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Mayo Free Press

Lafayette FFA Wins Four at Sub-Districts, Page 7A

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Middle School FFA Chairman Coley Hingson excelled with the gavel.- Photo: Joyce Marie Taylor

Middle school FFA practices public speaking

By Joyce Marie Taylor
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Lafayette County Clerk of Courts Ricky Lyons took a step back in time on Wednesday, Dec. 5 and served as advisor to the Lafayette Middle School FFA Parliamentary Procedure team as they held a practice session in front of an audience. Lyons was filling in for his son Chad, who was at a competition with the senior team.

The team was preparing for the Dec. 13 sub-district competition in Cross City where they took home a first place win. Team members at the practice session were Katie Fletcher, Brianna Celedon, Shane Harris, Adam Land, Harli Lawson and chairman Coley Hingson.

After the group performed, many adults in the audience stated they were former FFA members and that the questions seemed to be more difficult than when they were on the parl pro team.

SEE MIDDLE, PAGE 6A

HEALTH DEPARTMENT ANNUAL REPORT

More flu activity seen here

By Joyce Marie Taylor
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Lafayette County Health Department Administrator Pamela Blackmon, RN, BSN, MPH, encouraged everyone at the Jan. 14 county commission meeting, if they haven't already done so, to get their flu shot. The influenza virus, she said, hit earlier this year in both Suwannee and Lafayette counties.

"It's not too late," she said.

The health department began administering flu shots in October for one particular variant, influenza B, but now, she said, they are seeing another variant, influenza A.

"So, it's still circulating," she said.

Blackmon said the flu virus usually peaks out in February, but with so many cases already this year, she said they aren't certain how long it will last or when it will peak.

County Health Department Administrator Pamela Blackmon. - Photo: Joyce Marie Taylor

Although, when one gets a flu shot it is supposed to provide further immunity protection from contracting it again, Blackmon said people need to remember that there are so many variants out there that it is a good idea to get re-vaccinated for the different types of flu.

Influenza, she explained is made up of many different parts. The Swine Flu epidemic of 2009, she said, was made up of multiple pieces of flu that go back as far as 1911.

"There were a huge number of deaths," she said. "It's very interesting how those viruses take pieces and parts and re-make themselves."

Shands Live Oak Regional Medical Center, she said, already had 30 positive lab tests since Jan. 1. Last week, she said, there

SEE MORE, PAGE 6A

A time to ReJoyce

Joyce Michel (seated) is surrounded by family and friends at Old Florida Company Coffee House (from left) Sheri Mims, Penny Quetel, Cari Hardison and Linda Partney. -Photo: Joyce Marie Taylor

The fifth time was a charm

By Joyce Marie Taylor
joycemarie.taylor@gaflnews.com

For 63-year-old Mary "Joyce" Michel life has taken on a glorious new meaning since she received a transplanted liver this past December. Her two daughters, Cari Hardison and Penny Quetel, said it was the best Christmas present ever and that the entire family will be forever grateful for all the support and generous donations from the local community during Michel's darkest moments.

Michel agreed to an interview on Friday, Jan. 11 at Old Florida Company Coffee House. Her two daughters Hardison and Quetel, family friend and chief fundraiser Sheri Mims, and coffee house owner Linda Partney were by her side.

Michel is now sporting a smile a mile wide, something she hasn't been able to do for quite some time. She explained that her troubles started about two years ago when she had her gall bladder removed and doctors noticed there was

SEE A TIME, PAGE 6A

Suwannee River Paddle for Autism coming soon

By Joyce Marie Taylor
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It's time to start thinking about the Second Annual Suwannee River Paddle for Autism, which is coming up Saturday, April 27. The event will begin at 9 a.m. at the Highway 51 bridge in Mayo where you can sign up until 12 p.m.

A scene from last year's Suwannee River Paddle for Autism.

Courtesy photo

Then enjoy a leisurely three to four hour trip down the Suwannee River to your final destination at Suwannee River Rendezvous Resort and Campground.

There will be live entertainment from Mean Mary and the Saltwater Cowboys from 1-8 p.m.

Your $10 donation includes entertainment and raffle for prizes. Grand prize is a Perception Prodigy 10.0 Kayak.

For boat rental or lodging information, go to suwanneeriverrendezvous.com or call 386-294-2510. You can also log on to canoesuwannee.com or give them a call at 386-

SEE SUWANNEE, PAGE 6A

FREE Publix COOKIE
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FREEDOM IS HERE

"Everything I Have is Yours"

John 1:12–13

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— children born not of natural descent, nor of human decision or a husband's will, but born of God.

Our Declaration of Independence affirms a God-given right to life, liberty and the pursuit of happiness for all people. The Good News tells us that Jesus offers us a right with amazing ramifications: He offers us the right to become children of God, born of God! The King James Version says, "power to become..." The Greek word means the authority or privilege to exercise a certain power.

Children of God will start acting like their Father, because they become God's, "born ones," as the Greek word for children - tekna - literally means here. Tekna is a term of affection, such as, "my little one." In the parable of the prodigal son, the father uses this loving expression to address his oldest, angry son: Luke 15:31 "My son," the father said, "you are always with me, and everything I have is yours."

All my life I've heard that God owns everything. My house, my car, my family, even my life is not my own. Every breath belongs to God, who apportions them to me as he desires. If you think you truly own anything on this earth, ask yourself how permanent that status will be in about 130 years from now.

But if we now have the right to become children of God, born of God, doesn't that make us heirs? Since our Father owns everything, we inherit everything! He's also eternal, and promises the same. That gives us everything, and forever to enjoy it! I'm beginning to think this right is better than any other!

Remember there are two sides to saving faith: Receiving and believing. Receiving Jesus is an event, taking place at a point in time. Believing in His name (who He is and what He does) is the continual faith that gives birth to changes in behavior. John never once used the noun, belief. He used the verb, believe, at least 98 times, because saving faith is active.

For those who have trusted Him and have become His children, we can be confident that the Father say to us, "My little one, you are always with me, and everything I have is yours!"

Pastor John Whittington
Lighthouse Christian Center
www.lccmayo.com

The walk of a faithful minister

By Hugh G. Sherrill

As a minister of the Gospel and a student of the word, it is my responsibility to preach and teach the truth about God's Word; the same is true for all ministers of the Gospel.

Paul, in his writing to young Timothy said "Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons" I Tim 4:1 (Please read verses 2-3). It is plain truth to say that so many today have departed from the faith. Paul, in this chapter, is compelling ministers of the Gospel to "walk the good walk"; to be sure they are not lured into departing from the faith; in other words compromising the doctrine of God. (Compromise is to partially wave one's teaching of principles for the sake of settlement, anything of intermediate or mixed kind.) The doctrine of God cannot be mixed with the doctrines of demons and anything that is not of God is of the Devil (doctrine simply means teaching).

It is a sad thing today as we prepare to start a new year, that so many in every denomination have departed from the teaching of God. As we face the New Year, our only hope as a people, as a nation, is to turn back to God. We want to make our little groups right and everyone else wrong. The Bible says let God be true and every man a liar (Romans 3:4).

Without God as the head, no one knows what to expect in the coming year. If we will only follow Paul's instruction to young Timothy in chapter 4 of I Timothy, where there are four references to teaching and doctrine. Verse 6 says: "If you instruct the brethren in these things, you will be a good minister of Jesus Christ, nourished in the words of faith and of the good doctrine which you have carefully followed". In this verse a good minister is to instruct in good doctrine. Verse 11 says: "These things command and teach". A good minister commands the truth to be taught. Verse 13 says: "Till I come, give attention to reading, to exhortation, to doctrine". Here Paul says not only to read but to entreat, to urge one to pursue a course of conduct, staying with the doctrine. Then in verse 16 Paul sends a warning to Timothy: "Take heed to yourself and to the doctrine, continue in them, for in doing this you will save both yourself and those who hear you". Paul is saying to be a good minister one must heed; in other words to pay attention more earnestly to doctrine; to continue in them. This is the way to bring lost souls to the Lord.

Verses 7-8 tell us that we are to reject unbiblical things emphatically. The text makes it clear that just as closely we should keep Biblical doctrine we should distance ourselves from unbiblical doctrine. We should clearly reject false doctrine. See I Timothy 6:20; II Timothy 2:16. Paul also told the Galatians and the church at Corinth the same thing.

Brothers and sisters, the only way to help our nation is to heed the doctrine of God and to walk in it.

Hugh G. Sherrill
ems-hugh43@comcast.net

HEART MATTERS

By Angie Land

When someone is really important to us, we will go to great lengths to be with them, or even just to see them or hear their voice. A young man recently told me about how his girlfriend, who is not a morning person, came out at 7am to cheer him on in a 5K he was running. Going out of her way to be there was a loud and clear statement to him that he is valuable to her! A Samaritan Woman shared a similar experience as Jesus contradicted the cultural norm between the Jews and Samaritans to find her at the well:

"So He (Jesus) came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired as He was from His journey, sat down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" (His disciples had gone into the town to buy food.) The Samaritan woman said to Him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.) John 4:5-9

As the writer of this gospel, John was inspired by the Holy Spirit to tell us of the prejudice between the Jews and Samaritans that we may see beyond the surface of what is taking place. One thing is certain; the Scriptures do not condone prejudice in this passage, but simply reflect the condition that was present. Jesus went out of His way to pursue her despite this condition.

