus the incentive for violence. The sale of marijuana at

token prices will cut down on petty crime. And both taken together will undermine the drug cartels.

The United States should monitor the Uruguayan experiment in the spirit of trying to learn something.... Our prison system has become ridiculously costly housing inmates given long sentences for minor drug infractions and in areas out West where marijuana has become legal under state law, if not federal, the foundations of civilization seem to have survived – at least so far.

Uruguay may have much to teach us.

■ Scripps Howard News Service

COMMUNITY CALENDAR

■ To submit your Community Calendar item, contact Emily Lawson at 754-0424 or by e-mail at elawson@lakecityreporter.com.



JASON MATTHEW WALKER/Lake City Reporter

Working through the weather

Tim Blackwell, of Blackwell Auto Detail, soaps up a Honda Pilot while braving the Tuesday morning weather. 'The toughest part is drying the car,' he said. 'You're rubbing against the metal with a shammy then ringing it out. Man, it's freezing. It can get real tough.'

Jan. 4

Audubon Bird Walk

Four Rivers Audubon will sponsor its monthly walk at Alligator Lake Park on Saturday, Jan. 4 at 8 a.m. The walk usually lasts between two and four hours, but participants may leave at any time. Meet at the pole barn to begin the walk. For more information call Judee Mundy at 386-758-9558 or Sylvia Dunnam at 386-362-3256.

Jan. 5

Zumba Class

Sarah Sandlin, Zumba Instructor for the City of Lake City, is offering a free Zumba class on Jan. 5 at the Teen Town city building at Youngs Park from 4-5 p.m. This will be a beginner's class where you'll learn all the basic moves of this popular dance form. After the free class, a regular Zumba class will be held for \$5 from 5:30-6:30 p.m. Email Sarah at lakecityzumba@gmail.com for more.

Jan. 7

Historical Society

The Columbia County Historical Society will meet on Tuesday, Jan. 7 at 7 p.m. at the downtown library. Living Historian Bud Thayer will discuss soldiers' daily lives during the Civil War. The meeting is open to the public. For more information please call Sean McMahon at 754-4293.

Jan. 8

Newcomers meeting

The Lake City Newcomers will meet on Wednesday, Jan. 8 at Guang Dong Chinese Restaurant. Program speaker will be Pat McAlhany who will speak on the role of women in the Civil War. For more information, call Pinky Moore at 752-4552.

Jan. 9

DAR meeting

The Edward Rutledge Chapter, Daughters of the American Revolution, will hold its monthly meeting on Thursday, Jan. 9 at 10:30 a.m., at the Wilson Rivers Library on the Florida Gateway College campus. Kay Daly of the Christian Service Center will be the guest speaker. Visitors are always welcomed. For more information, call 752-2903.

Jan. 10

Spaghetti Supper

The Wellborn United Methodist Church wants to provide the community with a break from holiday cooking and will offer a free spaghetti supper and movie on Friday, Jan. 10 beginning at 5:30 p.m. The meal will include spaghetti and sauce, salad, bread, dessert and a beverage. Following the supper, "Though None Go With Me," the inspirational story of Elizabeth Leroy Bishop, will be shown. This event is free of charge and open to the public. To reach the Wellborn United Methodist Church from Lake City, travel west on U.S. 90 or Lake Jeffery Road to County Road 137. From U.S. 90, turn right and travel over the railroad tracks to the church on the left. From Lake Jeffery Road, it's less than a quarter mile after making a right turn on CR 137. For additional information about

the event, contact Rev. Dr. Everett L. Parker at 386-688-1358.

Jan. 14

Medicare Seminar

The Lifestyle Enrichment Center is sponsoring a free educational Medicare seminar on Tuesday, Jan. 14 from 5-6 p.m. Irv Crowetz of C/C & Associates, Inc. will moderate the seminar. RSVP to 386-755-3476 x 107.

Bay Street Bassworks

Bay Street Bassworks will perform at the Levy Performing Arts Center at Florida Gateway College on Tuesday, Jan. 14 at 7:30 p.m. This group is an internationally-acclaimed touring ensemble performing selections from a wide variety of genres ranging from Bach to Be-Bop. A new "flex ticket" system is being offered this year so each ticket can be used at any Lake City Community Concert. Single concert tickets are \$20/adult and \$5/student K-12. See www.communityconcerts.info, or call (386) 466-2013, or visit the Lake City Chamber of Commerce for details.

Jan. 15

Olustee planning

The Blue Grey Army will have a planning meeting for the 2014 Olustee Festival on Wednesday, Jan. 15 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.

Jan. 17

Masonic Banquet

Gold Standard Lodge #167 will be hosting their annual Masonic Banquet on Jan. 17 at 7 p.m. at the Westside Community Center. For tickets and more information, contact Chris at 386-623-3611 or Mike at 386-867-6675.

Jan. 18

King Breakfast

The Presley EXCEL and Scholars Program and Youth for Christ Ministry invite the community to the Dr. Martin Luther King, Jr. 85th Birthday Observance Breakfast at the Woman's Club, 257 SE Hernando Street. Brooke Mobley of Davita Kidney Specialists of Northern Florida will be the guest speaker. Tickets may be purchased for \$20; tables may also be reserved. Any doctor who has not received an invitation to be honored, please call Bernice Presley at 386-752-4074 on or before Jan. 3.

Jan. 19

MLK program

The Columbia County Branch of the NAACP will hold a Martin Luther King Jr. program on January, 19 at 4 p.m. at the New Day Springs Missionary Baptist Church, 1321 West Long St. The program is entitled, "The Journey Continues in Pursuit of the Dream." Rev. Lance Mills will be the speaker.

Jan. 21

Board meeting

The Suwannee Valley 4Cs Board of Directors will be meeting on Tuesday, Jan. 21 at 4:30 p.m. at 260

S. Marion Avenue, Suite 135.

Feb. 21

Annual Prayer Luncheon

The North Florida/South Georgia Veterans Health System will be hosting an Annual Prayer Luncheon at the Lake City VA Medical Center Auditorium on Friday, Feb. 21 at 11 a.m. in celebration of Black History Month. The theme for the luncheon is "Golden Jubilee in Civil Rights." Please confirm your attendance by calling 352-376-1611 x5316 or by emailing eustace.morrison@va.gov before Monday, Feb. 3. Tickets will be given out upon arrival at the luncheon. Invitations can be displayed in the windshield of your car to serve as a parking permit.

Volunteers needed

Shands LakeShore

Shands LakeShore Regional Medical Center Auxiliary is looking for volunteers to work a variety of positions around the hospital. Volunteers are asked to work a four-hour shift once per week, but are welcome to work more often. Volunteers are needed to drive the shuttle car and help with jobs in the hospital. If you have some time to donate, come to the gift shop and pick up an application or call (386)292-8000, ext. 21216.

Lake City Medical

Lake City Medical Center is looking for volunteers. If you have any extra time and a heart for volunteerism, please call (386) 758-3385 for more information or visit the hospital's website at Lakecitymedical.com or you can stop by the front desk and pick up a paper application.

United Way

United Way of Suwannee Valley is recruiting volunteers who are willing to be called upon to staff the Columbia County Emergency Operations Center's Information Center during disasters. These volunteers serve as the link between the county emergency management offices and the public when the EOC is activated for disasters. Anyone willing to serve in this capacity when needed or can recruit volunteers through your church or civic organization should call Jenn Sawyer, United Way of Suwannee Valley long-term recovery coordinator, at 752-5604, ext. 101.

Hospice of Nature Coast

Hospice of the Nature Coast has opportunities for volunteers in the Lake City and Live Oak areas. Volunteers provide general office support and non-medical assistance to patients and their families. Hospice volunteers support hospice patients/families through activities such as: telephone calls, socialization, light meal preparation, spiritual support, shopping or errands, and staffing information booths at seasonal festivals. Specialized training will be provided. Contact Volunteer Manager Alvia Lee at 386-755-7714 or alee@hospiceofcitrus.org for more information and reservations. Walk-ins are welcome but space is limited. For more information about hospice services in the Lake City and Live Oak areas, call Hospice of the Nature Coast at 386-755-7714 or visit us on the web at www.hospiceofcitrus.org.

OBITUARIES

Margie Barrs

Mrs. Margie Barrs, 82, of Branford, passed away peacefully Sunday, December 29, 2013 at the Suwannee Valley Haven Hospice with her family at her side after an extended illness. Mrs. Barrs was born December 21, 1931 in Lenox, Georgia to the late Dewey Adams and Willie "Bill" Adams Herndon. Mrs. Barrs was a retired bookkeeper. She enjoyed crocheting, working in her yard and spending time caring for her family. Mrs. Barrs was of the Baptist faith and was a member of First Baptist Church of Branford. Mrs. Barrs is preceded in death by her husband, John Odell Barrs; one brother, Michael Adams; and one sister, Roxie Bracewell. Mrs. Barrs is survived by two sons, Gary Barrs (Sandra) of Bell, FL, John Barrs (Carolynne) of Apex, NC, two sisters, Jane Broughton of Branford, FL, Sandi Root of Lake City, FL, three grandchildren: Erin Sapp (Dallas) of Lake City, FL, April Barrs and Taylor Barrs of Apex, NC. Two Great-grandchildren; Peyton and Masina Sapp also survive. Visitation for Mrs. Barrs will be 5:00-7:00 pm Thursday, January 2, 2014 in the chapel at Daniels Funeral Home, Branford. Funeral services for Mrs. Barrs will be conducted Friday, January 3, 2014 at 2:00 pm at First Baptist Church, Branford. Arrangements are under direction of the DANIELS FUNERAL HOMES & CREMATORY, INC. In lieu of flowers contributions may be made to the Leukemia and Lymphoma Society at www.lls.org. Please sign the guest book at danielsfuneralhome.com

Eddie Joe Hewett

Mr. Eddie Joe Hewett, 81, of Valdosta died Monday, December 23, 2013 at South Georgia Medical Center. He was born on May 12, 1932 in Chattahoochee, Florida to the late Albert and Katherine Cross Hewett and lived in Valdosta since 1973. Mr. Hewett was a retired Master Sergeant with the

United States Air Force having served in Vietnam. He loved to fly model airplanes and was a Baptist. Survivors include his wife of fifty seven years, Margaret Hewett of Valdosta, three daughters and sons in law, Sandra and Mark Middleton of Daphne, AL, Jenny and Bennie Haelen of Scottsdale, AZ, Karen and Pete Combs of Atlanta, GA., son and daughter in law, Eddie and Melissa Hewett of Valdosta, eight grandchildren, Brian Middleton and Amy Middleton both of Mobile, Alabama, Jillian Brinson and Kelly Brinson both of Greenville, South Carolina, Hillary Brinson and Eddie Hewett III both of Atlanta, Morgan Roberson and her husband, Jerry Roberson of Hampton, Georgia and Blake Floyd of Fayetteville, Georgia; four great grandchildren. He was preceded in death by a sister, Betty Carol Pilkenton.

