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Mayo Free Press

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Lafayette County, Florida

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Mayo driver's semi overturns in Lake City

BY JESSIE R. BOX

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LAKE CITY — The Florida Highway Patrol charged a Mayo man after a semi-truck overturned in Lake City on

March 14.

According to the FHP report, James Dean Revels, 53, was pulling a fertilizer trailer around 3 p.m. on March 14 and made a left turn from U.S. Highway 41 into the entrance ramp to Inter-

state 10 at mile marker 301.

The report states, as Revels made the turn and entered the ramp, the tractor and trailer overturned on its right side.

The fertilizer in the trailer spilled out, blocking the entrance ramp for

several hours.

Revels was treated on scene for minor injuries.

Revels was charged for driving too fast for conditions.

Lemmon discusses water preservation, conservation

BY ALEXIS SPOEHR

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MAYO — According to JoAnna Lemmon, everybody can make a difference when it comes to water preservation and conservation.

Lemmon, a park ranger at the Lafayette Blue Springs State Park, spoke to the Mayo Woman's Club at its March 13 meeting about that natural resource.

Lemmon explained the difference and similarities between water conservation and preservation. She said she tries to think of conservation as conserve, to conserve energy and water.

"In an agriculture community with irrigation systems and the amount of water used on crops," she said. "Some days I drive by and see farmers spraying their fields with water while it is pouring outside. None of them are monitored, they can pump however much they want."

Lemmon said that with all the technology today that there should be something to cover BMPs, Best Management Practices, to conserve water.

"Any extremist like Al Gore, there should be a red flag, because maybe there is something to what he is saying about Global Warming," said Lemmon, who has worked for the Florida Park Service since 2014. "I believe there is a little bit of truth to what is going on out there with ice melting. I live and see everyday what our rivers are doing, I see the algae."

She said among the many things people can do to help include talking about it, educating, volunteering in a state park, going to the state parks and even just being conscious of water conservation. She said it will eventually become like second nature to not conserve water or keepings springs and parks clean.

Lemmon also spoke about air quality and how it affects more than just the atmosphere when it is a local problem.

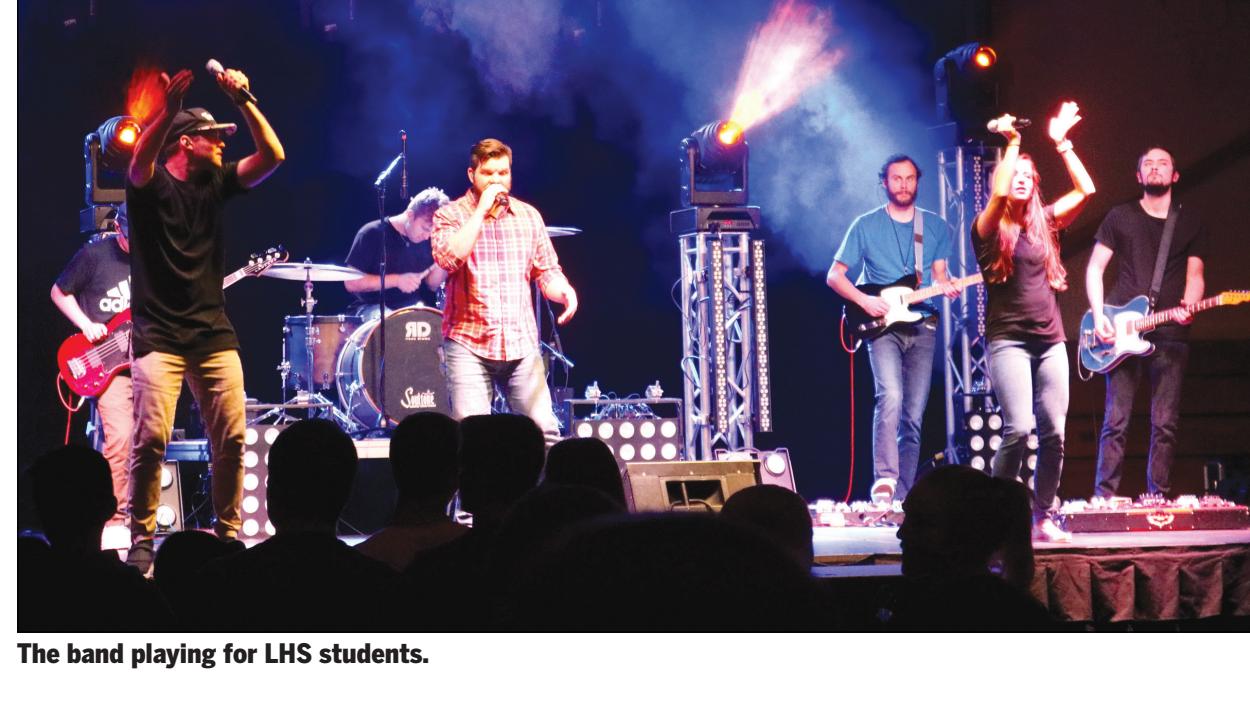
Across from Lafayette Blue Springs is an old dairy farm and the owner is renting the facility to people who are bringing in chicken manure and cooking it.

For preservation, Lemmon said it's wanting to preserve the quality and resources that are here. She passed out books that show the springs and what they look like as well as different trails that are available for anyone who wants to go.

She talked about the Civil War Trail and the Seminole Indian War Trail. She also mentioned the ferry at Troy Springs and the trade that happened on the Suwannee River. How it should be preserved and cherished for the history that it brings to the state of Florida.



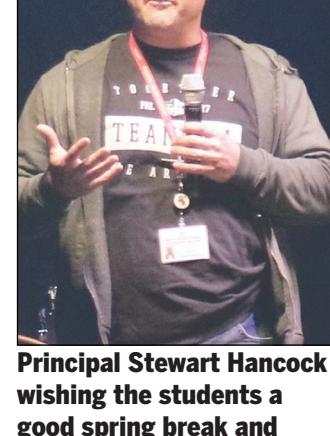
PHOTO: ALEXIS SPOEHR
JoAnna Lemmon speaking about water conservation and spring preservation.



The band playing for LHS students.



Chris Musgrove spoke about his path that led him to his goals and dreams of creating FutureNow.



Principal Stewart Hancock wishing the students a good spring break and urging them to make good choices.

FutureNow brings message of vision, goals to LHS

BY ALEXIS SPOEHR

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MAYO — Before Lafayette High School went on spring break last week, FutureNow shared its message to the students.

Chris and Terri Musgrove have been speaking to students for more than 29 years and started FutureNow 17 years ago. Chris Musgrove told the students his story of how he became the director of FutureNow and his visions and goals.

Musgrove spoke about his time in the ninth grade at Suwannee High School when his English teacher told him he was a great communicator. He described himself as a class clown

and was kicked out of Florida State University. After that failure he was told to find a dream and create goals or he would end up in jail or dead.

He went back to college and after he graduated, he went to work. While working, he saw a program like FutureNow and decided he wanted to do something just like it.

This program helps students understand the importance of having a vision, dream and goals by applying themselves in school to develop their gift. The goal of the program is to help educate students to work hard and learn what they are good at, develop it and use it to their fullest

SEE FUTURENOW, PAGE 6A



The band playing an inspirational song for the students.



PHOTOS: ALEXIS SPOEHR

★ ELECTION 2018 ★ Adams seeks re-election to County Commission



Anthony Adams

MAYO — County commissioner Anthony Adams will be running for re-election for the District 4 seat on the Lafayette County Board of County Commissioners.

"It has been an honor and privilege to serve the people of Lafayette County in my first term as County Commissioner from the fourth district," Adams said. "I am announcing my intention to seek re-election to this office. I ask for your continued trust, confidence and support in the upcoming election. I will be qualifying at the appropriate time. Thank you."

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STATE & NATION

Printers, publishers launch coalition to stop newsprint tariffs

ARLINGTON, Va. — Members of the printing, publishing and paper-producing industries, which employ more than 600,000 workers, announced Monday the formation of Stop Tariffs on Printers & Publishers (STOPP), a coalition to fight proposed countervailing duties and anti-dumping duties on imports of Canadian uncoated groundwood papers including newsprint and other papers.

These preliminary duties, which were assessed by the Department of Commerce in January and March, respectively, are reportedly the result of a petition filed by North Pacific Paper Company.

The STOPP coalition said in a prepared statement it is "concerned that these CVD and AD duties, which range up to 32 percent combined, will saddle U.S. printing and publishing businesses with increased costs and threaten thousands of American jobs."

The Coalition is asking the International Trade Commission and the U.S. Congress to reject these newsprint tariffs.

With the announcement, STOPP has

launched a new website: www.stopnewsprinttariffs.org and is inviting other interested parties to join in the fight to overturn these tariffs.

Members of the STOPP coalition include American Society of News Editors, Association of Alternative Newsmedia, Association of American Publishers, Association for Print Technologies, Book Manufacturer's Institute, Catalyst Paper, Inland Press Association, Kruiger, Local Search Association, National Newspaper Association, News Media Alliance, Printing Industries of America, Quad Graphics, Rayonier Advance Materials, Resolute Forest Products, Southern Newspaper Publishers Association, Trusted Media Brands (formerly Readers Digest Association), Valassis Communications and Worzalla.

The impact of these tariffs on newspapers, paper producers, book publishers and others has the potential to be devastating to entire industries, the coalition said in a prepared statement.

"Newsprint is the second largest expense for small newspapers after

human resource costs," said Susan Rowell, publisher of the Lancaster News and president of the National Newspaper Association. "A decision by the federal government to impose tariffs on our paper supply would imperil our news-gathering missions and put jobs in jeopardy at our newspapers and at many other organizations and companies in our communities that rely upon a healthy newspaper."

"The bottom line is these tariffs on uncoated groundwood paper would not protect domestic paper producers. Paper manufacturers are not able to absorb the cost of the tariff and have already let it be known that the tariff will be passed on to U.S. consumers," said Joel Quadracci, chairman, president and CEO of Quad/Graphics. "This will result in driving up the costs of print and force an even faster migration to digital options at a time when our industry is already being severely disrupted. This will result in the loss of U.S. jobs. In the case of rural residents with no broadband access, they will end up underserved with no newspaper ei-

ther."

"As the leading producer and employer for uncoated groundwood paper in the United States, we recognize that market erosion, not unfair trade, has caused more than a 75 percent decline in North American newsprint consumption since the year 2000," said Seth Kursman, vice president of corporate communications, sustainability and government affairs for Resolute Forest Products. "The current investigation by Commerce, at the request of one outlier company, is causing even more turmoil and job losses in the newsprint and commercial printing paper segments."

Michael Makin, president and CEO of Printing Industries of America, said, "As consumers of Uncoated Groundwood paper, printing companies — especially those geographically positioned in the Midwest and Northeast — will feel the havoc countervailing duties and anti-dumping tariffs will bring to the marketplace. Printers will be faced with the lose-lose proposition of absorbing the hit, which will lead

to higher operational costs, or passing it on to their customers, many of whom wish to remain in print but have cheaper, electronic alternative methods to deliver content or to advertise."

"In addition to newspapers and directories, UGW grades of paper are used extensively by book publishers," said Jim Fetherston, president & CEO of Worzalla Publishing Company and current president of the Book Manufacturers' Institute. "Imposing these duties and tariffs will have a devastating economic impact especially on the domestic printing industry and the tens of thousands of Americans employed in the process of making books."

Allan Adler, General Counsel and Executive Vice President for the Association of American Publishers said, "The U.S. International Trade Commission and the U.S. Department of Commerce should consider how protective duties can harm some important U.S. industries while protecting others. AAP joined the STOPP Coalition to address book publishing concerns that unjustified countervail-

ing duties in the pending ITC proceedings regarding Canadian 'uncoated groundwood paper' imports could cause material injury to U.S. book publishing and literacy programs for young readers by raising the cost of papers used to produce inexpensive paperback books for children that help advance early childhood reading development."

"Publishers are already feeling the negative consequences of a tighter newsprint market and higher prices because of these preliminary newsprint duties," said David Chavern, president and CEO, News Media Alliance. "We will turn over every stone to fight these duties so that there is no disruption in the flow of news and information to the citizens who rely upon printed newspapers throughout the country."

Association for Print Technologies Vice President, Government Affairs Mark Nuzzaco said "technology suppliers stand shoulder to shoulder with their printing and publishing colleagues in STOPP, the efforts of which comport with APTech's free trade agenda."

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BY JASON A. SMITH

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VALDOSTA, Ga. — Toys 'R' Us has officially filed court documents to liquidate all 735 of its stores in the United States, including the Valdosta store located off St. Augustine Road.

The South Georgia store has approximately 30 regular employees, according to the Valdosta-Lowndes County Chamber of Commerce.

Court documents do not list a timeline or order for store closures, according to the United States

Bankruptcy Court for the Eastern District of Virginia Richmond Division.

However, March 14, the company contacted its U.S. employees informing them that "they may be terminated 60 calendar-days after receiving the notice," according to court documents listed in an Associated Press story.

The closure will put approximately 30,000 employees out of work, the document states.

Toys 'R' Us is anticipating all of its stores and distribution centers to be closed by the end of 2018.

