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# The Madison Enterprise Recorder

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Our 147th Year, Number 36

Friday, May 11, 2012

Madison, Florida www.greenepublishing.com



Photo submitted by PHOTOS BY RUSSELL

## Tractor-Trailer Goes Down Embankment

By Jacob Bemby  
Greene Publishing, Inc.

A 1997 Freightliner semi, hauling a load of cars, wrecked at the Interstate 10 258 westbound mile marker on Monday evening, May 7, at approximately 7:20 p.m.

According to a Florida Highway Patrol report, Matthew Thomas Stewart, 39, of Baldwin, was westbound on I-10 in the outside lane. He stated to the FHP that he felt the trailer begin to shake.

Stewart took his foot off the accelerator and felt the trailer begin to rotate.

Stewart began to counter steer to regain control of the semi.

The semi began to hydroplane, traveling northwest onto the north shoulder. It then traveled down the embankment of the north shoulder causing the semi to jackknife.

The semi collided with a tree.

Matthew Stewart and his passenger, Kyle Jacob Stewart, 16, also of Baldwin, sustained minor injuries in the crash.

FHP Trooper M.J. Baker was the investigating officer.

## Bobby Harper Announces Candidacy For School Board Member District 4

I would like to take this opportunity to introduce myself and announce my candidacy for School Board District 4, Madison County.

I have been a native Madison Countian for 62 years. I was raised in the Greenville community and began my educational experience in our school system in 1955.

I joined the faculty of North Florida Junior College in 1973, where I spent the next 29 years as instructor of the Architectural drafting and design program. During this time, I had the wonderful experience of working with talented groups of students from our six-county area. I was rewarded for my teaching efforts on a yearly basis as a high percentage of my students graduated, became employed and remain in their occupations today or continued their education at an institution of higher

Please see Bobby Harper, Page 3A



## Madison Reverses Insurance Vote

By Ginger Jarvis  
Greene Publishing, Inc.

Only a month old, Madison's decision to include city commissioners in the insurance plan died a quick and painless death on May 8. In an uncontested move, the board voted unanimously to rescind their action of April 10 without discussion.

Commissioner Ina Thompson proposed the reversal, with Commissioner Judy Townsend seconding the motion. Thompson explained that she believed the group needed to rethink their former

Please see Insurance, Page 3A

## Sex Offenders Register

By Jacob Bemby  
Greene Publishing, Inc.

Three sex offenders have registered new addresses in Madison County.

Leslie Durel Brent is a 49-year-old black male, who stands 5'6" tall and weighs 206 pounds.

His address is listed as 209 SW Garner Street, Greenville.

Aliases for Brent include Chubby Brent.

Brent's qualifying offenses include guilty convictions for a lewd or lascivious act on a child under 16 and failure to comply with sexual offender registration.

Both charges come from Lake County.

Jeffery Todd Carter



**Leslie Brent** has registered as a sexual offender with a Lee address.

Carter listed his address as 332 NE Hillside Terrace, Lee.

Carter is a 51-year-old white male, who stands 5'9" tall and weighs 158 pounds.

His qualifying offense is a 1987 guilty conviction of sexual bat-



**Jeffery Carter** tery/coercion by threat. The conviction was from Orleans, La.

Fleming's new address is 173 SE Byrd Avenue, Madison. His former address was 823 SW Pinckney Street, Madison.

Fleming is a 5'11", 171 pound black male with black hair and brown eyes.



**Tyrece Fleming** His qualifying offense is a guilty verdict on a charge of lewd or lascivious conduct with a victim under 16 years old by an offender 18 or older.

Aliases for Fleming include Tyrece Shantel Fleming, Tyrece S. Fleming, Gangster Money Fleming and Quick Fleming.

## Caboodle Ranch Cat Custody Still Undecided

By Lynette Norris  
Greene Publishing, Inc.

The civil hearing last week that was to have determined who would receive custody of the 692 cats removed from the Caboodle Ranch facility near Lee, ended with no decision being reached on the matter. The cats, considered state's evidence in the case against Caboodle Ranch owner Craig Grant, remain in state custody in a Jacksonville shelter. Another hearing is scheduled for May 29.

The first witness to testify at the hearing was veterinarian Dr. Julie Levy, of the University of

Please see Cat Custody, Page 3A

## Greene Publishing To Honor Fallen Soldiers

By Bryant Thigpen  
Greene Publishing, Inc.

People who leave America and go across seas on foreign mission trips all return to this country with a new appreciation for the freedom American's enjoy. As a citizen of the United States, we have the privilege of driving to a house of worship and can openly acknowledge Jesus Christ as the savior. On the other side of the

water, there are countries where Christian gatherings are prohibited. These freedoms that are for all were not free, but were purchased by the soldiers who gave their life for this country.