By definition, the word prejudice means to pre-judge. This happens when we arrive at an opinion of a person, or group of people, without any input on their part. This being the case, the origins of prejudice can usually be traced to the past. In II Kings 17:21-24, the Old Testament records the Assyrian conquer and resettlement of the nation of Israel by bringing in people from many other countries. This mixture of people came to be known as Samaritans and was despised by the Jews, so much so that the typical travel routes involved going the long way around the region of Samaria, avoiding the area at all costs.

Prejudice can be a difficult subject to discuss, because it often evokes strong emotions. However, it is unlikely that any of us avoid stopping by the store for fear of bumping into a Samaritan, so this passage can help us look at prejudice a little more objectively. Here are a few truths we can observe:

* Prejudice is a waste of time and energy. Prejudice may not cause us to travel completely around an entire town, but it will never work for the building up of the kingdom of God. Sadly, we have all witnessed evidence of how it works against it.

* Prejudice never travels alone; pride and fear are constant companions. Consider why prejudice demands isolation. If we get to know someone personally, those pre-judged ideas become harder to justify.

* Walking with Christ will expose any prejudice in our thinking. In the parable of the Good Samaritan (Luke 10:25-37) Jesus pushed the issue of a Samaritan being the "neighbor" to the Jew.

It is God's desire that none should perish, but that all will have eternal life…prejudice gets in the way by preventing the spread of the gospel to everyone. As we seek to walk with Christ, let's make sure we only go out of our way to pursue, not avoid, because every heart matters...

Blessings,
Angie

Heart Matters is a weekly column written by Angie Land, Director of the Family Life Ministries of the Lafayette Baptist Association, where she teaches bible studies, leads marriage and family conferences and offers biblical counseling to individuals, couples and families. Contact Angie with questions or comments at angieland3@windstream.net.

CHURCH DIRECTORY

Your Guide To Local Houses Of Worship

784985

AIRLINE BAPTIST CHURCH (SBC).....294-2676
Pastor.....Chip Parker
Sunday
Sunday School.....9:30 a.m.
Morning Worship.....10:30 a.m.
Evening Worship.....6:30 p.m.
Wednesday
Fellowship Supper.....6:00 p.m.
AWANA & Bible Study.....6:30 p.m.
Located Four Miles East of Mayo on Highway 27
"O Come Let us Worship The Lord" Ps. 95:6
784072

Methodist Church
Phone: 386-294-1661
FIRST UNITED METHODIST CHURCH
Located SE corner of Hwy. 27 & FL 51 Mayo
Pastor: Geary Rowell
Sunday School.....10:00 a.m.
Morning Worship.....11:00 a.m.
Evening Worship.....6:00 p.m.
"Welcome to exciting 1st Church -
Where we give direction@the crossroads"
784104

NEW HOPE BAPTIST CHURCH
Pastor.....Rev. Charlie Walker
Sunday School.....10:00 a.m.
Morning Worship.....11:00 a.m.
Discipleship Training.....6:00 p.m.
Evening Worship.....7:00 p.m.
Wed. Awana.....6:30 p.m.
Prayer Meeting.....7:00 p.m.
Located Two Miles North of Mayo Off Highway 51
"Come And Hear, All Ye That Fear God" Ps. 66:16
784089

ALTON CHURCH OF GOD.....294-3133
Pastor.....Rev. Tim Hamm
Youth Pastor.....Chad Morrin
Music Director.....Holly Braswell
Children's Pastor.....Ryan & Tiffany Perry
Sunday School.....9:30-10:30 a.m.
Worship Service/K.I.D.S. Church.....10:30 a.m.-12:00 p.m.
Evening Worship.....6:00 p.m.
Family Night Youth Club Church.....7:00 p.m. Wednesday
State Road 27
784071

MAYO BAPTIST CHURCH
(386)294-1020 • 916 N. Fletcher Ave.
Rick James, Pastor
Music Director Dale Croft
Sunday Schedule
9:45 A.M.
Worship Service
11:00 A.M. Sunday
Night Service
6:00 P.M.
Wednesday Night Schedule
Prayer Service &
Youth & Children Meeting
7:00 P.M.
mayobaptistchurch@windstream.net
784099

PLEASANT GROVE BAPTIST CHURCH (SBC).294-1306
Pastor.....Todd Babione
Sunday School.....9:45 a.m.
Worship Service.....11:00 a.m.
Wednesday Discipleship Training.....7:00 p.m.
Evening Training.....6:00 p.m.
Seven miles West of Mayo,
left on CR 534 then right on 350A
-- Jesus Saves --
784068

HATCHBEND APOSTOLIC CHURCH..935-2806
Pastor.....Rev. Steve Boyd
Sunday School.....10:00 a.m.
Wednesday Service.....7:30 p.m.
Located 4 miles South on Hwy. 349,
then left on CR 138, follow signs.
784070

MIDWAY BAPTIST CHURCH.....935-4993
Pastor: Danny Rogers
Sunday School.....9:45 a.m.
Worship Service.....11:00 a.m.
Discipleship Training.....5:00 p.m.
Evening Worship.....6:00 p.m.
Prayer Meeting - Wednesday.....7:00 p.m.
Team Kids.....7:00 p.m.
\Located on County Road 354
"For If Ye Forgive Men Their Tresspasses Your Heavenly
Father Will Also Forgive You" Matt. 6:14
784094

NEW HARMONY UNITED METHODIST CHURCH
160th St.
(Go south on 51 to 160th, turn right)
Pastor: Stan Posey
Phone (386) 776-1806
SUNDAY
Sunday Worship.....9:30 am
Bible Study.....10:30 am
WEDNESDAY
Women's Bible Study.....10:00 am
784051

FIRST ASSEMBLY OF GOD.....294-1811
Sunday
Sunday School.....10:00 a.m.
Worship Service.....10:45 a.m.
Kid's Church.....11:00 a.m.
Evening Worship.....6:00 p.m.
Wednesday
Youth Impact.....7:00 p.m.
Adult Bible Study.....7:00 p.m.
Pastor: Rev. Kenny Sullivan
Youth Pastor: Daryl Fletcher
Located at 294 SE Mill Street, Mayo "Renewing Hope and Building Lives"
784101

Brewer Lake Baptist Church
Off Hwy. 53 in Day, FL 386-294-1578
"We're Going, Growing and Glowing for God"
Sunday
Sunday School.....10 a.m.
Morning Worship.....11 a.m.
Training Union.....6 p.m.
Evening Bible Study.....7 p.m.
Wednesday
Children, Youth & Adult.....7 p.m.
Matt Swain, Pastor / Matt Robinson, Youth Pastor
"Come To Day...Come Today!"
784091

New Beginnings Church
a place for you
Pastor.....Wayne Hudson
Phone Number.....386-294-1244
newbeginningschurch@alltel.net
Purpose Statement:
New Beginnings exists to provide an environment where People can discover and develop a passion for God that is Real, relevant, and relational.
New Location: 163 W. Main Street, Suite 500
Service Schedule:
Sun. Morning Worship.....10:00 a.m.
At New Beginnings there's always "a place for you."
www.newbeginningschurchmayo.com
784048

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www.lccmayo.com
Morning Worship...Sun. 10:30 a.m. Bible Study.....Wed. 7:00 p.m.
Kids of the King.....Sun. 10:30 a.m. Army of Fire Youth..Wed. 7:00 p.m.
Prayer Meeting.....Mon. 7:00 p.m
784037

To Place Your Church In Our Church Directory, Call Treena at 386-362-1734

Give Thanks unto the Lord

First Federal Bank of Florida contributes $41,200 to local communities through the Community Rewards Program

Lafayette County, FL, - First Federal Bank of Florida proudly announces the completion of the 2012 Community Rewards Program. Thanks to our customers, First Federal gave $41,200 to local schools, after-school programs, intellectual and developmental disability organizations, sports programs, animal shelters and other non-profit organizations this past year.

The Community Rewards Program is a way for First Federal and the community to partner together to support local organizations. Every time a First Federal customer who is enrolled in the program, uses their debit card to make a signature-based transaction, First Federal donates money to a participating organization. First Federal customers just have to swipe, sign and support! All money raised comes from First Federal.

The participating organizations for Lafayette County were the Lafayette County Board of County Commissioners-Edward Perry Sports Complex, Lighthouse Christian Academy and Lafayette Babe Ruth Baseball.

"I am grateful to the loyalty of our customers who share in our mission to provide support to our communities," said Keith Leibfried, President and CEO of First Federal. "It is through their commitment to First Federal that we are able to donate to these organizations that provide valued services to our communities."

At First Federal we believe that banking with us is an investment in you. For over 50 years we have been committed to building vibrant communities through the support of education, sports, the arts and improving the quality of life for all. Since its inception in 2010, First Federal has given over $62,000 to local agencies through the Community Rewards Program. This is in addition to the thousands of dollars and volunteer hours that First Federal and its employees give each year.

The Community Rewards Program is underway for 2013. If you are interested in helping support your community through the Community Rewards Program, stop by your local First Federal branch or call customer service at (386) 294-1940 to enroll your debit card. If you are an organization that is interested in participating in the Community Rewards Program, please visit our website www.ffsb.com and click on the Contribution Requests learn more picture.

Lighthouse Christian Center with their donation.

First Federal Bank of Florida President and CEO Keith Leibfried, left, with others at the Edward Perry Sports Complex.

The Lafayette Babe Ruth Baseball received $1,000.

