

Washington County News WEEKEND



CFO PRESENTS GRANT TO WAUSAU VFD | A6

Wednesday, February 27, 2019

chipleypaper.com

@WCN_HCT

facebook.com/WashingtonCountyNews.HolmesCountyTimes

50¢

TDC awarded \$48,800 hurricane relief tourism grant

By **Jacqueline Bostick**
The News
850-630-6167 | @JBostick
jbostick@chipleypaper.com

CHIPLEY – Washington County Tourist Development Council is one of five tourism and development entities to receive part of a \$858,000 marketing allocation from Florida's tourism-marketing arm.

"Our organization will continue to find ways to support the Panhandle's recovery from Michael,"

News Service Florida quoted Visit Florida President and CEO Dana Young's prepared statement.

The marketing grant funds from Visit Florida will be used to boost tourism to communities hit hard by Hurricane Michael. Washington County's TDC was awarded \$48,800, Panama City Community Development Council, the Panama City Beach Convention and Visitors Bureau and Gulf County has been awarded \$250,000 each, and Jackson

County has been awarded \$60,000.

"It's going to give us a big boost for our spring and summer crowds," said TDC Director Heather Lopez. "One that we wouldn't be able to do without those funds and it's going to help us to retain the visitors we may have lost during the hurricane."

At its last meeting, the TDC approved the robust marketing package, which encompasses digital, print, video and social media

marketing. The campaigns will be aimed at attracting drive and day-trip tourists, officials said.

"This was a wonderful opportunity that we were provided by Visit Florida, our community is definitely grateful that we have the opportunity to keep our economy and tourism going during this tough transition period after the hurricane," Lopez said.

The TDC will receive the reimbursement grant monies at the end of June.

Triumph to use \$15M in four counties hardest hit by hurricane

The News Service of Florida

TALLAHASSEE – Money from the 2010 Deepwater Horizon oil spill will help governments in four storm-battered Northwest Florida counties with anticipated property-tax losses caused by Hurricane Michael.

The Triumph Gulf Coast Board agreed Monday to use \$15 million for losses believed incurred by local governments in Bay, Franklin, Gulf and Wakulla counties. Triumph Gulf Coast, a nonprofit created by the Legislature, will provide the money from the state's \$2 billion BP settlement stemming from the Deepwater Horizon disaster.

The board initially proposed setting aside the money through bridge loans to the local governments. Instead, it agreed to ask the four counties to each submit a list of projected property-tax losses from the storm that will be incurred by the counties, municipalities and school districts.

Commissioner Allan Bense of Panama City called the change a "fair balance" in providing the region with assistance and for members of the Legislature who have questioned the use of Triumph money for the disaster.

"We have a fine line too," Bense, a former House speaker, said. "I also don't want for the rest of Florida to think Triumph is going to take care of Michael, because that's not our mission."

Triumph Gulf Coast is responsible for distributing to Bay, Escambia, Franklin, Gulf, Okaloosa, Santa Rosa, Wakulla and Walton counties three-quarters of the money the state will get over the next 12 years through the BP settlement.

As part of its charge from the Legislature, Triumph is expected to direct money to regional economic projects that have wide impacts rather than directly to individual businesses.

Triumph Executive Director Susan Skelton said by providing property-tax relief – covering up to 50 percent of any projected losses – the money could be distributed by the end of April.

"These funds are not meant to solve the problems of the world," Skelton said. "These funds are an emergency relief opportunity to get cash-advance ad valorem money into the local entities that need the money now, to begin doing projects that are reimbursable by FEMA (the Federal Emergency Management Agency) at a later date."

See TRIUMPH, A2

Cyclist stops at VHS, promotes riding, determination

Professional cyclist **Patricia McNeal** delivered speech at **Vernon High School's annual Black History Month program**

By **Jacqueline Bostick**
The News
850-630-6167 | @JBostick
jbostick@chipleypaper.com

VERNON - While a stroke would usually cause a person to press the brakes on life, one woman decided the incident would motivate her to keep her wheels spinning.

Cyclist Patricia McNeal, of Panama City Beach, survived a stroke in 2013. At 7 a.m. on Friday, she rode her bike from the beach to Vernon High School to remind students that they have the ability to overcome challenges in life, as well as to encourage them to "ride a bike."

She was the keynote speaker for the school's annual Black History Month program.

"That day, when I told my husband I felt like riding - everybody said it sounded like a Forrest Gump movie, and it did - because I just got up on my bike and rode," McNeal said, referencing the independent, unprompted and uninhibited motivation she had to pursue long-distance riding shortly after her stroke. "And, I feel good."

See CYCLIST, A2



Professional cyclist Patricia McNeal rode her bike from Panama City Beach on Friday to deliver a speech to students at Vernon High School. Here, she is pictured with Vernon High School's Black History Month event organizer Erika Dotson (left) and VHS Assistant Principal Dr. Charles Peterson.

[JACQUELINE BOSTICK | THE NEWS]

Volume 95 Number 90
Phone: 850-638-0212
Fax: 850-638-4601

Local & State A2
Opinion A4
Community A6

Business B2
Health B6
Classifieds B7, B8

A11
Reflections from the past

B5
Obituaries





chipleypaper.com

we bring it home!

Connect with us 24/7

Get breaking news, videos, expanded stories, photo galleries, opinions and more...





Like us on facebook



FOLLOW US ON TWITTER @WCN_HCT

LOCAL & STATE

TRIUMPH

From Page A1

Triumph Chairman Don Gaetz, a former Senate president from Niceville, said he doesn't anticipate the funding will reach the 50 percent ceiling in any of the four counties because of the amount of storm damage across the region.

The board anticipates a new state budget, which will be put together during the legislative session that begins March 5, will include a bridge-loan program that exceeds \$15 million, Skelton said.

The availability of the Triumph money comes as state lawmakers continue to submit legislation — totaling more than \$600 million in the House — that seeks aid for the region, which continues to wait for additional federal assistance after Congress did not pass a disaster-relief package last week.

Florida has spent \$1.13 billion responding to Hurricane Michael, a figure that could more than double and already tops Hurricane Irma, which caused damage to a wider area of the state in 2017, according to Senate President Bill Galvano.

Hurricane Michael made landfall Oct. 10 in Mexico Beach as a Category 4 storm and caused massive damage as it moved north into Georgia.

Visit Florida promises \$858,000

Also on Monday, Florida's tourism-marketing arm awarded \$858,000 to Panhandle communities that sustained heavy damage in Hurricane Michael.

Visit Florida announced tourism-promotion money will be divided among the Panama City Community Development Council, the Panama City Beach Convention and Visitors Bureau and the tourist development councils of Gulf, Jackson and Washington counties.

The Panama City, Panama City Beach and Gulf County agencies each will get \$250,000. The Jackson County council is receiving \$60,000. The Washington County council is getting \$48,800.

"Our organization will continue to find ways to support the Panhandle's recovery from Michael," Visit Florida President and CEO Dana Young said in a prepared statement.

Supreme Court impanels grand jury on school safety

By Dara Kam
News Service of Florida

TALLAHASSEE - Granting a request by Gov. Ron DeSantis, the Florida Supreme Court on Monday impaneled a statewide grand jury to investigate whether school districts are complying with mandatory safety requirements following last February's mass shooting at Marjory Stoneman Douglas High School.

On Feb. 13, the eve of the one-year anniversary of the state's deadliest school shooting, DeSantis asked the court to impanel the grand jury to "make recommendations about what some of the various school districts could do better."

Seventeen students and staff members were killed in the Parkland shooting, which DeSantis called "one of the worst days that we've had in the history of Florida." Seventeen other people were injured. The massacre sparked at least three statewide investigations, and the Legislature hurriedly passed a sweeping school-safety law aimed at preventing

similar tragedies.

In Monday's order, justices unanimously decided DeSantis "has shown good and sufficient reason exists and that it is in the public interest to empanel a statewide grand jury," which will have jurisdiction throughout Florida.

Chief Judge Jack Tuter, of the 17th Judicial Circuit in Broward County, will preside over the panel, which will meet for one year and will be composed of jurors drawn from Broward, Miami-Dade and Palm Beach counties, according to the order.

The grand jury will "investigate crime, return indictments, make presentments, and otherwise perform all functions of a grand jury" with regard to a host of possible offenses outlined in Monday's order, which mirrors the request by DeSantis.

In a statement issued Monday, DeSantis said he was "pleased" with the court's decision.

"This grand jury will work to investigate practices, identify failures and recommend solutions to keep students, teachers

and staff safe in our schools," he said.

The legislation passed last year included creation of the Marjory Stoneman Douglas High School Public Safety Commission, which spent months studying the Parkland shooting and school-safety issues. The commission last month released a 458-page report that addressed issues such as a breakdown in communications and security procedures.

At the governor's behest, the grand-jury probe will include whether "refusal or failure to follow the mandates of school-related safety laws, such as the Marjory Stoneman Douglas Public Safety Act, results in unnecessary and unavoidable risk to students across the state."

The inquiry will also focus on "whether public entities committed — and continue to commit — fraud and deceit by accepting state funds conditioned on implementation of certain safety measures while knowingly failing to act."

And the grand jury will

CYCLIST

From Page A1

McNeal has since given up her vehicle to perform her daily tasks on her bike. She recently returned from a ride from Panama City Beach to California and will be riding to Seattle, Washington to

Key West, Florida later this year or early on next year. In the next three years, the 57-year-old plans to go around the world on her bike to commemorate her 60th birthday.

Outside of good health, McNeal promotes cycling to minorities - women and the black community.

"You don't see too many black women here, especially

here" who are cyclists, she said. "I am riding to encourage more black women, to encourage more women to ride and to prove that 'hey I'm a woman,' I need more women to do this, to ride more."

When asked if she believed her message was getting any traction, she emphatically replied, "yes."

"This is so much better


than trying to run," she said. "If you get on a bike, it gets rid of your thinking ... and you start seeing different things."

Students listened attentively to McNeal's brief speech, and crowded her at the culmination of the event, which included special readings from the cadets, interpretive dancing from local groups, a selection

from the band and a skit from AVID students.

The event's organizer Erika Dotson ended the event with a short explanation about the purpose of the annual Black History Program, that is, to remind students "you can do whatever you put your mind to."

Follow pro-cyclist Patricia McNeal's upcoming rides at her Facebook page.



Free! *Let's clean up Washington County!*

Washington County Household Quantities Hazardous Waste

Amnesty Day

Saturday, March 30, 2019
8 a.m. until noon
Washington County Recycling Center
3115 FL 77, Chipley, FL 32428

Hazardous Household Materials and other toxic wastes accepted include:

- Pesticides
- Antifreeze
- Insecticides
- Rechargeable Batteries (automotive included)
- Pool Chemicals
- Brake Fluid
- Solvents
- Paint Strippers
- Fertilizers
- Furniture Polish
- Spot Removers
- Engine Degreasers
- Paint
- Tires (Limit 5 passenger vehicle tires or smaller per household; there will be a \$2 charge for each additional tire)
- Stale Gasoline
- Used Oil (Household quantities only up to 5 gallons)
- Paint Thinners

Bring your plastic soda and milk jugs, newspapers and cardboard! Also accepting old appliances, computers and components, microwaves and TVs! No gas cylinders or explosives!

For more information, please call 850-638-6058

Sponsored by the Washington County Board of County Commissioners

* Conditionally-exempt Small Quantity Generators (small businesses, schools, growers, etc.) may dispose of hazardous waste at a reduced rate. Please call 850-638-6058 for a drop-off time.

CALL NOW & SAVE ON YOUR NEXT PRESCRIPTION



World Health Link.com

Toll Free Phone 1-844-494-5465 **Toll Free Fax 1-855-594-5465**

Drug Name	Qty (pills)	Price*	Drug Name	Qty (pills)	Price*
Viagra 100mg	16	\$48.00	Restasis 0.05 %	90 ds	\$225.00
Viagra 50mg	16	\$45.00	Combigan 0.2%/0.5%	15 ml	\$140.00
Cialis 5mg	84	\$150.00	Azilect 1mg	100	\$325.00
Cialis 20mg	20	\$135.00	Janumet 50mg/1000mg	168	\$330.00
Levitra 20mg	30	\$130.00	Lumigan 0.01%	9 ml	\$80.00
Stendra 200mg	16	\$260.00	Flovent HFA 110mcg	360 ds	\$160.00
Spiriva 18mcg	90	\$190.00	Jardiance 25 mg	84	\$416.00
Advair 250mcg/50mcg	180 ds	\$205.00	Retin-A Cream 0.05%	40 g	\$80.00
Vagifem 10mcg	24	\$115.00	Vivelle-Dot 50mcg	24 patches	\$125.00
Premarin 0.625mg	84	\$95.00	Voltaren Emulgel 1%	300 g	\$85.00
Combivent 18mcg/103mcg	600 ds	\$140.00	Armour Thyroid 60 mg	100	\$70.00
Symbicort 160mcg/4.5mcg	360 ds	\$215.00	Dexilant 60 mg	90	\$340.00
Entocort 3mg	100	\$130.00	Onglyza 5mg	84	\$310.00
Januvia 100mg	84	\$260.00	Effexor XR 150 mg	84	\$40.00
Aggrenox 200mg/25mg	200	\$140.00	Boniva 150 mg	3	\$70.00
Abilify 5mg	84	\$140.00	Tricor 145mg	90	\$140.00
Colcrys 0.6mg	100	\$110.00	Pradaxa 150mg	180	\$475.00
Ventolin 90mcg	600 ds	\$80.00	Synthroid 100mcg	90	\$60.00
Vytorin 10mg/40mg	90	\$155.00	QVAR 80mcg	400 ds	\$135.00
Xifaxan 550mg	100	\$170.00	Finacea Gel 15%	90	\$135.00
Asacol 800mg	300	\$250.00	Uloric 40mg	90	\$175.00
Vesicare 10mg	100	\$165.00	Breo Ellipta 100mcg/25mcg	90 ds	\$400.00
Ranexa ER 500mg	200	\$190.00	Jublia 10%	24 ml	\$490.00
Myrbetriq 50mg	90	\$365.00	Tradjenta 5mg	90	\$350.00
Actigall 300mg	300	\$225.00	Nasonex 50 mcg	420 ds	\$95.00
Bystolic 5mg	84	\$115.00			
Eliquis 5mg	168	\$605.00			
Spiriva Respimat 2.5mcg	180 ds	\$235.00			
Namenda 10 mg	84	\$30.00			
Prempro 0.3mg/1.5mg	84	\$105.00			
Estring 7.5mcg/24hr	1	\$120.00			

- ✓ Over 1500 Medications available
- ✓ Price Match Guarantee
- ✓ Call for Free Price Quote
- ✓ Prescriptions Required
- ✓ CIPA Certified

1-844-494-5465

www.WorldHealthLink.com

All pricing in U.S dollars and subject to change without notice. "We accept Amex, Electronic Checking, Personal Check or International Money Order." *Prices shown are for the equivalent generic drug if available.*

Mailing Address: WorldHealthLink.com, PO Box 42 Station Main Winnipeg, MB R3C 2G1 Canada CODE BT10



Fresh Lean Premium
WHOLE BOSTON BUTTS
2 Pk, Lb

88¢



Fresh Lean Premium
BONE-IN SIRLOIN CHOPS
Lb

78¢



Super Fresh Premium
FRYER CUT WINGS
Fam Pk, Lb

\$1.77

Cost Plus 10%
PRICES GOOD FEBRUARY 27
THRU MARCH 5



USDA Select Beef
BONELESS TOP ROUND ROAST
2 Pk, Lb

\$2.68



USDA Choice Beef
BONELESS CUBED STEAK
Fam Pk, Lb

\$2.77



USDA Select Beef
BONELESS TOP ROUND STEAK
Fam Pk, Lb

\$2.77



Fresh Lean Premium
PORK SPARERIBS
2 Pk, Lb

\$1.58



Aberdeen
SLICED BACON
12 Oz Pkg

2/\$4



Hillshire Farm
ASSORTED TUB LUNCHMEATS
7-9 Oz

2/\$5



Curly's
BEEF OR PORK BBQ
16 Oz Tub

\$3.68



Carolina Pride
COCKTAIL SMOKIES
28 Oz Pkg

2/\$6



Jimmy Dean
BREAKFAST SANDWICHES
4 Ct, Ea

\$3.88



Bar-S
CORN DOGS
2.34 Lb Box, Ea

\$3.44



Premium IQF
BREADED CHICKEN TENDERS
5 Lb Bag

\$3.38



Nature's Best IQF
PEEL SHRIMP
3 Lb Bag

\$12.98

LIKE US ON FACEBOOK FOR MORE GREAT DEALS! [FACEBOOK.COM/BRICKYARDMARKET](https://www.facebook.com/brickyardmarket)
Then Click The Like Button.

Best Choice
VEGETABLES
(Corn, Peas, Beans)
14.5-15 Oz Can

38¢

Blue Bell
ICE CREAM
1/2 Gal Carton

2/\$9

Best Choice
VEGETABLE OIL
48 Oz Bottle

2/\$3

Starkist
TUNA
Oil & Water
5 Oz Can

65¢

General Mills
MID SIZE CEREAL
Honey Nut Cheerios, Lucky Charms, Cocoa Puffs
10.5-11.8 Oz Box

\$1.88

Campbells
CHUNKY SOUPS
18.8 Oz Can

2/\$3

Best Choice
PEANUT BUTTER
16 Oz Jar

4/\$5

Dasani
WATER
24 Pk, .5 Liter Bottles

\$3.88

Betty Crocker
HAMBURGER HELPER
5.4-7.9 Oz Box

85¢

Best Choice
KETCHUP
38 Oz Squeeze Bottle

\$1.28

Idaho
FROZEN POTATOES
28 Oz Bag

2/\$4

Kraft
MAC N CHEESE
7.25 Oz Box

88¢

Frito Lay
LAYS, RUFFLES TOSTITOS
8.5-10 Oz Bag

2/\$5

Charmin
ESSENTIALS BATH TISSUE
12 Giant Rolls

\$4.44

Xtra
LIQUID LAUNDRY DETERGENT
75 Oz Bottle

\$1.88

Cans
NATURAL LIGHT, NATURAL ICE
15 Pk Cans

\$7.25

Florida Grown
RED RIPE STRAWBERRIES
1 Lb Cnt

4/\$5

Farm Grown
RUSSET POTATOES
10 Lb Bag

2/\$4

Farm Fresh
SWEET RIPE CANTALOUPE

2/\$5

Farm Grown
CRISP ASPARAGUS
Lb.

\$2.44

Michigan Grown
RED DELICIOUS APPLES
3 Lb Bag

2/\$5

Farm Grown
GREEN BELL PEPPERS & CUCUMBERS
Ea.

78¢

Farm Grown
HALO CLEMENTINES
3 Lb Bag

\$3.98

Dole
SPRING MIX
5 Oz Bag

2/\$3

Brickyard FEED & SEED **WE NOW HAVE CHICKS! AVAILABLE**

50 Lb HMC
ALL PURPOSE 12% PELLETS

\$6.95

50 Lb
PURINA HEALTHY EDGE HORSE FEED

\$17.95

50 Lb TMC
CHICK STARTER

\$9.75

50 Lb
SPORTSMANS CHOICE 32% FLOATING FISH SEED

\$15.95

50 Lb RED FOX
13-13-13 FERTILIZER

\$10.95

50 Lb
BLACK GOLD 26/18 PREMIUM DOG FOOD

\$29.95

CHIPLEY, FL
1377 BRICKYARD ROAD
7AM-8PM • 850-638-9775
7 DAYS A WEEK
EBT Cardholders and WIC Vouchers
Welcomed. Most Major Credit Cards Accepted

Cost Plus 10%
Includes Freight Fee and
any Associated Expenses

NO SURCHARGE ON FEED PRODUCTS

WE RESERVE THE RIGHT TO CORRECT TYPOGRAPHICAL AND PICTORIAL ERRORS. QUANTITY RIGHTS RESERVED. NONE SOLD TO DEALERS. WE DO NOT ACCEPT INTERNET PRINTED COUPONS.

OPINION

Local decisions should stay local

It's a time-honored conservative principle that the best government is the one closest to the people. Communities understand their own needs and challenges. Every Florida city and county is led by officials chosen by the people who know them the best. Residents trust these local officials to make the right decisions, but are equally empowered to call them up, or stop them in the supermarket, when they think something's not right.

That's important. Because what's right for Destin might not be so good for Ocala. South Walton's needs won't always track with Lakeland's. Crestview has little in common with Miami.

So why can't Florida lawmakers stop meddling, squashing, confining and dictating decisions that rightly fall to the purview of counties and cities? Why do they keep pushing laws that strip away local control and force every community into the same size and shape of box?

This year is no different. In fact, it may be one of the worst for home rule in a long time.

Among the greatest hits:

- SB 144 /HB 207 This would prohibit local governments from collecting impact fees prior to issuance of a building permit. This assumes that developers would never want to pay impact fees early — but as Volusia County recently experienced, sometimes companies want to “beat the clock” on planned fee increases. There's no reason to strip that local flexibility.

- SB 594 We're not even sure what to make of this one. It would authorize any member of the Legislature to request an investigation of any official action taken by “a county or municipality which impacts commerce and which the member or members allege violates state law or the state Constitution.” The potential for political shenanigans is huge — it could give lawmakers the ability to tag local officials as being “under investigation,” even if the claims are spurious. It's a good way for incumbent lawmakers to sideline potential opponents, but Florida already has a system to deal with ethical and legal violations. We don't need lawmakers playing Keystone Kops.

- HB 3 is simply titled “Preemption of local regulations.” Nobody's going to argue with that: This bill is so sprawling and vague that it's hard to say exactly what it would do. If it becomes law, all local regulations affecting “businesses, occupations and professions” would automatically expire in 2021. To enact new regulations, local officials would have to follow an onerous state-dictated process that would make it far more difficult, and expensive, to exert local control, and those regulations would come with an automatic two-year expiration, forcing cities and counties to plod through the same mess again and again. Sounds like good news for strip clubs — but bad news for communities.

If lawmakers could point to a statewide crisis in local government forcing them to wrest away control, these incursions might be justified. There is no such crisis. Most communities' leaders manage just fine, and if they don't, their friends and neighbors will let them know. As for lawmakers, they should keep their hands to themselves.

A version of this editorial originally appeared in the Daytona Beach News-Journal.

Have something to say?

Letters to the editor and comments on Web versions of news stories are welcomed. Letters are edited only for grammar, spelling, clarity, space and consistency, but we ask that they be limited to 300 words where possible. Letter writers are asked to provide a home address and daytime telephone number (neither is printed) for verification purposes. Letters may be sent to 1364 N. Railroad Ave., Chipley, FL 32428 or emailed to news@chipleypaper.com. Please specify if the letter should be printed in the Washington County News or Holmes County Times-Advertiser. Questions? Call 638-0212.



The News is published every Wednesday and Saturday by GateHouse Media LLC at 1364 N. Railroad Ave., Chipley, FL 32428. Periodicals postage paid at Chipley, Florida. © Copyright 2019 GateHouse Media LLC. All Rights Reserved.

Copyright Notice: The entire contents of the Washington County News are fully protected by copyright and cannot be reproduced in any form for any purpose without the expressed permission of GateHouse Media LLC. The views expressed here are not necessarily those of this paper or GateHouse Media.
Postmaster: Send address change to Washington County News, P.O. Box 627, Chipley, FL 32428. USPS 667-360

PUBLISHER
 Nicole P. Barefield
EDITOR
 Jacqueline Bostick
PRODUCTION SUPERVISOR
 Cameron Everett

SUBSCRIPTION RATES
In county **Out of county**
 13 weeks: \$20 \$24.30
 26 weeks: \$28.70 \$36.40
 52 weeks: \$48.60 \$60.70

Home delivery subscribers may be charged a higher rate for holiday editions.

CONTACT US
Publisher: Nicole Barefield
 nbarefield@chipleypaper.com
Editor: Jacqueline Bostick
 jbostick@chipleypaper.com, 850-638-0212
News, sports, opinion:
 news@chipleypaper.com
Classified:
 850-638-0212,
 clamb@chipleypaper.com
Circulation Customer Service:
 1-850-522-5197

ANOTHER VIEW



Ayn Rand's 'Money Speech' worth another read as Left vilifies capitalism



Ron Hart

With a new batch of politicians in D.C. espousing socialism, victimization and House freshman Alexandria Ocasio-Cortez (“AOC”) running Amazon’s jobs out of New York, etc., it might be a good time to reread Ayn Rand’s work.

We are so far from victimized in America, we have to hire two Nigerians to pretend we are.

Even actors like Leonardo DiCaprio (who makes \$12 million per movie) talk despairingly of capitalism. They clearly do not understand socialism. To Hollywood, socialism is sharing your cocaine with anyone who is in the bathroom with you at The Oscars. And for \$250,000 per speech, Joe Biden, Elizabeth Warren and former President Obama will tell you of the “evils” of capitalism. To them, “free speech” should not be free.

Many of the features of today’s crotch politics and Venezuela’s implosion were foretold by Ayn Rand in her 1957 novel “Atlas Shrugged.” This 1,168-page “doorstopper” of a book has inspired many of us and explains the banality of Democratic class- envy rhetoric. I offer the following passage from “Atlas Shrugged” called “Francisco’s Money Speech.”

Entrepreneur Francisco

d’Anconia is confronted at a party by a liberal interloper who indignantly murmurs, “Money is the root of all evil.”

“So you think that money is the root of all evil?” d’Anconia replies. “Have you ever asked what is the root of money? Money is a tool of exchange, which can’t exist unless there are goods produced and men able to produce them. Money is the material shape of the principle that men who wish to deal with one another must deal by trade and give value for value. Money is not the tool of the moochers, who claim your product by tears, or of the looters, who take it from you by force. Money is made possible only by the men who produce. Is this what you consider evil?”

“When you accept money in payment for your work, you do so only on the conviction that you will exchange it for the product of the work of others. It is not the moochers or the looters who give value to money. Not an ocean of tears nor all the guns in the world can transform those pieces of paper in your wallet into the bread you will need to survive tomorrow. Those pieces of paper, which should have been gold, are a token of honor — your claim upon the energy of the men who produce. Your wallet is your statement of hope that somewhere in the world around you there are men who will not default on that moral principle which is the root of money. Is this what you consider evil? But you say that money is made by the strong at the expense of the weak? What strength do you mean? It is not the strength of guns or muscles. Wealth is the product of man’s capacity to think. Then

is money made by the man who invents a motor at the expense of those who did not invent it? Is money made by the intelligent at the expense of the fools? By the able at the expense of the incompetent? By the ambitious at the expense of the lazy? Money is made — before it can be looted or mooched — by the effort of every honest man, each to the extent of his ability. An honest man is one who knows that he can’t consume more than he has produced.

“Money demands of you the recognition that men must work for their own benefit, not for their own injury, for their gain, not their loss — the recognition that they are not beasts of burden, born to carry the weight of your misery — that you must offer them values, not wounds — that the common bond among men is not the exchange of suffering, but the exchange of goods. Money demands that you sell, not your weakness to men’s stupidity, but your talent to their reason; it demands that you buy, not the shoddiest they offer, but the best that your money can find. And when men live by trade — with reason, not force, as their final arbiter — it is the best product that wins, the best performance, the man of best judgment and highest ability — and the degree of a man’s productiveness is the degree of his reward. Is this what you consider evil?”

A libertarian op-ed humorist and award-winning author, Ron is a frequent guest on CNN and Fox. He can be contacted at Ron@RonaldHart.com or @RonaldHart

Living the cord-cutting dream



Tom Purcell

I’m so unhappy with my cable TV and internet services that I’m going to do what I’ve long dreamed of doing: Cancel my subscription!

I’m not alone in my unhappiness. Consumer Reports says cable providers “have consistently rated below average among services we cover.”

A 2014 Consumer Reports survey of 81,848 consumers “found almost universally low ratings for value ... especially for TV and Internet.”

What’s worse, the costs of those services keep going up!

In 2014, reported the Mintel Group, home cable TV and

internet services’ average cost was \$154 monthly — or \$1,848 yearly, more than that year’s average household spent on clothing, furniture or electricity.

Consumer Reports says cable prices have risen faster than inflation, despite some competition from fiber-optic and satellite providers.

BGR reports cable giant Comcast boosted fees for 2019, which means “some plans under Comcast’s Triple Play Package branding ... will cost as much as \$215 a month (\$2,580 over the course of a year) once the promotional offer ends.”

Ah, the old “promotional offer” tactic! Big Cable likes locking us into long-term contracts with discount packages that keep our monthly bills down for a while. But when those discounts expire, our bills soar. This recently happened to me — again.

I was paid about \$155 a month — at least I think I was. I’d need a busload of Harvard

lawyers and CPAs to understand all the charges.

When my bill shot well past \$200 a month, I called the cable provider. A customer service rep essentially told me to “either sign on for another two years or Vinny the Cable Guy will introduce your kneecaps to a Louisville Slugger.”

Cable providers weren’t always so universally disliked.

Consumer Reports says the “industry began in the late 1940s as ‘community antenna television,’ or CATV,” capturing good reception of over-the-air TV broadcasts and distributing the signals where reception was poor.

“Since then cable has evolved from a small, localized service into a gigantic industry. ...”

That industry’s big providers have gobbed up smaller ones, limiting competition — which enables them to get away with poor service and increasing costs.

Free-market advocacy

See PURCELL, A7

JOBS

Experience. Engage. Advise.

New customer service job titles can pay off

FREEPIK IMAGES



By Jeffery Marino
ZipRecruiter.com

Customer service job titles are changing, and the one you end up with in your next role could significantly affect how much you get paid, even if the skill requirements are the same.

Most job titles have at least one alias: Software developer and software engineer, outside sales representative and B2B sales representative, talent development specialist and recruiter, to name a few. But regardless of the title du jour, each role and its analog tend to pay about the same, according to the ZipRecruiter Compensation Estimate.

But unlike software developers and HR reps, which tend to

have two or three synonymous job titles, customer service representatives are referred to in more than 30 different ways in jobs posted to ZipRecruiter, not including titles that denote senior or management positions. What's more, even though the core skill requirements for customer service jobs remain consistent across different titles, our research shows as much as a 35 percent difference in pay.

The fastest-growing titles pay a premium

Novel job titles pop up on ZipRecruiter all the time. But the Sales Ninjas and Data Jedis of the world are usually one-offs, rarely gaining mainstream adoption. A few alternative customer service titles,

however, are clearly catching on.

Although customer service representative still accounts for the largest share of customer service job titles on ZipRecruiter — about 42 percent — the growth in postings using this title pales in comparison to a few of the loftier sounding titles in 2018. The fastest-growing customer service job title for 2018 was customer experience associate, increasing 346 percent year-over-year. Customer engagement representative job postings increased 214 percent, and customer service advisors jumped 138 percent, all three of which significantly outpaced the 89 percent growth in customer service rep jobs.

We analyzed the job titles of more than 5 million customer service openings posted to ZipRecruiter

in 2018 to see what, if any differences existed between the roles. And while some of the jobs prioritized a few skills over others, we found that the top 10 skills for each of the job titles were nearly identical.

Although the different titles come with the same responsibilities, the pay varies widely. Our data show that the fastest-growing customer service job titles pay an average of \$2 to \$5 more per hour than roles advertised using traditional CSR titles. Someone hired as a customer service professional stands to earn an average of \$10,000 per year less than a similarly qualified counterpart working as a customer experience associate. Assuming a 35-year career with a 5 percent annual pay increase, that customer service professional could lose more than \$800,000 in lifetime earnings.

Changing titles for a changing marketplace

It's possible that employers who choose to advertise openings with alternative titles are missing out on the full scope of talent in the market. There were about half as many applicants per job opening across the board for customer service roles designated as something other than customer service representative in 2018. With fewer job seekers competing over the same role, the market for talent may appear tighter than it really is, thus leading to a higher wage.

The most likely explanation is that the changes we're seeing in customer service job titles are indicative of a shift in the service sector, where more mundane tasks, like cashiering and taking inventory, have become either self-serve or automated. Because of the efficiencies introduced through technology, there's greater demand for customer service staff to engage and delight their customer, rather than simply serve them.



TAKE YOUR TIME

Before you invest your retirement money with a Financial Advisor always go to brokercheck.finra.org and type in the name of the advisor you are working with.