Lynn Bennett, area director of the University of Georgia Small Business Development Center at Valdosta State University, explained how local business owners can prevent this type of closure from happening to their business.

Small businesses in Valdosta would benefit from having a strategic plan and not letting their debt get out of control, she said.

However, Toys "R" Us won't leave a gap in the toy market, she said. With

two Walmarts in town, a small competitor wouldn't be able to compete with a large retailer's buying power.

"That isn't to say an individual couldn't open up their own toy store, but they won't be able to compete with the prices," she said.

As for keeping stores in the area, she said, "I would say we need to patronize our small local businesses to ensure their livelihood."

For Theresa Westberry of Valdosta, mother of Abigail, 8, and Maci, 5, the news is "devastating," she said.

In her family, it is tradition to take her two daughters to Toys 'R' Us to reward them for good behavior, good grades, getting shots or doing extra chores.

"My husband or I would take our children on a monthly basis," she said.

But more than giving her children new toys, taking her children to shop was a way to keep up to date on what her children are interested in, she said.

"It allows (the children)

to explore, and see what exactly they want," she said.

When her children talk about toys she doesn't know, Westberry could go to Toys 'R' Us and find the toy and surprise them with it if they have been well behaved.

Because the family would go to the store regularly, Westberry would use it as a teaching tool to teach her children about how to pick items they really want, and not toys they won't care about after a few hours.

"It makes them prioritize because we give them a limit on what they can spend," she said. "So they have to prioritize what they want in a department store that has everything they want."

Westberry hadn't told her daughters the news Thursday afternoon, but planned to once the clearance prices start appearing, she said. She wants to be able to explain why the prices are dropping and how it correlates with the store closing.

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Suwannee Valley CORNHOLE OPEN TOURNAMENT

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LIVE OAK — Sign-ups are now underway for Suwannee Valley Electric Cooperative's first cornhole open tournament.

The tournament will be conducted Saturday, April 14, at Suwannee Valley Electric Cooperative, 11340 100th Street in Live Oak. The event is a fundraiser to benefit United Way of Suwannee Valley.

Tournament operations will be conducted by North Florida Cornhole. Warm-ups will begin at 11 a.m., and the games will start at noon.

Tickets are \$40 for two-person teams. Individuals can sign up for \$20 and be paired with a partner at the tournament. Individual players and teams can sign up at www.suwanneecornhole.com. Tickets may also be purchased at United Way of

Suwannee Valley, 871 SW State Road 47, Lake City, or at the SVEC office.

CORNerstone sponsors are Farmers Cooperative, Inc. First Federal Bank of Florida, Poole Realty and North Florida Printing Co., Inc.

For further information or tickets, visit or contact United Way of Suwannee Valley or www.suwanneecornhole.com.



FILE PHOTO

Arc North Florida's annual lawnmower race this weekend

BY JESSIE R. BOX

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LIVE OAK — The Arc North Florida's 20th Annual Lawn Mower Race will be Saturday at John's Lawn Equipment located at 1629 Ohio Ave. North in Live Oak.

Registration begins at 9:30 a.m. the day of the race.

The races will start at 10 a.m.

The Arc North Florida, Inc., is a 501(c)

(3) non-profit agency providing advocacy and services to individuals with an intellectual and/or physical disability.

Individuals participating in The Arc North Florida programs receive the necessary training to function as independently as possible and each client is provided opportunities to participate fully in the community.

The Arc North Florida provides services for people diagnosed with

Down Syndrome, Cerebral Palsy, Spina Bifida, Prader-Willi Syndrome and Autism.

There will be individual races and team races. The cost of an individual racer is \$125 and the team of four is \$250.

"The support from the community every year is heartwarming," said Lisa Perry of The Arc.

To register before the event, visit www.arcnfl.com/LMR or contact Perry at 386-362-7143.

DOH-Lafayette promotes healthy eating for Nutrition Month

MAYO — The Florida Department of Health in Lafayette celebrates March as National Nutrition Month, which is sponsored annually by the Academy of Nutrition and Dietetics.

This year's theme is: "Go Further with Food." The campaign highlights the far-reaching benefits of making informed eating choices. Informed eating goes further than choosing the most nutritious options — eating choices can also conserve money, save time, and reduce food waste.

"Making smart food choices has a direct impact on your health," Kerry S. Waldron, Administrator and Health Officer for the Department of Health in Lafayette and

Suwannee counties, said in a release.

"Being healthy, growing healthy begins with you start eating healthy."

The Academy of Nutrition and Dietetics suggests following these tips to go further with food:

- Include a variety of healthful foods from all of the food groups on a regular basis;

- Consider the foods you have on hand before buying more at the store;

- Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week;

- Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do;

- Continue to use good

food safety practices;

- Find activities that you enjoy and be physically active most days of the week;

- Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

To learn more about nutrition and National Nutrition Month, visit the Academy of Nutrition and Dietetics website at: www.eatright.org.

Look for the DOH "Healthiest Weight" booth at the Suwannee County Fair. It will have lots of information to help in making healthier choices for one's lifestyle.

Encountering foxes in North Florida

The other day while taking a walk on our property, I was surprised by having a fox spring up from the low vegetation in front of me. The small mammal sprung up and bounded like a rabbit until it went out of sight. It is always a treat to encounter a fox in the wild.

The fox is a canid in the dog family. However, foxes also exhibit characteristics of cats. Fox kittens hiss and spit. Adults have several vocalizations and can also meow like a cat. On occasion, they assume the cat's threat posture of standing with their back arched up like a "Halloween cat." Foxes have vertical slit pupils unlike the round pupils of their canid relatives, dogs. They also have partially retractable front claws.

Foxes have very alert senses. They can hear, smell and see very well. This helps them in hunting effort to find their food such as eggs, berries, birds, insects, small mammals and sometimes even garbage. They are opportunistic omnivores that will eat just about anything.

Baby foxes, called kits, cubs or pups, are cute and adorable little animals. They are hard to resist and rank very high on the "cuteness" scale.

Most encounters with foxes are after dark. On numerous occasions I have observed them roaming about in the early morning and late afternoon. This is known as crepuscular activity.

Known predators of foxes are coyotes, bobcats and great-horned owls.

There are two kinds of foxes found in north Florida. The first is the red fox. Most believe that the red fox is not native. Had it not been for some early pioneers and hunters with their packs of well-trained hunting hounds, the red fox might never have found its way to Florida. Most believe it was imported for hunting purposes.

A large red fox can easily be mistaken for the larger coyote. Foxes run with their

tail stretched out horizontally. Coyotes run with their tails pointed somewhat in a downward position. The red fox usually has a white-tipped tail. To make identification more confusing, some red foxes are grayish-red in overall color.

If you ever visit a zoo with an outdoor fox exhibit, you often will detect the smell of the foxes before you arrive at the exhibit. They have a distinct pungent scent that you can smell when they mark their territory.

Red foxes are fairly large as foxes go. A large red fox may weigh up to 25 pounds but most are smaller. They have been clocked at running up to 45 miles per hour. Their life span in the wild is believed to be from 3 to 5 years.

The second fox found in north Florida is the gray fox. Smaller than the red fox, the gray fox usually weighs less than 10 pounds. Records show that they can live up to 10 years in the wild. The gray fox usually has a black-tipped tail vs. the red fox's white-tipped tail.

Did you know? If you see a fox up in a tree in our area it probably is a gray fox. They are the only members of the family Canidae who can climb trees! Their dens have been found as high as 30 feet above the ground.

If you are fortunate enough to see a stealthy fox in the wild, enjoy the experience. They are truly amazing animals!

As always, enjoy your north Florida nature trails. Share them with others, especially children.

Jerry Walls is a Naturalist and Environmental Educator living in north Florida. For questions or comments, e-mail Jerry at jwalls443@gmail.com.

Pleasant Grove Baptist holding Easter sunrise service

MAYO — Pleasant Grove Baptist Church will be holding an Easter sunrise service April 1.

The sunrise service will begin at 7 a.m. at the church, 816 SW County Road 351.

A simple breakfast will be served in the fellowship hall after the sunrise service with Sunday School following at 9:30 a.m.

The normal morning worship service will be held at 10:30 a.m.

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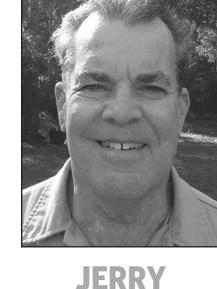
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JERRY WALLS

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Opinion

Democrats dream of capturing handful of California districts

LOS ANGELES — On a recent Sunday evening, Katie Hill, 30, whose father is an LA police lieutenant in Beverly Hills, boarded a red-eye flight to Washington for frenetic fundraising and networking. She must really want to get into the House of Representatives. If she does, she will have defeated a two-term incumbent, Rep. Steve Knight, 51, who was an LA police officer for 18 years and is the last Republican in a district containing a significant portion of Los Angeles County.

California's 25th District includes Simi Valley, which is famous as the home of the Ronald Reagan Presidential Library and the trial of police officers charged with brutality against Rodney King. It is home to many of the Los Angeles police officers who helped quell the city rioting after the accused officers' acquittal. Hill's father-in-law, too, is a cop. Her husband's uncle was an officer killed in the line of duty; his death is currently Orange County's only unsolved police murder. In the June 5 primary, Hill will be the first Democrat to receive her father's vote.

The 25th is at the top of the list of seven (of 14) Republican-held California seats that Democrats hope to capture because Hillary Clinton carried them. The seven are almost a third of the 23 such districts nationwide. Joe Trippi, the Democratic consultant who was media adviser to Doug Jones' successful Alabama U.S. Senate campaign, says Jones got votes from Republicans who still support the president but want no more chaos. But referring to California Democrats, he warns that "our own enthusiasm might get in the way."

This is because in 2012, Democrats — who run this almost monochrome blue state — ignored the axiom that improvements often make things worse. They instituted a primary system under which the top two vote-getters for an office are on the November ballots, even if both are from the same party. This year, Democrats, fueled by fury against the president, might produce such a profusion of candidates that the Democratic vote will be fragmented, putting weak general-election Democrats, or no Democrats, on some November ballots.

In 2014, when Republican Buck McKeon, chairman of



GEORGE WILL

the House Armed Services Committee, retired after 11 terms representing the 25th, Republican Tony Strickland, with 30 percent of the primary vote, ran against Knight (28 percent) in November. Democrats were excluded because their top performer in the primary received 22 percent. In 2016, a Democrat, Bryan Caforio, ran against Knight and lost by 6 points while Clinton was winning the district by 7 points. Caforio is running again. Either he or Hill probably will be Knight's opponent in November.

Congressional districts drawn by Republican state legislatures after the 2010 census and after that year's anti-Democratic wave election might somewhat insulate Republicans from a "blue wave" this year. But eight years is a long time in a dynamic region like Southern California, and for eight years the 25th has been receiving an influx of "housing refugees" — people of modest means seeking affordable housing outside the city, and bringing the city's political sensibility. The district is now 39 percent Latino.

Donald Trump, who did not visit California in the 13 months after becoming president, did worse there in 2016 (31.6 percent of the vote) than Herbert Hoover did against Franklin Roosevelt in 1932 (37.4). Yes, Hoover was a California resident, but the national unemployment rate was 24.7 percent. The district is more than one-third Democratic, about one-third Republican, and one-quarter independent. Knight's vote for the Republican tax bill, with its limits on the deductibility of state and local taxes, adds to his vulnerability in high-tax California.

Being 21 years younger than Knight is another Hill advantage. In 2008, Barack Obama carried national voters under age 45 by 15 points. In Alabama in December, Jones carried that age cohort by around 20 points. Suburban women, of whom the 25th District has many, also are recoiling against Republicans. The Economist reports that, nationally, "around 400 women, mostly Democrats, are planning to run for the House, at least 50 for the Senate and 79 for governor. ... At state and local levels, the picture is the same. In 2015 and 2016, around 900 women consulted Emily's List (which supports women candidates) about standing for office; since Mr. Trump's election, over 26,000 have." One of them recently took a red-eye to get on Emily's List.

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

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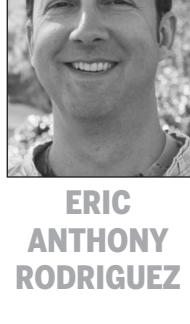


There is no place like home

I spent some time in California last week, and it was great to see some of the things I had only read about or seen on television. I will never forget seeing my children standing next to some of the redwood trees I have been singing about in "This Land Is Your Land" since I was a boy. Riding up and down some of the steepest streets I have ever seen in a cable car that felt as old as it looked made me appreciate the leaders who decided to keep the world's last manually operated cable car system running. It makes you think about the future when you see things that have been around before your time and that will still be around after your time is up.

The news of some notable deaths last week also forced me to think about what I will be leaving behind when I am not here. First, I heard about the death of rapper Craig Mack. Many of you probably don't recognize his name, but he had this one rap song that made all of the other rap songs that came before it sound instantly old. I still listen to that "brand new flavor in my ear" from time to time and it still sounds exciting and makes me want to get up and do something. Craig Mack was 46 when he passed away. I know as I get older, I will frequently hear about people my age who have passed away, but, being 46, it makes me feel odd when I hear about someone my age who passes.