Memorial services with full military honors will be held at 2pm, Saturday, January 4, 2014 in the chapel of Carson McLane Funeral Home with Rev. Bob Willis officiating. The family will receive friends at the funeral home one hour prior to the service. In lieu of flowers memorials may be made to the Amputee Coalition of America at www.amputee-coalition.org or the American Diabetes Association at www.diabetes.org. Condolences to the family may be conveyed online at www.mclanecares.com. CARSON MCLANE FUNERAL HOME.

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

HAVE QUESTIONS
ON AUTO INSURANCE?
Need A Quote?



CHAT WITH NICOLE

755-1666

DIABETES OR PROSTATE CANCER?

Your sex life and erection can now survive

FREE book by doctor reveals what the drug companies don't want you to know!

Dr. Kevin Hornsby, MD, will mail the first 37 men that respond to this ad a free copy of his new thirty dollar book "A Doctor's Guide to Erectile Dysfunction." He's so sure this book will change your life he will even pay the postage and handling. If the popular pills don't work for you, regardless of your age or medical history, you owe it to yourself and your lady to read this book now! Call Toll Free 800-777-1922 24-hrs. and leave your name and address (only).

Holiday Hours for Waste Pickup

Closed New Years Day
Wednesday.....Pickup Thursday
Thursday.....Pickup Friday
Friday.....Pickup Saturday



Advanced Disposal

4176 S. US Hwy 441
752-1275



All Medicare part D plans accepted.

Baya • East
780 SE Baya Dr.
386.755.6677

Baya • West
1465 W. US Hwy. 90
386.755.2233



Last year's new drugs

Dear Readers,

Here are some interesting FDA-approved items for 2013 in the United States. My column is printed in various languages so I apologize that I've only listed English brand names, please ask your local pharmacist for translations. Happy new year! Love, Suzy

FluNada (nasal/throat spray) homeopathic, OTC: Spray to stop cold and flu-like symptoms with this new natural remedy that contains a homeopathic blend of mint, wintergreen, eucalyptus and elderberry. Spray it in your mouth, and nasal passages, right where the bugs try to enter your body. The kill rate of FluNada was tested by 2 independent labs and found to be 99.9%. www.FluNada.com

Vizamyl (flute-metamol) injection, Rx: Can this compound detect Alzheimer's disease at an earlier stage? Think of it as a contrast dye used for PET imaging, because it attaches to beta amyloid plaques in the brain which dementia patients often have.

Fetzima (levomilnacipran) extended release capsules, Rx: This is what pharmacists call a "me too" drug because works like other SNRI "serotonin-norepinephrine reuptake inhibitor" drugs. Older ones include Effexor, Pristiq, Cymbalta and Savella and they improve levels of two key brain neurotransmitters

DEAR PHARMACIST



Suzy Cohen
jostery@comcast.net

involved in major depression, as well as fibromyalgia, ADHD, obsessive-compulsive and anxiety. www.Fetzima.com

Adempas (riociguat) tablets, Rx: The year 2013 brought approvals for several lung drugs, among them Adempas for pulmonary hypertension. The disease forces your heart to work harder. The other brand new medication that works similarly is Opsmut (macitentan).

Anoro Ellipta (umeclidinium and vilanterol) inhalation powder, Rx: Inhale it once daily, it helps with asthma, bronchitis and other lung disorders. Don't confuse that with "Breo Ellipta" a drug used to support nutrition in adults and it's given intravenously. It provides calories and essential fatty acids. You can't get it if you are allergic to eggs, soybean and olive oil.

Clinolipid (Soybean and Olive oil) injection, Rx: Would you ever think to inject yourself with olive or soybean oil? This is a drug used to support nutrition in adults and it's given intravenously. It provides calories and essential fatty acids. You can't get it if you are allergic to eggs, soybean and olive oil.

Zubsolv (buprenorphine and

naloxone) sublingual tablets, Rx: This helps people who are dependent on pain-killer drugs such as opiates (hydrocodone, oxycodone, morphine, etc). The drug is intended as part of a bigger program to treat drug addiction such as counseling and psychosocial support. The makers of Zubsolv have simultaneously launched an around-the-clock support program which is online. It's designed with input from patients in recovery. www.rise-us.com

Zephrex-D (pseudoephedrine) tablets, OTC: It's to unstuff your nose and relieve a sinus headache. It's the world's first meth-resistant pseudoephedrine tablet, designed to keep bad people from turning cold medicine into speed! Yeah, you didn't know? Decongestants are often messed with but it's impossible with Zephrex-D because the makers invested in new technology that locks the drug in place. www.zephrex-d.com

Sovaldi (sofosbuvir) tablets, Rx: For chronic hepatitis C virus without the need for interferon. This drug blocks a specific protein needed by the virus for its replication (growth). www.sovaldi.com

NovoPen Echo: The only insulin device which can dispense tiny doses like a half unit, making it appealing for children. It also has memory capabilities.

■ Suzy Cohen is a pharmacist in Gainesville.

Obamacare sign-ups pass 1M

By **JOSH LEDERMAN** and **RICARDO ALONSO-ZALDIVAR**
Associated Press

HONOLULU — The government's rehabilitated health insurance website has seen a December surge in customer sign-ups, pushing enrollment past the 1 million mark, the Obama administration says.

Combined with numbers for state-run markets, that should put total enrollment in the new private insurance plans under President Barack Obama's health law at about 2 million people through the end of the year, independent experts said.

That would be about two-thirds of the administration's original goal of signing up 3.3 million by Dec. 31, a significant improvement given the technical problems that crippled the federal market during much of the fall. The overall goal remains to enroll 7 million people by March 31.

"It looks like current enrollment is around 2 million despite all the issues," said Dan Mendelson, CEO of Avalere Health, a market analysis firm. "It was a

very impressive showing for December."

The administration said that of the more than 1.1 million people now enrolled in the federal insurance exchange, nearly 1 million signed up in December. The majority came days before a pre-Christmas deadline for coverage to start in January. Compare that with a paltry 27,000 in October, the federal website's first, error-prone month.

"We experienced a welcome surge in enrollment as millions of Americans seek access to affordable health care coverage," Marilyn Tavenner, the head of the Centers for Medicare and Medicaid Services, said in a blog post announcing the figures.

The numbers don't represent a full accounting for the country.

The federal website serves 36 states. Yet to be reported are December results from the 14 states running their own sites. Overall, states have been signing up more people than the federal government. But most of that has come from high performers such as California, New York, Washington state, Kentucky and Connecticut.

Tots' body clock may not match bedtime

By **LAURAN NEERGAARD**
AP Medical Writer

WASHINGTON — When youngsters continually struggle to fall asleep at night, new research suggests maybe their body clock doesn't match their bedtime.

That doesn't mean tots should be up at all hours.

"Just like nutrition and exercise, sleep is critical for good health," said sleep scientist Monique LeBourgeois of the University of Colorado, Boulder, who is leading the research.

The ultimate goal is to help reset a delayed sleep clock so that young children can settle down more easily, she said. Hint: It seems to have a lot to do with light.

We all have what's called a circadian rhythm, a master biological clock, that regulates when we become sleepy, and when we're more alert. Those patterns vary with age: It's the reason teenagers are notorious for late nights and difficult-to-wake mornings.

Temporal Mandibular Joint Disorder

By **Brian Sganga**

Temporal Mandibular Joint Disorder, known simply as "TMJ Disorder", is a fairly common, and very painful condition affecting our joint of mastication. This joint is very flexible and allows us to do things like talk, chew, and yawn. Muscles surrounding the joint control the smooth movement the jaw to open or close the mouth. Between the surfaces of the joint sits a smooth cartilage disc enabling our mandible (jaw bone) to glide across or rotate against our skull, near our temples. In order to locate the joint, place your finger about one half inch in front of your ear and open and close your mouth.

TMJ pain can occur suddenly without cause, or as a result of repetitive or acute trauma. You don't have to be a boxer to get TMJ. You may chew too much gum, or have been involved in a car accident, or maybe you woke up one morning and could not open or close your mouth without pain. Muscle irritation, joint immobility, or disc displacement can create a variety of symptoms, the most significant of which is pain, followed secondly by limitation of motion. TMJ can be accompanied by jaw clicking or popping, freezing of the joint, headache, neck pain, earache, loss of appetite, or misalignment of teeth.



A good physical therapist can assist you with your TMJ problems through a variety of proven techniques. A new treatment option, referred to as "cold laser" has been shown to be effective in decreasing inflammation of the TMJ structures, allowing the jaw to function as designed. If you suffer from these symptoms, give us a call. We can help you.

- Joint or Muscle Pain
- Sports and Auto Injuries
- Diabetic Pain
- Osteoporosis
- Lymphedema
- Post-Operative Care

PRO MOTION
Physical Therapy

(386)755-3164

404 NW Hall of Fame Drive

DETECTING LUNG CANCER

Scans urged for *some* smokers

By **LAURAN NEERGAARD**
AP Medical Writer

WASHINGTON — Certain current or former heavy smokers should start getting yearly scans for lung cancer to cut their risk of death from the nation's top cancer killer, government advisers said Monday — even as they stressed that the tests aren't for everyone.

The long-anticipated decision by the influential U.S. Preventive Services Task Force says these CT scans of the lungs should be offered only to people at especially high risk: Those who smoked a pack of cigarettes a day for 30 years or an equivalent amount, such as two packs a day for 15 years — and who are between the ages of 55 and 80.

That's roughly 10 million people, but not all of them qualify for screening, said task force vice chairman Dr. Michael LeFevre, a University of Missouri family physician. Even those high-risk people shouldn't be scanned if they're not healthy enough to withstand cancer treatment, or if they kicked the habit more than 15 years ago.

Lung cancer kills nearly 160,000 Americans each year. Smoking is the biggest risk factor, and the more and longer people smoke, the higher their risk. Usually, lung cancer is diagnosed too late for treatment to succeed, but until now there hasn't been a good means of early detection.

The newly recommended screening could prevent as many as 20,000 deaths a year, LeFevre said — if it's used correctly.

That estimate assumes good candidates seek the scans. There's no way to know if people at the highest risk will, or if instead



COURTESY/WIKIMEDIA COMMONS

the overly anxious will flood testing centers.

Screen the wrong people, "and we could see more harm than good," LeFevre cautioned. "There's a lot of room for what I would call people exploiting the recommendation. I can imagine a street-corner imaging center advertising to invite people in."

Why not screen younger or lighter smokers? There's no data to tell if they'd be helped. Lung cancer is rare before age 50, and the major study that showed screening could save lives enrolled only heavy smokers starting at age 55.

But screening isn't harm-free. A suspicious scan is far more likely to be a false alarm than a tumor, LeFevre noted. Yet patients may undergo invasive testing to find out, which in turn can cause complications.

Moreover, radiation accumulated from even low-dose CT scans can raise the

risk of cancer. And occasionally, screening detects tumors so small and slow-growing that they never would have threatened the person's life.

While screening clearly can benefit some people, "the best way to avoid lung cancer death is to stop smoking," LeFevre added.

The task force proposed the screenings last summer but published its final recommendation Monday in the journal *Annals of Internal Medicine*. That clears the way for insurers to begin paying for the scans, which cost between \$300 and \$500, according to the American Lung Association.

Under the Obama administration's health care law, cancer screenings that are backed by the task force are supposed to be covered with no copays, although plans have a year to adopt new recommendations.