BrokerCheck is a trusted tool that shows you employment history, certifications, licenses and any violations for brokers and investments advisors.

Richard L. Williams, Investment Adviser Representative • 1378 Railroad Avenue, Chipley, FL • 850-638-0004
Investment Adviser Representative and Registered Representative of, and security and investment advisory services offered through Voya Financial Advisors, Inc. (member SIPC)

COMMUNITY

Patronis presents check to Wausau VFD

By Diane M. Robinson
The News | @HCTA_Diane
drobinson@chipleypaper.com

WAUSAU — The State of Florida Chief Financial Officer (CFO) and State Fire Marshal Jimmy Patronis along with members of his staff were on hand to present a check to Wausau Volunteer Fire Department for a State Fire Marshal Florida Firefighters Assistance grant.

The grant was awarded in the amount of \$27,434.55 and will be used to purchase five self contained breathing apparatus packs.



Pictured from left: Volunteer Firefighter Coordinator Charlie Frank, Wausau Chief Sam Rudd, Jimmy Patronis, Assistant Director Melvin Stone and Washington County Fire Coordinator Rick Kerr.

[DIANE M. ROBINSON | THE NEWS]

COMMUNITY CALENDAR

If you would like a recurring event included in this list, please email the information to news@chipleypaper.com

MONDAY

10 a.m.: Holmes County Council on Aging senior Bingo. For more information, call 850-547-2345.
10 a.m.: Washington County Council on Aging (Chipley) exercise. For more information, call Andrea at 850-638-6216
11 a.m.: Holmes County Council on Aging senior lunch. For more information, call 850-547-2345
11:30 a.m.: Washington Council on Aging (Chipley) senior dining. For reservations, call 638-6216. Donations accepted.
6-7:30 p.m.: Salvation Army Domestic Violence and Rape Crisis Program (SADVP) hosts a domestic violence support group at the SADVP Rural Outreach office. For more information, call Emma or Jess at 415-5999.
8 p.m.: Al-Anon meeting Blessed Trinity Church
8 p.m.: AA meeting Blessed Trinity Church

TUESDAY

8-10 a.m.: Church Fellowship Breakfasts at Around the Corner Grill. Breakfast provided. All denominations welcome.
9a.m.: Washington County Community Traffic Safety Team Meeting (Third Tuesday of each month) in the WBOCC conference room. For more information call Renae Rountree at 850-638-1314 or Lynne Abel at 850-638-6203
9:30 a.m.: Letter Learners; Washington County Public Library, Chipley Branch. For more information, call 850-638-1314
10 a.m.: Holmes County Council on Aging Movie Day. For more information, call 850-547-2345
10 a.m.: Home Extension Club Meeting/Luncheon; Hinson's Crossroads Fire Department.
11 a.m.: Holmes County Council on Aging senior lunch. For more information, call 850-547-2345
11:30 a.m.: Washington Council on Aging (Chipley) senior dining; For reservations, call 638-6216. Donations accepted.
Noon: Chipley Kiwanis Club meeting.
12:30 p.m.: Washington County Council on Aging (Chipley) Games and Activities. For more information call Andrea at 638-6216

5:30 p.m.: Chemical Addiction Recovery Effort group; Caryville Baptist Church Fellowship Hall. For more information, call 850-326-0886.
6:10 p.m.: BINGO at St. Joseph Catholic Church; Games start at 6:10 p.m. For more information, call Peg Russ at 638-7654 or 638-7654.
7 p.m.: "A Drop of Faith" Narcotics Anonymous meeting; Blessed Trinity Catholic Church.

WEDNESDAY

9:30 a.m.: Baby Storytime; Washington County Public Library, Chipley Branch. For more information call 850-638-1314
10 a.m.: Holmes Council on Aging Games and Activities. For more information, call 850-547-2345
10 a.m.: The Vernon Historical Society Museum is open to the public from 10 a.m. to 2 p.m. Meetings are held the fourth Wednesday of the month at 2 p.m.
10 a.m.: Washington County Council on Aging (Chipley) exercise. For more information, call Andrea at 850-638-6216
10 a.m. to noon: Holmes County Healthy Start Safe Beds Make Safe Babies SIDS class (fourth Wednesday of each month) at Florida Department of Health in Bonifay. For more information call 850-614-6043
10 a.m. to noon: Washington County Healthy Start Safe Beds Make Safe Babies SIDS class (fourth Wednesday of each month) at Florida Department of Health in Chipley. For more information call 850-845-5106
10 a.m. to 11 a.m.: Holmes County Healthy Start Parenting 101 classes (first, second and third Wednesday of each month) at Florida Department of Health in Bonifay
10 a.m. to 11 a.m.: Washington County Healthy Start Parenting 101 classes (first, second and third Wednesday of each month) at Florida Department of Health in Chipley
10:30 a.m.: Car Seat Safety Classes (first Wednesday of each month); Florida Department of Health Holmes County. For more information, call 850-614-6043 ext 248.
10:30 a.m.: Car Seat Safety Classes (first Wednesday of each month); Florida Department of Health Washington County. For more information, call 850-845-5106, Ext 144.
11 a.m.: Holmes County Council on Aging senior lunch. For more information, call

850-547-2345
11:30 a.m.: Washington Council on Aging (Chipley) senior dining; For reservations, call 638-6216. Donations accepted.
12:30 p.m.: Washington Council on Aging (Chipley) Games and Activities. For more information, Call Andrea at 850-638-6216
4 p.m. to 6 p.m.: Holmes County Tobacco Cessation Classes, (second Wednesday of every month) at Doctors Memorial Hospital. For more information, call James Lewis at 850-224-9340
5 p.m.: New Hope United Methodist Church Bible Study
7 p.m.: Depression and Bipolar Support Group meets at First Baptist Church educational annex building in Bonifay. Call 547-4397.

THURSDAY

9 a.m. to 11 a.m.: Amazing Grace Church USDA Food Distribution, every third Thursday (Holmes County residents only). For more information, call 547-0190.
9 a.m. to 3 p.m.: Money Sense at Goodwill Career Training Center; all 638-0093; every third Thursday
9 a.m. to 1 p.m.: First Thursday Benefits program staff will be at Washington County Council on Aging. For more information, call 850-638-6216.
10 a.m.: Holmes County Council on Aging Games and Activities. For more information, call 850-547-2345
10:30a.m.: Letter Learners; Washington County Public Library, Sunny Hills Branch. For more information, call 850-638-1314
11 a.m.: Holmes County Council on Aging senior lunch. For more information, call 850-547-2345
11:30 a.m.: Washington Council on Aging (Chipley) senior dining; For reservations, call 638-6216. Donations accepted.
Noon: Washington County Chamber of Commerce luncheon (every third Thursday) at Northwest Florida Community Hospital Specialty Center.
Noon to 2 p.m.: Holmes County Tobacco Cessation Classes fourth (first Thursday of every month) at Holmes County Health Department. For more information, call James Lewis at 850-224-9340
12:30 p.m. Washington Council on Aging (Chipley) BINGO. For more information, call Andrea at 850-638-6216
1 p.m.: Care Givers Support group, third Thursday of each

month at the First Presbyterian Church on 5th Street in Chipley. For more information, call Recie Culpepper at 850-566-2553.
2 p.m.: Writers Group meets the first Thursday of each month (unless a holiday) at the Chipley Library
3 p.m.: Holmes County Historical Society (second Thursday of each month). The public is invited to attend.
5:30 p.m.: Chemical Addiction Recovery Effort group Caryville Baptist Church Fellowship Hall. For more information, call 850-326-0886.
5:30 p.m. to 7:30 p.m.: Washington County Tobacco Cessation Classes (second Thursday of each month) at Washington County Health Department. For more information, call James Lewis at 850-224-9340
6 p.m.: TOPS meets at 7 p.m. with weigh in at 6 p.m. at Mt. Olive Baptist Church in Bonifay
6 p.m. to 8 p.m.: Washington Council on Aging in Chipley Advanced Line dancing. For more information, call Andrea at 850-638-6216
7 p.m.: T.O.P.S. Library Annex Building 330 Harvey Etheridge Street in Bonifay. Call Linda Fowler for more information at 547-3655
7 p.m.: Narcotics Anonymous meeting at Blessed Trinity Catholic Church on County Road 177A
7 p.m.: William Dunaway Chapter of the National Society Sons of the American Revolution (first Thursday of each month) at Jim Buffet and Grill in Marianna

FRIDAY

6 a.m.: Men's Breakfast and Bible Study at Hickory Hill Baptist Church in Westville.
10 a.m. to noon: Holmes Council on Aging provides bingo, exercise, games, activities, hot meals, and socialization. For more information call 850-547-2345.
10 a.m.: Washington County Council on Aging (Chipley) exercise. For more information call Andrea at 850-638-6216.
10:30 a.m.: Washington County Public Library (Chipley) "Knitting with Looms" third Friday every month. For more information call 850-638-1314.
11 a.m.: Holmes County Council on Aging senior lunch for more information call 850-547-2345
11:30 a.m.: Washington Council on Aging (Chipley) senior dining; For reservations, call Andrea at 850-638-6216.

Donations accepted.
3:30 p.m.: Bead Class every second Friday at Laurden-Davis Art Gallery. For more information, call 703-0347.
5 p.m.: Red Hill Methodist Church Mission Supper (fourth Friday of every month, January to September)
6 p.m. to 8 p.m.: 50+ senior singles, widowed or divorced meet on the last Friday of the month at Eastside Baptist Church. Come join the fun for games, prizes and snacks. For more information, call 850-272-6611.
8 p.m.: Alcoholics Anonymous open meeting at Chipley Presbyterian Church.

SATURDAY

USDA (third Saturday of January, March, May, July September and November) at Shepherd's Gate Church. For more information, call James Guy at 850-258-5854 or John Williamson at 850-703-9681
7 a.m.: Farm Share (second Saturday of each month) at Shepherd's Gate Church. For more information, call James Guy at 850-258-5854 or John Williamson at 850-703-9681
8 a.m.: North Bay Clan of The Lower Muskogee Creek Yard Sale (first Saturday of each month until 2 p.m.) Location is 1560 Lonnie Road in Chipley.
9 a.m. to noon: Mobile Food Pantry (fourth Saturday of each month) at Cypress Creek Church in Chipley. For more information, call James Guy at 850-258-5854 or John Williamson at 850-703-9681.
9 a.m.: Food Pantry (second Saturday of each month) at 808 E. Highway 90. For more information call Dr. Yunus' office at 850-547-4284.
9 a.m. to 1 p.m.: The Holmes County Community Health Clinic at 203 W. Iowa St., Bonifay will be open the first and third Saturday.
9 a.m.: Emergency Food Pantry is open Monday Wednesday and Friday at Shepherd's Gate Church in Chipley. For more information, call James Guy at 850-258-5854 or John Williamson at 850-703-9681
10 a.m. to noon: Children's education day (fourth Saturday of each month) at the North Bay Clan Tribal Grounds, located at 1560 Lonnie Road in Chipley

SUNDAY

8 p.m.: Alcoholics Anonymous meeting - board room at Graceville-Campbellton Hospital in Graceville.

LOCAL & STATE

10 big issues to watch during 2019 session

By **Jim Saunders**

The News Service of Florida

TALLAHASSEE — Florida lawmakers will gather March 5 in the House chamber to hear Gov. Ron DeSantis give his first State of the State address, the traditional start of the 60-day legislative session.

Led by Senate President Bill Galvano, R-Bradenton, and House Speaker Jose Oliva, R-Miami Lakes, lawmakers this year will deal with myriad issues, ranging from passing a state budget to deciding whether to allow patients to smoke medical marijuana.

Here are 10 big issues to watch during the session:

1. BUDGET: DeSantis has proposed a \$91.3 billion budget for the fiscal year that starts July 1, as he seeks to increase money for education and water-quality projects and trim taxes. But the DeSantis proposal is only a starting point for lawmakers, who will have their own

priorities for state funding. Lawmakers also will grapple with recovery costs from Hurricane Michael, which devastated parts of Northwest Florida in October.

2. ENVIRONMENT: After algae and red tide fouled waterways and coastal areas in Southeast Florida and Southwest Florida last year, DeSantis is making a priority of addressing water-quality issues. DeSantis has proposed a \$625 million package that addresses Everglades restoration and other water-related issues. Lawmakers also are pushing bills that would deal with problems such as cleaning up the Indian River Lagoon.

3. HEALTH CARE: Oliva and other House Republican leaders want to reduce regulations in the health-care industry, arguing that taking more of a free-market approach would help hold down costs. The House is targeting a variety of issues, such as "certificate of need" regulations

that help determine whether hospitals and other types of facilities can be built. DeSantis has touted a proposal aimed at allowing lower-cost prescription drugs to be imported from Canada.

4. HURRICANE MICHAEL: Lawmakers face costly decisions as they look to help Northwest Florida recover from Hurricane Michael. Galvano said the state has already spent \$1.13 billion responding to the October hurricane, and the total could go as high as \$2.7 billion. The federal government is expected to reimburse many costs, but that will take time. The state also faces issues such as helping the region's severely damaged timber industry.

5. INSURANCE: The insurance industry and business groups are lobbying heavily to make changes in the controversial insurance practice known as assignment of benefits, which involves policyholders

signing over benefits to contractors. Insurers argue abuse and litigation are driving up property-insurance rates, while AOB supporters say the practice helps make sure insurers properly pay claims. A key part of the debate focuses on limiting attorney fees.

6. MEDICAL MARIJUANA: Facing heavy pressure from DeSantis, lawmakers appear likely to end a ban on smoking medical marijuana. The ban, included in a 2017 medical-marijuana law, was found unconstitutional by a circuit judge, and DeSantis has threatened to drop an appeal if the Legislature does not eliminate the ban. It is less clear, however, whether lawmakers will address other medical-marijuana regulatory issues that have led to lawsuits.

7. SCHOOL CHOICE: DeSantis and Senate leaders have outlined proposals that could lead to a major expansion of school choice,

including the creation of a voucher-type program that would be directly funded with tax dollars. The House has long supported such programs, as has new Education Commissioner Richard Corcoran. Democrats and teachers unions will fight the expansion, but Republicans control both legislative chambers and the governor's office.

8. SCHOOL SAFETY: Just past the one-year anniversary of the mass shooting at Marjory Stoneman Douglas High School in Parkland, lawmakers will look again at revamping laws to boost school safety. The most-controversial issue will be a proposal to expand the school "guardian" program to allow trained classroom teachers to be armed. A state commission created last year recommended allowing armed teachers.

9. SUPREME COURT: After taking office last month, DeSantis made three appointments that

created a solid conservative majority on the Florida Supreme Court. The change could embolden the GOP-controlled Legislature, which in the past clashed with a more-liberal Supreme Court. As examples, lawmakers could expand taxpayer-funded school vouchers and cap attorney fees in workers' compensation insurance cases --- issues that previously ran into Supreme Court roadblocks.

10. TRANSPORTATION: Galvano has made clear that one of his top priorities will be highway projects that he says would help rural areas. The Senate president wants to extend the Suncoast Parkway toll road to go from the Tampa Bay region to the Georgia border; create a multi-use corridor, including a highway, from Polk County to Collier County; and extend the Florida Turnpike west from where it currently ends at Interstate 75.

PURCELL

From Page A4

organization capitalism.com says another reason competition is so limited is big cable providers' powerful lobbyists have persuaded legislators to create laws and regulations that "limit market entry for smaller, more affordable competitors."

A quick search of broadbandnow.com shows the limited options

in my ZIP code: a giant cable company and a giant fiber-optic company. They're the only viable options, because while satellite services are available, too, big trees around my house likely would interfere with reception.

So what am I going to do? What thousands of other agitated cable customers are finally doing. I'm cutting the cable cord!

Since the only customers Big Cable and Big Fiber treat well are new customers, I'll cancel cable

and subscribe to fiber-optic internet service for about \$40 a month.

I'll get a digital TV antenna to watch local channels — no fees!

And I'll subscribe to a no-contract internet streaming service to watch other channels — for another \$40 a month.

I was an English major, but even I can tell that \$80 a month is a lot less than the \$200-plus that a cable behemoth demands for essentially the same channels.

WHERE DREAMS TAKE FLIGHT



YOUR SOURCE OF POWER. AND INFORMATION.

We're not your typical electric company. We don't have customers, we have members. People aren't just our number one priority, they're the reason we're here. We empower our communities and help our members soar. To learn more about the cooperative difference, visit TouchstoneEnergy.com

 Gulf Coast Electric Cooperative <small>A Touchstone Energy® Cooperative</small> www.gcec.com	West Florida Electric <small>A Touchstone Energy® Cooperative</small> The power of human connections www.westflorida.coop
--	--

WE ARE ONE FLORIDA.

At One Florida Bank, we believe in relationships. We take a local, personal approach to everything we do, from our local management decisions to working one-on-one with each of our customers. As we grow, we will bring that same approach to understanding the goals of your family, your business or your organization to offer valuable products and services that support your goals.

This is a very exciting time for our bank and the communities we serve. Because working together, our goals are **One**.


 850.415.6870
 1385 Main St. | Chipley, FL 32428
ONEFLORIDABANK.COM



ONE FLORIDA BANK

WOW!

\$100 OFF TREE CUTTING/TRIMMING FOR STORM VICTIMS!





Don't let this be you!!

**Tree Removal
Thinning, Shaping
Debris Hauling
Proper Pruning**

Offer Ends
12-30-19

Offer only valid for new estimates created from this ad at the time of call.

So CALL NOW to lock in this deal!



850-625-1702

SAVES YOU \$\$\$\$

Benjamin Lamb, Owner

Licensed and Insured

HOME

By **Laura Firszt**
More Content Now

What's wrong with the following sentence?

"I just put my wash in the dryer and go to sleep." These were the words of a young relative who recently moved into an apartment with en suite laundry (yay!), after years of schlepping to laundromats.

But here's the scary part: If a dryer is not properly maintained, leaving this appliance to take care of its business unattended can cause serious trouble ... trouble in the form of breakdown or house fire. Many folks have no idea that dryer maintenance is even a thing, so I'm dedicating this guide to you.

Dryer maintenance tips

Clean the lint screen after every use. This sounds like a no-brainer, but it's amazing how many people neglect this simple 15-second chore. Play it smart. Otherwise, lint buildup will decrease your dryer's efficiency (read: increase your utility bills) and pose a fire hazard.

Clean the dryer duct system at least once a year. Why? Clogged dryer ducts trap heat and moisture indoors, leading to possible problems with mold or dryer fire. They can also prevent the safe exhaust

of carbon monoxide if you own a gas dryer. Dryer duct cleaning is especially important when you live in a newer home or condo, where laundry facilities are often not adjacent to an exterior wall.

Upgrade your dryer vent hose if necessary. Those old white plastic vent hoses everybody used to have are combustible at high temperatures - bad, bad, bad for securely venting your dryer. Replace with either a flexible metal hose compliant with UL 2158A (better) or a rigid metal pipe (best).

Level the dryer feet. If the floor where your dryer stands is not level, adjust its feet according to the manufacturer's instructions. You will be stabilizing the dryer and allowing it to function optimally.

Keep the dryer area clear. Remove any potential fire starters on top of, around, and under the dryer. This includes dust, pet hair, loose clothing, flammable cleansers, paint or pressurized spray cans.

Stay alert whenever you run your dryer. A dryer fire can start in seconds.

Never put these things in your dryer

Dirty laundry. Otherwise, debris might clog or corrode your dryer.

Unprotected metal hooks, buckles, etc. Line dry or place clothes with this type of detail



Your DRYER maintenance guide

in a zippered bag made for washing delicates, to protect your dryer against scratches.

Oily rags or towels. Even if oil-, grease-, or gasoline-soaked items have been laundered, don't attempt machine drying. Any remaining traces of oil could cause spontaneous combustion.

Sopping wet clothes. Overly wet clothes are heavy and therefore likely to trigger an "unbalanced load" error message; that's in the best-case scenario. Worst-case scenario: They may damage the dryer's (expensive) motor.

Laura Firszt writes for *networx.com*.

Pay attention to red flags. Is your dryer acting funny? Loud noises like grinding or banging, slower drying times, and other unusual behavior could be your appliance's cry for help. Don't ignore these warning signs. Call a reliable dryer technician to check out your machine.

DEAR MONTY

Who invests in commercial real estate in America?



Richard Montgomery

Reader question: I am researching commercial real estate. Who invests in commercial real

estate in the U.S.?

Monty's answer: The definition of commercial property is buildings owned by an investor or investors to generate income from rent.

According to the National Association of Real Estate Investment Trusts (NAREIT) the total size of the commercial real estate market in the U.S. is near \$16 trillion.

Many of the organizations that track real estate consider industrial, retail, office, lodging, and amusement as the types of real estate that are considered commercial.

There are different schools of thought as to classify property that derives rental income from homes or apartments as commercial.

NAREIT includes multi-family in their

calculations.

Vacant land is treated as commercial property by some organizations that track statistics, but not others, even though vacant land can generate rental income.

According to The Land Report, John Malone is the largest private landowner in the U.S. with 2.2 million acres.

According to A 2017 Congressional Research

Service report the largest landowner is the federal government with 640 million acres.

Who owns it

Commercial real estate ownership is represented by people or organizations that invest in commercial real estate as a way of building wealth.

I recently met a young woman who bought her first two-family apartment when she was 19 years old. Her father taught her how to work, save, manage and negotiate real

estate transactions. She has parlayed that first investment into six properties and will likely continue investing in real estate into the future. Her investments are considered private equity.

Commercial real estate by owner type is private equity (Individuals, Small 2-10 person LLCs), families, large corporations, insurance companies, financial institutions, governments, foreign investors, real estate investment trusts (REIT's) and religious institutions.

READY TO WORK, WHEREVER WORK TAKES YOU.

Kubota \$0 DOWN, 0% A.P.R. FINANCING FOR 36 MONTHS*

RTV-X Series

PANHANDLE TRACTOR

5003 Highway 90
Marianna, FL 32446
850-526-2257

*\$0 Down, 0% A.P.R. financing for up to 36 months on purchases of select new Kubota RTV-X Series equipment from participating dealers' in-stock inventory is available to qualified purchasers through Kubota Credit Corporation, U.S.A.; subject to credit approval. Some exceptions apply. Example: 36 monthly payments of \$27.78 per \$1,000 financed. Offer expires 3/31/19. See us or go to KubotaUSA.com for more information.

TAXES DONE FREE VITA

EARNED INCOME OF \$66,000 OR LESS

LOCATION:
Florida Panhandle Technical College
757 Hoyt Street
Chipley, FL 32428

OPENING:
February 4, 2019 - April 12, 2019
BY APPOINTMENT ONLY
(spring break week will be closed)

CALL **850-638-1180** or **850-215-6753** to make an appointment.

Additional Information, visit:
www.UnitedWayNWFL.org

United Way of Northwest Florida | United Way | IRS Department of the Treasury Internal Revenue Service

CLEANING MAKE SCENTS

Sometimes making your house smell great is just a matter of raiding the spice cabinet and fruit bowl. Take for instance cleanmyspace.com's DIY potpourri. You take slices of fruit, add various herbs, then add to a small saucepan along with a cup or so of water. Bring to a boil, then let simmer on low for several hours. Add more water as needed to keep the liquid from boiling away.

PUBLIC SERVICE ANNOUNCEMENT

Crime Stoppers

Please call in any TIPS, for illegal activities to the WASHINGTON COUNTY CRIME STOPPERS @ 638-TIPS.

CHIEF SCOTT THOMPSON wants to remind everyone that the TIPS line is anonymous and if tips lead to an arrest reward money will be paid.

TIPS LINE (850) 638-8477 (TIPS)

Paid for by CSTF NF-5038228



THE INSURANCE HAS PAID THE CLAIM, SO GOODBYE MICHAEL--GOOD RIDDANCE! UP TO 50% SAVINGS ON SLIGHTLY DAMAGED, FULL FACTORY WARRANTIED BRAND NEW CARS!

BRAND NEW MITSUBISHI LOADED OUTLANDER SUV

LIST \$28,405

LIMITED EDITION, Bluetooth, Automatic, Power Sunroof, Blindspot, 18" Alloy Wheels, Power Win & Locks, #PO527



\$14,200

\$198 DOWN \$198 PER MO.
Plus Tax, Tag, & Fees Only!

OVER 50 IN STOCK FOR SALE!

Stock#	List Price	NOW	Equipment
PO123	\$27,075	\$16,089	Automatic, Power Windows & Locks, Sunroof, Bluetooth
PO227	\$26,360	\$15,500	Automatic, Fog Lights, Power Win & Locks, Bluetooth
PO182	\$26,925	\$15,700	Sunroof, Automatic, Power Windows & Locks, Bluetooth
PO152	\$25,270	\$13,500	Auto, Bluetooth, Foglights, Power Windows, Power Locks
PO867	\$27,820	\$16,900	Limited Edition, Power Roof, Bluetooth, Blind Spot, 18" Alloy, Power Seats, Power Folding Mirrors
QO176	\$26,345	\$17,000	Automatic, Bluetooth, Power Windows, Power Locks, Power Seat

OUR HURRICANE INVENTORY WILL BE SOLD THIS WEEK!

BRAND NEW MITSUBISHI LOADED ECLIPSE CROSS LE AWD

LIST \$28,225

Bluetooth, Mobile App, Automatic, Power Win & Locks, Rear Park Assist, Remote Service #P0948



\$14,100

Stock#	List Price	NOW	Equipment
P1047	\$26,865	\$16,300	LED Package, Automatic, Power Seat, Power Windows & Locks, Bluetooth
P0635	\$27,610	\$17,200	Premium Package, Bluetooth, Automatic, Power Locks & Win, Wheel Locks
P0643	\$29,845	\$19,000	AWD, AC, Power Locks, Power Windows, Remote Service, Front & Rear Garnish
P0599	\$33,275	\$21,000	Heated Seats & Steering Wheels, Roof Rails, Touring Package, Remote Service, Bluetooth, Sunroof, & More!
P814	\$28,185	\$17,600	Remote Service, Bluetooth, Wheel Locks, Power Windows & Locks, Auto, Tailgate Garnish, Mats

WE ANTICIPATE BEING OUT OF THESE VEHICLES BY THE WEEKEND, SO RESERVE YOURS NOW!

THESE CARS WERE NOT TOTALED, ONLY SLIGHTLY DAMAGED

CHRYSLER, DODGE, LINCOLN, JEEP, & HYUNDAI INCLUDED IN THIS SALE--

18 JEEP RENEGADE

Premium Cloth Seats, Remote Start, UConnect Nav, Automatic,

WAS \$26,515
NOW ONLY \$16,859

NEW JEEP RENEGADE

Latitude, Premium Cloth Seats, Remote Start, Bluetooth, Automatic, P0775

WAS \$25,765
NOW ONLY \$16,169

18 JEEP RENEGADE

Premium Cloth Seats, Remote Start, Automatic, Bluetooth, P0870

WAS \$26,110
NOW ONLY \$16,488

18 DODGE DURANGO GT

Leather Trimmed Seats, Remote Start, Trailer Tow Group, Automatic, P0900

WAS \$48,110
NOW ONLY \$38,859

18 HYUNDAI ELANTRA

Premium Package, Floor Mats, Cargo Net, Automatic, Bluetooth, P0896

WAS \$26,310
NOW ONLY \$19,195

18 HYUNDAI ELANTRA SPORT

Premium Package, Cargo Package, Cargo Net, Automatic, Bluetooth, P0385

WAS \$26,345
NOW ONLY \$19,221

18 KONA SEL FWD

Tech Package, Floor Mats, Cargo Tray, Dual USB, Bluetooth, Auto, P0962

WAS \$24,025
NOW ONLY \$18,000

18 DODGE DURANGO GT

Leather Seats, Trailer Tow, Safety/Security & Convenience Grp, P0862

WAS \$45,220
NOW ONLY \$37,000

RESERVE YOURS TODAY!



HYUNDAI LINCOLN MITSUBISHI JEEP CHRYSLER DODGE

www.BayCars.com
641 W.15th St • Panama City, FL

785-1591

*W.A.C. See Dealer for Details

SPORTS TICKER

WCN/HCTA seeks Sports Writer

WCN/HCTA staff report

WASHINGTON AND HOLMES COUNTIES - Sports. It's one of those things that all Americans - regardless of our diversities - will get behind. And in Washington and Holmes Counties, not only will we get behind it, but we are engulfed in it.

Washington County News and Holmes County Times-Advertiser are currently searching for an energetic sports writer to cover high school football and other sports in both counties. If you are interested, contact the editor at jbostick@chipleypaper.com or 850-630-6167.

In the meantime: Due to limited staffing, we regret we are not able to make all the local sporting events, but we welcome any help ensuring Holmes and Washington County athletes are recognized for their hard work! If you have sports photos or stats you'd like to share with your fellow fans, please send information to: news@chipleypaper.com.

IN BRIEF

ROANOKE, VA. Va. Tech football player accused of illicit filming

A suspended Virginia Tech football player has been charged with filming an unclothed woman without her consent.

The Roanoke Times reports 19-year-old Dwayne Lamont Crossen, known as D.J., was scheduled to be arraigned Monday on a misdemeanor charge.

Virginia Tech said in a statement earlier this month that Crossen was suspended from competition in September for unspecified violations of university policy. The defensive back was allowed to practice throughout the fall, but received a university suspension at the beginning of 2019.

An arrest warrant says the video dates to Feb. 8. But a search warrant from fall says a woman in September reported Crossen making a video of her without her permission while they had consensual sex.

NEW YORK Hicks, Yankees agree to \$70M, 7-year deal

Making another move to keep their core of players together, the New York Yankees agreed to a \$70 million, seven-year contract with outfielder Aaron Hicks.

Hicks' agreement adds \$64 million in guaranteed money over six seasons and club option for 2026 that could make it worth \$81.5 million over eight seasons.

A 29-year-old switch-hitter, Hicks took over as the Yankees primary center fielder last year and set career highs with 137 games, 27 homers and 79 RBIs. He agreed on Jan. 11 to a \$6 million, one-year contract and would have been eligible for free agency after this season.

"I'm thrilled," Yankees manager Aaron Boone said. "He's just really an elite level player."



Rockets guard James Harden argues with referee Scott Foster during the first half of a game against the Wizards on Dec. 18 in Houston. [ERIC CHRISTIAN SMITH/THE ASSOCIATED PRESS]

Heat check

NBA reminding teams to keep cool when hot with referees

By Tim Reynolds

The Associated Press

The NBA is not happy that tensions between teams and referees seem to be rising.

Then again, 'tis the season.

Playoff-race pressure is real, and the NBA thinks — or hopes — that some tantrums in recent weeks can be attributed to that and not an eroding of the always-tenuous relationship between those who commit infractions and those who call them. Golden State coach Steve Kerr smashing clipboards and Houston star James Harden calling out longtime official Scott Foster are sights and sounds that the league doesn't want, so the NBA is once again reaching out to teams to offer reminders about not going too far when ripping the refs.

"This is the dark ages of the season," said Michelle Johnson, the NBA's senior vice president and head of referee operations. "Teams are shaping up where they stand and it matters more to some teams than others, and some coaches do tactical outbursts for the good of their teams. So even if we go to teams and they don't have a lot of issues ... we want to keep the dialogue open."

Kerr got fined \$25,000 earlier this month for verbally abusing referee Ken Mauer, and the tirade was at the level where the Warriors' coach obviously knew it would be costing him cash so he decided to get his money's worth. He got ejected, the Warriors lost that night in Portland, but writing that check probably earned him some more points with players who always need to know that their coach has their back.

Kerr actually likes Mauer, and believes he's one of the best refs in the league.

That being said, Kerr also said the coach-ref dynamic is almost always weird.

"I don't know why anybody would want to be a ref," Kerr said. "What a brutal job."

Harden also got fined \$25,000 for saying that Foster should no longer work Houston's games, after the Rockets were upset with a number of calls in their loss to the Los Angeles Lakers. Foster is traditionally one of the league's highest-rated refs, and it's a really good bet that at some

THE WEEK AHEAD

A game to watch each day this week:

Monday, Golden State at Charlotte: Stephen Curry goes back to his hometown, after All-Star weekend there was a Curry family celebration.

Tuesday, Oklahoma City at Denver: Paul George has played himself into the MVP race, and the Nuggets' late-season schedule is brutally hard.