Indoor tanning: Reducing health risks

By Michael Mitchell
Environmental health director
Suwannee and Lafayette county health departments

During the winter, many people keep their tan with indoor tanning. Eliminating the sun does not eliminate the health risk.

One concern is how often and how long one tans. The Florida Department of Health requires tanning facilities to track when a person tans. The law also requires at least 24 hours between sessions. Additionally, people can tan for a maximum of 20 minutes per session. If the machine is installed correctly, an emergency shutoff on the machine can be used if one feels unsafe or if they are finished before the session is over.

Another concern is the cleanliness of the machine. All tanning devices must be sanitized after each use. The location must have approved cleaner on hand so tanning equipment can be disinfected to eliminate bacteria that remain after use.

Finally, many medications, cosmetics and foods can increase sensitivity to ultraviolet radiation. Individuals should talk with their doctor or pharmacist before using a tanning bed if they are taking medications. For a list of products that may cause sensitivity, please visit the Florida Department of Health website (www.myfloridaeh.com).

Many risks can be reduced as long as safety measures are taken. Several locations throughout Suwannee County provide indoor tanning services. The health department inspects each tanning location. If you have any questions regarding these facilities or have safety concerns regarding indoor tanning, please call the environmental health department at 386-362-2708 x256.

Financial wellness can be yours in 2013

By Mary Kate Vang
Social Security District Manager, Lake City

January is Financial Wellness Month — a great time to think about your own financial future. It also happens to be at this time that many people make resolutions for the New Year. Why not combine the two and make your own financial wellness a resolution for 2013?

Here are our suggested resolutions for your financial wellness.

Start your financial plan with your Social Security Statement. The online Statement is simple, easy to use, and provides estimates you should consider in planning for your retirement. It provides estimates for disability and survivors benefits, making the Statement an important financial planning tool. Your Statement allows you to review and ensure that your earnings are accurately posted to your Social Security record. This feature is important because Social Security benefits are based on average earnings over your lifetime. If the information is incorrect, or you have earnings missing from your record, you may not receive all the benefits to which you are entitled in the future. www.socialsecurity.gov/mystatement

Work the numbers. Once you get your online Statement, you can use the other free resources provided by Social Security. Use our Retirement Estimator, where you can get a personalized, instant estimate of your future retirement benefits using different retirement ages and scenarios. Visit the Retirement Estimator at www.socialsecurity.gov/estimator

Once you are in the know, choose to save. The earlier you begin your financial planning, the better off you will be. Social Security replaces about 40 percent of the average worker's pre-retirement earnings. Most financial advisors say that you will need 70 percent or more of pre-retirement earnings to live comfortably. You also will need other savings, investments, pensions or retirement accounts to make sure you have enough money to live comfortably when you retire. Visit the Ballpark Estimator for tips to help you save. www.choosetosave.org/ballpark

Do some light reading. Learn more about Social Security, the benefit programs, and what they mean to you and your family, by browsing through our online library of publications. In particular, our publication entitled "When To Start Receiving Retirement Benefits" provides helpful information regarding the things you should consider when making a decision on when to collect retirement benefits. Many of our publications also are available in audio format and other formats. Our library at www.socialsecurity.gov/pubs is always open.Help someone you love. Sometimes we get the most satisfaction out of helping someone else. If you have a grandparent, parent, relative, or friend who could benefit from Social Security, share our website and the features of our online services with them. You can even help a loved one apply for Social Security benefits in as little as 15 minutes — or for Extra Help with Medicare prescription drug costs. Whether you forward a publication or sit down to help someone apply for Social Security, the place to go is www.socialsecurity.gov.

There are a number of ways you can celebrate Financial Wellness Month, so start off the New Year by looking out for your own financial wellness at www.socialsecurity.gov.

School Lunch Menu

January 21st - January 25th, 2013

Breakfast will now be provided at LHS each morning beginning at 7:45 a.m.

		1/21/13	1/22/13	1/23/13	1/24/13	1/25/13
Breakfast Lafayette Elem. School	Martin Luther King Day		Cereal Crackers Oatmeal Juice Milk	Cereal Crackers Sausage Patty Biscuits Milk Juice	Cereal Crackers Bagel Juice Milk	Cereal Crackers Yogurt Muffin Milk Juice
Lunch Lafayette Elem. School	Martin Luther King Day		Chicken Fajita Strips Soft Taco Shell Tossed Salad Cheese & Salsa Refried Beans Fruit Cocktail Milk	Hamburger Patty Mashed Potato w/Gravy Green Beans Roll Diced Peaches Milk	Chicken & Noodles Turnip Greens Veggies Cornbread Diced Pears Chocolate Pudding Milk	Pizza Corn On The Cob Carrots Bananas Sweet Potato Pudding Mild
Breakfast Lafayette High School	Martin Luther King Day		Cereal Crackers Assorted Muffins Yogurt Juice Milk	Cereal Crackers Breakfast Pizza Juice Milk	French Toast Sausage Patty Cereal Crackers Juice Milk	Cereal Crackers Breakfast Hot Pocket Juice Milk
Lunch Lafayette High School	Martin Luther King Day		(Turkey Salad) Chicken Sandwich French Fries Lettuce, Tomato, Pickle Carrot Sticks Pear Crisp Oranges Milk	(Chef Salad) Pepperoni Pizza Baked Potato Broccoli w/ Cheesesauce Applesauce, Diced Peaches Cowboy Cookies Milk	(Personal Pan Pizza) Spaghetti Toss Salad Corn Carrot & Celery Sticks Sliced Apples Yeast Rolls Juice & Milk	(Chicken Fajitas) Taco's Lettuce, Tomato, Cheese, Salsa Peaches Blonde Brownies Juice Milk

Sponsored By:
Mayo Thriftway
Hwy 27 • 294-1165

Lunch and Breakfast is served at Lafayette Elementary and High School each day. Varieties of Milk choices are available at both schools each day. Alternate High School menus are in Parentheses.
Menus are subject to change due to availability of goods.

783737

Friday, Saturday and Sunday $7.00 all seats
MOVIES
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118 E. Park St. Perry, FL 32348
(LOCATED BEHIND FOODLAND SHOPPING CENTER)
Toll-Free 1-866-Perry Movies (737-7966)
Visit our website at www.perrytheatre.com
MOVIES STARTING FRIDAY, January 18th, 2013

The Hobbit — 169 Minutes — PG-13
Friday.....7:30pm
Saturday.....7:30pm
Sunday.....4:00pm
No Passes/No Coupons

The Last Stand — 108 Minutes — PG-13
Friday.....7:30pm
Saturday.....7:30pm
Sunday.....4:00pm
No Passes/No Coupons

Django — 150 Minutes — R
Friday.....7:30pm
Saturday.....7:30pm
Sunday.....4:00pm
No Passes/No Coupons

For Special Showings look at our website at www.perrytheater.com

See you at the movies!

785466

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Day Mailbox

By: Mary M. Santerfeit

As I wrote last week, one of the things I enjoy doing is reading. Mostly "bits and pieces." I just enjoy those meaningful short stories that are sent to me on e-mail and other means. This week I am sharing a story and a wonderful poem.

You can tell what kind of person a man is by what he is willing to fight to defend. Dr. Dale Ingles tells a story of the Duke of Wellington who met a challenge he was unable to overcome.

It seems farmers were tired of huntsmen galloping over their fields and so they locked the gate and posted some boys there to stand guard. Time went by and eventually the Duke of Wellington's hunting party arrived at the entrance and asked the lad to open the gate.

"I must not," said the lad, faithful to his charge.

It was now up to the Duke himself to intervene.

The Duke asked, "Do you know who I am?"

The lad nervously said, "I believe you are the Duke of Wellington, sir."

"Won't you open the gate for me?"

"My master told me not to open the gate for anyone," claimed the lad.

The Duke was so pleased with the youth's faithfulness that he handed him a reward, the equivalent of a five dollar bill. The lad was thrilled and sat on the gatepost waving his cap in victory at the departing huntsmen. He had done what Napoleon and his army could not do; held back the advance of the Duke of Wellington.

Thanks to Margaret K. Fraser for the following beautiful poem:

God could have made the sun to rise, without such splendor in the skies;

He could have made the sun to set, without a glory greater yet...

He could have made the ocean roll without such music for the soul,

The mighty anthem, loud and strong-the birds without their clear, sweet song.

The charm of kittens' dainty grace, the dimples in a baby's face.

All these extras from His hand, whose love we cannot understand,

The God who fashioned flow'rs and trees, delights to give us things that please.

And all his handiwork so fair, His glory and His love declare.

Yes, He who made the earth and skies gave "extras" for our ears and eyes.

And while my heart with rapture sings, I thank Him for the "extra things."

It Happened Back Then

Jan. 17, 1955: U.S. Navy submarine "Nautilus" begins first nuclear powered voyage undersea.

Jan. 17, 1955: U.S. Air Force accidentally dropped four unarmed H-bombs on Spain.

Jan. 17, 1984: Supreme Court ruled home videotaping of TV programs legal.

Born on this day:

Jan. 17, 1706: Statesman Benjamin Franklin

Jan. 17, 1924: Actress Betty White

Jan. 17, 1931: Actor James Earl Jones

Good for anytime eating

Broccoli Casserole
by Helen Hingson

2 boxes frozen broccoli
1 - 8 oz. sour cream
1 jar pimientos, medium
1/4 tsp. pepper
1 box chicken in a biskit (or saltine crackers)
1 can cream of mushroom soup
1 c. chopped celery
1 tsp. salt
1/2 c. cheddar cheese

Barely cook broccoli done. Crush 1/2 box of crackers and put in bottom of casserole dish. Mix salt, pepper, pimientos, celery, sour cream, mushroom soup; spoon the mix on top of the crackers. Top with 1/2 box of crushed crackers and cheese. Cook at 350 degrees for 30 minutes.