DIABETES OR PROSTATE CANCER?

Your sex life and erection can now survive
FREE book by doctor reveals what the drug companies don't want you to know!

Dr. Kevin Hornsby, MD, will mail the first 37 men that respond to this ad a free copy of his new third dollar book "A Doctor's Guide to Erectile Dysfunction." He's so sure this book will change your life he will even pay the postage and handling. If the popular pills don't work for you, regardless of your age or medical history, you owe it to yourself and your lady to read this book now! Call Toll Free 800-777-1922 24-hrs. and leave your name and address (only).

Lake City MEDIPLEX

All services under one roof

404 NW Hall of Fame Dr., Lake City, FL 32055

PCM
PRIMARY
CARE
MEDICINE

Minesh Patel, MD
Board Certified Internal Medicine

Best of Best
7 Years
2013 Best of Best
Lake City Reporter's
BEST

386-754-DOCS (3627)
www.primarycaremedic.com

Infusion Services
@
Lake City
MEDIPLEX

SPECIALISTS ON SITE

Dr. Feussner - Neurologist (Wed.) (352) 331-6430
Dr. Jain - Hand Surgeon (Wed.)
Dr. Samera - Podiatrist (Tues.) (386) 234-1713

Appointments
in 24 Hours

Accepting New Patients

- Primary Care for Adults
- Yearly Physicals
- Physicals for School - College
- Women's Health
- Geriatric Care
- Weight Loss Program
- EKG
- Spirometry
- Ear Lavage
- Holter Monitor
- Anti-coagulation
- Minor Surgeries



Minesh Patel, MD



Elizabeth "Kathy" Newman, ARNP



Mary Goddeyne, ARNP

- Arrange PICC Line
- Arrange consultation with Infectious Disease MD
- Administer and monitor antibiotic regimen
- Osteoporosis Treatment - RECLAST / Boniva
- Rheumatology - Neurology Infusions

386-754-3627 ext. 115

MORE
SPACE
AVAILABLE

Dr. Hector Miranda - Pain Mgt. (Mon. & Wed.)
Physicians Imaging (386) 487-3970
Pro-Motion Physical Therapy (386) 755-3164

SPORTS

Story ideas?

Contact
Tim Kirby
 Sports Editor
 754-0421
 tkirby@lakecityreporter.com

Wednesday, January 1, 2014

www.lakecityreporter.com

Section B

GAMES

Saturday
 ■ Columbia High boys basketball vs. The Villages High, 7:30 p.m. (JV-6)
Monday
 ■ Columbia High basketball at Hamilton County High, 7:30 p.m. (girls-6)
 ■ Columbia High boys soccer at Leon High, 7 p.m. (JV-5)
Tuesday
 ■ Columbia High boys basketball vs. Middleburg High, 7:30 p.m. (JV-6)
 ■ Fort White High basketball at Bradford High, 7:30 p.m. (girls-6)

BRIEFS

YOUTH BASEBALL North Florida Rays tryouts

The North Florida Rays 11U baseball travel team has tryouts set for 3 p.m. Sunday at the Southside Sports Complex.
 For details, call Todd at 365-5161 or Andy at 867-0678.

Lake City online registration open

Lake City/Columbia County Youth Baseball spring online registration is under way at www.lccyb.com. Cost per player is \$75 plus the online fee.
 For details, call league president Jessica Langley at 867-1897.

YOUTH BASKETBALL Breakfast to aid Lady Falcons

Richardson Community Center/Annie Mattox Park North and the Daughters of the Pride of B & S Combs Temple 1238 will host its annual pancake breakfast fundraiser on Jan. 11. Tickets are on sale for \$5 and may be purchased from any board member and at Brian's Sports, with all proceeds going to support the RCC/AMN and Lake City Middle School's girls basketball program. The menu will consist of pancakes, Nettles sausage, eggs and orange juice.
 For details, call Mario Coppock at 754-7095.

ADULT SOFTBALL Winter league registration open

Columbia County Adult Softball winter league registration is under way through Jan. 10 with the following schedule: Women's league on Mondays, Church on Tuesdays, Men's on Wednesdays and Co-ed on Thursdays. Cost is \$250 at sign-up, along with a team roster and signed liability waivers and code of conduct.
 For details, contact columbiacountyadultsoftball@gmail.com.

FLAG FOOTBALL Registration for Christ Central

Christ Central Sports offers flag football for girls and boys ages 5-12. Registration is through Jan. 10. Cost is \$45.
 For details, call Ronny Busscher at 365-2128.

■ From staff reports

SPORTS STORY OF THE YEAR

Lady Tigers win state softball championship



Columbia High players pile on the celebration for the school's first state softball championship.

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

Columbia High lived by the mantra "Why not us?" during its Class 6A state softball championship run last season. When it was all done, the Lady Tigers claimed championship rings for the first time in school history.

It was news heard over and over throughout Lake City and a group that was embraced by the community. Columbia High's softball team is also the Lake City Reporter Sports Story

of the Year. The Lady Tigers knocked off Pembroke Pines Charter, 6-2, to claim the 6A title. It was a game that took two days to finish.

Columbia High was leading 3-0 on May 13 before a weather delay forced the game to be postponed to the following morning. When the sun rose, the Lady Tigers finished off the championship.

Erin Anderson threw a no-hitter against Pembroke Pines Charter to help the Lady Tigers earn the state championship, throwing 6¹/₂

innings with six strikeouts and three walks.

"If you can throw a no-hitter in a championship, you're not going to lose," Columbia head coach

Jimmy Williams said after the game. "She's been a big-game pitcher for us and has won a lot of games for us, but she saved her best for last. I hope she will win

a lot more for us in the future."

At the plate, Kayli Kvistad led the Tigers, reaching

CHAMPS continued on 3B

MATTRESS CLEARANCE SALE

Best Brands at the Best Prices

UP TO **70% OFF** COMPETITOR'S PRICES

- Closeouts
- Overstocks
- Discontinued Covers
- Same or Next Day Delivery

BEDS BEDS BEDS
 1472 U.S. 90 West, Lake City
 Mon.-Fri 10-6, Sat. 10-5 **755-7678**

Where you get the Best for Less!

EYEGLASS EXPRESS

752-3733 Lake City Commons Center (Next to Publix)

NOW \$99
 1 Pair Eyeglasses Includes lenses & frames.
 Some Restrictions Apply. Coupon Required. Expires Jan. 31, 2014

FREE GLASSES
 Buy one pair of glasses at regular price & receive a **FREE PAIR OF GLASSES**
 Some Restrictions Apply. Coupon Required. Expires Jan. 31, 2014

Flex Plan
 Remember, your Flex Plan Insurance covers eye care... Use It or Lose It...

Same Day Service Includes Saturday

Find us on: **facebook.**

CONTACTS EYE EXAMS By Independent Optometrist

SCOREBOARD

GOLF REPORTS

Barber visits for a round

COUNTRY CLUB at LAKE CITY Ed Goff

Web.com Tour member Blayne Barber dropped by for a practice round in preparation for the tour's opening event on Feb. 21.

The Web.com year kicks off with the Panama Claro Championship in Panama City, Panama. Total purse for the opener is \$600,000 with \$108,000 going to the winner.

Bruce Ford (+5) picked up the win in the A flight of Sunday's blitz when Ed Snow (+4) lipped out a four-foot birdie putt on No. 17. Jason Self and Steve Patterson tied for third.

Mike Boris (+9) overcame two birdies by Jim Carr (+7) to take first in B flight. Ken Radcliffe and Paul Davis finished third with +5.

Closest to the pin winners were Brandon Goss on No. 5, Snow on Nos. 7 and 17, and Steve Thomas on No. 15.

The first match went to the team of Jerry West, Howard Whitaker, Bobby Simmons and Dan Stephens, 6-5, over the foursome of Rhea Hart, Dennis Hendershot, Jim McGriff and Jim Stevens.

Match two gave the team of Ed Snow, Dave Cannon, Merle Hibbard and Don Christensen a two-point win over the team of Marc Risk, Bill Rogers, Stan Woolbert and Eli Witt.

Risk (38-40-78) moved back into a familiar spot as medalist, but had to share the spotlight with Stephens who shot 40-38-78.

Christensen went sub-par to take a nine hole win on the front side with 35. Stevens (38), Snow (39) and Hibbard (39) provided the competition.

The first tournament of the year will be the Chamber of Commerce scramble on Jan. 24.

TELEVISION

TV sports

Today
COLLEGE FOOTBALL
Noon
ESPN2 — Gator Bowl, Nebraska vs. Georgia, at Jacksonville
1 p.m.
ABC — Capital One Bowl, Wisconsin vs. South Carolina, at Orlando
ESPN — Outback Bowl, Iowa vs. LSU, at Tampa
5 p.m.
ESPN — Rose Bowl, Stanford vs. Michigan St., at Pasadena, Calif.
8:30 p.m.
ESPN — Fiesta Bowl, UCF vs. Baylor, at Glendale, Ariz.
NHL HOCKEY
1 p.m.
NBC — Winter Classic, Toronto vs. Detroit, at Ann Arbor, Mich.
SOCCER
7:40 a.m.
NBCSN — Premier League, Manchester City at Swansea City
9:55 a.m.
NBCSN — Premier League, Chelsea at Southampton
12:25 p.m.
NBCSN — Premier League, Tottenham at Manchester United
WINTER SPORTS
5 p.m.
NBCSN — Olympic trials, speed skating: women's 5000 and men's 10000 long track, at Kearns, Utah

New Orleans at Philadelphia, 8:10 p.m. (NBC)
Sunday
San Diego at Cincinnati, 1:05 p.m. (CBS)
San Francisco at Green Bay, 4:40 p.m. (FOX)
Divisional Games
Saturday, Jan. 11
Green Bay, San Francisco or New Orleans at Seattle, 4:35 p.m. (FOX)
Cincinnati, Indianapolis or Kansas City at New England, 8:15 p.m. (CBS)
Sunday, Jan. 12
Philadelphia, Green Bay or San Francisco at Carolina, 1:05 p.m. (FOX)
Indianapolis, Kansas City or San Diego at Denver, 4:40 p.m. (CBS)

Philadelphia at Denver, 9 p.m.
Charlotte at L.A. Clippers, 9:30 p.m.
Thursday's Games
Orlando at Cleveland, 7 p.m.
Golden State at Miami, 7:30 p.m.
Boston at Chicago, 8 p.m.
Brooklyn at Oklahoma City, 8 p.m.
New York at San Antonio, 8:30 p.m.
Memphis at Phoenix, 9 p.m.
Milwaukee at Utah, 9 p.m.
Charlotte at Portland, 10 p.m.
Philadelphia at Sacramento, 10 p.m.