Wednesday, Milwaukee at Sacramento: A win over the team with the NBA's best record would be a big help to the Kings' postseason hopes.

Thursday, Miami at Houston: A brutal back-to-back for the Heat, who have Golden State at home on Wednesday and then go to the Rockets.

Friday, Charlotte at Brooklyn: Few might have guessed last summer that these clubs meeting on March 1 would have postseason implications.

Saturday, Orlando at Indiana: The Pacers, even without Victor Oladipo, keep plugging along, while the Magic have a real shot at a playoff spot.

Sunday, Toronto at Detroit: Dwane Casey's new team plays host to Dwane Casey's old team, and right now every result matters to both clubs.

point in this postseason the Rockets will be playing a big game and Foster will be out there.

Johnson and referee-turned-league-executive Monty McCutchen have made improving relations a top priority. They're talking to every team again about finding common ground — just as they did around this time last year.

"I think there's progress," Johnson said. "It's still the same passionate game, a tough game and the stakes are up now."

Players and coaches have been fined more than \$2.2 million already this season for technicals, ejections and other reasons for sanctioning by the league office — not counting salaries lost to suspensions.

CRUNCH TIME

Forget his streak of eight straight appearances in the NBA Finals. LeBron James' streak of 13 straight trips to the playoffs is in major peril.

James and the Los Angeles Lakers (29-30) are currently 10th in the Western Conference. And the Lakers do not have the easiest stretch run in the NBA, either.

When he signed with L.A., James knew getting the Lakers to the playoffs in Year 1 would be a test. But it's proving to be a bigger mountain to climb than he imagined, partly because of injuries that the Lakers have been dealing with and partly because not

all of his teammates have a real understanding yet of what it takes to get into the postseason.

"I knew it was going to be very challenging, just because of the experience that the roster had at that point in time," James said. "I knew it was going to be challenging from that sense, but I felt like we could still play better basketball."

They still have to face Milwaukee and Utah twice, plus have a five-game Eastern Conference road trip in mid-March and four back-to-backs left to navigate. Among the other top teams left on the Lakers' schedule: Boston, Denver, Golden State, Oklahoma City, Portland and Toronto.

Assuming it'll take 44 wins — basically the average needed over the last five years — to secure the No. 8 seed in the West, that means the Lakers would have to finish 15-8 to get into the playoffs.

MAGIC HAPPENING

The Orlando Magic are on their hottest run in more than seven years.

Orlando's win in Toronto on Sunday was the eighth for Steve Clifford's club in its last 10 games. That's the first 8-2 stretch for the Magic since going 8-2 from Feb. 1-17, 2012.

The coach of that Orlando team? Stan Van Gundy, who just happened to be assisted by ... Steve Clifford.

The best need rest

Hall of Fame coaches Stringer and Auriemma miss games

By Doug Feinberg

The Associated Press

NEW YORK — It was a rough week for Hall of Fame coaches.

Rutgers coach C. Vivian Stringer will be out for the remainder of the regular season to rest, while UConn's Geno Auriemma was sidelined for a game against Tulsa.

Stringer missed the Scarlet Knights game at Michigan on Thursday and then the school announced on Sunday that she will be out, most likely until the postseason.

"As you can imagine this was not an easy decision; however, in consultation with my doctors, it is in my best interest to spend time to get healthy before returning to the day-to-day grind of coaching," Stringer said in a statement.

"I know our young ladies can finish the season strong playing Scarlet Knight basketball and I will rejoin the team as soon as I can," she added.

Assistant coach Tim Eatman will serve as acting coach through the Big Ten Conference Tournament.

Eatman served as acting head coach for three games following the illness and death of Stringer's mother, Thelma Stoner, in 2016.

Rutgers has three regular-season contests left, starting with a home game against Wisconsin on Monday.

Auriemma missed the Huskies game on Sunday against Tulsa because of an illness.

"I think he's getting a lot of attention over this," associate head coach Chris Dailey joked following UConn's 68-49 victory over Tulsa. "He's getting a lot of attention. I tried to give him a hard time. 'You know, (Georgia women's coach) Joni Taylor had a baby and coached two days later. So, what are you doing? Suck it up.'"

Unlike Stringer, Auriemma hopes to return Tuesday for the game at Wichita State. He's missed eight games in his career and the Huskies haven't lost any of them. Auriemma, in his 34th season, last missed games in the 1997 Big East Tournament because of the death of his father.

Auriemma started feeling ill this week and missed practice on Friday and Saturday.

"I was glad that he actually paid attention to what the doctor said. I knew that if he went to the doctor, it had to be pretty bad for him to go," Dailey said. "So, he wasn't really feeling well. There was still a hope that he was going to surprise us at the airport and make the trip, but I pretty much knew yesterday morning that it was going to be the best thing for him not to be able to make that trip."

REFLECTIONS

ON THIS DAY

source: www.onthistoday.com

- 272**
- Constantine the Great, Roman emperor (306-337) who adopted Christianity, born in Naissus (d. 337)
- 1594**
- Henry IV crowned King of France
- 1814**
- Ludwig van Beethoven's 8th Symphony in F premieres
- 1816**
- Dutch regain Suriname from the French after the defeat of Napoleon
- 1860**
- Abraham Lincoln makes a speech at Cooper Union in the city of New York that is largely responsible for his election to the Presidency
- 1877**
- US Electoral College declares Rutherford B. Hayes winner of the presidential election
- 1892**
- Louis Vuitton, French founder of the Louis Vuitton brand of leather goods now owned by LVMH, dies at 70
- 1897**
- Marian Anderson, American contralto and celebrated singer (My Lord, What a Morning), born in Philadelphia, Pennsylvania (d. 1993)
- 1902**
- John Steinbeck, American author (Grapes of Wrath-Nobel 1962), born in Salinas, California (d. 1968)
- 1907**
- Psychiatrists Carl Jung and Sigmund Freud meet for the first time in Vienna
- 1912**
- Lord Kitchener opens Khartoum-El Obeid (Nyala) railway
- 1922**
- US Commerce Secretary Herbert Hoover convenes 1st National Radio Conference
- 1925**
- Hitler resurrects NSDAP political party in Munich
- 1930**
- Joanne Woodward, American actress, producer, activist, and philanthropist (3 Faces of Eve, Rachel), born in Thomasville, Georgia
- 1932**
- Elizabeth Taylor, English-American actress (Father of the Bride, Butterfield 8, Cleopatra), born in London, England (d. 2011)
- 1934**
- Ralph Nader, American consumer advocate (Unsafe at Any Speed), born in Winsted, Connecticut
- 1935**
- 7th Academy Awards: "It Happened One Night," Clark Gable and Claudette Colbert win

LOOKING BACK IN THE WASHINGTON COUNTY NEWS:

Here's a glance at the top stories for February 29, 1968





CELEBRATE COMMUNITY

A PROGRAM OF **GateHouse Media**

West Florida Electric
A Touchstone Energy Cooperative

CHIPOLA FORD



Doctors Memorial Hospital
"Caring Hands, Caring Hearts"

A COMMUNITY'S SERVICE AGENCIES ARE ONLY AS SUCCESSFUL AS THE BUSINESSES AND PEOPLE WHO SUPPORT THEM.

ONE FLORIDA BANK

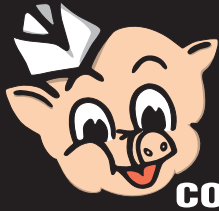


Northwest Florida Community Hospital



NF-5038378

piggly wiggly



COST PLUS 10%



Our Beef is USDA Select or Higher!

USDA Select Beef
BONELESS NEW YORK STRIP
Lb

\$4.77



Fresh Lean Premium
WHOLE BONELESS PORK LOINS
Lb

\$1.18



Sanderson Farms
FRESH DRUMSTICKS OR THIGHS
Jumbo Pk, Lb

77¢



USDA Select Beef
BONELESS TOP ROUND ROAST
Lb

\$2.68



Smithfield Premium
MARINATED ST. LOUIS RIBS
Lb

\$2.48



USDA Select Beef
BONELESS CUBED STEAK
Fam Pk, Lb

\$2.77



Fresh Lean Premium
BONELESS PORK CHOPS
Fam Pk, Lb

\$1.38



Royal
HICKORY SMOKED SAUSAGE
12 Oz - 1 Lb Pkg

2/\$5



Gwaltney
SLICED BACON
12 Oz Pkg

\$2.88



Sugar Dale
HOT DOGS
12 Oz Pkg

68¢



Butterball
TURKEY BACON & SAUSAGE
12 Oz & 14 Oz

\$2.28



Tennessee Pride
SAUSAGE & BISCUITS
19 Oz Pkg

\$3.77



Smoke House
DADDY BREADED CHICKEN TENDERS
4 Lb Bag

\$6.50



Tennessee Pride
ROLL SAUSAGE
1 Lb Pkg

2/\$4



LIKE US ON FACEBOOK FOR MORE GREAT DEALS!

FACEBOOK.COM/PWDOTHAN
Then Click The Like Button.

Libby's
VEGETABLES
(Corn, Peas, Beans)
14.5-15 Oz Can

48¢



Blue Bell
ICE CREAM
1/2 Gal Carton

2/\$9



Dutch Farms
"GRADE A" MEDIUM 2.5 DOZ SLEEVE EGGS

2/\$4



Piggly Wiggly
SANDWICH BREAD
20 Oz Loaf

65¢



Post
CEREAL
Oreos O's, Chips Ahoy, Nutter Butter, Honeymaid Smores
11-12.25 Oz Box

\$1.88



Pictsweet
FROZEN VEGETABLES
22-28 Oz Bag

2/\$4



Hungry Jack
PANCAKE MIX OR SYRUP
2 Lb Box & 27.6 Oz Bottle

3/\$5



Blue Bonnet
SPREAD
45 Oz Tub

2/\$5



Dasani
WATER
24 pk, .5 Liter Bottle

\$3.88



Dutch Farms
CHEESE
2 Lb Loaf

\$3.88



Totinos
PIZZA
9.8-10.9 Oz Pkg

98¢



Simply
ORANGE JUICE
52 Oz Bottle

2/\$5



Cool Whip
FROZEN TOPPING
8 Oz Pkg

88¢



Eggo
WAFFLES OR PANCAKES
10.7-16.4 Oz Pkg

\$1.77



Frito Lay
LAYS, RUFFLES, TOSTITOS
8.5-10 Oz Bag

2/\$5



Sparkle
TOWELS
6 roll

\$5.77



Cans
BUSCH & BUSCH LIGHT
18 pk

9.75



Florida
RED RIPE LARGE TOMATOES
Lb

75¢



Florida Grown
SWEET RIPE STRAWBERRIES
1 Lb Cnt

98¢



Farm Grown
CARROTS
2 Lb Bag

88¢



Tropical
SWEET NAVELS
4 Lb Bag

\$2.98



Farm Grown
COLLARD GREEN BUNDLES
Ea

\$2.77



Farm Fresh
RED GLOBE GRAPES
Lb

\$1.68



Farm Grown
YELLOW ONIONS
3 Lb Bag

\$1.28



Chilean
RED RIPE PLUMS
Lb

\$1.88

CHIPLEY, FL
1264 CHURCH AVE
850-638-1751
6AM-7PM MONDAY - SATURDAY
6AM-6PM SUNDAY

OUR STORES ARE WIC APPROVED

PRICES GOOD
FEBRUARY 27 THRU
MARCH 5, 2019

Cost Plus 10%

Includes Freight Fee and any Associated Expenses

www.PigglyWigglyDothan.com

EBT Cardholders and WIC Vouchers
Welcomed. Most Major Credit Cards Accepted

WE RESERVE THE RIGHT TO CORRECT TYPOGRAPHICAL AND PICTORAL ERRORS. QUANTITY RIGHTS RESERVED. NONE SOLD TO DEALERS. WE DO NOT ACCEPT INTERNET PRINTED COUPONS.

CELEBRATE COMMUNITY



Summer and Lindsay Lemons came with their parents Jodie and Joe from Navaare and got an up close and personal experience with Apache, one of the wolves at Seacrest. [PHOTOS BY DIANE M. ROBINSON | THE NEWS]

Seacrest Wolf Preserve hosts Wounded Warriors

The News Staff

CHIPLEY - A pack wolves "stick together" in a similar way as do veterans, according to Wounded Warriors Project Outreach Coordinator Carl Quaney. And this past weekend, Seacrest Wolf Preserve honed that connection when it invited 100 wounded veterans and their families for a tour.

"I was drawn to this place because the wolf pack is kind of like veterans, we all stick together," Quaney said. "This is a once in a lifetime opportunity and, how often can someone say that they got to take a picture with an actual wolf. I am happy to have been able to coordinate this event."

For about 20 years, the preserve has been connected with the WWP and co-founder of the preserve Cynthia Watkins said it will always be a "place where our military is welcomed to connect with nature."

"The warriors love the wolves, they sit in with them, something speaks to their spirit and soul," she said.

Her late husband, Major William Wayne Watkins joined the United States Army in 1967 as an officer, where he trained as a helicopter pilot before being deployed to Vietnam as an Aeromedical Evacuation Pilot. He served his country

during the Vietnam War and was involved in some of the most intense battles and was wounded himself while evacuating severely injured troops. He was awarded many medals for his actions, including the Purple Heart and Bronze Star.

Watkins, along with his wife Cynthia, founded the Seacrest Wolf Preserve in Chipley in 1999, Florida's only wolf preserve and rescue sanctuary.

"I feel so honored to have been chosen by WWP to be a part of this event. Transition has been hard for me and as much as this place helps me, I am more excited to share this with my brothers and sisters," said Paula Clark, Air Force (retired).

Along with a showing of the wolves and tours, the preserve also provided lunch, t-shirts and photos to the veterans.

"This is my very first WW event, I felt kind of reluctant because I feel there are some worse off than I am. I am a wolf lover so I wanted to come experience this amazing place. Being able to experience the connection with the wolves gives me even more appreciation for they do here," said Kevin Green Marine Corps, (retired).

Go online to find out more about Seacrest Wolf Preserve, www.seacrestwolfpreserve.org.



Mesa is part of the pack of gray wolves at Seacrest Wolf Preserve



Kevin Green and his wife came from Tampa on his very first outing since joining the Wounded Warrior Project last year.



Over 100 people from the Wounded Warrior Project took part in the event at Seacrest Wolf Preserve on February 23.



Wounded Warrior Outreach Coordinator Carl Quaney took his turn spending some one on one time with Forest the alpha male of the pack.



Jackie and Shaun Allen came from Tampa and were all smiles during their time with the pack.



CELEBRATE COMMUNITY

A PROGRAM OF



West Florida Electric
A Touchstone Energy® Cooperative



CHIPOLA FORD



A COMMUNITY'S SERVICE AGENCIES ARE ONLY AS SUCCESSFUL AS THE BUSINESSES AND PEOPLE WHO SUPPORT THEM.



NFCCH
Northwest Florida Community Hospital



Doctors Memorial Hospital
"Caring Hands, Caring Hearts"



ONE FLORIDA BANK



Gulf Power

NF-5038379

BUSINESS

Tension headache

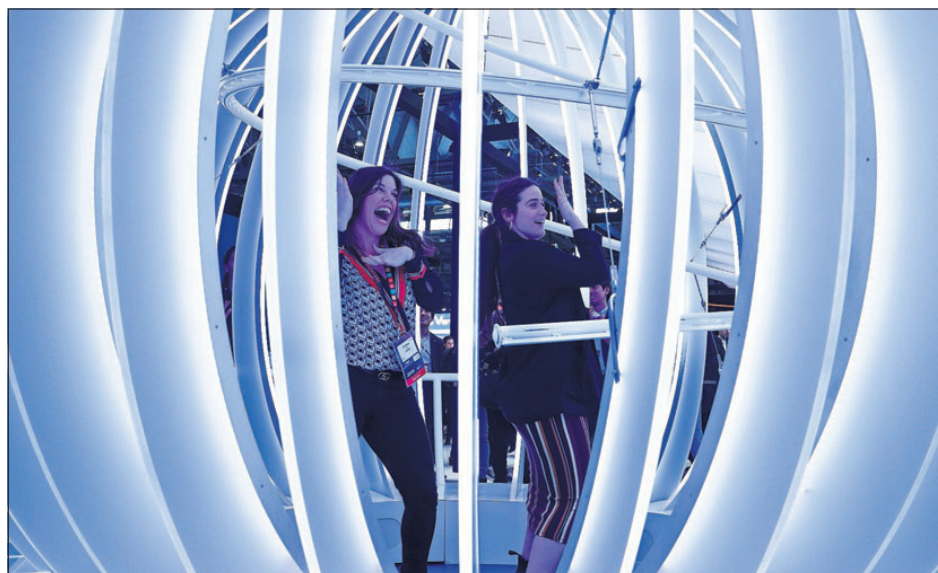
US-China battle over Huawei comes to head at tech show

By Kelvin Chan
The Associated Press

BARCELONA, Spain — A global battle between the U.S. government and Chinese tech company Huawei over allegations that it is a cybersecurity risk overshadowed the opening Monday of the world's biggest mobile industry trade fair.

Huawei has an outsize presence at MWC Barcelona, from its displays in three separate show halls down to its red sponsorship logo adorning visitor pass lanyards. The focus at this year's meeting is new 5G networks due to roll out in the coming years. But the dispute over Huawei, the world's biggest maker of networking gear, is casting a pall.

The United States government dispatched a big delegation to press its case with telecom executives and government officials that they should not use Huawei as a supplier over national security concerns. U.S. President Donald Trump's administration says the Chinese government could use Huawei equipment to snoop on the world's internet traffic — accusations Huawei has rejected, saying there



Attendees dance inside a capsule called Orbiting, by Samsung Galaxy, during the Mobile World Congress wireless show Monday in Barcelona, Spain. (MANU FERNANDEZ/THE ASSOCIATED PRESS)

has been no proof of a cybersecurity breach.

In a fresh salvo, 11 U.S. senators on Monday called for the federal government to ban solar power inverters — advanced control systems — made by Huawei, saying they pose a national security threat to U.S. energy infrastructure.

Huawei's counteroffensive includes making its case directly to government officials, companies and journalists. It has unveiled a new folding 5G phone and its executives are speaking on keynote panels at the show. Formerly known as Mobile World Congress, the show is a key forum

for lobbying and deal-making that's expected to draw 100,000 visitors.

"The geopolitical tensions between the U.S.A. and China will undoubtedly be a hot topic," said Shaun Collins, CEO of research firm CCS Insight. "There is little doubt that operators around the world are concerned that draconian sanctions on their ability to use Huawei's 5G infrastructure could have detrimental effects on their 5G roll-out plans."

Behind closed doors, U.S. officials have been suggesting that Ericsson of Sweden and Finland's Nokia should be preferred suppliers, but telecom providers like Huawei for

its cheap but good quality equipment. That helps lower the cost to customers of using new 5G networks, which promise lightning fast download speeds and less signal lag — advancements that will help develop self-driving cars, factory robots and remote surgery.

At Huawei's sprawling main pavilion, lit in shimmering LED lights, the company showed off virtual reality racing games that use 5G to provide crisper graphics and quicker response times than 4G.

"Definitely compared to other big global vendors, they're cost efficient," said Sharif Shah Jamal Raz, a vice president at Bangladesh mobile operator Robi Axiata, as he and his colleagues inspected Huawei's display of network base stations and modular antennas.

Trump tweeted last week that he wanted the U.S. to catch up in the 5G race through competition, "not by blocking out currently more advanced technologies." Though he didn't mention China or Huawei, the comments could be seen as a more toned-down approach to the company, which has long been blocked in the U.S.

Guo Ping, one of three Huawei executives who take turns as chairman, told reporters Sunday that he read Trump's tweet as an admission that the U.S. needs faster internet networks and is lagging in this respect.

Guo stressed that his company "will never allow for backdoors in our equipment," and it would never violate laws and regulations in countries where it operates.

BRIEFCASE

WASHINGTON Survey: Half of economists see recession by 2020

Roughly half the nation's business economists say they think the U.S. economy will slip into recession by the end of next year, and three-fourths envision such a downturn beginning by the end of 2021.

The finding comes from the latest survey by the National Association for Business Economics of its member economists. Just 10 percent of them say they foresee a recession beginning this year. At the other extreme, only 11 percent expect the economy to avoid a recession through 2021. *The Associated Press*

Stocks up after Trump holds off on tariffs hike

By Damian J. Troise and Alex Veiga
The Associated Press

Stocks closed modestly higher Monday after shedding most of the gains from an early rally spurred by the Trump administration's decision to hold off on increasing tariffs on imported Chinese goods.

Investors welcomed the move, which averted an escalation in the damaging trade war between the world's two largest economies. The fight is over U.S. complaints that Beijing steals technology or pressures companies to hand it over.

Traders have been growing increasingly optimistic over the last two weeks that the U.S. and China are moving closer to a resolution of their dispute. That's helped lift stocks in recent weeks, gains which some analysts say suggest the market is already viewing an agreement as a done deal.

"You can attribute much of today's gains to trade," said Lindsey Bell, investment strategist at CFRA. "The closer we get to a deal getting done or some agreement being made, the smaller the gains are becoming."

Technology companies and banks accounted for much

of the market's gains, outweighing losses in consumer goods stocks and other sectors. Oil prices fell sharply after President Donald Trump said they were getting too high. On Friday, oil closed at the highest level since mid-November.

Progress in the U.S.-China trade talks also helped lift markets broadly in Europe and Asia, where China's main index, the Shanghai Composite, jumped to an eight-month high.

China faced a March 2 deadline when the U.S. would have increased punitive duties on \$200 billion worth of Chinese imports.

Trump, who did not set a new deadline Monday, said there had been "productive talks" on some of the more difficult issues and added he's willing to meet with Chinese President Xi Jinping if negotiations progress.

The trade war and its hefty tariffs have already raised costs for businesses and consumers. Any additional escalation could shake investor confidence as an economic slowdown looms over China and Europe.

"I feel like we're in a position where the president is interested in making deals," said Jamie Cox, managing partner at Harris Financial Group.

China's stock market surges in wake of US decision on tariffs

By Joe McDonald
The Associated Press

BEIJING — China's stock market surged Monday after President Donald Trump's decision to postpone a tariff hike on Chinese imports and state media expressed hopes the fight with Washington over Beijing's technology ambitions can be resolved.

Other financial markets in Europe and Asia recorded more modest gains following Trump's announcement the Washington talks made "substantial progress" toward ending the tariff fight. The conflict has threatened to disrupt global trade and drag on weakening economic growth.

Washington accuses Beijing of stealing or pressuring foreign companies to hand over technology. The Trump administration wants China to roll back plans for government-led creation of global leaders in robotics and other technology that its trading partners say violate Beijing's free-trade obligations and some American officials worry they might erode U.S. industrial leadership.

The weekend talks made progress on

technology transfer, protection of intellectual property rights and non-tariff barriers to market access, according to the official Xinhua News Agency. It cautioned there are "still some differences that need more time to be ironed out."

On Twitter, Trump said negotiators also made progress on U.S. agricultural sales to China.

Neither government gave more details but both expressed optimism.

Trump said he would postpone a March 1 deadline for increasing 10 percent punitive duties on \$200 billion of Chinese imports to 25 percent but he set no new date.

Trump said many disputes will take more time to resolve but he hopes to "put these more challenging issues into a longer-term negotiating framework." He said if progress is made, he will meet Chinese President Xi Jinping at his Florida resort to finalize an agreement.

"If all works well, we're going to have some very big news over the next week or two," Trump told American governors at a White House ball. He added, "we still have a little ways to go."

we are

FLORIDA STATE

FSU Panama City

Small campus. Major university.

pc.fsu.edu

66%

OF \$10 MILLION CAMPAIGN GOAL

FSU Panama City is poised and ready to prepare today's students for tomorrow's careers. We invite you to help our community's students pursue a nationally recognized FSU degree by supporting the Campaign for Our Community's University. Gifts to the campaign support student scholarships, enhance and expand academic programs, improve community outreach, and provide equipment and technology. For more information, contact Mary Beth Lovingood, Director of Development, at (850) 770-2108 or mblovingood@pc.fsu.edu.

FLORIDA STATE UNIVERSITY
PANAMA CITY

SCHOOLS & SOCIETY

FAMILY TIME



Researchers found that growing up near vegetation is associated with a 15 percent to 55 percent lower risk of mental health disorders in adulthood [RAWPIXEL]

Access to green spaces improves adult mental health, study says

Tip of the Week

Growing up around green spaces such as parks, forests and fields could lower the risk of adult mental health issues, says a study published recently in the journal Proceedings of the National Academy of Sciences.

Researchers at Aarhus University in Denmark studied satellite imagery combined with health and demographic data from a Danish citizen registry to isolate the effects of nature from other factors such as socioeconomic status.

They then compared the risk of developing 16 different mental health disorders (from alcoholism to schizophrenia) in adulthood with how much green space surrounded each residence.

Researchers found that growing up near vegetation is associated with a 15 percent to 55 percent lower risk of mental health disorders in adulthood.

Additionally, numerous other studies have found that green space contributes to healthy living in various ways. The nonprofit Project EverGreen lists some of these studies' findings in its LifeStyle Benefit Fact Sheet found at <https://project-evergreen.org/resources/lifestyle-benefits-of-green-spaces/>.

It shows that green spaces

can reduce stress, create a close-knit and safe community by providing areas for social interaction, and even reduce symptoms in children with ADHD.

Family Movie Night

"Robin Hood"

Rated: PG-13

Length: 1 hr 56 mins

Synopsis: The action-adventure "Robin Hood" has Taron Egerton in the titular role as a war-hardened Crusader (alongside Jamie Foxx as his Moorish commander) who mounts an audacious revolt against the corrupt English crown.

Book Report

"Good Night, Wind"

Ages: 4-8 years

Pages: 32

Synopsis: Winter Wind flies into a rage after searching unsuccessfully for a place to sleep until two children together help it find a resting place. Gentle language coupled with intricate photo-illustrations of collage dioramas tell this sweet story about empathy and friendship that is based on a Yiddish folktale.

Did You Know

The last week of February is Eating Disorders Awareness and Screening Week.

This year's theme, chosen by the National Eating Disorders Association, is "Come As You Are."

Traditionally eating disorders are associated with thin, white women and are seen as a lifestyle choice or decision. The 2019 awareness theme rejects this stereotype and send "a message to individuals at all stages of body acceptance and eating disorders recovery that their stories are valid."

Back in October, the NEDA and the Binge Eating Disorder Association merged to improve access to services and support across the entire spectrum of these illnesses and unify the communities.

More than 20 million women and 10 million men have suffered from eating disorders at some point in their life and EDs have the highest mortality rate of any mental disorder, according to the NEDA.

Walks have been organized to bring awareness to the disease and more than 100 iconic landmarks in cities across the country will be lit up in NEDA's signature blue and green colors throughout the week.

For more information, including an eating disorder screening tool for ages 13 and older, visit <https://www.nationaleatingdisorders.org/>

TRIVIA GUY



Wilson Casey

"Trivia Fun" with Wilson Casey, Guinness World Record Holder from Woodruff, S.C., is published in more than 500 newspapers across the country. Comments, questions or suggestions? WC@TriviaGuy.com

1. Which U.S. president was the first to play Little League baseball as a youngster?

JFK, Lyndon Johnson, Jimmy Carter, George W. Bush

2. Who was famous (TV character) for saying, "You look lovely today, Mrs. Cleaver."?

Gomer Pyle, Eddie

Haskell, Cosmo Kramer, Dobie Gillis

3. What legendary coach is credited with, "A tie is like kissing your sister."?

Red Auerbach, John Wooden, Bear Bryant, Vince Lombardi

4. How did Yuri Gagarin, the famed Soviet cosmonaut, die in 1968?

Cancer, Heart attack, Gunshot, Plane crash

5. Which doesn't relate or refer to bookkeeping?

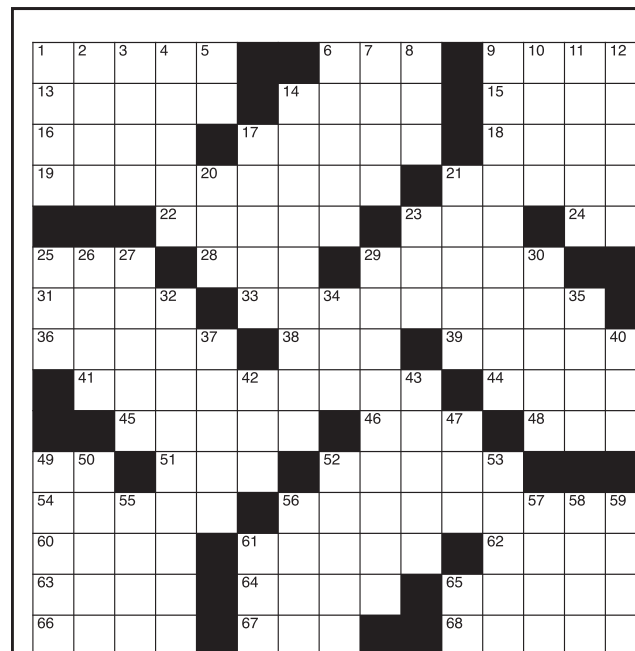
Accountant, Cartographer, Controller, Auditor

6. How many known moons does Venus have?

0, 1, 2, 3

ANSWERS: 1. George W. Bush (Midland, Texas), 2. Eddie Haskell (Ken Osmond), 3. Bear Bryant, 4. Plane crash, 5. Cartographer (maps), 6. 0

CROSSWORD



CLUES ACROSS

- 1. Iranian village
- 6. Duct
- 9. Holds potatoes
- 13. Plant of the goosefoot family
- 14. Spoken in Cameroon
- 15. Students' rights document (abbr.)
- 16. Skin lesion
- 17. Went over the airwaves
- 18. Nestle malt drink
- 19. Rockets' point guard
- 21. Developed the polio vaccine
- 22. Businessmen
- 23. Animals have it
- 24. Atomic number 58
- 25. Cycles/second
- 28. Japanese classical theater
- 29. Slow nocturnal primate
- 31. Used in a play
- 33. One that breaks apart
- 36. Yellow-fever mosquitoes
- 38. Bag-like structure in a plant
- 39. Simple wooden shoe
- 41. Leeches
- 44. Tide
- 45. Fathers
- 46. Decay
- 48. Returned material authorization (abbr.)
- 49. The Golden State (abbr.)
- 51. Extinct flightless bird of New Zealand
- 52. Unique garments
- 54. True firs
- 56. One who's not on time
- 60. Angry speech
- 61. Young children
- 62. About aviation
- 63. This (Spanish)
- 64. Earns a perfect score
- 65. People of Ghana
- 66. Founding member of The Grateful Dead
- 67. Of she
- 68. Genus of lichens

CLUES DOWN

- 1. Variety of pear
- 2. Curved symmetrical structure
- 3. A demon in some cultures
- 4. Cricket frogs
- 5. Atomic #45
- 6. Abnormal bone joint
- 7. Cain and ___
- 8. Unhappy
- 9. Dogooder
- 10. Most babies need ___ when they eat
- 11. Abdominal pain suffered by babies
- 12. Monetary unit
- 14. Tendency to suffer from a particular condition
- 17. Genus of flowering plants
- 20. It comes up some days
- 21. Koran chapters
- 23. In support of
- 25. One who crunches numbers
- 26. A type of school
- 27. Pops
- 29. Tears
- 30. Not influenced by drugs
- 32. Forms a boundary
- 34. Touch quickly and gently
- 35. Stray
- 37. A period between solar and lunar eclipses
- 40. Third-party access
- 42. A very large body of water
- 43. Infections
- 47. It might be due to nerves
- 49. Hall of Fame ballplayer Rod
- 50. Belittle
- 52. Type of sword
- 53. Makes very wet
- 55. One-time Peruvian money
- 56. A shoe typically has one
- 57. Not nice
- 58. Sea eagle
- 59. Civil Rights figure Parks
- 61. Humbug
- 65. A precious metal (abbr.)