On Monday, May 28, Memorial Day is a holiday marked on the calendar as a day to honor those who have died while serving in the United States Armed Forces.

The staff of Greene Publishing would like to honor residents of Madison County who have given their life fighting for this country on the battlefields.

Any persons wishing to honor their loved ones may submit their information

to staff writer Bryant Thigpen at (850) 973-4141 or email Bryant@greenepublishing.com. Please provide a photo and a short biography of their life and time in the service.



### Index

2 Sections, 26 Pages

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### Local Weather

|   |       |  |   |       |  |  |       |  |   |       |  |
|---|-------|--|---|-------|--|--|-------|--|---|-------|--|
| <b>Fri</b><br>5/11                                      | 85/58 |  | <b>Sat</b><br>5/12  | 87/63 |  | <b>Sun</b><br>5/13   | 86/66 |  | <b>Mon</b><br>5/14                                      | 85/68 |  |
| Sunny skies. High around 85F. Winds NNW at 5 to 10 mph. |       |  | Mostly sunny. Highs in the upper 80s and lows in the low 60s. |       |  | Considerable cloudiness. Highs in the mid 80s and lows in the mid 60s. |       |  | Cloudy. Highs in the mid 80s and lows in the upper 60s. |       |  |

# Viewpoints & Opinions

Reducing your intake of sodium is one of the recommendations for National High Blood Pressure Education Month to help keep your blood pressure at a normal level. The National Heart, Lung and Blood Institute want us to know high blood pressure is a dangerous condition. Most people don't exhibit symptoms and may not know they have the condition. Uncontrolled, high blood pressure can lead to heart disease, stroke and kidney disease which are ranked among the leading causes of death in the United States.

Last week I talked about the DASH diet which has a proven record to help reduce blood pressure. This week, let's look at common sources of sodium in your diet and ways to reduce your intake. While most people aren't thrilled about reading the nutrition labels on food packaging, the amount of sodium is listed. Hidden sodium is in foods you would not commonly think of as containing high amounts, and last year's newest Dietary Guidelines update ranked the most commonly eaten foods supplying sodium in our diet.

Believe it or not, the number one source of sodium in our American diet is bread. That bread you buy doesn't taste salty either. It isn't because bread is so high in sodium; it's that we eat so much of it. Sodium is an essential ingredient in the baking process and the amount of sodium in bread varies, so read that nutrition label! At the top of the label, you will find if a serving size is one or two slices. Since most are labeled for one slice, you can determine if you are getting twice the

## Madison County Extension Service

Diann Douglas  
Guest Columnist



## Surprising Sources Of Sodium

amount when eating a sandwich. This doesn't mean you have to stop eating bread, just choose a loaf that is lower in sodium than most.

The second highest food source of sodium in our diets is lunch meat; cold cuts and cured meats. Bacon is a common food contributing up to 200 mg of sodium per slice. Most sandwich meat doesn't taste too salty, but sodium is used in processing. To keep the sodium level down, you can purchase reduced-sodium versions, but they still have a fair amount. A better idea might be to roast your own meat and slice it for sandwiches. It may take a little more planning, but if you need to keep your sodium intake down, it may be worth the effort.

The third highest source of sodium in the American diet is pizza. That is why you are still thirsty an hour or so after eating a few slices. It's the sauce, cheese, pepperoni and other meats that add up. If you are making one at home, use reduced-sodium ingredients.

Extension Nutrition Specialists suggest the following to help reduce sodium in meals:

Add less salt at the table and in cooking. Measure the amount you use and then reduce the amount.

Experiment with spices and herb to add a variety to the flavor of your food; use onion, garlic and celery powders instead of salt.

Rinse canned foods before preparation to reduce sodium.

Make your own pasta and pizza sauce using "no-salt added" canned tomatoes. Add basil, oregano, onion and garlic for flavor.

Get back to cooking your own food instead of eating out; you'll have control of the ingredients and can drastically reduce the sodium in your food.

For more information on reducing sodium in your diet, contact the Madison County Extension Service.

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## The Hand That Rocks The Cradle

Sunday is Mother's Day and my mind thinks back on my beautiful mother who did so much for me, Debbie, Danny and Abbie and for our daddy. I have written before that she told me to love books and to love reading. We used to have a great time reading the same books. Either I would read a book first and recommend it to her or she would read a book and recommend it to me. The year before she died, she had read through the Bible two or three times. A few years later, I read through the Bible three times in one year.

Mama had not only taught me to love reading, she also taught me to read. This led to some confusion for me when, a few years later, I was practicing for the school-wide spelling bee and my mother was reading the words to me. She read the word "rendezvous." I had never heard it and had not seen it on my list

of words. "RON-DAY-VOO," Mama had read to me. I told her that word was not on the list. She showed it to me. "Oh, that's ren-dez-vous," I said. Mama laughed and said, "No, it's not."

