



Road Dept. Overtime Creates Bit Of A Stir

LAZARO ALEMAN
ECB Publishing
Senior Staff Writer

Clerk of Court Kirk Reams minced no words when expressing his frustration with what he characterized as a pattern of mismanagement at the Road Department.

"I'm tired of seeing crap like this," Reams said, holding up multiple sheets of time reports that he said represented 272 hours of overtime approved by the Road Department without running it past his office.

"I've been putting up with this for a long time but this mismanagement needs to stop," Reams said. "I'm sick of it."

"I wouldn't be doing my job if I didn't bring this up," he added.

Commissioner Betsy



ECB Publishing Photo By Laz Aleman, Oct. 14, 2012

The Road Department has been stabilizing problematic dirt roads in recent months, possibly accounting for much overtime, which itself became an issue at the last commission meeting.

Barfield, who has been accused of conducting a personal vendetta against the Road Department since coming to office, cited Reams' complaint as yet another example of the mis-

management that she says is chronic at the department.

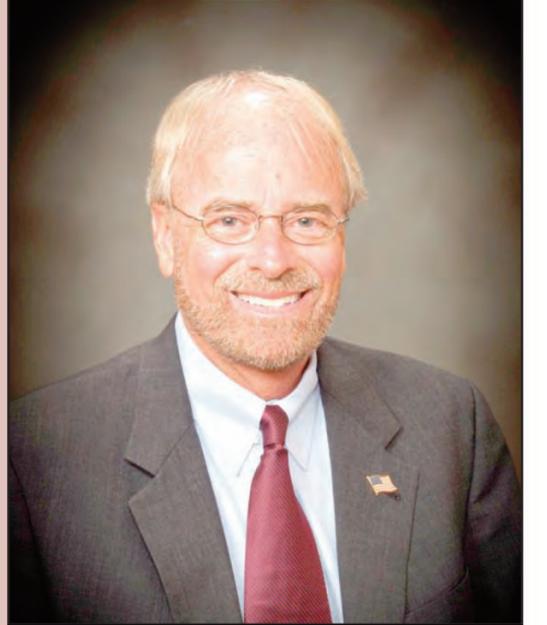
Barfield cited specifics from the time reports, including one employee who supposedly had received

four hours of overtime after taking 20 hours of personal leave. How much of the 272 hours of overtime was dedicated to the movement of dirt from the Harrell Nut Company and how much was due to inefficiency? Barfield asked.

Commissioner John Nelson noted that ever since the department had gone to the four-day week, he had been requesting documentation that showed the peaks and lows of the department's monthly activities. Only by seeing the overall picture could it be determined if the overtime was warranted or not, Nelson said. However, he had yet to receive the requested information, he said.

"I want a snapshot of
**Please See
ROAD DEPT. Page 3A**

PETE WILLIAMS RUNNING FOR STATE ATTORNEY



The race for State Attorney will be near the top of this year's November ballot. Pete Williams is a Tallahassee attorney who is challenging 28 year incumbent Willie Meggs. Williams qualified for the position last April, stating that "it was time for the voters to have a choice and a change."

Williams' educational background includes a BA in Economics from Yale University, a MBA from Stanford University and a law degree from the University of Florida. He has over 20 years of service to the State of Florida, working first as an Assistant State Attorney, where he handled thousands of violent crimes and tried over 100 jury trials. He then served as Assistant Attorney General, Director of the Division of Alcoholic Beverages and Tobacco, and Inspector General for both the Agency for Health Care Administration and the Department of Education. In January 2003, Pete was appointed by then Attorney General Charlie Crist to a four year term as Florida's Statewide Prosecutor. He was based in Tallahassee and supervised 40 Assistant Statewide Prosecutors located in eight offices across the state, with an annual budget of \$6 million. The Office of Statewide Prosecution was charged with investigating and prosecuting organized criminal activity such as drug trafficking, government fraud, internet crimes against children and public corruption, and achieved conviction rates of over 95%.

Williams is running to reinvigorate the Office of State Attorney. His platform includes resolving cases more quickly, supporting and partnering with law enforcement to achieve a more efficient use of prosecutorial resources, more active recruitment and training of young prosecutors, and increased use of new, innovative and cost-effective rehabilitative sentencing programs to help offenders become productive members of society. He believes the current State Attorney has been slow to bring the State Attorney's Office into the electronic age, and that the office in Tallahassee suffers from low morale and high turnover among the young prosecutors. "All the good, senior prosecutors have retired and the new ones are leaving because they say it is no longer fun to work there," said Williams. "Our current State Attorney has done some good things in the past, but the last four years have been marked by too many controversial cases, such as the failure to prosecute former Wakulla County Sheriff Harvey, the botched prosecution of the Speaker of the Florida House of Representatives, Ray Sansom, and the sudden retirement for 30 days that was done for no other reason than to allow Mr. Meggs to collect both his regular \$150,000 annual salary and another \$100,000 a year in retirement pay."

Williams added. "We should ask our elected leaders to set better examples and act like they are accountable to the voters."

Williams is married with four children, three of whom attend Roberts Elementary School in northeast Tallahassee. He has been endorsed by the NRA and the PBA.

Political Advertisement paid for and approved by Pete Williams, Republican, for State Attorney, 2nd Judicial Circuit.

School Bus Driver Charged In Crash

FRAN HUNT
ECB Publishing
Staff Writer

A school bus driver was charged in a two-vehicle crash last week.

Florida Highway Patrol (FHP) reported that on Friday, October 12 at 4:30 p.m., Arno Paul Peterson, 62, of Monticello was driving a 2005 Freightliner school bus making a right turn off of south Gilley Road onto Boston Highway. In



the bus as a passenger was a 16-year old female.
**Please See
BUS DRIVER Page 3A**

Crashed RV Stalls I-10



FRAN HUNT
ECB Publishing
Staff Writer

A crashed RV on I-10 stalled traffic to a crawl and sometimes a standstill for a couple of hours over the weekend.

Florida Highway Patrol (FHP) reported that at 2:15 p.m., Sunday, October 14, Lloyd R. Harbison, 80, of Kansas City, MO was driving a 2003 MNAC RV traveling eastbound on I-10 in the outside lane, around the 220-mile marker. In the vehicle as a passenger was Thelma M. Harbison, 74, also of Kansas City, MO.

The RV was towing a second vehicle.

The front right tire blew, causing the vehicle to veer hard to the right.

Lloyd tried to counter steer to gain control of the vehicle but was unsuccessful.

The vehicle traveled southeast off of the roadway and onto the south shoulder of I-10, where the front of the RV collided with multiple trees.

The sudden stop of the RV caused the vehicle in tow to collide with the right rear of the RV.

The RV came to a rest facing southeast on the south shoulder of I-10.

FHP did not deem the crash to be alcohol-related. Both Lloyd and Thelma were wearing their seatbelts. Lloyd received minor injuries. Thelma received serious injuries, but did not require transportation to the hospital.

The RV sustained \$100,000 in damage.

The crash was cleared by FHP with the help of the Jefferson County Sheriff's Office, and Jefferson County Fire Rescue/EMS.

County's Rock Mine At Standstill Presently

LAZARO ALEMAN
ECB Publishing
Senior Staff Writer

County Coordinator Parrish Barwick recently had good and not-so-good news to report to the Jefferson County Commission about the county's rock mine near the coast.

The good news, Barwick said, was that the on-site crusher was capable of keeping up with the materials being excavated at the mine. The not-so-good news, he said, was that the operation had exhausted the stockpile of materials to be crushed.

The question now became a financial one, Barwick said.

"If we need more materials, we're going to have to buy it," he said, adding that at least he had been able to negotiate a purchase price of less than \$5 per ton, which was much better than the "exorbitant" price of \$8 per ton that the county had been paying previously.

For the time being, however, the mine was at a standstill, Barwick said. Which was the reason he had put the three mine em-

ployees to work on roads, as he didn't want employees standing about idle, he said.

Barwick said he saw no sense in conducting anymore blasts at the mine, given that a large percentage of the material that had been loosened by the earlier blasts remained at the bottom of the pit and was unreachable by the county's current equipment.

He said the commission would have to make a decision about the purchase of a dragline, if the blasted material at the bottom of the pit was to be recovered.

As it was, the commission had in its hands a just received report from the mine consultant speaking directly to issue of the dragline.

Among other things, the report noted that the county had so far invested in mining equipment to the tune of \$750,000 worth of value. It further noted that in more recent months, the commission had invested \$250,000 in site improvements and blasting (not counting the consultant's

**Please See
ROCK MINE Page 3A**

ECB Publishing, Inc. Offers Exclusive Post-Debate Coverage



Connie Mack

JACOB BEMBRY
ECB Publishing, Inc.

ECB Publishing, Inc. will offer exclusive post-Senatorial debate coverage on its website (www.ecbpublishing.com). The online broadcast will begin at 8 p.m. Wednesday, Oct. 17.

The debate between incumbent Bill Nelson and Republican challenger Connie Mack will be held at Nova Southeastern University in Ft. Lauderdale.

According to the Florida Press Association, which is partnering with Leadership Florida to sponsor the debate, "The one-hour



Bill Nelson

post-debate program will consist of a moderator or moderators interviewing guest analysts, journalists, individually or as a panel, in addition to interviews with students, and prominent Democrats and Republicans who attend the debate. Guests will be interviewed for several minutes, and the program will then move on to other guests in order to capture a wide variety of viewpoints."

The post-debate broadcast is only available to be aired by members of the Florida Press Association.

Work Continues On State Road 59 In Monticello



Motorists can expect lane closures on State Road (S.R.) 59, one-half mile north of U.S. 27 in Monticello, on Monday, October 15 through Thursday, October 18. Lane closures will occur 24-hours a day to allow APAC construction crews to continue paving. This work is part of the \$2 million contract to resurface S.R. 59 between I-10 and U.S. 27.

All activities are weather dependent and may be delayed or re-scheduled in the event of inclement weather. Motorists are reminded to pay attention and use caution when driving through the work zone.

Periodic lane restrictions are scheduled Wednesday, October 15 through Wednesday, November 7, in Jefferson County at S.R. 10/U.S. 90 Noname Creek Bridge, two miles west of Monticello, as Bridge Masters perform routine bridge maintenance work.

For more Florida Department of Transportation District Three information follow us on twitter @MyFDOT_NWFL, or www.dot.state.fl.us.

VIEWPOINTS & OPINIONS

Ben Mediate Earns US Marine Title

DEBBIE SNAPP
ECB Publishing
Staff Writer

Marine Corps Pvt. Ben D. Mediate, son of David A. Mediate of Monticello, earned the title of United States Marine after graduating from recruit training at Marine Corps Recruit Depot, in Parris Island, SC.

For 13 weeks, this Marine stayed committed during some of the



Marine Corps Pvt. Ben D. Mediate

most demanding entry-level military training in order to be transformed from a civilian to a Marine instilled with pride, discipline and the core values of honor, courage and commitment.

Training subjects included close-order drill, marksmanship with an M-16A4 rifle, physical fitness, martial arts, swimming, military history, customs and courtesies.

One week prior to graduation, Mediate endured The Crucible, a 54-hour final test of recruits' minds and bodies. Upon completion, recruits are presented the Marine Corps emblem and called Marines for the first time.

Blood Drive Friday

DEBBIE SNAPP
ECB Publishing
Staff Writer

New Hope Church of God will host a Blood Drive on Friday, October 19 from 12 to 5 p.m. The event will take place in the Winn Dixie plaza... just look for the Southeastern Community Blood Mobile.

A luncheon of hot-dogs will be offered to those donating along with a Halloween t-shirt and a chance to win a new car, for the holidays.

Sign-up with Barbara Dansby by calling 850-464-7188. Walk-ins are welcome.

Letters To The Editor

LETTERS TO THE EDITOR ARE TYPED WORD FOR WORD, COMMA FOR COMMA, AS SENT TO THIS NEWSPAPER.

Not the Defense

So Mr. Clark blames the defense. In my opinion the FSU defense played with great heart. It was worn down by an offense that could not move the ball, an offense that did not score a single point in the second half. If the offense had scored even a field goal we would have won the game. E. J., as quarterback, must provide the leadership for the offense. He did not. He is tremendously talented but

I am not sure about his leadership skills.

How would we have done if Charlie Ward had been the quarterback? I think we would have won the game by 30 points.

If E. J.'s leadership skills do not significantly improve we are in for some more disappointments down the road.

Charles E. McClellan

Financial Focus...

TIME TO OBSERVE "SAVE FOR RETIREMENT WEEK"

Provided by Robert J. Davison

October 21 through 27 is National Save for Retirement Week, established by Congress to remind Americans of the importance of — you guessed it — saving for retirement. So why not mark the occasion by considering ways in which you can boost your own financial resources for those years in which you're officially a "retiree"?

If you're somewhat concerned about your financial prospects during retirement, you're not alone. Check out a few of the findings from the Employee Benefit Research Institute's 2012 Retirement Confidence Survey:

Just 14% of workers are very confident they will have enough money to live comfortably in retirement.

Sixty percent of workers report that the total value of their household's savings and investment, excluding the value of their primary home and any defined benefit plans, is less than \$25,000.

More than half of workers report that they and/or their spouse have not tried to calculate how much money they will need to live comfortably in retirement.

In these challenging economic times, it can be challenging to pay your living expenses and still have money left over to save for retirement. But you can take some steps to help your cause. Here are a few to consider:

Pay yourself first. Every time you get paid, move some money — even if it's only a small amount — from your checking or savings account into an investment. Make it easier on yourself by having your bank move the money automatically.

Boost your 401(k) contributions. Whenever your salary goes up, increase your 401(k) contributions. Your money can grow on a tax-deferred basis, which means it can accumulate faster than if it were placed in an investment on which you paid taxes every year.