Cheese Crumb Apple Pie
by Annette Lawson

2-1/2 cups (1 can) sliced apples
1/2 cup brown sugar, light
2 Tbsp. flour
1 Tbsp. lemon juice
1 tsp. cinnamon
1/2 tsp. nutmeg

Mix all together and place in deep dish pan.

Topping:

2/3 cup flour
1/3 cup butter
2/3 cup grated cheese
1/2 cup brown sugar

Toss the above together lightly and sprinkle over apple mixture. Bake in 350 degree oven for 30-45 minutes or until done. This is good served hot or cold.

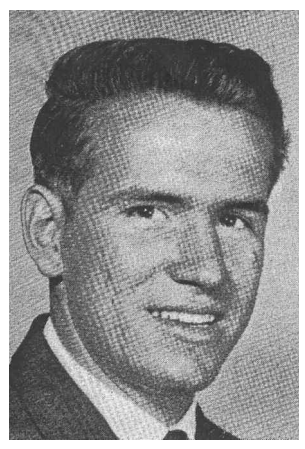
Dilly Beans
by Zelda Dietrick

2 lbs. green beans, uncut
1 tsp. red pepper
4 cloves garlic
2-1/2 cups water
4 tsp. dill weed
1/4 cup salt
2-1/2 cups vinegar

Pack beans lengthwise in jars; add pepper, garlic and dill. Combine remaining ingredients and bring to a boil, pour over beans. Seal and process in boiling water 10 minutes.

Memory Lane

Lucille Singletary, 1965



Ronald Lee Swinson, 1965

Thomas Askins, LHS Supervising Principal, 1981

SRWMD's five year strategic plan

Submitted

The Governing Board of the Suwannee River Water Management District (District) held a public hearing to obtain public input and discuss the Five Year Strategic Plan six strategic priorities. The plan outlines the District's strategic priorities for protecting water resources and ensuring sustainable water supplies.

The plan, which was accepted by the Governing Board on January 8, identifies strategic priorities that will guide the District's initiatives during the next five years. The strategic priorities address the water supply, water quality, flood protection and natural systems responsibilities of the District.

The six strategic priorities established in the Five Year Strategic Plan are Sustainable Water Supply, Water Conservation, Minimum Flows and Levels, Heartland Springs Initiative, Water Management Lands, and Non-Structural Flood Protection. Their respective goals are:

- Ensure an adequate and sustainable water supply for all reasonable and beneficial uses while protecting springs and other natural systems.

- Maximize water conservation for all water uses.

- Ensure District priority water bodies are protected for current and future generations.

-Ensure springs have adequate flow, maintain good water quality and sustain healthy biological communities.

- Manage land and real estate interests to provide non-structural flood control, protect surface and ground water quality and enhance water resource related natural systems.

- Enhance flood risk information to protect life and property against flood hazards.

To learn more about the District's goals to address water management issues as highlighted in the Five Year Strategic Plan, visit www.mysuwanneeriver.com.

Cake decorating workshop

By Joyce Marie Taylor
joycemarie.taylor@gaflnews.com

The Lafayette County Public Library will be hosting a Basic Cake Decorating workshop on a Saturday, Jan. 26 beginning at 10 a.m., according to Adult Program Coordinator Wayne Griner.

Please call the library at 386-294-1021 or stop by to sign up. There is a $5 material fee, which is paid to the instructor. Class size is limited, so call today so you don't miss out.

Christian Music Concert in Mayo

The First United Methodist Church of Mayo will present a concert of Christian music at 6 p.m. on Sunday, Jan. 20, featuring renowned pianist Gilbert J. Macias of "Created to Worship Him" ministries, based in Miami.

Macias will play original arrangements of familiar hymns. He will also be sharing Bible based preaching during the service.

Macias said, "I greatly desire and pray that all who attend concerts, listen to the recordings

and read through the literature may feel the Lord's presence, open their hearts to Him and be

compelled to worship Him as He desires, in spirit and in truth."

Everyone is invited to come enjoy the musical talent of this outstanding Christian musician. Pastor Geary Rowell said, "Gilbert shared his talent with us during the Christmas season and we are happy to have him back again at First Church.

For additional information you may call the church at 386-294-1661 or 386-854-5205. We look forward to seeing you at "Exciting First Church, where we give direction at the crossroad in Mayo."

You can watch a short online video of Macias performing at the Mayo Woman's Club meeting in December at www.suwanneedemocrat.com

Thank you

Submitted

Thanks to everyone in the community, the Manna House Angel Tree was a success. We really appreciate everyone working together to help the foster children in our area to have a better Christmas. We were able to help 34 foster children because of the generosity of this community.

A special thanks goes to all of the area churches who donate all year round to the Manna House and to the churches who donated especially for this cause!

We couldn't have done this project without the employees at the Thriftway helping us collect the presents at the store. A special thanks to the owners of Thriftway for letting us put the Angel Tree in their store.

Here is the list of businesses who were so gracious to participate either with a gift or a money donation: Farm Bureau, First Federal, Wallace Scrap Metal, J&J Gas, McMillan Law Office, Mayo Hardware, Lafayette State Bank, Town & Country Animal Hospital, Central Florida Lands & Timber, Mayo Custom Cuts, Drummond Bank, NAPA, Sandy's Country Curl, Mayo Cafe, Mayo Fertilizer, B&B Auto Repair, Putnal's Premium Pine Straw.

If I have left anyone out I apologize. Thanks again everyone!

Gloria Johnson &
The Manna House

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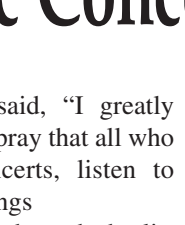
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OBITUARIES

Effie L. Alford
April 11, 1922
Jan. 14, 2013

Effie L. Alford, 90, of White Springs, died Monday, Jan. 14, 2013 in White Springs, Fla. Effie was born April 11, 1922 in the Day Community of Lafayette County, Fla, to the late Wilford Bell and the late former Maud Morgan Bell. She lived most of her lie in Lafayette County and Mayo. She moved to Columbia County in 2004 to be near family.

Effie was a homemaker for her family and was a long time member of Pleasant Grove Baptist Church in Mayo. She graduated from Mayo High School with the great class of 1940.

She is survived by her daughter, Myrna Lee and husband Robert, of White Springs, Fla; her granddaughter, Shawn (Mark) Stephens and their children, Wyatt and Laci, of Checotah, OK; her son, Benjamin Folsom and wife Judith, and their children, Ben III and Seth, of Va.

She was preceded in death by her parents, Wilford and Maud Bell, her brother, Charles and her sister, Adetha; the father of her children, Frank Folsom and her husband, A.V. Alford.

Graveside services will be held Thursday, Jan. 17, 2013 at Pleasant Grove Baptist Church Cemetery at 10 a.m. with Bro. Todd Babione officiating. A visitation was held from 5:30 - 8 p.m. service at 6 p.m. on Wednesday, Jan. 16, 2013 at Joe P. Burns Funeral Home of Mayo.

Special online condolences can be made online at http://www.joepburnsfuneralhomes.com.

Henry Richmond
"Ricky" Harris
Oct. 3, 1952
Jan. 7, 2013

Henry Richmond "Ricky" Harris, 60, of Mayo, died Monday, Jan. 7, 2013 in Gainesville. Henry was born Oct. 3, 1952 in Mayo, Fla., to the late Charlie Augustus Harris and the late former Vestie Anderson. Mr. Harris worked as a pipefitter in the Construction business.

He was an avid hunter and fisherman, an outdoor sportsman. He enjoyed working with his church in visiting retirement homes and singing. He was known as a very generous man. He was a member of MIdway Baptist Church in Mayo.

He is survived by 1 son: Bobby Joe Harris of Mayo, Fla., 3 brothers: Tony Harris of O'Brien, Fla., Charles Clifton Harris of Lake City, Fla., and Buck Harris of Silver Springs, Fla., 3 sisters: Marcie "Eloise" Findley of Clearwater, Fla., Rosa Allen of Lake City, Fla., and Effie "Tincy" Howard of Jacksonville, Fla., 4 grandchildren: Kaylyn, Kaydie Joe and Tinsley Harris and Trevor Bedford.

He was preceded in death by a brother: Joseph Samuel Harris.

Funeral Services were held on Saturday, Jan. 12, 2013 at Midway Baptist Church in Mayo, Fla. with Bro. Danny Rogers officiating. Interment followed in Midway Baptist Church in Mayo. Visitation was held from 6 pm-8 pm on Friday, Jan. 11, 2013 at Joe P. Burns Funeral Home of Mayo.

Special online condolences can be made online at http://www.joepburnsfuneralhomes.com.

Joyce Lavonia Robinson
Sept. 18, 1930
Jan. 7, 2013

Joyce Lavonia Robinson, 82, of Mayo, died Monday, Jan. 7, 2013 in Live Oak. Joyce was born Sept. 18, 1930 in Mayo, Fla., to the late Thomas Gideon Jackson and the late former Inez Corbin. She was a lifelong resident of Mayo and a member of Beulah Baptist Church.

