

Thursday — March 1, 2018

Mayo Free Press

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Lafayette County, Florida

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PHOTO: JAMIE WACHTER

Mayo's Kasey Carothers signs a copy of her book, 'The Creepy House Down Spooky Lane,' at a book signing last week at the Live Oak Public Library.

'Anything is possible'

Carothers obtains goal by publishing book

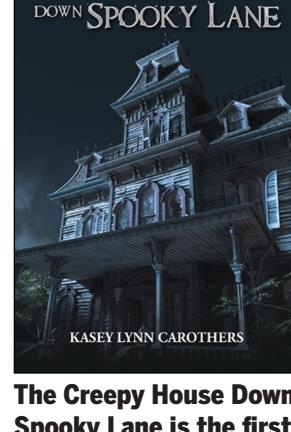
BY JAMIE WACHTER

jamie.wachter@gafnews.com

LIVE OAK — Christmas came early last year for Kasey Lynn Carothers.

In late November, the Mayo native had her first book, *The Creepy House Down Spooky Lane*, published by AuthorHouse.

"From my house to the road is a half-mile," Carothers said last week during a book signing at the Live Oak Public Library. "I ran the whole



The Creepy House Down Spooky Lane is the first published book of Mayo resident Kasey Carothers.

SEE CAROTHERS, PAGE 3A

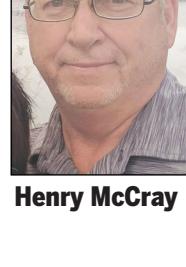
★ ELECTION 2018 ★ Henry McCray running for District 2 commission seat

MAYO — My name is Henry McCray, so of the late Harold and Helene McCray. I am asking for your consideration for Lafayette County Commissioner District 2.

I am married to Cindy Land McCray, daughter of Yondell and Marie Land. I currently work at Mayo Corrections.

I'm a life-long resident of Mayo and will do my best for you, the people I love of this county.

Please consider me for District 2 County Commissioner.



Henry McCray

FutureNow to host Mayo events Wednesday

MAYO — A former Mayo resident will be back in town Wednesday, for school and community events Wednesday.

Chris Musgrove — a Live Oak native and a former interim pastor at Lighthouse Christian Center with his wife Teri, a Lafayette High School graduate — is bringing his FutureNow program back to LHS for programs Wednesday.

FutureNow will be conducting an assembly in the afternoon on Wednesday and a community event that night, both at the LHS gym. The school assembly is scheduled for 2 p.m. with the FCA-sponsored community event set for 7 p.m. There will be giveaways at the free event.

Parents, church youth groups, and the community at large are invited to come and enjoy the evening event.

Musgrove, the founder and director of FutureNow, said the community event will contain music, drama, video and real life stories that will entertain the audience before getting into the message that will be directed at the students and their parents.

While sharing the impact God had on his life, Musgrove also wants students to live their lives with a vision and a purpose.

"Everybody has a story and my point is, if you don't write your story, you might not like the way it's going to end, so you better get to work," Musgrove said.

There is no charge for any of the FutureNow events, instead the organization relies on the support of local churches, businesses and individuals. Anyone that would like to volunteer or become a sponsor for the event may go online and download a volunteer form at www.futurenow.us. For more information, email info@futurenow.us.

PHOTO: COURTESY OF FUTURENOW
Chris Musgrove, a former Mayo resident, will be at Lafayette High School on Wednesday with his FutureNow program.

Woman's Club reads to children, Story, Page 3A



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Board postpones hearing on non-profit animal shelter

BY ALEXIS SPOEHR

alexis.spoehr@gafnews.com

MAYO — The Lafayette County Board of Adjustments granted one exception Monday night, while tabling a second petition.

The board, which consists of the county commissioners, granted a Variance Petition, V 18-01, for Ronald Rice Jr. That petition seemed a variance for east and

west side-yard setbacks from 20 feet to seven feet within an environmentally sensitive area zoning district at 112 Northeast Suwannee River Drive.

However, the board tabled discussion on Petition SE 18-01 from Julian and Carol Pearce for an animal shelter.

The Pearce's currently have a non-profit shelter in California, The Sanctuary at Soledad Goats,

and are looking to expand to Florida.

They have been rescuing abused, abandoned and neglected animals for years and have decided to create a location in North Florida, choosing Lafayette County.

Their idea is to have a veg-an-farmed animal rescue and sanc-

SEE BOARD, PAGE 3A

CNHI names Buckner top designer

Free Press staff also honored for digital storytelling

Suwannee Democrat

133rd Year | No. 008

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www.suwanneedemocrat.com

Midweek Edition — October 25, 2017

Bienville Plantation winds down from Party in the Pines

By ALEXIS SPOEHR

With no leads, only hope remains

The Suwannee Democrat — Last year, the Suwannee Democrat was the first newspaper in North Florida to receive a Gold Award for Best Overall Paper from the Associated Press. This year, the paper is once again being honored for its work in the annual Best of CNHI contest.

One of the paper's most recent awards was the Gold Award for Best Overall Paper from the Associated Press.

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United Way, DOH partner for National Children's Health Month

LAKE CITY — February was National Children's Dental Health Month. The American Dental Association sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. Locally, the United Way of Suwannee Valley and the Florida Department of Health in Columbia, Hamilton, Suwannee and Lafayette counties partnered to distribute a dental care kit to every elementary school student to promote the importance of good oral care.

Dental cavities are one of the most common chronic conditions of childhood in the United States, according to the Centers for Disease Control and Prevention. Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing and learning, the CDC says. In fact, good oral hygiene is essential for overall health.

The United Way of Suwannee Valley Planning Committee elected to utilize funds received through an anonymous grant to partner with the Department of

Health in each of the four counties in the local United Way's service area. United Way and the Department of Health are partnering on several projects utilizing the anonymous grant funds and supporting the county health improvement plans. It is customary for the Department of Health in these counties to participate in National Children's Dental Health Month annually; however, due to a lack of financial resources this year, the United Way Planning Committee undertook the dental health initiative to provide the supplies.

The National Children's Dental Health Month slogan for this year is "Brush your teeth with fluoride toothpaste, and clean between your teeth for a healthy smile." Each of the components to accomplish this were provided in the dental care kits. Each elementary school child received a free dental kit containing toothpaste, a toothbrush and floss. More than 8,000 dental care kits were distributed to school children throughout the four counties.



PHOTO: SUBMITTED

United Way of Suwannee Valley partnered with the Department of Health in Lafayette County for the distribution of dental care kits to all county elementary school students for Children's Dental Health Month. Presenting the kits to Stephen Clark, Jr., principal, Lafayette Elementary School, left, are Trish Kline, intern serving as the United Way health projects coordinator; Kim Law, health educator, Florida Department of Health in Lafayette County; Rita Dopp, executive director, United Way of Suwannee Valley; and Kerry Waldron, health officer/administrator, Florida Department of Health in Suwannee County. Not pictured is Janie Richardson, chair, United Way of Suwannee Valley Planning Committee, which assesses community needs and seeks to address them through such projects as the dental health care initiative.



PHOTO: SOSMP

The Spirit of the Suwannee Music Park's Steve Briscoe, right, announces to band leaders Saturday night that all four are winners and will bring their bands to The Suwannee River Jam from May 2-5 to perform. Pictured, from left, are Cole Tomlinson with the Cole Tomlinson Band (Blackshear, Ga.), J.D. Cook with Snake Blood Remedy (O'Brien), Kellen Vincent with Kellen Vincent Band (Lake City) and Ricky Valido with the Hialeah Hillbillies (Hialeah).

Four bands win spots in Suwannee River Jam

LIVE OAK — The Suwannee River Jam Audition for only bands produced four winning bands Saturday night.

The bands advance straight to performing at the Jam from May 2-5 at the Spirit of the Suwannee Music Park.

Four bands auditioned and all four were so good it was decided to invite them all to play the Jam to the delight of the audience. All four bands, Ricky Valido Band (Hialeah), Kellen Vincent Band (Lake City), Snake Blood Remedy (O'Brien) and Cole Tomlinson Band (Blackshear, Ga.) will perform at the Jam.

The Music Park's Steve Briscoe, who heads up the auditions, asked the audience what they thought about sending all four to the Jam, and the roar of approval was deafening. The smiles on the faces of all four band leaders who had been called to the stage were pure happiness.

Kellen Vincent, a well-known area country music performer who once was called to the stage by Larry Gatlin who then handed Kellen his own guitar and asked him to perform,

brought his talented new band and performed first. Thirty minutes and lots of country music later the band had its spot at the Jam.

The Ricky Valido Band opened several years ago for the Jam on a Wednesday night in the Music Hall to great accolades but the band had to return to the Miami area for other dates afterward. This year, it decided to go for the gold and try to spend all four days at the Jam. Ricky Valido, 25, known as the Cuban Cowboy, and his band, The Hialeah Hillbillies, came on stage second with musical fever, never let up the entire 30 minutes onstage, solidifying its place as a winner.

With a change of pace the audience didn't see coming, Snake Blood Remedy, a 7-piece band from Suwannee County, was third to perform and brought tremendous old country with drums, guitars, a fiddle and a voice with the sound of Hanks Williams. SBR leader J. D. Cook delighted the audience with his band's presentation of old country and some newer music and attracting many to the dance floor.

Last but definitely not least, Cole Tomlinson, 16 and about six feet, six inches tall, of Blackshear, Ga., was the man in black with sensational musicians, most of whom are Tomlinson's age. Covering new,

old and some of the band's own music, it was instantly clear this band was needed at the Jam. This will be Tomlinson's second Jam appearance, the first coming as a solo singer.

Joining these four bands at the Jam will be the Sondra Hunt Band (Lake Butler) and Southern Burn Band (Gainesville) and any others who may become winners at the final audition March 10 for solo and duo singers and bands in the SOSMP's Music Hall. All solo and duo winners will audition one more time April 13 where winners chosen that night will go to the Jam.

Solo and duo winners thus far are Ashley Holbrook (Orange Park), Cliff Dorsey (High Springs), Austin Harden (Lake Butler), Brittanie Powell (Live Oak), Hallie Davis (Jacksonville and Jasper), Jimmie Coleman (Jacksonville), wild card winner Richard Scarborough (Windermere) and two duos of Bryan James (Oviedo) and Al Enzian (High Springs) and a duo of Karlie Scott Collins and Alex Sandlin (Lake City).

Tickets are on sale now for the Jam, The South's Country Music Camping and Camping Festival at The Spirit of the Suwannee Music Park in Live Oak, Fla. To purchase tickets, go to www.suwanneeriverjam.com or www.musicliveshere.com or stop by the nearest S & S Food Store.

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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.

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Photo of Troy Lee Williams wearing a cowboy hat and holding a guitar.

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Woman's Club reads to children

MAYO — Members of the GFWC Mayo Woman's Club read to children at the Mayo Learning Center for four consecutive Thursdays starting January 25.

On the last day of the program, the 17 children received a gift book. Each of the books had their name on a label compliments of the club.