Mama had taught me to read phonetically so that word just about blew her whole teaching technique out of the water.

Although I am six years older than my sister, Abbie Gail, sometimes she can be a mother figure to me. Sunday evening, I was not feeling well, so she came and took me by the hand to try and make me feel better. She was worried about me.

My sister, Debbie, can be a mother figure to me also. She inherited our mother's dark hair and dark eyes and her talent for cooking. When I was in the hospital, Debbie stayed

near, watching out over me.

I have other mother figures in my life, including aunts, church members and an adopted mom who I have never met before but will the next time she is in Madison County. I adopted her after her daughter would post these pictures of food on Facebook that her mom brought her, along with the fact that she is a really sweet woman, just like my mama was.

I am glad that mothers have been given their own day to celebrate. One of my favorite songs of all times is "The Hand That Rocks the Cradle," which was sung by Steve Wariner and Glen Campbell. Let us always remember "the hand that rocks the cradle rules the world."

Thank you, Lord, for the good, kind mothers of this world.



## Jacob's Ladder

Jacob Bemby  
Columnist

### Madison County...

## Jail Report



5/1  
Bessy Lee Zanellato - Knowingly Driving With A Suspended License

Rosie Lorine Redmon - Possession of a Controlled Substance with out Prescription, Possession of Drug Paraphernalia, Possession of Less than 20 Grams of Marijuana

Rogelio Puig-Barrios - Out of County Warrant

Roseann Maynard - Healan - Insurance Fraud

Mark Thomas Fudge - Failure to Appear/ Possession of Less than 20 Grams of Marijuana, Possession of a Concealed Weapon (Firearm)

Zedric Laron Harper - Driving with a Suspended License 3rd or Sub sequential Offense

5/2  
James Prince Harold - Possession of a Weapon by Felon

Chastity Jean Jackson - Out of County Warrant

Alonzo Dewey Ford - Violation of Parole (Circuit)

Kelvin Antonio Mutch - Tampering with Witness, Trespassing After Warning

5/3  
Marquis Serrod Baynard - Battery on a Law Enforcement Officer, Resisting with Violence, Disorderly Conduct

Bryan Keith Cotrell - Criminal Registration Only

Wendy Lachris Branch - Criminal Registration Only

Darren Leon Lewis - Criminal Registration

Samuel Sampson - Disorderly Intoxication

Ben Christian - Disorderly Conduct

Marcus Tredell Jones - Fleeing Attempt to Elude

5/4  
Ernest Otis Brooks - Battery Domestic Violence

Daniel Allen Brumit - Criminal Registration Only

Emmanuel Landle Ratliff - Violation of Parole (Circuit)

Shanekka Earl - Uttering a Forged Check,

Providing False Named, Out of State Fugitive/Burglary

5/5  
Danqarious Tradell Gibson - Robbery, Battery

Freddie Lee Bridges - Domestic Violence/Battery, Failure to Appear/ DUI and Attached Tag Not Assigned

5/6  
Ashley Latoya Mobley - Aggravated Assault, Abuse

Charles Douglas Milstead - Domestic Violence/Battery by Strangulation

N.L. Akins - Aggravated Battery

Albert Jr. Cherry - Theft/ Petit Lefty

Joseph Brandon Carver - Stolen Property

5/7  
John Lee Jackson - Failure to Appear for Pre-Trial Conference

Scott Allen McDougal - Violation of Parole (Circuit)

Cierra Lavonda Jones - Criminal Registration

Tameka Martisha Dean - Welfare Fraud

Daniel Raynard Choice - Violation of Parole (Circuit)

Latoya Denise Cuthbertson - Battery/Domestic

Adam Floyd Welch - Out of County

## Did You Know...

Every three days a human stomach gets a new lining

In 1873, Colgate made a toothpaste that was available in a jar

The Kodiak, which is native to Alaska, is the largest bear and can measure up to eight feet and weigh as much as 1,700 pounds

The three best-known western names in China: Jesus Christ, Richard Nixon, and Elvis Presley

Mars is the home of Olympus Mons, the largest known volcano in our solar system

The Gastric Flu can cause projectile vomiting

The second best selling game of all time is Jenga. Jenga is a Swahili word, meaning "to build."

Cinderella is known as Rashin Coatie in Scotland, Zezolla in Italy, and Yeh-hsien in China

The name Wendy was made up for the book "Peter Pan."

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## The Madison Enterprise-Recorder

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Cheltsie Kinsley

Deadline for classifieds is Monday at 3 p.m.

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There will be a \$3 charge for affidavits.