AP Top 25 schedule

Today's Game
No. 21 San Diego State at Colorado State, 9 p.m.
Thursday's Games
No. 1 Arizona vs. Washington State, 10 p.m.
No. 4 Wisconsin at Northwestern, 7 p.m.
No. 8 Wichita State at Southern Illinois, 8:05 p.m.
No. 10 Oregon at Utah, 8 p.m.
No. 20 Colorado vs. Oregon State, 10 p.m.
No. 24 Gonzaga vs. Saint Mary's (Cal), 9 p.m.
Friday's Game
No. 9 Baylor vs. Savannah State, 8 p.m.
Saturday's Games
No. 1 Arizona vs. Washington, 2 p.m.
No. 2 Syracuse vs. Miami, 2 p.m.
No. 3 Ohio State vs. Nebraska, Noon
No. 5 Michigan State at Indiana, 2 p.m.
No. 6 Oklahoma State at Kansas State, 4 p.m.
No. 7 Duke at Notre Dame, 4 p.m.
No. 12 Florida vs. Richmond, 3 p.m.
No. 13 Iowa State at Texas Tech, 1:30 p.m.
No. 14 Louisville at Rutgers, 6 p.m.
No. 17 UConn at SMU, 2 p.m.
No. 18 Memphis vs. Cincinnati, Noon
No. 23 UMass vs. Miami (Ohio), 7 p.m.
No. 24 Gonzaga vs. Pacific, 8 p.m.
No. 25 Missouri vs. Long Beach State, 5 p.m.
Sunday's Games
No. 4 Wisconsin vs. No. 22 Iowa, 7:30 p.m.
No. 8 Wichita State vs. Northern Iowa, 2 p.m.
No. 10 Oregon at No. 20 Colorado, 5 p.m.
No. 11 Villanova vs. Providence, 7 p.m.
No. 19 North Carolina at Wake Forest, 8 p.m.
No. 16 Kansas vs. No. 21 San Diego State, 4:30 p.m.

USA Today Top 25

The top 25 teams in the USA Today men's college basketball poll, with first-place votes in parentheses, records through Dec. 29, points and previous ranking:

Record	Pts	Pvs	
1. Arizona (30)	13-0	798	1
2. Syracuse (1)	12-0	762	2
3. Ohio State (1)	13-0	741	3
4. Michigan State	11-1	682	5
5. Wisconsin	13-0	677	6
6. Oklahoma State	11-1	605	7
7. Wichita State	13-0	588	8
8. Duke	10-2	568	9
9. Oregon	12-0	530	10
10. Louisville	11-2	515	4
11. Baylor	10-1	429	12
12. Iowa State	11-0	420	13
13. Florida	10-2	413	14
14. Villanova	11-1	392	11
15. UConn	11-1	340	15
16. Kentucky	10-3	319	18
17. Kansas	8-3	314	16
18. Memphis	9-2	268	17
19. North Carolina	9-3	184	19
19. San Diego State	10-1	184	20
21. Gonzaga	11-2	145	21
22. UMass	11-1	137	22
23. Iowa	11-2	113	23
24. Colorado	11-2	92	24
25. Missouri	11-1	51	25

Others receiving votes: Creighton 29, Pittsburgh 22, UCLA 20, George Washington 17, Oklahoma 16, Texas 9, Toledo 8, Florida State 4, Michigan 4, Illinois 2, New Mexico 1, Saint Louis 1.

College bowl games

Monday
Armed Forces Bowl
Navy 24, Middle Tennessee 6
Music City Bowl
Mississippi 25, Georgia Tech 17
Alamo Bowl
Oregon 30, Texas 7
Holiday Bowl
Texas Tech 37, Arizona State 23
Tuesday
AdvoCare V100 Bowl
Arizona vs. Boston College (n)
Sun Bowl
Virginia Tech vs. UCLA (n)
Liberty Bowl
Rice vs. Mississippi State (n)
Chick-fil-A Bowl
Texas A&M vs. Duke (n)
Today
Heart of Dallas Bowl
At Dallas
UNLV (7-5) vs. North Texas (8-4), Noon (ESPN2)
Gator Bowl
At Jacksonville
Nebraska (8-4) vs. Georgia (8-4), Noon (ESPN2)
Capital One Bowl
At Orlando
Wisconsin (9-3) vs. South Carolina (10-2), 1 p.m. (ABC)
Outback Bowl
At Tampa
Iowa (8-4) vs. LSU (9-3), 1 p.m. (ESPN)
Rose Bowl
At Pasadena, Calif.
Stanford (11-2) vs. Michigan State (12-1), 5 p.m. (ESPN)
Fiesta Bowl
At Glendale, Ariz.
Baylor (11-1) vs. UCF (11-1), 8:30 p.m. (ESPN)
Thursday
Sugar Bowl
At New Orleans
Alabama (11-1) vs. Oklahoma (10-2), 8:30 p.m. (ESPN)
Friday
Orange Bowl
At Miami
Ohio State (12-1) vs. Clemson (10-2), 8 p.m. (ESPN)
Cotton Bowl
At Arlington, Texas
Missouri (11-2) vs. Oklahoma State (10-2), 7:30 p.m. (FOX)
Saturday
BBVA Compass Bowl
At Birmingham, Ala.
Vanderbilt (8-4) vs. Houston (8-4), 1 p.m. (ESPN)
Sunday
GoDaddy.com Bowl
At Mobile, Ala.
Arkansas State (7-5) vs. Ball State (10-2), 9 p.m. (ESPN)
Monday, Jan. 6
BCS National Championship
At Pasadena, Calif.
Florida State (13-0) vs. Auburn (12-1), 8:30 p.m. (ESPN)

BASKETBALL

NBA schedule

Today's Games
Dallas at Washington, 6 p.m.
Indiana at Toronto, 7 p.m.
New Orleans at Minnesota, 8 p.m.

FOOTBALL

NFL final standings

AMERICAN CONFERENCE

East	W	L	T	Pct	PF	PA
New England	12	4	0	.750	444	338
N.Y. Jets	8	8	0	.500	290	387
Miami	8	8	0	.500	317	335
Buffalo	6	10	0	.375	339	388
South						
Indianapolis	11	5	0	.688	391	336
Tennessee	7	9	0	.438	362	381
Jacksonville	4	12	0	.250	247	449
Houston	2	14	0	.125	276	428
North						
Cincinnati	11	5	0	.688	430	305
Pittsburgh	8	8	0	.500	379	370
Baltimore	8	8	0	.500	320	352
Cleveland	4	12	0	.250	308	406
West						
Denver	13	3	0	.813	606	399
Kansas City	11	5	0	.688	430	305
San Diego	9	7	0	.563	396	348
Oakland	4	12	0	.250	322	453

NATIONAL CONFERENCE

East	W	L	T	Pct	PF	PA
Philadelphia	10	6	0	.625	442	382
Dallas	8	8	0	.500	439	432
N.Y. Giants	7	9	0	.438	294	383
Washington	3	13	0	.188	334	478
South						
Carolina	12	4	0	.750	366	241
New Orleans	11	5	0	.688	414	304
Atlanta	4	12	0	.250	353	443
Tampa Bay	4	12	0	.250	288	389
North						
Green Bay	8	7	1	.531	417	428
Chicago	8	8	0	.500	445	478
Detroit	7	9	0	.438	395	376
Minnesota	5	10	1	.344	391	480
West						
Seattle	13	3	0	.813	417	231
San Francisco	12	4	0	.750	406	272
Arizona	10	6	0	.625	379	324
St. Louis	7	9	0	.438	348	364

NFL playoffs

Wild Card Games
Saturday
Kansas City at Indianapolis, 4:35 p.m. (NBC)

Masters qualifiers for 2014

Associated Press

AUGUSTA, Ga. — The 90 players who have qualified and are expected to compete in the 78th Masters, to be played April 10-13 at Augusta National Golf Club.

(Players listed in only first category for which they are eligible.)

M A S T E R S CHAMPIONS: Adam Scott, Bubba Watson, Charl Schwartzel, Phil Mickelson, Angel Cabrera, Trevor Immelman, Zach Johnson, Tiger Woods, Mike Weir, Vijay Singh, Jose Maria Olazabal, Mark O'Meara, Ben Crenshaw, Bernhard Langer, Fred Couples, Ian Woosnam, Sandy Lyle, Larry Mize, Craig Stadler, Tom Watson.

U.S. OPEN CHAMPIONS (five years): Justin Rose, Webb Simpson, Rory McIlroy, Graeme McDowell, Lucas Glover.

BRITISH OPEN CHAMPIONS (five years): Ernie Els, Darren Clarke, Louis Oosthuizen, Stewart Cink.

PGA CHAMPIONS (five years): Jason Dufner, Keegan Bradley, Martin

Kaymer, Y.E. Yang.
P L A Y E R S CHAMPIONS (three years): Matt Kuchar, K.J. Choi.

U.S. AMATEUR CHAMPION AND RUNNER-UP: a-Matt Fitzpatrick, a-Oliver Goss.

BRITISH AMATEUR CHAMPION: a-Garrick Porteous.

U.S. AMATEUR PUBLIC LINKS CHAMPION: a-Jordan Niebrugge.

U.S. MID-AMATEUR CHAMPION: a-Michael McCoy.

ASIAN AMATEUR CHAMPION: a-Lee Chang-woo.

TOP 12 AND TIES-2013 MASTERS: Jason Day, Marc Leishman, Thorbjorn Olesen, Brandt Snedeker, Sergio Garcia, Lee Westwood, Tim Clark, John Huh.

TOP FOUR AND TIES-2013 U.S. OPEN: Billy Horschel, Hunter Mahan.

TOP FOUR AND TIES-2013 BRITISH OPEN: Henrik Stenson, Ian Poulter.

TOP FOUR AND TIES-2013 PGA CHAMPIONSHIP: Jim Furyk, Jonas Blixt.

PGA TOUR EVENT WINNERS SINCE 2013 MASTERS (FULL FEDEX CUP POINTS AWARDED): Derek Ernst, Sang-Moon Bae, Boo Weekley, Harris English, Ken Duke, Bill Haas, Jordan Spieth, Patrick Reed, Jimmy Walker, Ryan Moore, Chris Kirk.

FIELD FROM THE 2013 TOUR CHAMPIONSHIP: Steve Stricker, Dustin Johnson, Roberto Castro, Nick Watney, Brendon de Jonge, Luke Donald, Gary Woodland, Kevin Streelman, D.A. Points, Graham DeLaet.

TOP 50 FROM FINAL WORLD RANKING IN 2013: Hideki Matsuyama, Thomas Bjorn, Jamie Donaldson, Victor Dubuisson, Gonzalo Fernandez-Castano, Miguel Angel Jimenez, Francesco Molinari, Rickie Fowler, Matteo Manassero, David Lynn, Thongchai Jaidee, Peter Hanson, Joost Luiten, Brandon Grace.

TOP 50 FROM WORLD RANKING ON MARCH 30: TBD
SPECIAL FOREIGN INVITATIONS: TBD.