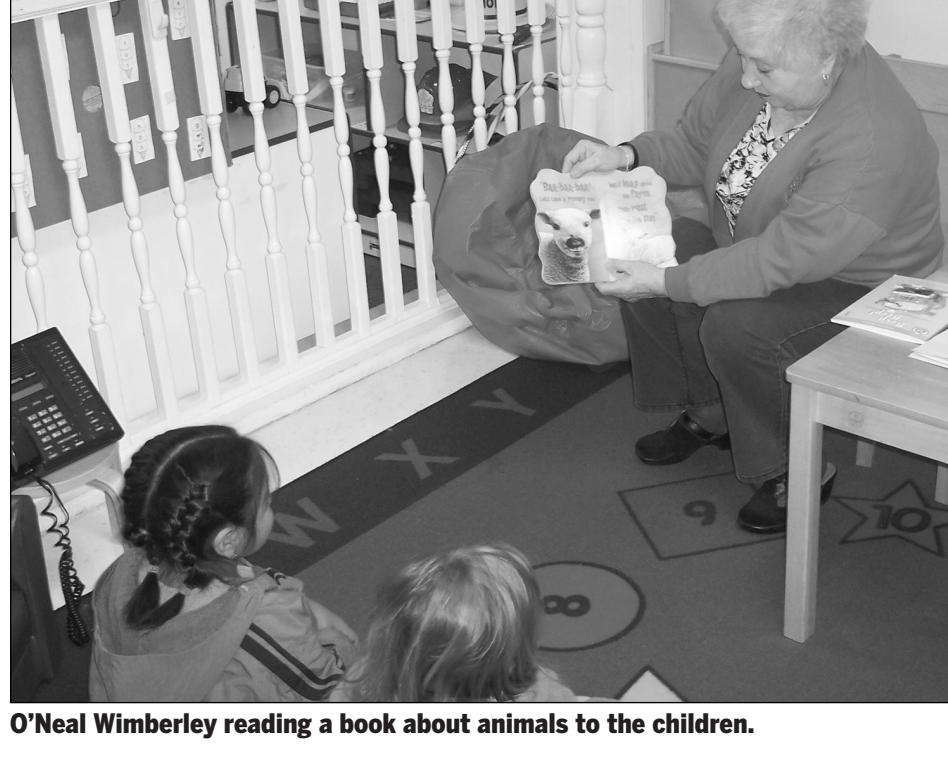
Members who participated had as much fun as the children who heard the exciting tales of squirrels, cats, fairy tales and Disney movies. Reading is encouraged at a very young age and can predict success in later years at school and in all phases of life.



Reba Blackshear giving a book to a fellow reader.

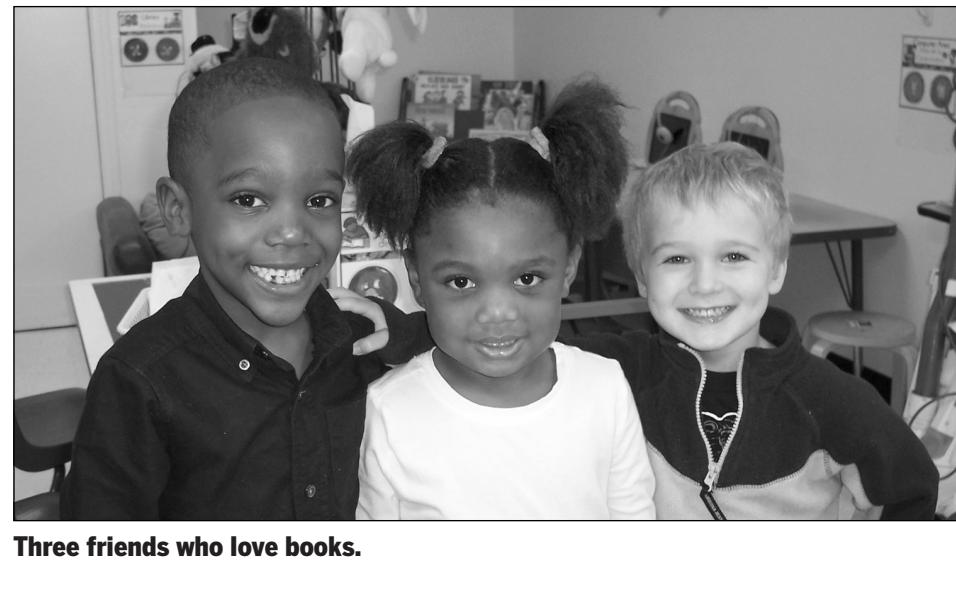


PHOTOS: SUBMITTED



O'Neal Wimberley reading a book about animals to the children.

Jan Melvin reading to children.



Three friends who love books.

Board

Continued From Page 1A

tuary where they will have the ability to rescue animals in Florida and southern parts of Alabama and Georgia. They also want to have a Compassion Camp for children and adults with disabilities. There will be stages of funding from donations, for example the first \$50,000 is for procuring the property and getting barns built and ready for animals.

The shelter is proposed to be located halfway between Branford and Mayo.

Several community members in attendance at Monday's meeting had

issues with the proposed shelter.

"On their website it states that she has kidnapped animals that were going to be slaughtered to eat," said Patrick Jones. "That is how we make our revenue in this county. Are we supposed to worry over what happens with our animals when they come in?"

The board, which had not met the Pearce's, tabled discussion on the petition to the March 26 meeting in hopes the couple will be able to attend.

During the regular county commission meeting, Public Works Director Scott Sadler informed the board that work on the Ezell Boat Ramp has been completed. He said that closed signs

are still posted as they are waiting for an inspection prior to re-opening.

Maintenance Director Marcus Calhoun told the commissioners that the roll-up doors for the old road department shop are not opening easily nor sealing correctly. He also talked about the roof of the 4th District Community Center on 14204 E U.S. Highway 27 roof that has been increasingly in sagging.

The board decided to have Calhoun to look for grants and funding to help fix the roof on the community center as well as for other community buildings. If they can not find any funds then they would be putting it on the budget for next year.

Carothers

Continued From Page 1A

entire time. I didn't know I could run that fast. I saw the UPS guy.

"It was like Christmas."

That joy from finally holding her published book came after six months of writing, seven months of getting it published and years of waiting to pursue that passion, to obtain her goal.

Carothers said she has always loved writing and that she has a really good imagination, which helped craft the 92-page fiction book.

"It was one of my main goals when I grew up that I wanted to write, to be an author," she said. "I just decided that if I show (my children) that I can put my mind to my goal and my dreams and finish it, they can do the same thing. If I give up on my dreams and goals, they're going to do the same thing because I did."

"But I proved to them that anything is possible."

It certainly hasn't been easy.

A single mother of six children — five daughters and one son — the 2002 Lafayette High School graduate had to find time

to write (while her children were asleep or at school, she said) and overcome naysayers, who didn't believe she actually would or could publish a book.

Those critics became fuel for her fire to become an author.

"I have a lot of people saying that if you write, you're taking time away from your kids," she said. "You're never going to get anything done with it. You're never going to reach your goal. You're never going to do it. I got tired of hearing people tell me I wasn't going to do it, so I put my mind to not listening to everybody else and just go do it."

"So, I quit listening to everybody and I finally got it published."

She's not stopping there, either. She said her third story — her first two are combined into The Creepy House Down Spooky Lane — has already been sent to the publisher. That book, "Who's There?," will conclude the mystery surrounding Lacey Moore and Sarah O'Steen from the current book.

The two teenage friends that grew up together in a small town have a history project to do. As they try and figure out what they should choose as the subject of their project, they

stumble into a mystery. Discovering a new surprise in every turn of events, the girls get a history lesson of their own.

While Carothers hails from a small town herself in Mayo, she said the entire story is fiction although the majority of the Lafayette County Sheriff's Office makes an appearance.

"If I ever write about my life, it's going to be longer than that," she said, adding that she has since found out there is a Lacey Moore in Hatchbend.

"A lot longer."

The book that she did write, while not as long, is available on Amazon, and Google Books as well as the AuthorHouse website. Carothers said she wants feedback so she can continue to improve as a writer.

So far, she's even heard one criticism.

"There's only been one person that has had something negative to say, 'Y'all eat too much in the book,'" Carothers recalled.

"That's what she said.

'Don't look for the kids, who are lost, y'all are at home eating.'

"Well, we're from the south, we eat. We love to eat. Welcome to down south."

Catfish pageant, festival coming up

BY JESSIE R. BOX

jessie.box@gafnews.com

BRANFORD — The annual Miss Catfish Festival Scholarship Pageant will be held Saturday, March 24, at the Branford High School auditorium at 6 p.m.

The Teen Miss will receive a \$100 scholarship and the Miss will receive \$200.

"We have to start out small with our scholarships," Pageant Director Diane Walker-Saunders said.

The deadline to register is March 14.

The age divisions are Toddler Miss (age 2-3), Little Miss (age 4-7), Preteen Miss (age 7-12), Teen Miss (age 13-15) and Miss (age 16-18).

The application is available online at www.suwanneerivercatfishfestival.com.

The 4th Annual Catfish Festival will be held Saturday, April 14, at Greenvale Park in Branford.



Brittany McLeod, 16, was the festival's Miss Catfish last year, while Rachel Fry, 14, was Teen Miss Catfish.

There will be a kid's catfish tournament and an adult bass tournament.

The festival will start at 9 a.m. with different vendors, music performances, a 5K run and food.

The winners of this year's essay contest will be announced at the festival. Two \$500 scholarships will be given to the winners.

For more information, visit www.suwanneerivercatfishfestival.com.

The essay must be related to the history of Branford, the Suwannee River and the people who made an impact on both.

The contest is open to any senior in Suwannee County.

Catfish meals will be served all day at the festival.

For more information, visit www.suwanneerivercatfishfestival.com.

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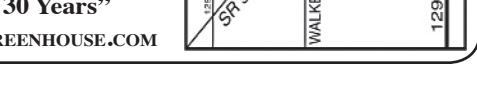
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Opinion

Billy Graham: Neither prophet nor theologian

WASHINGTON — Asked in 1972 if he believed in miracles, Billy Graham answered: Yes, Jesus performed some and there are many "miracles around us today, including television and airplanes." Graham was no theologian.

Neither was he a prophet. Jesus said "a prophet hath no honor in his own country." Prophets take adversarial stances toward their times, as did the 20th century's two greatest religious leaders, Martin Luther King and Pope John Paul II. Graham did not. Partly for that reason, his country showered him with honors.

So, the subtitle of Grant Wacker's 2014 book "America's Pastor: Billy Graham and the Shaping of a Nation" (Harvard University Press) is inapposite. When America acquired television and a celebrity culture, this culture shaped Graham. Professor Wacker of Duke's Divinity School judges Graham sympathetically as a man of impeccable personal and business probity.

Americans respect quantification, and Graham was a marvel of quantities. He spoke, Wacker says, to more people directly — about 215 million — than any person in history. In 1945, at age 26, he addressed 65,000 in Chicago's Soldier Field. The 1949 crusade in Los Angeles, promoted by the not notably devout William Randolph Hearst, had a cumulative attendance of 350,000. In 1957, a May-to-September rally in New York had attendance of 2.4 million, including 100,000 on one night at Yankee Stadium. A five-day meeting in Seoul, South Korea, in 1973 drew 3 million.