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Sheree Miller

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In-County \$35  
Out-of-County \$45  
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## The Madison Enterprise-Recorder

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All photos given to Greene Publishing Inc. for publication in this newspaper must be picked up no later than 6 months from the date they are dropped off. Greene Publishing Inc. will not be responsible for photos beyond said deadline.

## Letters To The Editor

Letters to the Editor are typed word for word, comma for comma, as sent to this newspaper.

### Thankful To Be A Mother

Letter To The Editor

I am the mother of Doug Thompson.

Doug is a special gift from God. After being married fifteen years, and the doctor had said I probably would never get pregnant and if I did I would most likely miscarry.

My husband (the late Wilbur Thompson) and I prayed. We asked God to help us have a baby.

We asked our church (Madison Church of God) to pray for us also. Praise God. He answered prayer.

On December 7, 1965, Doug Thompson was born to the happiest parents in the world. God blessed us with the most wonderful son any parent could wish for.

I am so thankful for him, and so very proud of him. I love you, Doug.

Louella Thompson



Doug Thompson

# From Page One

## Bobby Harper

cont from Page 1A

learning.

I received my teaching credentials from the University of North Florida (Jacksonville) and Florida State University, becoming a certified vocational tech education instructor and maintained my State of Florida teacher certification throughout my career.

I have served as president of the Madison Education Association Credit Union for the past 10 years and continue to serve in that position. I am also currently a member of the Tri-County Electric Cooperative Board of Directors.

I am married to the former Kristie Lynn Willis. We have four boys and five grandchildren, three of whom attend Madison County Central School here in Madison. My wife and I are members of the United Methodist Church.

I look forward to facing the challenges that lie ahead in our school system. I am convinced that working together as elected officials, parents and students, we will achieve an educational experience for our children that we all can be proud of.

As this campaign continues, I look forward to meeting as many of you as I possibly can and welcome any questions or concerns you may have concerning the future of our children.

In closing, I urge each of you to exercise your right and freedom to vote, regardless of your candidate preference.

Respectfully,  
Bobby Harper

*Pd. Pol. Adv., Pd. for and approved by Bobby Harper, NPA, for School Board Member, District 4*

## Insurance

cont from Page 1A

action due to lack of information.

After the session, Thompson said that insurance for the commissioners was not in the budget, and that paying for it might prevent full-time employees from receiving raises or bonuses. The commissioners may enroll in the city's insurance plan, but must pay for it from their own resources.

In other business, the board interviewed six companies vying for the position of city auditor. Following the interviews, City Manager Tim Bennett informed the candidates that a decision will come in June.

The commissioners also heard the first reading of two ordinances that will amend the Future Land Use Plan and the zoning Map. Both issues relate to the Wilson property at the intersection of Hwy. 145 and Rocky Ford Road, about 1.5 acres. If the amendments pass after the second reading in June, the land will be rezoned from commercial to residential. The commissioners approved the first reading of both amendments 3-2, with Commissioners Townsend and Rayne Cooks voting against them. Mayor Jim Stanley passed the gavel in order to vote for approval.

Bennett announced that Maria Greene is retiring from her oversight of the Wardlaw-Goza-Smith Conference Center. He said that the disposition of the Center will be a matter for the June Agenda.

Tom Tuckey accepted the position as alternate on the Planning and Zoning Board. He was nominated by Commissioner Jim Catron.

## Cat Custody

cont from Page 1A

Florida's Department of Small Animal Clinical Services, who had visited the facility on two previous occasions, stated that she believed there were too many cats at the facility for all of them to be receiving "reasonable and proper care."

Grant, who was arrested in the Feb. 27 operation, and charged with animal cruelty, also faces a criminal trial, but a trial date has not yet been determined. The Caboodle Ranch case, the largest animal rescue operation ever conducted, involved the Madison County Sheriff's Office, the ASPCA, and nearly a dozen animal shelters and welfare agencies.

Another woman, Nanette Entriken, who lived in a home on the Caboodle Ranch property, also had her cats removed two days later, but she was not charged with any wrongdoing.

Attorney David Collins, who is representing Grant, contends that Entriken's 39 cats, living inside her home and not mingling with the Caboodle Ranch animals, should not have been considered part of the case and should never have been taken. He also believes that the facts of the case "are on our side" and will bring about a favorable verdict for his client.

Both Grant and Entiken were allowed to visit their cats at the Jacksonville shelter last week, but will not know whether or not any animals will be returned to either of them until after the May 29 hearing.