Then, the next day, I heard the news about Stephen Hawk-



ERIC ANTHONY RODRIGUEZ

ing's passing. He lived a remarkable life, and I have listened to some of his speeches and read some of his writing. He made the most of every day because he was not expected to live beyond the age of 25 due to his early-onset Lou Gehrig's disease. He probably outlived many of his former doctors. Stephen Hawking recently made headlines when he felt mankind would need to find another planet to colonize in order to ensure the survival of our species. I am not sure if his dire prediction is correct, and I hope I am not around to find out.

While I was in California, I learned the name of a man I might be able to emulate and in that way, have something I have done live on beyond me. I don't think I will be writing any memorable rap tunes or figuring out anything the scientists who came before me could not figure out. I thoroughly enjoyed seeing many of the amazing examples of Indian artifacts found by Ernest Dalidio in San Luis Obispo. He would scour the farm fields after the rain to find and preserve all of these beautiful rocks carved by our ancestors. He then donated many of these artifacts to the museum located in the town near his farm.

I am not done finding all that I am going to find in and around Suwannee County. I hope to keep looking for many years, and I hope my children know what to do with my collection when I am gone.

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

Learning about growing hamburgers

While having lunch earlier this week, my son picked a sesame seed off his bun and handed it to my wife.

Not a big deal.

Until he informed her it was so we could go home and grow a burger.

I'm not sure if we need any special soil to pull off this feat or if regular old dirt will do.

But I'm sure area farmers — and restaurants — will be interested if he can accomplish turning a sesame seed into a full-blown hamburger.

It was just the latest example that kids really do say the darnedest things.

Have you ever wondered just where do children come up with some of their ideas?

He may be just 5, but my son is full of ideas ranging from funny to brilliant and everywhere in between.

During our family's spring break trip to the mountains in Tennessee, we visited Cooter's Place in Gatlinburg, a de facto Dukes of Hazzard museum. While it may no longer be deemed acceptable television viewing, when I was his age, it was among my favorite things. Countless General Lee matchbox cars were played with until the tires were worn off, constantly replaced by my parents.

So while that particular destination may have been more for me than him, my son did get a "Flash Coltrane" driver's license from Cooter's. I'm not sure why a dog needs a driver's license, but my son believed he was now capable of driving.

When told after we got home that he still wasn't allowed to drive the car, he dejectedly realized that his license was "useful."

What we hope is a useful and fun activity is T-ball. Entering his first season, the importance of listening and following directions is quickly being reinforced in practices. When the coach gathers the players at the pitcher's mound before sending them off to their next activity, he tells them to move on the word "go." Normally that follows an assortment of similar-sounding words. I know one who is starting to figure that out as my son declared this week that his coach is saying "gopher" or "goblin" just to see who is paying attention.

Now hopefully he'll continue picking up the other lessons and learn to play baseball.

And maybe even a new way to grow a hamburger.

Jamie Wachter is the editor of the Suwannee Democrat, Jasper News and Mayo Free Press. He can be reached at jamie.wachter@gafnews.com or 386-362-1734, ext. 131.

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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

FEAR: Forget Everything And Run OR Face Everything And Rise

What choice will you make?

Fear. It can make the strongest of us literally shake in our boots. Things we fear can range from going to the doctor to making mistakes to one of the biggest — fear of change. When fear or anxiety pays us a visit, our bodies go into fight or flight mode. This frame of mind makes it near impossible for us to think straight or make decisions.

I remember when my parents moved me into the basement bedroom of our home in Cleveland, feeling afraid to go down the steps without the lights on. Someone had to stand at the top of the stairs until I got in my room and closed that door before the lights could be turned off. More like slammed that door because not only was it pitch black in our basement, the furnace made funky noises that sounded like someone trying to get of the laundry room.

Logically I knew no one was in that basement except me. After all my dog

Buffy never paid any attention to anything when we were in the basement. If something were there she would have barked like crazy. Emotionally? It was a whole other issue that was difficult to overcome until I was older — around high school age.

Fear can be so convincing it will cause us to talk ourselves out of our dreams. Fear will bring up our pasts. It will tell you that you should not even try. It will tell you that you are not enough.

If fear is affecting your health and wellness, it is time to get a grip on it. First thing to do is to acknowledge your fear. Yes you are afraid of ... walking into the gym because people will look at you. Trying a new nutrition program because your family will hate it. Moving forward on your health journey because you have failed in the past.

Stop letting fear call the shots. From me to you, from a health and wellness perspective, people are very self-focused at the gym. They are really not paying much attention to their surroundings. If they do look at you, it's probably just that — a glance. Go into that gym with your head held high and don't worry about what ANYONE thinks.

Let's talk about nutrition. It's true. Your family may not like your changing what they are used to eating. Did

the sky fall? No, it did not. Focus on changing YOUR nutrition and let them make the decision to follow your lead. Kids notice what their parents do. Show them a good example.

You've failed in the past? Who hasn't? Every single successful person you know has failed MANY times in the past. Ask them. The difference between those that are successful and those that are not, is the successful people NEVER give up.

I'm not the slimmest fitness instructor in town. Do I care? Nope. My focus is and always has been on being the best me I can be. At times, the scale was lower and at other times those numbers were higher. So what? I can run circles around most folks that are sitting on their couches.

In my morning classes, when people say they're discouraged, my first question to them is I hear what you're saying but may I ask how you are feeling? Do you know every single time the answer is great or fantastic? Those little bitty numbers on that scale are one of many points to check on your wellness journey.

Fact of the matter is we have two choices when it comes to dealing with fear. We can forget everything we want to do and run for the hills OR we can face our fear and rise up to reach our goals. It is up to YOU to stop fear dead in its track.

Don't make fear the enemy. Fear is simply an emotion. Harness that fear and use it to propel you forward and REACH those goals. You ARE courageous and you CAN do it. Go make it happen.

Have a wonderful week.

To your health,
Denise

Denise Sanger is a certified fitness instructor, Silver Sneakers Instructor, AMPD Kettlebell Instructor, licensed Zumba, STRONG by Zumba instructor, gentle flow yoga, teaches morning classes at Country Strong Health & Fitness. Denise may be reached at DeniseSanger.com, 386-292-6105 or denisesanger@gmail.com.



DENISE
SANGER

Religion

Heart Matters

Make room for God every day

I seriously overslept this morning! Is it just me or is anyone else having a tough time adapting to daylight savings time? I do love the extra daylight hours in the evening, but I can't seem to get enough sleep to make up for the hour we lost a few weeks ago.

So, I flew out of bed and was out the door in 20 minutes, but then spent the rest of the morning trying to get my brain in gear. Since I obviously didn't have time to get any wise counsel from my Bible this morning, I grabbed it and my devotional book on my way out the door.

One of my absolute favorite things about Jesus is that He is always right on time — even when I'm not. As I spent the morning being frustrated about being behind on my to-do list, I convinced myself that this day was doomed to be unproductive. By noon, I had barely crossed anything off my list. So I grabbed my Bible and book to at least get that done while I ate lunch. Through my devotion book, Jesus Calling by Sarah Young, this is what Jesus had to say to me: "A successful day is one in which you have stayed in touch with Me (Jesus), even if many things remain undone at the end of the day. Do not let your to-do list become an idol directing your life."

I am not even kidding.

To be honest, I didn't really appreciate these words at first. I mean, surely God wants us to be productive, right? Then the Holy Spirit reminded me of Jesus' friends Mary and Martha. Their story is found in Luke 10:38-42. To make a short story even shorter, Jesus and his disciples were visiting and Martha was serving them. Her younger sister Mary sat listening to Him teach, which put Martha behind schedule. I couldn't help but wonder if she overslept too.



ANGIE LAND

Martha then complained to Jesus, to which He replied, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken from her."

So maybe spending time with Him should be our priority over the to-do list. Even when we get behind schedule!

The awesome thing about how His timing works is that if I had not overslept, I would have read this about 6 a.m. this morning over a great cup of coffee, nodded in agreement, and closed the book. Then I would have gone about my day, probably being very productive, checking things off my list and perhaps even a few things from tomorrow's list as well. I would have totally missed the truth of that to-do list being an idol directing my life. Being frustrated over the events of the morning and my own limitations revealed that I was doing exactly this very thing. I think Jesus' timing in Martha's life taught her a very similar lesson. Let's try to accept each day, HOWEVER it comes, and find Him in the midst of it.

Because Every Heart Matters,
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

WEEKLY BIBLE VERSE

"Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good."

— 1 Peter 2:2-3 NIV

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

ALTON CHURCH OF GOD 294-3133

Pastor.....	Rev. Tim Hamm
Youth Pastor	Jeremy Davis
Music Director.....	Holly Braswell
Children's Pastor	Ryan & Tiffany Perry
Sunday School.....	9:30 - 10:30am
Worship Service/K.I.D.S. Church....	10:30am - 12:00pm
Evening Worship	6:00pm
Family Night Youth club Church	7:00pm Wednesday

State Road 27

44888-1

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.

44889-1

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

44891-1

MIDWAY BAPTIST CHURCH... 294-2365

Pastor: Bruce Branche

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.

Located on County Road 405

"For If Ye Forgive Men Their Trespasses Your Heavenly Father Will Also Forgive You" Matt. 6:14

44892-1

FIRST ASSEMBLY OF GOD.....294-1811

Sunday	10:00 a.m.
Wednesday	6:00 p.m.
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"

44890-1

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	9:30 am
Sunday Worship	10:30 am
Bible Study	10:30 am
WEDNESDAY	10:00 am
Women's Bible Study:	10:00 am

44895-1

PLEASANT GROVE BAPTIST CHURCH (SBC) 294-1306

Pastor.....	Jimmy Corbin
</tbl_header

Wilkins named La Salle's 2017 Alumni of the Year

PHILADELPHIA — A man with Mayo ties has been named the 2017 Alumni of the Year by La Salle University in Philadelphia.

Barry Wilkins, who received an MBA in finance from La Salle in 2009, said the three traits that have helped him be successful are faith, discipline and pursuing passions.

"I wanted to give my career some legs," Wilkins told La Salle Magazine about adding the degree from the school to his B.S. in economics and mathematics minor from the University of Pittsburgh. "And that's exactly what I got."

"I went from zero background in credit analysis, budgeting and forecast analysis to one of the best (financial) underwriters on my team," he said, crediting the education from La Salle, including some travel study trips. "That stems from the confidence levels I was able to learn at La Salle and getting involved."

Wilkins has used that education to move from senior relationship strategist and vice president at PNC Bank (Wealth Management Group) to serving as the FUSE executive fellow with the Managing Director's Office and Department of Commerce with the City of Philadelphia.

"I don't think that there's anybody who has the background that I have, which makes you stand out," he told the magazine. "And that's what you need these days. One of my fears is that I don't want to be a one-trick pony."

But he also has those key traits to make sure that doesn't happen.

"I'm spiritually grounded, I work hard and I pursue the things I'm passionate about and everything else sort of falls into place from there," he added in the magazine.

Wilkins is the proud son of Annies Holton Wilkins, a Mayno native who currently resides with her family in Philadelphia.



PHOTO: SUBMITTED

Barry Wilkins was named La Salle's Alumni of the Year in 2017.



PHOTO: ROB WOLFE

The ferris wheel is aglow at the Fair.

FAIR TIMES

The 103rd annual Suwannee County Fair is underway at the fairgrounds on 11th Street SW. The fair is in town through Saturday with livestock shows and sales still scheduled as well as carnival rides and talented performances still to come. Today is Dollar night with \$1 admission and \$1 rides. The fair's talent show is upcoming Saturday.



PHOTO: SUE LAMB

Bo Hillwig and son Dillan are excited to get their build corn at the Fair on Saturday.



PHOTO: ROB WOLFE

Youth enjoy the Scrambler ride at the Fair.



PHOTO: SUE LAMB

First time Fair participants take part in the Pee Wee Dairy Show on Saturday.



PHOTO: ROB WOLFE

Members of Sondra Hunt's Band play during a performance Saturday at the Fair.



PHOTO: SUE LAMB

A child having some fun at the Suwannee County Fair this past weekend.



PHOTO: SUE LAMB

The second day of the Fair begins Sunday.

DATE	SCHOOL LUNCH MENU	
	LAFAYETTE ELEMENTARY BREAKFAST	LAFAYETTE HIGH SCHOOL BREAKFAST
3/26 Mon.	Mini Bagels - Cinnamon Cream Cheese Assorted Cereal Diced Apples & Peppers Diced Peas & Oranges Assorted Milk	Hamburger on a Bun Lettuce, Tomato, Dill Pickles Potato Rounds Pineapple Tidbits Diced Pear & Orange Ketchup, Mustard, Mayonnaise Assorted Milk
3/27 Tues.	Manager's Choice Assorted Cereal Honey Maid Graham Crackers Appleause Bananas Assorted Milk	Beef Taco Lettuce, Tomato, Cheddar Cheese, Salsa Refried Beans Yellow Rice Diced Peppers Fresh Apples Assorted Milk
3/28 Wed.	Oatmeal Chocolate Chip Breakfast Round Assorted Cereal Bear Cinnamon Cracker Grahams Fruit Cocktail Oranges Assorted Milk	Chicken Parmesan Corn Romaine Salad Ranch Dressing Bread Sticks Apple Slices Oranges Assorted Milk
3/29 Thurs.	Aunt Jenny's Whole Grain Pancakes Syrup Cups Assorted Cereal Zebra Animal Crackers Apple Jello Fresh Blueberries Assorted Milk	French Toast Stick Syrup Cups Assorted Cereal Bear Cinnamon Cracker Fruit Cocktail Oranges Assorted Milk
3/30 Fri.	Peanut Butter & Jelly Cracker Sandwich Assorted Cereal Scooby-Doo Animal Crackers Pineapple Tidbits Seasonal Fruit Assorted Milk	Cheese and Ham Macaroni Low Sodium Beans Carrots Biscuits Appleause Seasonal Fruit Assorted Milk
Sponsored By:		Mayo Thriftway Hwy 27 - 294-1165
Lunch and Breakfast are 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.		
5226-1		

Advent Christian Village has immediate openings: LPNs & RNs at Good Samaritan Center skilled nursing facility.