Graham's effects are impossible to quantify. His audiences were exhorted to make a "decision" for Christ, but a moment of volition might be (in theologian Dietrich Bonhoeffer's phrase) an exercise in "cheap grace." Graham's preaching, to large rallies and broadcast audiences, gave comfort to many people and probably improved some.

Regarding race, this North Carolinian was brave, telling a Mississippi audience in 1952 that, in Wacker's words, "there was no room for segregation at the foot of the cross." In 1953, he personally removed the segregating ropes at a Chattanooga crusade. After the Supreme Court's 1954 desegregation ruling, Graham abandoned the practice of respecting local racial practices. Otherwise, he rarely stepped far in advance of the majority. His 1970 Ladies' Home Journal article "Jesus and the Liberated Woman" was, Wacker says, "a masterpiece of



GEORGE WILL

equivocation."

The first preacher with a star on Hollywood's Walk of Fame was an entrepreneurial evangelical who consciously emulated masters of secular communication such as newscasters Drew Pearson, Walter Winchell and H.V. Kaltenborn. Wielding the adverbs "nearly" and "only," Graham, says Wacker, would warn that all is nearly lost and the only hope is Christ's forgiveness.

Graham frequently vowed to abstain from partisan politics, and almost as frequently slipped this self-imposed leash, almost always on behalf of Republicans. Before the 1960 election, Graham, displaying some cognitive dissonance, said that if John Kennedy were a true Catholic, he would be a president more loyal to the Pope than to the Constitution but would fully support him if elected.

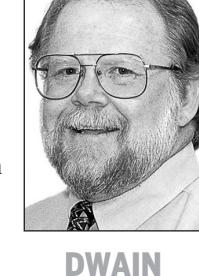
Graham's dealings with presidents mixed vanity and naivete. In 1952, he said he wanted to meet with all the candidates "to give them the moral side of the thing." He was 33. He applied flattery with a trowel, comparing Dwight Eisenhower's first foreign policy speech to the Sermon on the Mount and calling Richard Nixon "the most able and the best trained man for the job probably in American history." He told Nixon that God had given him, Nixon, "supernatural wisdom." Graham should have heeded the psalmist's warning about putting one's faith in princes.

On Feb. 1, 1972, unaware of Nixon's Oval Office taping system, when Nixon ranted about how Jews "totally dominated" the media, Graham said "this stranglehold has got to be broken or this country is going down the drain." He also told Nixon that Jews are "the ones putting out the pornographic stuff." One can reasonably acquit Graham of anti-Semitism only by convicting him of toadying. When Graham read transcripts of Nixon conspiring to cover up crimes, Graham said that what "shook me most" was Nixon's vulgar language.

Of the My Lai massacre of Vietnamese civilians by U.S. troops, Graham said, "we have all had our My Lais in one way or another, perhaps not with guns, but we have hurt others with a thoughtless word, an arrogant act or a selfish deed." Speaking in the National Cathedral three days after 9/11, he said "it's so glorious and wonderful" that the victims were in heaven and would not want to return.

Graham, Wacker concludes, had an attractively sunny personality and was "invincibly extropective." This precluded "irony" but also "contemplativeness."

George Will's email address is georgewill@washpost.com.



DWAIN WALDEN

Well it's time for a new chapter

So it's been 49 years since I first put pen to paper professionally. Actually it was an old Smith Corona portable typewriter and then a beat up old Underwood. I was a senior at Georgia State University writing free-lance articles. Then shortly afterwards I began my newspaper career.

So now I wind it down, having adapted to major changes in this industry, beginning with the old hot-type lead ingot printing, which wasn't that far removed from the Gutenberg press, then on to offset printing, computers and their many advances and then off-site printing with digital components.

Effective today, I will officially retire as editor and publisher of The Moultrie Observer, passing the torch on to a younger set of newspaper people who, like me, love their community and will serve you with high energy, dedication and integrity. There are some good folks here at The Observer. There always have been.

I've enjoyed 46 years covering the good people and events of the Moultrie and Colquitt County community. It's been a good run. But it's time to begin a new chapter in my life along with my wife Libby, who I met in the first grade and deserves a medal for putting up with me all these years.

I'm not quite sure what this new era will involve, but we plan to continue living here in Moultrie and being a part of a vibrant community.

I've had the pleasure of training many young reporters and watching them spread their wings and move on to bigger challenges in this and related fields. And I'm incredibly honored to have been only the fourth editor of The Observer since its inception in 1894. Though I was tempted by offers from large metro papers along the way, I found that community journalism was where my heart was, and South Georgia was in my blood.

To me, community journalism is what one might call a "direct-drive" occupation. I've always found it fulfilling as well as challenging to work in a newspaper where my front door opened up on Main Street, and the people and events I wrote about were just a few steps away. Rewarding and humbling.

I began writing my personal column back in 1987. My effort was to stay away from the hard-core political commentary but rather offer perspectives on common everyday things with a lighter theme when possible. I found that it provided me with considerable interaction with the public, something I have thoroughly enjoyed. And I hope that at times I provided some food for thought on a wide variety of subjects.

During this great adventure I've found that there is much more that binds us than separates us. One of my favorite comments on this journey came from a fellow who, after reading one of my columns, said, "It seems like we went to different schools together."

I've met a lot of good people while serving in this industry. Many of us have become good friends, and I'm pretty sure I've ruffled a few feathers along the way, which is not uncommon in this industry. But I can assure you no malice was ever intended.

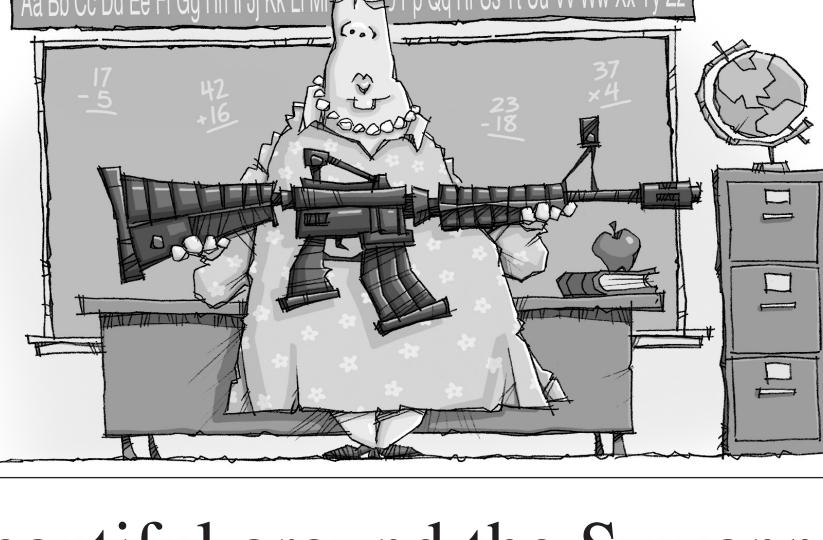
Hopefully as we grow older, we grow wiser. And as I have interacted with a broad cross section of this community, I appreciate the knowledge that has been passed my way by the many people who want nothing but the best for our community. I cherish such relationship and will never take it for granted.

In closing I uplift the importance of a community newspaper. I feel it's crucial for a healthy exchange of ideas and the promotion of what's good for a community.

So have a great day and see you at the coffee shop!

Dwain Walden is editor/publisher of The Moultrie Observer, 985-4545. Email: dwain.walden@gafnews.com.

YOU'LL SHOOT YOUR EYE OUT!



Spring is beautiful around the Suwannee

It has been so warm this last bit of February that I decided to hitch up the boat and head out to the Suwannee River to ride around and maybe jump in a spring or two. Well I have good news and bad news to report. The good news is that the river is so high around Royal Springs that you do not need to worry about hitting the many rocks that are usually present in that part of the river. The bad news is that the river level is on its way down and those who are new to boating in the Suwannee need to go with someone who knows the river or risk bending your prop learning where the rocks are located.

The even better news is that the river level is perfect for spring hopping in the many springs the feed the Suwannee. There was a decent crowd at Royal Springs this past Sunday. The spring was an incredible blue color that you just have to see for yourself. I love watching where the clear spring water runs into the tea-colored river. I got to see the unique dance of the mixing waters at three different springs Sunday.

After putting the boat in at Royal Springs and motoring upriver, I arrived at Convict Springs in no time. There were a few folks fishing along the bank and a couple of canoes were heading towards the boat ramp as I idled by. I stopped the boat and walked up the short spring run to see the spring. It was just as clear as Royal and not nearly as crowded. The water was



ERIC ANTHONY RODRIGUEZ

very cold so I did not stay there long before continuing my journey.

I continued up river to Bathtub Springs. The clear, cold water was rushing over the center area of the wall someone made long ago to keep the bathtub level a little higher than it otherwise would be. Here I found the solitude I was looking for. I parked the boat and walked around to the side of the spring. It is sometimes nice to just be in a place and hear the rushing water without any other voices or distracting sounds. After a few peaceful minutes, I got in my boat but did not start the motor. I decided to just float part of the way back.

There are so many things I am looking forward to in March. Spring Break is coming up for the students and teachers, the fair is coming to town after that, and the music festivals will be starting up again at the Spirit of the Suwannee. I am also hopeful that the river will stay near this ideal level as the temperature continues to rise. This is a beautiful time of year in a beautiful place. Get out there and enjoy it.

*****Correction*****

In my column last week I was incorrect when I stated Connecticut armed its teachers after the Sandy Hook shooting. Several states did make that decision after the tragedy, but Connecticut was not one of them. The town of Enfield, Connecticut, decided to use retired cops as school security after Sandy Hook. That program was discontinued in 2015.

Eric lives in Suwannee County and is a public school educator. He is an independent contractor. You can reach him at miamistyle8@gmail.com.

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To Submit Letters

The Mayo Free Press welcomes letters from readers on matters of public interest, with the following guidelines:

- Letters must contain your full name, address, daytime phone number and city of residence. Only your full name and city of residence will be published with the letter.
- Letters must reflect issues of current interest to the general public and be concise.
- Management has the right to refuse any material it believes does not meet standards of publication.

You can email letters to

nf.editorial@gafnews.com

fax them to 386-364-5578

or mail them to:

Letters to the Editor

The Mayo Free Press

P.O. Box 370, Live Oak, FL 32064

Healthy Living

Good friends for good health

"A good friend is like a four-leaf clover; hard to find and lucky to have."

— Irish Proverb

I am really lucky when it comes to having amazing friends. These friends include best friends from childhood that span 50 years to those I have made in the past 10 years. Good friends that I cannot imagine living my life without them in it. I also will never take them for granted. It is equally important that I be as amazing of a friend to them as they have been to me.

As we get older, we tend to be a bit more selective about who we choose to spend our time with. We are wiser and know when to fish or when to cut bait. I love that saying because it makes so much sense. In other words, we want to spend time with people that we LIKE versus those that bring drama to our lives. Some times you need to walk away from those people.

Good friends can help you live a healthier life too. They may stop you from doing things you shouldn't like drinking and driving or nag us to quit smoking. In our hearts, we know we shouldn't do these things. Sometimes it is that little tap on the shoulder from a friend that keeps us from doing them when our will power isn't enough.