2019 WASHINGTON COUNTY SCHOOL CALENDAR

March

25-29: Spring Break (Students and All Personnel Out)

April

9: Report Cards Go Out
19: Spring Day (Students/Teachers/Paras/10 Month and Lunchroom Personnel/Bus Drivers Out)

23: Progress Reports Go Out

May

7: FPTC Graduation
21: Vernon High School Senior Awards 5:30 p.m.
21: Chipley High School Senior Awards 7:30 p.m.
23: Vernon High School Graduation
24: Last Day of School

24: WISE Graduation

24: Chipley High School Graduation
27: Memorial Day (All Personnel Out)
28-30: Post Planning Days for Teachers/Paras/10 Month Personnel

June

10: Report Cards Go Out

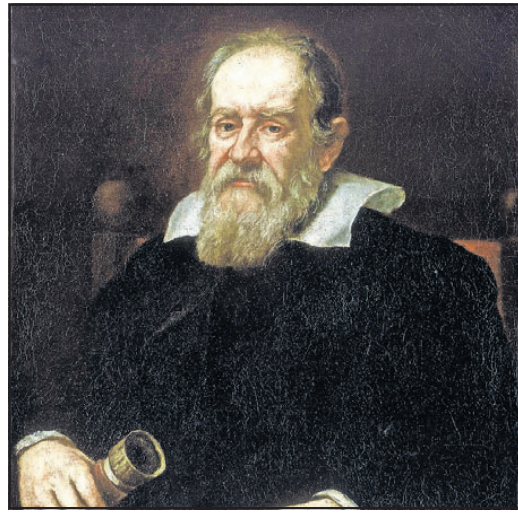
GOT SCHOOL NEWS?

If you have a school activity or news event you'd like covered, please send information to: news@chipleypaper.com. Already have photos or an article you'd like to share? We'd love to have those submissions as well. Help us get the word out about all the good news in our local school system!

FAITH

RELIGIOUS EVENTS IN HISTORY

On Feb. 13, 1633, Italian astronomer Galileo Galilei arrived in Rome to explain his belief that the Earth revolved around the sun to the Roman Inquisition. The Roman Catholic Church charged Galilei with heresy for advocating the Copernican theory, which conflicted with the teachings of the Church. At the time, the Church contended that the Earth was at the center of the universe. Galilei officially faced the Inquisition in April 1633 and agreed to plead guilty to the heresy charges in exchange for a lighter sentence. Pope Urban VIII sentenced Galilei to indefinite house arrest.



On Feb. 13, 1633, Italian astronomer Galileo Galilei arrived in Rome to explain his belief that the Earth revolved around the sun to the Roman Inquisition. [DMITRY ROZHOKOV/WIKIMEDIA COMMONS/PUBLIC DOMAIN]

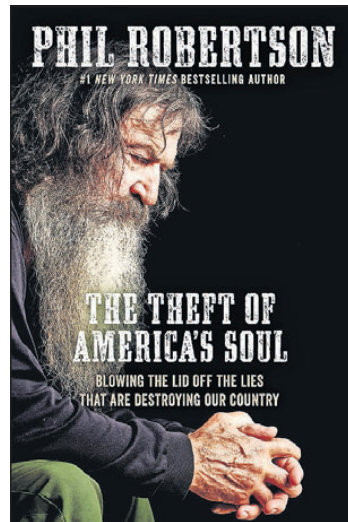
RELIGION CALENDAR

Feb. 15: Nirvana Day (Buddhist - Jain)
Feb. 18: Orthodox Sunday (Orthodox Christian)

GOOD BOOK?

"The Theft of America's Soul: Blowing the Lid Off the Lies That Are Destroying Our Country" by Phil Robertson

Phil Robertson, patriarch of A&E's "Duck Dynasty" and one of the most recognized voices of conservative Christianity in America, believes that little by little, generation by generation, America has allowed the lines of morality, decency, and virtue to be erased. Our values have disappeared as we began to believe lies - such as that God is dead, truth is relative, and unity is impossible - that have brought discord, division and protest. But Phil also believes that things can change.



LEFT: "The Theft of America's Soul: Blowing the Lid Off the Lies That Are Destroying Our Country" [THOMAS NELSON]

BELOW: Serbia [EAGLE204/WIKIMEDIA COMMONS/]



THE WORD

salat: The prescribed prayer that Muslims offer five times a day to fulfill the second of the Five Pillars of their faith.

RELIGION AROUND THE WORLD

According to the CIA World Factbook, the religious makeup of Serbia is:

- Orthodox: 84.6 percent
- Catholic: 5 percent
- Protestant: 1 percent
- Atheist: 1.1 percent
- Other: 0.8 percent
- Undeclared: 4.5 percent

WASHINGTON COUNTY CHURCH LISTINGS

If you would like your Washington County church listed here, please send information to: news@chipleypaper.com. Due to space limitation, please only send regular church services. For special services, please send separate submission.

Assembly of God

Corbin Road Assembly of God
 Morning Worship is at 10 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.
 The church is located at 105 Corbin Road in Chipley.

Cords of Love Assembly of God

Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 5:30 p.m.
 Wednesday Bible Study is a 6:30 p.m.
 The church is located at 2060 Bethlehem Road in Cottondale.

Grace Assembly of God @ Chipley

Morning Worship is at 10 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6:30 p.m.
 The church is located at 567 North Main Street, Chipley

New Bethany Assembly of God

Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 7 p.m.
 The church is located on Shaky Joe Road just off Highway 280 at Hinson's Crossroads.

New Life Fellowship Assembly of God

Sunday School is at 9 a.m.
 Morning Worship is at 10 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 6:30 p.m.
 The church is located at 695 5th Street, Chipley.

Wausau Assembly of God

Sunday School is at 9:30 a.m.
 Morning Worship is at 10:30 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 7 p.m.
 The church is located at 3537 Washington Street in Wausau.

Baptist

Abigail Free Will Baptist Church

Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 The church is located on Dawkins Street in Vernon.

Berean Baptist Church

Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 7 p.m.
 The church is located at 1438 Nearing Hills Drive in Chipley.

Blue Lake Baptist Church

Sunday School is at 9:30 a.m.
 Morning Worship is at 10:30 a.m.
 Wednesday services are at 6:30 p.m.
 The church is located at 1405 Blue Lake Road in Chipley.

Chipley First Baptist Church

Sunday School is at 9 a.m. and 10:30 a.m.
 Traditional Worship Service is at 9 a.m.
 Contemporary Worship Service is at 10:30 a.m.
 Discipleship Training is at 5 p.m.
 Evening Worship is at 6 p.m.
 Wednesday AWANA is at 5:15 p.m.
 Wednesday, Prayer Meeting is at 6 p.m.
 The church is located at 1300 South Boulevard

Country Oaks Baptist Church

Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 7 p.m.
 Wednesday service is at 7 p.m.
 The church is located at

See CHURCHES, B7

Make time to worship with your family!

NF-5038111

GRACE & GLORY
 WORSHIP CENTER
Debbie Williams
 Pastor
 912 Brickyard Rd., Chipley, FL 32428 • 850-415-0470
www.GraceAndGloryChipley.com

NF-5030711

Orange Hill Express, Inc.
 So much more than your average feed store!
982 Orange Hill Road, Chipley
638-9505

NF-5037182

LANES Consumer & Commercial Power Equipment
OUTDOOR EQUIPMENT
 Visit our website at www.lanesoutdoor.com
 901 Hwy 277, Chipley
850.638.4364

NF-5030390

Stephen B. Register, CPA
 1552 Brickyard Road
 Chipley, FL
638-4251

NF-5030503

Obert Funeral Home
850-638-2122
 1556 Brickyard Rd. Chipley, FL

NF-5036212

Sunday Esther 1:1-5
 Monday Esther 1:6-10
 Tuesday Esther 1:11-15
 Wednesday Esther 1:16-20
 Thursday Esther 1:21-2:3
 Friday Esther 2:4-8
 Saturday Esther 2:9-13

Townsend Building Supply Inc.
 1520 Hwy 90
 Chipley, FL 32428
1-800-824-8916
 Phone (850) 638-1625
 Fax (850) 638-8154

NF-5030504

R.D. Easterling
 934 Main Street
 P.O. Box 545
 Chipley, FL 32428
 P: 850-638-0388
 F: 850-638-0205

NF-5030502

I am blessed if I am "poor in spirit," not if I am overcome with pride over my own importance and spiritual achievements.
 I am blessed if I "mourn," not if I am callous and insensitive to the pain around me.
 I am blessed if I am "meek," not if I am swallowed up with greed and anger.
 I am blessed if I "hunger and thirst after righteousness," not if I am indifferent toward God and His ways.
 I am blessed if I am "merciful," not if I am bitter, resentful, and cold.
 I am blessed if I am "pure in heart," not if my thoughts are filled with impurity.
 I am blessed if I am a "peacemaker," not if I am critical, judgmental, and hostile.
 I am blessed if I am "persecuted because of righteousness," not if I am ashamed of God or embarrassed to be known as His follower.

BROWN FUNERAL HOME
 1068 Main St., Chipley, FL 32428
Phone: 638-4010
 Donald Brown - LFD, Owner

NF-5030380

PEOPLESOUTH BANK
 1615 Main St., Chipley, FL 850-415-1320
 2020 S. Waukesha St., Bonifay, FL 850-547-1200

NF-5036399

Chipola Ford
 4242 Lafayette St. Marianna FL, 32446
 Open: M-F 8am-6pm, Sat 8am-6pm
850-482-4043 • www.chipolaford.com

NF-5030381

HIGH PLUMBING INC.
 Commercial and Residential Service • New Construction
850-638-1921
 4402 Hwy. 77, Chipley, FL

NF-5030386

Johnson's Pharmacy
(850) 547-2163
 219 N. Waukesha St.
 Bonifay, FL

NF-5036387

KING'S DISCOUNT DRUGS & SPORTING GOODS
 850-638-4875
 1242 Main St., Chipley, FL

NF-5030528

Community South CREDIT UNION
 1044 US 90 • Chipley, FL
 (850) 638-8376
www.communitysouth.net

NF-5030529

Panhandle Lumber & Supply
 "For ALL Your Building Needs"
 405 W. Hwy 90, Bonifay | (850) 547-9354

NF-5036396

Weekly Bible Trivia
How many days did the banquet of King Ahasuerus last?
 (answer found in this week's scripture reading)

©1999 Community Features

First Baptist Church
 "Come as you are"
 Sunday Services: 9 am - 10:30 am - 6 pm
 1300 South Blvd • Chipley, FL 32428
 (850) 638-1830

NF-5036384

NEWS Times Advertiser
 Local. Trusted. Connected.
chipleypaper.com & bonifaynow.com

NF-5030710

Florida Microfilm & Office Supply Inc.
 3600 Oates St., Dothan AL
(334) 677-3318
800-886-3318

NF-5036385

Washington Rehabilitation & Nursing Centear
 879 Usery Road, Chipley, Florida 32428
850-638-4654

NF-5036206

MARIANNA TOYOTA
 2961 Penn. Ave. • Marianna, FL
 (850) 526-3511 | 1-800-423-8002
www.mariannatoyota.com

NF-5036393

piggly wiggly
 Friendly Hometown Service
 1254 Church Ave. Chipley FL 32438
850-638-1751
 'Serving you since 1953'

NF-5030382

Walmart SUPERCENTER
 1621 Main St. Chipley, FL
850-638-2243

NF-5030205

Badcock HOME FURNITURE & more
 Owners: JD & Delisha Kilgore
 1218 Main St., Chipley, FL **638-4097**

NF-5030528

Rogers
 AUTO • HOME • LIFE BONDS • BUSINESS FARMS • LIVESTOCK BOATS • MOTORCYCLES FLOOD • MOBILE HOMES
 1396 Jackson Ave
 Chipley
 (850) 638-1805

NF-5036201

P&P Heating & Cooling Specialists, Inc.
 HAVE YOUR UNIT SERVICED TO SAVE ON YOUR ELECTRIC BILL
(850) 263-2823
 1075 N. HWY. 79 BONIFAY, FL

NF-5036398

WEST POINT HOME BED & BATH OUTLET
15% DISCOUNT WITH AD*
 *Cannot combine with other discounts; expires 2/27/19
850-638-9421

NF-5030501

Cook Discount Drugs
 5324 Brown St. Graceville, FL
850-263-4110
 Donald Taylor
 Brian Taylor

NF-5030383

OBITUARIES

WILLIE J. SELLERS

Mrs. Willie Jean Sellers, 84, of Defuniak Springs, FL, died on Monday, February 18, 2019, at Chautauqua Rehabilitation and Nursing Center in Defuniak Springs, Florida. Born Monday, September 10, 1934 in Noma, Florida, she was the daughter of the late William Dawson Pullum and the late Gussie Toole Pullum.

Surviving is her husband, Robert Sellers of Defuniak Springs, FL, son, Greg Sellers and wife Christy of Montgomery, AL; 2 grandsons, Dawson Sellers and wife



Brice of Montgomery, AL and Parker Sellers of Murfreesboro, TN and special niece, Frances Martin and husband Phillip of Defuniak Springs, FL.

A Funeral service was held at 11:00 AM on Saturday, February 23, 2019

at First United Methodist Church in Defuniak Springs, FL with the Rev. Francis Turner, III officiating. Interment was in Magnolia Cemetery, Defuniak Springs, FL with Sims Funeral Home directing.

The family received friends from 10:00 AM to 11:00 AM on Saturday, February 23, 2019, at First United Methodist Church, Defuniak Springs, Florida.

Flowers will be accepted or memorials may be made to First United Methodist Church in Defuniak Springs, FL.

PEARLIE M. CATES

Mrs. Pearl Mae Cates, 75 of Dayton, Tennessee died on Sunday, February 17, 2019, at EPHS Baroness Chandler Hospital in Chattanooga, Tennessee.

Born Monday, December 13, 1943 in Holmes County, Florida, she was the daughter of the late John Simmons and the late Allie Gilley Simmons.

Surviving is her husband, Jerry Cates of Dayton, TN, daughters, Mary Brown-Revis of Dayton, TN and Shannon Cates of Dayton, TN, brother, Robert Simmons of Brierfield, AL, sisters, Mary Etheridge of Bonifay, FL and Martha Gilley of Bonifay, FL; 7 grandchildren; 2 great grandchildren.

A Funeral service was held at 2:00 PM on

Thursday, February 21, 2019 at Shady Grove Baptist Church, Bonifay, Florida with the Bro. Derrall Marshall officiating. Interment was in Shady Grove Cemetery, Bonifay, FL with Sims Funeral Home directing. The family received friends from 6:00 PM to 8:00 PM on Wednesday, February 20, 2019, at Sims Funeral Home Chapel, Bonifay, FL.

RONNIE E. BENNETT

Mr. Ronnie Edward Bennett, age 57, of Bonifay, FL passed away at his home on February 18, 2019. He was born November 2, 1961 in DeFuniak Springs, FL. Residing in Bonifay, he worked many years in law enforcement.

He is preceded in death by his father, Joseph William Okuly, step-father, Franklin Delano Bennett and one sister, Thereasa Okuly.

Mr. Bennett is survived by his wife, Brenda Gail Chamblee

Bennett; daughter Beth Edminson and husband Joe; his mother, Flossie Faye Driggers all of Bonifay; two brothers, Jimmy Bennett and wife Tammy, and David Bennett both of Tallahassee, FL; four sisters: Rita Baxter and husband Johnny Ray of DeFuniak Springs, Tina Gray and husband Allen of Gaston IN, Nikki Okuly Bokan & husband Brian of Bethlehem, PA, Debby Okuly of Gaston, IN; one sister-in-law, Janice Ammons of Tallahassee.

Also surviving are two grandchildren: Rebecca Linton and Jaylee Edminson.

Funeral Services was held February 23, 2019 Saturday 11:00 AM at Winterville Assembly of God Church with the reverends Mitch Johnson, Danny Carnley and James Carnley officiating. Burial followed in the Steverson Cemetery with Peel Funeral Home directing. A time of visitation was held at Winterville Church Friday 5-8 PM.

HENRY SMITH

Mr. Henry Smith, 87 of Westville, Florida died on Wednesday, February 20, 2019, at Doctors Memorial Hospital in Bonifay, Florida. He was a United States Army Veteran. Born Friday, March 6, 1931 in West Bay, Florida, he was the son of the late Thomas Smith and the late Maggie Glass Smith.

Surviving is his wife Doris Minger Smith of Westville, FL, daughter, Cindy S. Harris of

Warner Robbins, GA, sisters, Mildred Denning of Bellview, FL and Tommie Lee Goodson of Pensacola, FL., grandchildren, Ariel Nicole Brentise and husband David of Warner Robbins, GA, Tyler Preston Harris of Great Falls, MT and Zachary Scott Harris of Savannah, GA.

He was predeceased by brothers, James Smith and JW Smith, sisters, Beatrice Jones and Mamie Tidwell, and son in law, Mickey

Harris.

A Funeral service was held at 3:00 PM on Saturday, February 23, 2019 at Sims Funeral Home Chapel with the Roger Dale Hagan and Michael Denning officiating. Interment was with Military Honors in Hickory Hill Cemetery, Westville, FL with Sims Funeral Home directing. The family received friends from 2:00 PM to 3:00 PM on Saturday, February 23, 2019, at Sims Funeral Home Chapel.

DARLENE M. HERNANDEZ

Darlene Marie Hernandez, age 58, of Noma, Florida died February 20, 2019. Memorialization was by cremation with Peel Funeral Home in charge of arrangements.

FAITH EVENTS

Oak grove to hold mid-winter camp meeting

BONIFAY – Oak Grove Pentecostal Ministries will hold a Mid-Winter Camp Meeting at 7 p.m. through Friday, March 1. The church is located at 1131 Highway 179 in Bonifay. For more information call 850-956-4339

West Pittman to hold Going Beyond Simulcast

WESTVILLE – West Pittman Baptist Church will hold the Going Beyond Simulcast from 9 a.m. to 4:30 p.m. Saturday, August 6. The simulcast will be with Priscilla Shire and worship will be with Anthony Evans. Lunch will be provided. The

church is located at 1603 Bradley Road in Westville.

West Pittman to host Eric Horner

Westville – West Pittman Baptist Church will host Eric Horner in Concert at 6 p.m. Sunday, June 2. The church is located at 1603 Bradley Road in Westville.

JERRY W. CORBIN

Jerry W. Corbin, 61 of Bonifay, FL passed away Wednesday, February 20, 2019 at Noland Hospital in Dothan, AL. Jerry was born in Panama City, FL on May 28, 1957. Alumni of Graceville High School, Class of 1975, he worked with the Sony Corporation for over 20 years and then he worked with Toyota of Dothan before he medically retired.

Jerry was a devoted family man. He enjoyed spending time with all his family and for the past 20 years he and his brothers always took time to have "brother-time" and would pick a place to go and stay for a few days. His humor and laugh were contagious, along with his



love of wrestling. Jerry was a long time member of Damascus Baptist Church in Graceville.

Proceeded in death by his mother Myrtice Courtney Corbin and father Ira Lee Corbin.

Survived by his beloved wife Billie Ann Corbin, one son Zachary Wayne (Melea) Corbin, two daughters Amie Marie (Keith) Petty, Mandie Lynn Corbin; four brothers David

(Janice) Corbin, Richard Corbin, Robert (Pat) Corbin, Ronnie (Gwen) Corbin, two sisters Susie (Kevin) Dutton, Nancy (Andy) Skipper; two grandchildren Megan Petty, Savannah Petty; a host of nieces, nephews and cousins.

A Graveside Service was held at 11:30 AM Saturday, February 23, 2019 at the East Mt. Zion United Methodist Church Cemetery with Bro. Ryan Helms officiating, James & Lipford Funeral Home in Graceville directing. Family received friends at the funeral home Friday, February 22, 2019, 5 p.m. until 7 p.m. Expressions of sympathy can be made at www.jamesandlipford.com

SHEILA F. CORBIN

Sheila Faye Corbin, age 57, passed from this life Friday, February 15, 2019 at Flowers Hospital in Dothan, AL. She was born in Hollywood, FL on November 28, 1961 to Robert and Julia (Howell) Paige. Sheila was a homemaker for her family.

She is preceded by her parents.

Survivors include her husband: Raff Samuel Corbin of Chipley, FL, her son: Jeremy Corbin and wife Cortney of Chipley, FL, two daughters: Amanda Taylor and fiancé Rowdy Gilbert



of Cottondale, FL and Jennifer Reagin and husband Robert of Aspen, CO, two brothers: Kenneth Roberts Jr. and David Paige, 5 sisters: Regina Seaton, Gladys Vaughn, Teresa Copeland, Shelby Gay and Shirley Paige, 9

grandchildren: Kayleigh Taylor, Kendall Redmon, Kamaryn Boone, Keahan Brooks, Easton Reagin, Harper Corbin, Elle Reagin, Jace Corbin, and Nash Reagin and many nieces and nephews.

Sheila's visitation was held from 10:00-11:00A.M., Wednesday, February 20, 2019 at Brown Funeral Home Chapel. There was a private graveside following the service.

Brown Funeral Home of Chipley, FL are in charge of arrangements. Family and friends may sign the online register at www.brownfh.net

JAMES M. BAIRD

James M. "Jim" Baird of Graceville died after a long illness on Monday, February 18, 2019. Jim was born in Birmingham, AL on August 12, 1936 to the late Vesta and James Pope Baird. A 1954 graduate of Leon High School in Tallahassee, FL, Jim continued his education at Florida State University in Tallahassee. His major was business and he was on the Florida State swim team. He married Jackie Camille Jones on July 17, 1971. Jim was a supporter of Boy Scouts of America.

He had reached the rank of Eagle Scout and he also won the God and Country award. Another award that Jim treasured was the Order of the Arrow. He was active in Dothan Civic Clubs such as the Optimist Club. In Geneva he was active in the First Baptist Church and member of the Rotary Club. He was owner of Jones-Baird Chevrolet in Geneva for many years. Since retirement He and Jackie have made their home in Graceville. He was an avid lover of water sports. He is survived by his

beloved wife Jackie, one son Jacob Baird and his sister-in-law Margaret Jones Brooks.

Funeral services were held at 2 p.m., on Wednesday, February 20, 2019 at the First United Methodist Church of Graceville with Rev. Mike Pearson officiating.

Burial followed in Marvin Chapel Cemetery with James & Lipford Funeral Home in Graceville directing. Expressions of remembrance and sympathy can be made at <http://www.jamesandlipford.com/>

Find Obituaries. Share Condolences. Celebrate a Life.

Upload your Legacy guest book photos now for FREE!
With your paid obituary, family and friends will now have unlimited access to uploaded photos free of charge.



On the IMPROVED obituary section of www.chipleypaper.com or bonifaynow.com, you can:

- More easily search the most timely and complete online resource for newspaper obituaries
- View and sign the new online Guest Books
- Online access will also allow you to attach a candle to your love ones name along with your message.

Find obituaries, share condolences and celebrate a life at www.chipleypaper.com or bonifaynow.com
For further information or questions call 638-0212

If you would like to include an event in this list, email information to: news@chipleypaper.com

Washington County
NEWS
Times
Advertiser

In partnership with
Legacy.com[®]

HEALTH



IN THE NEWS

'KILLER T CELLS' MAY FIGHT FLU

Australian scientists recently said they have discovered immune cells that can fight all known flu viruses. Known as "killer T cells" that are found in over half the world's population, researchers found that the cells have been effective in fighting all common flu varieties, and they could lead to a universal, one-shot vaccine.

Currently because of the flu's mutating strains, vaccine formulas must be regularly updated and offer limited protection. "Influenza viruses continuously mutate to evade recognition by our immune systems, and they are vastly diverse, making it nearly impossible to predict and vaccinate against the strain that will cause the next influenza pandemic," University of Melbourne's Doherty Institute researcher Marios Koutsakos said.

NUMBER TO KNOW

40 PERCENT

According to a Cancer Research UK study, smokers and former smokers are 40 percent less likely to survive skin cancer 10 years after diagnosis than those who have never smoked.

HEART DISEASE

PUSHUPS DETERMINE ONE'S RISK

If an adult man can do at least 40 pushups per minute while maintaining a regular heart rhythm, without stopping, Harvard researchers suggest the risk for heart disease is about 96 percent lower than those who can only do 10 in the same time period.

—More Content Now

On-screen CPR

Heart-stopping movie scenes 'very rarely get it right'

By American Heart Association News

When we watch movies and TV, we suspend belief that people can't actually fly, zombies aren't real and animals can't talk.

So when CPR and other heroic measures to revive an unconscious victim pop up on the screen, should we react the same way?

"Movies very rarely get it right," said Dr. Howie Mell, an emergency room physician in suburban Chicago who has also been a firefighter and paramedic. "They need to create drama and tell a story in a succinct and cohesive manner. That doesn't always lend itself to an accurate portrayal."

Many health professionals wish that were different. Several studies in recent years have compared on-screen cardiac crises to reality and lamented the results.

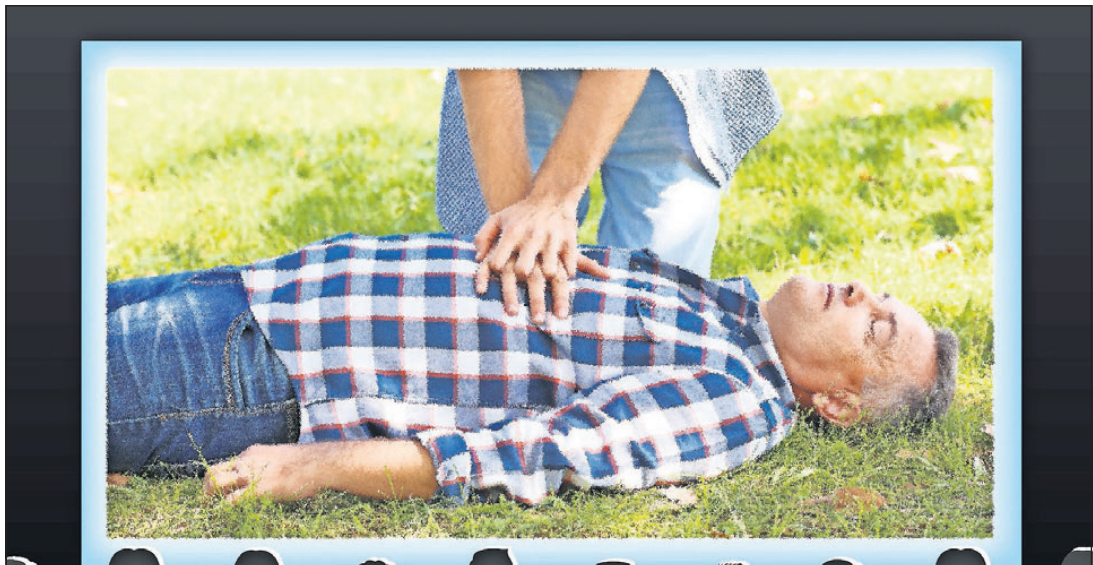
"In movies, defibrillation and cardiac arrest survival outcomes are often portrayed inaccurately, representing missed opportunities for public health education," concluded a 2014 study in the journal Resuscitation.

A 2017 analysis of three popular American and British TV shows in Postgraduate Medical Journal drew similar conclusions, declaring, "Given the popularity of television medical dramas, the poor depiction may be significantly contributing to poor public CPR knowledge."

Dr. Neil Shulman, associate professor of medicine at Emory University in Atlanta as well as an author and humorist, said popular culture can play a significant role in patient empowerment.

"It's easier to attract people to something that will make them laugh or be entertained than to be educated," said Shulman, whose novel "What? Dead ... Again?" was made into the 1991 film "Doc Hollywood," starring Michael J. Fox. "But if you can mix the two, you can have a giant impact."

Mell, a spokesperson for the American College



MCN ILLUSTRATION

of Emergency Physicians, noted several areas where entertainment is falling short. Foremost, he said, is the common scene where "the ambulance comes roaring in and the CPR save occurs in the hospital, where the medical team is the center of the drama. That's exceptionally rare."

Most cardiac arrests occur outside the hospital, with survival often depending on a bystander starting CPR immediately and an emergency medical team arriving quickly. When that doesn't happen, he said, the victim will probably die.

"In the best circumstances, maybe one or two out of 10 are going to survive," Mell said. "But the public believes it's nine out of 10. Hollywood changes the perception."

The biggest factor in increasing the save rate, Mell said, is widespread CPR training. Starting CPR immediately can double or triple the odds of someone surviving a cardiac arrest.

"You are far better pushing on the chest of someone who doesn't need it than standing around trying to decide if it's necessary," he said.

But do we learn that from watching heroic on-screen doctors?

"I think I have watched about as much film and probably more television than anybody in the country," said Bob Thompson, professor of television and

CPR class resources

<https://www.redcross.org/take-a-class/cpr>

<https://cpr.heart.org/>

popular culture at Syracuse University in New York. "I've seen a lot of CPR, but I certainly don't feel like what I learned qualified me to do it, any more than I've watched people deliver a baby hundreds of times and don't know more than to say, 'Breathe! One more push!'"

Thompson said the CPR message has been further muddled over the years by frequent scenes of comic awkwardness involving mouth-to-mouth resuscitation.

That message has changed. In 2015 the American Heart Association included Hands-Only CPR in its guidelines to allow those who don't know how to give "rescue breaths" — or are uncomfortable doing it — the option to provide only chest compressions until qualified help arrives.

For children, both chest compressions and rescue breaths are still recommended.

"It's extremely easy to provide CPR to an adult," Mell said. "Place your hands in the middle of the chest and compress at the rate of 100 to 120 compressions per minute, which is roughly the beat of the song

'Staying Alive.' That's it."

Mell said that an AED, which delivers an electric shock to the heart to restore a normal rhythm after cardiac arrest, comes with simple instructions and helpful graphics so most untrained rescuers can use it successfully.

Defibrillators are key to Mell's other dramatic pet peeve, the ubiquitous scene where actors in white coats apply paddles to a patient who has flat-lined and shock him or her back to life.

"That always makes me cringe," he said. "It makes for good drama, but we don't do that."

The shock actually stops a heart that is twitching or not beating rhythmically in hopes of restoring a regular heartbeat.

"It's kind of like a reset button," he said. "But you don't do control-alt-delete when the computer is off."

Mell doesn't expect Hollywood to dilute its entertainment value, but he does have a suggestion for popular shows like "Grey's Anatomy."

"I would love to see a couple of episodes where they show an out-of-hospital cardiac arrest and then at the end show a two-minute video about how to do CPR," he said.

Thompson agreed, but has this advice in the meantime.

"Enjoy the show," he said. "Then go take a CPR course."

TODAY'S WORKOUT

Triceps press will tone your upper arms

By Marlo Alleva
More Content Now

According to Punxsutawney Phil, we are in for an early spring, which means warmer weather and short sleeves, so we'll focus now on the upper back of the arm, triceps.

Our move today is a kettle bell triceps press. You will need a set of light kettle bells or hand weights, and a yoga mat for this exercise.

Begin by lying on your back on your mat. Hold your kettle bells or hand weights in each hand and extend both arms straight up. With your arms



Marlo Alleva demonstrates a kettle bell triceps press. [ERNST PETERS/THE LEDGER]

extended, focus on keeping the elbows tucked inward keeping them as close to your torso as possible.

Start your movement by bending in one elbow,

bringing it all the way down toward the mat, as close to your torso as possible. Try not to touch the floor.

Once you reach your lowest point, extend the weight

back up to your starting position. Immediately proceed with your other arm. Continue this move for at least eight to 10 times on each side. Take a small break and continue for another three to five sets.

This move is simple and easy for nearly everyone to do, as long as you are able to lie on the floor.

Because you are already on the floor, you can combine this move with other floor exercises.

Marlo Alleva, a group fitness coordinator at Fontaine-Gills YMCA in Falunza, can be reached at faluvza@msn.com.

FAITH

CHURCHES

From Page B4

574 Buckhorn Boulevard
Eastside Baptist Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6 p.m.
 The church is located at Highway 277 in Vernon.

First Free Will Baptist Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 10:45 a.m.
 Wednesday service is at 6 p.m.
 The church is located at 1387 South Boulevard.

Gap Pond Free Will Baptist Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 The church is located at 1980 Gap Boulevard in Sunny Hills.

Grace Baptist Chapel Mission
 Sunday School is at 9:45 a.m.
 Morning Worship is at 10:50 a.m.
 Wednesday services are at 7 p.m.
 The church is located at 440 Lot E Second Street, Chipley.

Holmes Creek Baptist Church
 Sunday School is at 9:30 a.m.
 Morning Worship is at 10:30 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service AWANA is at 5:30 p.m. and Bible Study is at 6 p.m.
 The church is located at 335 Cope Road in Chipley.