Valid FL nursing license required.

To apply: Visit www.acvillage.net/jobs to download an application or visit the Personnel Office at 10680 Dowling Park Drive in Dowling Park to fill out an application. Call (386) 658-5592 to inquire about the application process.



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5 OUT OF 5 STARS
HIGHEST QUALITY RATING
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FutureNow

Continued From Page 1A

advantage.

"That ninth-grade English teacher saw something in me that I didn't let the education system do its job," Musgrove said. "The education system, this is the simple definition, I

thought it was some government program that forces you to come in and tells you what to do. No, this lady said you speak well and you write well, and today I get paid to come in to public school to speak to students."

Also during FutureNow's events, several videos are played emphasizing how students should have

a plan and know what they are good at, while also allowing them to become a part of the FutureNow group to help others know their goals and dreams.

There were also skits to show the outcome of distractions such as alcohol, drugs or premarital sex on their plans and dreams. The event also featured a band that played inspirational hits from today to inspire students to find something they are good at and learn to use it.

"Everybody has a story," Musgrove said. "I always ask people where are you from? What's your name? What are you doing? I love hearing people's stories."

He told the students that they can be what they are gifted to be. He explained how he is terrible with numbers, is not musically inclined, but he is a talker.

"I am here to tell you to let the education system here at Lafayette High School let them help you determine your skill sets and then help you develop those skill sets, you will make lots of money," he said. "You will love what you do. If you find something you love to do then it is not really work anymore."

Easter Sunrise Service

April 1st 7:00 a.m.

Simple Breakfast after the Sunrise Service in our Fellowship Hall

Sunday School at 9:30 a.m.
Morning Worship Service at 10:30 a.m.

Pleasant Grove Baptist Church
816 SW CR-351
Mayo, FL

58080-1





FAMILY FEATURES

For many, spring is an opportunity to hit refresh on many aspects of life, including what you eat. Rather than instituting a restrictive diet that forces you to cut back on your favorite snacks and dishes, consider making simple changes that can go a long way so you can enjoy the flavors of the season without sacrificing taste or eating less.

For example, Atkins offers a long-term, healthy lifestyle featuring a balanced approach of high-fiber carbohydrates, optimal protein and healthy fats, while focusing on reducing levels of refined carbohydrates, added sugars and "hidden sugars," which are the carbohydrates that convert to sugar in the body – you can't see them but your body does.

Fresh flavors abound during spring, and you can enjoy nature's bounty while avoiding hidden sugars by selecting high-fiber, low-glycemic fruits and vegetables. For example, a single avocado contains 10 grams of dietary fiber in addition to healthy fat. Consider a menu comprised of recipes like Egg-Filled Avocado with Prosciutto, Avocado Kale Berry Smoothie Bowl and Thai Peanut Buddha Bowl.

Learn more about the benefits of a balanced, flexible, low-carb approach to eating at Atkins.com.

Thai Peanut Buddha Bowl

Recipe courtesy of "Atkins: Eat Right, Not Less"

Active time: 15 minutes

Total time: 30 minutes

Servings: 4

Olive oil spray

2 skinless, boneless chicken breasts (12 ounces total)

Dressing:

1/2 cup peanut butter

3 tablespoons coconut milk

1 tablespoon fish sauce

2 teaspoons hot chili sauce

2 garlic cloves, minced

1 tablespoon minced fresh ginger

1 tablespoon sesame oil

3 tablespoons hot water

4 cups baby spinach

1 ripe Hass avocado, thinly sliced

1 medium zucchini, cut into noodle shapes

2 carrots, cut into noodle shapes

2 radishes, thinly sliced

8 sprigs cilantro

Heat oven to 400 F.

Coat small skillet with olive oil spray. Add chicken to skillet and cook 3-4 minutes, turning once or twice to brown chicken. Slide into oven and bake 6-8 minutes, until chicken is cooked through and no longer pink in center when sliced with a knife. Set aside to rest 5 minutes then shred.

To make dressing: In large bowl, mix peanut butter, coconut milk, fish sauce, chili sauce, garlic, ginger, sesame oil and hot water. Whisk well until smooth.

Divide spinach and avocado among four bowls. Top with chicken, zucchini, carrots, radishes and cilantro. Drizzle with dressing and serve immediately.

Tip: If you don't have a spiralizer, you can achieve the same effect by using a vegetable peeler to shave thin ribbons. You can also use a mandoline vegetable slicer then use a knife to cut the strips into thinner noodle-like strips.

Nutritional information per serving: 10.8 g net carbs; 427 calories; 18.1 g total carbs; 7.3 g fiber; 21.8 g protein; 30.7 g fat.

Refreshing Recipes

for a Healthier Spring

Add healthy avocado for fresh, creamy flavor

**Egg-Filled Avocado with Prosciutto**

Recipe courtesy of "Atkins: Eat Right, Not Less"

Active time: 10 minutes

Total time: 15 minutes

Servings: 4

6 ounces watercress or baby spinach

2 tablespoons balsamic vinegar

8 large eggs

4 ripe Hass avocados, halved lengthwise and pitted

olive oil spray

8 slices (about 4 ounces) prosciutto

Place the watercress or baby spinach in large bowl. Drizzle with balsamic vinegar and toss well. Divide among four small plates.

In large skillet, heat 2 inches water over medium heat until bubbles cover bottom

and sides of pan. Crack eggs into small bowl (do not use eggs with broken yolks). When a few bubbles have broken surface of water, gently pour each egg into pan, leaving room between them.

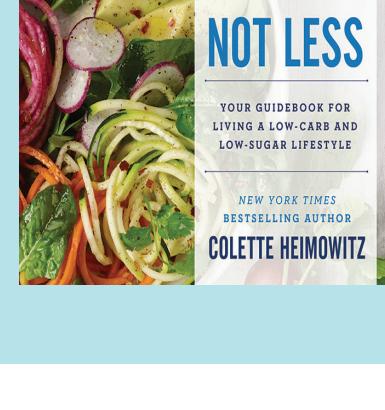
Cook eggs, without stirring, until whites are just set and yolks are still runny, 2-3 minutes. Use rubber spatula to gently release eggs from bottom of pan, if necessary. Using slotted spoon, remove eggs from water and drain on paper towels.

Place poached egg in each avocado half. Coat medium skillet with olive oil spray. Heat skillet over medium heat and add prosciutto. Cook until crispy, about 2 minutes per side. Transfer two avocado-filled egg halves to each plate and serve immediately with two slices prosciutto.

Nutritional information per serving: 4.1g net carbs; 422 calories; 16 g total carbs; 11.9 g fiber; 18.5 g protein; 34 g fat.

Live Low-Carb

Find more inspiration, tips and recipes by seeking out additional resources like "Atkins: Eat Right, Not Less: Your Guidebook for Living a Low-Carb and Low-Sugar Lifestyle." The book, filled with 100 whole-food recipes and simple solutions for living a low-carb lifestyle, contains a variety of meal plans, low-carb takes on classic comfort foods and tips for creating a low-carb kitchen. Readers can also learn about Atkins 100, a flexible and personalized low-carb lifestyle program.

**Avocado Kale Berry Smoothie Bowl**

Recipe courtesy of "Atkins: Eat Right, Not Less"

Active time: 10 minutes

Total time: 10 minutes

Servings: 2

1/3 cup plain protein powder

1 cup plain full-fat Greek yogurt

1/4 cup water

1/2 ripe Hass avocado

1 cup kale leaves

2 tablespoons chopped fresh mint

1 teaspoon stevia (sugar substitute)

1/2 cup fresh or frozen berries such as blackberries, strawberries or raspberries

2 tablespoons almond or walnut halves

2 tablespoons chia seeds

In blender, blend protein powder, yogurt, water, avocado, kale, mint and stevia until smooth then divide between two bowls.

Sprinkle berries, nuts and chia seeds over smoothies. Serve immediately.

Nutritional information per serving: 12.5 g net carbs; 356 calories; 24.2 g total carbs; 11.8 g fiber; 32.2 g protein; 15.6 g fat.

FAMILY FEATURES

This Easter holiday, hop into a new tradition and swap your classic ham for savory lamb.

Cooking lamb can be easier than many might think, especially when using a pressure cooker. You can combine aromatic herbs with white wine for a juicy leg of lamb in under an hour. Or try baking a rack of lamb crusted with a quinoa-hazelnut combination and topped with a mint pesto.

For a perfect, set-and-forget side, try slow cooker carrots, sprinkled with dill weed and lemon extract for a delightful spring dish. End the meal with festive cupcakes modeled after the Easter bunny, which can satisfy the sweet tooth of guests of all ages.

Find more Easter recipes at McCormick.com and find McCormick Spice on Facebook and Pinterest.

Bunny Butt Cupcakes

Recipe courtesy of Amanda Rettke of "I am baker"

Prep time: 45 minutes

Cook time: 20 minutes

Servings: 24

1 2-layer size white cake mix
1 tablespoon, plus 2 teaspoons, McCormick Pure Lemon Extract, divided
1 tablespoon McCormick Pure Vanilla Extract
3/4 cup white chocolate chips
2 sticks butter, softened
16 ounces confectioners' sugar
2 tablespoons milk
10 drops McCormick Green Food Color
1-2 drops McCormick Red Food Color
12 large marshmallows, halved crosswise
3 tablespoons white nonpareil sprinkles

Prepare cake mix as directed on package, adding 1 tablespoon lemon extract and vanilla. Spoon 3 tablespoons batter into 24 paper-lined muffin cups. Bake as directed on package for cupcakes. Cool cupcakes on wire rack.

To make bunny feet: In medium, microwave-safe bowl, microwave white chocolate chips on high 30 seconds. Stir until completely melted and smooth. Spoon into pastry bag or re-sealable plastic bag. Snip small corner from bag. Pipe 24 pairs of bunny feet onto parchment or wax paper-lined cookie sheet. Use toothpick to smooth out bumps or rough edges, and gently tap cookie sheet on counter to help settle. Allow to harden 2 minutes in freezer or 15 minutes in refrigerator.

To make frosting: In large bowl, beat butter and remaining lemon extract until light and fluffy. Gradually add confectioners' sugar, beating well after each addition and scraping sides and bottom of bowl frequently. Add milk; beat until light and fluffy. Remove half the frosting and place in medium bowl. Add green food color; mix until evenly blended. Spoon into pastry bag fitted with grass decorating tip. Set aside. Remove half the remaining frosting into small bowl. Add red food color; mix until light pink. Spoon into another pastry bag.

Using pink frosting, pipe three toes and padding on each bunny foot. Once frosting has set (about 1 hour) gently press down on pink frosting to create smoother look.

To assemble cupcakes: Pipe green frosting onto each cupcake in series of short motions to create individual grass spots. Cover top of each cupcake completely.

To make bunny butts: Place cut sides of marshmallow halves onto each frosted cupcake, leaving room for bunny feet. Shape remaining white frosting into dime-sized balls then roll with white sprinkles to cover. Pipe small drop of remaining pink or white frosting onto top of each marshmallow. Press bunny tail on top.

Place both bunny feet against base of marshmallow with toes facing down.



Bunny Butt Cupcakes

Easy Spring Lamb, Sides and Treats

**Lemon Dill Slow Cooker Carrots**

Prep time: 10 minutes

Cook time: 3-4 hours

Servings: 6

Nonstick cooking spray
2 pounds carrots, peeled and cut into 1/2-1-inch chunks
2 tablespoons water
1/2 teaspoon salt
2 tablespoons olive oil
2 teaspoons McCormick Dill Weed
2 teaspoons McCormick Pure Lemon Extract
2 teaspoons Dijon mustard
1 teaspoon white wine vinegar

Spray inside of 4-quart slow cooker with nonstick cooking spray. Add carrots, water and salt; toss to coat. Cover.

Cook on high 3-4 hours, or until tender.

In small bowl, mix olive oil, dill weed, lemon extract, Dijon mustard and vinegar. Stir into cooked carrots in slow cooker before serving.

Electric Pressure Cooker Lamb

Prep time: 10 minutes

Cook time: 48 minutes

Servings: 12

1 tablespoon McCormick

Garlic Powder

1 tablespoon McCormick

crushed Rosemary Leaves

2 teaspoons McCormick

Sea Salt

1 teaspoon McCormick

Thyme Leaves

1/2 teaspoon ground McCormick Black Pepper

2 tablespoons vegetable oil

1 semi-boneless leg of lamb (about 4 pounds)

1 cup Kitchen Basics Original Chicken Stock

1/2 cup dry white wine

2 medium carrots, peeled

and cut into 2-inch chunks

1 medium yellow onion, **cut into wedges**

1/4 cup water

2 tablespoons cornstarch

In small bowl, mix garlic powder, rosemary, sea salt, thyme and black pepper. Set aside.