Our friends also help us stay on track with good habits like exercise. The morning fitness class for seniors I teach — Silver Sneakers — has the most amazing group of people I have ever met. And I am very proud to call them all friends. This class continues to grow larger and larger every week. Why? Many of these amazing people bring their friends with them to class. Those friends continue and bring their friends to class. Friends supporting friends.

Morning classes, both Silver Sneakers and Water Aerobics, are some of the largest classes I have seen not only in Live Oak but in many gyms I've attended.

WEEKLY BIBLE VERSE

“Dear children, let us not love with words or speech but with actions and in truth.”

— 1 John 3:18 NIV



Suzie H. Baxter

Local author
Baxter
to visit
library

MAYO — Local author Suzie H. Baxter will be visiting the Lafayette County Library in March.

Baxter will be talking about her latest book at the library on Thursday, March 15, from 1-3 p.m.

Baxter, a fifth-generation Floridian who hails from Suwannee County, writes about the Florida she knew before air-conditioning and before anyone dreamed of the Florida Turnpike or Magic Kingdom.

She will talk about and read from her latest book “Pumping Sunshine.” She will also share with the audience why she believes everyone has a story to tell.

A book signing and refreshments will follow.

ed in the past. That's a powerful thing. Do you know what contributes to these large classes? We are social creatures and that includes friends keeping friends accountable.

Taking the importance of friendship even further, study after study after study has shown that good health and strong social support are connected. Great reason to value friendships. Here are a few others:

- Friends may extend your life. Why? People who have friends are less likely to die early than those who are isolated. Friends check on us to make sure we are okay.
- Friends influence us — both good and bad. Did you know that if you have active friends, you are more likely to be active? Unfortunately, the flip side is also true. If your friends tend to put a few pounds on, you may too.

• Friends will help you get through tough times. “Lean on me. When you're not strong. And I'll be your friend. I'll help you carry on.” — Bill Withers. Love that song. Friends are there to help you pick up the pieces and move forward.

It's never too late. Reconnect with old friends, make new friends and strengthen those friendships you have. Not only will you reap the social benefits, you may have better health in the future.

Have a great week!
Denise

Denise Sanger is a certified fitness instructor, FXP Hoop instructor, licensed Zumba, STRONG by Zumba instructor, yoga, teaches morning classes at Dog Pound Health & Fitness. Denise may be reached at DeniseSanger.com, 386/292-6105 or denisesanger@gmail.com.



DENISE
SANGER

Religion

Heart Matters

Search for the lost, and celebrate their return

The parable of the Prodigal Son is perhaps one of the most familiar stories in the Bible. It has long been the focus of many Sunday School lessons and sermons about how God's forgiveness is waiting for a person who has strayed from their faith, if only they will return to Him. This message is without a doubt THE message of the Bible. God absolutely wants those far from Him to know that He loves them and longs for them to return.

And yet, Jesus told this story for another purpose. It seems that a group who considered themselves very close to God had a problem with how Jesus was spending His time:

“Now the tax collectors and sinners were all drawing near to hear him. And the Pharisees and the scribes grumbled, saying ‘This man received sinners and eats with them.’” (Luke 15:1-2)

The Pharisees and scribes were the religious leaders of the day, tending to all things spiritual. They knew which prayer to say when, which i to dot and t to cross. They knew the answers to the hard questions about what was right or wrong, and they worked hard to get it right. So, it is easy to understand their frustration when Jesus shows up and spends most of his time hanging out with sinners.

In true fashion, Jesus answered their complaint with a series of parables. This time about a lost sheep, a lost coin and a lost son. With the lost sheep and lost coin, He points out the desire to celebrate we feel over finding something that was lost. We can all relate to the elation of finally finding lost keys, lost wallet or anything necessary and valuable after an exhaustive search. In fact, the sheep and the coin had this in common: both were found by someone diligently searching.

But then we come to the prodigal. Take a closer look at the story in Luke 15:11-24. Something was lost, something is found, and then a celebration follows. Much like the sheep and coin, except the prodigal found his way back to the Father. We often miss that because the music is loud and the feast is joyous. But then we

hear a complaint. The older brother who has stayed at home and taken care of the fields is not celebrating that his wayward brother has come home. After all, he has been the one working hard to take care of everything while he was off having fun. Sound familiar? The Pharisees and scribes sound a lot like older brothers.

Many of us may relate to how the older brother and the religious leaders felt.

Maybe we have felt the same resentment over sacrificing to do the right thing while others seem to be having such fun doing the wrong things. What changes everything here is the view of the Father about those “right things.” Is doing the right thing checking off the list or checking with the Father’s heart? Yes, the younger brother wasted his portion, but the portion that was left consumed all the older brother’s time and energy. He was taking care of his inheritance, when perhaps his father wished he would go look for his brother. Isn’t that what Jesus did? He came looking for us, and I am so thankful.

Jesus’ message to the religious leaders was subtle but clear. Our inheritance from our Father is eternal life. It is a gift and cannot be earned by working hard to do everything right. God’s heart is that we value it enough to search for those far away from Him and celebrate being found. 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.

Doctrinal views expressed on our Religion pages are those of the individual authors and not necessarily of The Mayo Free Press.

CHURCH DIRECTORY

Your Guide To Local Houses Of Worship

AIRLINE BAPTIST CHURCH "Helping Families Follow Jesus"

Pastor.....	Preston Gaineys
Youth Pastor	Derek Garland
Children's Pastor	Chad Little
Sunday Sunday School.....	9:30 a.m.
Morning Worship.....	10:30 a.m.
Evening Worship	6:00 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	
www.airlinechurch.com	44887-1

MAYO BAPTIST CHURCH (386)294-1020 • 916 N. Fletcher Ave.

Rick James, Pastor

Music Director Dale Croft

Sunday Wednesday

Sunday School..... 9:45am Supper 6:00pm

Worship Service..... 11:00am Children/Youth Program..... 6:30pm

Evening Service..... 6:00pm Prayer Meeting..... 7:00pm

www.mayobaptistchurch.com

LIGHTHOUSE CHRISTIAN CENTER "Freedom is Here"

Mayo, FL 32066 • 386-294-3089

www.lccmayo.org

Morning Worship Sun. 10:30 a.m.

Kids of the King Sun. 10:30 a.m.

Prayer Meeting Mon. 7:00 p.m.

Bible Study Wed. 7:00 p.m.

Army of Fire Youth Wed. 7:00 p.m.

Pastor: Ronnie Sadler

44893-1

NEW HARMONY UNITED METHODIST CHURCH 160th St. (Go south on 51 to 160th, turn right)

Pastor: Dalas Monismith

Phone (386) 776-1806

SUNDAY

Sunday Worship 9:30 am

Bible Study 10:30 am

WEDNESDAY

Women's Bible Study 10:00 am

44895-1

PLEASANT GROVE BAPTIST CHURCH (SBC) 294-1306

Pastor..... Jimmy Corbin

Sunday School 9:45 a.m.

Worship Service 11:00 a.m.

Sunday Evening Service 6:00 p.m.

Wednesday Prayer Meeting 7:00 p.m.

Seven miles West of Mayo,

left on CR 534 then right on 350A

---Jesus Saves---

44886-1

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.

Sunday

Wednesday

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Community Calendar



Community Calendar MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
	4	5	6	7	8	9
	10					
Daylight Saving Time Begins	11	12	13	14	15	16
	17					
	St. Patrick's Day					
	18	19	20	21	22	23
		Spring Begins				24
Palm Sunday	25	26	27	28	29	30
						Passover Begins at Sundown

Mar. 2**"Fried Chicken Friday"**

"Fried Chicken Friday", Friday, March 2, from 4 p.m. to 7 p.m., at Spirit of Christ Lutheran Church, located at 145 SW Sweetbreeze Drive, Lake City (386-752-3807) – take US-90 West past Harvey's Supermarket. Dinner includes: Fried Chicken, Green Beans, Mashed Potatoes, Cole Slaw, Roll & Brownie. Children half price. **Takeout available.**

Mar. 3**March Gathering of the SongFarmers**

The March Gathering of the SongFarmers of the Suwannee River Valley will be Saturday, March 3, 7-9 p.m., at St. James Episcopal Church, 2423 SW Bascom Norris Drive, Lake City, 32025. Acoustic jam style format. Musicians, friends and families welcome. No charge. For additional information, contact Skip Johns at 386-344-2906 or visit the Suwannee River Valley SongFarmers Facebook page at <https://www.facebook.com/songfarmersofthesuwanneerivervalley/>

Mar. 3**Super Saturday: Open House and Free Application Day**

North Florida Community College invites the public to its Super Saturday: Open House and Free Application Day event on Saturday, March 3 from 9 a.m.-12 p.m. All are invited. Highlights of the day include an academic and student resource expo in the Collin P. Kelly Fitness Center, campus tours, scholarship drawings, financial aid application assistance, and opportunities to explore NFCC degree and certificate programs. INFO: www.nfcc.edu/super-saturday or (850) 973-9407

Mar. 6**Brunch Recipe Swap**

Noon-1 p.m. Bring in your favorite brunch dish and your recipe to share with others.

Suwannee River Regional Library
386-362-2317

Mar. 7**Savvy Caregiver Training**

10 a.m.-Noon

Savvy Caregiver is a free, seven-session training program designed for caregivers who serve family members and friends with any form of dementia (i.e. Alzheimer's). The goal of Savvy is to increase knowledge and skills to lessen caregiver stress and improve levels of care.

For information, or to register contact Johnnie Jones III at (352) 692-5277 or by e-mail at jonesj@agingresources.org. Pre-registration is required.

Suwannee River Regional Library

Mar. 7**NFCC Site Review**

North Florida Community College will host a site review for initial accreditation of its associate and baccalaureate nursing programs by the Accreditation Commission for Education in Nursing (ACEN) on Wednesday, March 7. The public is invited to meet the ACEN site visit team and share comments about NFCC's associate and baccalaureate nursing programs in person or in writing. MORE INFO at <https://www.nfcc.edu/about-nfcc/public-announcements/index> or call (850) 973-9428.

Mar. 8**Military History in Suwannee County**

Noon-1 p.m.

Learn about the military history of Suwannee

County with County Historian Eric Musgrove.
Suwannee River Regional Library
386-362-2317

Mar. 10**New York Day Celebration**

New York Day, for all who have lived anywhere/anytime in New York State and guests, will be held at the new Sal's Downtown, 297 N. Marion Ave., Lake City. A variety of specialty pizzas by the slice or whole, hot and cold sandwiches, calzones and stromboli will be available to order. Wine, beer, soft drinks and delicious desserts will also be available.

Tony Buzzella will entertain throughout the afternoon. There will also be door prizes, a 50/50 drawing, and a NY trivia game.

A registration charge will be collected at the door. We will need a firm headcount so Sal's can prepare. Please reply by Monday, March 5 to Vern Lloyd 397-3113, Maureen Lloyd 397-0598, Sue Tuell 961-5190 or vernmoe@comcast.net.