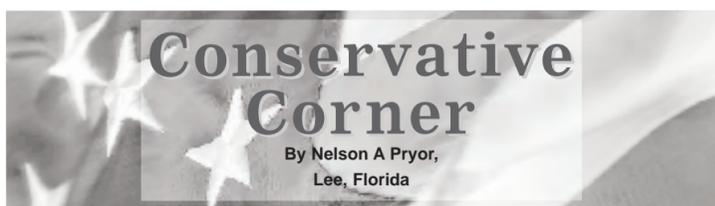
# Thank You For Your Support

At Our April 29 Debut Event



- Becky Bishop
- Joanne Blackwell
- Ann Cantlin
- Cathy Cooley
- Alicia and Wayne Conger
- Dolly Fuhls
- Barbara Funk
- Jennifer Funk
- James and Wanda Glaser
- Sandy Hovey
- Karen and Chris Jones
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- Janet Maier
- Brandon and Shanna Mugge
- Lisa Lesik
- Maynard and Nancy Plank
- Diane Savard
- Loretta Swit
- Paul Thompson
- Wesley Thompson
- Kimmie Uphold

- Elisabeth Williamson
- Nedra Wooley and Chuck Fritz
- Cathy's Primitive
- The Cake Shop-Tallahassee
- The Country Store
- Curves
- Farmer's Co-op
- Hickory Hill Auctions
- James Glaser Studios
- Made To Order Catering
- Madison Antiques
- Market and Interiors
- Madison Community Bank
- Madison Sporting
- Goods & Pawn
- Madison Veterinary Clinic
- O'Toole's Herb Farm
- Sparks Tractor
- Thompson Reality
- Uphold's Feed Store



## SAVING OUR COUNTRY

On the campaign trail, Roy Moore wears a metal pin of a cross on his suit jackets, praises "almighty God" and refers to these United States as a "Christian nation."

Almost ten years ago, Moore was the Chief Justice of the Supreme Court of Alabama. But then he was defrocked as Chief Justice because he had the audacity to install a 5,280 lb stone, the Ten Commandments carved into its face, into the rotunda of the Supreme Court building.

The Republican candidate for Alabama's job as the Chief Justice, an elected position, said: "There's nothing illegal in what I did." The 3/25/2012 *New York Times*. "Our money says 'God' on it. Our Pledge of Allegiance says 'under God'."

On 11/7/2004, speaking at Sanderson, Florida, Judge Moore quoted from Jeremiah, Ch. 5. "Run ye to and fro through the streets of Jerusalem, and see now, and know, and seek in the broad places thereof, if ye can find a man, if there be any that executeth judgment, that seeketh the truth; and I will pardon it." Finding none, "...for they know not the way of the Lord, nor the judgment of their God, I will get me unto the great men, and will speak unto them; for they have known the way of the Lord, and the judgment of their God; but these have altogether broken the yoke, and burst the bonds." (Madison Pioneer Times, 11/13/2004.

Clueless? For so long, our leaders have been going around in circles.

### MADISON COUNTY VISION

Our pioneer heritage is most revealing. Were we special? What were we made of? Does prayer work? The pioneer of Madison put it on the line!

Yes, this is about the Indian band bent on slaughtering the people of Madison. But, they were saved from that slaughter because they were a Godly people. This, by now, well known story was revealed by W.T. Cash, State Librarian, in the Madison (Fl.) Enterprise-Recorder, on October 5, 1934.

Cash had found a letter, written about an event sometime between 1830 and 1848. It shockingly revealed the story of Indians that had wanted to find a group of whites to massacre. The biggest congregation of whites was on Sunday, at church time. The church stood in Hickstown, named for a Seminole Indian Chief, Billy Hicks, about five miles west of the present city.

As the Indians secretly watched the congregation, they observed them in prayer. The Red Men then said to each other: "They are talking to the Great Spirit and He will be very angry with us if we kill them."

The story, as revealed by that letter, related that one of those Indians was later captured and confessed about his participation on that Sunday's day. That congregation never knew, until much later, how close they were to death.

### OUR TEN COMMANDMENTS

And still, Madison can find "no room in the Inn" for our handsome "Ten Commandments monument." What gives?

### JAMES MADISON CONSTITUTION DINNER

May 14, 6:00 PM at Shelby's  
Speaker Congressman Steve Southerland

### THE MADISON COUNTY REPUBLICAN EXECUTIVE COMMITTEE

Will meet at 7:00 P.M. Tuesday, May 22,  
at the Madison Public Library.  
**ALL REPUBLICANS WELCOME**  
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[MadisonRepublican@embarqmail.com](mailto:MadisonRepublican@embarqmail.com)



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## FCCLA Prepares For Nationals *Asking For Community Support*

By Kristin Finney  
Greene Publishing, Inc.

The Family Career and Community Leaders of America from Madison County High School have won high honors in recent months. Twenty-two FCCLA students recently traveled to State Competition where 20 came back with medals; 17 gold and three silver. Of those winners, eight were invited to represent Florida at Nationals Competition in July.