In electric pressure cooker, heat oil on saute setting until simmering. Sprinkle half the seasoning mixture evenly over lamb. Place lamb in pressure cooker. Cook 8-10 minutes, or until browned on all sides, turning occasionally. Add stock, wine and remaining seasoning mixture to pressure cooker. Arrange carrots and onion around lamb. Close lid.

Cook 25 minutes on high pressure. Once complete, allow pressure to release naturally with vent closed 15 minutes. Vent to release remaining pressure; remove lid. Remove lamb and vegetables from pressure cooker; set aside and keep warm.

Set pressure cooker to saute. Cook, uncovered, until liquid is reduced by about half, about 5-10 minutes. In small bowl, mix water and cornstarch. Stir into pressure cooker with wire whisk. Cook, stirring occasionally, 1-2 minutes, or until thickened. Serve lamb and vegetables with gravy.

Rack of Lamb with Quinoa-Hazelnut Crust and Mint Pesto

Prep time: 20 minutes

Cook time: 40 minutes

Servings: 6

2 tablespoons red quinoa

2 tablespoons white quinoa

1/2 cup water

1/4 cup, plus 1 tablespoon, finely chopped toasted hazelnuts, divided

2 racks of lamb, about 1 pound each

3 tablespoons olive oil, divided

1 1/8 teaspoons McCormick Gourmet Sicilian Sea Salt, divided

1/4 teaspoon McCormick Gourmet Organic Black Pepper

2 teaspoons lemon juice

2 tablespoons McCormick Gourmet Organic Mint

1/8 teaspoon McCormick Gourmet Organic Garlic Powder

1 cup plain Greek yogurt

to low; cover and simmer 13 minutes, or until liquid is absorbed, stirring occasionally. Spread cooked quinoa on baking sheet to cool. Stir in 1/4 cup hazelnuts. Set aside.

Heat oven to 450 F. Brush racks of lamb lightly with 1 teaspoon oil. Sprinkle with 1 teaspoon sea salt and pepper. Coat lamb with quinoa mixture, pressing firmly to adhere. Place lamb on roasting rack in foil-lined, shallow

roasting pan. Drizzle with 2 teaspoons oil.

Roast 20-25 minutes, or until desired doneness.

To make Mint Pesto: In small bowl, mix remaining oil, remaining hazelnuts, lemon juice, mint, garlic powder and remaining sea salt until well blended. Stir 1 teaspoon pesto into yogurt.

To serve: Carve lamb into chops. Drizzle with remaining pesto. Serve with yogurt sauce.



Rack of Lamb with Quinoa-Hazelnut Crust and Mint Pesto

Legends Show planned for April 6-7

LIVE OAK — By popular demand, Ted McMullen's Legends' Show and pre-party will be held April 6-7 at the Spirit of the Suwannee Music Park.

The show features artists who pay tribute to country artists from various years. Tickets are on sale now through noon April 6 at SOSMP by stopping by, calling 386-364-1683 or emailing spirit@musicliveshere.com.

Featured April 7 will be Ted "TeddyMac Elvis" McMullen as Elvis in the closing act with Keith Thrift as Conway Twitty, Dale Bennett as Loretta Lynn, Penny Hannah as Wynonna Judd, Calvin Smart as Johnny Cash, Leamon Nipper as Merle Haggard, Texanna as Patsy Cline, Diane Johnston as Lorrie Morgan, Bobby Long as Willie Nelson, Trese Hill as Tammy Wynette, Kathy Stafford as Shania Twain and Karen Black as Karen Carpenter.

The Legends Shows have themselves become legends among fans of old and new country artists, Elvis and other genres of music. The event features tributes to

some of the great country artists. The tribute artists are from all across North Florida and Georgia including Brunswick and Lake Park, Ga., Jacksonville, Live Oak, Lake City and other Florida cities. The artists are normal people, many who never sang until later in life when they found their voice and calling. Each tribute artist has won over audiences and developed a fan following for these special evenings at the SOSMP and other venues.

Friday evening is the pre-party when artists just have fun, sing, interact with the audience and the dance floor is open. Saturday is the big show with glitter and glam, special stage setup and a special Elvis tribute by Ted "TeddyMac Elvis" McMullen.

Tickets available at the door are \$11 per person each night or purchase in advance for \$17 for both nights until noon April 6 at the SOSMP.

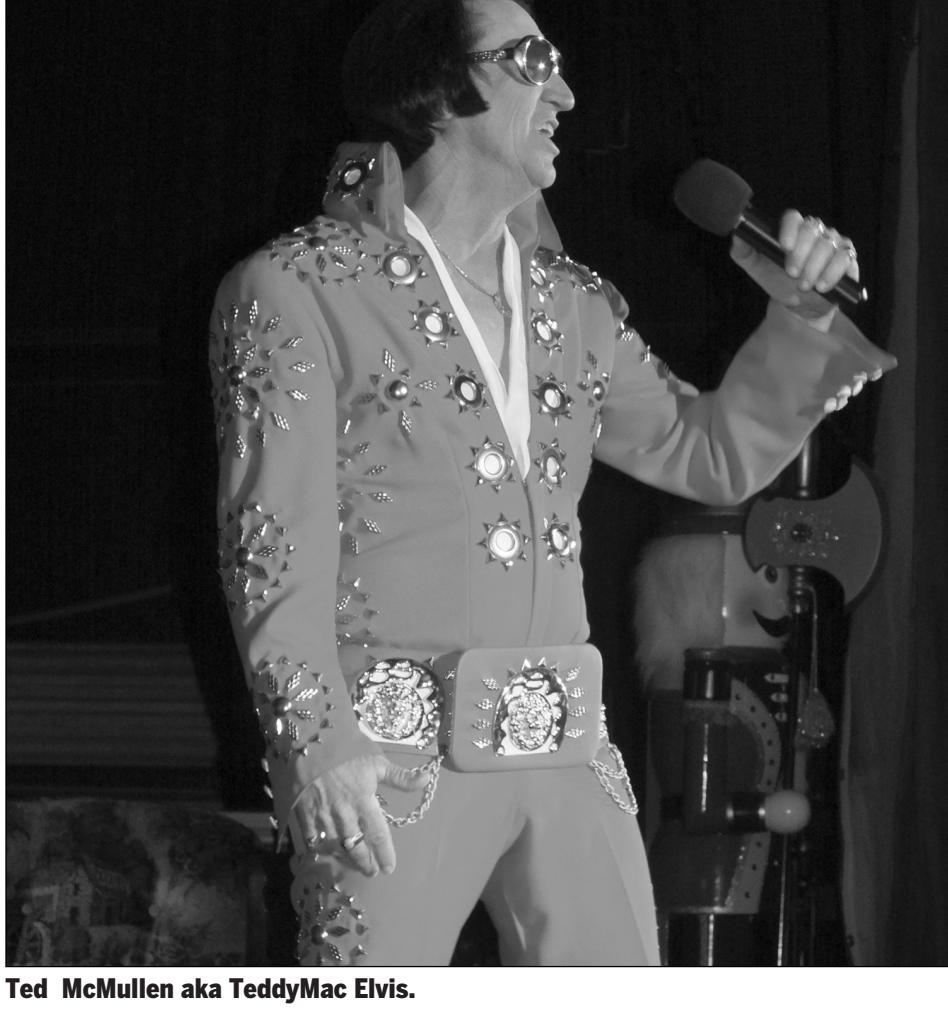
Doors to the Music Hall open at 5 p.m. both nights, Legends pre-party Friday night 7-10 p.m., Saturday Legends' show is 6-10 p.m.



Diane Johnston performs as Lorrie Morgan.



Karen Black will perform as Karen Carpenter.



Ted McMullen aka TeddyMac Elvis.

Suwannee Spring Reunion returns this weekend

LIVE OAK — The second Suwannee Spring Reunion returns this weekend to its home at the Spirit of the Suwannee Music Park for four days of Americana/bluegrass/string music, fun and family.

This spring event returns with the 60th annual Grammy awards Best Bluegrass Album winner The Infamous Stringdusters, David Bromberg Quintet, Donna The Buffalo, Larry Keel Experience, Dar Williams, Billy Strings, Amy Helm, former Grammy winner Jim Lauderdale, Verlon Thompson, Shawn Camp, The Grass Is Dead, Rev. Jeff Mosier and Biscuit Tragedy, Jon Stickley Trio, Front Country, Roy Book Binder, Grayson Capps, Ralph Roddenberry, Grandpa's Cough Medicine, Nikki Talley, Quartermoon, Sloppy Joe, Big Cosmo, Suwannee Spirit Kids and Tania & Magic Moon Traveling Circus.

Most of the artists bring with them storied histories of Suwannee performances.

Matching the history on the stage, long-time festival creators Beth Judy and Randy Judy are again partnering with the Spirit of the Suwannee to write this next episode for this new legend.

The Spring Reunion is intended to be a laid back music festival where those in attendance may sit under a barn of antique tractor equipment and play their banjo, fiddle, guitar and other instruments with nationally known artists as they learn techniques these traveling artists gladly share.

There will also be events going on for children. Tania & The Magic Moon Traveling Circus will lead the Kid's Tent with music and activities, Rhonda Bell will lead daily yoga each morning at 9 a.m. Folks may also experience the Music Park's other many attractions including disc golf, the bat house, miles of hiking

and biking trails and the chance to venture 'Way Down Upon The Suwannee River.'

For those who love shopping, there will be loads of vendors with unique articles, clothing, musical instruments and much, much more. When you leave the shopping area, wander over to the Amphitheater, Uncle Charles' Porch Stage, the Music Farmers Stage in the barn or the Music Hall where hands-on and performance workshops will be held with a variety of artists bringing wonderful entertainment. Suwannee Spring Reunion attendees will also enjoy music in the campground with jamming at Slopypoland and the Bill Monroe Shrine as well as camp pickin' parties throughout the weekend.

Tickets are still on sale online at www.suwanneespringreunion.com or at www.musicliveshere.com. Tickets may also be purchased at the gate.



PHOTO: SOSMP
Festival goers enjoyed the inaugural Suwannee Spring Reunion last year.

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One-bedroom and Efficiency Apartments for Age 62+ and Those with Mobility Impairments. Modern Kitchens, Monitored Fire/Emergency Alarm, Walk to Activities and Meals, Small Pet Friendly, Beautiful Grounds, An Array of Amenities & Services

Community Calendar



Community Calendar MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11 <small>Daylight Saving Time Begins</small>	12	13	14	15	16	17 <small>St. Patrick's Day</small>
18	19	20 <small>Spring Begins</small>	21	22	23	24
25 <small>Palm Sunday</small>	26	27	28	29	30 <small>Passover Begins at Sundown</small>	31

Share Your Blanche Stories

We are looking for people to share their or their family stories and pictures about the Blanche Hotel. We hope to include former employees, guests, event attendees and businesses that were located in the Blanche Building. The interviews will be videotaped and the photos scanned. All participants will receive a free e-book version of the book, "The Blanche A History" when it is published in the fall. Check out our website: <http://TheBlancheAHistory.websand-blogsforwriters.com> to scheduled a time at the Columbia Co. Public Library on Mon. or Tues. from 6 p.m. to 8 p.m. in March or April.

March 22

Cooking Demo

Noon-1 p.m.

Cooking Demo by Bonnie Box, Suwannee County Extension Office. Sample mango salsa and learn about smart snacking options. Bonnie will share recipes that are low-cost, healthy, easy, and tasty.

Suwannee River Regional Library

386-362-2317

March 24

Yard/Bake Sale

Spirit of Christ Lutheran Church will be hosting a yard and bake sale on Saturday, March 24 from 8 a.m. until noon. The church is located at 145 SW Sweetbreeze Drive in Lake City. Take U.S. 90 West past Harvey's Supermarket. For more information, call 386-752-3807.

March 24

Church-wide yard sale

The Suwannee Station Baptist Church will be hosting a church-wide yard sale on March 24 between 7 a.m. until 2 p.m. The yard sale includes items from over 20 families. The church is located at 3289 101st Ln. in Live Oak.

March 24

CPR & First Aid Class

9 a.m.-3 p.m.

Free class taught by Suwannee Fire Rescue. Space is limited. Please pre-register.

Suwannee River Regional Library

386-362-2317

March 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.

March 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

March 30, 31 & April 1

Revival Services

Peace Baptist Church will be hosting its revival services on March 30, 31 and April 1. The Evangelist will be Bro. Jack Yarbrough. The church is located at 7794 S. U.S. Hwy. 27 in Branford. Services on March 30 and 31 begin at 6:30 p.m., on April 1, services begin at 10:30 a.m. For more information, call 386-935-4681.

March 31

Easter for Kids

Grace Evangelical Lutheran Church will be hosting an Easter for Kids celebration that includes bible stories, singing, crafts and more on March 31. The celebration will last from 10-11:30 a.m. Grace Evangelical Lutheran Church is located at 9989 CR 136 in Live Oak.