"Max out" on your IRA. Even if you have a 401(k), you're probably still eligible to contribute to an IRA — and you should. A traditional IRA can grow tax deferred, while a Roth IRA's earnings are tax-free, provided you've had your account at least five years and you don't start taking withdrawals until you're at least 59½. For 2012, you can contribute up to \$5,000 to your IRA, or \$6,000 if you're 50 or older.

Control your debts. It's never easy, but try to reduce your debts as much as possible. The less money you need to devote to debt payments, the more you can add to your investments. Build an emergency fund. Try to build an emergency fund containing six to 12 months' worth of living expenses, kept in a liquid account. This fund can help you avoid dipping into your retirement accounts to help pay for unexpected costs, such as a big doctor's bill, a new furnace or a costly car repairs.

Create a retirement income strategy. It's important to project your living expenses during retirement. Then, once you have at least a good estimate, you can create a long-term strategy — involving your investments, retirement accounts, Social Security benefits and all other financial resources — to help you achieve the retirement income you will need. To calculate these figures and develop such a strategy, you may want to work with a financial advisor.

National Save for Retirement Week will come and go quickly. But your retirement could last for decades — so do everything you can to prepare yourself.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Robert J. Davison
Financial Advisor

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Making Sense of Investing
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Edward Jones



STINGERS

I was very disgusted by the Vice-Presidential debate. I did not know that our current Vice President could be so rude and disrespectful! If you dont believe in what someone else is saying, you should at least let them finish a sentence before butting in. It was awful! They were talking about very serious things and our VP laughed, sneered and butted in through the entire debate. It's not funny! They were discussing serious stuff and he sat there laughing! At least Ryan had enough decency and respect not to interrupt VP Biden when he was talking.

The moderator shouldn't have allowed this to happen, and it just got out of her control. Biden was allowed to voice out and do as he saw fit, without any control whatsoever.

EMAIL YOUR STINGERS TO:
MonticelloNews
@embarqmail.com

Quit Trashing Obama Accomplishments!

To the Editor: Quit trashing Obama accomplishments: He has done more than any President before him!

FIRST PRESIDENT TO: 1. Apply for college aid as a FOREIGN STUDENT, then deny he is a foreign. 2. To have a social security number from a state he has never lived in. 3. To preside over a cut to the credit-rating of the United States. 4. To violate the War Powers Act. 5. To be held in contempt of court for illegally obstructing oil drilling in the Gulf of Mexico. 6. To require all

Americans to purchase a product from a THIRD party. 7. To spend a trillion dollars on the "Shovel-Ready" jobs when there was NO such thing as "Shovel-Ready" jobs. 8. To abrogate bankruptcy law to turn over control of companies to his union supporters. 9. To demand a company to hand-over \$20 billion dollars to his political appointees. 10. To order a SECRET AMNESTY PROGRAM that stopped the deportation of illegal immigrants across the U.S., including those with criminal con-

victions. 11. To tell the CEO of a major corporation (Chrysler) to resign. 12. To terminate America's ability to put a man in space. 13. To CANCEL the NATIONAL DAY OF PRAYER and to say that AMERICA IS NO LONGER A CHRISTIAN NATION!

It is just as racial to vote for a man/women because of the color of their skin as it is racial to not vote for a man/woman because of the color of their skin! To be continued:

Mary Riddle

Thanks For A Great Conference!

Dear Editor:

Thank you Monticello and Jefferson County for your support. Main Street Monticello Florida, Inc. and the Jefferson County Florida Historical Association sponsored the First Floridians, First Americans Conference with the help of a \$10,000 grant from the Florida Humanities Council and the National Humanities Council.

The City of Monticello, the Jefferson County Commission, Altrusa Club, Aucilla Christian Academy, the Monticello Garden Club, the Monticello Opera House, local businesses and many individuals also helped. The total accumulation of small contributions from \$25 to \$500 became our greatest financial support after the grant from the Humanities Council. Volunteers came from our community and local civic organizations.

Attendance was more than expected totaling 608 people that registered over the three days. 240 of these attendees were from

Monticello, 187 from Tallahassee, 92 from miscellaneous Florida towns and 89 from out-of-state. At least 20 volunteers were available at all times, to help register people, provide coffee, help attendees find seats, answer questions, always available and working wherever needed.

We received 90 evaluation forms from attendees and the majority of them were positive. All fourteen speakers, leaders in disciplines of archaeology, geology, ethno-botony, paleo-indian, origin of the Seminole, Pleistocene ecosystem, and more seemed thrilled to participate in the conference and sent notes thanking us for their invitation to speak in Monticello.

Here are the exact words of some of the evaluators:

"So many locals brought in things to be dated. That was great."

"Great work and congratulations to organizers and volunteers for a smooth running professional conference — speakers were very relatable to

the public audience — great boom to the local economy!!!"

"Feel very privileged to be able to attend such a wonderful & informative conference."

"Loved the 2 hr. lunch — saw the town. Excellent use of technology."

The First Floridians web site, www.firstfloridians.com will be continued and we are in the process of adding photographs of the crowd and many of the exhibits included in the conference. We will also add this information to the Main Street website and Main Street's Face Book page. Reports on the conference will be added as available.

Thank you again from Main Street of Monticello and the Jefferson County Historical Association to everyone who helped make the First Floridians First Americans Conference a great success.

Sincerely,
Anne H. Holt, Ph.D, Program Manager
Margie Stern, President, Board of Directors
Main Street Monticello Florida, Inc.

Thanks From Al Cooksey

Thanks to the Democratic Party and Julie Conley for allowing me to be the speaker timer at the last meeting. I learned important information that will help our school system improve after the election.

Al Cooksey

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CIRCULATION DEPARTMENT
Subscription Rates:
Florida \$45 per year
Out-of-State \$52 per year
(State & local taxes included)

Established 1869

A weekly newspaper [USPS 361-620] designed for the express reading pleasures of the people of its circulation area, be they past, present or future residents.

Published weekly by *ECB Publishing, Inc.*, 180 W Washington St. Monticello, FL 32344. Periodicals postage PAID at the Post Office in Monticello, Florida 32344.

POSTMASTER: Send address changes to MONTICELLO NEWS, P.O. Box 428, Monticello, FL 32345.

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AROUND JEFFERSON COUNTY

Road Dept.

continued from page 1A

how the four-day workweek is going," Nelson said. "If there is an abuse of overtime, the data will show it."

Coordinator Parrish Barwick called Nelson's a reasonable request. He promised to supply Nelson with the data and also look into Ream's complaint and report his findings to the board.

Commission Chairman Hines Boyd, however, saw Reams' complaint as being politically motivated and yet another instance of "bashing the Road Department."

"This is a classic example of trying to micromanage the department from behind the commissioners' desk," Boyd said. "There are a lot of reasons why a department head will use overtime to get work done."

He noted that the Sheriff regularly used overtime to increase the pay of employees who didn't otherwise make much money.

"These are people who make less than the members on this board," Boyd said. "Do you begrudge them this overtime? What we have here again is a vendetta against the Road Department. No wonder the department doesn't get anything done. We never get off its case. It's no wonder they're afraid to act. The real question is, does the department have the funds in its budget?"

"This should never have been brought up at a commission meeting," Boyd concluded. "It was politically motivated to embarrass the Road Department."

Reams responded to Boyd's last statement in a subsequent email to the News.

"I know it's not always popular to bring to light controversial issues, but it is certainly not 'politically motivated,'" Reams emailed the paper. "Per Florida Statutes and the Florida Constitution, I serve as the Ex-Officio Clerk to the Board of County Commissioners (BOCC). I am the watchdog of taxpayer funds per my statutory and constitutional duties as auditor, recorder and custodian of all county funds.

"As the county's chief financial officer, I would be remiss and derelict in my duties to the citizens of Jefferson County and the BOCC if I did not address and bring to light any findings, concerns, anomalies or aberrations involving the expenditure of taxpayer dollars. It is my job to bring any issues to the BOCC; how they choose to respond to the information I provide is at their discretion. I bring these matters to the board's attention in a public setting because I believe in open and transparent government. The Florida Constitution states that a public office is a public trust and that is the impetus for having these discussions in the 'Sunshine.' I will never apologize for doing my job as defined or bringing these matters before the board and public."

Bus Driver

continued from page 1A

also from Monticello.

Joseph Corey Brown, 31, of Dixie, GA, was driving a 2011 Ford Focus traveling northbound on Boston Highway. In the vehicle as a passenger was Joseph Brown, 60, also of Dixie, GA.

Peterson crossed the centerline while making a right turn and the left front of the school bus collided with the right side of Brown's vehicle.

FHP did not deem the crash to be alcohol-related. Brown and Peterson were wearing their seatbelts.

No one was injured. The school bus sustained \$100 damage. Brown's vehicle sustained \$2,500 damage.

Peterson was charged with failure to drive in a single lane.

FHP was assisted on the scene by the Jefferson County Sheriff's Office and Jefferson County Fire Rescue.

Rock Mine

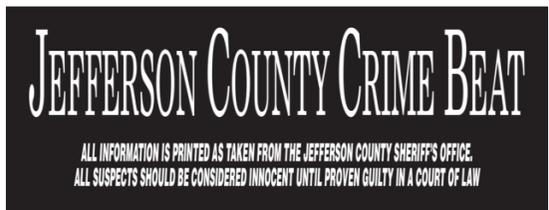
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fees).

The report further noted that the county currently has about \$350,000 worth of blasted rock (processed value) that lies at the bottom of the pit and requires a dragline to recover. The report recommended that the county "immediately identify and purchase a suitable dragline to continue its mining operation and protect its current investment in the mine and mining operation."

The last dragline that the consultant identified for purchase was a used one in Louisiana that was priced at about \$200,000, not counting transportation and installation costs. At that, a couple of commissioners questioned the price, considering it too low for a machine of its type.

Because the consultant's report came past the deadline for inclusion in the agenda, however, the board put off discussion of the dragline until its next meeting, scheduled for 6 p.m. Thursday, Oct. 18, in the courthouse annex.



FRANHUNT

ECB Publishing Staff Writer

Sandy Edwards, 43, of Tallahassee, was arrested October 8 and charged with violation of probation on the charge of grand theft. Bond was set at \$100 and she bonded out of jail the same day.

Robert Washington, 55, of Tallahassee, was arrested October 8 and charged with driving while license suspended or revoked, third or more offense and failure to register a motor vehicle. A total bond of \$1,500 was set and he bonded out of jail the same day.

Kenneth D. Faircloth, 42, of Crawfordville, FL, was arrested October 9 and charged with criminal mischief, more than \$1,000. Bond was set at \$2,500 and he bonded out of jail the same day.

Jim Williams, 50, of Tallahassee, was arrested October 10 and charged with contempt of court for nonpayment of child support. Bond was set at \$1,200 and he bonded out of jail the following day.

Samuel Demorris Branton, 40, of Tallahassee,

was arrested October 10 and charged with contempt of court for nonpayment of child support. Bond was set at \$500 and he bonded out of jail the same day.

Armand Patrick Ngamu, 25, of Smyrna, GA, was arrested October 11 and charged with violation of probation on the charge of driving under the influence and resisting without violence. Bond was withheld and he remained at the County Jail October 16.

Stephanie Footman, 49, of Monticello, turned herself in to the County Jail October 11 on the charge of scheme with intent to defraud. Bond was set at \$250 and she bonded out of jail the same day.

James D. Pease, 45, of Douglas, GA, was arrested October 12 and charged with violation of probation on the charge of attempted lewd and lascivious. Bond was withheld and her remained at the County Jail October 16.

Bridget A. Keegan, 61, of Bonifay, FL, was arrested October 14 and charged with driving under the influence. Bond was set at \$500 and she bonded out of jail the same day.

Kiwanis Meeting Speakers



Kiwanis speaker for the October 10, 2012, meeting was Dr. Jim Dunbar. He is a retired archeologist. He spoke to the attendees about the importance of archeological preservation of artifacts in the Wacissa and Aucilla rivers. He believes these sites are among the most historically significant in the world.



Kiwanis speaker for the Wednesday, October 3, 2012, meeting was Irv Nesmith, with the Thomasville Airport. He spoke to the members about the Thomasville Fly-In held on the weekend of October 12-14. The annual event was free to the public. Several planes could be observed coming and going. Those attending the event could view many antiques and replicas of famous planes. There was an 'All Day Candy Drop' on that Saturday by helicopter for the children.

Magnolia Garden Circle Holds First Meeting

DEBBIE SNAPP

ECB Publishing Staff Writer

Magnolia Garden Circle members held their first meeting of the Garden Club year on Tuesday, September 25. Circle Member Linda Demott hosted the afternoon.

The group began the afternoon at the Demott Farm and enjoyed a beautiful luncheon feast. After the meal the group carpooled to the Pinckney Hill Plantation for a tour of its home and gardens. The house overlooks a lake on one side and an infinity pool on the other. The 25,000+ square foot home has 280+ windows and an outdoors kitchen. Member Pam Kelly is manager of the home and was tour guide for the exciting walkabout.

The group came back to the Demott Farm for a spread of homemade desserts. Member Ann Coxetter brought a guest, Eleanor Hawkins.

The Monticello Garden Club will hold its Fall General Meeting for its Circles, on Thursday, October 18, at the First Presbyterian Church fellowship hall. The cost is \$10, or bring a covered dish item to share. For more information about this Circle or the Fall Meeting, contact Magnolia Chairperson Anne Horton at 850-997-6035.

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AROUND JEFFERSON COUNTY

Monticello Area Historic Preservation Association Meeting Thursday

DEBBIE SNAPP
ECB Publishing
Staff Writer

A grassroots effort of local homeowners has established a local Florida not-for-profit organization with a focus on promoting historic preservation. Comprised of local individuals who live in historic homes, have lived in historic homes, or those who just have a sincere interest in preservation, the Monticello Area Historic Preservation Association, Inc., is a new, 100 percent volunteer run

organization that appears to fit a niche that does not appear to be addressed locally at this point in time.