Mrs. Robinson was a homemaker. In her spare time she enjoyed reading her Bible, playing piano and singing.

She was preceded in death by her husband of 25 years, Kenny Robinson.

She is survived by 2 daughters: Beverly Hall and husband Danny; and Marty Robinson; Brother-in-law: Dr. Frank Robinson and wife Sadale; 1 sister: Loycelle Ezell; 2 sisters-in-law: Ben Jackson, Dot Jackson and husband Charlie; 1 granddaughter: Baye Ballew, and a host of nieces and nephews and great nieces and nephews.

Graveside-Services was held Thursday, Jan. 10, 2013 at Airline Baptist Church Cemetery in Mayo, Fla. with Bro. James Carrier and Bro. Lewis Daniels officiating. Visitation was held on Thursday, Jan. 10, 2013 at the family residence. Memorial contributions can be made to in lieu of flowers donations may be made to the Gideons International.

Special online condolences can be made online at http://www.joepburnsfuneralhomes.com.

Della V. Murphy
July 17, 1942
Jan. 13, 2013

Della V. Murphy a long time resident of Mayo, Fla. was born July 17, 1942 in Silas, Alabama to the late Sank and Katie McGrew. Ms. Della V. Murphy passed from this earthly walk of life early Sunday morning of Jan. 13, 2013 at the Doctors' Memorial Hospital in Perry, Fla. She will be greatly missed by family members and friends, and all that knew her. Home going celebration for Ms. Della V. Murphy will be held 11 a.m. Sunday, Jan. 20, 2013 at Alton Church of God Life Center in Mayo, Fla. Rev. Hamm is the pastor and Deacon William Murphy her son will give the eulogy. Burial will follow in the Garden of Rest Cemetery, Mayo, Fla. The Murphy family will receive other relatives and sorrowing friends Friday, Jan. 18, from 5:30 to 7:30 p.m. at 1st Born Baptist church in Mayo, Fla. Burial will follow in the Garden of Rest Cemetery, Mayo Fla. Professional mortuary services entrusted to Eric A. Brown & Son Funeral Home, Inc. www.ericbrownfuneralservices.com.

Jessie M. Powe
April 23, 1936
Jan. 9, 2013

Mother Jessie M. Powe, born April 23, 1936 in Silas, Alabama to the late Sank and Katie McGrew was a long time resident of Mayo, Fla. Mother Powe passed from this earthly walk of life on Wednesday, Jan. 09, 2013 at the Lafayette Healthcare center in Mayo, Fla. She will be greatly missed by her family and friends, and all that knew her. Celebration of life For Mother Powe will be 11 a.m. Saturday, Jan. 19, 2013 at the Alms of Bethel Outreach Community Center. Carolyn Demps is the pastor and Bishop Annie M. Sellers will officiate. The wake services will be from 6 to 8 p.m. Friday, Jan. 18, 2013 at Little Galilee Holiness Church. Burial will follow in the Garden of Rest Cemetery. Professional mortuary services entrusted to Eric A. Brown & Son Funeral Home, Inc. www.ericbrownfuneralservices.com.

Mary Bell Barrs
May 5, 1917
Jan. 1, 2013

Mary Bell Barrs, of Day, Fla., passed away Jan. 1, 2013, at Good Samaritan Center, Dowling Park, Fla., at the age of 96.

She was born, May 5, 1917, to her parents William and Hattie Bell. She lived in Day, Fla. her whole life. She a homemaker and was a member of Brewer Lake Baptist Church in Day. She was a member of the Daughters of the Confederacy and is one of the last 17 direct Daughters of an original Confederate Soldier. She was a wonderful grandmother, mother and friend.

Mrs. Barrs was preceded in death by her husband, Julius Barrs; two sons: Julian Barrs and Marty Barrs and a granddaughter Cynthia Ann Barrs.

She is survived by a son Tony Barrs of Middleburg, Fla. Two daughters: Wanda (Andrew) Bass of Douglasville, GA, and Sybil (Dalton) Kilpatrick of Middleburg, Fla.; 12 grandchildren, 22 great-grandchildren and one great-great-grandchild.

Funeral Services were held Saturday Jan. 5, 2013 at 11 a.m. at Brewer Lake Baptist Church in Day, Fla. and the interment was held at Day Cemetery in Day, Fla.

Beggs Funeral Home Madison Chapel, (850)973-2258.

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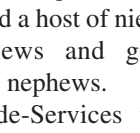
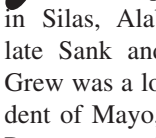


Myra Regan, Publisher



Jeff Waters, Group Editor

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Editorial Policy: The Mayo Free Press encourages readers to write letters to the editor expressing their opinion. All letters should be brief and to the point and those selected for publication (we reserved the right to accept or reject all letters) may be edited for space reasons. Letters must be signed and include the writer's address and phone number to be considered for publication. All letters become the property of The Mayo Free Press.

SRWMD agreement for Mobile Irrigation Lab Services

Submitted

The Governing Board of the Suwannee River Water Management District (District) at its January 8 meeting approved an agreement with the Florida Department of Agriculture and Consumer Services (FDACS) to expand the partnership-based Mobile Irrigation Lab Services (MIL).

The MIL is part of the ongoing efforts between the Suwannee River Partnership and the agricultural community to assist farmers in irrigation efficiencies.

The MIL provides free water conservation evaluations to the farmer. The MIL in the District is being expanded to address the enhanced water conservation and water quality improvement efforts in the Suwannee River and Santa Fe River basins.

The MIL services provide site-specific expertise in analyzing irrigation systems and educating property owners on how to improve water conservation and are free-of-charge to the farmer. After the site-specific analysis is completed the farmer is provided with recommendations to improve existing irrigation system efficiencies. The MIL will also provide information on water conservation, irrigation planning, and irrigation management.

During 2012, the MIL conducted 171 site-specific evaluations covering more than 16,000 acres that identified a potential water savings of over 900 million gallons within the District.

The expanded partnership-based agreement will provide for about 20 additional pre-evaluations and post-evaluations at a funding level of $40,000. This increase effort will save an estimated 179 million gallons of water annually or just under 0.5 million gallons per day.

For more information about the District's Mobile Irrigation Lab Services, please contact Kevin Wright of the District's Ag Team at 386.362.1001 or KLW@srwmd.org.

Old Time Holy Ghost Camp meeting 2013

Live Oak Church of God
Hosted by Bishop J. Gregory Richie
Jan. 27 at 10:40 a.m. - Pastor's Greg & Trilby Richie
Jan. 27 at 6:30 p.m. State administrative, Bishop Keith & Debbie Ivester
Jan. 28-30 at 7 p.m. - Randy & Annette Watson
Praise and worship led by local churches in the regional area.
The church is lcoated at 9828 US Hwy 129 South in Live Oak
386-362-2483. liveoakchurchofgod.com

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REVIVAL
Living Under the Worship of Christ
The community is invited to the annual Tri-Church Revivals conducted by the Southern Baptist churches in the area. There will be a family fun day in the town park on Saturday, January 26 beginning at 2:00 PM. Churches will have food booths and games available. A Kindle Fire tablet will be given away in a drawing. The revival services will be held Sunday, January 27 - Tuesday, January 29. Please plan to attend and receive a blessing, at Mayo Baptist Church
786538

A time to ReJoyce

Continued From Page 1A

something wrong with her liver.

After that surgery, Michel said, she began to feel "different."

"I wasn't myself," she said.

Her family, she said, thought she had gone off her rocker because of some of the things she was doing while having an episode, such as storing frozen vegetables in the cupboard instead of the freezer, and basically acting like a two-year-old.

"We were thinking dementia or stroke," said Hardison.

Michel said one time when she was in the hospital she told her husband to go out and steal a car in the parking lot and take her home.

Her body was filling up with fluids to the point she couldn't turn over or sit up, so the fluids had to be surgically removed. One time, she said, they removed 10 liters. Another time, while at home, her body had filled up with so much fluid it was difficult for her to breathe, which resulted in a trip to the emergency room.

Michel's name was placed on the liver transplant list at Mayo Clinic in Jacksonville late last year. Two separate times the family received the much anticipated phone call to bring Michel in because a liver was available. Unfortunately, Michel's potassium levels were so off kilter that surgery was out of the question. Doctors feared her heart would be too stressed to survive the surgery.

Two more times the phone calls came in from Mayo Clinic that a liver was available for her and it was back to Jacksonville with everyone's fingers crossed.

Meanwhile, her dying liver was causing massive amounts of ammonia to collect in her brain, a common side effect of liver disease. She was given a drug called lactulose which flushed the ammonia out of her body.

"I had to take it every day, sometimes twice a day," said Michel. "It was like water and caused diarrhea. I couldn't even stand up."

Michel's condition severely deteriorated toward the end of 2012, and she was admitted to a hospital in Gainesville right after Thanksgiving where she stayed for a week and a half. Hardison said her mother was becoming very aggressive, hallucinating and "just losing it." The family, she said, simply couldn't control the situation. They were afraid for her safety and the safety of others. As Michel's condition continued to worsen the family made a decision.

"We went and got her out of Gainesville because as long as she was there they had to take her temporarily off the transplant list because she was in another hospital," said Hardison. "We had her home a few hours and then took her straight to Jacksonville."

Michel was admitted to the Mayo Clinic and placed in restraints because she was so violent and uncontrollable, even kicking the nurses. With no suitable donor livers available, at one point doctors discussed with Michel and her family the possibility of implanting a high risk liver from a prostitute or prison worker because her time was running out.