April 1

Easter Celebration

Christ Central in Suwannee County announces the start of two Sunday morning services on April 1. Their two Sunday morning services are a permanent addition, with the times being at 9 a.m. and 11 a.m. They invite the community to join them for their Easter celebration. The church is located at 15445 U.S. Hwy 129 in McAlpin. For more information, call 396-208-1345, ccmlo.org or on Facebook.

April 1

Easter Sunrise Service

Branford Area Inter Church Ministries will be hosting a continental breakfast at 7:30 a.m. at Hatch Park in the community building, following the Sunrise Service.

The community is invited to attend, however guests are asked to dine in.

April 1

Easter Breakfast

Grace Evangelical Lutheran Church will be hosting an Easter breakfast on April 1, beginning at 8:30 a.m. In addition to the breakfast, bible study and Sunday school will be held at 9:30 a.m., and Sunday worship will be held at 10:30 a.m.

The church is located at 9989 CR 136 in Live Oak.

April 4

Francis Gary Powers, Jr. Presentation and Book Signing

6 p.m.

Francis Gary Power, Jr., international lecturer on the Cold War and son of Francis Gary Powers, the U2 pilot shot down over Russia in 1960, will speak on the spy plane incident. He recently published a book Letters from a Soviet Prison: the personal journal and correspondence of CIA U-2 pilot Francis Gary Powers. Copies of this book will be available for purchase and signing.

Suwannee River Regional Library

386-362-2317

April 7

Spring Fling, yard and bake sale

The Live Oak Garden Club will be hosting a spring fling on April 7 from 8 a.m. until noon. The spring fling will be held at their clubhouse

between Shands Hospital and the Coliseum. In addition to the plant sale, there will be a yard and bake sale with plant and craft vendors. A "Hibachi Highway" food truck will be present so guests may buy a snack or stay for lunch.

April 10

"Iron Sharpens Iron" event

The all-men's event, "Iron Sharpens Iron," Proverbs 27:17 will be held on April 10, with former FSU coach Bobby Bowden sharing a word to the men and boys of how God can change your life in many ways. Doors open at 6 p.m. A love offering will be received. The event is free to attend. For more information, contact the Live Oak Church of God.

April 14

Alligator Lake Spring Festival

The Alligator Lake Spring Festival will be held Saturday, April 14 at Alligator Lake Park in Lake City from 10 a.m. until 3 p.m. Enjoy a free community festival celebrating nature. Bird walks led by experts start at 8 a.m. on the Florida Birding Trail. Walking workshops highlight butterflies, native plants and bird habitats.

Featuring a Full Flight Raptor Program, with live owls, falcons and hawks by Accipiter Enterprises™. Vendors and exhibitors offer nature and garden related items, and native plants. Many free activities will be offered for children, music, food and drinks will be available. www.fourriver-saudubon.org

April 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.

April 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.

April 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 Coody at (850) 973-1639.

April 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.

July 4

Talent and vendors needed

The Fourth of July committee in Branford is in need of volunteers and vendors for the Fourth of July celebration this year. Those interested may call Peggy at 386-365-3700, or search the Facebook page at Branford Florida River Reunion.

Monthly Meetings

Men's Community-wide

Church Fellowship and Supper

The Live Oak Church of God invites the community to join them for their dinner on the third Monday night of each month for their Men's Community Wide Church Fellowship and Supper at 7 p.m. Each month, there will be a guest speaker.

For more information, call Johnnie Philman Men's Ministry at 386-842-5494 or Pastor Wes Tanksley at 386-362-2483.

History of Suwannee County

Presented by County Historian Eric Musgrave Jo Kennon Public Library 10655 Dowling Park Dr.

Live Oak, FL 32064

1st Thursday of the month, 10 a.m.-12 p.m.

386-658-2670

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.fennell@windstream.net.

Seed Library and Gardening Workshop

Presented by Master Gardener Rhonda Lepper Jo Kennon Public Library

10655 Dowling Park Dr.

Live Oak, FL 32064

1st Thursday of the month, 10 a.m.-12 p.m.

386-658-2670

Recipe Swap

Jo Kennon Public Library

10655 Dowling Park Dr.

Live Oak, FL 32064

2nd Thursday of the month, 1-2 p.m.

Bring in a favorite recipe or dish, meet other foodies and exchange ideas. Call 386-658-2670 for featured recipe of the month.

Florida Native Plant Society

The Sparkleberry Chapter meets on the second Tuesday of the month at Hatch Park Community Center, 403 S.E. Craven Street in Branford, presenting a variety of educational programs concerning our Florida native plants, the birds, bees and other wildlife that visit our plants, their place in our landscapes, and the contributions they make to our Florida environment. Meetings are always open to the public. More at www.sparkleberry.fnpsschapters.org or call 407-319-2488 or 386-364-9309.

Rock Painting

Jo Kennon Public Library

10655 Dowling Park Dr.

Live Oak, FL 32064

3rd Tuesday of the month, 6-7 p.m.

Paint rocks and visit with other rock star artists.

All supplies are provided.

Community Calendar

Continued from Page 10A

cake 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 tacabeekeepers@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, Live Oak. Contact Sherri 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 386-397-2316.

*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 Beccnel (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 Brittny 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 resalable items for the thrift store located at 217 W. Howard St. downtown. For more information, contact 386-364-1006 or 407-

748-0396.

The Arc North Florida

Recycle with us

We recycle cardboard, name brand ink cartridges, laser toners, working cell phones w/charger, digital cameras, GPS, MP3, and laptops.

386-362-7143 ext. 0

Book Club for Adults

Suwannee River Regional Library

1848 Ohio Ave. S, Live Oak

Meets 4th Wednesday of the month at 2 p.m.

Join us to discuss our latest read!

386-362-2317

Lunch & Learn – History of Suwannee County

Presented by County Historian, Eric Musgrave

Suwannee River Regional Library

1848 Ohio Ave. S, Live Oak

Meets 2nd Thursday of each month from 12-1 p.m.

Bring your lunch & learn about our historic county!

386-362-2317

Weekly Meetings**Savvy Caregiver Training at Jo Kennon Library**

Jo Kennon Public Library

10655 Dowling Park Dr.

Live Oak, FL 32064

Are you caring for someone with dementia?

Become a Savvy Caregiver! This training is

presented by Elder Options and is designed

for caregivers who assist persons with dementia and Alzheimer's. Join them for these free

classes each Tuesday, 1-3 p.m. for seven weeks, February 6-March 20. To register,

please call Johnnie Jones III at 352-692-5277.

386-658-2670

Savvy Caregiver Training at Suwannee Regional Library

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).

Training begins Wednesday, March 7. It will be

held at the Suwannee River Regional Library, 1848 S. Ohio Ave., in Live Oak. Sessions are

from 10 a.m. until noon. Space is limited to the first 15 who register.

For information, or to register contact Johnnie

Jones III at 352-692-5277 or by email at

jones@agingresources.org. Pre-registration is

required.</p

Nation

Doctors get rich from controversial drug maker as patients become addicts



BY MEGAN LUTHER, JILL RIEPPENHOFF
AND LEE ZURIK
Raycom News Network

Editor's Note

This is the last of three-part series on ways doctors, regulators and drug companies contribute to the nation's opioid addiction epidemic.

MOBILE, Ala. — Tamisan Witherspoon lost her marriage, her home and her health while two Alabama pain doctors amassed a fortune at her expense.

The suburban soccer mom turned couch-potato addict — who overdosed weekly from opioids — blames Drs. John P. Couch and his partner Xiulu Ruan for her prescription pill hell.

Public records show the doctors bought luxury cars and lived the good life on the backs of Witherspoon and other patients by prescribing the powerful painkiller Subsys in return for kickbacks from the company that makes the drug.

Witherspoon is one of the lucky patients. She survived her addiction to Subsys, a spray form of the opioid fentanyl that's 100 times stronger than morphine and intended for cancer patients.

As many as 240 other Couch and Ruan patients died, according to the Drug Enforcement Agency. Both doctors are currently serving federal prison terms for illegal drug prescribing conduct.

Witherspoon says she has never had cancer and should not have been treated with Subsys.

"The only reason I was ... so somebody could get paid and get rich," she said. "That's it. It was not because I needed it. I did what they told me. And became an addict."

Her somber story of addiction illustrates the consequences of pharmaceutical companies courting doctors willing to prescribe opioids in exchange for dollars for consulting fees, meals and travel.

In the opioid crisis gripping the nation, Subsys is small fish. Fewer than .02 percent of the 52 million opioid patients were prescribed the drug in 2015, public drug records show.

But the drug's maker, Arizona-based Insys Therapeutics, has attracted scrutiny for its marketing tactics and legal troubles involving payments to medical providers who prescribe Subsys.

John Kapoor, the founder and then chairman of Insys, was arrested last year on federal charges, including racketeering and conspiracy to violate the anti-kickback law — which is designed to protect patients and health care programs from the corrupting influence of money.

But some prescribers of Subsys who accepted Insys payments have not faced similar fates and still practice medicine.

Katie Kozlara, spokeswoman for the trade group Pharmaceutical Research and Manufacturers of America, defended ethical collaboration between drug companies and doctors. She said it "not only helps advance patient care, but is essential in the development of new treatments and diagnostics."

Marketing dangerous drugs

Of the top 20 recipients of Insys payments from 2013 to 2016, all but two have active medical licenses in their state, according Raycom Media's analysis of public pharmaceutical payment data.

Pharmaceutical companies seeking to market their drugs spend billions of dol-



JON TURNIPSEED | RAYCOM MEDIA

Tamisan Witherspoon, 40, reflects on the year she lost when she was addicted to opioids prescribed to her by a doctor.

lars in payments to doctors for consulting, promotional speaking, meals and research. The companies are required to report the payments to the federal government.

The federal data shows Insys, a specialty drug company, isn't even among the top 50 companies that paid doctors. But an expert familiar with bad behavior by pharmaceutical companies says Insys took doctor payments to a new level.

"Insys really sort of set a new bar for sliminess ... flat-out bribing doctors to prescribe the most dangerous class of opioid on the market," said Andrew Kolodny, co-director of the Opioid Policy Research Collaborative at Brandeis University.

Over a four-year period, Insys paid \$18.7 million to more than 13,000 doctors for food, consulting fees and travel, federal records show.

When the Food and Drug Administration approved Subsys in 2012, it stated that Insys could only market the drug for cancer patients already on painkillers. But doctors can prescribe the drug to other patients in spite of the FDA recommendation.

Half of the Insys payments went to physicians specializing in cancer or pain treatment. The rest of the payments — worth \$7.6 million — went to doctors such as psychologists, sports medicine physicians and a marriage therapist.

Dr. Todd Schifstein of New York is one of the paid medical practitioners who specializes in sports medicine. But while Insys was buying him more than a \$100,000 in meals, travel and consulting fees, Schifstein was tweeting about Botox and lip fillers to promote his medical spa business.

His partner, Dr. Jeffrey L. Goldstein, was one of Insys' top recipients in 2014, receiving \$122,000 that year. Government filings listed Goldstein as a doctor in emergency medicine. His bio promoted his "holistic" approach to care and "love for athletics and anti-aging medicine."

Together, Goldstein and Schifstein were paid more than \$360,000 by Insys from 2013 to 2015. During that time, the two doctors also prescribed \$5.5 million worth of the opioid Subsys to Medicare patients. Both still have active licenses. Schifstein was placed on a three-year probation by the NY Medical Board for misprescribing controlled substances.

Goldstein and Schifstein did not return a request for comment.

Dr. Ed Lubin, of Florida, who specializes in pain treatment, received \$160,000 from Insys during a four-year period. According to Medicare Part D data, Lubin wrote the third highest number of Subsys prescriptions in the country from 2013 to 2015. His license is still active.

In 2016, Lubin changed clinics and said in an email that his compensation was in exchange for lectures he gave to fellow medical professionals.

"At no time did I advocate, either in my lectures or in discussion with colleagues for the use of Subsys for any condition other than cancer pain," he said.

Lubin didn't answer when he was asked if he prescribed Subsys to non-cancer patients. After this story was originally posted, Lubin emailed to state that he did take the required FDA training for prescribing Subsys.

From Tylenol to Subsys

Arkansas pain doctor Mahmood Ahmad signed onto Insys' speaker program and quickly became one of the top Subsys prescribers in the country, according to a federal lawsuit filed against him and the drug maker by one of his former patients.

Between 2014 and 2015, Ahmad wrote 1,450 Subsys prescriptions and collected

more than \$150,000 in payments. The year before, Ahmad prescribed Subsys only 50 times, court records say.

Cheryl Hartsfield began seeing Ahmad in 2011 after a referral from another doctor. Years of lifting and hauling crates of soda as a sales representative for a beverage company had taken its toll on her joints. She was in constant pain.

Ahmad successfully treated her pain with hydrocodone and Tylenol, said her attorney Tab Turner. But in 2014, he added Subsys to her prescriptions in increasing doses even though her condition had not changed.

By the end of 2015, Hartsfield, then severely addicted, ended up in the hospital suffering from extreme withdrawal symptoms because her Subsys had run out. She entered rehab, but by then, her life was forever damaged.