The first meeting of the Monticello Area Historical Preservation Association, Inc., is scheduled for 7 p.m. on Thursday, October 25, at the Christ Church Parish Hall at 320 North Jefferson Street in Monticello. The main speaker will be Bob Jones, with the Florida Department of State, Division of Historic Preservation, speaking about the process and

benefits of placing qualified buildings and homes on the National Register of Historic Places. Emily Anderson, Monticello City Clerk will discuss the process for nominating qualified buildings and homes to be included in a city historic district. Membership is free for those who complete a membership form that evening. While a web based information portal is being constructed, additional information can be obtained by calling 850-997-6552. Founding members look

forward to working with other forward thinking organizations and individuals who are of a like mind. Home ownership is not a requirement to join. Folks of all ages and parts of town are invited to participate. Future programs will be determined in large part by input from those who join the organization so as to keep the meetings appropriate and meaningful to attendees. Please consider joining this informative meeting. The purpose of the

organization is to encourage and assist in the preservation of historic buildings and structures in Monticello and surrounding Jefferson County through support to individuals and the city and county in their efforts to focus on historic preservation following their approved ordinances and regulations. This organization owns no buildings, has no office and has no employees. It is the intention of the group to assist interested parties to under-

stand the benefits of preserving architecture through voluntarily placing property in a Monticello Historic District or the National Register of Historic Places through communication of accurate information. Repurposing buildings and saving the facades can be an effective, low cost/high benefit strategy to help maintain a unique and vibrant historic community that will attract others for years to come as well as encourage new businesses to fill those buildings.



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VOTE "YES" FOR JOBS!

The Jefferson County Economic Development Council supports the County Referendum allowing property tax exemptions for new jobs.

Please vote YES on this important issue and give Jefferson County a vital economic development tool to encourage job creation in our community.

BALLOT LANGUAGE
Local Option Tax Referendum
Non-Partisan – Special
"Shall the Board of County Commissioners of this County be authorized to grant, pursuant to s.3, Art. VII of the State Constitution, property tax exemptions to new businesses and expanding, existing businesses, that are expected to create new, full-time jobs in the county?"

YES - For authority to grant the exemptions

NO - Against authority to grant exemptions

HERE ARE THE FACTS:

- Will NOT increase taxes.
- Will provide job creation tool to help existing businesses and attract new employers.
- Will make our county more competitive. OVER HALF THE COUNTIES IN FLORIDA OFFER TAX ABATEMENT.
- Exemption cannot exceed 10 years.
- Does NOT exempt taxes levied by school, city, water management district or other special taxing authorities.
- Can only be used for improvements to real property and for tangible property. Taxes are still levied on the land where the business is located.

For more information contact the Jefferson County Economic Development Council
850-997-7999

jcedc@embarqmail.com

VOTE NOVEMBER 6, 2012

††Obituaries††

William Dorsey Harrod

William Dorsey Harrod, 82, passed away peacefully at his home in Waukeelah, Florida, on Thursday, October 11, 2012.

A memorial service was held on Saturday, October 13, at Beggs Funeral Home Monticello Chapel.

Bill was born and raised in Ellenton, Florida. He graduated from Manatee High School and was drafted into the Army. He served two years and a tour of Korea where he was an MP. Bill used his GI bill to earn a degree at the University of Florida and became a loyal Florida Gator fan.

He worked in the dairy industry for several years before joining The Florida Department of Agriculture & Consumer Services where he met his wife, Virgie, and retired after 25 years. He was a faithful member of the church of Christ in Monticello, Florida.

Bill is survived by his wife Virgie of Waukeelah and two sisters, Mary Jo Bantle of Sarasota, Florida, and Carolyn (Wilbur) Harkness of Midland, Texas; three stepdaughters Sharon (Stephen) Lenzo, Melanie (Lloyd) Monroe, and Kimberly (Drew) Norman, seven grandchildren, four great grandchildren, two nieces, three nephews and a host of other family members, all who loved him dearly and brought much joy into his life.

He was preceded in death by his parents, Ora Lee and Dorsey Harrod and a sister Joyce (Bob) Miller.

R. B. "Cap" Shuman

R. B. "Cap" Shuman, age 79 a retired owner and operator of Johnston's Locker Plant in Monticello, passed away Wednesday October 3, 2012, in Monticello.

Funeral services were held Saturday, October 6, 2012 at 11 a.m. at the First Presbyterian Church, 290 E. Dogwood Street, Monticello, FL. The family received friends Friday October 5, 2012 at Beggs Funeral Home Monticello. (850-997-5612), 485 E. Dogwood Street, Monticello, Florida 32344. Interment followed the service at Roseland Cemetery.

Mr. Shuman was a life long resident of Monticello. He was a member of the Kiwanis club and a founding member of the Jefferson Country Club. He was an avid outdoorsman who loved fishing, hunting, and golfing. Some of the best times of his life, were spent following the lives of his grandchildren. He was of Presbyterian faith and a member of the First Presbyterian Church.

Cap is survived by his wife Felice Johnston Shuman of Monticello; one son Bart Shuman (Becky) of Valdosta, Georgia; one daughter Becky Bennett (Hal) of Monticello; five grandchildren Scott Shuman, Sloan Shuman, Seth Shuman, Blake Bennett, Connor Bennett and one great grandchild, Tyler Kane Bennett.

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- * HUD Vouchers Welcome
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Please Contact Apartment Manager

(850) 997-4727

For further information stop by our leasing office
Mon., Wed. or Fri.
between 9 a.m. and 2 p.m.



JEFFERSON COUNTY LIONS CLUB

Meetings:

Brick House Eatery

1st Tuesday, 1 p.m.

3rd Tuesday, 1 p.m.

Contact:

Lion Debbie Snapp

850-997-0901

850-997-3505

All are welcome to attend

"WE SERVE"

CHURCH

Joyful Noise Photos And More

DEBBIE SNAPP
ECB Publishing
Staff Writer

The Joyful Noise Dinner, Concert, and Silent Auction fundraising event held on October 5, was sponsored by Big Bend Hospice and coordinated Michele Brantley, with special thanks to all the donors to the auction and food.

Other donors included: A-Tech, At Home, A Touch of Healing Massage, Avera Clarke House B&B and Gretchen Avera, Badcock & More Home Furnishing Center, Barbara Culbreath, Brick House Eatery, Carrie Ann & Co., Chicken Delite, Christine's Barber & Beauty, Cindy Kinder, Crazy Quilters Delightful Pets, First United Methodist Church, Full Moon Apiary, Gelling's Florist, Ginger Hodges, Grubbs Petroleum, Gulf Coast Lumber, Helen Braswell, Holly Hill Farms, Honey Lake Plantation, Huckleberry's Creations, Milly Jo and James Clark, Jane Moore, Jefferson Country Club, Jefferson County Farm Bureau, Jefferson Farmers Market, Jonah's Fish & Grits, Johnston's Meat Market, Kathy

Moody, Keith's Mowing Service, Lucy & Leo's, Malloy Nursery and Special Events, Marilyn Youtzy, Mary Madison Boutique, Metta Day Spa, Mode, Monticello CarQuest, Monticello Florist, Monticello Health & Fitness Center, Monticello Nurseries, Nan Baughman, New Genesis Center, O'Reilly Auto Parts, Photos By Suzanne, Plantation Petroleum, Rancho Grande Mexican Restaurant, Register's Barber Shop, Sage LLC, Sorenson Tire Center, Subway, Sweet Grass Dairy, The Bookshelf, The Peddler's Marketplace, Total Landscape, Trolley's, Tupelo's Bakery & Café, Vintage Treasures, Wag The Dog, Wash-N-Go Express, and Wayne Cook.

The silent auction brought in a tidy sum, with all proceeds benefiting Big Bend Hospice patients in Jefferson County.

Big Bend Hospice was founded by volunteers 29 years ago to provide compassionate care for patients with life-limiting illness and their families. Jefferson County BBH is located at 205 North Mulberry Street in Monticello (850-997-2827, www.bigbendhospice.org.)



CHURCH NEWS NOTES

October 17
First Presbyterian Church will host EaglesWings, a ministry of outreach, serving the community on the first and third Wednesday of each month from 9 a.m. to 12 p.m. Volunteers are always welcome to distribute food items and to donate non-perishable food items. Call and leave a message for JoAnne Arnold at 850-997-2252 or go to eagleswingmonticello@yahoo.com or www.firstpresbyterian-monticello.org.

October 18
First United Methodist Church of Monticello will host a six-session Grief Support Group on Thursdays through October 25. The sessions will be held in the FUMC Family Ministry Center from 3:00 to 4:30 p.m. Elizabeth Robinson, MSW will facilitate the group. Pre-registration is required; call Robinson at 850-210-9239.

October 19
Tent of the Holy Guests offers prayer for the sick and a special scripture message every Friday at 7:30 p.m. The Tent is located at 295 West Palmer Mill in Monticello.

October 20
Jefferson County Minister's Conference Inc will sponsor a 'Fellowship Relief Program' on Saturday, October 20, at 3 p.m. to honor and remember Rev. Dr. Jimmy Brookins. The program will be held at the Fellowship Missionary Baptist Church in Monticello; Rev. Melvin Roberts, pastor.

October 20
StoryTime Ministry is held from 1 to 2 p.m. every other Saturday at the Jefferson County Bailor Public Library. For more information contact First United Methodist Church Ministry Chairman Barbara Hobbs at 850-523-1813.

October 21
Shiloh and Salem AME church families will celebrate their pastors' anniversaries on Sunday at 3 p.m., at the Shiloh Church in Aucilla. Rev. Jeffrey Graham will be the speaker, along with the Miller Sisters & Family as the guest choir.

October 21
A Celebration of FAMU's Legacy with the FAMU Concert Choir, at 5 p.m. on Sunday, at First Missionary Baptist Church, 115 West Calhoun Street in Thomasville. Hosted by the Thomasville/Thomas County Chapter of the FAMU Alumni Association, along with Dr. William Hudson, VP of Student Affairs.

October 26, 27
Second Harvest Food Program, together with the churches of New Bethel AME, Elizabeth MB, Hickory Hill MB, Mt. Pleasant AME and Philadelphia MB, will provide food to anyone needing assistance including the needy, infants and the elderly. This is done monthly with distribution from 8 to 9 a.m. usually on the fourth Saturday at the New Bethel AME Church located at 6496 Ashville Highway. Volunteers are also welcome to come on Friday evening at 6:30 p.m. to help bag the food packages. Contact Nellie Randell at 850-997-5605 or 850-997-6929 to volunteer or for more information about this program.

Pastor David & Sister Christi Walker

Calvary Baptist Church

On Pastor's Appreciation Day, We here at Calvary Baptist Church in Monticello, Florida would like to thank you both for being such a blessing to us. You have always been there when we've gone through life changing events and it means so much to us. As a dedicated couple serving the Lord you are exemplary, as a Pastor and a Pastor's wife you are extraordinary, as Christians you are wonderful examples for others to follow. Our Church is truly blessed to have you. We want you to know on "Pastor's Appreciation Day"

May God always lead you and bless you and your family. With much love, Your Calvary Church Family.

PASTOR APPRECIATION

Preacher - Teacher

Counselor
Friend
Leader

Father in the Lord

Lord, Help My Pastor
by Patricia Bankhead

Lord, help my Pastor, I pray
There are many obstacles in his way
Every burden help him to bear
Dear Lord, keep him in Your tender care
Give him strength and the ability
To care for the church and his family
Lord, there is so much he has to do
He can't do alone, he surely needs You
So shelter him in Your loving arms
Safe from all danger and unseen harm
Guard his mouth, his heart and mind
Remove every tittle of sin and pride
Keep him in the hour of temptation
May he not be moved by Satan's persuasion
Remove all fears, Lord, remove all doubt
By Your Spirit, Lord, be in his mouth
So that he will speak a word that is due
And bring Your dear people closer to You

In Jesus Name, Amen.

Capital Heights Baptist Church
would like to thank
PASTOR DERRICK BURRUS

"And as ye go, preach, saying, The kingdom of heaven is at hand."
Matthew 10:7

OLIVE BAPTIST CHURCH
would like to thank
Art Beal
Interim Pastor

"His name shall be called Wonderful Counselor, the Mighty God, the Everlasting Father, the Prince of Peace . . ." Isaiah 9:6

First Baptist Church of Monticello
would like to thank
Pastor Rick Kelley

"Blessed is the man who trusts in the Lord and has made the Lord his hope and confidence." Jeremiah 17:7

Church of the Nazarene
would like to give a heartfelt thanks to
Rev. Timothy Hildreth

Be truly glad. There is wonderful joy ahead!
Peter 1:6

Isaiah 40:11,
"He will feed his flock like a shepherd."

We love our Pastor Steve!

Sardis United Methodist Church

Pastor Wayne
from all of us at
First United Methodist Church of Monticello,
We thank you for everything you do for us.
We appreciate you;
we are blessed by you;
we love you

CHURCH

Faith Radio Celebrates 15 Years



Dennis Swanberg

DEBBIE SNAPP
ECB Publishing
Staff Writer

Faith Radio will celebrate its 15th Anniversary at 7 p.m. on Friday October 19 at the Thomasville Road Baptist Church; admission is free!

Enjoy an evening of fun and worship with special guest singer Shannon Wexelberg and Christian comedian Dennis Swanberg.

Wexelberg is a God pursuing, Col-



Shannon Wexelberg

orado based songwriter, artist, worship leader, wife, and mom, who has a blazing passion for the Lord's presence and for helping lead others there.

Swanberg is known as the 'Minister of Encouragement' for his unique style of Christian comedy intermingled with 20+ impersonations. He is a Texan born pastor turned comedian.