A week after Michel was admitted to the Mayo Clinic the family was called to come get her and take her home. Hardison said she and her sister hopped in the car again and took off for the hour and a half drive over to Jacksonville. When they arrived to Michel's hospital room, Hardison said her mother was pitching a fit because she was just told by the nurse that they weren't going to let her go home after all.

Minutes later, the nurse came in and explained why. They had a liver coming in.

"That made her happy," said Hardison. "That was the one. That was December the seventh and at five o'clock in the morning they took her into surgery."

Hardison said she was certain, had that liver not come in when it did, her mother would have died. The surgery took about five hours and during that time Hardison and her family anxiously awaited news from the doctors about Michel. Those five hours in the waiting room were pure torture for the family, she said. They were torn between being happy for Michel because she was about to get a life-saving liver, and yet they felt sad for the other families in the waiting room who were crying because they had just received bad news about a loved one.

Alas, those five hours of waiting had a happy ending. Michel survived the transplant surgery. The new liver was a perfect fit and it was properly functioning. She spent about three weeks in the hospital recovering and was released two days before Christmas. For the next week and a half she stayed at a nearby hotel with her family so they could be close to the hospital for outpatient aftercare and finally removal of all the drainage tubes.

"Then they say, 'You can go home!'" Hardison said with a huge smile on her face.

On Saturday, Jan. 5, Michel was back at home in Luraville.

Now it is once a week trips to a local doctor for blood tests, and once a month back to Mayo Clinic for a checkup. Within the next several months Michel said she will be taken off the majority of the medications she is on. The anti-rejection medicine, however, is something she will be on for the rest of her life. As time goes by and as Michel continues to get better and stronger, those doctor visits will dwindle down to about once a year.

"She got another life," said Hardison. "We got our mama back."

One of the first things Michel said she did when she got home was to toss the bottle of lactulose in the garbage.

Hardison said the only thing that got her mother through this ordeal and the deep depression she was immersed in was the knowledge that so many people were pulling for her.

"That and God," Michel interjected.

There were many times, Hardison said, that her mother was brought to tears when she heard how the local community had stepped up to help raise funds. During Pioneer Days the family held a raffle donation for various items, including a skateboard and a rifle. Mims said many children ages six to 18 stopped by the booth.

"Even though they donated the money to buy a raffle ticket, they didn't want the raffle ticket," said Mims. "They just wanted to donate the money. I was so proud of all those kids."

The same thing happened at the ReJoyce Benefit Store, which brought in about $650. Partney said many folks didn't come to buy anything. They just wanted to donate money.

The donation jar at the coffee house garnered another $50 and local donations from the raffle amounted to nearly $1,100. Those funds helped the family pay for the hotel room in Jacksonville and transportation back and forth to the Mayo Clinic.

Mims said even Ted Yoho, U.S. Representative, District 3, came by the booth and bought a rifle raffle ticket. He told the family they could personally call him anytime if they needed anything. Yoho wound up winning that raffle and he said he was going to donate the rifle to a family member.

"The community was amazing," said Hardison. "They just opened up their hearts."

"She's a walking miracle," said Partney.

Michel said, "It's like giving my life back to me. I'll be able to enjoy my grandkids. I want to be around when they get married or go to college. I want to be there with them and share their joy."

Michel still has a long road to complete recovery as her body adjusts to the new liver. The next step is to get well enough to have yet another surgery to repair a dislocated shoulder, the result of a fall she took at home prior to the transplant surgery.

Michel wants others to know that as bad as things can get, don't ever give up hope. As for Mary "Joyce" Michel in 2013, she has definitely been ReJoyced!

More flu activity seen here

Continued From Page 1A

were about 150 cases of flu in Suwannee County.

"We just need to get those flu vaccines," said Blackmon.

She reminded everyone that the flu knows no boundaries and doesn't stop at the county line. Since many people travel back and forth between Suwannee and Lafayette, the risk is there to come in contact with an infected person.

Annual report

Prior to giving an update on the flu, Blackmon gave the annual report to the commissioners.

The health department's fiscal year ends June 30 and their goal, Blackmon said, is to produce the report by August or September.

"Invariably, something comes up," she said.

Last year's devastating blow from Tropical Storm Debby knocked everything out of kilter, including the timetable to get the annual report completed. Blackmon explained she also handles Suwannee County and that after the storm she and her staff had to temporarily relocate to Suwannee Elementary School in Live Oak for a month due to flood related issues at her office.

Blackmon advised the board that the health department lost their full time primary care provider about a year and a half ago.

"She provided chronic disease management and family planning services," said Blackmon. "She left us when the state was threatening to pull all the primary care money and that was in 2011 about this time. So, we have one of our providers from Suwannee County, who travels over here every Wednesday and provides our primary care services. Then we have family planning services twice a month."

The focus of the health department, Blackmon said, is on environmental health and communicable diseases. With two quality healthcare locations in Lafayette, Blackmon said she believes the needs of the county are being met.

"In public health we are used to taking lemons and making lemonade," she said. "We take what we have and we make do, and we try to do the best we can for the citizens."

The health department, she said, offers nearly 35,000 services.

"Quite a number of those are our school health services," she said. "In Lafayette County we provide all the nurses for the schools. We have two nurses in each school, which is higher than the state average. We're proud of that. We have two aides, an LPN and an RN that oversees the program."

The biggest project this past year, Blackmon said, was the community health improvement plan that they refer to as a CHIP. Another project is called the CHA, Community Health Assessment.

"We partnered with the Suwannee River Area Health Education Council," said Blackmon. "We had a month of planning and then we had community meetings a couple times a month for five months, and looked at the statistics for the community and what the health looks like."

Blackmon said the department will continue to apply for grants to help meet all the needs of the county.

Middle school FFA practices public speaking

Continued From Page 1A

Lyons explained there is very little difference now between the middle and high school parl pro questions.

"The bar has been raised a good bit," he said. "Under the surface it's really a lot more technical because each one of them, on their card, they have a motion they're responsible for, but they have to do an extra motion, which is some other kind of business they all have to present. Plus, they all have to discuss at least twice and they all get points for that."

When asked why they joined FFA, the middle schoolers had a variety of answers.

Eighth grader Adam Land said, "I joined FFA because I was doing hogs and I decided not to do them. I wanted to do something with FFA."

Shane Harris, another eighth grader said, "I joined FFA because it's fun."

"I joined FFA because I like agriculture and animals," said eighth grader Katie Fletcher.

Brianna Celedon is in seventh grade and said, "I joined FFA because it gives me a chance to work with a team and be able to meet new people and allow me to improve my speaking abilities."

Eighth grader Harli Lawson, who also served as secretary for the team during this practice session, said, "I joined FFA because I enjoy participating as a team in Career Development Events (CDE)."

Coley Hingson said, "I joined because my cousin talked me into it."

This is Hingson's second year with FFA and he is serving as the chairman of the middle school parl pro team. All joking aside, Hingson seems truly at home in his position as chairman.

Suwannee River Paddle for Autism coming soon

Continued From Page 1A

294-1319.

Canoe/kayak rentals will also be available at the check in point at the Highway 51 bridge.

Proceeds from donations will be provided to University of Florida Center for Autism and Related Disabilities for autism services in the Lafayette County area. For more information log on to www.card.ufl.edu/paddle4autism.

Register Now!
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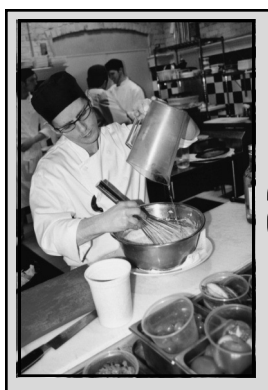
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Lafayette FFA wins four at sub-districts

The Lafayette FFA Chapter competed at the 2012 Sub-District contest Thursday, Dec. 13, at Lydia Baptist Church in Cross City. All of the Sub-District winners will advance to District competition, Thursday, Jan. 24, in Mayo. The Lafayette FFA Chapter is pleased to announce the following results:

Senior Parliamentary Procedure
1st Place
Cory Murray
Emily Fredriksson
Garrett Hart
Karley Barrington
Michaela Shaw
Bree Ann Smith
Kelbey Pearson, alternate

Senior Extemporaneous Public Speaking
3rd Place
Luis Arreguin

Senior Tractor Driving:
Mason Byrd

Creed Speaking:
1st Place
Clay Jackson

Middle School Parliamentary Procedure:
1st Place
Coley Hingson
Shane Harris
Harli Lawson
Brayden Lamb
Katie Fletcher
Brianna Celedon
Adam Land, alternate

Middle School Opening & Closing Ceremony:
1st Place
Kaylin Morgan
Josh Singletary
Krista Lyons
Tara Byrd
Carrigan Buchanan
Ainsley Peterson
Kenzie Long
Kendall Calhoun, alternate
Ali Singletary, alternate

Middle School Creed:
Krista Lyons

The state dairy preliminary test was also administered and both the senior and middle school dairy teams advance to the 2013 Florida FFA State Dairy Finals at the Florida State Fair in February. The chapter appreciates Mr. Eddie Fredriksson for coaching both teams.

Senior Dairy:
Bree Ann Smith
Ryan Fredriksson
Connor Buchanan
Micah Byrd

Middle School Dairy:
Ainsley Peterson
Corbin Dyal
Carrigan Buchanan
Camyrn Warner

The FFA makes a positive difference in the lives of students by developing their potential for premiere leadership, personal growth, and career success through agricultural education.