Holyneck Missionary Baptist Church
 Sunday School is at 9:30 a.m.
 Morning Worship is at 11 a.m.
 Wednesday service is at 6 p.m.
 The church is located 3395 Cemetery Lane, Campbellton.

Jerusalem Missionary Baptist Church
 Sunday School is at 9 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 5 p.m.
 Wednesday service is at 6 p.m.
 The church is located at 614 Bennett Drive in Chipley.

Mt. Ararat Missionary Baptist Church
 Sunday School is at 9:30 a.m.
 Morning Worship is at 11 a.m.
 Wednesday service is at 6 p.m.
 The church is located at 1233 Old Bonifay Road in Chipley.

New Orange Baptist Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Wednesday services are at 6 p.m.
 The church is located on Alford Road in Washington County.

New Prospect Baptist Church
 Sunday School is at 9:45 a.m.
 Morning worship services are at 11 a.m.
 Sunday evening services are at 5 p.m.
 Wednesday supper is at 5 p.m.
 Wednesday prayer meeting, bible study and children's classes start at 5:45.
 The church is located at 761 New Prospect Road in Chipley.

Oakie Ridge Baptist Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6:30 p.m.
 The church is located at the corner of Orange Hill Road and Gilberts Mill Road.

Orange Hill Baptist Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 10:45 a.m.
 Evening Worship is at 6 p.m.
 Wednesday prayer and Bible Study is at 6:30 p.m.
 The church is located at 3485 Gainer Road in Chipley.

Orange Hill Missionary Baptist Church
 Sunday School is at 9:45 a.m.
 Morning worship on the first and third Sunday of the month is at 11 a.m.
 Wednesday night prayer meeting is at 6 p.m.
 The church is located at 816 Sunday Road in Chipley.

Piney Grove Free Will Baptist Church
 Sunday School is at 9:30 a.m.
 Morning Worship is at 10:30 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.
 The church is located at 1783 Piney Grove Road south of Chipley.

Pleasant Hill Free Will Baptist Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.
 The church is located south of Bonifay at 1900 Pleasant Hill

Road.
Poplar Springs Baptist Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.
 The church is located at 1098 Lovewood Road two miles east of Highway 77.

Poplar Head Independent Free Will Baptist Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6 p.m.
 The church is located on Poplar Head Road.

Sand Hills Baptist Church
 Sunday School is at 9:15 a.m.
 Morning Worship is at 10:30 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6:30 p.m.
 The church is located at 6758 Highway 77.

Shiloh Baptist Church
 Sunday School is at 9:15 a.m.
 Morning Worship is at 10:30 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 5:45 p.m.
 The church is located on Highway 277, three miles south of Highway 90 in Chipley.

Shiloh Missionary Baptist Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11:15 a.m.
 Wednesday service is at 6 p.m.
 The church is located at 3013 Moss Hill Road in Vernon.

St. John Free Will Baptist Church
 Sunday School is at 10 a.m.
 Morning worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.

St. Matthews Missionary Baptist Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Wednesday service is at 6 p.m.
 The church is located at 4156 St. Matthews Road in Caryville.

Salem Free Will Baptist Church
 Sunday School is at 10 a.m.
 Worship service is at 11 a.m.
 Evening worship is at 6 p.m.
 Wednesday service is at 7 p.m.
 Church is located at 2555 Kynesville Highway in Alford.

Sunny Hills First Baptist Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.

Unity Baptist Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 5 p.m.
 Wednesday services are at 6:30 p.m.
 The church is located at 3274 River Road in Vernon.

Vernon First Baptist Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 6 p.m.
 The church is located at 2888 Church Street in Vernon.

Wausau First Baptist Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 7 p.m.
 The church is located at 3493 Washington Street in Wausau.

Catholic
St. Joseph The Worker Catholic Church
 Sunday Mass is at 11 a.m.
 Tuesday Mass is at 9 a.m.
 The church is located at 1664 Main Street in Chipley.

St. Theresa Catholic Church
 Sunday Mass is at 9 a.m.
 Monday through Friday Mass is at 8 a.m.
 Saturday Mass is at 5 p.m.
 Adoration is the first Friday after 8 a.m.
 Mass. The church is located at 2071 Sunny Hills Blvd and the Rectory is located at 2056 Sunny Hills Boulevard in Sunny Hills.

Church of Christ
Chipley Church of Christ
 Sunday morning bible study is at 9:30 a.m.
 Morning Worship is at 10:30 a.m.
 Evening Worship is at 5 p.m.
 Wednesday services are at 6 p.m.
 The church is located at 1295 Brickyard Road in Chipley.

Spirit-Filled Church of God in Christ
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Tuesday service is at 6 p.m.
 The church is located at 2128 Pate Pond Road in Caryville.

Episcopal
Grant Tabernacle AME
 Sunday School is at 9:30 a.m.
 Morning Worship is at 11 a.m.
 The church is located at 577 Martin Luther King Boulevard in Chipley.

St. John AME
 Morning Worship is at 11:30 a.m.

St. Joseph AME
 Sunday School is at 9:30 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 5 p.m.
 Tuesday services are at 7 p.m.
 The church is located at 1401 Monroe Sheffield Road, Chipley.

St. Luke African Methodist Episcopal Church (AME)
 Morning Worship is at 11 a.m.
 Wednesday service is at 7 p.m.
 The church is located on Jackson Community Road.

St. Mary African Methodist Episcopal Church (AME)
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 The church is located at 1035 St. Mary Road, in Caryville.

St. Matthews Episcopal Church
 Morning worship is at 9 a.m.
 The church is located on Highway 90 west in Chipley.

Evangelistic
Vernon Evangelistic Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 7 p.m.
 The church is located on Highway 79 in Vernon.

Caryville Evangelistic Center
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 7 p.m.
 The church is located on Wrights Creek Road in Caryville, just north of Highway 90.

Holiness
Harris Chapel Holiness Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 5:30 p.m.
 Wednesday services are at 7 p.m.
 The church is located eight miles north of Caryville on Highway 179.

Johnson Temple First Born Holiness
 Sunday School is at 10 a.m.
 Morning Worship is at 11:30 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 6 p.m.
 Friday services are at 6 p.m.
 The church is located at 793 Orange Street, Chipley.

Miracle Valley Spirit of Holiness
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6:30 p.m.
 Tuesday services are at 7 p.m.
 The church is located 3754 Bunyon Drive, off Highway 77 near Sunny Hills.

Methodist
Chipley First United Methodist Church
 Sunday School is at 9:50 a.m.
 Morning Worship is at 9 a.m. (contemporary service) and 11 a.m. (traditional service).
 The church is located at 1285 Jackson Avenue

East Mount Zion United Methodist Church
 Sunday School is at 10 a.m.
 Morning worship is at 10 a.m.
 Evening Worship is at 5:30 p.m.
 Wednesday fellowship meal and Bible study is at 6 p.m.
 The church is located at 1590 Highway 173 in Graceville.

Lakeview United Methodist
 Morning Worship is at 9 a.m.
 Thursday morning Bible Study 9 a.m.
 The church is located on Highway 279 near Five Points.

New Hope United Methodist Church
 Morning Worship is at 11 a.m.
 Wednesday Bible Study is at 10 a.m.
 The church is located at on Highway 79 in New Hope.

New Vision United Methodist Church
 Sunday School is at 9:30 a.m.
 Worship is at 11 a.m.
 Wednesday night supper is at 5:45.
 Wednesday Bible Study is at 6:30 p.m.
 The church is located at the corner of Highway 77 and Blocker Church Road in Greenhead.

Orange Hill United Methodist Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.
 The church is located on State Road 77

Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 The church is located on Sunday Road just off Orange Hill Road.

Vernon United Methodist Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
Wausau United Methodist Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 The church is located on State Road 77

Pentecostal
House of Healing United Pentecostal Church
 Sunday Service is at 10:30 a.m..
 Thursday Bible Study is at 7 p.m.
 The church is located at 1816 Highway 90 in Chipley.

Wausau Pentecostal Holiness
 Sunday School is at 9:45 a.m.
 Morning Worship is at 10:55 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 6 p.m.
 The church is located at 2201 Pioneer Road in Wausau.

Rock Hill Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Friday Night Worship is at 6 p.m.
 The church is located at 339 Rockhill Church Road in Chipley.

Trinity Pentecostal Tabernacle
 Sunday School 9:45 a.m.
 Morning Worship is at 10:45 a.m.
 Evening Worship is at 6 p.m. (First and Third Sunday)
 Wednesday service is at 7 p.m.
 Located at 5279 Highway 77 South of Sunny Hills

Turning Point Home of the First United Pentecostal Church
 Sunday School is at 1 p.m.
 Worship Service is at 2 p.m.
 Bible Study Thursday is at 7 p.m.

Presbyterian
Chipley First Presbyterian Church
 Sunday School is at 9:30 a.m.
 Morning Worship is at 11 a.m.
 Wednesday, night sing-along is at 6 p.m.
 The church is located at Fifth Street and Watts Avenue

Sunny Hills Presbyterian
 Morning Worship is at 9 a.m.
 Sunday School is at 10:30 a.m.
 The church is located at 3768 Country Club Boulevard

Other
Bonnett Pond Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6:30 p.m.
 Wednesday services are at 6:30 p.m.
 The church is located at 2680 Bonnett Pond Road in Chipley.

Christian Fellowship Center
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Wednesday services are at 7 p.m.
 The church is located at 1458 Monroe Sheffield Road in Chipley.

Christian Haven
 Sunday school is h at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Wednesday service is at 7 p.m.
Church of God by Faith
 Sunday School is at 10 a.m.
 Morning Worship is at 11:45 a.m.
 Tuesday service is at 7:30 p.m.
 The church is located at 3012 Church Street.

Church of God of Prophecy
 Morning Worship is at 9:45 a.m.
 Evening Worship is at 5 p.m.
 Wednesday service is at 6 p.m.
 The church is located at 1386 W. Jackson Avenue in Chipley.

Courts of Praise
 Morning Worship is at 10 a.m.
 Wednesday service is at 6:30 p.m.
 The church is located at 1720 Clayton Road in Chipley.

Cypress Creek
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.
 The church is located at 1772 Macedonia Road.

Faith Covenant Fellowship
 Morning Worship is at 10:30 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 7 p.m.
 The church is located on Highway 277 ½ mile south of I-10.

Family Worship Center
 Morning Worship is at 10:30 a.m.
 Evening Worship is at 6 p.m.
 Wednesday services are at 6 p.m.
 The church is located at 1705 Pioneer Road in Chipley.

Graceville Community Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6 p.m.
 The church is located at 1005 E. Prim Avenue

Graham's Chapel
 Morning worship at 11 a.m.
 Tuesday Bible Study at 7 p.m.
 The chapel is located at 1218 Campbellton Avenue in Chipley.

Hard Labor Creek Community Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6 p.m.
 The church is located at 1705 Pioneer Road three miles east of caution light.

Holmes Valley Community Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6 p.m.
 The church is located at 3550 Fannig Branch Road in Vernon.

House of Prayer Worship Center
 Sunday School and Children's Church is at 9 a.m.
 Morning Worship is at 11 a.m.
 Youth activities on Wednesday begin at 4:30 p.m.
 Praise and worship services are at 6:30 p.m. on Friday.
 The church is located at 763 West Boulevard in Chipley.

Impact Worship Center
 Sunday. Morning Worship is at 10 a.m.
 Thursday service is at 6:30 p.m.
 The church is located at 3006 New Hope Road Marianna.

Liberty
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Wednesday service is at 6:30 p.m.
 The church is located at 3983 Creek Road in Vernon.

McQueens Temple First Born
 Church of Living God
 Sunday School is at 10 a.m.
 Morning Worship is at 11:30 a.m.
 Wednesday service is at 7 p.m.
 The church is located at 5681 Highway 79 South, Vernon.

New Faith Temple
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 The church is located at 841 Orange Hill Road.

New Foundation Fellowship
 Morning Worship is at 10 a.m.
 Wednesday service is at 6 p.m.
 The church is located on Rock Hill Church Road.

Northwest Florida Christian Church
 Morning Worship is at 10:30 a.m.
 The church is located at 4465 Highway 77.

Rhema Praise and Worship Center
 Morning Worship is at 10:30 a.m.
 Thursday service is at 7 p.m.
 The church is located 763 West Boulevard in Chipley.

Sunny Hills Chapel
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6:30 p.m.
 The church is located at 4283 Highway 77.

Pleasant Grove Church
 Morning Worship is at 9 a.m.
 The church is located at 2430 Shakey Joe Road in the Hinson's Crossroads Community.

Tabernacle of Praise Church of God
 Sunday School is at 10 a.m.
 Morning Worship is at 10:45 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6:30 p.m.
 The church is located on Highway 77 South.

The Living Word
 Morning Worship is at 10:30 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.
 The church is located at the corner of Highway 77 and Blocker Road in Greenhead.

White Double Pond
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening worship is at 6 p.m.
 Wednesday service is at 6 p.m.
 The church is located on Creek Road in Vernon.

Yes Lord Deliverance COGIC
 Sunday School is at 10:30 a.m.
 Worship is at noon.
 Tuesday services are at 7 p.m.
 The church is located at 739 Seventh Street in Chipley.

a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.
 The church is located 531 Rock Hill Church Road, Chipley.

Graceville Community Church
 Sunday School is at 9:45 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6 p.m.
 The church is located at 1005 E. Prim Avenue

Graham's Chapel
 Morning worship at 11 a.m.
 Tuesday Bible Study at 7 p.m.
 The chapel is located at 1218 Campbellton Avenue in Chipley.

Hard Labor Creek Community Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6 p.m.
 The church is located at 1705 Pioneer Road three miles east of caution light.

Holmes Valley Community Church
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6 p.m.
 The church is located at 3550 Fannig Branch Road in Vernon.

House of Prayer Worship Center
 Sunday School and Children's Church is at 9 a.m.
 Morning Worship is at 11 a.m.
 Youth activities on Wednesday begin at 4:30 p.m.
 Praise and worship services are at 6:30 p.m. on Friday.
 The church is located at 763 West Boulevard in Chipley.

Impact Worship Center
 Sunday. Morning Worship is at 10 a.m.
 Thursday service is at 6:30 p.m.
 The church is located at 3006 New Hope Road Marianna.

Liberty
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Wednesday service is at 6:30 p.m.
 The church is located at 3983 Creek Road in Vernon.

McQueens Temple First Born
 Church of Living God
 Sunday School is at 10 a.m.
 Morning Worship is at 11:30 a.m.
 Wednesday service is at 7 p.m.
 The church is located at 5681 Highway 79 South, Vernon.

New Faith Temple
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 The church is located at 841 Orange Hill Road.

New Foundation Fellowship
 Morning Worship is at 10 a.m.
 Wednesday service is at 6 p.m.
 The church is located on Rock Hill Church Road.

Northwest Florida Christian Church
 Morning Worship is at 10:30 a.m.
 The church is located at 4465 Highway 77.

Rhema Praise and Worship Center
 Morning Worship is at 10:30 a.m.
 Thursday service is at 7 p.m.
 The church is located 763 West Boulevard in Chipley.

Sunny Hills Chapel
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6:30 p.m.
 The church is located at 4283 Highway 77.

Pleasant Grove Church
 Morning Worship is at 9 a.m.
 The church is located at 2430 Shakey Joe Road in the Hinson's Crossroads Community.

Tabernacle of Praise Church of God
 Sunday School is at 10 a.m.
 Morning Worship is at 10:45 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 6:30 p.m.
 The church is located on Highway 77 South.

The Living Word
 Morning Worship is at 10:30 a.m.
 Evening Worship is at 6 p.m.
 Wednesday service is at 7 p.m.
 The church is located at the corner of Highway 77 and Blocker Road in Greenhead.

White Double Pond
 Sunday School is at 10 a.m.
 Morning Worship is at 11 a.m.
 Evening worship is at 6 p.m.
 Wednesday service is at 6 p.m.
 The church is located on Creek Road in Vernon.

Yes Lord Deliverance COGIC
 Sunday School is at 10:30 a.m.
 Worship is at noon.
 Tuesday services are at 7 p.m.
 The church is located at 739 Seventh Street in Chipley.



COVERING MILTON TO APALACHICOLA

emerald coast

marketplace

YOUR FLORIDA FREEDOM CLASSIFIED CONNECTION

850-638-0212

850-638-4242

visit us online at
emeraldcoastmarketplace.com

Real Estate • New & Pre-Owned Automotive • Classifieds • Job Search partnered with ZipRecruiter®

1100-1170
ANNOUNCEMENTS

- 1100 - Legal Advertising
- 1110 - Classified Notices
- 1120 - Public Notices/Announcements
- 1125 - Carpools & Rideshare
- 1130 - Adoptions
- 1140 - Happy Ads
- 1150 - Personals
- 1160 - Lost
- 1170 - Found

LEGAL ADVERTISING
1100

2-3542 INVITATION TO BID SALE OF SURPLUS REAL PROPERTY
NOTICE OF HEREBY GIVEN that the City of Chipley, Florida, is requesting sealed bids for the sale of certain surplus property known as "The Mongoven Property" which is more particularly described as follows:
The Property is described as follows: 687-691 Fifth Street, Chipley, Florida: 32 feet off the West side of Lot Numbered 237, in S 1/2 of the NE 1/4 of Section 4, Township 4 North, Range 13 West, according to the L. W. Morfit Map of the City of Chipley, Florida, on file in the Office of the Clerk of Circuit Court of Washington County, Florida.
Parcel # 00000000-00-1449-0000
The Property will be sold "as is" for cash with no warranty expressed or implied. The City of Chipley urges prospective bidders to view the Property before submitting a bid. Access to the Property will be by appointment ONLY, during normal business hours, Monday through Friday, 8:00 am to 5:00 pm, by contacting the City Clerk at 1442 Jackson Avenue, Chipley, FL 32428; (850) 638-6350.
Each Bidder shall pay a deposit equal to 10% of his/her/its bid amount, which may be made in cash, cashier's check, certified check or surety bid bond made payable to the City of Chipley. The failure to include a bid deposit with the bid may result in disqualification and rejection of the bid. The bid deposit shall be returned and/or refunded to any unsuccessful Bidder.

LEGAL ADVERTISING
1100

The successful Bidder's bid deposit shall be applied towards the purchase price at closing on the Property.
The successful Bidder shall execute the AS-IS Purchase Contract contained within the Bid Package within 10 days of notice of the awarding of the Bid by the City Council. In addition, the successful Bidder shall be required to comply with the additional development requirements as shall be approved by the City Council and included in the Bid Package, a copy of which may be obtained by contacting the City Clerk at 1442 Jackson Avenue, Chipley, FL 32428; (850) 638-6350.
The City shall convey title to the Property by Special Warranty Deed. The City Council reserves the right to reject any or all bids for any reason as it may deem to be in the best interest of the City of Chipley. The City Council also reserves the right to waive any formalities in the bidding process.
Sealed Bids must be submitted in a sealed envelope marked "SEALED BID - MONGOVEN PROPERTY" on the front of the envelope. The envelope should be addressed to:
City of Chipley, Florida
Attn: Patrice Tanner
1442 Jackson Avenue
Chipley, Florida 32428
Bids must be received at the Office of the City Clerk, 1442 Jackson Avenue, Chipley, Florida 32428, no later than 2:00 P.M., Central Time, April 2, 2019. Bids received after that date and time will not be considered. All bids will be opened at 2:05 P.M., Central Time, April 2, 2019, and presented to the City Council at the regular City Council meeting to be held on April 12, 2019, at 6:00 P.M., Central Time. For more information please contact, Patrice Tanner, Assistant City Manager/City Clerk, at 850-638-6350. Dated this 12 day of February, 2019.
CITY OF CHIPLEY, FLORIDA
BY: DAN MINER, City Administrator
ATTEST:
PATRICE A. TANNER, City Clerk
Feb 20, 27, 2019

LEGAL ADVERTISING
1100

2-3546 Public/Private Sale
As pursuant to Florida Statutes 83.805 the personal property stored in the following unit(s) will be disposed of on Monday, March 4, 2019 (not auctioned off) at MORRIS STORAGE RENTALS located at 4259 Highway 77, Chipley, Florida. The tenant may pay this bill prior to March 4, 2019 to recover their property, or call to set up a day to make full payment in office or credit card by phone. If not paid by this day, the personal property will immediately become the property of MORRIS STORAGE Rentals at same location.
UNIT # 50/51 Adam Holmes (\$563.90)
UNIT # S-12 Jacob Yeatman (\$414.55)
February 20 and 27, 2019

LEGAL ADVERTISING
1100

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court ON OR BEFORE THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.
All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.
ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES SECTION 733.702 WILL BE FOREVER BARRED.
NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.
The date of first publication of this notice is February 27, 2019.
Attorney for Personal Representative: TIMOTHY H. WELLS
Attorney for Personal Representative Florida Bar Number: 0559806
Post Office Box 155 Bonifay FL 32425-0155
Telephone: (850) 547-3644
Fax: (850) 547-5555
E-Mail: wellsawfirm@bellsouth.net
Secondary E-Mail: wellsmediation@gmail.com
Personal Representative: KELLY R. COLLINS
960 Lena Ln Chipley FL 32428
February 27 and March 6, 2019

LEGAL ADVERTISING
1100

PARENTAL RIGHTS)
TO: Margrett McLaughlin
ADDRESS UNKNOWN
YOU ARE HEREBY NOTIFIED THAT the State of Florida, Department of Children and Families, has filed a Petition to terminate your parental rights and permanently commit the following children for adoption: J.G. born on January 30, 2010 and J.G., born on September 3, 2013. A copy of the Petition is on file with the Clerk of the Court. You are hereby commanded to appear on April 18, 2019, at 1:00 p.m., before the Honorable Circuit Judge Tim Register, Juvenile Division, at the Washington County Courthouse, 1293 Jackson Avenue, Chipley, Florida 32428, for an ADVISORY HEARING. FAILURE TO PERSONALLY APPEAR AT THIS ADVISORY HEARING CONSTITUTES CONSENT TO THE TERMINATION OF PARENTAL RIGHTS OF THIS CHILD (OR CHILDREN). IF YOU FAIL TO APPEAR ON THE DATE AND TIME SPECIFIED, YOU MAY LOSE ALL LEGAL RIGHTS AS A PARENT TO THE CHILD OR CHILDREN NAMED IN THIS NOTICE.
If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact [1293 Jackson Avenue, Chipley, Florida 32428 or (850) 638-6285] at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.
WITNESS my hand as Clerk of said Court and the Seal thereof, this 12th day of February 2019.
LORA BELL, as Clerk of Court
By: Tamera Donjuan As Deputy Clerk
February 20 and 27 and MARCH 6 and 13, 2019

CLASSIFIED NOTICES
1110

AVIATION Grads work with JetBlue, United, Delta and others- start here with hands on training for FAA certification. Financial aid if qualified. Call Aviation Institute of Maintenance. 888-242-2649

2100-2150
PETS & ANIMALS

- 2100 - Pets
- 2110 - Pets: Free to Good Home
- 2120 - Pet Supplies
- 2130 - Farm Animals/Supplies
- 2140 - Pets/Livestock Wanted
- 2150 - Pet Memorials

PETS
2100

JACK RUSSELL FAMILY
Puppies are 6 wks old Ready to give away. Mom & Papa has to go. Full bred Jack Russells. They are rescue dogs. No papers. I can't afford them now. Moving, so please help me out.
850-326-9930

3100-3350
MERCHANDISE

- 3100 - Antiques
- 3110 - Appliances
- 3120 - Arts & Crafts
- 3130 - Auctions
- 3140 - Baby Items
- 3150 - Building Supplies
- 3160 - Business Equipment
- 3170 - Collectibles
- 3180 - Computers
- 3190 - Electronics
- 3200 - Firewood
- 3210 - Free Pass it On
- 3220 - Furniture
- 3230 - Garage/Yard Sales
- 3240 - Guns
- 3250 - Good Things to Eat
- 3260 - Health & Fitness
- 3270 - Jewelry/Clothing
- 3280 - Machinery/Equipment
- 3290 - Medical Equipment
- 3300 - Miscellaneous
- 3310 - Musical Instruments
- 3320 - Plants & Shrubs/Supplies
- 3330 - Restaurant/Hotel
- 3340 - Sporting Goods
- 3350 - Tickets (Buy & Sell)

BUILDING SUPPLIES
3150

SAWMILLS from only \$4397.00- MAKE & SAVE MONEY with your own bandmill. Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-567-0404 Ext.300N

FIREWOOD
3200

Seasoned & Green Wood for sale. Great for cooking & heating. Split \$100, delivery extra. Mulberry, Pecan and oak. Ask about March Special. 850-326-1962

GARAGE/YARD SALES
3230

LARGE ABANDONED GOODS SALE
Friday & Saturday, March 1 and 2, 2019 8:00AM to 5:00PM. Located on Maple Avenue, Geneva, Alabama, near courthouse.

MISCELLANEOUS
3300

Wanted to Rent: Farm land or pasture in Chipley & surrounding areas for the year 2019. 850-718-1859.

If you didn't advertise here, you're missing out on potential customers.

BUSINESS DIRECTORY

MOVING/STORAGE

For Rent First in Chipley, Mini Warehouses. If you don't have the room, "We Do" Lamar Townsend (850)638-4539, north of Townsend's.

4100-4130
EMPLOYMENT

4100 - Help Wanted
4130 - Employment Information

HELP WANTED
4100

Position available at the Chipley Walmart Vision Center for a **Optometric Technician**. Must be computer literate. Please call 850-819-9450 for more info.

6100-6200
REAL ESTATE FOR RENT

- 6100 - Business/Commercial
- 6110 - Apartments
- 6120 - Beach Rentals
- 6130 - Condo/Townhouse
- 6140 - House Rentals
- 6150 - Roommate Wanted
- 6160 - Rooms for Rent
- 6170 - Mobile Home/Lot
- 6180 - Out-of-Town Rentals
- 6190 - Timeshare Rentals
- 6200 - Vacation Rentals

BUSINESS/COMMERCIAL RENTALS
6100

Retail Store Space available. Main Street. Chipley. 850-638-1918

HOUSE RENTALS
6140

Nice clean houses, apartments & mobile homes for rent in Bonifay area. HUD approved. Also, homes for sale, owner financing with good credit. Call Martha (850)547-2531.

One Bedroom House for rent on a pond near Bonifay. Call Dave, 850-849-0535 for more information.

MOBILE HOME/LOT RENTALS
6170

2/3/BR Mobile Homes For Rent \$50/MO up. Cottontale area. Includes Garbage/sewage/ lawn service. Electric \$57 turn on fee. www.charloscountryliving.com 850-209-8847

7100-7200
REAL ESTATE FOR SALE

- 7100 - Homes
- 7105 - Open House
- 7110 - Beach Home/Property
- 7120 - Commercial
- 7130 - Condo/Townhouse
- 7140 - Farms & Ranches
- 7150 - Lots and Acreage
- 7160 - Mobile Homes/Lots
- 7170 - Waterfront Property
- 7180 - Investment Property
- 7190 - Out-of-Town Real Estate
- 7200 - Timeshare

HOME FOR SALE
7100

For Sale 5 1/4 acres 2BR trailer 3 Outside buildings gravel circle driveway \$67,000 Price negotiable. Country living Chipley area 850-658-4639. 850-638-7290

LOTS AND ACREAGE
7150

For Sale Two acre plot and one acre plot in Jacob City, FL. Call 850-849-9338.

Highway 77 2 miles south of Chipley 4-8 acre tract Bedie Road. Call Milton Peel at 850-326-9109

8100-8340
AUTOMOTIVE, MARINE RECREATIONAL

- 8100 - Antique & Collectibles
- 8110 - Cars
- 8115 - Muscle & Sport Vehicles
- 8120 - Sports Utility Vehicles
- 8130 - Trucks
- 8140 - Vans
- 8150 - Commercial
- 8160 - Motorcycles
- 8170 - Auto Parts & Accessories
- 8210 - Boats
- 8220 - Personal Watercraft
- 8230 - Sailboats
- 8240 - Boat & Marine Supplies
- 8310 - Aircraft/Aviation
- 8320 - ATV/Off Road Vehicles
- 8330 - Campers & Trailers
- 8340 - Motorhomes

CARS
8110

CASH FOR CARS: We Buy Any Condition Vehicle, 2002 and Newer. Nation's Top Car Buyer! Free Towing from Anywhere! Call Now: 1-888-995-2702

BUSINESS GUIDE



Excavating & Land Clearing!

Hazardous Aerial Tree Removal • Stump Grinding
Trimming & Pruning • Emergency Tree Service • Lot Clean Up
Dow Morris, Owner/Operator



TREE SERVICE

850-527-6291
850-849-3825

Hasty Heating & Cooling

Residential and Commercial
HVAC Services • Commercial Coolers & Freezers
Service on all Makes & Models
Heat Pumps, Electric & Gas • Electrical Services
Exterior Elevated Lighting & Wiring
Serving Washington, Holmes and Jackson Counties for 20 Years
With Friendly and Reliable Service!
(850) 638-3611
Lic. CAC #1814468, EC1300793, RF0066690

ADVERTISE YOUR SERVICE OR BUSINESS FOR AS LITTLE AS \$10 A WEEK!*
Reach thousands of potential customers with your Business Guide ad in the:
WASHINGTON COUNTY NEWS HOLMES COUNTY-TIMES ADVERTISER WEEKLY ADVERTISER
CALL TODAY! 850-638-0212
*Minimum 8-week contract.

C & C Bookkeeping and Tax Service
January-April Monday-Friday 8am-5pm
Saturday 8am-Noon
May-December Monday-Friday 8am-4pm
(850) 638-1483
Notary Available

THARP & SONS MINI STORAGE
Hwy. 77 S., Chipley, FL **(850) 638-8183**
Hwy. 177A, Bonifay, FL **(850) 547-0726**
5x5 \$25.68
5x10 \$35.31
10x10 \$46.01
10x20 \$80.25
Open 24 Hours, Self-Service, No Deposit, Units are Carpeted

NEED PRINTING? WE CAN HELP!
Business Cards • Fliers
Brochures • Invoices
Postcards • Direct Mail Programs and More!
Washington County News Times Advertiser
Call for Quotes **850.638.0212**

At what all you can find in the classifieds...
Fresh Produce
Pets
Garage Sales
Bikes
Homes
Rentals
Trucks & Cars and More!

2019 MEDICAL DIRECTORY

A guide to medical services in Bay, Holmes, Jackson and Washington Counties and in Dothan, Alabama



SPECIAL SUPPLEMENT TO THE WASHINGTON COUNTY NEWS AND HOLMES COUNTY TIMES-ADVERTISER

SEE SERVICE LISTINGS, PAGE 21



Doctors Memorial Hospital

"Caring Hands, Caring Heart"

A SCREENING
THAT CAN SAVE
YOUR LIFE.

Call (850)547-8166 to schedule
your screening mammogram
appointment right now!



Radiology services include:

- Mammography
- Ultrasound
- Bone Densitometry
- MRI
- Pain Management
- CT
- X-Ray
- Barium Studies

Northwest Florida Community Hospital

Is pleased to announce

**Cardiac Rehabilitation is now offered at the
NFCH - Cardiopulmonary Rehabilitation Center.**

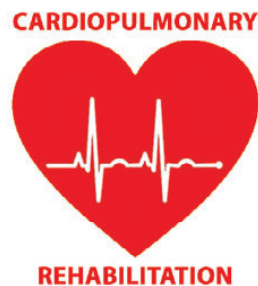
What is Cardiac Rehab?

- Customized outpatient exercise and education program specific to your needs
- Can reduce your risk of death from heart disease or future heart problems by 50%
- Helps you improve your health and recover from a heart attack, heart surgery or other forms of heart disease
- Helps you regain strength, prevent conditions from worsening, improving quality of life
- Benefits people of all ages
- Monitored by experienced clinical staff who are advance cardiac life support certified
- Physician referral is required • Covered by most insurances

You may benefit from cardiac rehabilitation if your medical history includes:

- Heart attack • Coronary artery disease • Heart failure
- Peripheral artery disease • Chest pain (angina) • Cardiomyopathy
- Certain congenital heart diseases • Coronary artery bypass surgery
- Angioplasty and stents • Heart or lung transplant • Heart valve repair or replacement

If you have had a heart attack or heart surgery, or if you have another heart condition, ask your doctor about joining our cardiac rehabilitation program and be on your way to improving your quality of life.