WEDNESDAY EVENING

JANUARY 1, 2014

Comcast	Dish	DirecTV	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
3-ABC	4	-	TV20 News	ABC World News	Entertainment Ton.	Inside Edition (N)	The Middle	The Goldbergs	Modern Family	Super Fun Night	Nashville		News at 11	Jimmy Kimmel Live
4-IND	4	-	Chann 4 News	Miracle Mission	Entertainment Ton.	Inside Edition (N)	Love-Raymond	Rules/Engagement	Big Bang Theory	Big Bang Theory	News	omg! Insider (N)	Chann 4 News	Arsenio Hall
5-PBS	5	-	Journal	Nightly Business	PBS NewsHour (N)		Great Performances	The Vienna Philharmonic performs. (N)	NOVA "Doomsday Volcanoes"		Return-Downton		BBC World News	Tavis Smiley (N)
7-CBS	7	47	Action News Jax	CBS Evening News	Judge Judy	Two and Half Men	Hawaii Five-0 "Ohuna"		Criminal Minds "The Fallen"		CSI: Crime Scene Investigation		Action News Jax	Letterman
9-CW	9	17	Meet the Browns	Meet the Browns	House of Payne	House of Payne	Arrow "League of Assassins"		The Tomorrow People "Pilot"		TMZ (N)	Access Hollywood	The Office	The Office
10-FOX	10	30	Family Guy	Family Guy	Modern Family	The Simpsons	Dads (DVS)	Dads "Dad Abuse"	Brooklyn Nine-Nine	Brooklyn Nine-Nine	News	Action News Jax	Modern Family	Two and Half Men
12-NBC	12	12	News	NBC Nightly News	Wheel of Fortune	Jeopardy!	Revolution		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		News	Jay Leno
CSPAN	14	210	350	Key Capitol Hill Hearings Speeches.	Q & A A book by Gregg Easterbrook.		Key Capitol Hill Hearings Speeches.				Key Capitol Hill Hearings Speeches.		Key Capitol Hill Hearings Speeches.	
WGN-A	16	239	307	America's Funniest Home Videos	America's Funniest Home Videos		Rules/Engagement	Rules/Engagement	Rules/Engagement	Rules/Engagement	WGN News at Nine (N)		How I Met/Mother	Rules/Engagement
TVLAND	17	106	304	Hot in Cleveland	Hot in Cleveland	Hot in Cleveland	Hot in Cleveland	King of Queens	King of Queens	King of Queens	The Exes (N)	Kirstie (N)	The Exes	Kirstie
OWN	18	189	279	Better Worse	Better Worse	Better Worse	Better Worse	Better Worse	Better Worse	Better Worse	Better Worse	Better Worse	Better Worse	Better Worse
A&E	19	118	265	(4:00) *** "The Mummy Returns"	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	(:01) Duck Dynasty	
HALL	20	185	312	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.	Home Improve.
FX	22	136	248	* "What Happens in Vegas" (2008)	Cameron Diaz, Ashton Kutcher.		*** "Superbad" (2007)	Jonah Hill. Co-dependent teens hope to score booze and babes at a party.		*** "Superbad" (2007)	Comedy) Jonah Hill, Michael Cera.		*** "Superbad" (2007)	Comedy) Jonah Hill, Michael Cera.
CNN	24	200	202	Situation Room	(:28) Crossfire (N)	All the Best, All the Worst 2013	Crimes of the Century		Crimes of the Century "Unabomber"		Crimes of the Century "Waco"		Crimes of the Century "DC Sniper"	
TNT	25	138	245	"Lord of the Rings"		*** "The Lord of the Rings: The Return of the King" (2003, Fantasy)	Elijah Wood. Humans and creatures unite to battle Sauron and his army.	(DVS)					(:15) ** "Lara Croft: Tomb Raider"	
NIK	26	170	299	Sam & Cat	Sam & Cat	Every Witch Way	Full House	Full House	Full House	Full House	Full House	Full House	Friends	(:33) Friends
SPIKE	28	168	241	(5:30) *** "Training Day" (2001)	Denzel Washington, Ethan Hawke.		**** "The Shawshank Redemption" (1994, Drama)	Tim Robbins. An innocent man goes to a Maine penitentiary for life in 1947.					*** Man on Fire	
MY-TV	29	32	-	The Rifleman	The Rifleman	M*A*S*H	M*A*S*H	Law & Order: Criminal Intent	Law & Order: Criminal Intent	"Legion"	Seinfeld	Bob Newhart	The Twilight Zone	Perry Mason
DISN	31	172	290	Good Luck Charlie	Jessie	Austin & Ally	Good Luck Charlie	Law & MADDIE	Movie		Jessie		The Good Luck Charlie	Dog With a Blog
LIFE	32	108	252	Dance Moms		Dance Moms "The Big, Not So, Easy"	Dance Moms (N)			Dance Moms (Season Premiere) (N)	Kim of Queens "Hillbilly in Heels"		(:01) Kim of Queens "Hillbilly in Heels"	
USA	33	105	242	NCIS The Port-to-Port killer is revealed.		NCIS "Phoenix" (DVS)		NCIS "Gone" (DVS)		NCIS FBI Agent Fornell is targeted.	NCIS Ziva's father visits. (DVS)		NCIS The team unites to find answers.	
BET	34	124	329	(4:00) *** "For Colored Girls" (2010)		*** "Precious" (2009, Drama)	Gabourey Sidibe, Mo'Nique, Paula Patton.			*** "Tyler Perry's I Can Do Bad All By Myself" (2009)	Tyler Perry, Taraji P. Henson.			
ESPN	35	140	206	(5:00) 2014 Rose Bowl	Michigan State vs. Stanford. From Pasadena, Calif. (N)									
ESPN2	36	144												

Scenes from a championship season



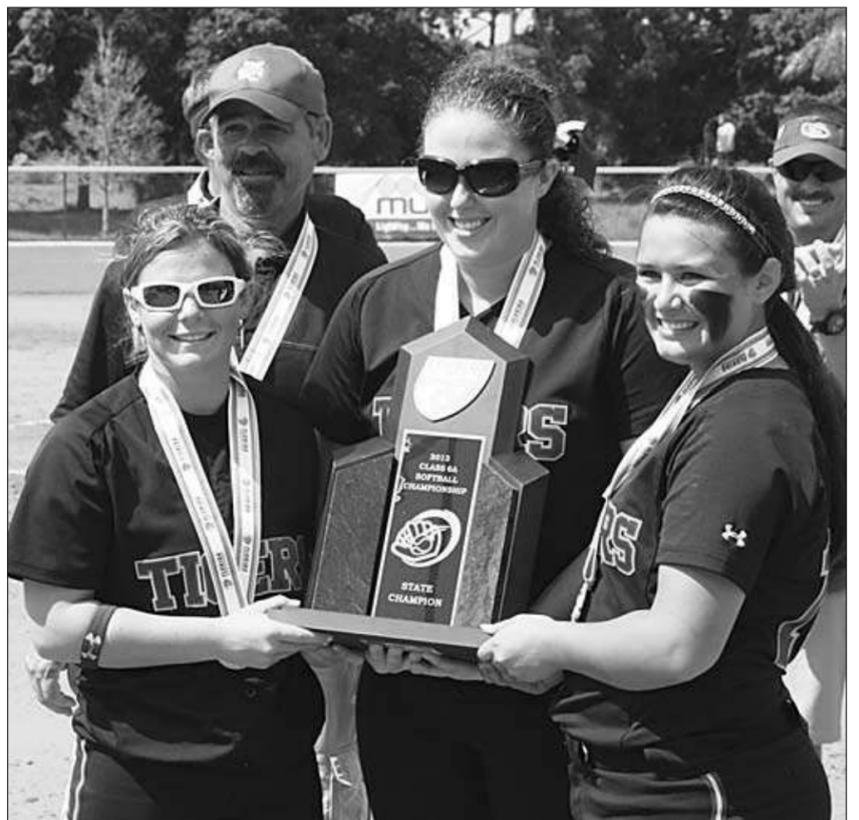
Columbia High assistant principal Donnie Harrison presents pitcher Erin Anderson with her state championship medal.



FILE It was hugs all-around for Columbia High's softball players after winning the state championship.



Columbia High assistant coach Greg Sund high-fives Hollianne Dohrn during introductions.



FILE Columbia High coach Jimmy Williams watches as seniors Holly Boris, (from left) Jessica Shimmel and Keeley Murray show off the state championship trophy.

CHAMPS: Player, coach of the year

Continued From Page 1B

base in each of her four appearances. She had two hits, including a double, and walked twice.

That performance, around another spectacular season, helped Kvistad earn the Class 6A Player of Year award.

But it wasn't individual awards that Kvistad was interested in.

"We just came together as a team," Kvistad said after the championship. "Last year, towards the end of the year, it seemed like we were all trying to play for ourselves. This year, we played as a team. We became sisters."

All the sisters needed a father and Williams played that role to perfection, along with assistant coaches Mitch Shoup and Greg Sund. Williams' role helped him earn the Class 6A Coach of the Year award.

Again, Williams knew that the award was about more than him.

"To me (a state championship) was something I felt like would eventually happen, but I wasn't sure when," Williams said. "I knew that we had the talent to put us in the situation with such a great team. It feels wonderful. It says that we're doing something right. It's not just about me though. It's about the coaches, the parents that put time in during the summer and it's really the hard

work of a lot of people. It's for the whole community to share in this glorious achievement. To me, it's just overwhelming."

And with a team that returns the majority of their players, CHS could be in line to have another magical year in 2014.

DIABETES OR PROSTATE CANCER?

Your sex life and erection can now survive

FREE book by doctor reveals what the drug companies don't want you to know!

Dr. Kevin Hornsby, MD, will mail the first 37 men that respond to this ad a free copy of his new thirty dollar book "A Doctor's Guide to Erectile Dysfunction." He's so sure this book will change your life he will even pay the postage and handling. If the popular pills don't work for you, regardless of your age or medical history, you owe it to yourself and your lady to read this book now! Call Toll Free 800-777-1922 24-hrs. and leave your name and address (only).

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

GOMLU

CLIRE

SHOECN

THILGF

Print answer here:

(Answers tomorrow)

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek

Offsides! Number 72. You need to relax! Wait until the ball is snapped. I get excited.