Mar. 10**Pancake Breakfast**

Pancake Breakfast, Sat., March 10, from 8 a.m. to 11 a.m., at Spirit of Christ Lutheran Church, located at 145 SW Sweetbreeze Drive, Lake City (386-752-3807) – take US-90 West past Harvey's Supermarket. **Takeout available.**

Mar. 10**"Hometown Heroes" Softball Tournament**

The second "Hometown Heroes" Take the Field Against Domestic Violence softball tournament will be held on March 10 at 10 a.m. The tournament will be held at the First Federal Sports Complex, 1201 Silas Drive, Live Oak, FL. Admission fees apply.

Concession food and drinks will be sold, and all proceeds will benefit Suwannee County's domestic violence shelter.

Mar. 14**Knitting Class**

11:30 a.m.-12:30 p.m. Learn how to knit, purl, cast on, and bind off. Please bring needles and yarn.

Taught by Debra Barney
Suwannee River Regional Library
386-362-2317

Mar. 14**Straw Bale Beds Workshop**

2 p.m. Learn about gardening with straw bale beds. Presented by Suwannee County Master Gardeners. Suwannee River Regional Library
386-362-2317

Mar. 15**Herbs in the Landscape Workshop**

Noon-1 p.m. Learn about gardening with herbs. Presented by Suwannee County Extension Agent, Carolyn Saft. Suwannee River Regional Library
386-362-2317

Mar. 21**Crocheting Class**

11:30 a.m.-12:30 p.m. Learn how to crochet. Please bring needles and yarn.

Taught by Debra Barney
Suwannee River Regional Library
386-362-2317

Community Calendar event submissions

Want to place your upcoming event(s) in our weekly Community Calendar?

Email your events to aimeebuckner@gafnews.com.

Include basic details such as who, what, where and when.

Please note: profitable events will need to be handled by our advertising department. For more information, contact Aimee via email. Deadline for submissions is Monday at 3 p.m.

Mar. 24**Annual "Share Saturday"**

New Hope Baptist Church announces its annual "Share Saturday" for March 24 from 8 a.m. until noon. This is the church's gift to the community as every item is free. There will be clothes of all sizes, toys, household goods and other items. New Hope is located at 6592 N.W. 48th Street, Jennings, 1 mile off State Road 6 West. The public is invited to attend. Please note: this event will not begin until 8 a.m.

Mar. 28**One for the Money Book Club**

2:00-3 p.m.

Join us to discuss One for the Money by Janet Evanovich. Copies available for checkout at the front desk. Suwannee River Regional Library
386-362-2317

Apr. 14**60th Anniversary Diamond Jubilee Gala**

The North Florida Community College Foundation has an elegant night of dinner, dancing, entertainment and reminiscing planned for its 60th Anniversary Diamond Jubilee Gala (student scholarship fundraiser) on Saturday, April 14. For more information on sponsorship opportunities, contact the NFCC Foundation at 850-973-9414 or foundation@nfcc.edu. To make seating and table reservations: (850) 973-9414 or www.ticketsource.us/nfcc.

Apr. 20**John McEuen and The String Wizards to Perform**

The NFCC Artist Series presents John McEuen and The String Wizards on Friday, April 20 at 7 p.m. at Van H. Priest Auditorium. Join Grammy-award winning host John McEuen (founding member of the Nitty Gritty Dirt Band), with his banjo, guitar, fiddle and mandolin, and The String Wizards on an incredible journey interwoven with music, stories and memories of the iconic 'Circle' album including Dirt Band favorites and hot bluegrass. Tickets: (850) 973-1653 or www.ticketsource.us/nfcc.

Apr. 21**Annual Fitness Run**

NFCC's annual Fitness Run is set for April 21 in conjunction with the Madison County Florida Down Home Days festival. 5-K Run/Walk begins at 8 a.m. One-mile Fun Run/Walk begins at 9 a.m. Proceeds from this event will support Relay for Life. Register at www.nfcc.edu/fitness-run or contact Tyler Cooley at (850) 973-1639.

Apr. 27 & 28**The Curious Savage Performance at NFCC**

The NFCC Sentinel Upstage Players (Community Theatre) presents The Curious Savage on Friday & Saturday, April 27 & 28 at 7 p.m. at Van H. Priest Auditorium. In this comedic production, the eccentric Mrs. Savage is left 10 million dollars by her late husband and wants to make the best use of it. Her wish is to use the money to help others realize their dreams, but her grown stepchildren will do anything to keep her from squandering away "their" money. With the help of Mrs. Savage's new friends, she leads the stepchildren on a merry chase, and learns the true meaning of family in the process. Tickets: (850) 973-1653 or www.ticketsource.us/nfcc.

Mar. 10**"Hometown Heroes" Softball Tournament**

The second "Hometown Heroes" Take the Field Against Domestic Violence softball tournament will be held on March 10 at 10 a.m. The tournament will be held at the First Federal Sports Complex, 1201 Silas Drive, Live Oak, FL. Admission fees apply.

Concession food and drinks will be sold, and all proceeds will benefit Suwannee County's domestic violence shelter.

Mar. 14**Knitting Class**

11:30 a.m.-12:30 p.m.

Learn how to knit, purl, cast on, and bind off.

Please bring needles and yarn.

Taught by Debra Barney

Suwannee River Regional Library

386-362-2317

Mar. 14**Straw Bale Beds Workshop**

2 p.m.

Learn about gardening with straw bale beds.

Presented by Suwannee County Master Gardeners.

Suwannee River Regional Library

386-362-2317

Mar. 15**Herbs in the Landscape Workshop**

Noon-1 p.m.

Learn about gardening with herbs.

Presented by Suwannee County Extension Agent, Carolyn Saft.

Suwannee River Regional Library

386-362-2317

Mar. 21**Crocheting Class**

11:30 a.m.-12:30 p.m.

Learn how to crochet.

Please bring needles and yarn.

Taught by Debra Barney

Suwannee River Regional Library

386-362-2317

Mar. 21**McAlpin Community Club meeting**

The McAlpin Community Club meetings are held on the second Monday every month at 9981 170th Terrace in McAlpin. A covered dish dinner is served at 6 p.m. with the meeting beginning at 7 p.m.

Find them on Facebook by searching 'McAlpin Community Club.'

For more information, contact Susan Fennell at 386-688-1267 or s.fennel@windstream.net.

Community Calendar

Continued from Page 6A

All-You-Can-Eat Wellborn Blueberry Pancake Breakfast

The All-You-Can-Eat Wellborn Blueberry Pancake Breakfast will be held the first Saturday of each month from 7:30-10 a.m. All new menu items including blueberry pancakes, scrambled eggs, sausage, grits, bacon, orange juice and coffee. Located at the Wellborn Community Association Building 1340 8th Ave. Wellborn, FL. For pricing and other information, call 386-867-1761 or visit us online on Facebook or www.wellborncommunityassociation.com. Come join us for great food and help benefit the Wellborn community.

Taylor County Beekeeping Club meeting

Taylor County Beekeeping Club meets the second Monday of every month at 6:30 p.m. at the Taylor County IFAS center: 203 Forest Park Dr, Perry, Fla. 32348 www.facebook.com/tcbeeclub tacobeekeepers@gmail.com

WoodmenLife monthly member meeting, bring a dish

WoodmenLife monthly member meeting is held on the first of every month. Located at 1339 SR 47 in Lake City. RSVP with your local WoodmenLife representative Kristen Hunt at 386-688-7942.

"Singspiration" at Suwannee Church of the Nazarene

Every 5th Sunday, the church will host a "Singspiration"—a night where members of the congregation sing, read poems, share testimonies, etc. Want to participate? Visit the church, or call at 386-397-2309, to be added to the list. The more participation, the longer it goes. Afterwards, there will be snacks and refreshments in the fellowship hall. The church is located at 18763 SE CR 137 in White Springs, FL 32096

The Florida Gateway Bee Club meeting

The Florida Gateway Bee Club meets at 7 p.m. the second Thursday of each month at the Suwannee Valley Agriculture Center located at 8202 CR 417, Live Oak. Professional and hobby beekeepers are welcome, as well as anyone with an interest in learning about honeybees.

San Juan Mission Catholic Church public Rosary

The community is invited to join San Juan Mission Catholic Church, 304 SE Plant Ave, Branford, for the public Rosary on the first Saturday of every month at 9 a.m. The community will pray for religious freedom, traditional moral standards and freedom of conscience.

The Suwannee Chapter, Florida Trail Association meetings

The Suwannee Chapter, Florida Trail Association holds its monthly meetings on the second Monday, 7-9 p.m. at the Suwannee River Water

Management District, 9225 CR 49, Live Oak, corner of US 90 and CR 49, 2 miles east of Live Oak. Programs and activities available, and public is welcome. For more information, call 386-776-1920 or visit SuwanneeFloridaTrail.org.

Disabled American Veterans Chapter 126, Suwannee Memorial

Meets the first Tuesday of each month at the hall in John Hale Park, 215 East Duval St., Live Oak. Disabled veterans and their spouses are encouraged to attend and join.

Suwannee Republican Executive Committee

Meets the 1st Thursday of each month at 7 p.m., Live Oak City Hall 101 White Ave SE Contact Sheri Ortega 386-330-2736 for more information. www.suwanneegop.com

Suwannee County Republican Executive Committee

Live Oak City Hall, 101 White Ave SE, Live Oak Meets first Thursday, 7 p.m. www.suwanneegop.com

Suwannee Valley 500 Club

Third Saturday of each month, Suwannee Valley 500 Club will meet at 1 p.m. at Thunder Alley, located at 1605 S. Ohio Ave., Live Oak. 386-364-7778.

Clothes Closet open donations

The Jasper First Methodist Church is accepting donations of clean and gently used items of clothing for children, women and men to be offered in the monthly Clothes Closet. The Clothes Closet is open to everyone on the fourth Saturday of every month from 10 a.m. to 1 p.m. (Christmas and Thanksgiving months the schedule is subject to change). All items are offered free of charge. For more information call 386-792-0904. *The Clothes Closet will be closed due to the Christmas holiday on December 16.

Suwannee County Historical Commission

The Suwannee County Historical Commission meets on the third Thursday of the month at 3:30 p.m. at the Suwannee County Historical Museum (old Freight Depot) on Ohio Avenue in Live Oak. Meetings are open to the public.

Public rosary - first Friday

Join St. Francis Xavier Catholic Church for the public rosary every first Friday of the month at 3 p.m. The church is located at 928 Howard St West. Contact Sheri Ortega at 386-364-1108 or Paul Schmitz at 386-362-5710 for more information.

MOAA-Military Officers Association of America

The Suwannee River Valley Chapter of MOAA meets monthly (September through June) in

Lake City. All active duty, retired, and former military officers of all services, including Reserve and National Guard, and spouses/guests are welcome. For information and reservations call Mo Becnel (386)755-0756 or Steve Casto at (386)497-2986. The Suwannee River Valley Chapter, founded in 1990, is one of over 400 MOAA chapters around the world.

Suwannee County Riding Club**Bob Holmes Arena, Live Oak**

We have roping events on the second and fourth Fridays of the month. Sign ups at 7 p.m. and rides begin at 8 p.m. Speed events are held on the second and fourth Saturdays of the month. Sign ups begin at 6 p.m. and rides begin at 7 p.m. We ride from the fourth weekend of January until November with the exception of March where we have no rides. If you have any questions contact Brittney Smith at 386-688-1482.