For more information call 850-201-1070 or go to www.faithradio.us.

First Baptist Church Of Lloyd Celebrates 36th Homecoming

DEBBIE SNAPP
ECB Publishing
Staff Writer

The First Baptist Church of Lloyd family invites the community to celebrate with them the 36th Homecoming and their Note-Burning Ceremony on Sunday, October 21.

What began as a mission for a humble group at a meeting in the Lloyd Train Depot has grown into a seven-acre campus with a 299-seat sanctuary, a preschool building and playground, an educational building with 10 classrooms, and a multi-purpose fellowship

hall.

Through the new sanctuary, many have experienced God's grace, starting with the free labor provided by the Campers on Mission and continuing with the ability of God's people to pay off the building loan. During this Homecoming Celebration, Rev. George Smith will lead in the remembrance of God's grace as the FBCL 'Builds for the Future'. The service will conclude with a special note-burning event.

A covered dish luncheon will follow. Each fam-

ily is asked to bring enough food to feed their family and one extra person. Everyone is welcomed to bring a dessert!

The Hostess Committee will be accepting food in the Fellowship Hall before and throughout the Sunday School hour.

Sunday School begins at 9:15 a.m. and Morning Worship is held at 10:30 a.m. Bring your family and a friend!

First Baptist Church of Lloyd is located at 124 St. Louis Street in Lloyd. Call 850-997-5309 or email to fbclloyd1@embarq-mail.com.

Prophetic Impartation Conference Set For October 19 - 21



DEBBIE SNAPP
ECB Publishing
Staff Writer

Prophetess Katabia Henry Ministries will present its 2012 Prophetic Impartation Conference October 19-21 at 7:30 p.m. nightly and at 4:00 p.m. on Sunday evening at the Springfield AME Church, located at 1732 Piney Woods Road. Rev. Stefon McBride, pastor.

Guest speaker on Friday evening is Prophetess Pamela Kelly; Saturday evening is Prophetess Katoya Stephens; and on Sunday evening is Dr. Yaquanda Payne-McCall.

The Prophetic Goals is to position God's people to reap in this earthly time of famine spiritually and financially in every area of their life. This means emphasizing the fact that what we sow is vital to what we

reap in our life, and the whole process of manifestation will take enduring faith, along with other key spiritual ingredients. It is to empower the people with clear Prophetic direction and insight to successful sowing and reaping. This will increase their chances to sow properly, as well as reap successfully.

Successful reaping is when you can sustain and reproduce what you have reaped in your life and give others insight to do so as well. It also is to decree and declare production to the land wherein they are experiencing spiritual and then natural famine, according to Deut. 28 and 2 Chr. 7:14, James 5:17.

Its mission is to promote, protect and improve health of all people in Florida Prophetic Conference.

"Keeping the Faith" For the Long Haul

RONNIE MCBRAYER

For those who grew up in the revivalistic tradition, we heard the same basic sermon every Sunday: "You are sinner. Repent or you're going to hell. And you better get to it, because Jesus could return at any second and catch you unprepared."

I can't tell you how many times I heard a preacher say something like, "The Lord Jesus could return at any moment! He could return before I finish preaching this morning!" And then the speaker would preach for so long, I thought that's exactly what he was trying to achieve: Preach till Jesus got there.

I didn't like this sort of exhortation. I was, after all, a teenager being told how big a sinner I was, but didn't feel like I had gotten to sin very much yet. I hadn't got to do much of anything! I hadn't traveled, hadn't earned my driver's license, hadn't had sex, hadn't turned twenty-one or really even lived. If Jesus was content waiting all these centuries before returning to earth, just to show up at this particular blip in history to interrupt my simple little plans, then I concluded it would be a raw deal.

My feelings about so much of the "Second Coming" preaching I hear still makes me cranky (but for a differ-

ent reason than when I was a teenager). We are so absolutely convinced that we are living in the final chapter of human history - on the last page, if not within the last sentence - that we are in danger of giving away the future.

Growing up in a tradition where the impending, imminent return of Christ was a pillar of our faith, the question was always asked, "What if Jesus came back today?" That's a good question, no doubt. But here is a question that might be better: "What if he doesn't?"

What if Jesus does not come back today...or tomorrow...or next year...or next decade...or next century? What kind of world do we want to leave for our descendants? What kind of world will we have then? If we aren't prepared for the long haul, prepared to persevere into a distant future, then have we not given up on actually living the faith we profess?

We who are Christian could take a lesson from the not-for-profit organization, "The Long Now Foundation." It has been around since 1996, and it hopes to be around much, much longer. The Long Now Foundation has one essential goal: To reverse the trend in our culture of short-term thinking.

The founders believe



that our "accelerating technology, the short-horizon perspective of market-driven economics, the next-election perspective of democracies, and the distractions of personal multi-tasking" have given us "a pathologically short attention span." They want to provide some sort of corrective balance to our short-sightedness, and encourage "the long view and the taking of long-term responsibility, where 'long-term' is measured" in centuries, not months or years.

Illustrating this long-term thinking, Long Now is building a massive clock - a 21st century version of Stonehenge - that will tick for the next 10,000 years. Eventually the clock will be placed in a cave in Nevada's Great Basin National Park. The point of the clock is not to mark time; it is to rekindle our hope in the future.

The church, allegedly the most hopeful community in the world, could use some of that thinking, because Jesus will probably not return before you finish reading this article. He'll probably not return today, and likely not return in your lifetime (If he does, I will happily apologize to each and every one of you publically, along with an exhaustive list of all I have been/am wrong about).

No, "God is not slow about keeping his promises," but we must know that God works on a timetable that is all his own. And yes, maybe Jesus will return tomorrow or next year. But it might be next millennium. Regardless, if it's sooner or later, we have to be more than prepared. We have to be prepared to faithfully persevere no matter how long the wait.

Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more at www.ronniemcbrayer.me.

2012
Monticello FL

Proceeds benefit Jefferson County Humane Society

Saturday, 10/20/12

10:00 AM—7:30 PM

2123 E Washington Hwy
Monticello FL

2 Miles E of Monticello Courthouse on 90 Hwy

**** A Smoke Free Event ****

Bring your chairs and blankets but please leave coolers at home

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- Carrie Ann & Company
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- Curtis Morgan's Garage
- Farmers & Merchants Bank
- Monticello News
- Rancho Grande Mexican Restaurant
- Steve Walker Realty
- Stewart Heating and Cooling
- Tobacco Free Jefferson Partnership
- Tallahassee Media Group
- Tinker and Tinker Masonry
- Total Landscape Supply
- Tri-Eagle Sales
- Tupelo's Bakery & Café
- Veterinary Associates
- Wag the Dog Thrift Shops

- **5K, Duathlon, or 1 mile Fun Run**
Register online by 10/15 at Raceit.com
- **Live Entertainment**
Purvis Brothers Encore Band, Bruised Grass, Wiley Coyote, The Cherry Street Ramblers and more
- **Food, Crafts, Exhibits, & Live Demonstrations**
- **Family Fun Kid's Zone**
- **Hayrides**
- **Pet Parade & Costume Contest**
All Pets must be leashed and well behaved
- **Admission \$5 per adult, children free**
- **Twilight Golf Ball Drop***

*Twilight Golf Ball Drop, \$1,250 cash prize for one lucky number (25% of proceeds if not all chances are sold). Get your number for only \$10 at Monticello Wag Thrift Stores, 235 N Jefferson, 315 N Jefferson, or contact Teresa Kessler

Jefferson County Humane Society
Mailing Address
PO Box 954, Monticello FL 32345

Phone: (850) 342-0244
Website: www.jchs.us
Email: jchs@jchs.us

More info contact
Teresa Kessler: (850) 997-4540
Teresa@KesslerConstructionLLC.com

JEFFERSON COUNTY HUMANE SOCIETY, INC. IS A 501(c)3 CHARITABLE ORGANIZATION. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. FLORIDA REGISTRATION # CH4494.

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- Groups of 10 or more 10% discount.

Ghost Tours available on the
13, 19 & 20, 26 & 27

Great entertainment for family reunions, birthday parties, camps, scouts, and gatherings for almost any occasion.
Prices do not include tax or tips.

Come and Enjoy the fun

October 31st: Halloween - Trick or Treat

Church Directory

CALVARY BAPTIST CHURCH

285 Magnolia St • Monticello • 997-2165
www.cbcflorida.org
Dr. David E. Walker, Pastor

Sunday School.....9:45 AM
Sunday Morning Worship.....11:00 AM
Sunday Evening.....6:30 PM
Wednesday Evening.....7:00 PM
Wed. TRAC Club for teens.....7:00 PM

CAPITAL HEIGHTS BAPTIST CHURCH

7150 Apalachee Pkwy • Tallahassee
www.chbaptistchurch.org
Pastor Derrick Burrus 850-345-0425
Youth Pastor Ron Thrash 850-251-0748

Sunday School.....10:00 AM
Sunday Worship.....11:00 AM
Children's Chapel.....11:00 AM
Sunday Evening.....6:00 PM
Wednesday Evening.....7:00 PM
Prayer Meeting and Bible Study
Classes for Students

CENTRAL BAPTIST CHURCH

625 Tindell Road • Aucilla • 997-2081
P.O. Box 163 • Monticello
Pastor Daryl Adams 850-251-0129

Sunday School.....9:45 AM
Sunday Worship Service.....11:00 AM
Choir Practice.....5:00 PM
Worship Service.....6:00 PM
Wednesday
Fellowship Meal.....6:30 PM
Prayer Meeting/Bible Study.....7:00 PM

CHRIST EPISCOPAL CHURCH

425 North Cherry Street • Monticello • 997-4116
www.ChristChurchMonticello.com

Rev. Dr. Sudduth Rea Cummings

Communicating the Good News of Jesus Christ since 1840
Sunday 9:00 AM.....Adult and Children Sunday School
10:00 AMHoly Eucharist
Nursery provided for children under 5

CHURCH OF THE NAZARENE

US 19 N 1590 N. Jefferson Street (US 19)
850-997-3906
monticellonaz@gmail.com
Rev. Timothy Hildreth

Sunday School.....9:45 AM
Morning Worship.....10:45 AM
Wednesday Evening
Supper.....5:30 PM
Small Group Breakout.....6:30 PM
Bible Study & Prayer Meeting.....6:30 PM
Saturday
Spanish Church Services.....7:30 PM

NEW HOPE MINISTRIES CHURCH OF GOD

415 E Palmer Mill Rd • Monticello • 997-1119
newhope415@yahoo
Pastors Ray and Angel Hill

Sunday School.....10:00 AM
Sunday Worship.....11:00 AM
Sunday Prayer.....6:00 PM
Wed. Family Training Hour.....7:00 PM

OLIVE BAPTIST CHURCH

7369 Boston Hwy. Monticello
850-997-1596
Bro. Art Beal, Interim Pastor

Sunday Bible Study.....10:00 AM
Sunday Worship.....11:00 AM
Sunday Evening.....6:00 PM
Wednesday
Bible & Prayer Meeting.....7:00 PM

RESTORED GLORY CHRISTIAN CENTER

1287 South Jefferson Street • 997-RGCC (7422)
www.restoredglory.org

Pastor Eddie and Elder Veronica Yon

Get Moving Womens Fitness & Fellowship, Monday...6:30 PM
Sunday Church Service.....10:00 AM
Thursday Church Service.....7:00 PM
Wednesday with Pastor.....10:00 AM - 2:00 PM
Men's Ministry 2nd Saturday.....2:00 PM

REFUGE IN AUCILLA

Church of Our Lord Jesus Christ of Apostolic Faith, Inc
63 Tinnell Road Monticello, FL. 32344
850-997-0399
District Elder Tony Lane, Pastor

Sunday
Bible School.....9:30 AM
Morning Worship.....11:00 AM
1st Sunday - Holy Communion Service
4th Sunday - Youth Sunday

Prayer Hour

Monday
Wings of Prayer.....5:00 PM
Wednesday
Noonday Prayer.....12:00 PM
(Mid-Week Church Fasting Day)
Hour of Power.....6:00 AM - till @ Home
1st Saturday's.....8:00 AM - 10:00 AM
5th Saturdays.....6:00 AM - 7:00 AM

Mid Week Worship

1st Wednesday
Praise and Worship.....7:30 PM
2nd and 3rd Wednesday
Prayer.....7:00 PM
Bible Class.....7:30 PM
4th Wednesday
Men & Women Ministry.....7:30 AM

ELIZABETH BAPTIST CHURCH

4124 Bassett Dairy Rd • Monticello • 997-8444
Email: ebmonticello@centurylink.net

Rev. Dr. Dean Spivey, Pastor
Student Pastor, Don Self

Sunday Worship Service.....8:30 AM
Sunday Bible Study.....9:45 AM
Morning Worship Service.....11:00 AM
Choir Practice.....5:00 PM
Evening Worship Service.....6:00 PM

WEDNESDAY

Bible Study/Prayer Meeting.....6:00 PM
RA's/ GA's/Mission Friends/Youth

FIRST BAPTIST CHURCH

325 West Washington Street
Monticello • 997-2349
Dr. Rick Kelley, Pastor

Sunday School.....9:45 AM
Sunday Morning Worship.....11:00 AM
Sunday Evening Worship.....6:00 PM
Wednesday Bible Study.....6:30 PM
Children's Church - Ages 4-6.....11:30 AM
-Nursery for all services-