"It basically fried her brain," said Turner, who has sued Ahmad, Insys and others. "Her mother cares for her now."

Hartsfield wasn't told about the addictive nature of the drug, that it was meant only for cancer patients or that doctors were being paid by the drug maker to prescribe it, Turner said.

"These patients were not informed about

the doctors' offices to confirm to insurers that patients receiving Subsys had cancer.

Insurance companies tend not cover Subsys, which is expensive, unless it is prescribed for cancer treatment, meaning patients like Witherspoon, who did not have cancer, should have been excluded.

Witherspoon said she spent nearly every day of 2014 on a couch, unable to function and at times unable to wake up. She estimates her family called 911 weekly to have medics revive her.

"My kids were always thinking I was dead," she said.

Her two youngest daughters were just 11 and 16 at the time. Her oldest daughter was married but lived nearby in Mobile.

"I never used drugs until then," Witherspoon said. "I was a church woman, this woman of God. I was a booster mom, a PTA mom."

The addiction strained her marriage. When her husband hid her drugs, she would ransack the house, tossing clothes from every closet and drawer, until she found them.

When he took her drugs to work with him, she'd storm in and cause a scene.

"He gave me a lot of opportunities and



COURTESY OF THE U.S. DRUG ENFORCEMENT AGENCY

Subsys is a fentanyl spray applied under the tongue. It was approved for cancer patients.

anything, including the profits," Turner said. "These guys were drug dealers disguised as doctors."

Ahmad is believed to be living overseas and could not be reached for comment.

Tamisan Witherspoon, the Alabama soccer mom, didn't know Subsys' back story.

In 2013, during a hernia operation, a surgeon accidentally clamped a nerve to her stomach, leaving her in extreme pain. Rather than operate on the 40-year-old mother again to fix the clamp, the surgeon referred her to Dr. Couch at the Physicians Pain Specialists of Alabama.

On her first day at the clinic, she saw a nurse practitioner and left with prescriptions for a muscle relaxer, Oxycodone and Subsys.

She never met with Couch that day — or any other day during her year of treatment. In fact, she couldn't even pick him out in court when she testified at his criminal trial for running a pill mill.

Within a week of that first appointment, Witherspoon knew she had become addicted to Subsys.

"It takes you so far down," she said. "It's a horrific drug to be addicted to."

Each Monday, she went to the clinic to get her weekly supply of Subsys — and four other prescriptions. All were filled at a pharmacy the doctors owned.

Witherspoon didn't pay for the Subsys. But her insurance company did — to the tune of \$3,000 every week for a year.

Court records said Insys concocted a scheme to deceive insurance companies, including Medicare, about patient conditions, setting up a call center that pretended to be

a lot of chances," Witherspoon said. "I would just be irate, screaming and hollering."

They eventually divorced.

The week of Thanksgiving that year, Witherspoon arrived at her appointment to find her nurse going in and out of consciousness. Her speech was slurred. Witherspoon recognized the behavior and realized her nurse was also an addict.

She left the appointment with 12 prescriptions for an array of opioids and a new-found determination to get clean. Within 36 hours, she boarded a plane to a rehabilitation center in Wilmington, N.C.

Upon her return to Alabama six weeks later, she began to build her new life. When she broke an ankle that required surgically inserted screws, she refused the painkillers the doctors offered.

"I don't want to take any pain medicines ever again," she told them.

Her doctor, Couch, and his partner Ruan, were sentenced last year to 20 years and 21 years in federal prison, respectively, for illegally prescribing opioids. The government also seized their homes, exotic cars, investment accounts and even their children's college funds to recoup \$32 million in court-ordered restitution.

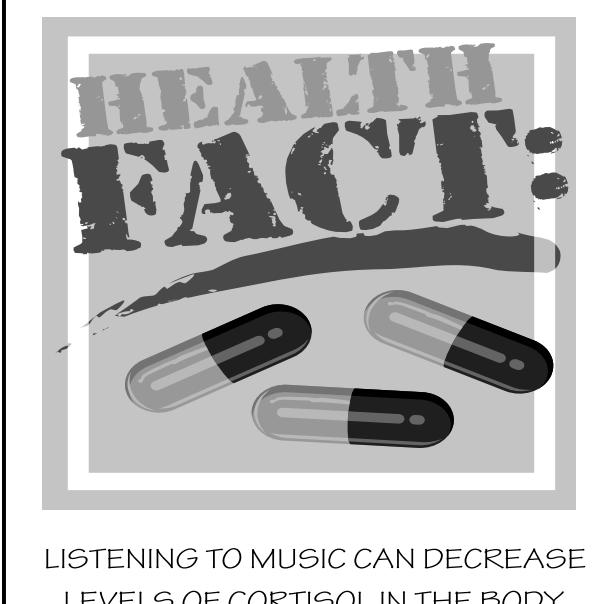
Stephen Azzam, who oversaw the DEA's investigation, called the doctors "two pieces of garbage. They've harmed a lot of people. They abused their privilege and their power."

Investigative producer Tom Wright and News Content Specialist Erin Snodgrass contributed to this report.



WITHERSPOON FAMILY PHOTO

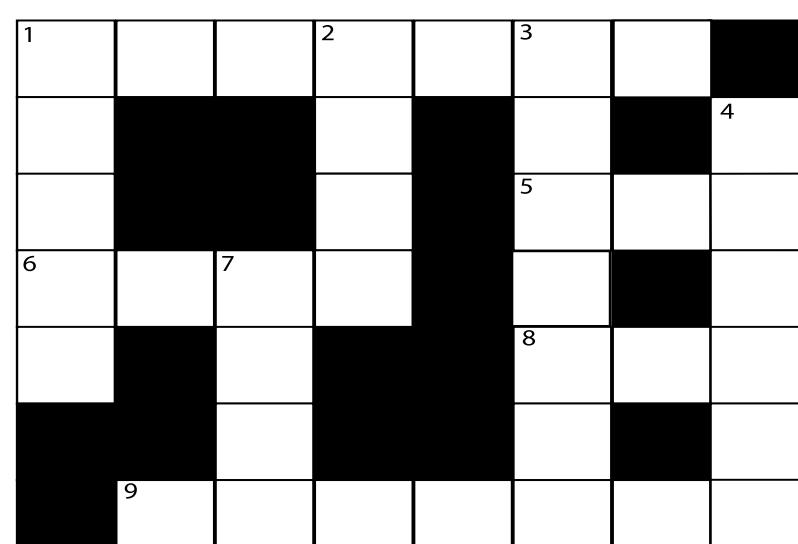
Tamisan, left, and Lavitria Solis pose for a selfie photo. Solis is the sponsor who helps Tamisan stay clean.



LISTENING TO MUSIC CAN DECREASE LEVELS OF CORTISOL IN THE BODY, WHICH CAN HELP REDUCE WHAT?

ANSWER: STRESS

Crossword Puzzle



ACROSS

- 1. Musical pieces
- 5. Small child
- 6. Way out
- 8. Stiff bristle on many grasses
- 9. Virtuoso solo

DOWN

- 1. Pitches in music
- 2. Rhythmical sound
- 3. Teach again
- 4. A verse
- 7. Thought or suggestion

1. Notes 2. Beat 3. Rerain 4. Stanza 7. Idea
Down
1. Numbers 5. Tot 6. Exit 8. Awn 9. Cadenza

Answers:
Across
Answers:

THIS DAY IN...



HISTORY

- 1602: THE DUTCH EAST INDIA COMPANY IS ESTABLISHED. IT BECOMES ONE OF THE MOST POWERFUL COMPANIES IN THE HISTORY OF THE WORLD.
- 1852: "UNCLE TOM'S CABIN," BY HARRIET BEECHER STOWE, IS PUBLISHED.
- 1985: LIBBY RIDDLES BECOMES THE FIRST WOMAN TO WIN THE IDITAROD.



TEMPO

speed at which music should be played



ENGLISH: Instrument

SPANISH: Instrumento

ITALIAN: Strumento

FRENCH: Instrument

GERMAN: Instrument



JOHN C. KOSS, A MILWAUKEE JAZZ MUSICIAN, INVENTED THE FIRST STEREO HEADPHONES IN 1958. HE DID THIS SO LISTENERS COULD ENJOY LISTENING TO LPs AT HOME.



Can you guess what the bigger picture is?

ANSWER: VIOLIN

HOW TO PROMOTE HEALTHY KIDNEYS

Staying hydrated while avoiding overhydration is one way for men and women to protect their kidneys.

Kidney disease is a widespread issue made all the more disconcerting by the fact that many people are unaware they have it. According to the National Kidney Foundation, 26 million American adults have kidney disease, and most don't know it.

Healthy kidneys are something many people take for granted. But those who want to do everything they can to keep their kidneys healthy can consider the following tips, courtesy of the Cleveland Clinic.

- Stay hydrated, but avoid over-hydration. Many people are familiar with the benefits of drinking water each day, and adequate hydration definitely promotes healthy kidneys. But over-hydrating has not been proven to enhance kidney function. The Cleveland Clinic recommends adults drink between four and six glasses of water per day.

- Exercise. Regular exercise benefits various parts of the human body, including the kidneys. High blood pressure and diabetes are two of the biggest risk factors for kidney disease, and regular exercise can reduce a person's risk of both conditions. However, overexertion can strain the kidneys, so adults who exercise, especially novices who need to improve



Staying hydrated while avoiding overhydration is one way for men and women to protect their kidneys.

their conditioning, should avoid going too hard at the gym.

- Speak with a physician before taking vitamin supplements or herbal remedies. Vitamin supplements and herbal remedies have become very popular in the 21st century, but excessive supplementation can harm the kidneys. Discuss any supplements or herbs with a physician before taking them.

- Quit smoking. Just as exercise benefits the body in myriad ways, smoking harms the body in myriad ways. Smoking decreases the blood flow in the kidneys, decreasing their ability to function at optimal capacity. Smoking also increases a person's risk of high blood pressure and cancer of the kidneys.

- Eat healthy. A healthy diet decreases a person's risk for high blood pressure and diabetes. Adhering to a healthy diet and controlling portion sizes can help control weight and blood pressure and contribute to healthy kidneys as well.

- Get screened. Adults who have been diagnosed with high blood pressure or diabetes should make sure their physicians screen for kidney dysfunction during routine appointments.

Learn more about kidney disease at www.kidney.org.

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Your Right
to Know

Lafayette County
Courthouse

Legals

**IN THE CIRCUIT CIVIL COURT
OF THE THIRD JUDICIAL CIRCUIT
OF LAFAYETTE COUNTY, IN AND FOR
LAFAYETTE COUNTY, FLORIDA
CIVIL DIVISION**

CASE NO. 17000076CAAXMX

WILMINGTON TRUST, NA, SUC-
CESSOR TRUSTEE TO CITIBANK,
N.A., AS TRUSTEE PB/O HOLD-
ERS OF STRUCTURED ASSET
MORTGAGE INVESTMENTS II
INC., BEAR STEARNS ALT-A
TRUST 2006-5, MORTGAGE PASS-
THROUGH CERTIFICATES, SERIES
2006-5,
Plaintiff,

vs.

CLARENCE CHESNUTT,
JACKQUINE CHESNUTT, U.S.
BANK NATIONAL ASSOCIATION,
AS TRUSTEE, SUCCESSOR IN
INTEREST TO BANK OF AMER-
ICA, NATIONAL ASSOCIATION,
AS SUCCESSOR BY MERGER
TO LASALLE BANK NATIONAL
ASSOCIATION, AS TRUSTEE
FOR CERTIFICATEHOLDERS
TO LASALLE BANK NATIONAL
ASSOCIATION, AS TRUSTEE FOR
CERTIFICATEHOLDERS OF BEAR
STEARNS MORTGAGE FUNDING
TRUST 2006-SLI, MORTGAGE
BACKED-CERTIFICATES, SERIES
206-SLI, AND UNKNOWN TEN-
ANTS/OWNERS,
Defendants.

NOTICE OF SALE

Notice is hereby given, pursuant to Final Judgment of Foreclosure for Plaintiff entered in this cause on March 5, 2018, in the Circuit Court of Lafayette County, Florida, Steve Land, Clerk of the Circuit Court, will sell the property situated in Lafayette County, Florida described as:

LOT 11 AND 12, SUWANNEE HIGH-LANDS SUBDIVISION, ACCORDING TO THE MAP OR PLAT THEREOF AS RECORDED IN PLAT BOOK A, PAGE 25, OF THE PUBLIC RECORDS OF LAFAYETTE COUNTY, FLORIDA.

and commonly known as: 118 NE SUWANNEE TRAIL, MAYO, FL 32066; including the building, appurtenances, and fixtures located therein, at public

Legals

sale, to the highest and best bidder, for cash, on the front steps of the Lafayette County Courthouse, on April 20, 2018 at 11:00 A.M.

Any persons claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the lis pendens must file a claim within 60 days after the sale.

Dated this 5th day of March, 2018.