Recipe Swap

Suwannee River Regional Library 1848 Ohio Ave. S, Live Oak 1st Tuesday of the month, 12 p.m. - 1 p.m. Bring in a favorite recipe or dish, meet other foodies, and exchange ideas. Call 386-362-2317 for Featured Recipe of the Month

Christian Singles

Meet every other Saturday at 5 p.m. Call for more information: 386-623-5810, 386-288-0961, 386-438-3394.

Branford Camera Club

Hatch Park Community Center 403 SE Craven St. Branford Meets 3rd Thursday with an occasional exception 386-935-2044 or 386-590-6339

Critter Corner

Suwannee County Animal Shelter 11150 144th St., McAlpin, Fla. (approx. 8 miles South off Hwy 129). If you are missing a pet or would love to adopt a pet, please come see us. Animals can be viewed Monday-Friday 9-1 and Saturday 9-12. Volunteers and transporters are desperately needed; Tues.-Sat., 9-9:30 a.m., see Ms. Norma Spay/Neuter 386-208-0072

Suwannee County Seniors Free Breakfast and Lunch

Suwannee River Economic Council's Senior Center 1171 Nobles Ferry Road NW, Live Oak. Monday-Friday 8 a.m. - 5 p.m. Breakfast: 8:30 a.m. Lunch: 11:30 a.m. (make reservation for lunch by 9:30 a.m.) Bingo: (Wednesdays) 10 a.m. Meeting/Service: (Fridays) 10a.m. 386-362-1164

First Baptist Church of Live Oak Clothes Closet

515 SW 5th Street, 1st and 3rd Thursday, 8 a.m.-12 p.m. (The Old Red Barn)

Suwannee Valley Branch NAACP-Unit #5137

PO Box 6105, Live Oak, FL 32064 President: Alonso Philmore Triumph The Church & Kingdom of God in Christ, 410 Taylor Ave. SW off of 7th St. 1st Monday each month, 7 p.m. Email: a1101st@comcast.net 386-205-9132

American Legion Post 107

10726 142nd St., Live Oak Off of Hwy 129 S, post is 1 mile on the right. Meets 1st Thursday at 12 p.m. 386-362-5987

Social Sewing Club

Center Ave., off of 7th St. 2nd and 4th Tuesday For more information: 386-362-4062

Live Oak Garden Club

1300 11th St. SW, Live Oak 3rd Friday of each month, 11 a.m. liveoakfloridagardenclub.com 386-364-4189

'Stars Widow Group'

Antioch Baptist Church 5203 CR 795, Live Oak, FL 4th Monday, 10:30 a.m. 386-362-3101

Suwannee Amateur Radio Club

1st Tuesday, social at 6:30 p.m., regular meeting at 7 p.m. North of I10 & US Hwy 129, Live Oak. Call for exact location and directions. www.suwanneearc.org 386-249-3616

Live Oak Art Guild

Suwannee River Regional Library 1848 Ohio Ave. S, Live Oak Meets 1st Tuesday at 6:30 p.m. Judith Adams-386-776-2675

Suwannee Democratic Executive Committee

Live Oak City Hall 101 White Ave. SE, Live Oak Meets 2nd Thursday, 7 p.m.

Suwannee County Bassmasters

Poole Realty Inc 127 E. Howard St., Live Oak Meets 1st Tuesday, 7 p.m. 386-688-0978 or 386-590-2885

Save the Cats of Live Oak

Help needed at the shelter with feeding and cleaning Monday through Sundays. Help is also needed within the city limits with feeding several cat colonies Monday through Sundays. Items always needed are food, litter and reusable items for the thrift store located at 217 W. Howard St. downtown. For more information, contact 386-364-1006 or 407-748-0396.

EAT HEALTHY AT 50 AND BEYOND

A balanced diet is an integral element of a healthy lifestyle for men, women and children alike. But while kids and young adults might be able to get away with an extra cheeseburger here or there, men and women approaching 50 have less leeway.

According to the National Institute on Aging, simply counting calories without regard for the foods being consumed is not enough for men and women 50 and older to maintain their long-term health. Rather, the NIA emphasizes the importance of choosing low-calorie foods that have a lot of the nutrients the body needs.

But counting calories can be an effective and simple way to maintain a healthy weight, provided those calories are coming from nutrient-rich foods. The NIA advises men and women over 50 adhere to the following daily calorie intake recommendations as they attempt to stay healthy into their golden years.

Women

- Not physically active: 1,600 calories
- Somewhat active: 1,800 calories
- Active lifestyle: between 2,000 and 2,200 calories

Men

- Not physically active: 2,000 calories
- Somewhat active: between 2,200 and 2,400 calories
- Active lifestyle: between 2,400 and 2,800 calories



When choosing foods to eat, the NIA recommends eating many different colors and types of vegetables and fruits. Phytochemicals are substances that occur naturally in plants, and there are thousands of these substances offering various benefits. The Produce for Better Health Foundation notes that a varied, colorful diet incorporates lots of different types of phytochemicals, which the PBH says have disease-preventing properties.

The NIA also advises that men and women over 50 make sure at least half the grains in their diets are whole grains. Numerous studies have discovered the various benefits of whole grains, which are loaded with protein, fiber, antioxidants and other nutrients. Whole grains have been shown to reduce the risk for diseases such as type 2 diabetes, heart disease and some types of cancer.

Another potential hurdle men and women over 50 may encounter is a change in their sense of smell and taste. A person's sense of smell may fade with age, and because smell and taste are so closely related, foods enjoyed for years may no longer tantalize the taste buds. That can be problematic, as many people instinctually add more salt to foods they find bland. According to the U.S. Office of Disease Prevention and Health Promotion, older adults should consume no more than 1,500 milligrams of sodium per day. That equates to roughly 3/4 teaspoon of salt. Older men and women should resist the temptation to use salt to add flavor to foods, instead opting for healthy foods that they can still smell and taste. In addition, men and women should mention any loss of their sense of smell to their physicians, as such a loss may indicate the presence of Parkinson's disease or Alzheimer's disease.

Maintaining a healthy diet after 50 may require some hard work and discipline. But the long-term benefits of a healthy diet make the extra effort well worth it.

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National FFA Week



Ali Singletary with Judge Warren Beeler at the Florida State Fair Grand Champion Market Hog.



High School Livestock Evaluation Team, 3rd Prelims: Blake Adams, Ainsley Peterson, Brianna Celedon and Hailey Peterson



Fourth place Middle School Dairy Team: Seth Greaves, Avery Buchanan, Callie Buchanan and Jack Peterson.



Fourth place High School Dairy Team: Jaxson Beach, Mackenzie Greaves, Jenna Nall and James Gay.



Cooper Nemcovc, NFLSS Reserve Champion Steer and buyer from Perry Animal Hospital, Dr. Will and Mrs. Sara Sapp.



NFLSS Livestock Evaluation first place team: Blake Adams, Ainsley Peterson, Hailey Peterson, Madison FFA Advisor Ed Sapp.

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National FFA Week

Lafayette FFA wins two District Championships



Lafayette FFA wins two District Championships The LHS FFA Parliamentary Procedure team of James Gay, Skyler Lawson, Savannah Lents, Gabrielle Perry, Tristyn Johnson, Brayden Lamb and Brelan Ferrell, placed second at the district event.

MAYO — A pair of Lafayette FFA members won district championships in January.

The Florida FFA District Three Career Development Event took place on Jan. 19 at the First Baptist Church of Bronson. The District CDE consisted of the three Sub-District winners within District Three.

The District winners advance to the Florida FFA State Preliminaries at the 90th Florida FFA State Convention in June.

Winning from LHS were Ainsley Peterson in High School Extemporaneous Public Speaking and So-

phia Celedon in Creed Speaking.

The Lafayette team in High School Parliamentary Procedure placed second behind Fort White. Team members were Gabrielle Perry, Brayden Lamb, Brelan Ferrell, James Gay, Tristyn Johnson, Savannah Lents, Skyler Lawson and Landry Driver.

Peterson, Celedon and the Parliamentary Procedure team advanced to the district event after winning in the Florida FFA District III, Sub-District III Career Development Event on Dec. 12 at Mt. Nebo Baptist Church near Bell.

In addition to the first-place finishers, also competing at the sub-district were Hailey Peterson, who finished second in High School Prepared Public Speaking.

For the Middle School Parliamentary Procedure, the LHS team of Trey Galbraith, Marah Land, Evan Murray, Brinson Crow, Leyton Crow and Brannan Lamb placed second.

The results for the Opening and Closing Ceremonies had Lafayette's Jaley Moseley, Ayden Hart, Jack Peterson, Seth Chandler, Avery Marley Singletary and McKenzie Winburn in third place.



Lafayette High School's Ainsley Peterson was named the Extemporaneous Public Speaking District Champion.



PHOTOS: SUBMITTED

Lafayette FFA's Sophia Celedon won the Creed Speaking District Championship last month.



Madison Buchanan placed 3rd at NFLSS Heifer Show.



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National FFA Week // Feb. 17-24, 2018

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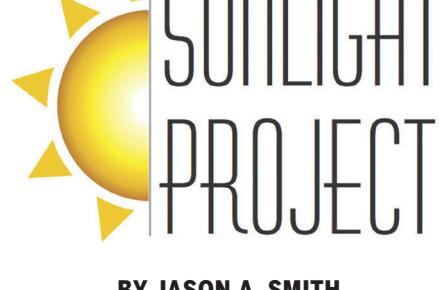
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State & Region

Matters of the Heart:

Cardiovascular disease prevalent



BY JASON A. SMITH

jason.smith@gafnews.com

VALDOSTA, Ga. — The heart is the engine that drives the body.

When a car engine starts having issues, it needs a diagnosis to determine what's going wrong. The same can be said of the heart.

A sputtering heart could mean clogged arteries, abnormal rhythms, high blood pressure, high cholesterol or a myriad of issues that range from minor to life threatening.

Thousands of people go to the hospital every year for cardiovascular-related illnesses in the SunLight Project area of Live Oak, Jasper and Mayo Fla., and Valdosta, Thomasville, Moultrie, Dalton, Tifton and Milledgeville, Ga.

At the Archbold Memorial Hospital in Thomasville, Archbold's Loudermilk Heart and Vascular Center catheterization lab performs more than 1,000 catheterizations each year.

Catheterization is the process of using a long, thin tube called a catheter, to diagnose or treat cardiovascular conditions.

In 2015, the lab performed the procedures on 742 males, and 539 females for a total of 1,281 people, according to the hospital. In 2016, the lab performed the procedures on 752 males, and 546 females for a total of 1,298. In 2017, the lab performed heart catheters on 867 males and 585 females for a total of 1,452.

The Tift Regional Health System saw 1,181 people in 2017, according to the hospital. The demographics of visits were broken down as follows:

- White: 926
- Black: 231
- Multi-racial: 21
- American Indian/Alaska Native: 3
- Male: 653
- Female: 528

South Georgia Medical Center in Valdosta performed 177 heart and valve surgeries in 2014, according to the hospital. In 2015, there were 287 total surgeries. In 2016, there were 249 total surgeries performed.

And like an engine, heart problems can crop up at any time, and sometimes with few prior symptoms.