FIRST BAPTIST CHURCH OF LLOYD

124 St. Louis Street • Lloyd • 997-5309
www.fbclloyd.com

Pastor George L. Smith

Sunday
Sunday School.....9:15 AM
Praise & Worship.....10:30 AM
AWANA (ages 3yr-6th grade).....5:00 PM
Impact 4Jesus (Grades 6th-College)5:30 PM
Praise & Worship.....6:00 PM
Adult Choir.....7:00 PM
Wednesday
Family Supper.....5:45 PM
Worship.....7:00 PM
Joyful Sounds Children's Choir...7:00 PM
5th quarter Youth.....7:00 PM
1st & 3rd Monday
Mighty Monday-Ladies Bible Study...6:30 PM
2nd Thursday
Lloyd Silver Saints.....11:00 AM
3rd Thursday
W.W. Diners(Widows/Widowers outing)...5:30 PM
3rd Saturday
Brotherhood.....8:00 AM

FIRST PRESBYTERIAN CHURCH

290 East Dogwood Street • Monticello • 850-997-2252

Interim Pastors

Sunday School.....9:45 AM
Sunday Worship(except last Sunday of month)..11:00 AM
Adult Bible Study-Wednesday.....6:30-7:30 PM
Men's Breakfast.....2nd Saturday 8:00 AM

SARDIS UNITED METHODIST CHURCH

4543 Waukeenah Hwy • Monticello -850-264-0802
Pastor Stephen Lenzo

Sunday School.....9:45 AM
Sunday Worship.....11:00 AM
Nursery Provided
Tues Bible Study.....6:30 PM
www.sardis.his-body.com
email: lenzos@his-body.com

ST. MARGARET CATHOLIC CHURCH

1565 East Washington Street
Monticello • 973-2428
(One mile east of the Court House on US 90)
Fr. Viet Tan Huynh

Sunday Mass.....11:00 AM
Wed. followed by Novena.....7:00 PM
1st & 3rd Saturday
Spanish Mass.....7:00 PM

SHILOH AME CHURCH

224 Thomas Road
Aucilla

Rev. Gilbert Connelly, Pastor

Second and Fourth Sundays

Sunday School.....10:00 AM
Morning Worship Service.....11:00 AM
Wednesday Evening Prayer and Bible.....7:00 PM
Fourth Sunday Youth Participation

ST. PHILLIP AME CHURCH

Hwy. 27 South • (1 mile south of Hwy 59)
Monticello • 997-4226
Rev. J. W. Tisdale

Sunday Morning.....9:30 AM
Sunday Worship.....11:00 AM
Tuesday nights basic English classes
w/Gloria Norton at 7:00

Wednesday
Prayer & Bible Study.....7:00 PM

REAPERS OF THE HARVEST CHURCH

PENTECOSTAL
16139 Highway 90 East, Greenville, Florida
850-948-6751

Pastor Sammy Bass

Sunday School.....10:00 AM
Sunday Morning Worship.....11:00 AM
Sunday Night Service.....6:00 PM
Wednesday Night Service.....7:00 PM

FIRST UNITED METHODIST CHURCH

325 W. Walnut Street • Monticello
Pastor Wayne Cook 997-5545

Sunday Praise & Worship.....8:30 AM
Sunday School.....9:30 AM
Traditional Worship.....11:00 AM
Youth Group.....5:30 PM

WEDNESDAY NIGHT ACTIVITIES
Bible Study.....4:15
Prayer Group.....5:15
Fellowship Meal.....6:00
Chancel Choir Practice.....6:30

GREATER FELLOWSHIP BAPTIST CHURCH

690 Cypress Street Monticello 850-997-4375
"Standing Firm On The Word Of God"

Dr. Melvin Roberts, Pastor

Sunday Church School.....10:00 A.M.
Sunday Praise & Worship.....11:15 A.M.
2nd Sunday Youth Praise & Worship
4th Sunday Individual Outreach Ministry & Fellowship
3rd Sunday Holy Communion
Wednesday Evenings
Prayer Meeting.....6:30 P.M.
Bible Study.....7:00 P.M.

INDIAN SPRINGS BAPTIST CHURCH

5593 Veterans Memorial Drive (Hwy 59)
Tallahassee • 850-893-5296
www.indianspringsbaptistchurch.com

Rev. Greg Roberts

Sunday School.....9:45 AM
Sunday Worship.....11:00 AM
Children's Worship.....11:00 AM
Wednesday
Fellowship Meal.....7:00 PM
Prayer Meeting.....7:45 PM

MEMORIAL M.B. CHURCH

780 Second Street • Monticello • 997-4947
Moderator J.B. Duval, Pastor

Worship Services 2nd and 4th Sundays
Sunday School (every Sunday)...9:30 AM
Sunday Worship.....11:00 AM
Children's Worship.....11:00 AM
Wednesday
Fellowship Meal.....6:30 PM
Prayer Meeting/Bible Study.....7:00 PM

MT. ZION AME CHURCH

2009 Barrington Road
Lloyd, FL • 850-997-5356

Pastor Rev. Dr Edward Scott II

Sunday School Every Sunday.....10:00 AM
Worship Service 2nd and 4th Sunday.....11:00 AM
Bible Study First Sunday.....11:00 AM
Youth Day 3rd Sunday.....11:00 A.M.

ST. RILLA MISSIONARY BAPTIST CHURCH

13 Barrington Road • Monticello • 850-997-8747
Rev. James Mack, Pastor

Sunday School.....(Every Sunday)...9:45 AM
Morning Worship.....(1st & 3rd Sundays)11:00 AM
Bible Study/Prayer Meeting-
(Thursday before 1st & 3rd sunday).....7:30 PM.

TRANSFORMING LIFE CHURCH ASSEMBLY OF GOD

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Pastors Tim and Beverly Buchholtz
www.TransformingLifeChurch.com

Sunday.....10:30 AM
Sunday Morning Praise and Worship
Children's Church
Infants & Toddler Nursery
Wednesday.....7:00 PM
Praise & Worship
Adult & Teen Bible Study
Young Explorers (K-5th Grade)

WACISSA UNITED METHODIST CHURCH

14492 Waukeenah Hwy/ P.O. Box 411
Wacissa • 997-2179 or 997-1769
Pastor James Gamble

Sunday School.....9:45 AM
Sunday Morning.....10:55 AM
Sunday Bible Study.....6:30 PM
Wednesday
Prayer Meeting.....6:30 PM
Youth Group.....6:00 PM
Choir Practice.....7:30 PM

WAUKEENAH UNITED METHODIST

81 Methodist Church Rd • Waukeenah • 997-2171
www.waukeenah-umc.org

Pastor Donald Thompson, Jr.

Sunday School.....9:45 AM
Sunday Worship.....11:00 AM
Youth Group.....7:00 PM

Wednesday

Choir Practice.....7:00 PM
Youth Group.....7:00 PM
Family Fellowship
2nd Thursday of each month
Thrift Store open every Saturday,
8:00 AM-12:00 PM
www.waukeenahcemetery.com

Spreading The Faith

SPORTS

Taylor Squeaks Tigers

FRAN HUNT
ECB Publishing
Staff Writer

The Jefferson County Tigers were squeaked by Taylor County last week, 13-12.

Quarterback Lenorris Footman completed 15 passes out of 25 attempts for 250 yards and one rushing touchdown. He was named as the offensive player of the week.

In receiving, Gene Noel had three pass receptions for 35 yards.

Ladarian Smiley had four pass receptions for 35 yards.

Revonte Robinson had three pass receptions for 32 yards.

Joe Daniels had four pass receptions for 41 yards.

Travis Addison had two pass receptions for 32 yards.

Anthony Footman had one pass reception for 18 yards.

In rushing, Calvin Footman had five carries for 28 yards and one touchdown.

Robinson had eight carries for 45 yards.

Robert Nealy had six carries for 41 yards.

Lenorris Footman had 12 carries for 48 yards.

On the defensive side of the field, Robinson had nine tackles.

Iran Francis had seven tackles and was named as the defensive player of the week.

Calvin Footman had seven tackles, one forced fumble and one fumble recovery.

Marko Earl had six tackles.

"Shack" Herring had four tackles.



Lenorris Footman



Gene Noel



Travis Addison



Marko Earl



Iran Francis



"Shack" Herring

Defense Rules as Warriors Smash Seacoast Christian 57-0



Cole Schwab



Casey Demott

WILLIAM SMITH
ECB Publishing

The Warriors of Aucilla returned to action Friday evening in Jacksonville in a potentially deadly trap game before a vaunted matchup against Maclay, steamrolling the Eagles of Seacoast Christian by a merciless score of 57-0 to bring their season record to 5-1. The score marked the third shutout in a row for a decidedly dominant Warrior defense which has only surrendered 34 points in the past 5 games, all of which are Aucilla victories.

Ever since a lackluster beginning to the Aucilla season, the Warrior defense has been the very definition of suffocating, forcing on average three turnovers and five sacks per game over the course of the current winning streak.

Friday night's showing proved to be the most one-sided contest yet, as the Warrior defense recorded a season-high 10 team sacks and four turnovers in a game which was all but over after the end of the first quarter.

Leading the defense were two linemen who logged career games as they knifed through the Seacoast offensive front, terrorizing the Eagle backfield to the tune of a combined seven sacks and two tackles for loss.

Sophomore defensive tackle Cole Schwab continued his meteoric rise this season with four sacks and two tackles for loss en route to a wrecking-ball esque performance in which Schwab also contributed 6 tackles. To date, Schwab has 10 sacks, a fumbled recovery for a touchdown, two tackles for loss, and 36 total tackles from an interior defensive line position.

Fellow sophomore defensive end Casey Demott also had a striking performance against Seacoast, utilizing impressive speed and

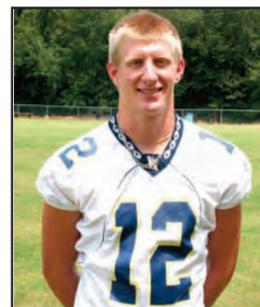
strength to press the offensive pocket and keep outside contain against an athletic Seacoast quarterback. Demott finished with three sacks and eight total tackles.

Senior safety Hans Sorensen continued his center-field assault on opposing quarterbacks by recording yet another dual interception game, which now totals three multi-turnover games. Sorensen's season pick total now stands at a Big-Bend leading seven interceptions.

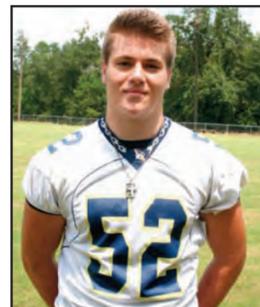
Rounding out the extensively notable defensive performance was the imposing physical leader of the defensive front seven, senior linebacker Gus Smyrnios. Smyrnios compiled an inhuman statistical line of 16 tackles, 12 of which were solo, two tackles for loss, and a sack.

Offensively, Aucilla was never forced to be anything more than a physical brand of vanilla, concentrating on establishing a rushing attack that ensured a swift end to the contest while only attempting six passes. Leading the Warrior ground game was senior back Hans Sorensen, who slashed his way to 168 yards and two touchdowns.

The Warriors are now poised for a massive conference showdown with Tallahassee offensive powerhouse Maclay, who themselves are currently riding a four game winning streak in which they average nearly 56 points per game. Maclay features a finesse spread-based offense dominated by speed and high-octane athletic play from receivers and backs, which is diametrically opposed to the blood-and-guts physical Warrior defense. Anyone interested in the quintessential "power vs. speed" argument should be present this Friday evening at 7:00 p.m. for the fireworks on Aucilla's campus.



Hans Sorensen



Gus Smyrnios

JCMHS TIGER

CHEERLEADER SPOTLIGHT

Allaura Pierce

Grade: 11th
Hobbies: cheering, playing softball and hanging out with friends.
Ambition: She plans to attend the University of Florida and study nursing.
Parents: Paula and Adam Pierce of Monticello.

JCMHS TIGER

CHEERLEADER SPOTLIGHT

Nakota Hawkins

Grade: 10th
Hobbies: cheering.
Ambition: She plans to attend the University of Florida and study nursing.
Parents: Doris Nealy and Terry Hawkins of Monticello.

Players Of The Week

JCHS

ACA

Offensive Defensive

Offensive Defensive



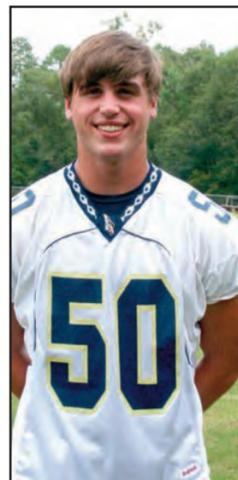
Lenorris Footman



Iran Francis



Hans Sorensen



Cole Schwab

Kirk Reams
Jefferson County
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Congratulations Players Of The Week

NOTICE OF CERTIFICATION OF TAX ROLL

Pursuant to Section 193.122, Florida Statutes, I Angela C. Gray, Property Appraiser of Jefferson County, Florida, hereby give notice that the 2012 Tax Roll for Jefferson County was certified to the Tax Collector on the 17th day of October, 2012, for the collection of taxes.

Signed and Dated,

Angela Gray
Angela C. Gray

Jefferson County Property Appraiser

PIGSKIN FOOTBALL CONTEST



Contest Form

Name: _____
 Address: _____
 Phone: _____

Winning Teams

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

Tie-Breaker - Auburn @ Vanderbilt (Final Score)

Football season is starting and have we got a contest for you! Each week we will post the games that will be played and the individual who makes the most accurate predictions regarding the winner of each game will win the following prizes. First Place will win a \$20 check from *Monticello News* or a one year subscription. The Second Place winner will receive a one year free E-edition subscription.

Rules of Play

1. Write down which teams you think will be the winners on the entry form.
2. Submit the entry form to the newspaper no later than 5 p.m. on Friday.
3. Only one entry per week is allowed per contestant.
4. In case of a tie, the tie-breaker will be used to determine the winner.
5. The contest is open to anyone ages 18 and older, except for newspaper employees and their families.
6. The decision of the judging is final.
7. Winner will be contacted by phone and announced in the newspaper on the following Wednesday of each week.