The cost for the trip to Nationals is roughly \$500.00 per child.. The group has already done a Mixed Bag fundraiser and a yard sale.

They have several upcoming fundraisers including a sponsorship t-shirt. The t-shirt sponsorship will allow businesses and individuals making donations of \$25.00 or more to get their name on the back of next year's chapter t-shirt.

They will be having a car wash at Madison County Community Bank for donations on Saturday, May 12, from 8 a.m. till noon.

The girls will be selling Krispy Creme doughnuts at the dance recital on May 19. The donuts will be for sale prior to the day of recital and on the day of recital.

Any support that the community can give would be greatly appreciated. Anyone wanting more information can call Robin Smith at Madison County High School, 973-5061, ext 132.



Representing MCHS's FCCLA at the school board meeting were, left to right, Amelia Blanton, Courtney Strickland, Jessica Mullinax and Keeley Smith.

Greene Publishing, Inc. Photo by Lynette Norris

### NBL Internet Cafe

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### Connell - Cone To Exchange Vows



Jana Leigh Connell of Monticello, FL and Andrew Tanner Cone of Greenville, FL will exchange vows at 3 pm on Saturday, May 12, 2012 at Cody Pentecostal Holiness Church in Monticello, FL.

Jana is the daughter of Jody and Darlene Connell of Monticello. She is the granddaughter of James H. and Mary Connell of Monticello, Ernest Moneyham of Whigham, GA, and the late Lucy Moneyham.

Andrew is the son of Jay and Alicia Cone of Greenville. He is the grandson of Elbert and Juanita Sever of Lamont, FL, Juanita Cone of

Greenville, and the late Johnny Cone.

Jana is a 2006 graduate of Aucilla Christian Academy. She attended the University of North Florida, in Jacksonville, where she received a Bachelor of Science degree in Health (in April 2010), and a Master of Science degree in Nutrition and Dietetics (in December 2011).

Andrew is a 2006 home-school graduate through Pensacola Christian Academy. He is employed by Buckeye Technologies in Perry, FL.

All family and friends are invited to attend this special day.

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## Ardelia Thomas: Founded On Love

Bryant Thigpen  
Greene Publishing, Inc.

"I love everything about being a mother," Ardella Thomas said. Born in 1918, Ardella has been around a long time and has seen how the times have changed. She and her late husband, T.J., were the proud parents of three children, Elvoye, Martha Ann, and James who is deceased.

"I always enjoyed my children," she said. "I never had any problems with any of them. They were all great kids." Her children grew up during the time that the farm life was the way of living. T.J. was a farmer, and when Elvoye was entering into his teen years, his dad became ill and so he quit school to work on the family farm.

Working on the family farm wasn't always easy. "I remember plowing a mule before we got a tractor," Elvoye recalls. While the children worked in the fields, Ardella was busy preparing meals for the family. Ardella loved her family and the simple life. And she loves being close to her children.

"For about 20 years, my mom and I were next door neighbors," Elvoye laughs. "When Betty and



Greene Publishing, Inc. Photo by Bryant Thigpen, May 2, 2012

Elvoye (left) is pictured with his mother, Ardella, who raised him to work hard, love God, and to live with honesty and integrity.

I got married, I took a job with the gas company and moved up town. It wasn't long after that my dad quit farming and they moved in a house next

to us."

Being neighbors worked out great for the both of them. "I love being close to my kids," Ardella stated. "I've got a daughter who lives in Plant City, and Elvoye lives here in Madison. And although I don't get to see them as much as I'd like, we're still very close."

"She's always been a great mother," Elvoye shared. "She held the family together, brought us up to love God and to go to church, and she's backed me in everything I've ever done." And the same values that his mother has taught him are the same exact things he passed down to his children.

Elvoye, being the father of two, has instilled in his children to work hard, love God, and go to church, and live with honesty and integrity. For 35 plus years, Elvoye has served as the Sunday school superintendent for the Midway Church of God. In fact, Ardella is a founding member of the church. "Church has always been a major part of our life," she said.

Elvoye has had a great example and solid footsteps to follow. And it's all because of one thing he said, "I have a great mother."



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## Jessica Ratliff: Blessed Beyond Measure

By Bryant Thigpen  
Greene Publishing, Inc.

"The best way I could describe my childhood would be, 'simply beyond blessed,'" stated Jessica Ratliff. Jessica was born to Troy and Karen Pickles on June 15, 1989 in Tallahassee. During her growing years, what was being instilled in Jessica was true Christian values that would last a lifetime. "I grew up in a Christian household with a loving family, who taught me about God and the importance of making Him a part of my life."