HE WAS CALLED FOR BEING OFFSIDES SO OFTEN BECAUSE HE KEPT

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Yesterday's Jumbles: IMPEL KNACK PULLEY RELENT
 Answer: When they got caught in the downpour in Kiev, they were in the — "UK-RAIN-E"

- ACROSS**
- 1 — mignon
 - 6 Fold-up mattresses
 - 12 Isis' lover
 - 14 Muse of astronomy
 - 15 Regard highly
 - 16 Ford fiascoes
 - 17 Dernier —
 - 18 Astronaut Grissom
 - 19 TV screen
 - 21 London lav
 - 23 Pixie
 - 26 Blue or green
 - 27 CSA monogram
 - 28 Santa —, Calif.
 - 30 Mdse. bars
 - 31 Recipe word
 - 32 Fall flower
 - 33 Command to bark
 - 35 Mac rivals
 - 37 Mao — -tung
 - 38 Line of bushes
- DOWN**
- 1 Ally opposite
 - 2 NASA destination
 - 3 Afire
 - 4 Vertical
 - 5 Row
 - 39 — Dawn Chong
 - 40 Coast Guard off.
 - 41 Ruby or Sandra
 - 42 "—Tiki"
 - 43 Family mem.
 - 44 Size above med.
 - 46 Ames inst.
 - 48 Relented (2 wds.)
 - 51 Undeliverable mail
 - 55 Like evening gowns
 - 56 Rusts away
 - 57 Afternoon nap
 - 58 Cure salmon

Answer to Previous Puzzle

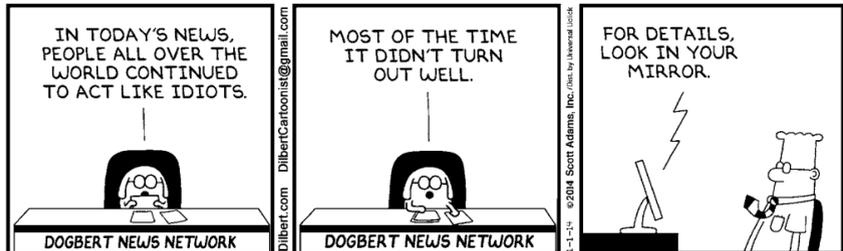
YAK	ROBE	THAT
OWE	EPEE	IOTA
DAB	MEAL	ANTE
ARABIC	SERE	
EBBS	HAYS	
GSUITS	BAT	
SULU	MRI	WEAK
AKIN	PAD	AERO
LEM	ASSENT	
SEAL	ATMS	
AMFM	FUSION	
TADA	AGOG	SUE
AMEN	RICH	TNT
ROSA	KNIT	YDS

Want more puzzles? Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com

1	2	3	4	5	6	7	8	9	10	11	
12				13		14					
15						16					
			17			18					
	19	20		21	22		23	24	25		
26				27			28			29	
30				31			32				
33			34			35	36		37		
38						39			40		
	41							43			
				44	45		46	47			
48	49	50					51		52	53	54
55							56				
57								58			

- 6 Tierra del —
- 7 Language of Pakistan
- 8 Cornstalk tips
- 9 — for the books
- 10 Zilch
- 11 Stockholm carrier
- 13 Lightened up
- 19 Held gently
- 20 Inch back slowly
- 22 Seasoned veteran (2 wds.)
- 24 More recent
- 25 Raisin center
- 26 Pipe down
- 27 Gather leaves
- 28 Beer bud
- 29 War god
- 34 Forever young
- 36 Eyetooth
- 42 Safari country
- 43 Busty
- 45 Main idea
- 47 Knights' titles
- 48 Whse. inventory
- 49 Onassis nickname
- 50 Peace gesture
- 52 Bride's reply (2 wds.)
- 53 A mouse!
- 54 Weathervane dir.

DILBERT



BABY BLUES



BLONDIE



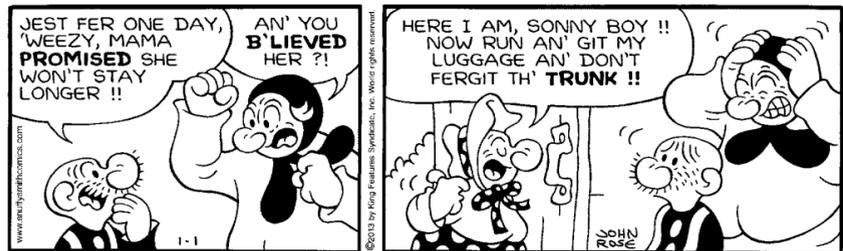
BETLE BAILEY



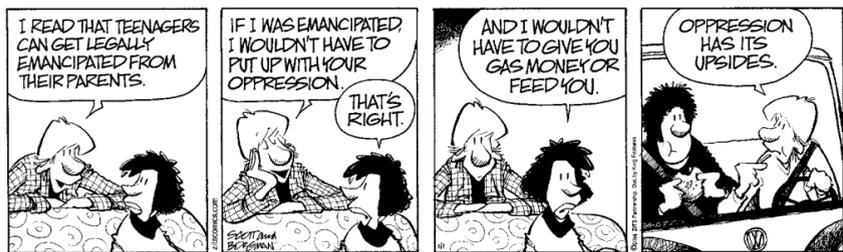
HAGAR THE HORRIBLE



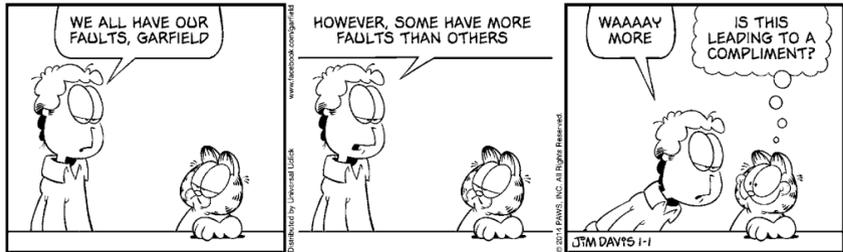
SNUFFY SMITH



ZITS



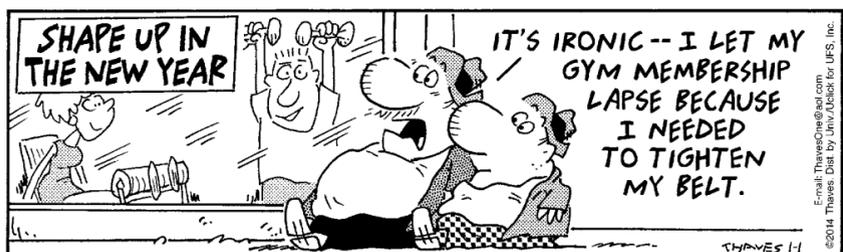
GARFIELD



B.C.



FRANK & ERNEST



FOR BETTER OR WORSE



DEAR ABBY

Today is our opportunity to make a fresh start



Abigail Van Buren www.dearabby.com

DEAR READERS: Welcome to 2014! It seems like the world spins faster every year. With each new year comes our chance for a new beginning. It's an opportunity to discard destructive old habits and create healthy new ones. With that in mind, I will share my often-requested list of New Year's resolutions that were adapted by my mother, Pauline Phillips, from the original credo of Al-Anon:

JUST FOR TODAY: I will live through this day only. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

JUST FOR TODAY: I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.

JUST FOR TODAY: I will accept what is. I will face reality. I will correct those things that I can correct and accept those I cannot.

JUST FOR TODAY: I will improve my mind. I will read something that

requires effort, thought and concentration. I will not be a mental loafer.

JUST FOR TODAY: I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly, and not interrupt when someone else is talking.

JUST FOR TODAY: I will refrain from improving anybody but myself.

JUST FOR TODAY: I will do something positive to improve my health. If I'm a smoker, I'll quit. If I am overweight, I will eat healthfully - if only for today. And not only that, I will get off the couch and take a brisk walk, even if it's only around the block.

JUST FOR TODAY: I will gather the courage to do what is right and take the responsibility for my own actions.

And now, Dear Readers, I would like to share an item that was sent to me

by I.J. Bhatia, a reader from New Delhi, India: DEAR ABBY: This year, no resolutions, only some guidelines. The Holy Vedas say: "Man has subjected himself to thousands of self-inflicted bondages. Wisdom comes to a man who lives according to the true eternal laws of nature."

The prayer of St. Francis (of which there are several versions) contains a powerful message:

"Lord, make me an instrument of your peace; Where there is hatred, let me sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; And where there is sadness, joy.

Grant that I may not so much seek to be consoled as to console; To be understood, as to understand; To be loved, as to love; For it is in giving that we receive, It is in pardoning that we are pardoned, And it is in dying that we are born to eternal life."

And so, Dear Readers, may this new year bring with it good health, peace and joy to all of you.

— LOVE, ABBY

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

HOROSCOPES

THE LAST WORD Eugenia Last

ARIES (March 21-April 19): You'll feel bad if you overdid it last night. You are best to lay low today. Avoid anyone who is demanding something or pressuring you to make a move or change. Strive for balance and a strategy that has your best interest at heart. ★★

TAURUS (April 20-May 20): Embrace the first day of the year with enthusiasm and an open mind. Open up to friends and family about your resolutions and plans for the future. Make a commitment and start your journey. You'll make an impact on others. ★★★★★

GEMINI (May 21-June 20): Set your house in order physically, emotionally and mentally. What you do to make your surroundings better suited to your needs will encourage you to pursue a lifelong goal. Stop procrastinating and start doing. Set up a budget and a health regime and stick to it. ★★★

CANCER (June 21-July 22): Take control of your life and your relationships. Express how you feel and what you would like to see happen this year. Set your priorities and the standard you want to aspire to and don't look back. ★★★

LEO (July 23-Aug.

THE LAST WORD Eugenia Last

22): Don't start the year off by taking on other people's responsibilities. Step back and let someone else pick up the slack. Your focus should be on how you can advance using the skills you enjoy employing the most. ★★★★★

VIRGO (Aug. 23-Sept. 22): Make a point to participate. Speak up and let everyone know what you are capable of doing. Show your strengths and use discipline to curb any poor habits you may have picked up. Make a pact to stick to your resolutions. ★★★★★

LIBRA (Sept. 23-Oct. 22): Stick close to home and protect what you have worked so hard to acquire. Problems with indulgence and financial concerns should be looked at and a strategy set into motion. Take control and make budget cuts and personal adjustments. ★★

SCORPIO (Oct. 23-Nov. 21): Share quality time with someone you love and respect. The plans you make will set a pattern for the year, allowing you to overcome any difficulties you face in order to reach personal goals you share. Make

love a priority. ★★★★★ SAGITTARIUS (Nov. 22-Dec. 21): It's time to get the ball rolling. Make the changes at home that will help you reach your goals emotionally, financially and professionally. Don't let uncertainty slow you down when discipline and persistence are all that's required. ★★★★★

CAPRICORN (Dec. 22-Jan. 19): Set your own standard and refuse to let anyone or anything upset you. Distance yourself from those you do not agree with. Protect what you have and what you want. Re-evaluate, make adjustments and prepare to move onward and upward. ★★★★★

AQUARIUS (Jan. 20-Feb. 18): The lifestyle changes you've been considering can now be put into play. Finding a new source of income and investing in your skills, talents and knowledge will help you gain confidence and a position that allows you to excel. ★★★★★

PISCES (Feb. 19-March 20): Your attitude and desire to give back will put you in a stellar position. What you contribute will ensure that you are given top priority when it comes to favors or help to get what you want. Care, share and prosper. ★★★★★

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.

" M X N L X G R W M V N F V N L T G M , L T O T G G T Y V N W O M N L X G M , L T R W M V N U T R ' N U V I L , L F W L ' N Y F M Y X J W E E V L L F X A G X N X P L . " — B T W P G V S X G N

Previous Solution: "I like to work on New Year's Eve ... laughing with fellow human beings is a great way to start the new year." — Paula Poundstone

TODAY'S CLUE: F 1 equals 1 equals 1

© 2013 by NEA, Inc., dist. by Universal Uclick 1-1

CLASSIC PEANUTS



BUY IT
SELL IT
FIND IT

Lake City Reporter CLASSIFIED

Take ADvantage of the Reporter Classifieds!
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 \$3.50 Each additional line \$1.25	Under \$500 \$10.75 Each additional line \$1.10	Under \$1,000 \$17.15 Each additional line \$1.15	Under \$2,500 \$24.70 Each additional line \$1.45	Under \$4,000 \$28.40 Each additional line \$1.55	Under \$6,000 \$31.40 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.