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1. Aucilla @ Maclay



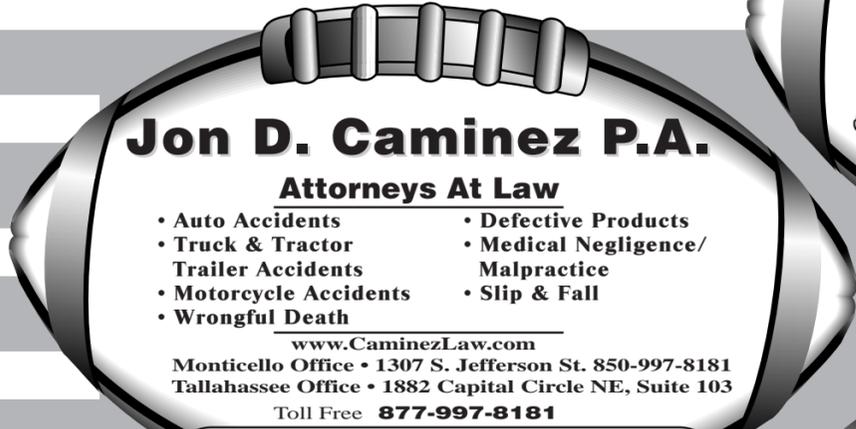
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2. Jefferson @ Mayo



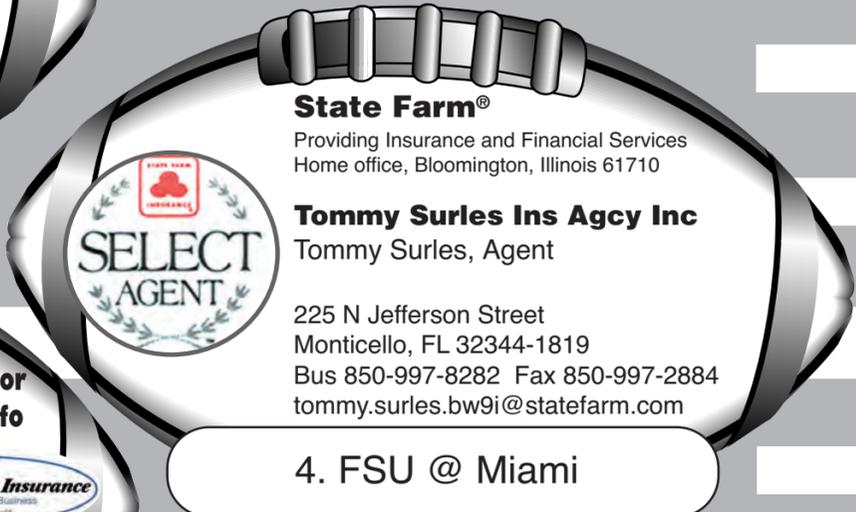
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8. Duke @ N. Carolina



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1/4 Classic Grillburger w/ cheese
 Fish Sandwich
 Double Cheeseburger
 Chili Dog
 Chicken Wrap
 BBQ Sandwich
 4pc. Chicken Strip

DAILY SPECIALS

9. Virginia Tech @ Clemson

Last Weeks Winners!
 1st place: Ed Register
 2nd place: Melvin Richardson

BOUNTIFUL BARGAINS In The Classifieds DEADLINE FOR WEDNESDAY PAPER 3:00 P.M. ON MONDAYS DEADLINE FOR FRIDAY PAPER 3:00 P.M. ON WEDNESDAYS

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2 BR/ 1BA SINGLEWIDE MH \$450. mo. call 352-359-2647 10/3-19, pd

3BR/2BA DOUBLEWIDE MH \$500. mo. plus security deposit. call 352-359-2647 10/3-19, pd

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Rather Odd Trivia!

An inquest into the death of Brit Frederick Edwards in 1933 found 200 nails, 36 staples and 3 penknives in his stomach. But he didn't even have half the appetite of Frenchman Michel Lotito, whose stage name was "Mr Eat All." Michel ate 18 bicycles, 15 shopping carts, 7 TV sets, a computer, numerous razor blades and, believe it or not, one

Man Ate Aircraft



Cessna 150 light aircraft. The aircraft meal was not fast food, though; it took him two years, 1978 - 1980, to munch through the delight. He finished the shopping cart in four-and-a-half days. On average, Lotito ate 2 lb (al-

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DECISION 2012 Before You Vote THE RACE FOR U.S. SENATE Florida voters have key decisions to make in the race for U.S. Senate. Read continuing coverage in this newspaper and tune-in to the statewide debates to learn more about the candidates and where they stand on the issues that matter the most to you.

CROSSWORDS

Orange Bowl crossword puzzle grid with clues: 1. Peace Corps counterpart, 6. Mideast desert region, 11. A thousand thou, 14. Ticked off, 15. Dean Martin's "That's", 16. "You ___ My Sunshine", 17. They're planted in beds, 19. Animal house?, 20. Singer DiFranco, 21. Go bad, 22. Lustrous fabrics, 24. Felt in one's bones, 26. ___ Maria (coffee-flavored liqueur), 27. Classic Mae West line, 34. Duke it out, in practice, 37. Perjures oneself, 38. D sharp equivalent, 39. Having songlike quality, 41. Grappler's surface, 42. Bumped off, 43. Fight site, 44. Some sibs, 46. Paquin or Magnani, 47. Whales the tar out of, 50. O'Hare abbr., 51. Baseball yearbook listing, 55. Cold-weather garments, 59. Bit of hen fruit, 60. "Great" or "lesser" creature, 61. Ely of films, 62. 1988 Michael Keaton film, 65. "___ day now ...", 66. Whopper creators, 67. Periodic table figs., 68. Duke it out, 69. Come after, 70. Photo finish, 18. Tyrolean tune, 23. Parts of some winter caps, 25. 100-meter man, e.g., 28. Dance under a pole, 29. Stiller's mate, 30. Block, legally, 31. Shepard in space, 32. Pesky kid, 33. Sicilian peak, 34. Hunk of meat loaf, 35. Fiery heap, 36. Field of expertise, 40. Well-suited for molding, 45. Gain in the polls, 48. Provide lodging for, 49. Immovable blockage, 52. Rejoinder to "'Tis", 53. Attraction near Orlando, 54. Actress Witherspoon, 55. Kuwaiti, for one, 56. Admonition to Junior, 57. Cameo stone, 58. Sally septet, 59. Otherwise, 63. One-man Robert Morse play, 64. Hagen of stage and screen

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IN THE CIRCUIT COURT OF THE SECOND JUDICIAL CIRCUIT IN AND FOR JEFFERSON COUNTY, FLORIDA

CASE NO. 33-2012-CA-000092

WELLS FARGO BANK, N.A.
Plaintiff,
v.
SHAUNA BARINEAU, ET AL.
Defendants.

NOTICE OF ACTION

TO: OCHLOCKONEE RIVER MOBILE HOMES AND RV'S INC.
whose last known principal places of business were:
8821 W. Tennessee St., Tallahassee, FL 32304
16459 Blountstown Hwy, Tallahassee, FL 32310
3780 Biltmore Avenue, Tallahassee, FL 32311

YOU ARE NOTIFIED that an action on the following property in JEFFERSON County, Florida, to-wit:
LOT 8, BLOCK "C", SMOKEHOUSE FARMS, UNIT 1, A SUBDIVISION AS PER PLAT THEREOF RECORDED IN PLAT BOOK B, PAGE 40 OF THE PUBLIC RECORDS OF JEFFERSON COUNTY, FLORIDA. TOGETHER WITH A MOBILE HOME ATTACHED THERETO.

has been filed against you and you are required to serve a copy of your written defenses, if any, to it on DOUGLAS C. ZAHM, P.A., Plaintiff's attorney, whose address is 12425 28th Street North, Suite 200, St. Petersburg, FL 33716, on or before **November 3, 2012** or within thirty (30) days after the first publication of this Notice of Action, and file the original with the Clerk of this Court at Jefferson County Courthouse, 1 Courthouse Circle, Monticello, FL 32344, either before service on Plaintiff's attorney or immediately thereafter; otherwise, a default will be entered against you for the relief demanded in the complaint petition.

WITNESS my hand and seal of the Court on this 27th. day of September 2012.

Kirk Reams
Clerk of the Circuit Court
By: Sherry Sears
Deputy Clerk

IF YOU ARE A PERSON WITH A DISABILITY WHO NEEDS ANY ACCOMMODATION IN ORDER TO PARTICIPATE IN THIS PROCEEDING, YOU ARE ENTITLED, AT NO COST TO YOU, TO THE PROVISION OF CERTAIN ASSISTANCE. PLEASE CONTACT THE OFFICE OF THE COURT ADMINISTRATOR AT (850)342-0218, WITHIN TWO (2) WORKING DAYS OF YOUR RECEIPT OF THIS NOTICE; IF YOU ARE HEARING OR VOICE IMPAIRED, CALL TDD (863) 534-7777 OR FLORIDA RELAY SERVICES (800) 955-8770.

10/10,17/12

IN THE CIRCUIT COURT OF THE SECOND JUDICIAL CIRCUIT IN AND FOR JEFFERSON COUNTY, FLORIDA PROBATE DIVISION

IN RE: ESTATE OF

RANDOLPH JONES
File No. 12-CP-60

Deceased.

NOTICE TO CREDITORS

The administration of the estate of Randolph Jones, deceased, whose date of death was November 10, 2011; File Number 12-CP-60, is pending in the Circuit Court for Jefferson County, Florida, Probate Division, the address of which is One Courthouse Circle, County Courthouse, Monticello, Florida 32344. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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 WITHIN 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 SECTION 733.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED.

NOTWITHSTANDING THE TIME PERIOD 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: October 17, 2012.

CAROLYN T. LEBOEUF, ESQ.
Attorney for Personal Representative
Florida Bar No. 0362409
909 East Park Avenue
Tallahassee, Florida 32301
Phone: (850) 222-2000
Fax: (850) 222-9757

OLLIE JONES
Personal Representative
6158 Ashville Highway
Monticello, Florida 32344

10/17,24/12

NOTICE OF ON-SITE REVIEW BY THE MONTICELLO HISTORIC DESIGN REVIEW BOARD

The Monticello Historic Design Review Board will conduct an on-site review of proposed renovations to the following properties located within the City Historic District:

Portions of Four Parcels located in a block bordered by
E. Pearl Street on the North; N. Cherry Street on the East;
E. Dogwood Street on the South;
And N. Jefferson Street on the West (rear of buildings)

The on-site review session is open to the public, and will be held on Tuesday, October 23, 2012 at 5:30 p.m. in the area of the 200 Block of North Cherry Street. A copy of the proposed renovation plan is available at City Hall, 245 S. Mulberry Street, Monticello, Florida.

10/17/12

Did You Know?

About 50 Bibles are sold every minute. It is the world's best-selling book. Some 1 billion copies of Bibles have been sold.

Christianity is the world's most widespread religion (2.1 billion Christians).

There are about 34,000 Christian denominations in the world.

The Bible was written in three languages: Hebrew, Aramaic, and Koine Greek.

CROSSWORDS ANSWERS
Puzzle on Page 10

Orange Bowl

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

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Dining Out Guide

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SPORTS

JV Warriors Blanked ACA Youth Night

FRAN HUNT
ECB Publishing
Staff Writer

The Aucilla Christian Academy junior varsity Warriors faced off against Florida High on September 20, and even with the home-field advantage, the young Warriors were blanked for a 12-0 loss to now stand 1-1 on the season.

On the offensive side of the field, quarterback Daulton Browning completed two passes out of 17 attempts for 19 yards.

Coach Daryl Adams said the receivers kept

dropping the ball.

Timothy Kercher collected 39 yards rushing.

Joe Hannon had 19 receiving yards.

DJ Wilkinson rushed for six yards.

On the defensive side of the field, Browning had six tackles and seven assists.

Kercher had four tackles and one assist.

Hannon had four tackles, four assists and one fumble recovery.

Joe Walton had three tackles and one assist.

Jake Edwards had five tackles and one assist.

Chris Fitch had three assists.

Tyler Pentz had six tackles and two assists.

Joshua Greene had five tackles, one assist and one fumble recovery.

Kyle Rogers had four tackles and three assists.

The JV Warriors faced off against Branford, October 9 at 6 p.m., home, in the final game of the season.



ECB Publishing, Inc. Photo by Emerald Greene, September 28, 2012.

Youth Night at Aucilla Christian Academy is always a favorite half-time event to watch. Pictured performing for the parents are: Back row left to right: Hailey Clark and Kinsey Clark; middle row: MaryRose Schwier; and front row: Selina Drawdy.

FRAN HUNT
ECB Publishing
Staff Writer

Aucilla Christian Academy hosted their annual Youth Night September 28, giving the little cheerleaders the opportunity to illustrate their newly learned skills.

The girls in grades K-5 through fifth grade practiced after school every day prior to the event. The ACA varsity cheerleaders led the camp.

The "Junior Warrior Cheerleaders" were taught proper motion placement, stunt safety, and jump technique. They also learned two cheers and a dance.

Their first performance was during the pep rally during school on that Friday.

They then met with the varsity cheerleaders prior to the game, to show their spirit for the football team during the "Warrior Walk."

Then the little cheerleaders entered the stadium walking hand-in-hand with the varsity cheerleaders. They performed on the field during pre-game and at half time.