In high school, Jessica met the love of her life, Jimbo, and would later marry. On August 13, 2010, Jimbo and Jessica welcomed a little baby girl into the world. Jessica knew it was time to put into action everything her mom had taught her.

Jessica learned perseverance and to never give up in the hard times, but she also learned who to put her faith in. "My mother has always placed God first in her life," Jessica said. "I want to instill in Emery a devout Christian faith, a loving and nurturing characteristic in her personality, and always teach her that when the going gets tough, she can always turn to my husband and I for help, and most importantly to God!"

"My mother is and has always been a huge influence on my life," she stated. "She is a very independent, driven and successful woman. Independent, because she always, without question is willing to do whatever is asked, whether that be pertaining to her work, or even as a mother, she always has an answer and a way to fix things, even when they seem to be falling apart. She is driven because, she decided to take on the task of going back to school after my brother and I were a little older, and she stuck with it. It took several, several years, but she now is in her final stages of completing her dissertation for her Ph.D. in Instructional Design for Online Learning. Finally she is successful, not only in her work, but more so in life. She is an amazing woman, an outstanding mother, and most of all, she is the woman I will always strive to be."

"My life changed dramatically when we had Emery," she laughed, "but I could not



ask for a more wonderful experience than having your own child. There are not words to de-

scribe the joy that they bring into your life. I was and am still blessed beyond measure."




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## Progress Energy Presents Check To MCFEE



Greene Publishing, Inc. Photo by Lynette Norris, May 1, 2012

**Bobby Pickels, on behalf of Progress Energy, presents a check for \$10,000 to Faye Browning of the Madison County Foundation for Excellence in Education.**

By Lynette Norris  
Greene Publishing, Inc.

Bobby Pickels, a fifth generation native of Madison, presented a check for \$10,000 on behalf of Progress Energy to Faye Browning of the Madison County Foundation for Excellence in Education (MCFEE).

In spite of some recent bad publicity Madison schools have gotten, Pickels considers the school system a "bright shining star" and stated that MCFEE's applications for the money that Progress Energy awards each year were "consistently high-quality."

Both Browning and Pickels described the relationship between MCFEE and Progress Energy as a "great partnership" with Progress providing funds to enhance curriculum, judging science fairs and opening its power plant in Suwannee County to school field trips; MCFEE received high praises from Pickels for its "dedi-

cated volunteers continuously promoting education in Madison County."

"They deserve some recognition," added Pickels. "So far, we've awarded them (MCFEE) somewhere north of \$40,000."

Progress Energy serves 35 counties, and this past year alone, they have contributed nearly half a million dollars to schools and local education foundations. During the past ten years, it has awarded nearly 17 million to schools, science centers and education foundations.

Browning added that when Progress Energy makes such donations, MCFEE can then apply for matching grants from state sources, which doubles the impact of checks they receive, whether from Progress or other private foundations.

"It's great to see young people take an interest in our industry," said Pickels. "Maybe someday they can come work for us."

## Second Annual B.F. Killingsworth Gator Golf Classic To Be Set

The second annual B.F. Killingsworth Gator Golf Classic will be held May 21 at the Madison Country Club.

B.F. was the driving force of the Madison County Gator Club Scholarship Fund for more than 13 years, raising more than \$40,000 in scholarship funds for students to attend the University of Florida. More than 30 graduates of UF have been students from Madison County who received Gator Club scholarships.

This past year, the Madison Gator Club awarded five Madison students with scholarships to the University of Florida.

If anyone is interested in playing in the tournament, spots are available. Tee times are at 9 a.m. and 1 p.m.

This year, the Club will sell tickets for a chance at two season tickets to Gator football games. One can be purchased for \$5 and six can be purchased for \$25. The drawing will be held on August 9. Those entering do not have to be present to win.

All proceeds from the golf tournament will go toward the Scholarship



B. F. Killingsworth

fund. The Gator Club appreciates all the sponsors and players because without their support, they cannot make B.F.'s dream continue on.

For more information, please contact Mike Norfleet (850) 694-0550, Tim Sanders (850) 464-1507 or Stefanie Thomas (850) 464-1177.

Go, Gators!



## MCCS Needs Volunteers

By Willie H. Williams  
MCCS Principal

Madison County Central School is in need of volunteers to participate in the Student Code of Conduct and the Dress Code Committees for the 2012-2013 school year. The committees will consist of students, parents, administrators, SRO, community members, and stakeholders. If you are interested in serving on either of the committees or both, please contact Madison County Central School at (850) 973-5192. Our tentative date for the meeting will be May 22, 2012 at 5 p.m. We appreciate all of your support!

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## 8th Grade Class Of Madison Academy's Trip To D.C.