For more information call

850-415-8320

NFCH Cardiopulmonary
Rehabilitation is located at
877 3rd Street, Chipley, FL



Oral health: How to avoid cavities

Melissa Erickson
Gatehouse Media

Candy is a treat but almost synonymous with cavities.

According to Centers for Disease Control and Prevention on oral health, in 2016, 37-percent of Floridians had not visited a dentist or dental clinic within the past year and 37 percent of adults age 65 and over reportedly lost six or more teeth to tooth decay or gum disease.

That's why it is important to keep the health of your teeth in mind the next time you think about eating sugary treats, said Dr. Cody Hughes, associate professor in residence and director of Advanced Education Program



Pediatric Dentistry, University of Nevada, Las Vegas.

Save candy for after eating

Eat sweets directly after a meal instead of as snacks throughout the day. This will help keep your mouth's pH level even, which is crucial to preventing cavities.

"When we eat sweets,

the pH level in our mouths drops and if it falls too far, the enamel of our teeth demineralize and weaken," Hughes said. "And when the pH remains low for an extended period of time due to frequent sugary intake, cavities develop. So eat less candy less often."

Wash it down

The quickest way to raise pH level and remove lingering sugar is to drink water. This holds true for all candy, juices and other sweet foods.

Have your children swish with water and swallow after they finish their treats, Hughes said.

Go for chocolate

Some candies and snacks will get you to a

cavity more quickly than others.

"The worst candy offenders are the sticky and sour varieties such as Sour Patch Kids, Sour Skittles, etc.," said Hughes. "Also avoid candy that remains in the mouth for extended periods of time such as Gummy Bears, fruit snacks and Starburst. These types of candy prolong the amount of time sugar is in the mouth."

Compared to these sticky, sour candies, chocolate is the better option.

"But even chocolate should be eaten in moderation, immediately following a meal, and washed down with water," Hughes said.

Diabetes and dental care: Guide to a healthy mouth

Mayo Clinic

What do brushing and flossing have to do with diabetes? Plenty. If you have diabetes, here's why dental care matters — and how to do it right.

When you have diabetes, high blood sugar can take a toll on your entire body — including your teeth and gums. The good news? Prevention is in your hands. Learn what you're up against, and then take charge of your dental health.

Cavities, gum disease and other problems

Whether you have type 1 diabetes or type 2 diabetes, managing your blood sugar level is key.

The higher your blood sugar level, the higher your risk of:

Tooth decay (cavities).

Your mouth naturally contains many types of bacteria. When starches and sugars in foods and beverages interact with these bacteria, a sticky film known as plaque forms on your teeth. The acids in plaque attack the surfaces of your teeth (enamel and dentin). This can lead to cavities and gum disease.

The higher your blood sugar level, the greater the supply of sugars and starches — and the more acid wearing away at your teeth.

See DENTAL, M16

General, Cosmetic & Family Dentistry

- ✓ Tooth-Colored Fillings, Dentures, Root Canals
- ✓ Botox/Dermal Fillers
- ✓ Invisible Orthodontics
- ✓ Sleep Apnea & Snoring Appliances
- ✓ Accepting New Patients 5 Years and Up



Down Home
Dental Center

Sasha J. Minor, DMD, PA

"As a Courtesy
We File Most Insurances"

Tuesday - Friday
8am-5pm



downhomedental@gmail.com
699 2ND ST. • CHIPLEY, FL

850-638-4708



Dr. Sasha J. Minor



CHIPLEY therapy group

Physical | Occupational | Speech | Massage | Aquatic | Pediatrics

850-638-8447

Our clinical staff works with each patient and their referring physician to develop a rehabilitation program tailored to meet their specific needs. Our comprehensive rehabilitation services are designed to help our patients achieve maximum functional gains as quickly as possible. We are the only local outpatient clinic that offers physical, occupational, speech, massage, aquatic, and pediatric therapies.



Chauncey Belser, PT



Alan Justice, PT



Freddie Kolmetz, PT



Nick Kolmetz, PT



- State-of-the-art underwater treadmill for aquatic therapy.
- Hospital-based outpatient rehabilitation facility.
- Private pay massage therapy.
- Specialized therapist in the treatment of pediatric clients.
- Every treatment is provided by a licensed therapist.
- Local therapists with over 100 years of combined experience.

Our Therapists

Chauncey Belser, PT
Alan Justice, PT
Freddie Kolmetz, PT
Nick Kolmetz, PT
Debra Grande, PT
Madelyn Price, SLP
Allison Stoutamire, OT

Rhonda Best, COTA
Jennifer Vinta, PTA
Tiffany Johnson, PTA
Candice Tice, PTA
Nick Meyer, PTA
Mallory McDaniel, LMT



chipleytherapygroup.com

We are located behind the Northwest Florida Community Hospital in the Health & Wellness Center Building

DMH offers medical stabilization services

By **Diane M. Robinson**
Times-Advertiser

@HCTA_Diane

drobinson@chipleypaper.com

BONIFAY – A little known service has been offered at Doctors Memorial Hospital for the past four years. That service is medical stabilization to help people overcome withdrawal symptoms from drug and alcohol addictions through New Vision medical stabilization service.

The New Vision service serves adults with a medically supervised hospital stay for inpatient stabilization, which usually lasts three to five days. Patients can only be admitted by a licensed physician, and will be admitted five days a week, Monday – Friday.

The inpatient stay will include prescreening, assessment, admission, medical stabilization

and discharge planning. Upon admission, an assessment will be completed with an evaluation of the patient's medical history, a physical, a laboratory workup and nursing assessment. This service offered up to three times in a person's lifetime. This service is not currently provided to patients withdrawing from methamphetamine. Medicaid and Medicare insurance is accepted as well as patients from all over the Panhandle.

Upon being discharged from the medical stabilization, a plan is developed for the patient for referral to an appropriate community-based treatment programs to help prevent relapse and continue their treatment.

Community Care Coordinator Tara Nix says what makes this service different is the compassion shown to patients.

"We treat those that come in with compassion," said Nix. "We don't treat them any

differently than we do anyone else who comes to the hospital for care. We don't want anyone to feel like they are less than anyone else, we care and that sets us apart."

According to Nix the service has a 95 percent success rate getting patients through medical stabilization and into aftercare. While there is only one patient currently using the service, Nix says she would like to see as many as 20 patients come in during a month's time.

"My goal is to help as many people as we can," said Nix. "I would love to see as many as 20 patients per month use our service."

DMH Administrator Joanne Baker says meeting the needs of the community is most important.

"There is a definite need in our community," said Baker. "We want to be able to meet those needs with this service. Many

don't know this service is available, word of mouth is important to spread the word."

A letter received from a patient's husband spoke of how thankful he was that the service was able to get his wife back on the right track after being weaned off of a powerful anti-anxiety medication. After her hospital stay and being home the husband says she is doing well and it is owed to the work of the staff at the hospital.

"My wife is doing great with her new meds and has had no panic attacks," he said. "The staff we dealt with was amazing and I cannot thank them enough for taking care of my wife."

Another patient called the staff angels sent from above.

"I believe in my heart that God sent you angels from above to help heal us," she said. "I cannot explain how grateful I am that you never once judged me and

that you helped to pull me out of the darkness. Thank you for being so kind and treating me with so much respect."

Doctors Memorial Hospital is a partner with New Vision, a hospital-based medical stabilization and withdrawal management service, that is provided through a partnership with SpecialCare Hospital Management of St. Charles, Missouri, and is currently offered in nearly 50 hospitals across the United States. SpecialCare has been providing inpatient medical stabilization in collaboration with short-term acute care hospitals for over 26 years. More information can be found at www.specialcarecorp.com.

For more information about the New Vision medical stabilization service please contact New Vision at Doctors Memorial Hospital Monday through Friday at 850-547-8092.

Your *Vision* Truly is Our *Mission*
Continuing Our Tradition of Eye Excellence


Eye Center South
Your vision. Our mission.



2800 Ross Clark Circle Dothan, AL 36301 334-793-2211

Dothan | Albany | Andalusia | Destin | Marianna | Montgomery | Panama City | Tallahassee | Troy | Wetumpka



"Caring Hands, Caring Heart"

Swingbed Therapy

Post-surgical hospital therapy here in Bonifay



Want to know if you qualify? SWING BED PATIENTS CAN BE:

TRANSFERRED AFTER:

- Joint replacement surgery
- Stroke
- Amputation surgery

PATIENTS WHO HAVE:

- Resolving pneumonia
- Long term antibiotic therapy
- Wound care needs
- Debilitation from a vehicle accident

Doctors Memorial hospital provides personalized recovery programs after your illness or accident with activities to make your stay more enjoyable.

For more information, contact
Marena Smith at (850) 547-8132

Pictured: Martha, Activities Director



SENIORS! NEED EMERGENCY HELP WITH YOUR UTILITY BILL?



The Emergency Home Energy Assistance For The Elderly Program (EHEAP) May Be Able to Help!

Funds are now available from the Area Agency on Aging for North Florida, Inc. to provide emergency home energy assistance for elders. Households with persons 60 years of age and older with low incomes who are in immediate danger of losing their source of home heating or cooling may be considered for eligibility.

**To apply for assistance, please contact the
Florida Elder Helpline at**

1-800-963-5337



Eligibility is household income based. Submission of
application does not guarantee payment.

Northwest Florida Community Hospital

Wound Healing Institute offers hope for fast healing and better quality of life

The Wound Healing Institute of Northwest Florida Community Hospital

provides the most up-to-date scientific advancements in treating chronic and non-healing wounds that result in the best possible healing outcomes, in the shortest amount of time, to get you back to your life.

The Wound Healing Institute staff is made up of physicians and nurses specializing in advanced wound healing and hyperbaric technologies. We provide a comprehensive approach offering individualized treatments with the latest procedures and equipment:

- Hyperbaric Oxygen Therapy • Total Contact Casting
- Negative Pressure Therapy • Compression Therapy
- Diabetic Wounds • Pressure Sores
- Burns, including those from Radiation
- Surgical Wounds
- Arterial or Venous Ulcers • Nutritional Counseling
- Wound Management Education

Hyperbaric Oxygen Therapy

There is hope for even the most difficult wounds using Hyperbaric Oxygen Therapy, which is a painless and noninvasive treatment that delivers the natural healing qualities of 100% oxygen under pressure. The additional oxygen provided by the therapy helps the body fight infection and promotes formation of healthy tissue.

The Wound Healing Institute provides the most advanced hyperbaric chambers utilizing technology that enhances patient comfort and safety. Our Hyperbaric Oxygen Therapy program has been accredited by the Undersea and Hyperbaric Medicine Society since 2013.

We welcome both physician referrals as well as self-referrals. Call today and let the healing begin!

850-415-8300

Wound Healing Institute
1360 Brickyard Rd. Chipley, FL
www.nfch.org



NFCH: A great start to building a healthy community

The News Staff

Family medicine is more than caring for patients within clinic walls—it's caring for patients within the environment of their communities. A Family medicine physician integrates a broad-spectrum approach to primary care with the consideration of health-impacting social needs and community factors, while also serving as an advocate for the patient. This includes the biological, clinical, and behavioral aspect of health, encompassing all ages, sexes, each organ system, and every disease factor.

Individuals who regularly visit a family physician are more



File photo. Visitors learn more about treatment offered by hyperbaric oxygen chambers during an open house held in honor of NFCH Wound Care Institute's fifth-year anniversary.

likely to receive preventive services, better management of chronic illnesses, and decreased chance of premature death, thus improved overall health. Visiting your family provider helps reduce health care costs and increases health care quality.

"We are usually a patient's first contact for health concerns, helping

patients to identify community resources that may be available," NFCH Chief Executive Officer Michael Kozar previously said in a statement. "The family practitioner cares for their patients in the context of their family and the ways in which the health of each family member affects the others. They care

for patients regardless of age or health condition, sustaining an enduring and trusting relationship."

By building relationships with their patients over time, family physicians are able to develop a comprehensive understanding of their patients' health, and offer insightful, personal guidance and treatment.

In addition to family medicine, NFCH is also known for its Wound Healing Institute which offers scientific advancements in treating problem wounds.

The institute coordinates care with patient's regular physician to make sure that all required steps are taken to maintain a continuity of care.

At the institute, the NFCH team is committed to providing the most up-to-date wound treatments that result in the best possible healing outcomes in the shortest amount of time - to get patients back to their regular lives, which includes traditional wound treatments, as well as advanced hyperbaric therapy.

The Hyperbaric Oxygen Therapy program at NFCH has been accredited by the Undersea and Hyperbaric Medicine Society since 2013. And, as of three years ago, NFCH has held the standard for Total Contact Casting, earning the title of Center of Excellence for Total Contact Casting.

NFCH Wound Healing Institute can help to heal:

- Diabetic ulcers
- Infected wounds/bites/lacerations
- Arterial ulcers
- Burns
- Cellulitis
- Failed grafts/flaps
- Malignant wounds
- Osteomyelitis
- Pressure ulcers
- Soft tissue necrosis
- Non-healing surgical wounds
- Traumatic wounds
- Vasculitis
- Venous ulcers
- Radiation treatment wounds

Leading the Region in Advanced Cardiovascular Care

State of the Art Treatment of Heart & Vascular Conditions
 Nationally Accredited Diagnostic Labs • Cardiovascular Research Program
 Nine cardiologists providing quality and compassionate care.



Anthony Evans, MD



Amir Haghghat, MD



Nghia Hoang, DO



Thompson Maner, MD



Michael Morrow, MD



Hashem Mubarak, MD



Samir Patel, MD



Michael Stokes, MD



Joe Trantham, MD



CARDIOVASCULAR INSTITUTE
 OF NORTHWEST FLORIDA

Now With Two Locations - Town & Beach!

2507 Harrison Ave., Ste. 101
 Panama City, FL 32405

11111 Panama City Bch Pkwy, Ste. 109
 Panama City Beach, FL 32407

(850)769-0329 • www.CardiovascularInstitute.com

By **Center for Vein Restoration**

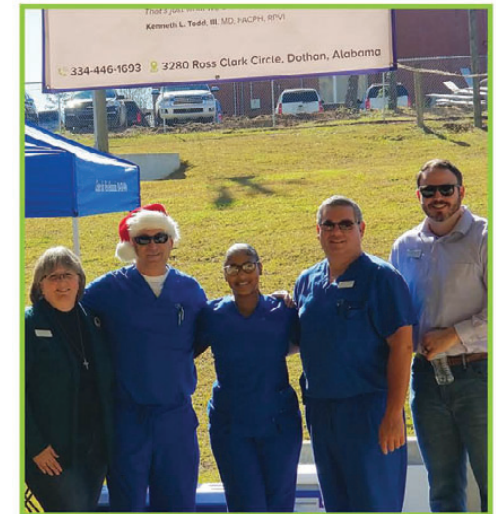
Recover. Rebuild. Restore... **Together.**

Community health is not just about providing access to excellent health care, but also supporting those who can make the biggest difference in challenging situations.

Following Hurricane Michael, the Center for Vein Restoration (CVR) hosted a luncheon at Jackson Hospital in Marianna on December 7. The luncheon was held to recognize first responders and medical staff in Jackson County who serve the community everyday. CVR staff brought enough food (catered by Hunt's Seafood and Steak Restaurant) to feed about 450 people.

It was a personal goal of Dr. Kenneth Todd, a medical director with CVR, to thank those who went above and beyond during Hurricane Michael. "I lived through hurricane Opal and people from all over the panhandle came to help out our community... I know how important it is to look after each other. That's just what we do in the South," said Dr. Todd.

The mission of Center for Vein Restoration is to improve lives in the communities we serve by providing state-of-the-art vascular care in a compassionate and affordable manner.



"I know how important it is to look after each other. That's just what we do in the South." - Dr. Todd

Are you suffering from:

- | | |
|--|--|
| <input type="checkbox"/> Leg pain | <input type="checkbox"/> Restless Leg |
| <input type="checkbox"/> Swelling | <input type="checkbox"/> Varicose Veins |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Spider Veins |
| <input type="checkbox"/> Leg Ulcers | <input type="checkbox"/> Skin Changes |

Help is available in your community.



Kenneth L. Todd, III
MD, FACPH, RPVI

Serving the Wiregrass for 20+ years
3280 Ross Clark Circle, Dothan, AL 36303



Call to schedule an appointment
334-446-1693

Visit us www.centerforvein.com

 **Center for Vein Restoration**

Northwest Florida Community Hospital

Providing Total Healthcare for the Entire Family!

Illnesses & Injuries - Chronic Conditions - Family Care - Wound Care

John D. Byrd, MD

A native of Jackson County, Dr. John D. Byrd is Board Certified in Internal Medicine which allows him to provide specialized care for his patients, from well-care preventative measures to treating more complex chronic conditions such as: diabetes, thyroid disorders, kidney disease, arthritis, COPD, hypertension, and heart failure, to name a few. Dr. Byrd accepts patients in his Graceville and Chipley locations.



John Byrd, MD
Board Certified
Internal Medicine

1360 Brickyard Rd. - Specialty Center, Chipley, FL

For an appointment please call

850-415-8185

5429 College Drive, Graceville, FL

For an appointment please call

850-263-0639

Michael Kennedy, ARNP-C

Growing up in Holmes County gives Michael Kennedy a unique connection to his patients from Holmes, Washington and Jackson counties. Michael provides compassionate care for family health issues and minor medical emergencies for all ages. In addition Michael offers well child visits, immunizations, sports physicals, and hypertension management.



Michael Kennedy, ARNP-C

5429 College Drive, Graceville, FL

For an appointment please call

850-263-0639

Family Healthcare of Chipley

The physician and nurse practitioners at Family Healthcare of Chipley provide quality care for you and your family. Dr. David Aronoff, Urologist, specializes in the treatment of both Adult and Pediatric Urology needs. The combination of Urology and Family Medicine enhance the ability to manage your health in a comprehensive manner. Call for an appointment.



David Aronoff, MD
Board Certified Urology,
Pediatric Urology



Zachary Dickson, ARNP-C



Jeffery Horton, ARNP-C

Walk-ins Welcome • Most insurances accepted.

1410 Brickyard Rd., Chipley, FL

For the health of your family, call for an appointment **850-638-3400**



nfch.org



Chipley Medical Group

EXPRESS CARE

Caring for your family is one of the most important roles of your life. Whether you make an appointment with Wendy Corbin, ARNP-C at Chipley Medical Group; or take advantage of the ease of a walk-in clinic with Christy Davis, ARNP-C or Sharon Lowery, ARNP-C, at Express Care, you have the confidence of receiving caring, compassionate, quality health care for your entire family.

Express Care is open Monday thru Saturday from 7 am to 7 pm; the extended hours in this clinic location offers **walk-in appointments for EXPRESS CARE** with minimal wait time, getting you back to work or school, or just helping you make the most of your personal time.



Wendy M. Corbin, ARNP-C



Christy Davis, ARNP-C



Sharon Lowery, ARNP-C

**Monday-Saturday 7 am - 7 pm
Healthcare when you need it!**

1376 Brickyard Rd., Suites 2 and 3, Chipley, FL **850-638-0552**

David Taing, MD

**Board Certified Sports Medicine
Board Certified Family Medicine
Certified in Hyperbaric Therapy**



David Taing, MD
Board Certified
Sports/Family Medicine
Certified
Hyperbaric Therapy

Dr. Taing is Board Certified in Sports Medicine and Family Medicine. As a sports medicine physician, Dr. Taing treats joint and back pain, as well as orthopedic injuries such as fractures and sprains that do not require surgical repair. Dr. Taing provides quality, compassionate and complete care to the entire family.

1360 Brickyard Rd. - Specialty Center, Chipley, FL

For an appointment, please call

850-415-8303

Vernon Clinic

Providing healthcare close to home, for your entire family. Leann Davidson offers comprehensive, quality care in a compassionate environment. Same day appointments are available.



Leann Davidson, ARNP-C

3250 Main St., Vernon, FL

Call for an appointment
for all of your healthcare needs.

850-535-2096

FPTC offers health careers in a year

If you are interested in becoming an essential part of health care team, Florida Technical Panhandle College provides great training opportunities for jobs to fit your dreams that can be completed in one year or less. The health care industry is filled with endless possibilities when it comes to choosing a career. You can work with patients or with papers, give a shot or give a shoulder to lean on. From medical coding and billing specialists to nursing, there are many jobs in health care that are in demand and pay well. Most FPTC health career programs begin in August; however some have spring semester starter dates, as well.

Hemodialysis is the newest program offered by FPTC. Kidney dialysis makes the

difference between life and death for those who suffer from renal (kidney) failure. Hemodialysis technicians administer, maintain and operate equipment for this life-sustaining procedure that cleanses the blood of metabolic waste products in a safe and aseptic environment for the patient. Hemodialysis technicians also prep patients, give local anesthesia, monitor patients' progress and create written reports for the doctor. Hemodialysis technicians also prep patients, give local anesthesia, monitor patients' progress and create written reports for the doctor. Hemodialysis technicians typically work under the supervision of lead technicians, registered nurses or doctors in dialysis centers, home health agencies, outpatient medical

centers and hospitals. Two hundred and forty hours of this 600-hour program are completed in clinical settings at local hospitals and dialysis clinics. Salaries in our area can expect to make between \$24,600-\$42,086 annually. Hemodialysis Certification of Completion for LPN's and RN's is now available through FPTC. FPTC is now offering a Hemodialysis Certification of Completion for LPN's and RN's interested in a career as a Hemodialysis Nurse. The program lasts 16 weeks which includes 255 hours of clinical experience all designed to help prepare current nurses for a career in the rewarding field of hemodialysis.

Patient Care Technician (also includes Nursing Assistants and Home Health Aides): Nursing assistants

commonly work in nursing care facilities and hospitals, but some are employed by doctors' offices, community care facilities and home health care services. Students in the PCT program learn to check patient vital signs, provide individualized health care, phlebotomy, electrocardiogram (EKG) testing, lab procedures and assist in medical examinations. After the first 170 hours of the program, students are able to test for their State Board Certified Nursing Assistant. This six month program includes classroom lectures, hands-on training using medical equipment, practical exercises in labs, and real world experience in a variety of medical facilities. The Bureau of Labor Statistics predicts employment of nursing

assistants to grow about 21 percent, which is faster than average for all occupations. Salaries in our area can expect to make between \$17,980-\$28,580.

Practical Nursing: Becoming a Licensed Practical Nurse is one of the quickest ways to become a nurse, as it only requires one year of training compared to Registered Nurses or Advanced Practice Nurses. Practical nurses must be very compassionate and patient, and be excellent caregivers. LPNs perform a variety of patient care tasks including feeding and bathing, giving injections, collecting samples for lab tests, monitoring patients and medical equipment, and dressing wounds. They also gather information from patients and record it, such as vital signs, and any symptoms described

by the patient. The program content includes theoretical instruction and clinical experience in medical, surgical, obstetric, pediatric, and geriatric nursing. Hands-on training working with patients in clinical settings in local area hospitals and medical facilities make up 50% of the total program. The program prepares students for their State Licensure in Practical Nursing. Salaries in our area can expect to make between \$29,880-\$46,060.

Phlebotomy program is a six-week course that enables students to work as phlebotomists. Phlebotomists work in blood banks, hospitals, clinics, and other medical facilities drawing blood from patients in preparation for medical testing. Salaries in our area can expect to make between \$20,880-\$35,060.

ACHIEVE YOUR CAREER IN A YEAR

- Hemodialysis
- Phlebotomy
- Medical Coder/Biller
- Practical Nursing
- Patient Care Technician
- Pharmacy Technician
- Emergency Medical Technician
- Certified Nursing Assistant

40-PLUS Certificate Programs
88% Job Placement* • **Flexible Scheduling**
Low Tuition/Aid

Learn how you can achieve one great career in a year - or less -
Call 850-638-1180, ext. 317 or visit FPTC.edu



757 Hoyt St. Chipley, FL
855.345.9482



*Based on average statewide placement rate

THERAPY WORLD OF NORTHWEST FLORIDA

Healing for a better life

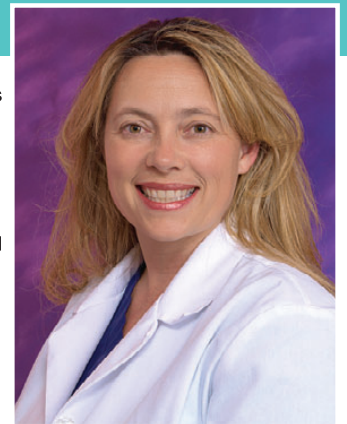
Cindy Johnson-Brown, MS, CCC-SLP brings a world of healing through speech therapy to clients in Washington, Holmes and Jackson counties.

Cindy Johnson-Brown is a speech language pathologist who is Vital Stim certified, a Dementia Certified Practitioner and Hanen "It Takes Two To Talk" certified.

She treats birth through geriatrics with a wide variety of child and adult speech and language disorders through –

- Individual Therapy Sessions • Consultative Services
- All consultations and appointments take place in the comfort and convenience of your own home or daycare.
- Early childhood program, play therapy, social skills therapy, articulation therapy, language therapy, reading and writing literacy services, therapeutic feeding and swallowing therapy, family training.

Cindy Johnson-Brown is an Early Steps Provider. She accepts Medicaid, Prestige, Staywell, Sunshine, Medicare, BCBS and other insurances as well as private pay.



www.therapyworldchipley.com • 850-638-4540 (office/fax)

Child and Adult disorders treated by Cindy Johnson-Brown, M.S., CCC-SLP include:
 Aphasia, Apraxia of Speech, Auditory Processing Disorder, Autism, Cleft Lip and Cleft Palate, Cognitive-Communication Disorders, Dementia, Dysarthria, Dysphagia (Swallowing and Feeding Disorders), Pragmatic Language Disorders, Preschool Language Disorders, Severe Disabilities, Selective Mutism, Speech Sound Development and Disorders in Children and Adults, Stuttering, Traumatic Brain Injury, Voice Disorders, & Stroke Rehabilitation

PAN CARE

OF FLORIDA, INC.

MEDICAL CLINICS

OPEN MONDAY - FRIDAY 8:00AM - 5:00PM



Jacob Robison, ARNP
 Bonifay (Holmes County)
 495 St. Johns Road
 Bonifay, Florida
 (850) 547-5547



Wade Melvin, MD
 Chipley (Washington County)
 1414 Main Street, Suite 4
 Chipley, Florida
 (850) 676-4926

Medical Offices

- Blountstown (Calhoun County)**
 PanCare Health (Medical & Behavioral Health)
 16875 North Cayson Street
 Blountstown, Florida 32424
 (850) 674-2244 / FAX: (850) 674-2249
- Bonifay (Holmes County)**
 PanCare Health (Medical & Behavioral Health)
 495 St. Johns Road
 Bonifay, Florida 32425
 (850) 547-5547 / FAX: (850) 547-5553
- Bristol (Liberty County)**
 PanCare Health (Medical & Behavioral Health)
 11033 NW State Road 20
 Bristol, Florida 32321
 (850) 643-1155 / FAX: (850) 643-1163
- Bruce (Walton County)**
 Muscogee Creek Tribal
 Health Center (Medical & Behavioral Health)
 278-A Church Road
 Bruce, Florida 32455
 (850) 835-1015 / FAX: (850) 835-1055
- Chipley (Washington County)**
 PanCare Health (Medical & Behavioral Health)
 1414 Main Street, Suite 4
 Chipley, Florida 32428
 (850) 676-4926 / FAX: (850) 676-4929
- Freeport (Walton County)**
 PanCare Health (Medical & Behavioral Health)
 479 East Highway 20
 Freeport, Florida 32439
 (850) 880-6568 / FAX: (850) 880-6583
- Marianna (Jackson County)**
 PanCare Health (Medical & Behavioral Health)
 4126 Independent Drive
 Marianna, Florida 32448
 (850) 394-4907 / FAX: (850) 394-4981
- Panama City (Bay County)**
 PanCare Health (Medical & Behavioral Health)
 2309 East 15th Street
 Panama City, Florida 32401
 (850) 747-5272 / FAX: (850) 747-5274
- Port St. Joe (Gulf County)**
 PanCare Health (Medical & Behavioral Health)
 2475 Garrison Avenue
 Port St. Joe, Florida 32456
 (850) 229-1043 / FAX: (850) 229-1104

Accepted Medical Insurance

Medicaid • Medicare
 Staywell • Prestige • Magellan • Molina
 Clear Health Alliance • Sunshine
 Childrens Medical Services (CMS)
 Blue Cross Blue Shield • Humana • United Healthcare

Affordable Sliding Fee Scale Available for Uninsured Patients

PanCare of Florida, Inc. is a 501(c)3 non-profit organization



DENTAL

From Page M4

Early gum disease (gingivitis). Diabetes reduces your ability to fight bacteria. If you don't remove plaque with regular brushing and flossing, it'll harden under your gumline into a substance called tartar (dental calculus).

The longer plaque and tartar remain on your teeth, the more they irritate the part of your gums around the base of your teeth, called the gingiva. In time, your gums become swollen and bleed easily. This is known as gingivitis.

Advanced gum disease (periodontitis). Left

untreated, gingivitis can lead to a more serious infection called periodontitis, which destroys the soft tissue and bone that support your teeth. Eventually, periodontitis causes your gums and jawbone to pull away from your teeth, which in turn causes your teeth to loosen and possibly fall out.

Periodontitis tends to be more severe among people who have diabetes because diabetes lowers the ability to resist infection and slows healing. An infection such as periodontitis may also cause your blood sugar level to rise, which in turn makes your diabetes more difficult to control. Preventing and treating periodontitis with regular dental cleanings can help improve blood sugar control.

Thrush. People with diabetes may be more likely to develop thrush, which is a fungal infection caused by the yeast *Candida albicans*. Signs of thrush include painful white or red patches inside your mouth. Practicing good oral hygiene can help you avoid thrush.

Dry mouth (xerostomia).

Some people with diabetes also experience a lack of saliva, a condition known as dry mouth. Without saliva to keep your mouth moist and bathe your teeth, you could be at risk of tooth decay, gum disease and thrush.

Proper dental care

To help prevent damage to your teeth and gums, take diabetes and dental care seriously:

- Make a commitment to

manage your diabetes. Monitor your blood sugar level, and follow your doctor's instructions for keeping your blood sugar level within your target range. The better you control your blood sugars, the less likely you are to develop gingivitis and other dental problems.

- Brush your teeth at least twice a day. Brush in the morning, at night and, ideally, after meals and snacks. Use a soft-bristled toothbrush and toothpaste that contains fluoride. Avoid vigorous or harsh scrubbing, which can irritate your gums.
- Consider using an electric toothbrush, especially if you have arthritis or other problems that make it difficult to brush well. Get

a new toothbrush at least every three months.

- Floss your teeth at least once a day. Flossing helps remove plaque between your teeth and under your gumline. If you have trouble getting dental floss through your teeth, use the waxed variety. If it's hard to manipulate the floss, use a floss holder.
- Schedule regular dental visits. Visit your dentist at least twice a year for professional cleanings, X-rays and checkups.
- Make sure your dentist knows you have diabetes. Every time you visit your dentist, remind him or her that you have diabetes. Make sure your dentist has contact information for your doctor who helps you manage your diabetes.

- Look for early signs of gum disease. Report any signs of gum disease — including redness, swelling and bleeding gums — to your dentist. Also mention any other signs and symptoms, such as dry mouth, loose teeth or mouth pain.
- Don't smoke. Smoking increases the risk of serious diabetes complications, including gum disease and ultimately, loss of your teeth. If you smoke, ask your doctor about options to help you quit.

Managing diabetes is a lifelong commitment, and that includes proper dental care. Your efforts will be rewarded with a lifetime of healthy teeth and gums.

Healthmark Regional Medical Center

4413 US HWY 331 SOUTH, DEFUNIAK SPRINGS
WWW.HEALTHMARKREGIONAL.COM
(850) 951-4500

General, Acute Care, Surgical Hospital
24-Hour Emergency Room
Complete Lab Services
MRI—CT Scans—UltraSound—X-Ray
Home Health Services • Physical Therapy
Durable Medical Equipment

WALK-IN CLINIC (850) 951-4556

We accept TriCare,
Medicare,
Medicaid and most major
insurance plans.