The participating "Junior Warriors Cheerleaders" included K-5 students Suzanne Beshears; Natalie Clark; Hayden Ashworth; Raegan Walker; Emma Green; Lauren Davis; and Feren Rosas; first graders Leigha Hunt; Emma Vickers; Kylee Padgett; Jady Kinsey; Lauchlin Fagle; and Emilee Walker; second graders Anna Drawdy; Sammi Drawdy; Haylie McLeod; Macy Reagan; Lillie Schwier; Caroline Taylor; Emma Tharpe; Kaitlyn Tharpe; Riley Rutledge; Destiny

Clore; Hannah Rawlings; and Daisy Kinard; third graders Caitlin Bates; Turner Beshears; and Megan Vann; fourth graders Jessica Boland; Selina Drawdy; Keira Evans; MaryRose Schwier; Makayla Walker; Ginger Whiddon; Natalie Andrews; Lindsey Davis; and Rileya Rowe; and fifth graders Hailey Clark; Kinsey Clark; Cheyanne Gordon; Bailey McLeod; Marley Restrepo; Elizabeth Scheese; and Abby Reams.

Varsity cheerleaders include Samantha Douglas, Brooke Kinsley, Micheala Metcalf, Hadley Revell, Caroline Schwab, Ashley Schofill, Pamela Watt, Victoria Brock, Lauren Demott, Ashley Hebert, Brooke Joiner, Christina Reams, Whitney Stephens, Kelsi reams, Monique Restrepo and Stormi Roberts.

In related Warriors news, Head Football Coach Colby Roberts and Cheerleader Coach Shona Whiddon invite Warriors fans to catch the Warriors spirit.

New this season, Roberts is asking that all Warriors fans come out a few minutes early to every home game to line the path from the gym to the football field. The Warrior Walk will take place at 6:20 p.m. Greet the players and wish them luck as they walk down the path to the game!

Whiddon also invites all fans to help the cheerleaders welcome the Warriors onto the field. "We want everyone, young and old, to come onto field just before kick-off to create a spirit line for the team as they run through the banner to the sidelines," concluded Whiddon.



ECB Publishing, Inc. Photo by Emerald Greene, September 28, 2012.

Aucilla Varsity Cheerleaders help teach the young "cheerleaders in training" cheers and stunts to perform for the parents during a local home game. Pictured during the recent Youth Night are: Varsity Cheerleaders left to right: Whitney Stevens and Ashley Schofill; Bottom/Base of pyramid: Leigha Hunt and Emily Walker; pictured on the top of the pyramid: Jady Kinsey.



ECB Publishing, Inc. Photo by Emerald Greene, September 28, 2012

Performing cheers for family and friends during the ACA Youth Night, held on September 28 were: Back row: Turner Beshears and Megan Vann. And Front row: Hannah Rawlings.



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B
SECTION

OCTOBER 17, 2012

**MONTICELLO
NEWS**



Health Focus

Breast Cancer
Awareness

Month



INSIDE THIS MONTH'S ISSUE:

- 3B** Breast Cancer FAQ's
- 4B** What Is Proper Hydration?
- 6&7B** Pink Ribbons
- 8B** "Forget Me Not" Walk & Fall Festival
NAMIBikes Florida
- 10&11B** VibraWav Comes To Monticello



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Breast Cancer FAQ's

Can physical activity reduce the risk of breast cancer?

Exercise boosts the immune system and helps you to keep your weight in check. With as little as three hours of exercise per week, or about 30 minutes a day, a woman can begin to lower her risk of breast cancer. This doesn't require going to a gym either. Power walking is more than sufficient!

Can a healthy diet help to prevent breast cancer?

A nutritious, low-fat diet (30 grams or less) with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.

Does smoking cause breast cancer?

Smoking is a confirmed risk factor for many types of cancer. Recent research in the last year (2012) has confirmed that smoking is a contributing risk factor for developing breast cancer. Additionally, second hand smoke is also a risk factor for cancer. So if you are a smoker, help yourself in a significant way and join a smoking cessation program to help you stop. Smoking also directly contributes to heart and other lung diseases, too.

Can drinking alcohol increase the risk of breast cancer?

Moderation is key. One drink per day has been shown to slightly increase the risk of breast cancer. Having more than one drink per day has shown to be a more significant risk factor, and the alcohol content doesn't matter: wine, beer or a mixed drink. Although we know that more than one drink per day increases risks, to date there are no studies that demonstrate directly that the more a person drinks, the greater their risk for cancer. And in some cases, drinking one glass of wine a day can offer heart-health benefit.

Is there a link between oral contraceptives and breast cancer?

There is an increased risk of breast cancer for women who have been using birth control pills for more than five years. However due to the low amount of hormones in birth control pills today, the risk is relatively small.

How often should I do a breast self exam (BSE)?

Give yourself a breast self-exam once a month. Look for any changes in breast tissue, such as changes in size, feeling a palpable lump, dimpling or puckering of the breast, inversion of the nipple, redness



or scaliness of the breast skin, redness or scaliness of the nipple/areola area, or discharge of secretions from the nipple.

If you discover a persistent lump in your breast or any changes, it is very important that you see a physician immediately. Though 8 out of 10 lumps are benign, all require evaluation to confirm that they are not cancerous.

Women should perform their breast self exam 7-10 days after their menstrual period starts which is also when their breasts are the least tender and lumpy. If they are no longer menstruating, then she should select the same day of the month (first of the month for example) and mark it on the calendar to remind herself when to perform this self exam.

Does a family history of breast cancer put someone at a higher risk?

Although women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only 5-10% of individuals diagnosed with breast cancer have a family history of this disease.

Are mammograms painful?

Mammography does compress the breasts and can sometimes cause slight discomfort for a very brief period of time. Patients who are sensitive should schedule their mammograms a week after their menstrual cycle so that the breasts are less tender. Your doctor may say it is fine to take acetaminophen an hour before the x-ray is performed to prevent discomfort too.

How often should I go to my doctor for a check-up?

You should have a physical every year which should include a clinical breast exam and pelvic exam. If any unusual symptoms or changes in your breasts occur before your scheduled visit, do not hesitate to see the doctor immediately.

What kind of impact does stress have on breast cancer?

What has been shown is that it is not the fact that a major life crisis has occurred but instead how the individual reacted to this event and coped (or didn't cope). Therefore, identifying ways to keep your stress level in check is wise.



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What is Proper Hydration?

Besides eating healthy, maintaining a proper weight, and exercising, getting proper amounts of clean, healthy water is essential to good health and healing—second only to our need for oxygen.

Water is the single most abundant nutrient in the body and accounts for between 60 to 70% of your total body weight. And while you might survive (if not thrive) for 30 to 45 days without food, without water you'd die in 10 days—or after a 10% water loss, whichever occurred first.

Every organ and body process utilizes water to function optimally and efficiently.

Your body is 83 percent water:

Your muscles are 75 percent water.

Your brain is 74 percent water.

Your bones are 22 percent water.

The average person loses 1.5 liters of water a day through urination and evaporation when breathing and perspiring. As the temperature rises and as we do more physical activity, this increases the amount of water the body loses.

To stay healthy, you need to drink adequate amounts of water each day to replace the fluids you lose in order to prevent dehydration. This is important because most of the chemical reactions that happen in our cells need water.

How do you know if you're getting enough water?

You can tell if you are properly hydrated, rather than dehydrated, by looking at the color of your urine. When you are drinking ample amounts of water, your urine will be almost clear. When you are dehydrated your urine will be a deep yellow and sometimes even brown.

It has become a practice to regard a "dry mouth" as a signal of body water needs, which is further assumed to be well-regulated if the sensation of "dry mouth" is not present. However, a dry mouth is the last outward sign of extreme dehydration. Damage occurs to the

body at a persistent lower level of hydration. Because of a gradually failing thirst sensation, the body becomes chronically and increasingly dehydrated.

Signals of dehydration can be any of the following symptoms:

- Tiredness
- Headache
- Heart burn, indigestion, or stomach ache
- Joint pain
- Low back pain
- Mental irritation and depression
- Non-infectious recurring or chronic pain

Water retention (ironic, but true!)

Further problems often develop when the sensation of thirst urges an intake of water, and instead, soda, coffee, or alcohol-containing beverages are used to quench the thirst. While these beverages contain water, they are actually dehydrating fluids. Not only do they eliminate the water contained in them, but they also cause you to lose further amounts of water from your body's reserves!

How much water do you need to drink per day?

In climates such as the U.S., the average person should drink approximately 8 to 10 glasses or just over a half gallon of water throughout the day, every day, to maintain the proper level of hydration in the body in order to prevent becoming dehydrated. In hotter climates or if you exercise heavily the body needs more than this.

For children: Water should be the main beverage served to children for snack time and throughout the day for hydration. Water satisfies their thirst and does not contain sugar or calories. (And it's cheap, especially for caregivers!) For those children currently "addicted" to sugary drinks it will take some time to get them used to drinking water.

Here are the most important functions and benefits of water:

1. Helps remove the body's waste products and

detoxifies the body continually throughout the day.

2. Every joint in the body uses water as a lubricant.

3. Helps regulate the body's temperature and acts as the body's air conditioner by expelling internal heat through perspiration.

4. Supports the healing process. Amounts in excess of six to eight glasses a day are needed to facilitate a rebound faster from illnesses, such as colds and other respiratory conditions or the flu.

5. Improves blood circulation.

6. Improves digestion.

7. Antidote for fatigue, which is often only a symptom of a lack of water in disguise.

8. Supplies oxygen and nutrients to cells and removes cellular waste through the blood and lymphatic systems. The kidneys eliminate a pint of fluid a day to prevent build up of toxins.

9. All cells in the body need water to carry out its functions; more than 2 quarts daily are essential to replace what's lost through normal metabolic processes.

10. Drinking water will improve your skin and the condition of your hair.

Calculating Your Own Daily Water Requirements

Drink 50 - 75% of your body weight in ounces:

Sedentary people: 50%
Active people: 75%

As a baseline, make it a goal to drink 8 ounces of water at least once every hour. By drinking enough water, you will be helping your body to remain healthy and lean. This is by far the cheapest health insurance you can buy.

Lynn Salter is a Professional Wellness Coach helping people transition to eating healthier and establishing permanent, healthy habits and a Juice Plus+® Representative. For more information on how you can establish healthier lifestyle habits visit her website at www.Healthy-HabitsEtc.com and sign-up to receive her Healthy Lifestyle Tips and Newsletter or contact her at 850-997-0666.

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Breast Cancer Awareness Month - More Than Pink Ribbons



By Pam Stephan,
About.com Guide

I will admit that when October began, I got out my fave pink gel bracelet and started wearing it everywhere. I don't wear oodles of pink ribbon stuff, but I choose just a few things and stick to them. Overdoing the Pinkness of October impresses me as a way to dilute the real meaning of Breast Cancer Awareness Month.

The first Pink Ribbon movement started at a kitchen table, and was intended to raise awareness and more funding for prevention. That was 20 years ago, and we still need more funding aimed at finding a way to prevent breast cancer, as well as cure it. We have learned some ways to fight this disease better, and some ways to detect it earlier. But there is still no silver bullet for preventing breast cancer. Until then, we are each responsible for taking good care of our overall health and being aware of our breast health.

Personal cancer prevention in-

volves making healthy lifestyle choices - giving your body the best odds at resisting diseases of all kinds by cultivating a robust environment that can fight off viruses, germs, and normal wear and tear. Choose a healthy diet with modest portions. Schedule exercise that interests and challenges you. Spend time with positive people. Mark your monthly breast self-exam on your calendar. Don't skip out on your mammogram!

Don't worry about buying lots of pinked-up merchandise. Unless, that is, you were already going to get a new item, and you just happen to like pink. If you want to support research and patient education, write a check.

Awareness isn't measured in yards of pink ribbons. It's educating yourself on your own health and passing that information along to family and friends.

Awareness is taking responsibility for your body - treating it as a valued gift - and living each day in the hope that someday real cures and dependable prevention measures will be found.

In Loving
Memory of
Aunt Ruthie
Love, Debbie

In Fond
Memory of
Carol Lewis
Love, Debbie

In Honor of my
Wonderful Sister
Alice Halcovich
Love your sister,
Lisa McGinley

In Honor of my
Loving Sister
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In Memory of
Aunt Mabel
Love, Lois

Chemobrain Affects Breast Cancer Patients

By Pam Stephan,
About.com Guide

Having chemotherapy for breast cancer will change you. It may change you in unexpected ways, though. About halfway through my chemo treatments, I had trouble at work during meetings. A coworker would be giving a Powerpoint presentation, and although I recognized the words and appreciated the graphics, I could not get my mind to make sense of the text. I kept my face arranged in a wise and knowing expression and nodded at the right moments - whenever my colleagues agreed with the speaker - and hoped nobody could read what was left of my mind. Three rounds of the Red Devil and several infusions of Taxol had had an effect on my cancer, but had also left me with some side effects. It has been proven that this phenomenon - called

chemobrain or chemofog - is scientifically validated and isn't just "all in your head."

A team of researchers at Moffitt Cancer Center compared 187 women who had been treated with chemo for early stage breast cancer with 187 women without cancer. The study participants were similar ages and from the same areas of the country. Dr. Heather Jim led the study, which found that breast cancer patients who had chemo treatments did indeed have mild cognitive problems. The severity of their problems varied from patient to patient, with some women reporting no problems with chemobrain. Patients in this study had completed treatment six months before participating in a variety of neuropsychological tests designed to measure their overall intellectual ability, episodic memory, attention, and complex cognition. Data from all the tests were an-

alyzed and compared between the chemo patients and those without cancer.

Breast cancer patients who had taken chemo proved to have a range of cognitive problems, from mild to severe. The most noted problems were in choosing the right words to express something, and with recalling their way from one place to another. So if you've had difficulty expressing yourself or getting lost going to a familiar place, perhaps chemo is to blame. The research team also studied patients for attention span, fatigue, and depression. Some cognitive side effects may be caused by the drugs used to treat breast cancer, while others may be due to the effects of the cancer itself.