Creed speaking: (L-R) Chad Lyons, Clay Jackson, Tori Lyons.

Middle parl pro team: (L-R) Chad Lyons, Shane Harris, Brianna Celedon, Brayden Lamb, Harli Lawson, Coley Hingson, Katie Fletcher, and Tori Lyons.

Sr. parl pro team: (L-R)Chad Lyons, Cory Murray, Karley Barrington, Emily Fredriksson, Michaela Shaw, Bree Ann Smith, Garrett Hart, and Tori Lyons.

OCC team (L-R)Chad Lyons, Josh Singletary, Kendall Calhoun, Kenzie Long, Ainsley Peterson, Kaylin Morgan, Carrigan Buchanan, Tara Byrd, Ali Singletary, Krista Lyons, and Tori Lyons. Courtesy photos

OPINION

Are guns the problem?

A MINORITY VIEW

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BY WALTER WILLIAMS

When I attended primary and secondary school -- during the 1940s and '50s -- one didn't hear of the kind of shooting mayhem that's become routine today. Why? It surely wasn't because of strict firearm laws. My replica of the 1902 Sears mail-order catalog shows 35 pages of firearm advertisements. People just sent in their money, and a firearm was shipped.

Dr. John Lott, author of "More Guns, Less Crime," reports that until the 1960s, some New York City public high schools had shooting clubs where students competed in citywide shooting contests for university scholarships. They carried their rifles to school on the subways and, upon arrival, turned them over to their homeroom teacher or the gym coach and retrieved their rifles after school for target practice. Virginia's rural areas had a long tradition of high-school students going hunting in the morning before school and sometimes storing their rifles in the trunks of their cars that were parked on school grounds. Often a youngster's 12th or 14th birthday present was a shiny new .22-caliber rifle, given to him by his father.

Today's level of civility can't match yesteryear's. Many of today's youngsters begin the school day passing through metal detectors. Guards patrol school hallways, and police cars patrol outside. Despite these measures, assaults, knifings and shootings occur. According to the National Center for Education Statistics, in 2010 there were 828,000 nonfatal criminal incidents in schools. There were 470,000 thefts and 359,000 violent attacks, of which 91,400 were serious. In the same year, 145,100 public-school teachers were physically attacked, and 276,700 were threatened.

What explains today's behavior versus yesteryear's? For well over a half-century, the nation's liberals and progressives -- along with the education establishment, pseudo-intellectuals and the courts -- have waged war on traditions, customs and moral values. These people taught their vision, that there are no moral absolutes, to our young people. To them, what's moral or immoral is a matter of convenience, personal opinion or a consensus.

During the '50s and '60s, the education establishment launched its agenda to undermine lessons children learned from their parents and the church with fads such as "values clarification." So-called sex education classes are simply indoctrination that sought to undermine family and church strictures against premarital sex. Lessons of abstinence were ridiculed and considered passé and replaced with lessons about condoms, birth control pills and abortions. Further undermining of parental authority came with legal and extralegal measures to assist teenage abortions with neither parental knowledge nor consent.

Customs, traditions, moral values and rules of etiquette, not laws and government regulations, are what make for a civilized society. These behavioral norms -- transmitted by example, word of mouth and religious teachings -- represent a body of wisdom distilled through ages of experience, trial and error, and looking at what works. The importance of customs, traditions and moral values as a means of regulating behavior is that people behave themselves even if nobody's watching. Police and laws can never replace these restraints on personal conduct so as to produce a civilized society. At best, the police and criminal justice system are the last desperate line of defense for a civilized society. The more uncivilized we become the more laws that are needed to regulate behavior.

Many customs, traditions and moral values have been discarded without an appreciation for the role they played in creating a civilized society, and now we're paying the price. What's worse is that instead of a return to what worked, people want to replace what worked with what sounds good, such as zero-tolerance policies in which bringing a water pistol, drawing a picture of a pistol, or pointing a finger and shouting "bang-bang" produces a school suspension or arrest. Seeing as we've decided that we should rely on gun laws to control behavior, what should be done to regulate clubs and hammers? After all, FBI crime statistics show that more people are murdered by clubs and hammers than rifles and shotguns.

Walter E. Williams is a professor of economics at George Mason University. To find out more about Walter E. Williams and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.

Encourage children to floss

Learning to brush their own teeth is a lesson all children must master. Although parents ultimately may have children who become proficient at brushing their own teeth, getting them to floss is generally more difficult.

The National Health and Nutrition Examination Survey from the Centers for Disease Control and Prevention found that 41 percent of children aged 2 to 11 had tooth decay in their first teeth. Dental caries are common among children, likely because they have not become proficient at taking care of their teeth.

Soft, sticky foods are commonplace in young kids' diets, and these can promote decay. Even well-intentioned gummy vitamins can be sources of dental decay. Oftentimes, these foods become lodged between the teeth or on the surface of molars. If left in contact with the teeth for too long, food particles become a source of carbohydrates for oral bacteria, and cavities may appear as a result.

To remove food particles from between the teeth, children must floss, advises the American Academy of Pediatric Dentists. It is recommended that parents help their children to floss as soon as two teeth are touching and continue to do so until the child is around the age of 8, when a child should have enough dexterity to do it on his or her own.

Children should learn that flossing is just as important as brushing.

Flossing is essential to making sure children do not experience cavities at an early age, and it can establish practices that promote oral health throughout life. Despite being so important, many parents fail to encourage flossing or are at a loss as to how to make it enjoyable and effective.

Although regular dental floss is one of the first tools for flossing, the dexterity required to wind the floss around little fingers and then thoroughly clean the teeth may discourage children. Parents can look into the wide array of flossing helpers available at the store. In fact, many age-appropriate flossers are now available that feature fun designs and smaller profiles to fit into kids' mouths more easily. Flossers may be attached to a handle to make back teeth more accessible and promote more effective flossing. Manufacturers such as DenTek, Butler GUM, Plackers Kids, Dr. Fresh, Oral-B, and Brush Buddies offer children's flossers.

Kids who shy away from flossing may be more likely to use a children's water flosser. In lieu of string floss, a water flosser uses a pressurized stream of water to dislodge food from between teeth. Although a water flosser may be more messy, children may enjoy the opportunity to "play" with water and the cleaning sensation provided.

To prevent the buildup of plaque and the development of dental caries, parents should educate children about proper flossing techniques.

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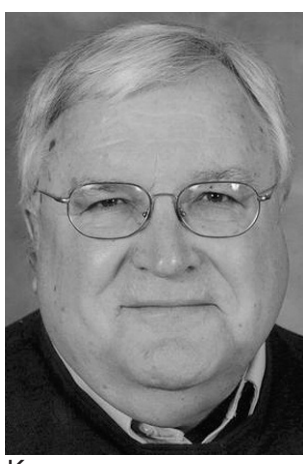
Oct. 14-18, 2013
New York City Dec. 4-12, 2013

True tales of humor in the face of danger

By Keith Kappes
CNHI News Service



Kappes

Each time I watch one of those spy movies from the Cold War, I remember when my Army National Guard comrades and I tried to confound the enemy.

We were members of a public affairs unit. I was the commander of those 13 fearsome warriors during two training deployments to Europe.

We were good at our job as editors, writers, photographers, videographers and broadcasters.

I say that because the Army picked us in 1982 and 1983 to participate in the REFORGER exercises in West Germany.

Our job was to help publish and broadcast news of tens of thousands of American and NATO forces who were practicing how we would respond to a Soviet invasion of West Germany.

It was great duty because we played war games for seven days, called a two-day truce for sightseeing, and finished the conflict with another week of soldiering before going home.

We were on our first deployment when we went on the "border tour" of the heavily-fortified East German border. It was designed to help us understand the tactical situation.

The unhappy looking East German and Soviet sentries took photos of us across the narrow demilitarized zone.

We had a barrel of laughs on that trip because some of us swapped uniform caps at each stop, knowing they would be taking our pictures as we took theirs.

I've often thought of some Soviet intelligence analyst working late into the night looking at my photo as a captain, then as a lieutenant and then as a sergeant. At the last stop, I wore it backwards with no rank showing.

Our second deployment was the year the U.S. sent cruise missiles to its NATO allies in Europe, provoking protests from the Green Party and other radicals who feared nuclear warheads.

We were eating lunch one day when Green Party protesters suddenly blocked the street in front of the restaurant.

My best buddy quickly realized he had left his steel helmet and sidearm in our unlocked vehicle.

We had orders not to confront demonstrators so we waited until they moved away.

We eventually found his weapon with the bullets missing but there was no sign of the helmet.

Late that night, someone yelled that the helmet had been found. We rushed into the room to see some scruffy Green Party guy gesturing into the camera of Armed Forces Television.

He was wearing the missing helmet … with the nametape clearly visible.

It's been 30 years and I can still hear the guffaws.

Keith Kappes is a columnist for The Morehead (Ky.) News. Contat him at kkappes@cnhi.com

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TABE testing must be completed prior to enrollment

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Mayo Legals

PUBLIC MEETING
TO WHOM IT MAY CONCERN

Please take notice that the Library Director of the Three Rivers Regional Library System, library staff, and two or more members of the Three Rivers Regional Library Board will meet to introduce new Board members to staff on Thursday, January 24, 2013 at 3:00 P.M. at the Dixie County Public Library in Cross City, Florida. All interested persons are invited to attend.