020 Lost & Found

FOUND 2 small dogs. Near 100A & CR 252. Identify. 904-501-8899

100 Job Opportunities

05542624
Admissions & Marketing Asst. RN Supervisors Day & Night Shift
180 bed skilled and rehab facility is looking for dynamic, positive and experienced candidates with related work experiences. One to two years experience in a long term and rehab SNF, familiar with regulatory, payor source requirements, demonstrate effective customer focused communications, high morale, leadership qualities and self directed. Contact: Suwannee Health Care Center - Staff Development Office 1620 Helvenston Street, Live Oak, FL 32064, Tel 386-362-7860

05542606
EMPLOYMENT OPPORTUNITY COLUMBIA COUNTY
Columbia County is accepting applications for 911 Public Safety Telecommunicator Trainee. Position is responsible for call taking and dispatching for law enforcement, fire, and medical emergency calls, as well as certain non-emergency functions. Minimum requirements: At least 18 years old, possess high school diploma/GED, at least one year continuous work experience in a busy and/or high stress environment. Successful applicant must pass pre-employment physical, drug screen, criminal history check to satisfy FL Dept of Law Enforcement standards for NCIC/FCIC operators and additional pre employment testing as required. Salary \$10.02 hourly. Excellent benefits. Applications available at Human Resources Office, Board of County Commissioners, 135 NE Hernando Ave, Suite 203, Lake City, FL or www.columbiacountyfla.com (386) 719-2025, TDD (386)758-2139. Deadline for applications - Open Until Filled An AA/EEO/ADA/VP Employer.

100 Job Opportunities

05542564
FLORIDA GATEWAY COLLEGE
ASSOCIATE DIRECTOR OF FINANCIAL AID
Position # P99973
Works with the Director of Financial Aid managing the daily operations of the department. Oversees tracking of clock hour programs. Coordinates the functions and reports of students in State Scholarships and Grant programs, processes the return of Title IV funds in an accurate and timely manner. Coordinates the Financial Aid Appeals Committee meetings and serves as moderator. Assists in the preparation of reports. Assumes Director of Financial Aid's duties in the Director's absence. Handles special projects as assigned. Serves on campus committees.
Requires Bachelor's Degree plus two (2) years' experience working in an office dealing with detailed records and customer service. Knowledge of complex computer data entry. Knowledge of Windows, Microsoft Word and Excel software. Ability to delegate or seek assistance as necessary. Ability to work well with staff and students. Ability to handle multiple priorities with minimum supervision and to work with confidential information. Ability to communicate verbally and in writing. Ability to supervise other employees.
SALARY: \$39,375 annually plus benefits
DEADLINE FOR RECEIVING APPLICATIONS: 1/29/14
Persons interested should provide College application, vita, and photocopies of transcripts. All foreign transcripts must be submitted with official translation and evaluation.
Position details and applications available at: www.fgc.edu
Human Resources
Florida Gateway College
149 S.E. College Place
Lake City, FL 32025-2007
Phone (386) 754-4314
Fax (386) 754-4814
E-Mail: human.resources@fgc.edu
FGC is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools.
VP/ADA/EA/EO College in Education and Employment

REPORTER Classifieds In Print and On Line
www.lakecityreporter.com

100 Job Opportunities

05542565
FLORIDA GATEWAY COLLEGE
STAFF ASSISTANT I PART-TIME, 25 Hours per Week
Position #: OP9956
Answer phone calls, make appointments, assist students and staff, help manage a busy Advising Office. Prepare reports as needed and provide clerical support for the Director. Requires a High School diploma or its equivalent plus two years clerical experience. Additional education may be substituted on a year for year basis for required experience in related area. Special consideration will be given to applicants with an Associate's Degree or Certificate in a related area. Excellent communication skills, organizational skills, computer skills. Knowledge of MS Excel preferred.
Salary: \$ 10.19 per hour
Application Deadline: 1/13/14
Persons interested should provide College employment application. Position details and applications available on web at: www.fgc.edu
Human Resources
Florida Gateway College
149 S.E. College Place
Lake City FL 32025-2007
Phone (386) 754-4314
Fax (386) 754-4814
E-Mail: human.resources@fgc.edu
FGC is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools.
VP/ADA/EA/EO College in Education and Employment

5 days a week
You'll find it here!

Lake City Reporter

100 Job Opportunities

05542571
FLORIDA GATEWAY COLLEGE
BENEFITS AND EMPLOYEE RELATIONS SPECIALIST
Position # C99870
Responsible for carrying out highly technical duties involved in the administration of all benefits programs and risk management activities (COBRA, retirement, FMLA, Worker's Compensation, etc.), under the direction of the Executive Director of Human Resources. Duties include counseling faculty, staff, and retirees on fringe benefits and/or retirement, maintaining personnel records, and compiling personnel reports. Requires Associate's Degree in business administration or related area plus two years' experience with insurance or benefits administration, or High School graduate plus six years insurance or benefits administration experience. Bachelor's degree preferred. Human Resources experience preferred. Proficient in Word and Excel. Knowledge of processing and record keeping requirements for compensation/overtime, leave, and personnel files. Knowledge of and/or ability to interpret State Retirement rules and regulations. Ability to communicate effectively in written and verbal form. Ability to maintain confidentiality. SALARY: \$29,831 annually plus benefits
DEADLINE FOR RECEIVING APPLICATIONS: 1/13/14
Persons interested should provide College application, vita, and photocopies of transcripts. All foreign transcripts must be submitted with official translation and evaluation.
Position details and applications available at: www.fgc.edu
Human Resources
Florida Gateway College
149 S.E. College Place
Lake City, FL 32025-2007
Phone (386) 754-4314
Fax (386) 754-4814
E-Mail: human.resources@fgc.edu
FGC is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools.
VP/ADA/EA/EO College in Education and Employment

REPORTER Classifieds In Print and On Line
www.lakecityreporter.com

240 Schools & Education

05542377
INTERESTED in a Medical Career?
Express Training offers courses for beginners & exp
• Nursing Assistant, \$499 next class- 1/13/2014
• Phlebotomy national certification, \$800 next class- 1/13/2014
• LPN APRIL 14, 2014
Fees incl. books, supplies, exam fees. Call 386-755-4401 or expresstrainingservices.com

310 Pets & Supplies

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.

420 Wanted to Buy

K&H TIMBER
We Buy Pine Hardwood & Cypress. Large or small tracts. Call 386-288-6875.

Wanted to buy.
Will pay cash
Civil War rifles.
Contact Jerry 423-512-1430

430 Garage Sales

05542676
Indoor Moving Sale
967 SE Putnam St. Fri & Sat 8-? Rain or shine. Everything must go. 200 piece of framed art & Furniture galore

206 SE Pittman Ct
Jan 4th 8am-4pm S on 41 to Watermelon Park, Left on Myrtis, Left on Pittman.

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

440 Miscellaneous

BLUE
LIVING room chair
\$40 OBO
386-292-3927

440 Miscellaneous

MAYTAG GAS range, white, works great. \$200 OBO
Christmas Special
386-292-3927
RARE FIND male Chihuahua mix fawn w/black nose, real sweetie about 8 pounds. \$185 OBO
386-292-3927
WHIRLPOOL WASHER and dryer, white, looks and runs great. \$265
386-292-3927

520 Boats for Sale

16 FOOT Madriver canoe 2 chair seats, excellent condition, 2 life vests, 1 new paddle. \$475 OBO 386-344-4898

630 Mobile Homes for Rent

3bd/2ba Clean & quiet. Branford Area \$550 + Sec. Country Setting. 386-590-0642 or 386-867-1833
www.suwanneevalleyproperties.com

710 Unfurnished Apt. For Rent

2BR/1BA APT.
CH/A
\$500. mo \$500 dep.
No pets 386-697-4814

2BR/2BA DUPLEX w/garage \$700mo
Plus Deposit
Call 755-6867

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

3BR/2BA, CH/AIR. All appliances \$825/mo. 1st+last+sec. 560 SE Saint Johns St., LC FL 32055 386-697-8893 or 305-962-2666

HOUSE FOR Rent or Sale. Beautiful Blackberry Farms Subdivision on 2.5 acres, 3br/2.5ba, 2 car garage attached workshop and much more. \$1,700/mo. For more info please call 954-464-0173

REPORTER Classifieds In Print and On Line
www.lakecityreporter.com

A sign of good things to come.

WEEKEND EDITION



Every festival, Every event, Recreational ideas, Puzzles, Church news, TV Listings, and more.

Everything needed for a great weekend will be in the Friday edition.

Lake City Reporter
Call to subscribe, 755-5445

750 Business & Office Rentals

OAKBRIDGE OFFICE
Complex Professional Office
Available 725 SE Baya Dr
Call 752-4820

805 Lots for Sale

1/4 ACRE, new well, septic and power, paved rd, owner fin, no down pym't, \$24,900, (\$256 month) 352-215-1018
www.LandOwnerFinancing.com

Nice 6.65 acre tract of vacant land. Well, septic & power pole. Ready for your site built or MH. \$44,000
MLS85624 **Results Realty Brittany Stoekert** 397-3473

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

2br/2ba mfg home on paved road w/1,216 SqFt, new roof in 2003, fp plus self-contained 35' camper for guests. \$69,900 **MLS85206 Daniel Crapps Agency** 755-5110

3br/2ba In Columbia County. Large master suite w/glamour bath & split floor plan. on 1/2 acre \$174,900 **MLS83469 Swift Creek Realty** 800-833-0499

3br/2ba on 1 acre! On a beautifully landscaped yard. Lg Master complete w/garden tub. Lg open kit w/lots of cabinets. \$137,500 **Remax Taylor Goes** 344-7662

Home on over 2 acres! 3br/3ba, 2 FP, unique master suite. 12x14 concrete shet, rv hookup. **Jackie Taylor & Associates** MLS86793 **Sabrina Suggs** (386) 854-0686

LG 4br/2ba DWMH on 4.95 acres. FP, lg rooms w/walk-in-closets, master bath w/garden tub, open kit w/lots of cabinet space. \$94,995 **Remax Taylor Goes** 344-7662

Located in Live Oak 3br/2ba DWMH on 1 acre. New carpet, lg rooms, open kit w/island, spacious master w/garden tub. \$64,995 **Remax Taylor Goes** 344-7662

START OUT or retire in this immaculate, fully furnished home for only \$51,000 **Nate Sweat** (386)628-1552 **Hallmark Real Estate** MLS#82545

SPACIOUS 4BR/2BA brick home on 3.28 acres, pool, detached garage and pole barn! \$169,000 **Janet Creel** (386) 719-0382 **Hallmark Real Estate** MLS#83668

LOCATION! Great 3BR home overlooking Lake Isabella, new windows, doors & carpet \$69,900 **Debbie King** (386)365-3886 **Hallmark Real Estate** MLS#84387

GORGEOUS and immaculate 3BR/2BA home on 5 acres, must see! \$124,990 **Anite Toneti** (386)697-3780 **Hallmark Real Estate** MLS#85544

Spacious 4br,split floor plan w/sep living rm & fam rm. Fenced backyard for privacy & above ground pool **MLS81472 \$237,000 Missy Zucher** 623-0237 **Remax**