YUNUS RURAL HEALTH CLINIC

Dr. Mohammad Yunus, F.A.C.P.
Board Certified. American Board of Internal Medicine
Paula Stanley, A.R.N.P.
Internal Medicine



Our in-office services that we provide are: weight loss program, immunizations, EKG, 24-72 hours ambulatory heart monitoring (Holter Monitoring), treadmill exercise testing, nuclear stress test, spirometry, echocardiograms, audiometry, lab work, minor skin surgery cyrofreezing of warts and skin tags, we offer well child physicals, school physicals, sports physicals. Some of our other service include hospital services related to Internal Medicine/Family Practice. We also provide nursing home care.

404 E. Highway 90, Bonifay, Florida 32428
850-547-4284
Hours 9am-5pm

Physical therapy: More than just rehab

By Diane M. Robinson
The News | @HCTA_Diane
drobinson@chipleypaper.com

CHIPLEY - When most think of physical therapy they think it comes after an injury or surgery. That just isn't the case according to the people at Chipley Therapy Group. Services offered there include occupational therapy, speech therapy, aquatic therapy, physical therapy and massage. With those therapies comes a multitude of treatments to include: electronic stimulation, ultrasound heat and ice. Treatments that Physical Therapist Alan Justice says is personalized to each patient.

"When a patient comes

to us they can be sure they will receive personalized care," said Justice. "We offer one on one skilled services delivered by a licensed technician."

One issue Justice says they are seeing more and more of are those that suffer from vestibular issues such as vertigo.

"We have noticed an increase in patients with vestibular issues," said Justice. "What many don't know is that these types of issues can be treated by a physical therapist in relatively few treatments."

Not only are the services listed above offered, there is a gym that is open to the public to help people achieve health goals. Prices and hours of

operation for the gym are as follows: day passes - \$5, week passes - \$10 and monthly passes - \$30. The gym is open Monday - Saturday 4 a.m. to 11 p.m. and on Sunday from 12 p.m. to 5 p.m..

For those who hold a monthly gym membership, a discounted rate on massages is provided. \$22 for a half hour and \$44 for an hour. Regular rates are \$35 and \$60, respectively.

Chipley Therapy Group puts focus on quality of life

Nothing at Chipley Therapy Group and Wellness Center is more important than helping people achieve a better quality of life whether that means recovery or reaching those health and fitness goals.

Chipley Therapy Group associates have been caring for residents in the local area for 20 years and have taken pride in adding familiar faces to their staff over the years.

"We've got local therapists who came back and settled down to work in our area," said physical therapist Alan Justice.

Chipley Therapy Group is the only local outpatient clinic offering physical, occupational, speech, massage and aquatic therapies to help patients achieve maximum functional gain in the shortest amount of time possible. The group is also proud to offer pediatric services, home health services and vestibular rehabilitation.

Health Watch: Tips for avoiding falls

Gatehouse Media

If you're getting older, consider whether you're at risk of taking a fall once colder weather hits. Mayo Clinic notes that some 400,000 "fragility fractures" occur annually due to falls injuring osteoporosis-weakened bones.

Suggestions for minimizing such risk from Kim Lombard, Mayo Clinic's injury prevention coordinator:

- Walk like a penguin. Take short, careful steps, adopting a wide stance and pointing feet slightly outward to maintain balance.

- Exercise your legs

and core. Improve strength, balance, coordination and flexibility through low-impact yoga, tai chi, water workouts or dance.

- Choose good footwear. Wear close-fitting shoes and boots that provide good traction, perhaps investing in the handy removable ice cleats that strap right onto your shoes or boots for traversing slippery surfaces.

- Be prepared. Wear winter gear even on short walks so you'll be protected if you take a spill. And always bring

See HEALTH, M18

Southern Family Healthcare, P.A.

Specializing in Family Health
Where You're a Name, Not a Number.



Mark Garney, MSN, ARNP-C • Annette Porter, MD
877 Third St., Suite 4' Chipley, FL 32428
850-638-4383 • 850-415-6781

OUR FAMILY IS AWAITING YOUR FAMILY

Here to fit your
Long & Short Term
Health Care Needs!

BONIFAY
NURSING & REHAB CENTER

BONIFAY NURSING & REHAB CENTER
306 W. BROCK AVE • BONIFAY, FL

850-547-9289

HEALTH

From Page M17

your phone so you can call for help.

KIDS' HEALTH

How parents can encourage and support imaginative play

When kids are in the 3- to 5-year age range, toys and games take a more central and productive role in playtime, says Laurie Schacht, publisher of The Toy Insider.

Children reap six benefits from play-time, according to Calico Critters and The Genius of Play: physical, emotional, social, cognitive, creative and communication.

Pretend play is where kids' creativity can really shine, when they go deep



Exercise your legs and core to help avoiding falls. [PHOTO BY FRUITYFRUIT (OWN WORK) [CC BY-SA 3.0 (HTTP://CREATIVECOMMONS.ORG/LICENSES/BY-SA/3.0)], via Wikimedia Commons]

into new worlds, ideas and characters. Toys that mimic the world and let them imagine and control the happenings are optimal for facilitating this kind of play.

ALLERGIES

Do you have a dust mite allergy?

One of the most common indoor allergens, dust mites are a year-round annoyance.

- Symptoms: Nasal congestion, runny nose, sneezing, irritated eyes, coughing, wheezing, itchiness in throat.
- Diagnosis and

Treatment: Your allergist will perform a skin test or blood test to determine the cause of your allergy and order treatment that may include medications or allergy shots.

- Management: The presence of dust mites does not mean you have

a dirty house; they're everywhere. You can lessen or avoid your symptoms by opting for wood floors, cleaning with a vacuum that has a HEPA filter, using mite-proof cases on mattresses and pillows and washing linens regularly in hot water.

Use the allergist locator tool on the ACAAI website to find an allergist near you to treat your symptoms.

MEDICARE

5 mistakes that could cost you

You have a lot of choices when it comes to Medicare. And the most important might be choosing to take charge of your Medicare decisions in the first place.

Here are five common mistakes that you don't want to make during

enrollment.

1. Allowing automatic plan renewal to make your choice for you

2. Ignoring your plan's Annual Notice of Changes (ANOC)

3. Basing your plan choice on the premium alone

4. Picking a plan because your spouse or friend has it

5. Assuming you don't qualify for help with Medicare costs

Medicare Annual Enrollment offers a chance to change your Medicare coverage if you decide to. Review your current coverage and health needs so you can make an informed decision. For more information on Medicare Annual Enrollment, visit UHCOpenEnrollment.com.

THE MEDICAL GALLERY

Home Medical Equipment

217 North Waukesha Street • Bonifay, FL 32425
www.themedicalgallery.com (850) 547-6186



Medical Gallery Access & Mobility

Residential • Commercial • Automobile

WE REPAIR, RENT & SALE HANDICAP RAMPS & LIFTS FOR THE CAR, STAIRS & POOL!



NF-5038122



BAILEY FAMILY PRACTICE

Leisa Bailey, M.D. Board Certified Family Physician

Deborah Powell APRN, FNP-C

HEALTHCARE for the entire family including

- Maternity care & Pediatrics
- Daily in-house counselors available
- Optional group visits for diabetes, weight loss, and prenatal patients.
- Medicare Chronic Care Program

101 E Wisconsin Ave. Bonifay FL 32425 • 850-547-2209

Hours of Operation: 8 am - 5 pm M, W, Th; 8 am - 6 pm Tues., 8 am - 2 pm Fri.

Like us on Facebook!



NF-5038130

Cold remedies: Some OTC meds could spell trouble for your heart

American Heart Association News

Flu has so far infected more than 6 million Americans this season, and winter colds are making their rounds. If you've been hit by either, you may be thinking about heading to your local pharmacy to relieve your aches, pains and congestion.

But before you do, you need to consider how some over-the-counter cold medicines may impact your heart.

"People with uncontrolled high blood pressure or heart disease should avoid taking oral decongestants," said Sondra DePalma, a physician assistant

at the PinnacleHealth CardioVascular Institute at UPMC Pinnacle in Pennsylvania. "And for the general population or someone with low cardiovascular risk, they should use them with the guidance of a health care provider."

DePalma co-authored guidelines released in 2017 by the American Heart Association and American College of Cardiology focusing on the management of high blood pressure in adults. Both decongestants and non-steroidal anti-inflammatories (NSAIDs), found in many cold medicines, were listed as medications that could increase blood pressure.

Decongestants, like pseudoephedrine or phenylephrine, constrict blood vessels. They allow less fluid into your sinuses, "which dries you up," said Dr. Erin Michos, associate director of preventive cardiology at the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease in Baltimore.

"But if you have high blood pressure or heart disease, the last thing you need is constricting blood vessels," she said. "It can exacerbate or worsen the condition."

The biggest concerns are for people who have had a heart attack or stroke, or have heart failure or uncontrolled high blood

pressure, Michos said.

But research on NSAIDs suggests seemingly healthy people might also be at risk.

A 2017 study in the Journal of Infectious Diseases looked at nearly 10,000 people with respiratory infections who were hospitalized for heart attacks. Participants were 72 years old on average at the time of their heart attacks and many had cardiovascular risk factors, such as diabetes and high blood pressure. Researchers found that people who used NSAIDs while sick were more than three times as likely to have a heart attack within a week compared with the same time period about a year earlier when participants

were neither sick nor taking an NSAID.

This may be due to the compound effect.

Merely having a cold or the flu strains the cardiovascular system. Fighting the illness raises the heart rate and causes inflammation. Meanwhile, NSAIDs, which carry a warning label about the increased risk for a heart attack or stroke, can cause problems by reducing the amount of sodium excreted through the urine, which increases fluid retention and raises blood pressure, DePalma said.

NSAIDs can be especially risky for people with heart disease or heart failure, Michos added. People who are sick should use both classes

of medications, decongestants and NSAIDs, judiciously and understand the potential side effects.

For decongestants, blood pressure guidelines suggest using them for the shortest duration possible or using an alternative such as nasal saline or antihistamines to help with congestion. Decongestants shouldn't be taken longer than seven days before consulting with a health care provider, DePalma said.

NSAIDs taken as pills should be avoided when possible to avoid affecting blood pressure, guidelines advise. Rather, topical NSAIDs and acetaminophen are recommended alternatives.



NHC
HomeCare

Lic#: 21095096



Care is our business!

HomeCare is convenient, cost-effective and offers consistent, reliable care for the patient and peace of mind for family members. Our wide range of quality home care services provided by qualified professionals, ensures patient care needs are met completely in the privacy of your home.

- Skilled Nursing • Physical Therapy
- Occupational Therapy
- Home Health Aids • Speech Therapy

For more information call: 850.638.8118
Toll-free: 866.638.8118

Visit our website at: mynhhomecare.com

Serving Washington, Holmes, Jackson and Calhoun Counties
 1513 Highway 90 Chipley, FL



Beltone
Helping the world hear better

Hearing Aid Specialists



Olivia Wilder, HAS
Hearing Aid Specialist
USF, Language, Speech and Hearing



GREG YORDON, MS; HAS; BC-HIS
Board Certified in Hearing Instrument Sciences
FSU and Nova University
President - FSHHP



BECKY BLATZHEIM, HAS
Hearing Aid Specialist
BS. Health Education, UF

MEMBERSHIPS:
International Hearing Society
Florida Society of Hearing Healthcare Professionals
Better Business Bureau

For more than 79 years, Beltone is the most trusted name in hearing care!
 Beltone Amaze...The most complete hearing care technology in the industry. No more batteries and Natural sound Quality.



We're in your neighborhood! Financing Available. See store for details.

1756 US Hwy 90 W DeFuniak Springs, FL (850) 307-5152	1031 West 23rd Street Panama City, FL (850) 250-1990	1611 Main Street #4 Chipley, FL (850) 260-0436
---	---	---

Only Beltone offers the exclusive BelCare program, your assurance of the very best in hearing care. Call Today.

Jackson Hospital advances awareness on cervical cancer risks

Jackson Hospital

MARIANNA - The Cancer Care team led by Jackson Hospital Oncologists Dr. Tom Brown and Dr. Steven Stokes recently updated the community regarding the risks of cervical cancer. They presented the latest scientific research on cervical cancer risk reduction and prevention.

Contrary to popular belief, cervical cancer is a preventable cancer caused by the Human Papillomavirus (HPV). About 80 percent of Americans are carriers of the virus.

There has been a vaccine available to young adults and this month - Cervical Cancer Awareness Month - the U.S. Food & Drug Administration approved a vaccine for



Radiation Oncologist Dr. Steve Stokes and Medical Oncologist Dr. Tom Brown

[PHOTO CREDIT: JACKSON HOSPITAL]

administration to adults up to age 45. In Florida, about half of young adults in the dosing age range have taken the vaccine.

The bottom line message relayed by the physicians was get an annual physical along with age-appropriate health screenings and get the HPV vaccine

to prevent this form of cancer.

Jackson Hospital recently welcomed Dr. Tom Brown to its Medical Staff. Dr. Brown is board certified in Internal Medicine and Medical Oncology. He graduated from the University of Alabama at Birmingham and completed his residency in Internal Medicine and fellowship in Hematology/Oncology at the University of Texas Medical Branch. Dr. Brown specializes in the diagnosis and treatment of blood disorders and cancers from his practice in Suite 101 of the Hudnall Building, 4230 Hospital Drive, Marianna. Dr. Brown can be reached at (850) 526-6707.

Dr. Steven Stokes is a Radiation Oncologist at North Florida Cancer Care. He attended Auburn University on a Naval ROTC scholarship and following graduation, was an honor graduate of the U.S. Army Ranger School, subsequently serving in the Marine Corps in the reconnaissance team as a platoon and company commander with Vietnam service. Dr. Stokes' practice is located across from Jackson Hospital at 3031 Carters Mill Road in Marianna. He can be reached at (850) 526-2104.

Jackson Hospital is pleased to have high caliber, board certified Oncologists leading its cancer care services.

The hospital offers emergency, general medicine, and specialty healthcare to the

community, hurricane recovery workers, and families relocating to the area. Located at 4250 Hospital Drive, Marianna, FL, the hospital has over 109 physicians on staff, 31 of whom have active Medical Staff privileges. For information on hospital services, visit www.jackson-hosp.com. To find a physician, please call Rachel Toliver at (850) 718-2629.

About Jackson Hospital

Jackson Hospital is an award-winning 100-bed facility and is proud of its most recent recognition: The Florida Department of Health's Hepatitis B birth dose honor roll. The hospital holds awards in Reducing Harm Across the Board (FHA), Top 100 Rural & Community Hospital (iVantage), the first hospital in Florida's panhandle for achieving an early elective delivery rate less than 5% (The March of Dimes and American College of Obstetricians and Gynecologists), Blue Distinctive Center+ for Maternity Care designation, a new designation under the Blue Distinction Specialty Care Program (Blue Cross and Blue Shield Association).

The hospital was named in The Joint Commission's 2015 annual report "America's Hospitals: Improving Quality and Safety," for attaining and sustaining excellence in accountability measure performance for Heart Failure, Pneumonia, Surgical Care, Immunization, and Perinatal Care.

Dos and Dont's for healthy vein

DON'T extend exposure to heat

There is nothing better than a long, hot bath or hors d'oeuvres in the summer sun, but these practices do not promote healthy veins. Over time, heat, especially from a bath or hot tub, can increase vein swelling and lead to blood pooling. When this becomes a regular practice, it can lead to venous insufficiency and blood clots.

DO hydrate

Hydration is the key to a healthy body, but especially helps veins that may be already susceptible to insufficiency. When your body is hydrated with water, your blood becomes thinner and therefore flows more easily. Thick blood is usually a sign that there is not enough water in the body and puts veins at a higher risk for clots and insufficiency. The bloating and swelling often caused by dehydration is often a sign of this inefficient flow of blood and may lead to more serious problems. Drink at least eight 8-oz cups of water on a daily basis to keep your body and heart healthy.

DON'T consume sugary drinks

Sodas, juices and energy or sports drinks may taste great, but they do not support your veins being in tiptop shape! Increased sugar intake leads to an increased production of low-density lipoprotein in the body, which can become oxidized and stuck to the walls of your blood vessels and lead to a buildup of plaque. This plaque causes clotting and can lead to high cholesterol as well as venous and arterial conditions. Keeping vein and artery walls clear is dependent upon proper hydration, along with a diet high in natural sugars contained in fruit, and lots and lots of veggies.

DO walk

Just because weight lifting may not be beneficial to your vein health does not mean that exercise should be counted out completely. In fact, walking is one of the most effective ways to keep your veins healthy. This exercise is low-impact and encourages the contraction of muscles around the veins in the same way compression stockings do. Walking on a daily basis can dramatically improve your overall health and lead to weight loss when coupled with a healthy diet.



OWENS
CHIROPRACTIC
ACUPUNCTURE

- Spinal Manipulation
- Massage Therapy
- Yoga Therapy
- Acupuncture • Wellness

Bonifay - 850-547-2244



Mason Johnson Pharm D
Pharmacist

JOHNSON'S PHARMACY

YOUR FULL SERVICE HOMETOWN PHARMACY

(850)547-2163 (850)547-4157

219 N Waukesha St
Bonifay FL 32425

NF-5038123

DOCTOR LIST

Audiology

Bay Hearing Aid Center
Marianna, 850-640-4109

Becky Blatzheim, HAS - Beltone
Chipley, 850-260-0436

Larry Otwell, MD
Chipley, 850-769-2705

Cameron Yordon, HAS, BC-HIS - Beltone
Chipley, 850-260-0436

Greg Yordon, MS, HAS, BC-HIS - Beltone
Chipley, 850-260-0436

Olivia Wilder, HAS - Beltone
Chipley, 850-260-0436

Behavioral Health & Psychiatric Services

Florida Therapy Services
Chipley, 850-526-5500
Appointments, 877-234-5351

Cardiology & Cardiovascular

Maher Ayoubi, MD
Panama City, 850-769-0329

Hari Baddigam, MD
Panama City, 850-769-0329

Laurie Boehm, PA
Panama City, 850-872-3939

Don Davis, MD
Chipley, 850-872-3939

Gregory England, MD
Panama City, 850-785-9559

Anthony Evans, MD
Panama City, 850-769-0329

Bussie Evans, MD
Panama City, 850-640-7090

Julie German, ARNP
Panama City, 850-872-3939

Amir Haghghat, MD
Panama City, 850-769-0329

Nghia Houng, DO
Panama City, 850-769-0329

Ajay Labroo, MD
Chipley, 850-872-3939

Francis Le, MD
Chipley, 850-872-3939

Thompson Maner, MD
Panama City, 850-769-0329

Michael Morrow, MD
Panama City, 850-769-0329

Hashem Muburak, MD
Panama City, 850-769-0329

Samir Patel, MD
Panama City, 850-769-0329

Lynn Seto, MD
Panama City, 850-785-9559

Lakiesha Sheaffer, ARNP
Panama City, 850-872-3939

Michael Stokes, MD
Panama City, 850-769-0329

Joey Trantham, MD
Panama City, 850-769-0329

Ibrahim Yazji, MD
Panama City, 850-785-9559

Chiropractic

Michael Bennett, DC
Marianna, 850-526-4830

Daniel Bontrager, DC
Marianna, 850-526-4830

Greg Lambe, DC
Marianna, 850-482-2966

Stanley Owens, DC
Bonifay, 850-547-2244

Mark Taylor, DC
Chipley, 850-638-7500

Elyssa Waller, DC
Marianna, 850-482-2373

Dentistry

Eric Berry, DMD (Pediatric)
Panama City, 850-481-1969

Alexander J. Dudley, DMD
Marianna, 850-526-3536

Ernie Hooper, DMD
Bonifay, 850-547-9290
Chipley, 850-415-1411

Henry A. Knowles Jr., DMD
Marianna, 850-526-3939

Sasha Minor, DMD
Chipley, 850-638-4708

Terry E. Nichols, DMD
Graceville, 850-263-6400

Brian Parker, DMD
Bonifay, 850-547-9290
Chipley, 850-415-1411

Ben Saunders, DMD (Pediatric)
Marianna, 850-526-7748

Jeff Swindle, DMD
Bonifay, 850-547-4225

Jack Taylor, DMD
Panama City, 850-638-3055

John Wilson, DMD
Chipley, 850-415-1411
Bonifay, 850-547-9290

Hilary Whitaker, DMD

Bonifay, 850-547-9290
Chipley, 850-415-1411

Dermatology

Allie Alford, PA-C
Panama City, 877-231-3376

Jessica Clark, MD
Panama City, 850-500-3376

Dermatology Associates
Panama City, 850-769-1668

Dermatology Specialists of Florida
Bonifay, 850-397-4017 or 877-231-3376

Bret Johnson, MD
Chipley, 850-638-7546
Panama City, 850-769-1668

Charles Kovalski, MD
Chipley, 850-638-7546
Panama City, 850-769-1668

Ariel Perry, PA-C
Panama City, 877-231-3376

Robert Siragusa, MD
Chipley, 850-638-7546
Panama City, 850-769-1668

Michael Stickler, MD
Panama City, 850-233-3376

Jeremy Sunseri, MD
Panama City, 850-215-3612

Jonathan Ward MD
Panama City, 877-231-3376

Kristi Wells, PA-C
DeFuniak Springs, 877-231-3376

Dialysis

Davita Dialysis Center
Chipley, 850-638-7783

Ear, Nose and Throat

James Beggs, MD
Chipley, 850-415-8185

Angelo Consiglio, MD
Marianna, 850-372-4070

Daniel Daube, MD
Panama City, 850-874-7722

Brian Gibson, MD
Panama City, 850-874-7722

Vicki Nowak, MD
Panama City, 850-874-7722

Stephen Toner, MD
Chipley, 850-415-8185
Panama City, 850-874-7722

Quang Tran, MD
Panama City, 850-387-8455

Emergency Medicine

Myrray Baker, MD
Marianna, 850-526-2200

John Griffin, MD
Marianna, 850-526-2200

Dennis Harris, MD
Marianna, 850-526-2200

Valdee Sheffield, MD
Marianna, 850-526-2200

Endocrinology

Sherief Kamel, MD
Panama City, 850-849-7382

Amir Manzoor, MD
Panama City, 850-863-0494

Family Medicine

Azzam Adhal, MD
Panama City, 850-784-6696

Malvinder Ajit, MD
Panama City, 850-249-6363

Mark Akerson, MD
Marianna, 850-482-2910

Rush Akin, MD
Panama City, 850-769-1462

Robin Albritton, MD
Marianna, 850-482-0017

Muhammad Amin, MD
Bonifay, 850-547-8000

Stephen Armistead, MD
Panama City, 850-249-1000

Leisa Bailey, MD
Bonifay, 850-547-2209 or 850-547-8000

Bobbi Baker, MD
Panama City, 850-785-6677

Keith Banton, MD
Panama City, 850-763-4700

Phillip Blaich, PA-C
Panama City, 850-770-3280

Richard G. Brunner, MD
Marianna, 850-526-6700

Chipola Surgical and Medical Specialties
Marianna, 850-482-0017

Samantha Chapman, ARNP
Panama City, 850-770-3290

James Clemmons, MD
Chipley, 850-638-0678

Kyle Contini, MD
Bonifay, 850-547-9991 or 850-547-8000

Rebekah Contini, MD
Bonifay, 850-547-9991 or 850-547-8000

Wendy Corbin, ARNP-C

Chipley, 850-638-0552

Leann Davidson, ARNP-C
Vernon, 850-535-2096

Christy Davis, ARNP-C (Express Care)
Chipley, 850-638-0552

William Davis, MD
Bonifay, 850-547-8158 or 850-547-8000

Zachary Dickson, ARNP-C
Chipley, 850-638-3400

Osama Elshazly, MD
Panama City, 850-785-0085

Cassandra Foran, ARNP
Panama City, 850-249-1000

Linda Fox, MD
Panama City, 850-215-4369

Alex Franz, MD
Marianna, 850-877-7241

Dawn Frost, ARNP
Vernon, 850-535-0703

W. Mark Garney, ARNP-C
Chipley, 850-415-6781

Linda Gemsch, ARNP-C
Panama City, 850-770-3220

Syed Gilani, MD
Panama City, 850-215-5885

Richard Goff, MD
Marianna, 850-482-2929

Vicki Harrell, MD
Panama City, 850-913-0018

Liaqat Hayat, MD
Panama City, 850-522-0182

Angelo Herbu, ARNP
Panama City, 850-249-1000

Jennifer Handy, DO
Panama City, 850-770-3290

Patrick Hawkins, MD
Bonifay, 850-547-4440 or 850-547-8000

Jeffery Horton, ARNP-C
Chipley, 850-638-3400

Ahmad Ismail, MD
Bonifay, 850-547-4799 or 850-547-8000

Thomas Jacobson, MD
Panama City, 850-249-1000

Christy Johnson, ARNP
Panama City, 850-770-3210

Bruce Josten, DO
Panama City, 850-899-6361

Sherief Kamel, MD
Chipley, 850-415-6781

Mohammed Kassem, MD
Panama City, 850-872-0332

Sohail Khan, MD
Chipley, 850-638-1230
Panama City, 850-271-3006

Amer Maliik, MD
Chipley, 850-638-1230
Panama City, 850-271-3006

Michael Kennedy, ARNP-C
Graceville, 850-263-0639

Sharon Lowery, ARNP-C (Express Care)
Chipley, 850-638-0552

Rosalyn Mallory, MD
Chipley, 850-415-6781

Marion Mathews, MD
Panama City, 850-769-6105

Wade Melvin, MD
Chipley, 850-676-4926

Dale Mitchum, MD
Bonifay, 850-547-8188

Dzung Nguyen, MD
Panama City, 850-769-5224

Maria Parris, DO
Panama City, 850-770-3210

Jigish Patel, MD
Panama City, 850-293-9870

Zakir Patel, MD
Panama City, 850-769-2393

Jonathan Paul, ARNP
Bonifay, 850-547-8000

Arlene Ponce-Mendez, MD
Panama City, 850-770-3002

Annette Porter, MD
Chipley, 850-415-6781

Joshua Reams, MD
Panama City Beach, 850-770-3230

Myra Reed, MD
Panama City, 850-249-5000

Davis Rios, PA
Panama City, 850-249-1000

Jacob Robison, ARNP
Bonifay, 850-547-5547

Teresa Seay, ARNP
Panama City, 850-249-6363

Gurprit Sekhon, MD
Panama City, 850-249-6363

Brian Shaheen, MD
Panama City Beach, 850-770-3240

Tommy Simmons, ARNP
Bonifay, 850-547-8000

Amy Smith, ARNP
Panama City, 850-249-1000

See LIST, M22

King's Discount Drug

Our pharmacy staff have a combined experience over 50 years
kingsdrug.com
1242 Main Street, Chipley, FL
 850-638-4875 • Kingdrug@bellsouth.net 

OWENS
ACUPUNCTURE
DRUG FREE
PAIN MANAGEMENT
Bonifay - 850-547-2244

PEDIATRIC DENTISTRY
Ben Saunders, DMD
 • Pediatric Dental Specialist
 • Children, Adolescents & Teens
 • Orthodontics
 • Hospital Dentistry
 • Special Needs Patients
 • Most Insurance Accepted

4711 Highway 90 East - Marianna, FL
 (Between Burger King and Big Lots on Highway 90)
(850) 526-SPIT (7748)

LIST

From Page M21

Greg K. Sloan, MD
Chipley, 850-638-9399

John Spence, MD
Marianna, 850-526-5300

Paula Stanley, ARNP
Bonifay, 850-547-4284

David Taing, MD
Chipley, 850-415-8303

Meg Taylor, ARNP
Bonifay, 850-547-4440

Steven W. Spence, MD
Marianna, 850-526-5300

Samuel E. Ward, MD
Bonifay, 850-547-3679 or 850-547-8000

Leo Welch, MD
Bonifay, 850-547-9991 or 850-547-8000
Vernon, 850-535-2321

William Alan Woolery, DO
Panama City Beach, 850-770-3270

Sherry Young, ARNP
Bonifay, 850-547-8117

Mohammad Yunus, MD
Bonifay, 850-547-4284 or 850-547-8000

Ismail Zabih, MD
Panama City, 850-234-5151

Foot and Ankle Surgery

Adam Peaden, DPM
Chipley, 850-638-3668

Gastroenterology

Riyad Albibi, MD
Panama City, 850-763-5409

Robert Finlaw, MD
Panama City, 850-763-5409

Shilpa Reddy, MD
Panama City, 850-763-5409

Sudhakar Reddy, MD
Panama City, 850-763-5409

General Surgery

Aziz Ahmad, MD
Panama City, 850-265-6604

Vechai L. Arunakul, MD, FACS
Marianna, 850-482-0017

Gabriel Berry, MD
Chipley, 850-415-8180

Chipola Surgical and Medical Specialties
Marianna, 850-482-0017

Jason Cundiff, MD
Panama City, 850-913-6960

Rebecca Hysong, MD
Panama City, 850-913-6960

Alex Jones, MD
Panama City, 850-522-5022

Randall McKissack, MD
Panama City, 850-913-6960

Dale Mitchum, MD
Bonifay, 850-547-8117 or 850-547-8000

Rodney Morris, MD
Panama City, 850-763-6224

Northwest Florida Surgery Center
Panama City, 850-747-0400

John Thomas, MD
Panama City, 850-640-3320

Richard Wilson, MD
Panama City, 850-785-3232

Gynecology/Obstetrics

Michelle Baber, ARNP
Marianna, 850-482-5787

Leisa Bailey, MD
Bonifay, 850-547-2209

Kimberly Bain, MD
Panama City, 850-769-0338

Henry Breland, MD
Panama City, 850-769-0338

Noreen Burke, ARNP
Panama City, 850-785-0515

Chipola Surgical and Medical Specialties
Marianna, 850-482-5787

James DeRuiter, MD
Panama City, 850-747-4963

Deborah Edgeworth, MD
Panama City, 850-785-0515

Michael Ingram, MD
Panama City, 850-769-0338

Debbie Ivey, ARNP-C
Panama City, 850-769-0338

Bryce Jackson, MD
Panama City, 850-784-6877

Charlie Kelly, ARNP-BC
Panama City, 850-785-1517

Michelle Lang, ARNP-C, MSN
Panama City, 850-769-0338

Roslyn V Mallory, MD
Panama City, 850-785-1517

Justo Maqueira, Jr., MD
Panama City, 850-769-0338

Greg Morrow, MD
Panama City, 850-785-0515

Tammie Mott, CNM, WHNP-C, MSN
Panama City, 850-769-0338

Orlando Muniz, MD
Marianna, 850-526-6711

Toni Pennington, MD
Panama City, 850-769-0338

Tricia Percy, DO
Panama City, 850-785-1517

George Ramie, DO
Panama City, 850-769-0338

Michelle Sims, CNM, ARNP, MSN
Panama City, 850-769-0338

Steven Smith, MD
Panama City, 850-785-1517

Meg Taylor, ARNP
Bonifay, 850-547-4440

Donna Thompson, CNM, ARNP, MSN
Panama City, 850-769-0338

Samuel Wolf, DO
Panama City, 850-769-0338

Health Departments

Bay County Health Department
Panama City, 850-872-4455

Holmes County Health Department
Bonifay, 850-547-8500

Washington County Health Department
Chipley, 850-638-6240

Home Health Care

Covenant Care
Marianna, 850-482-8520

Emerald Coast Hospice
Marianna, 850-526-3577

Kindred at Home
Marianna, 850-526-1932

NHC HomeCare
Chipley, 850-638-8118

Signature Home Now
Chipley, 850-638-8500

Hospitals

Bay Medical Sacred Heart
Panama City, 850-769-1511

Doctors Memorial Hospital
Bonifay, 850-547-8000

Gulf Coast Regional Medical Center
Panama City, 850-769-8341

Jackson Hospital
Marianna, 850-526-2200

Nemours Children's Clinic
Bonifay, 800-SOS-KIDS

Northwest Florida Community Hospital
Chipley, 850-638-1610

Internal Medicine

John D. Byrd, MD
Graceville, 850-263-0639
Chipley, 850-415-8185

Jirayos Chintanadilok, MD
Marianna, 850-482-2061

Chipola Surgical and Medical Specialties
Marianna, 850-526-3315
Sneads, 850-593-1155