Most of the chemo patients had mild cognitive problems. Other studies have shown that these effects can wear off over the first two years after treatment, but for some patients the brain fog

lingers. I read over the study and didn't see if the researchers had compared the number of treatments and actual drugs used with the severity and endurance of cognitive problems. That would be interesting to me. I would like to know if particular drugs have more effects on the cancer as well as the overall quality of life and intellectual abilities. Make no mistake - I would still take the chemo to kill my cancer - but I wish there were some preventative therapies to preserve my brains for life after breast cancer!





Breast Cancer Awareness Month



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TALLAHASSEE-BASED ALZHEIMER'S PROJECT, INC. HOSTS 11th ANNUAL "FORGET-ME-NOT" WALK AND FALL FESTIVAL

Annual fundraiser to be held November 4 at Lake Ella to support local caregivers Alzheimer's Project, Inc. will be hosting the 11th annual "Forget-Me-Not" Walk and Fall Festival on Sunday, November 4th from 1:30-4:00 pm. The walk will begin and end at Saint Paul's United Methodist Church (located at 1700 Meridian Road), with teams walking around Lake Ella to raise funds for local caregivers.

"The Forget-Me-Not Walk is one of our annual fundraisers that we most look forward to," said Bill Wertman, CEO of Alzheimer's Project, Inc., "because it's also a time for us to celebrate local caregivers and those they care for." The family-friendly, pet-friendly event will include food, craft vendors, face-painting, music, bounce house and a Cake Walk!

The Forget-Me-Not Walk and Fall Festival raises funds to support Alzheimer's Project, Inc., Tallahassee's hometown support and service provider. "All of our caregiver services - from respite care to counseling - are completely free," said Wertman. "And we're committed to making sure that even more Big Bend caregivers of people with memory disorders have access to these free services."

The Pilot Club of Tallahassee will also be

helping children "protect their brain for life" by fitting and distributing a limited number of bicycle helmets for free.

Registration begins at 1:30, warm up starts at 2 p.m. and the Walk kicks off at 2:30 pm followed by a cook-out with hamburgers and hotdogs!

All funds raised will stay local and interested teams can register online at AlzheimersProject.org/walkinfo. Further Questions? Please email james@alzheimersproject.org or call 386-2778.

About Alzheimer's Project, Inc.:

Alzheimer's Project, Inc. is a 21-year-old Tallahassee-based non-profit organization funded by grants and private donations. The organization is dedicated to providing relief to the caregivers of persons suffering from Alzheimer's disease or other memory impairments. ALL services available to the caregivers are provided FREE of charge. The goal of Alzheimer's Project, Inc. is to keep caregivers healthier, both physically and emotionally, to prolong the abilities of caregivers to care for their loved ones at home, and to delay institutionalization of their family members. Visit AlzheimersProject.org for more information.

NAMIBikes Florida: State Event On Nov. 3

Cyclists will 'Fight Stigma & Ride' to Help Individuals and Families Affected by Mental Illness

NAMI Florida, the state organization of the National Alliance on Mental Illness (NAMI), is proud to announce this year's NAMIBikes event, taking place at Tom Brown Park (1125 Easterwood Drive) in Tallahassee on Nov. 3.

The bike riding event will raise awareness about mental illness, treatment and recovery—and the need for services and support in the community for individuals and families affected by mental illness.

The event offers courses for all abilities. For rigorous cyclists, there will be a 100-mile 'Century' ride to Monticello, Fla. and back and a 64-mile 'Metric Century' ride to Capps, Fla. and back.

There will also be a 30-mile off-road ride, a 6-mile family-ride around the park and a 'bike rodeo,' a safety course where kids can learn safety skills like navigating cones, stopping and proper helmet fit.

Riding under the banner "Fight Stigma and Ride," NAMIBikes cyclists will pedal for hope and change.

"We ride to break-down the stereotypes that surround mental illness," explained Judi Evans, NAMI Florida's executive director.

"When we see the same compassion given for a diagnosis of a mental illness as we give for a physical illness then we will begin to see real change."

Serious mental illness includes major depression, bipolar disorder, schizophrenia, major anxiety disorders, borderline personality disorder and posttraumatic stress disorder (PTSD). These illnesses are real, treatable and affect people from all walks of life.

Check-in and a continental breakfast open at 6 a.m. Start-times vary according to distance.

Courses will be marked and feature rest stops and vehicle support. The event will offer music, food and more.

There will be a pre-event dinner and a picnic lunch in the park after the ride.

For more information about NAMIBikes, how to donate, or how to ride or volunteer, please visit www.FightStigmaAndRide.org, or contact Carol Weber at cweber@namiflorida.org or (850) 671-4445



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VibraWav Comes To Monticello

FRAN HUNT
ECB Publishing
Staff Writer

Imagine using a machine to help you lose weight, strengthen your bones and muscles, improve your circulation, relieve pain and many more feel-good health benefits. Now, you don't have to imagine any more. That machine is a reality and County Native Benjamin "Glen" Bishop has brought two to Monticello for the use of the community.

That machine is called VibraWav and it is as easy as just standing in one spot for just ten minutes. That's all!

Bishop described how the VibraWav works: "VibraWav utilizes Whole Body Vibration (WBV), which was originally designed for Russian Cosmonauts to help maintain bone density in space. The health benefits were then discovered by doctors, athletes and individuals across the globe," said Bishop. "These benefits

were utilized by doctors with patients with diabetes to increase circulation in their lower extremities. It increases circulation up to 300 percent. I've even had my 88 year old grandfather use it for his legs." The machines are credited for being extremely low impact and highly effective which is important for those who suffer from joint issues.

"Most recently, WBV was used for the 2012 Olympic athletes to relieve sore muscles after training, and add extra muscle toning and balance," said Bishop. He added that the VibraWav was just approved for use by the ADA.

"After hundreds of tests by the FDA, ADA, University of Florida, University of California and multiple private testing centers, the use of WBV in a normal routine proved significant results for the over 100 benefits tested. Increased benefits were discovered that when added to a healthy diet and exercise routine it

helped individuals meet their weight loss goals faster," he said. Studies show the VibraWav can give an increase of up to 20 percent in metabolism.

"The machine helps those suffering with restless leg syndrome by increasing the blood flow in the legs and loosening the tight muscles," he added. "The vibrations stimulate the muscles throughout the entire body much more effectively than traditional exercise and activity. The stimulation causes the muscles to contract up to 50 times per second and 3,000 times per minute, compared to two times per second and 120 times per minute with traditional exercise."

"Vibration is quicker, safer and a more effective method of putting the human body in an ideal health state, where it recovers and heals quicker than other methods used by traditional health and wellness providers," he added. "With the vibration your body and muscles are fighting the vibration and attempting to make it stop, which makes for an intensive workout, but without the sweat. It's not a, "I'm tired workout, it's a feel good workout," he explained.

Bishop explained that since he brought the VibraWav to Monticello, his clientele is continually building. I have some who come in before work and love the fact that they don't sweat and have to go home to shower and change. They can just go right on with their normal routine" said Bishop.

When *Monticello News* Advertising Representative Glenda Slater had an appointment with Bishop, she had been complaining about having a backache all day. Since Bishop always gives the first session for free, he got Slater on the machine for 10 minutes and when she returned to the office she proclaimed that her backache was gone. "Usually I have to go to a chiropractor to get rid of my backaches," she said.

So how did Bishop come across a machine that has been proven to accelerate weight loss, reduce cellulite, reduce muscle tension, shows signs of visible skin firmness, increases muscle strength, provides for better balance and stability, proves to be low impact exercising, increases circulation, reduces stress levels and so

much, much more?

Bishop owns and operates Atlas Systems LLC, a medical/dental billing and practice management company in Monticello. He discovered the machines at a medical conference in Orlando. He then kept seeing the installation of VibraWav machines at multiple chiropractic, pain management and wellness centers that he was working at.

He then decided to partner with a couple of doctors in South Florida so he could supply his hometown with the benefits of WBV through the VibraWav.

"I was skeptical at first, just as anyone would be, but through hours of research, countless meetings and phone calls, I could see that the benefits were plainly there," he stated.

"To have a machine that provides a wide array of health benefits to anyone who steps on the plates, is a great feeling. I am really excited about this," he said. "I use them everyday, in my cowboy boots, before I head home at the end of the day. It helps me to sleep better at night with my restless legs."

"Using the VibraWav is exercise that people look forward to," he said, "but it is something you have to try and draw your own opinion of. That is why we offer the first session free. If you don't think it can do anything for you, I understand, I was the same way, but I ask that you come by and try it, just to see. You may be surprised!"

"Most clinics that have VibraWav or similar machines charge \$1 to \$2.50 per minute. Some insurance companies actually allow a maximum charge of \$51.92 for 10 minutes," he added. "This should make you feel more confident about using the machines. Insurance companies don't just pay for anything!" He then suggested that everyone should first consult with their doctor and do some research of their own. You can find a lot of information on the Internet about Whole Body Vibration and plenty of studies to back the results.

"We also have a video on our Facebook page that gives more details about who uses them, how they work and so on" Bishop added.

Bishop then said, "This is my home

Continued on Page 11B





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Ten sessions for \$4.00 each (\$40.00)



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continued from Page 10B

town and this is where they need to be. I know of many individuals that could benefit from these machines. That's why our VibraWavs are, and will remain affordable."

One 10-minute session is \$10; two sessions is \$16; four sessions is \$24; six sessions is \$30 and 10 sessions are \$40. Plus there are many more specials including office specials and family specials. He is now offering monthly memberships that make each session as low as \$1.92!

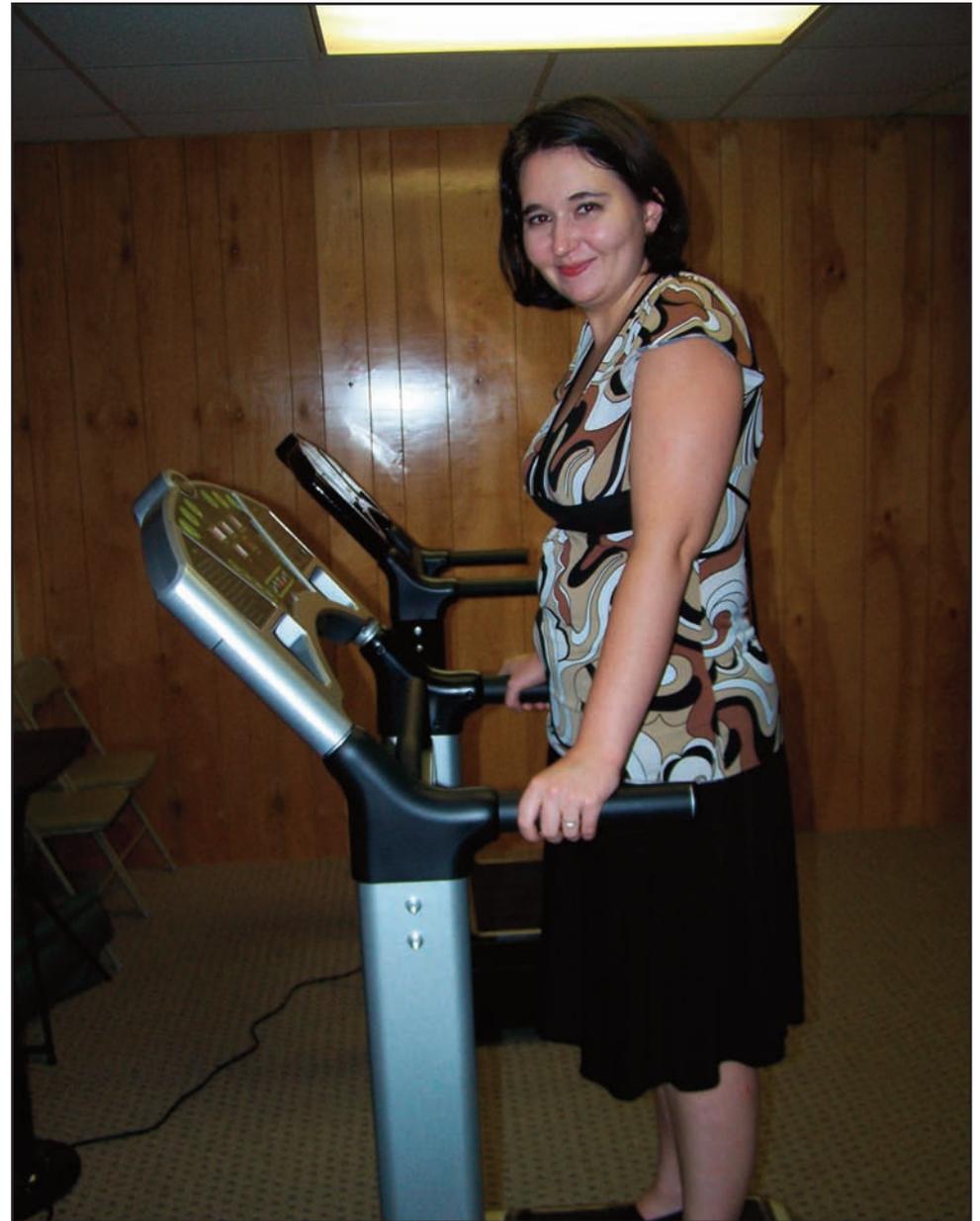
Bishop's VibraWavs are located in the Cherry Street Commons, Suite B, last door on the left. They are open Monday through Friday from 9 a.m. until 5 p.m., however, Bishop says he is always there early and he stays late. "Just give me a call and I will meet you there," he said.

For further information about the VibraWavs, or to set an appointment, call Bishop at 997-5059 or 508-4536. Be sure to follow them on Facebook for specials and announcements – VibraWav of Monticello.



Photos by Fran Hunt, October 12, 2012

Glen Bishop is thrilled at the possibility of bringing a machine with so many health benefits to the residents of Jefferson County.



Resident Alfa Hunt likes the fact that she can get an extensive workout before going to work, without worrying about having to change her clothes due to sweat.



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