Stressing the Heart

Chris Mohr, 64, of Thomasville and her granddaughter were en route to Savannah in November 2015 when Mohr, who was driving, had a heart attack.

"We had just left Valdosta, hadn't

gotten very far," Mohr said. "I felt this extreme pressure in my chest. I had a hard time breathing."

A deep ache began in her left arm.

She considered returning to Thomasville, but the trip to her granddaughter's college open house was too important to turn back.

Mohr, who is the Thomasville Times-Enterprise general manager, met her daughter in Savannah. The symptoms returned.

"I climbed stairs," Mohr said. "I did all the wrong things."

She went to a Savannah hospital emergency room, where an electrocardiogram showed irregularities. Mohr was told she should be admitted to the hospital. She refused, returned to Thomasville the next day, a Sunday, and went to work Monday.

That same Monday she saw her Thomasville physician. Forty-five seconds into a stress test, Mohr's doctor put her in a wheelchair and took her to the nearby Archbold Memorial Hospital emergency room.

A heart attack was confirmed, and Mohr was hospitalized, she said. She had no previous signs of a heart problem.

However, Mohr was under a tremendous amount of stress: Her father had died, and her mother had been diagnosed with cancer and was under Mohr's care. She had been transferred in her work.

Today, Mohr is conscious of stress levels. Her diet is better and she exercises.

She married Michael Mohr in August 2016 — a union Mohr said has significantly reduced her stress level.

"I have to take five pills a day now to keep my heart healthy and will have to the rest of my life," Mohr said.

The stress and resulting heart attack taught her a lesson.

"I don't try to do it all anymore," she said.

Defining Heart Attack

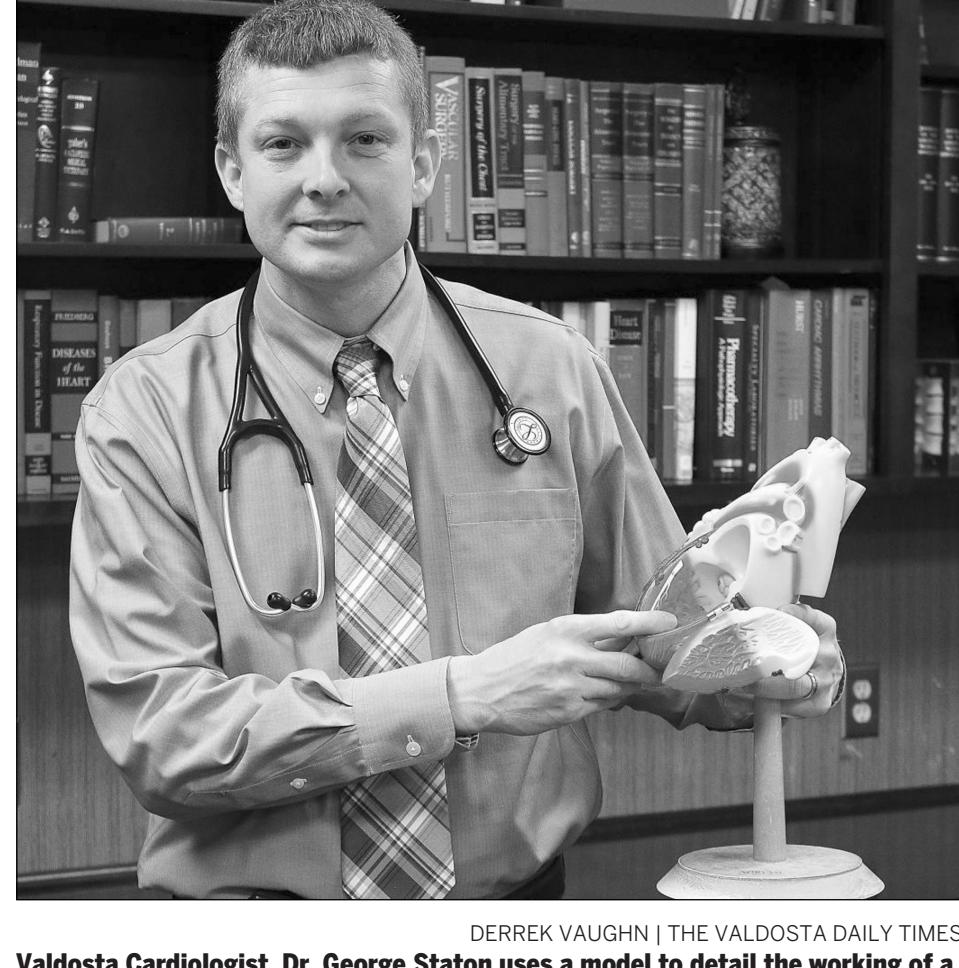
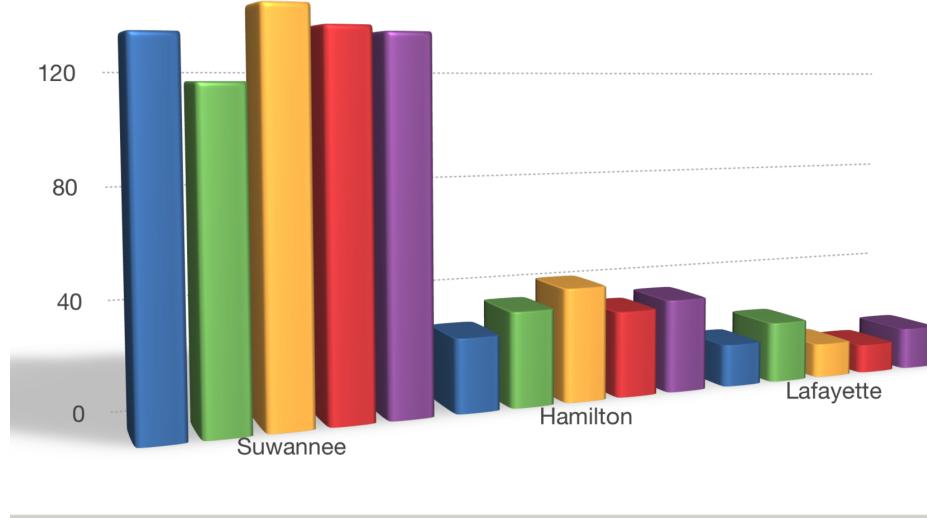
Dr. Anil Puri, a pulmonologist in Milledgeville at Navicent Health Baldwin Hospital who also practices critical-care medicine, internal medicine and sleep medicine, spoke about what causes a heart attack.

"Heart attacks are generally caused by blockages in the arteries that leave the heart, what we call the coronary arteries," Puri said. "Blockage in those arteries leads to a decrease, or lack of blood flow to the muscle of the heart, and then the muscle of the heart starts to die."

There are modifiable and non-modifiable risk factors when it comes to heart disease. Modifiable risk factors, are things in a person's life they have control over, or can be modified.

"The main risk factors for heart disease are usually things like smoking, diabetes, high blood pressure and high cholesterol and obesity," Puri said.

Heart Disease Deaths



DERREK VAUGHN | THE VALDOSTA DAILY TIMES

Valdosta Cardiologist, Dr. George Staton uses a model to detail the working of a healthy heart.

"Those would be the most modifiable factors that people should go to their doctor's office to get checked out for."

Non-modifiable risk factors are things a person cannot change such as age and family history.

"Genetics absolutely is a factor," Puri said. "Age, genetics and race can be factors. Of course, those are not modifiable factors, so from a prevention standpoint, there's not much you can do about those."

Heart of Genetics

For Dalton resident Phil Noles, heart issues run in the family.

"Heart disease runs in my family," Noles said. "My father died of a heart attack when he was 54."

With that knowledge, Noles acted preemptively to try and prevent heart issues.

"When I reached my 50s, I started making an extra effort to live a healthy life," Noles said. "A month before my 54th birthday, my chest started hurting. I thought it was just a pulled muscle, but after describing my symptoms to a friend, she said, 'You're having a heart attack.' I didn't believe it, but I went to Hamilton Medical Center's emergency department just to make sure."

Dr. Gary Olson of Hamilton Physician Group-Cardiology performed a stress test and heart catheterization, Noles said. Olson found two blockages, and Dr. Eric Guerra, also of Hamilton Physician Group-Cardiology, inserted two stents to restore blood flow.

"After the procedure, I was able to breathe again," Noles said. "I hadn't been able to breathe that well in years. After a short recovery, I began attending classes through Hamilton's cardiac rehabilitation program. I graduated from the program in December of last year and I now exercise three times a week."

In Noles' case, genetics was a factor. For others that are not predisposed to heart diseases, modifiable risk factors can't be mitigated or removed through a change in lifestyle.

"The recognition that (people) have lifestyle factors that are modifiable and that they're interested in modifying is probably the biggest first step," Puri said. "Once they feel like that's something they want to do, meeting with a health-care provider and discussing and developing a plan of action — actually trying to lose weight, something to help them stop smoking, checking their cholesterol. Either educating themselves on a low-cholesterol diet, or a low-salt diet if their blood pressure is high—these are all good things that can be done."

Knowing the Symptoms

But even if a resident has adapted to a lifestyle, knowing the symptoms of a heart attack is life-saving knowledge.

"I think probably the most obvious sign would be chest pain, particularly in the center of the chest ... or on the left side of the chest," Puri said. "Any pain that radiates into the neck or into the left area. If someone has sudden onset of feeling faint or breaking out into a sweat or feels nauseated ... Particularly if symptoms seem to be worsened when the patient exerts themselves."

Other signs aren't so obvious but can be noticed during a period of time, said Dr. William Luke, an interventional cardiologist in Valdosta.

New developments of chest discomfort, particularly exertional chest discomfort, can be warning signs, Luke said. Exertional chest pain is pain as a result of exerting effort, such as lifting heavy objects.

A recent reduction of exercise capacity is a warning sign as well, Luke said. Which may manifest itself via exertional shortness of breath or being easily fatigued.

Luke advises patients to be in touch with their state of wellness. Most patients are generally aware of when some sort of change happens in their body, and those changes could be early warning signs that something is wrong.

"Asking our patients to not minimize or overlook a change in how they feel is always important," Luke said.

Luke said to exercise regularly and use it as a litmus test as far as what your physical expectations should be.

"In 30 minutes, if you walked a mile in 30 minutes, and you did it effortlessly, and now you are walking 15, 20 minutes, and now you are short of breath, that is definitely a warning sign and you should seek professional medical attention," he said.

Jackie Devane, 64, had noticed slight changes in what she was capable of doing for a several years, but attributed it to age and diabetes.

In late October, early November, Devane was doing yard work when she lifted a rock and turned it over.

About a week later, she started to have pains, she said. Devane assumed the pain was soreness from moving the rock.

"I thought it was me lifting a lot outside," she said. "Down across my chest to the other side and down my side, there was pain. I went to the hospital and they told me I had a heart attack. ... I'd been feeling light headed and dizzy for a few years. I thought it was my sugar diabetes or something."

On Nov. 6, 2017, Devane went to South Georgia Medical Center. The doctors performed a triple-bypass surgery to help Devane get back on track.