Richard Christopher, MD
Marianna, 850-526-5300

Donna Fowler, DNP
Bonifay, 850-547-4284

Joe Gay, MD
Marianna, 850-526-3434

Internal Medicine Associates of Jackson
Hospital
Marianna, 850-526-5300

Murali Krishna, MD
Marianna, 850-526-3314

Steven Spence, MD
Marianna, 850-526-5300

Mohammad Yunus, MD
Bonifay, 850-547-4284 or 850-547-8000

Massage Therapy

Charity Nelson
Bonifay, 850-547-2244

Nicole Thole
Bonifay, 850-547-2244

Gina Pippin
Chipley, 850-638-7500

Melissa Abbott
Chipley, 850-638-7500

Paulette Sweeney
Chipley, 850-638-7500

Heather Thompson, LMT
Chipley, 850-638-8447

Neurology/Neurosurgeons

Brain and Spine Center
Panama City, 850-769-3261
850-785-0029

Thomas Derbes, MD
Panama City, 850-872-1300

Cyril DeSilva, MD
Panama City, 850-770-3030

Hoda Elzawahry, MD
Panama City, 850-785-0029

Kamel Elzawahry , MD
Panama City, 850-785-0029

Mustafa Hammad, MD
Panama City, 850-215-7093

Heather Hedstrom, MD
Panama City, 850-392-0029

Eacharangad Jacob, MD
Panama City, 850-914-9119

Zafar Kaleem, MD
Panama City, 850-770-3002

Karin Maddox, MD
Panama City, 850-785-0029

Khurram Nazir
Panama City, 850-785-2009

David Sinclair, MD
Panama City, 850-785-0029

Douglas Stringer, MD
Panama City, 850-769-3261

Merle Stringer, MD
Panama City, 850-769-3261

Mutaz Tabbaa, MD
Panama City, 850-763-0333

Muhammad Zaman-Khan, MD
Panama City, 850-770-3002

Nephrology

Patricia Anderson, MD
Panama City, 850-522-5407

Susan P. Compton, MD
Marianna, 850-482-0088
Panama City, 850-769-2158

Scott E. Dean, MD
Marianna, 850-482-0088
Panama City, 850-769-2158

Erin L. Greer, MD
Marianna, 850-482-0088
Panama City, 850-769-2158

Alhakam Hudaihied, MD
Panama City, 850-522-5407

Todd E. Minga, MD
Marianna, 850-482-0088
Panama City, 850-769-2158

Oussama Rifai, MD
Panama City, 850-522-5407

Ronald A. Sinicrope, MD
Marianna, 850-482-0088
Panama City, 850-769-2158

Richard F. Walker Jr., MD
Marianna, 850-482-0088
Panama City, 850-769-2158

Nursing Homes and Assisted Living

Bonifay Nursing & Rehabilitation
Bonifay, 850-547-9289

Chipola Nursing Pavilion
Marianna, 850-526-3191

Dogwood Inn
Bonifay, 850-547-3868

Grand View Assisted Living Facility
Bonifay, 850-547-0692

Signature Healthcare of North Florida
Graceville, 850-263-4447

Washington Rehabilitation and Nursing
Center
Chipley, 850-638-4654

Oncology

Chipola Surgical and Medical Specialties
Marianna, 850-526-6707

Tom Brown, MD
Marianna, 850-526-2200

Kazumi Chino, MD
Panama City, 850-763-0063

Steven Finkelstein, MD
Panama City, 850-333-3988

Syed Mahmood, MD
Panama City, 850-763-0063

Hansan Murshed, MD
Panama City, 850-481-1687

Robert Oldham, MD
Panama City, 850-481-1687

Steven H. Stokes
Marianna, 850-526-2104

Jefferson Trupp, MD
Panama City, 850-899-8967

Andrew Weber, MD
Panama City, 850-763-0063

Occupational Therapist

Bay Medical Sacred Heart Occupational
Therapy
Panama City, 850-770-3411
Rhonda Best, COTSA
Chipley, 850-638-8447

Allison Stoutamire, OT
Chipley, 850-638-8447

Optometry/Ophthalmology

Anthony Aker, OD
Panama City, 850-784-3937

Thomas D. Bailey, MD
Albany, GA 800-467-1393

Zsolt Bansagi, MD
Panama City/Destin 800-467-1393

John Bell, MD
Tallahassee, FL 800-467-1393

William Bennett, MD
Dothan, AL, 800-467-1393

Richard Bryant, MD
Destin, FL/Dothan, AL, 800-467-1393

Eye Center of North Florida
Panama City, 850-784-3937

Eye Center South
Dothan, AL 800-467-1393

David Edinger, OD
Panama City, 850-3937

Bret Fisher, MD
Panama City, 850-784-3937

John Fortin, MD
Destin, FL./Dothan, AL, 800-467-1393

Paul Garland, MD
Panama City, 850-784-3937

Donald Gauldin, MD
Marianna, FL/Dothan, AL, 800-467-1393

Benjamin Hasty, MD

Panama City, 850-784-3936

Marnix Heersink, MD
Dothan, AL 800-467-1393

Sebastian Heersink, MD
Dothan, AL 800-467-1393

Austin Henkel, MD
Destin, 800-467-1393

Mark Jones, OD
Panama City, 850-784-3937

Tiffany Kruger, MD
Dothan, AL 800-467-1393

Anthony Leoncavallo, MD
Panama City/Destin 800-467-1393

Irene Ludwig, MD
Destin/Panama City/Dothan, AL
800-467-1393

Lisa McKim, OD
Panama City, 850-784-3937

Mullis Eye Institute
Chipley and Fort Walton Beach,
850-763-6665
Crestview, Niceville and DeFuniak Springs,
850-689-3745

Douglas Owens, MD
Montgomery, AL/Wetumpka, AL,
800-467-1393

Quinn Paulk, MD
Montgomery, AL/Wetumpka, AL
800-467-1393

Jeffrey Pyne, MD
Panama City, 850-784-3937

Harsha Sen, MD
Dothan, AL 800-467-1393

Magdalena Shuler MD
Panama City, 850-747-3999

Kelly Smith, OD
Chipley, 850-638-7333
Panama City, 850-784-3937

Christopher Willingham, MD
Panama City, 850-763-7007

Julie Wolf, OD
DeFuniak Springs
850-892-6100

Clifford Wood, OD
Chipley, 850-638-3214

Orthopedic Surgeons

Aaron Creek, MD
Panama City, 850-785-4344

Mark Awantang, MD
Panama City, 850-785-4344

Raymond Bleday, MD
Panama City, 850-624-1122

Ginger Bryant, MD
Panama City, 850-770-3002

John Cotton, MD
Panama City, 850-785-4344

Nicholas Crossman, MD
Panama City, 850-785-4344

David Dietrick, MD
Panama City, 850-785-4344

Rory C. Farris, MD
Enterprise, 334-308-9797
Corey Gaiser, DO
Panama City, 850-771-2001

William Lennen, MD
Panama City, 850-770-3002

See LIST, M23

LIST

From Page M22

Thomas Mitchell, MD
Panama City, 850-785-4344

Kim Poludniaynk, MD
Pannama City, 850-770-3002

Michael Reed, MD
Panama City, 850-785-4344

Michael Rohan, JR. MD
DeFuniak Springs, 850-951-4625

Pain Management

Aaron Shores, MD
Chipley, 850-638-0505
Panama City, 850-846-7139

Margaret Thirston, MD
Panama City, 850-588-6850

Pathology

Andres Candela, MD
Bonifay, 850-547-8000

North Davis, MD
Bonifay, 850-547-8000

Pediatric Physicians

Ahmed Baker-Mohammed, MD
Panama City, 850-236-0488

Doyle L. Bosse, MD
Marianna, 850-482-2004

Melissa Caraballo, DO
Marianna, 850-718-2866

Chipola Surgical and Medical Specialties
Marianna, 850-526-3315

Sameh Elamir, MD
Panama City, 850-763-4104

Eahab Kenawy, MD
Panama City, 850-747-3661

Gina Porter, ARNP
Bonifay, 850-547-8500

Ingrid Rachesky, MD
Panama City, 850-769-1481

Mohammed Rahim, MD
Panama City, 850-872-0021

Yahia Rahim, MD
Panama City, 850-872-0021

Ahmed Rezk, MD
Panama City, 850-249-3500

George Sanchez, MD
Marianna, 850-482-4655

Joseph T. Sherrel, MD
Marianna, 850-526-5437

Michael Taylor, MD
Panama City, 850-784-1856

Beth Walford, MD
Panama City, 850-784-1856

Mohammed Zeinomar, MD
Panama City, 850-913-1666

Pharmacies

A Plus Pharmacy
Bonifay, 850-547-5596

Cook Discount Drugs
Graceville, 850-263-4110

Kelson Discount Drugs
Marianna, 850-526-2838

Kings Discount Drugs
Chipley, 850-638-4875

Johnson's Pharmacy
Bonifay, 850-547-2163

Walmart Pharmacy
Chipley, 850-638-8308

Physical Therapy

Bay Medical Sacred Heart Rehab
Panama City, 850-770-3411

Chauncey Belser, PT
Chipley, 850-638-8447
Bonifay Physical Therapy
Bonifay, 850-547-4646

Chipley Physical and Aquatic Therapy
Chipley, 850-403-4013

Chipley Therapy Group
Chipley, 850-638-8447

Kelly Creamer, PTA
Chipley, 850-638-8447

Doctors Memorial Physical Therapy
Bonifay, 850-547-8157

Ray Gibson, PTA
Chipley, 850-638-8447

Debbie Grande, PT
Chipley, 850-638-8447

Alan Justice, PT
Chipley, 850-638-8447

Freddie Kolmetz, PT
Chipley, 850-638-8447

Nick Kolmetz, PT
Chipley, 850-638-8447

Tiffany Medlock, PTA
Chipley, 850-638-8447

Candice Tice, PTA
Chipley, 850-638-8447

Jennifer Vinta, PTA
Chipley, 850-638-8447

Plastic Surgery

Adil Ceydell, MD
Panama City, 850-647-8825

Andrew McAllister, MD

Panama City, 850-233-7674

Raymond Mockler, MD
Panama City, 850-769-7270

Phillip Nunnery, MD
Panama City,
850-770-3002

Podiatry

Daniel Feitz, DMP, MD
Marianna, 850-526-3668
Panama City, 850-784-9787

Larry L. Hodson, DPM
Panama City, 850-769-0325

Shayne R. Jensen, DPM
Panama City, 850-769-0325

Adam J. Peaden, DPM
Chipley, 850-638-3668
Panama City, 850-769-0325

Pulmonology

William Tony McKenzie, MD
Panama City, 850-522-5864

Marwan Obid, MD
Panama City, 850-785-0699

Jesus Ramirez, MD
Panama City, 850-785-3212

Radiology

William Campbell, Jr. MD
Marianna, 850-526-2200

Glenn Clark, MD
Marianna, 850-781-2580

Bertrand Schlam, MD
Marianna, 850-526-2200

John Tomberlin, MD
Bonifay, 850-547-8166 or
850-547-8000

Rheumatology

Amir Agha, MD
Panama City, 850-215-3062

Sleep Disorders

Bay Medical Sacred Heart Sleep Lab
Panama City, 850-747-6624

Jirayos Chintanadilok, MD, FCCP
Marianna, 850-482-2061

Dr. Sasha Minor, DMD
Chipley, 850-638-4708

Deborah Newsome, ARNP-C, MSN
Marianna, 850-526-2412

Speech Therapy

Bay Medical Sacred Heart Speech Therapy
Panama City, 850-770-3411

Cindy Johnson-Brown, MS, CCC-SLP
Chipley, 850-638-4540

Madelyn Price, SLP
Chipley, 850-638-8447

Sports Medicine

David Taing, MD
Chipley, 850-415-8303

Urgent Care/Specialty Clinic

Bay Medical Wound Healing Center
Panama City, 850-747-6591

Chipola Quick Care
Marianna, 850-526-6700

Chipola Surgical and Medical Specialties
Marianna, 850-482-0017

Chipola Wound Healing and Hyperbaric
Medicine
Marianna, 850-526-6730

Jackson Hospital Surgical Services
Marianna, 850-526-2200

NFCH Wound Healing Institute and
Hyperbaric Medicine
Gabriel Berry, MD
Chipley, 850-415-8300
PanCare Health
Bonifay, 850-547-5547
Chipley, 850-676-4926

Urology

David Aronoff, MD
Chipley, 850-638-3400

Jay Beiswanger, MD
Panama City, 850-785-8557

Nicole Eisenbrown, MD
Panama City, 850-785-8557

Dennis Healey, MD
Panama City, 850-785-8857

Warren Hitt, MD
Panama City, 850-785-8857

Michael Jenkins, MD
Panama City, 850-785-8857

Umar Karaman, MD
Panama City, 850-785-8857

Carlos Ramos, MD
Panama City, 850-785-8857

L. Tan, MD
Marianna, 850-526-2460

Vein and Artery Specialist

Natalie Gray
Chipley and Panama City, 850-872-8510

Bud Shuler, MD, FACS
Chipley and Panama City, 850-872-8510

Clark Stream, PA-C
Chipley and Panama City, 850-872-8510

Patrick Tamim, MD
Panama City, 850-215-9654

Kenneth L. Todd, MD, FACPH, RPV1
Dothan, 334-446-1693

Meth is back: Overshadowed by opioids, hospitalizations surge

Anna Gorman Kaiser
Health News

The number of people hospitalized because of amphetamine use is skyrocketing in the United States, but the resurgence of the drug largely has been overshadowed by the nation's intense focus on opioids.

Amphetamine-related hospitalizations jumped by about 245 percent from 2008 to 2015, according to a recent study in the Journal of the American Medical Association. That dwarfs the rise in hospitalizations from other drugs, such as

opioids, which were up by about 46 percent. The most significant increases were in Western states.

The surge in hospitalizations and deaths due to amphetamines "is just totally off the radar," said Jane Maxwell, an addiction researcher. "Nobody is paying attention."

Doctors see evidence of the drug's comeback in emergency departments, where patients arrive agitated, paranoid and aggressive. Paramedics and police officers see it on the streets, where suspects' heart rates are so high that they need to be taken to the hospital

for medical clearance before being booked into jail. And medical examiners see it in the morgue, where in a few states, such as Texas and Colorado, overdoses from meth have surpassed those from the opioid heroin.

Amphetamines are stimulant drugs, which are both legally prescribed to treat attention deficit hyperactivity disorder and produced illegally into methamphetamine. Most of the hospitalizations in the study are believed to be due to methamphetamine use.

Commonly known as crystal meth, methamphetamine was popular in the 1990s before laws made it more difficult to access the pseudoephedrine, a common cold medicine, needed to produce it. In recent years, law enforcement officials said, there are fewer domestic meth labs and more meth is smuggled in from south of the border.

As opioids become harder to get, police said, more people have turned to meth, which is inexpensive and readily available.

The federal government estimates that

more than 10,000 people died of meth-related drug overdoses last year. Deaths from meth overdose generally result from multiple organ failure or heart attacks and strokes, caused by extraordinary pulse rates and skyrocketing blood pressure.

In California, the number of amphetamine-related overdose deaths rose by 127 percent from 456 in 2008 to 1,036 in 2013. At the same time, the number of opioid-related overdose deaths rose by 8.4 percent from 1,784 to 1,934, according to the most recent data from the state

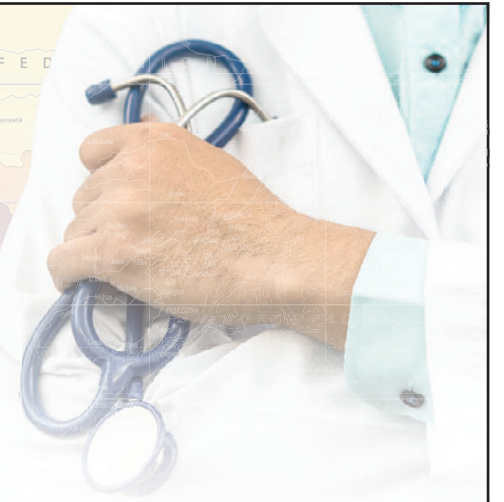
Department of Public Health.

Costs also are rising. The JAMA study, based on hospital discharge data, found that the cost of amphetamine-related hospitalizations had jumped from \$436 million in 2003 to nearly \$2.2 billion by 2015. Medicaid was the primary payer.

"There is not a day that goes by that I don't see someone acutely intoxicated on methamphetamine," said Dr. Tarak Trivedi, an emergency room physician in Los Angeles and Santa Clara counties.

Our Medical Staff Makes a World of Difference.

At Jackson Hospital, our medical staff comes to us with training from all over the country and even the world. They have studied at renown and accomplished medical schools where they received their four-year medical education and go on to complete internships, residency programs and fellowships. They have trained at the same institutions as their peers at large metro hospitals, but what sets them apart is their desire to make a difference right here in the heart of Jackson County.



Mark Akerson, M.D.
Family Practice
850.482.2910



Robin Albritton, M.D.
Family Practice
850.482.0017



VeChai Arunakul, M.D., F.A.C.S.
General Surgery
850.482.0017



Leisa Bailey, M.D.
Family Practice/Gynecology
Non-surgical Obstetrics
850.547.2209



Murray Baker, M.D.
Emergency Medicine
850.718.2561



Doyle Bosse, M.D.
Pediatrics
850.482.2004



Tom Brown, M.D.
Hematology/Oncology
850.526.6707



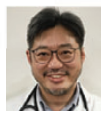
Richard G. Brunner, M.D., F.A.C.S.
Primary Care, Surgery,
Wound Care
850.526.6700



William S. Campbell, Jr., M.D.
Interventional Radiology
850.526.2200



Melissa Caraballo, D.O.
Pediatrics
850.718.2886



Jirayos (Dr. Chin) Chintanadilok, M.D., F.C.C.P.
Pulmonology, Internal
Medicine & Sleep Center
850.482.2061



Richard Christopher, M.D.
Internal Medicine
850.526.5300



Glenn Clark, M.D.
Radiology
850.781.2580



Angelo Consiglio, M.D.
Otolaryngology
(Ear, Nose & Throat / ENT)
850.372.4070



Joe Gay, M.D.
Internal Medicine
850.526.3434



John Griffin, M.D.
Emergency Medicine
850.718.2561



W. Dennis Harris, M.D.
Emergency Medicine
850.718.2561



Murali Krishna, M.D.
Internal Medicine
850.526.3314



Orlando Muniz, M.D.
Obstetrics/Gynecology
850.526.6711



George Sanchez, M.D.
Pediatrics
850.482.4655



Ben Saunders, D.M.D.
Pediatric Dentistry
850.526.7748



Bertrand Schlam, M.D.
Interventional Radiology
850.526.2200



Joseph T. Sherrel, M.D.
Pediatrics
850.526.5437



John Spence, M.D.
Family Practice
850.482.2910



Steven Spence, M.D.
Internal Medicine
850.526.5300



Phillip Verel, M.D.
Emergency Medicine
850.718.2561

Not pictured:

Val Dee Sheffield, M.D.
Emergency Medicine
850.526.2200

Lay-Hwee Tan, M.D.
Urology
850.526.2460

Services offered:

- Cancer Care
- Emergency Medicine
- ENT/Sinus Surgery
- General Surgery
- Gynecology
- Heart Care
- Internal Medicine
- Interventional Radiology
- Obstetrics
- Orthopedics
- Pulmonology Medicine
- Sleep Studies
- Wound Care & Hyperbaric Medicine



Growing a Healthier Community

 jackson-hospital

 Growing Healthier@jacksonhospfl

4250 Hospital Drive / Marianna, Florida 32446 / **850.526.2200** / **Jackson-Hospital.com**

WEEKLY ADVERTISER



Volume 90 Number 9

WEDNESDAY, FEBRUARY 27, 2019

FREE TAKE ONE

Your HOMETOWN Shopping Guide For Washington & Holmes Counties

CLASSIFIED NOTICES
1110

AVIATION Grads work with JetBlue, United, Delta and others- start here with hands on training for FAA certification. Financial aid if qualified. Call Aviation Institute of Maintenance. 888-242-2649

2100-2150
PETS & ANIMALS

2100 - Pets
2110 - Pets: Free to Good Home
2120 - Pet Supplies
2130 - Farm Animals/Supplies
2140 - Pets/Livestock Wanted
2150 - Pet Memorials

PETS
2100

JACK RUSSELL FAMILY
Puppies are 6 wks old Ready to give away. Mom & Papa has to go. Full bred Jack Russells. They are rescue dogs. No papers. I can't afford them now. Moving, so please help me out. 850-326-9930

3100-3350
MERCHANDISE

3100 - Antiques
3110 - Appliances
3120 - Arts & Crafts
3130 - Auctions
3140 - Baby Items
3150 - Building Supplies
3160 - Business Equipment
3170 - Collectibles
3180 - Computers
3190 - Electronics
3200 - Firewood
3210 - Free Pass it On
3220 - Furniture
3230 - Garage/Yard Sales
3240 - Guns
3250 - Good Things to Eat
3260 - Health & Fitness
3270 - Jewelry/Clothing
3280 - Machinery/Equipment
3290 - Medical Equipment
3300 - Miscellaneous
3310 - Musical Instruments
3320 - Plants & Shrubs/Supplies
3330 - Restaurant/Hotel
3340 - Sporting Goods
3350 - Tickets (Buy & Sell)

BUILDING SUPPLIES
3150

SAWMILLS from only \$4397.00- MAKE & SAVE MONEY with your own bandmill. Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-567-0404 Ext.300N

FIREWOOD
3200

Seasoned & Green Wood for sale. Great for cooking & heating. Split \$100, delivery extra. Mulberry, Pecan and oak. Ask about March Special. 850-326-1962

GARAGE/YARD SALES
3230

LARGE ABANDONED GOODS SALE
Friday & Saturday, March 1 and 2, 2019 8:00AM to 5:00PM. Located on Maple Avenue, Geneva, Alabama, near courthouse.

MISCELLANEOUS
3300

Wanted to Rent: Farm land or pasture in Chipley & surrounding areas for the year 2019. 850-718-1859.

4100-4130
EMPLOYMENT

4100 - Help Wanted
4130 - Employment Information

HELP WANTED
4100

Position available at the Chipley Walmart Vision Center for a **Optometric Technician**. Must be computer literate. Please call 850-819-9450 for more info.



People depend on Newspapers

Grab this opportunity and start making or saving money.

Buy what you **want**
Sell what you **have**.

Find the **job** that you need
or the **car** that you want.

Advertise your **garage sale** or
buy a new **house**.

There's no place like the classified that's so diversified.

Online or Print we have it all!



850-638-0212 • 850-638-4242
850-547-9414

or visit us online at emeraldcoastmarketplace.com

6100-6200
REAL ESTATE FOR RENT

6100 - Business/Commercial
6110 - Apartments
6120 - Beach Rentals
6130 - Condo/Townhouse
6140 - House Rentals
6150 - Roommate Wanted
6160 - Rooms for Rent
6170 - Mobile Home/Lot
6180 - Out-of-Town Rentals
6190 - Timeshare Rentals
6200 - Vacation Rentals

BUSINESS/COMMERCIAL RENTALS
6100

Retail Store Space available. Main Street. Chipley. 850-638-1918

HOUSE RENTALS
6140

Nice clean houses, apartments & mobile homes for rent in Bonifay area. HUD approved. Also, homes for sale, owner financing with good credit. Call Martha (850) 547-5085, (850)547-2531.

MOBILE HOME/LOT RENTALS
6170

2/3/BR Mobile Homes For Rent \$500/MO up. Cottontale area. Includes Garbage/sewage/ lawn service. Electric \$57 turn on fee. www.charloscountryliving.com 850-209-8847

7100-7200
REAL ESTATE FOR SALE

7100 - Homes
7105 - Open House
7110 - Beach Home/Property
7120 - Commercial
7130 - Condo/Townhouse
7140 - Farms & Ranches
7150 - Lots and Acreage
7160 - Mobile Homes/Lots
7170 - Waterfront
7180 - Investment Property
7190 - Out-of-Town Real Estate
7200 - Timeshare

HOME FOR SALE
7100

For Sale 5 1/4 acres 2BR trailer 3 Outside buildings gravel circle driveway \$67,000 Price negotiable. Country living Chipley area 850-658-4639, 850-638-7290

LOTS AND ACREAGE
7150

For Sale Two acre plot and one acre plot in Jacob City, FL. Call 850-849-9338.
Highway 77 2 miles south of Chipley 4-8 acre tract Bedie Road. Call Milton Peel at 850-326-9109

8100-8340
AUTOMOTIVE, MARINE RECREATIONAL

8100 - Antique & Collectibles
8110 - Cars
8115 - Muscle & Sport Vehicles
8120 - Sports Utility Vehicles
8130 - Trucks
8140 - Vans
8150 - Commercial
8160 - Motorcycles
8170 - Auto Parts & Accessories
8210 - Boats
8220 - Personal Watercraft
8230 - Sailboats
8240 - Boat & Marine Supplies
8310 - Aircraft/Aviation
8320 - ATV/Off Road Vehicles
8330 - Campers & Trailers
8340 - Motorhomes

CARS
8110

CASH FOR CARS: We Buy Any Condition Vehicle, 2002 and Newer. Nation's Top Car Buyer! Free Towing from Anywhere! Call Now: 1-888-995-2702

Find what you're looking for



in the classifieds!

To advertise call **352-807-2657**
352-807-5898



IN THE CLASSIFIEDS!

BUSINESS DIRECTORY

MOVING/STORAGE

These tiny ads sell, hire, rent and inform for thousands of families each week. Let a little Classified ad do a big job for you.

For Rent First in Chipley, Mini Warehouses. If you don't have the room, "We Do" Lamar Townsend (850)638-4539, north of Townsend's.

BUSINESS GUIDE

Excavating & Land Clearing!

Hazardous Aerial Tree Removal • Stump Grinding
Trimming & Pruning • Emergency Tree Service • Lot Clean Up

Dow Morris, Owner/Operator

FULLY INSURED FREE ESTIMATES

EasyCare

TREE SERVICE L.C.

850-527-6291
850-849-3825

BEST TRI-COUNTY 2018

Hasty Heating & Cooling

Residential and Commercial
HVAC Services • Commercial Coolers & Freezers
Service on all Makes & Models
Heat Pumps, Electric & Gas • Electrical Services
Exterior Elevated Lighting & Wiring

Serving Washington, Holmes and Jackson Counties for 20 Years
With Friendly and Reliable Service!

(850) 638-3611

Lic. CAC #1814468, EC13007793, RF0066690

ADVERTISE YOUR SERVICE OR BUSINESS FOR AS LITTLE AS \$10 A WEEK!*

Reach thousands of potential customers with your Business Guide ad in the:

WASHINGTON COUNTY NEWS
HOLMES COUNTY-TIMES ADVERTISER
WEEKLY ADVERTISER

CALL TODAY!
850-638-0212

*Minimum 8-week contract.

C & C Bookkeeping and Tax Service

January-April Monday-Friday 8am-5pm
Saturday 8am-Noon
May-December Monday-Friday 8am-4pm
(850) 638-1483
Notary Available

THARP & SONS MINI STORAGE

Hwy. 77 S., Chipley, FL **(850) 638-8183**
Hwy. 177A, Bonifay, FL **(850) 547-0726**

5x5	\$25.68
5x10	\$35.31
10x10	\$46.01
10x20	\$80.25

Open 24 Hours, Self-Service, No Deposit, Units are Carpeted

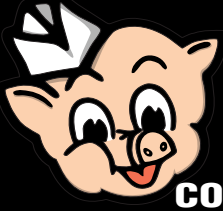
NEED PRINTING? WE CAN HELP!

Business Cards • Fliers
Brochures • Invoices
Postcards • Direct Mail
Programs and More!

NEWS
HOLMES COUNTY
Times Advertiser

Call for Quotes
850.638.0212

piggly wiggly



COST PLUS 10%



Our Beef is USDA Select or Higher!

USDA Select Beef
BONELESS NEW YORK STRIP
Lb

\$4.77



Fresh Lean Premium
WHOLE BONELESS PORK LOINS
Lb

\$1.18



Sanderson Farms
FRESH DRUMSTICKS OR THIGHS
Jumbo Pk, Lb

77¢



USDA Select Beef
BONELESS TOP ROUND ROAST
Lb

\$2.68



Smithfield Premium
MARINATED ST. LOUIS RIBS
Lb

\$2.48



USDA Select Beef
BONELESS CUBED STEAK
Fam Pk, Lb

\$2.77



Fresh Lean Premium
BONELESS PORK CHOPS
Fam Pk, Lb

\$1.38



Royal
HICKORY SMOKED SAUSAGE
12 Oz - 1 Lb Pkg

2/\$5



Gwaltney
SLICED BACON
12 Oz Pkg

\$2.88



Sugar Dale
HOT DOGS
12 Oz Pkg

68¢



Butterball
TURKEY BACON & SAUSAGE
12 Oz & 14 Oz

\$2.28



Tennessee Pride
SAUSAGE & BISCUITS
19 Oz Pkg

\$3.77



Smoke House
DADDY BREADED CHICKEN TENDERS
4 Lb Bag

\$6.50



Tennessee Pride
ROLL SAUSAGE
1 Lb Pkg

2/\$4



LIKE US ON FACEBOOK FOR MORE GREAT DEALS!

FACEBOOK.COM/PWDOTHAN
Then Click The Like Button.

Libby's
VEGETABLES
(Corn, Peas, Beans)
14.5-15 Oz Can

48¢



Blue Bell
ICE CREAM
1/2 Gal Carton

2/\$9



Dutch Farms
"GRADE A" MEDIUM 2.5 DOZ SLEEVE EGGS

2/\$4



Piggly Wiggly
SANDWICH BREAD
20 Oz Loaf

65¢



Post
CEREAL
Oreos O's, Chips Ahoy, Nutter Butter, Honeymaid Smores
11-12.25 Oz Box

\$1.88



Pictsweet
FROZEN VEGETABLES
22-28 Oz Bag

2/\$4



Hungry Jack
PANCAKE MIX OR SYRUP
2 Lb Box & 27.6 Oz Bottle

3/\$5



Blue Bonnet
SPREAD
45 Oz Tub

2/\$5



Dasani
WATER
24 pk, .5 Liter Bottle

\$3.88



Dutch Farms
CHEESE
2 Lb Loaf

\$3.88



Totinos
PIZZA
9.8-10.9 Oz Pkg

98¢



Simply
ORANGE JUICE
52 Oz Bottle

2/\$5



Cool Whip
FROZEN TOPPING
8 Oz Pkg

88¢



Eggo
WAFFLES OR PANCAKES
10.7-16.4 Oz Pkg

\$1.77



Frito Lay
LAYS, RUFFLES, TOSTITOS
8.5-10 Oz Bag

2/\$5



Sparkle
TOWELS
6 roll

\$5.77



Cans
BUSCH & BUSCH LIGHT
18 pk

9.75



Florida
RED RIPE LARGE TOMATOES
Lb

75¢



Florida Grown
SWEET RIPE STRAWBERRIES
1 Lb Cnt

98¢



Farm Grown
CARROTS
2 Lb Bag

88¢



Tropical
SWEET NAVELS
4 Lb Bag

\$2.98



Farm Grown
COLLARD GREEN BUNDLES
Ea

\$2.77



Farm Fresh
RED GLOBE GRAPES
Lb

\$1.68



Farm Grown
YELLOW ONIONS
3 Lb Bag

\$1.28



Chilean
RED RIPE PLUMS
Lb

\$1.88

CHIPLEY, FL
1264 CHURCH AVE
850-638-1751
6AM-7PM MONDAY - SATURDAY
6AM-6PM SUNDAY

OUR STORES ARE WIC APPROVED

PRICES GOOD
FEBRUARY 27 THRU
MARCH 5, 2019

Cost Plus 10%
Includes Freight Fee and
any Associated Expenses

www.PigglyWigglyDothan.com

EBT Cardholders and WIC Vouchers
Welcomed. Most Major Credit Cards Accepted

WE RESERVE THE RIGHT TO CORRECT TYPOGRAPHICAL AND PICTORAL ERRORS. QUANTITY RIGHTS RESERVED. NONE SOLD TO DEALERS. WE DO NOT ACCEPT INTERNET PRINTED COUPONS.