"Persons with disabilities requesting reasonable accommodations to participate in this proceeding should contact (352) 498 1200 (Voice & TDD) or via Florida Relay Service at (800) 955-8771."
01/17

LEGAL NOTICE

In February 1976 for 1967 or 1968 crops and in June 1978 for 1969, 1971 or 1972 crops Flue Cured Tobacco Cooperative Stabilization Corporation ("Stabilization" now known as U S Tobacco Cooperative) issued Certificates of Interest in Capital Reserve, to its members who delivered tobacco to Stabilization for any year listed above ("Certificate").

We are pleased to offer to redeem the Certificate of any member who voluntarily accepts this offer. This is not a mandatory redemption, it is an offer, which may be accepted only at your election. You are under no obligation to accept it, and if you elect not to accept it, you will retain all rights in and to the Certificate, and your Certificate will be subject to redemption in the same manner as if there had been no offer.

Any Certificate holder (including heirs, beneficiaries and/or estate administrators of deceased Certificate holders) who would like to accept this redemption offer should call 1-877-277-7422 for more information. To obtain a redemption application form go to www.tobaccocheck.com and click on the application form. You may also request a redemption application form by mail, by sending a self-addressed stamped envelope to:

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THE DEADLINE FOR SUBMITTING A PROPERLY DOCUMENTED REDEMPTION APPLICATION IS March 29, 2013. Applications postmarked after March 29, 2013, or faxed or emailed after March 29, 2013 or not properly completed or sufficiently documented by March 29, 2013 will not be processed.

Tommy Bunn
President/Secretary
U.S. Tobacco Cooperative
01/17

PUBLIC NOTICE

This is to inform you that Lafayette County will hold a prebid conference and walk-through for the rehabilitation of one (1) single family dwelling in the Lafayette County SHIP program.

This meeting will be held Wednesday, January 23, 2013 beginning at 9:00 a.m. at Suwannee River Economic Council, Inc. Outreach Office, Highway 27 North, Mayo, Florida.

The conference and walk-through is mandatory, no exceptions, for contractors who plan to bid. Suwannee River Economic Council, Inc. requires each contractor to be properly licensed, carry General Liability Insurance of at least $1,000,000.00 and Workers Compensation during construction.

Bids for these units will be due by 12:00 noon Wednesday, January 30, 2013 at Suwannee River Economic Council, Inc. Outreach Office, Highway 27 North, Mayo, Florida 32066. Please mark envelope "Sealed Bid for Name of Homeowner, SHIP". Bids to be opened Wednesday, January 30, 2103 at 12:05 p.m.

Suwannee River Economic Council, Inc. has the right to reject any and all bids. The bids will be awarded on the most cost effective basis.

Lafayette County is a fair housing and equal opportunity and ADA employer. Minority and Women Contractors are urged to participate.
01/17

NOTICE OF A PUBLIC HEARING CONCERNING A VARIANCE AS PROVIDED FOR IN THE LAFAYETTE COUNTY LAND DEVELOPMENT REGULATIONS

BY THE BOARD OF COUNTY COMMISSIONERS OF LAFAYETTE COUNTY, FLORIDA, SERVING AS THE BOARD OF ADJUSTMENT OF LAFAYETTE COUNTY, FLORIDA, NOTICE IS HEREBY GIVEN that, pursuant to the Lafayette County Land Development Regulations, hereinafter referred to as the Land Development Regulations, as amended, objections, recommendations and comments concerning a variance, as described below, will be heard by the Board of County Commissioners of Lafayette County, Florida, serving as the Board of Adjustment of Lafayette County, Florida, at a public hearing on **January 28, 2013 at 5:30 P M** or as soon thereafter as the matter can be heard, in the Board of Commissioners meeting room located in the County Courthouse.

V13-001, a petition by Ryan Sullivan, President of White Oak Dairy, Inc., and Agent for Randall Lebolo, requesting a Variance be granted to the requirements of the Land Development Regulations, **to reduce the west and east side yard setback from 50 feet to 10 feet** in Agricultural-3 (A-3) zoning district on property described as follows:

A parcel of land in Section 23, Township 04, Range 10 , Lafayette County, Florida.
LEG 0001.00 ACRES LOT 12 BUCK COUNTRY SUBDIVISION PB A P. 96 PUBLIC RECORDS LAFAYETTE CO. FL. OR BK 217 P 85.

The public hearing may be continued to one or more future dates. Any interested party shall be advised that the date, time and place of any continuation of the public hearing shall be announced during the public hearing and that no further notice concerning the matter will be published, unless said continuation exceeds six calendar weeks from the date of the above referenced public hearing.

At the aforementioned public hearing, all interested parties may appear to be heard with respect to the proposed variance.

Copies of the proposed variance are available for public inspection at the Office of the Land Development Regulation Administrator (Building Department) in the County Courthouse, located at 120 W Main St, Mayo, Florida, during regular business hours.

All persons are advised that if they decide to appeal any decision made at the above referenced public hearing, they will need a record of the proceedings, and that, for such purposes, they may need to ensure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based.
01/17

Mayo man is promoted to U.S. Marine Corps Sergeant

Jon and Sara Anderson

U.S. Marine Corps Sergeant Jonathon Anderson

U.S. Marine Corps Sergeant Jonathon Anderson 3521/Automotive Diesel Mechanic Marine Corps Logistics is a 2008 graduate of Lafayette High School. He enlisted in the Marine Corps after graduation and underwent recruit training in Paris Island. S.C. where he graduated as a Private on Dec. 8, 2008.

Soon afterward Pvt. Anderson reported to Marines Combat Training (MCT) at Camp Geiger, N.C. He spent a month learning and training in means to better prepare himself for combat. After graduating from MCT he went on to Marine Occupational School of Automotive Diesel Mechanics at Camp Johnson, N.C.

On April 1, 2009, Pvt. Anderson was promoted to Private First Class (PFC) and graduated from Marine Occupational School in late May, 2009.

PFC Anderson was handed orders to report to 2nd Marine Regiment Headquarters Company in Camp LeJeune, N.C.

Everyday PFC Anderson strived to be the the best in his job, as a Marine, as a peer and as a leader. On Nov. 1, 2009, PFC Anderson was promoted to the rank of Lance Corporal (Lcpl). Shortly after his promotion Lcpl Anderson was awarded his grey belt in the Marine Martial Arts program.

As the end of 2009 came to a close, Lcpl Anderson and his unit received word from their commanding officer Colonel Kennedy that the president of the United States said the regiment would deploy at the beginning of 2010. Lcpl Anderson and the Marines of Regimental Combat Team 2 (RCT2) spent an entire year forward deployed in harm's way. While overseas on Sept. 1, 2010, Lcpl Anderson was promoted to the rank of Corporal.

Cpl. Anderson and his unit returned from overseas in early Jan., 2011 and for the next year or so he remained at Camp LeJeune working and trying to keep the maintenance maintained for four battalions of Marines getting ready to deploy.

On Oct. 16, 2011, Cpl. Anderson was accepted for re-enlistment for another four years. As the year 2011 came to a close Cpl. Anderson was handed orders that he would be reporting to a new unit out of Albany, Ga. In April, 2012, Cpl. Anderson reported to Marine Corps Logistics Base (MCLB) in Albany.

Shortly after reporting to Albany, Cpl. Anderson and his beautiful fiancee Sara Hughes were married on May, 26, 2012 and just six short months after the wedding Sara Anderson gave birth to a handsome little boy, Brycen Levi Anderson on the 7th of November.

Soon afterward, on Jan. 1, 2013, Cpl. Anderson was selected for the rank of Sergeant. Due to the holiday breaks the promotion ceremony went at 0900 hours on Jan. 7, 2013.

Sgt. Anderson, his beautiful wife Sara and son Brycen wish the town of Mayo a happy new year and God bless.

Sgt. John Anderson is the son of Paul and Tina Anderson of Mayo, and brother to Lance Corporal Austin Anderson of FSU, and Elizabeth Anderson of UCF in Orlando.

SRWMD agreement for Mobile Irrigation Lab Services

Submitted

The Governing Board of the Suwannee River Water Management District (District) at its January 8 meeting approved an agreement with the Florida Department of Agriculture and Consumer Services (FDACS) to expand the partnership-based Mobile Irrigation Lab Services (MIL).

The MIL is part of the ongoing efforts between the Suwannee River Partnership and the agricultural community to assist farmers in irrigation efficiencies.

The MIL provides free water conservation evaluations to the farmer. The MIL in the District is being expanded to address the enhanced water conservation and water quality improvement efforts in the Suwannee River and Santa Fe River basins.

The MIL services provide site-specific expertise in analyzing irrigation systems and educating property owners on how to improve water conservation and are free-of-charge to the farmer. After the site-specific analysis is completed the farmer is provided with recommendations to improve existing irrigation system efficiencies. The MIL will also provide information on water conservation, irrigation planning, and irrigation management.

During 2012, the MIL conducted 171 site-specific evaluations covering more than 16,000 acres that identified a potential water savings of over 900 million gallons within the District.

The expanded partnership-based agreement will provide for about 20 additional pre-evaluations and post-evaluations at a funding level of $40,000. This increase effort will save an estimated 179 million gallons of water annually or just under 0.5 million gallons per day.

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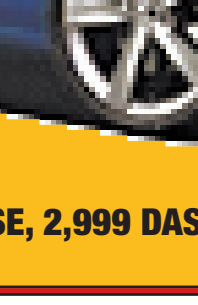

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