"It was a little bit on the scary side" she said. "I just didn't know what was going to happen. I thought it was lit-

SEE MATTERS, PAGE 11A

State & Region

Matters of the Heart: Cardiovascular disease prevalent

Continued From Page 7A

tle bit of soreness. Really, the scariest problem I had was when I got out of the surgery, I couldn't move. They had me paralyzed. They did that I reckon to keep me from moving and all."

She was released from the hospital Nov. 15, 2017.

Devane continued going to the hospital's rehabilitation center after she was released to walk on a treadmill and ride a stationary bicycle, she said.

Now that Devane is out of the hospital, she walks regularly and feels much better.

"After I got out of there, I have so much energy now. I don't know what to do with myself," she said.

Change of Heart

Ultimately, changing one's lifestyle can help prevent or minimize heart disease throughout the SunLight Project area of Valdosta, Thomasville, Moultrie, Dalton, Tifton and Milledgeville, Ga., and Live Oak, Fla. The changes that can be made include exercise regularly, eat well and cut extraneous bad habits such as tobacco and alcohol abuse.

For exercise, Dr. William Luke of Valdosta recommends routine aerobic exercise for at least 30 minutes, five days a week.

"What I would consider routine aerobic exercise is walking around your neighborhood," Luke said.

Knowing what to eat is an important part of how to have a healthy heart.

"We are a reflection of what we eat," said Dr. Eric Guerra, Hamilton Physician Group-Cardiology. "We need to eat a healthy diet. That means plenty of vegetables, more fruits. The meat we eat should be lean — chicken, fish, turkey."

"When I talk about fish, I don't mean catfish but salmon, tilapia and fish like that. We need to exercise regularly and keep our weight under control."

"We need to make sure our blood pressure is good. If you have diabetes, you need to keep that under control. Eating a healthy diet will help with that. We need to keep our cholesterol under control."

Dr. Anil Puri, pulmonologist in Milledgeville at Navicent Health Baldwin Hospital, gave a description of what not to eat.

"Generally speaking, the foods that would be high in what we call saturated fats," Puri said. "The foods that are high in cholesterol ... put you at a higher risk for high cholesterol. Foods that are rich in sodium can elevate one's blood pressure. Generally speaking, foods that may be high in sugars can lead to weight gain. Those can also be a problem."

Exercise and eating healthy can help mitigate heart health issues, but having a primary physician that one meets with regularly can go a long way.

"I don't think there's any definitive recommendation, like you know, on your 50th birthday, you should go and get checked out ... I think, generally speaking, what I would say is folks are never too young to keep tabs on their weight and their blood pressure, blood sugar and cholesterol," Puri said.

For Luke, seeing his patients regularly builds a sense of accountability, he said.

When a patient sets a goal to lose weight, eat better, exercise more or to quit smoking, and they come in for a regular appointment, it gives Luke the chance to ask about the patient's progress.

And while not every check-up has a positive response, Luke related it to a report card from school, he said. How a student wants to make their parents feel when they come home with a progress report.

"It's the same for me when I check



STUART TAYLOR | THE TIFTON GAZETTE

Donnie Hester, center, is welcomed back to his seat on the Tift County Board of Commissioners after his surgery.

their cholesterol, when I ask them if they've quit smoking or lost weight," Luke said. "They are excited to share that news, or the positive lifestyle changes they have made."

Having Heart Attacks

For Donnie Hester, a Tift county commissioner, began having chest pains while he was singing at a Watch Night Service on New Year's Eve.

"I started feeling pain coming straight down," he said, tracing a line down his chest.

A nurse attending the service checked his blood pressure, which was high. By the time 911 was called and Tift County EMS arrived, his blood pressure bottomed out and Hester was transported to the hospital.

"When you're not educated enough to know what's going on and what the warning signs are, you don't know," Hester said. "I didn't know. The next day, the doctor came to me and said, 'You've been having heart attacks.'"

By Jan. 3, Hester was undergoing open-heart surgery.

"It was four and a half hours," he said, referring to the length of the surgery, which ended up being a quadruple bypass.

Hester kept saying he didn't know the warning signs.

"I just didn't know," he said. "I'd be washing my car and be short of breath and I'd think that I was just tired. I'd wake up hot and think I was having hot flashes or something. I just didn't know."

He strongly advocates people educating themselves about what the warning signs for a heart attack are and not brushing off heart-related issues.

"You don't have to be old," he said. "I never had heart problems. I'd never been sick."

He had been having problems with high blood pressure, but he had been taken off that medication because he'd been doing well. He doesn't smoke or drink, and said he never ate a lot of bad foods.

He is going to start walking and exercising more, but he said he should be doing better than he was before, and said he plans on running for reelection this year.

"The heart is a main thing," he said. "If I'd have gone home that night, I might have had a major heart attack and I'd have been gone."

He said he is very thankful the doctors, nurses and EMTs were there and able to help him, and thanked God for putting them where they were.

Hester said he wants to donate more time to the American Heart Association's efforts in the future.

"People have been talking about

this for years," he said. "People don't change until they're personally affected."

The SunLight Project team of journalists who contributed to this report includes Jason A. Smith, Charles Oliver, Patti Dozier, Eve Guevara and Will Woolever. Editors Jim Zachary and Dean Poling edit and coordinate the SunLight Project.

PHOTO: SUBMITTED

Jackie Devane of Valdosta suffered from a heart attack but didn't go to the hospital for a week because she thought she was sore from lifting a heavy rock.



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Sports

Wildwood eliminates Lafayette in Final Four

LAKELAND — Another good season from the Lafayette girls basketball came to an end in the Final Four.

Wildwood took advantage of its size advantage and used three key runs to score a 48-35 win on Monday at the RP Funding Center in Lakeland.

The Hornets, playing in their second straight state semifinal, were lead by Jasmine Lewis' 18 points and Kymeisha Conversion's 12 points. But they couldn't find a way to score over Wildwood's length

inside, or maintain a rhythm on offense.

The Wildcats blocked 11 shots, four of those coming in the final two minutes of the first half when they went on their first big run — a 6-0 stretch to take a 20-14 lead into the break.

Coverson drained two 3's to begin the third quarter — the only points for either team in the first four minutes of the period — to tie the game at 20-20.

WHS then went on a 9-2 run to end the quarter.

In the fourth, it was the quick hands of Danasia Bogle (22 points, five steals) that led the Wildcats' last and most important run. After Lewis connected on a difficult fade away to get the charging Hornets within five points of the lead (33-28), Bogle sparked a 6-0 spurt with a steal and fast-break layup to give WHS its first double-digit advantage of the game.

The Hornets stayed in the game during the first half behind some easy buckets in transition, but Wildwood put an end to

those fast-break points in the second half. LHS was also hurt by five missed layups and ended up shooting just 23 percent from the field (14 of 61).

With Lafayette focusing its defensive efforts on standout Kari Niblock (13 points, 20 rebounds), Bogle led the way with a game-high 22 points.

LHS senior Haley Ellefson had five points, eight rebounds and three blocks. The Hornets finished the season with a 21-8 record.

LHS football players garner all-state honors

Six Lafayette High football players have been selected by FloridaHSFootball.com to All-State teams for the 2017 season.

The Hornets, who went 9-2 and reached the playoffs after a two-year absence, had four players named to the first-team, one second-team selection and one honorable mention.

Sophomore quarterback Jaxson Beach, wide receiver Ben Massey and center Eli Morgan were first-team offense honorees. Defensive back Malik Jennings was part of the first-team defense. DB Tre'Vontae Clark earned second-team defense honors while running back Garris Edwards was an honorable mention.

Beach, in his first season under center, completed 140 of 213 passes (66 percent) for 2,001 yards. He threw 28 touchdown passes to just four interceptions and commanded a dangerous offense that

averaged 37 points per game. A quick and physical runner, he also had 112 carries for 731 yards (66.5 yards per game) and 11 scores.

Massey caught 44 passes for 777 yards. He hauled in 13 touchdown passes and also ran for two scores.

Morgan, a senior, helped protect Beach while also opening up holes for Edwards (170 carries, 1,033 yards, 13 TDs), who eclipsed the 1,000-yard mark for the second straight season.

Jennings had three interceptions, three fumble recoveries and 62 tackles. Clark intercepted four passes and had 46 tackles.

The Florida All-State teams are selected by FloridaHSFootball.com publisher Joshua Wilson along with nominations submitted by coaches and a review of All-Area and All-County teams as published by various publications across the state.



PHOTO: JAMIE WACHTER

Ben Massey averaged 17.7 yards per catch had 13 touchdown receptions.



PHOTO: JAMIE WACHTER

Jaxson Beach, a dual threat quarterback, had a big season in his first year under center.



PHOTO: MIKE JONES

Garris Edwards, pictured here in a game against Jefferson County where he ran for a career-high 228 yards, finished the season with 1,033 yards and 13 touchdowns.



PHOTO: JAMIE WACHTER

Center Eli Morgan was a key piece up front for the Hornets.

Tre'Vontae Clark, who did a little bit of everything for LHS, had four interceptions in 2017.

Lafayette High football players garner all-state honors.

PUBLIC NOTICES

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NOTICE OF HEARING

The Lafayette County School Board will conduct a public hearing on Tuesday, March 20, 2018 at 6:30 P.M. to consider revisions to the STUDENT PROGRESSION PLAN. (The School Board approved for advertisement of a Public Hearing at their regular meeting on February 20, 2018.)

The Board has considered the economic impact of the amended Rule, and upon approval and adoption of this policy by the School Board, Lafayette County Schools will comply with the guidelines set forth for student progression.

Statutory Authority: Section 1001.41, Florida Statutes Laws Implemented: Section 1008.25; 1003.43, Florida Statutes
State Board of Education Rule: 6A-1.09411

Copies of this amended Rule of the Lafayette County School Board are available for public inspection at the Office of the Superintendent of Schools, Lafayette County School Board, 363 NE Crawford Street, Mayo, Florida.

/s/ Roberts Edwards
Robert Edwards,
Superintendent of Schools

IF A PERSON DECIDES TO APPEAL ANY DECISION MADE BY THE BOARD, WITH RESPECT TO ANY MATTER CONSIDERED AT THIS MEETING OR HEARING, HE/SHE WILL NEED A RECORD OF THE PROCEEDINGS, AND, FOR SUCH PURPOSE, HE 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.
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T	A	F	R	M	T	S	I	D	E	Q	O
H	W	P	E	I	U	R	O	B	X	T	T
T	Y	A	O	M	T	S	O	U	E	T	F
L	L	U	E	E	I	K	P	R	R	O	
A	W	A	H	D	O	U	O	B	C	X	O
E	I	R	O	L	A	C	D	N	I	J	D
H	N	D	V	H	Y	O	U	F	S	C	L
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- 1933: THE NAZI PARTY RECEIVES 44 PERCENT OF THE VOTE, ALLOWING IT TO ESTABLISH A DICTATORSHIP.
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For more information contact Brenda Brown at 352-577-4623 or submit a resume to Brenda.Brown@flhealth.gov. EEO/AAP Employer



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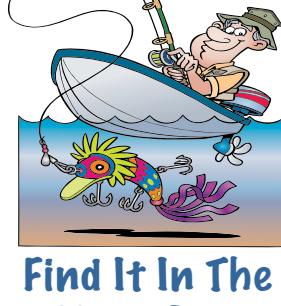
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