Rustic cypress log cabin 2br/1ba w/solar panels. Wood stove & gas range. 18 acres fenced. **MLS81761 \$94,999 Remax Professionals Jo Lytte** 365-2821

Cypress Landing! 3br/2ba w/split floor plan, large kitchen, great room & dining area overlooking lanai \$119,000 **MLS81996 Daniel Crapps Agency** 755-5110

Nice mini farm on 2 ac. fenced & cross fenced w/water for livestock. 2br/2ba, all appliances new. \$45,000 **Results Realty Brittany Stoekert** 397-3473 **MLS82569**

Riverfront: 114ft, 2/2, 1.156sq ft, completely furnished, shop/storage, deck at river. \$150,000 **MLS83114 Glenda McCall** 208-5244 **Poole Realty**

Coldwell Banker Bishop Realty Brick home. Formal LR, Lg fam room w/brick FP. 2 storage bldgs. Screened porch. \$135,000 **MLS 83143 Elaine Tolar** 365-1548

3BR/2BA Ranch. Can be purchased w/adjoining lot! \$136,000. Adjoining lot is \$10,000 **Sabrina Suggs** (386) 854-0686 **Jackie Taylor & Associates** **MLS83172**

Features volume ceilings, master suite w/private den/study, gorgeous pool and game room, lg center island **MLS83450 \$499,000 Missy Zucher** 623-0237 **Remax**

Great location! Off Paved road in desirable community. 3br/3ba, sep fam rm, Florida rm, workshop & detached garage. **MLS83598 Missy Zucker** 623-0237 **Remax**

Country living close to town: beautiful well maintained home & manicured grounds. 3/2 \$159,000 **MLS83604 Sherrel McCall** 688-7563 **Poole Realty**

Coldwell Banker Bishop Realty Near Santa Fe River. Well maintained manufactured home on 1.8 acres. \$64,900 **MLS84076 Sherry Ratliff** 365-8414

Coldwell Banker Bishop Realty Super package. Modular home on 1 acre lot. 3br/2ba. Front porch & back deck. \$69,900 **MLS84092 Elaine Tolar** 365-1548

810 Home for Sale

Beautiful home, pool, tile, carpet & hickory flooring, FP with gas insert, granite in baths. \$225,000 FP w/gas insert **MLS84384 Remax Sandy Kishton** 344-0433

Century 21-Darby Rogers Custom built. Open floor plan w/oversized custom island kit. Master suite has lg sitting area. \$199,900 **MLS 84561 Heather Craig** 466-9223

Coldwell Banker Bishop Realty Well kept 3br/2br. Vaulted ceiling great rm leads to FL rm. \$124,900 **MLS 84613 Mary Brown Whitehurst** 965-0887

Coldwell Banker Bishop Realty Home on 5 acres. 4br/2ba split floor plan. Lg back porch leads right to pool. \$229,900 **MLS84651 Elaine Tolar** 365-1548

Century 21-Darby Rogers Price Reduced! Recently remodeled tri-level home, lg open kitchen w/lots of cabinets. \$199,000 **MLS84683 Heather Craig** 466-9223

3/2.5 brick home. FP, vaulted ceilings & beautifully landscaped yard w/3 outbuildings. 24x34 metal bldg. \$219,000 **MLS84695 Irvin Dees** 208-4276 **Poole Realty**

Retirement living 55+ 2br/2ba, open kit w/bar & dining room, lg br, office /craft w/lots of windows \$80,000 **MLS84702 Denise Milligan-Bose Realty** 397-3313

3br/2ba in Union County on 1.3+/- acres! Upgrades incl gorgeous cabinetry, granite countertops, 10' ceilings. \$235,000 **MLS84716 Swift Creek Realty** 800-833-0499

7+/- acres! 4br/2.5ba, in Union County. Built in 2001. Very spacious w/many upgrades. A must see! \$289,900 **MLS84803 Missy Zucher** 623-0237 **Remax**

2br/1ba on almost a half acre. Quiet & well maintained neighborhood. Gorgeous view. **MLS84808 \$199,900 Missy Zucher** 623-0237 **Remax**

Quality home. 2.87 acres can be divided for 2nd dwelling. Small cabin on property w/wood burning stove. \$137,500 **MLS84864 David Mincey** 590-0157 **Poole Realty**

Lg Manufactured 4br/2ba, 2040sq ft, covered fr porch, screen back porch, island in kit, laundry off kit. \$110,000 **MLS84966 Denise Milligan-Bose Realty** 397-3313

321 NW Sunset Hill Ct offers astonishing panoramic view! 3,629 SqFt brick home on 2 acres w/in-ground pool \$289,500 **MLS84978 Daniel Crapps Agency** 755-5110

Very private 4br/2ba country brick on 5 horse ready acres. Fenced & cross fenced. Lg barn/workshop **MLS85044 \$213,900 Remax Professionals Jo Lytte** 365-2521

2br/2ba home, w/upgraded kit cabinets, enclosed sunroom. Master br has 2 closets & shower. 2nd bd has full bath. **MLS85066 \$70,000 Remax Sandy Kishton** 344-0433

Solid Brick 3br/2ba, great room, fam room. Open back patio overlooks private back yard, 1 acre. **MLS85098 \$185,000 Remax Sandy Kishton** 344-0433

Coldwell Banker Bishop Realty Concrete block home in town. LR, fam rm w/wood burning FP. Master br has 1.5 ba \$108,900 **MLS 85161 Elaine Tolar** 365-1548

810 Home for Sale

Well maintained custom built, many unique features. Split floor plan, plus more! \$349,999 **Century 21 Darby Rogers** **MLS85308 Heather Craig** 466-9223

2br/1ba in town. Built in 1996 & includes some appliances. Large carport. Ready to be moved into! \$89,000 **MLS85365 Poole Realty Vern Roberts** 688-1940

Tri-River Farms! 3br/2ba beautifully maintained mfg home with workshop all on 2.31 acres in Branford area \$79,900 **MLS85370 Daniel Crapps Agency** 755-5110

Country Home only minutes from town! 3br/2ba on sq 1-acre lot w/1,709SqFt. Quiet & cozy neighborhood. \$128,900 **MLS85473 Daniel Crapps Agency** 755-5100

3B Wood look vinyl in kitchen & dining room. 1 acre fenced. Piece of country just minutes to I-75 \$499,000 **MLS85528 Jo Lytte** 365-2821 **Remax Professionals**

Handyman Special! This beautiful 16 acres is priced to sell! Home needs a little TLC; ONLY \$89,900 **MLS85598 Daniel Crapps Agency** 755-5110

Brick 3br/1ba, corner lot, near shopping, parks, schools, screen porch, wooded deck, fenced back yard. \$94,000 **Denise Milligan-Bose Realty** 397-3313 **MLS85637**

Beautiful Pool home on 3/4 acre. Lg 4br/2ba almost 2000sf & sits in spectacular & manicured subdivision. \$209,000 **MLS85657 Remax Missy Zucher** 623-0237

Beautiful 3.5 acres surround large Ranch style 3br/3ba in High Point Subdivision. \$159,900 **MLS85669 Missy Zucher** 623-0237 **Remax**

820 Farms & Acreage

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

20 acres ideal for an ag. investment, in a quiet wooded area located in LC. Contact 904-764-4896 or bobandrene@comcast.net

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

830 Commercial Property

HOME/OFFICE Building in town with 1,564 sq. ft., very nice! Only \$95,000 (386) 719-0382 **Hallmark Real Estate** **MLS#85234**

Beauty Parlor, great office location! With purchase of adjoining lot \$165,000 **Sabrina Suggs** (386)854-0686 **MLS85381 Jackie Taylor & Associates**

860 Investment Property

LOADED Hunting camp on 89 acres with everything (call for list) you need! \$299,000 **Rob Edwards** (386)965-0763 **Hallmark Real Estate** **MLS#85131**

Buy your own private fresh water spring on the Sante Fe River. 4,500ft of water frontage & 561 acres. **MLS83354 William Golithly** 590-6681 **Poole Realty**

Adoption
per week! No experience needed! Local CDL Training. Job ready in 15 days! (888)368-1964

UNPLANNED PREGNANCY? Adoption-A brave & selfless choice. Medical, living & counseling expenses paid. Choose the loving & financially secure family. Compassionate Atty. Lauren Feingold 247 866-633-0397 [#0958107](http://www.fklhearttoheart.net)

A childless, young, successful woman seeks to adopt. Will be HANDS-ON Mom! Financial security. Expenses paid. Visit: www.jodi2adopt.webs.com/, call Jodi 1-800-718-5516 or text 609-770-1255. Adam Sklar #0150789

Help Wanted
DRIVER TRAINEES NEEDED NOW! Learn to drive for US Xpress! Earn \$700 **Week of December 30, 2013**

ANF
ADVERTISING NETWORKS OF FLORIDA
Classified | Display | Metro Daily

ADVERTISE YOUR
Job Opportunities in the
Lake City Reporter
Classifieds.
Enhance Your Ad with
Your Individual Logo
For just pennies a day.
Call today,
755-5440.
Lake City Reporter

Sell Your Vehicle, Motorcycle or Watercraft

HOT DEALS
ON WHEELS & WATERCRAFT

10 Days ONLY \$42

Bring the picture in or we will take it for you!

- Your ad runs 10 consecutive days with a description and photo.
- You must include vehicle price.
- All ads are prepaid.
- Private party only.



2006 EF250 Ford Van
3/4 ton, metal work shelves/ladder rack, 60K miles, exc. cond.
\$10,500
Call **386-623-9026**

If you don't sell your vehicle during the first 10 days, you can run the same vehicle ad for 10 additional days for only \$16.00

Terms and conditions remain the same for the additional run.

To Get Your Vehicle Sold, Call (386) 755-5440

Redwine Apartments

386-961-0244 • 386-984-7134

!!FIRST MONTH FREE!!

4 Complexes

(1 with large pool, 2 with free water)

Close to EVERYTHING!

24 Hour Emergency

1 and 2 Bedroom & Studio

\$400-\$575/mo.

*** AVAILABLE NOW***

New Construction and Ready for new owner...

Beautiful new home in Woodborough S/D. 3 Br./2 B, 2284 heated sq. ft. Features tray ceilings in Great room, dining room and Master bedroom. Bathrooms have marble counter tops. Beautiful fireplace trimmed in marble. So many upgrades. Finished bonus room above the garage, could be 4th bedroom. **MLS 84478 \$299,500**



DEBORAH MYLES
BROKER
386-719-1224

Get the Edge on Home buying
North Florida HomeSeller
Monthly Real Estate Magazine

Published on the 1st Friday of each month in the Lake City Reporter.
Lake City Reporter
lakecityreporter.com • CURRENTS magazine

Suwannee Weddings

You Dream It... We Make It Happen!

5th Annual Wedding Expo

Sunday,
January 12, 2014
1:00 pm - 4:00 pm

Get to know the areas Top Wedding Professionals, Including: Photographers, Caterers, Florists & More.
There Will Also Be Entertainment, Fashion Show, Wedding Advice & Door Prizes.

Fashion Show by The Golden Needle

FREE ADMISSION

Contact Michelle Goddard
386-209-2798
www.MusicLivesHere.com
3076 95th Drive Live Oak, FL 32060