(Court Seal) Clerk of the Circuit Court
Steve Land

By: /s/ Hannah Owens
Deputy Clerk

03/15, 03/22/2018

**IN THE CIRCUIT COURT, THIRD
JUDICIAL CIRCUIT, IN AND FOR
LAFAYETTE COUNTY, FLORIDA.**

CIVIL ACTION NO. 2013-138-CA

FORECLOSURE AND OTHER RELIEF

LAFAYETTE STATE BANK

Post Office Box 108
Mayo, Florida 32066

Plaintiff,

EVA BOLTON, as Personal Repre-
sentative of the Estate of HARRY
FLOYD KOON

226 SE Russell Drive
Mayo, Florida 32066;

UNITED STATES OF AMERICA,
DEPARTMENT OF THE TREASURY,
INTERNAL REVENUE SERVICE

111 North Adams Street, Fourth

Floor
Tallahassee, Florida 32301;

unknown tenants; and other un-
known parties in possession, in-
cluding the unknown spouse of
any person in possession of the
property, and if a named Defendant
is deceased, the surviving spouse,
heirs, devisees, grantees, credi-
tors, and all other parties claiming
by, through, under or against that
Defendant, and all claimants, per-
sons or parties, natural or corpo-
rate, or whose exact legal status is
unknown, claiming under any of the
named or described Defendants,

Defendants.

THIRD AMENDED NOTICE OF

Legals

**JUDICIAL SALE PURSUANT
TO SECTION 45.031(1)
FLORIDA STATUTES**

TO WHOM IT MAY CONCERN:

NOTICE IS HEREBY GIVEN that pursuant to the Final Summary Judgment of Foreclosure entered on February 7, 2017, as amended by Order Granting Plaintiff's Motion to Amend Final Summary Judgment of Foreclosure and Reschedule Judicial Sale entered on March 5, 2018, in the above styled action I, Steve Land, Clerk of the Court, will sell at public sale the following described real property:

The West Half (W 1/2) of the Northwest Quarter (NW 1/4) of Section 22, Township 5 South, Range 12 East, Lafayette County, Florida, Less and Except existing road right of way.

AND ALSO:

The East Half (E 1/2) of the Northeast Quarter (NE 1/4), less and except the West 23 acres of the Northeast Quarter (NE 1/4) of the Northeast Quarter (NE 1/4) as recorded in O.R. Book 42, Page 440, Public Records of Lafayette County, Florida, of Section 21, Township 5 South, Range 12 East, Lafayette County, Florida.

AND ALSO:

The SE 1/4 of the NW 1/4; the SW 1/4 of the NE 1/4; and the N 1/2 of the SE 1/4, all of Section 21, Township 5 South, Range 12 East, Lafayette County, Florida.

The sale will be held on May 10, 2018, at 11:00 a.m. (or as soon thereafter as possible, provided that said sale must be commenced prior to 2:00 p.m.) to the highest and best bidder for cash, at the North side door of the courthouse in Lafayette County, in Mayo, Florida, in accordance with Section 45.031, Florida Statutes.

Any person claiming an interest in the surplus from the sale, if any, other than the owner of the above described property as of the date of the lis pendens must file a claim within 60 days after the sale.

If you are a person with a disability who needs any accommodation in

Legals

order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact Sondra Williams, court administrator, Post Office Box 1569, Lake City, Florida 32056, telephone:(386)758-2163, within 2 working days of your receipt of this notice, if you are hearing or voice impaired, call 711.

Dated: March 5, 2018.

(Court Seal) STEVE LAND
As Clerk of the Court

By: /s/ Hannah Owens
As Deputy Clerk

03/15, 03/22/2018

PUBLIC NOTICE

The Lafayette County Commission will be holding a regular scheduled meeting on **Monday, March 26, 2018 at 5:30 p.m.** The meeting will be held in the County Commissioner's Meeting Room at the Lafayette County Court House in Mayo, Florida. Listed below is an agenda for the meeting.

By Order Of:

Earnest L. Jones, Chairman
Lafayette County Commission

BOARD OF ADJUSTMENTS MEETING:

1. Open the Board of Adjustments meeting.

2. Invocation and pledge to the flag.

3. Special Exception petition SE

18-01 by Julian & Carol Pearce for an animal shelter (continued from the meeting on 2/26/18).

4. Variance petition V18-02 by Jeffrey Phillips to reduce side yard setbacks.

5. Adjourn the Board of Adjustments meeting.

BOARD OF COUNTY COMMISSIONERS:

1. Open the Board of County Com-

missioners meeting.

2. Approve the minutes.

3. Requests and comments from the

community.

4. Department Heads:

A) Marcus Calhoun – Main-

taining.

B) Scott Sadler – Public Works.

Notice is hereby given that pursuant to Chapter 373, Florida Statutes, the following application for permit was received on March 13, 2018:

Legals

C) Robert Hinkle – Building/Zoning.

D) Marty Tompkins – EMS.

E) Jana Hart – Extension Office.

5. Public Hearing petition to change the name of a road by Gretchen Boyd.

6. Open sealed RFQ's for Real Estate Brokerage Services.

7. Leenette McMillan-Fredriksson – various items.

8. Approve the bills.

9. Other Business.

10. Adjourn.

All members of the public are welcome to attend. Notice is further given here by given pursuant Florida Statute 286.0105, that any person or persons deciding to appeal any matter considered at this public hearing will need a record of the hearing and may need to ensure that a verbatim record of the proceeding is made which record includes the testimony and evidence upon which the appeal is to be based.

Persons with disabilities requesting reasonable accommodations to participate in this proceeding should contact (386) 294-1600 or via Florida Relay Service at (800) 955-8771.

See www.lafayeteclerk.com for updates and amendments to the agenda.

03/22/2018

SUWANNEE RIVER WATER MANAGEMENT DISTRICT PUBLIC NOTICE OF APPLICATION

Notice is hereby given that pursuant to Chapter 373, Florida Statutes, the following application for permit was received on February 12, 2018:

Earnest Jones, of Lafayette County Board of County Commissioners, P.O. Box 88 Mayo, FL 32066, has submitted an Environmental Resource Permit (ERP) application number ERP-067-231786-1. The project is located in Lafayette County, Section: 14, Township: 5 South, Range: 11 East, and includes approximately 13.7 acres. The ERP application is for the construction new stormwater management ponds and drainage features. There is no new impervious area proposed for this project.

Interested persons may comment upon the application or submit a written request for a staff report containing proposed agency action regarding the application by writing to the Suwannee River Water Management District, Attn: Resource Management, 9225 CR 49, Live Oak, Florida 32060. Such comments or requests must be received by 5:00 PM within 14 days from the date of publication.

No further public notice will be provided regarding this application. A copy of the staff report must be requested in order to remain advised of further proceedings. Substantially affected persons are entitled to request an administrative hearing, pursuant to Title 28, Florida Administrative Code, regarding the proposed agency action by submitting a written request after reviewing the staff report.

03/22/2018

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FOR FRIDAY SUWANNEE DEMOCRAT-9:00 A.M. WEDNESDAY PRIOR

FOR THURSDAY JASPER NEWS- NOON FRIDAY PRIOR

FOR THURSDAY MAYO FREE PRESS- NOON FRIDAY PRIOR

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TO ALL TRADESMEN & SERVICE PROVIDERS:
Haven't you always heard the old saying "Big things come in small packages"?

Well, this is the idea behind the new Tri-County Service Directory coming soon to the classified pages of the Suwannee Democrat, The Jasper News & the Mayo Free Press!

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for more info on how to place a small ad (that's the "small packages part") to appear in all 3 of our publications which means the opportunity for your ad to be seen by approx. 4600 potential customers (and that's the "big things" part).

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for a downloadable application, or visit our office to apply in person, Monday through Friday, 9:00 a.m. till 4:00 p.m. EOE / Drug-Free Workplace / Criminal background checks required.

PARAMEDIC/ FIREFIGHTER POSITION and/or FIREFIGHTER/EMT POSITION

Suwannee County Fire Rescue Services is currently seeking applicants for Fulltime and Casual Paramedic/Firefighters and/or Firefighter/EMTs. Interested applicants may obtain an application online at suwcoounty.org, at the Suwannee County Building Department, 224 Pine Avenue, Live Oak, Florida 32064; (386) 364-3407 or Public Works, 13150 80th Terrace Live Oak, FL 32060; (386) 364-3400. This position is open until filled. The Suwannee County Board of County Commissioners is an equal employment opportunity employer that does not discriminate against any qualified employee or applicant because of race, color, national origin, sex, including pregnancy, age, disability, or marital status. Spanish speaking individuals are encouraged to apply. All applicants subject to a pre-employment physical. Successful completion of a drug test is a condition of employment. Failure to successfully test free of illegal or controlled drugs will result in non-employment of the applicant for a minimum of 1 year. Failure to successfully test free of illegal or controlled drugs will result in non-employment of the applicant for a minimum of 1 year.

EE/AA/V/D

Professional**EMPLOYMENT OPPORTUNITY CITY OF LIVE OAK POLICE DEPARTMENT OFFICER**

Duties: Provides law enforcement services and police duties associated with the protection, safety and welfare of the citizens within our community.

Minimum Requirements: Must be at least 19 years of age, possess State of Florida Law Enforcement Certification, U.S. Citizen, High School Diploma or GED, no felony or misdemeanor convictions for perjury or false statement, never have received a dishonorable discharge from any of the Armed Forces, successfully pass a background investigation as required by Florida Department of Law Enforcement, successful completion of pre-employment testing requirements (drug screen, psychological examination and physical examination). Possess valid Florida driver's license.

Entry Level Salary: \$32,352.57
Holiday Pay: \$1,728.10
Total Package (excluding overtime) \$34,021.25

Benefits: All equipment including uniforms and other required equipment are provided. Florida State Retirement System. Ten paid holidays and one personal paid holiday. Those employees required to work on a holiday are paid at time and one half for the hours they work. Paid PTO and employee Health Insurance Package (includes life and disability insurance). Take home car program based on position, seniority and providing you live in Suwannee County.

Application Deadline: Application must be submitted to the Office of the City Manager, 101 S.E. White Avenue, Live Oak, Florida 32064. Open until filled. First review of applications will begin on 04/9/2018.

FIREFIGHTER/EMT

Duties: Performs firefighting and EMT rescue activities; operates and maintains fire equipment; performs inspections and recommends fire prevention measures; and administers first aid.

Minimum Requirements: Graduate from a standard high school and must possess a fire fighter certification as required by Florida Statutes and State of Florida or National EMT certification.

Applicant must meet required health and physical standards and possess a valid Florida Driver License. The applicant must possess a certificate of compliance by the Fire Fighters Standards and Training Council in accordance with Chapter 633.34 and 633.35 Florida Statutes.

Salary Range: \$ 32,293.15 to \$48,776.00 annually, plus \$1,500.00 EMT stipend.

Application Deadline: Application must be submitted to the office of the City Manager, 101 White Avenue SE, Live Oak, Florida, 32064. Applications will be accepted until April 20, 2018 at 4:00 p.m. Physical Agility/Written Testing for this position will be held on April 28, 2018 at 8:00 a.m. at the City of Live Oak Fire Department. For further information please contact the LOFD at (386) 362-1313.

The City of Live Oak is an Equal Opportunity/Affirmative Action/Drug-Free Workplace employer and does not discriminate in hiring. Minorities, Women and Disabled are encouraged to apply. If you have a disability and require special accommodations during the selection process, please notify the City Manager's Office at (386) 362-2276.

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The DIY movement has inspired many homeowners to tackle home repair and remodeling projects on their own. DIY projects can be rewarding, and many homeowners who have embraced the DIY movement have discovered talents they never before knew they had.

But no matter how simple popular home renovation television shows make remodeling projects appear, homeowners should know that such undertakings are far more difficult than they appear on television. Homeowners who overestimate their abilities and the time they have to complete projects can cost themselves substantial amounts of money. In fact, there are a variety of reasons homeowners might want to work with professional contractors when tackling home improvement projects.

Experience

A trial and error approach can work with various projects and problems. But applying such an approach to home improvement projects is risky and potentially dangerous, not to mention costly. Experienced professional contractors with strong track records (seek recommendations from friends or neighbors) won't have to go through trial and error and are therefore more likely than DIYers to complete a project on time and on budget.

Inspiration

One oft-overlooked benefit of working with professional contractors is the likelihood that they can draw up ideas for projects that homeowners might otherwise never have thought up on their own.

Homeowners without specific ideas in mind can ask contractors to come up with various scenarios before committing to a particular one.

Veteran contractors can draw on years of experience to create designs that DIYers might be incapable of coming up with and/or incapable of seeing through to completion.

Cost

Conventional wisdom suggests it's less expensive to do something yourself than to hire someone else to do it for you, but that's not necessarily true of home improvement projects. Labor costs typically account for a substantial amount of professionally contracted projects, but homeowners can cut those costs by volunteering to do some of the simpler tasks themselves. In addition, contractors often purchase materials at a much lower cost than individual homeowners because contractors buy in bulk. So while labor costs might be lower on DIY projects, the cost of materials can offset those savings.

Resale value

Many homeowners renovate their homes with eyes on improving the resale value of those homes. But if homeowners want to showcase a newly remodeled kitchen when selling their homes, they should be prepared for prospective buyers to ask who worked on the project.

Fearing potential problems down the road, some buyers might be put off by homes that were remodeled by DIYers and not professional contractors.

Renovating a home on your own can be a rewarding project for homeowners. But it's important that homeowners recognize the many benefits of working with professional contractors before making any final decisions with regard to who will tackle their next project.

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