Madison Academy's "Senior" Class went on their eighth grade trip on March 17-24. What an educational and eventful week the seven students and 11 chaperones had! The first stop was to Colonial Williamsburg and Jamestown, VA. Then the group travelled on to our nation's capital. While there, the group saw numerous monuments and memorials and visited many museums, but many students said that the museum that made the biggest impact on them was the Holocaust Museum. After touring Washington, D.C., the group stopped in Savannah, GA, for a trolley tour and lunch at Paula Deen's restaurant, The Lady and Sons.

A highlight of the trip was having two Panthers take place in the wreath laying ceremony at Arlington National Cemetery. The two students were Clay Hall and Michael McCamman. What an honor! All of the students in the class helped make the wreath before leaving on the trip. The wreath was placed by the two students at the Tomb of the Unknown Soldier. It was a beautiful way to honor all of those who have given their lives for America or who are currently serving. It was a special way of saying, "THANK YOU!" God Bless America!



Photo submitted

The eighth grade class with their teacher, Mrs. Leigh Ann Browning, by the Tidal Basin. The Cherry Blossoms were blooming while we were there. From left to right are: Zackery Peterson, Clay Hall, Mrs. Leigh Ann Browning, Kyle Rogers, Dorian Alberti, Teagan Dunn, Michael McCamman, Dalton Gramling

## Story Correction: MCCS Uniform Reminder and Updates

By Kristin Finney  
Greene Publishing, Inc.

A story ran in a previous edition discussing the dress code at Madison County Central School. The information seen in that story was not the current dress code information. The current dress code is as follows:

Education for the students at MCCS is expected to be completed in an environment that is both conducive and appealing to the learning process. Personal appearance of the students is extremely important to the school. It sets the stage for a successful student who is not only showing respect for themselves but respect for his/her peers. All students should present themselves in a manner that promotes learning without being a distraction to other students or interruptive to the education process.

Students are required to wear clothing of good taste as described below. Ripped, torn or clothing with holes is not considered in good taste and shall not be worn to school. Excessively tight or "low riding" clothing which may be provocative or exposing flesh shall not be worn.

**Shirts:** Shall be solid in color (white, burgundy, black, grey, or navy blue) button top (Polo style) and a collar; or Madison County Central School related apparel. Button down shirts shall be acceptable provided they are solid in color and have a collar. All collars shall be worn turned down. Note: All shirts must be tucked in the students trousers, shorts, capris, skorts or skirts.

**Pants:** Shall be solid in color (Black, navy, blue, tan, or khaki). Pants shall be appropriately fitting allowing them to be worn at the waist with a belt securing them above the hips. Belts must be of solid color and appropriate length. Pre-K-2nd grade students may wear pants fitted with an elastic type waistband. Solid colored (Black or Blue) jeans or denim pants may be worn ONLY during scheduled dress down days.

**Skirts, Shorts, Capris, and Skorts:** Shall be solid in color (Black, navy, blue, tan, or khaki) and shall be at least to the tip of the longest finger in length with the student's hand fully extended down the side of the student's leg when worn appropriately at the waist. All shorts must be secured at the waist with an appropriate belt unless the approved garment does not require a belt (elastic waistband).

**Shoes/Socks:** Students shall wear closed foot shoes, (sneakers and boots are acceptable; Athletic tennis shoes may be worn provided they are not equipped with wheels.) Socks, if can be seen, must be solid in color.

**Jackets, Sweatshirts, Sweaters and Windbreakers:** May be worn during the winter months. All must be solid in color. All must fit appropriately and may not exhibit any pictures, logos or words deemed inappropriate by administration. Athletic jackets or sweatshirts representing Madison County High School or Madison County Central School may be worn. Hoodies may be worn only during the months of December, January, February and March.

**Accessories:** Jewelry may be worn provided it does not suggest sexual, vulgar, tobacco,

or alcohol related wording or graphics. Facial jewelry, (nose rings, lip rings, etc.) may not be worn. Dental grills may not be worn unless they are surgically attached by a physician. Hair shall be neatly groomed and free from exotic colors or decorations which may be distracting in the education process. Hats and sunglasses may be worn only during physical education or recess periods. Students may wear fleece or knit hats used to keep the head warm during cold days, but not inside the buildings.

**Scheduled Dress Down Days:** Students may wear denim jeans or shorts only on scheduled dressed down days. Only solid colored (black or blue) jeans are allowed on these days. Students are to wear a school approved shirt which must be tucked in.

**You may not wear:** Gray or brown pants, shorts, skorts or skirts. Clothing that is torn, has holes or pants that are frayed. Excessively tight, skinny jeans or "low riding" clothing which may be provocative or exposing flesh. Athletic shorts, cut-off pants (shirts), or running shorts. Tights or leggings as an outer garment. Hoodies (sweatshirts or jackets with hoods attached) during the months of August, September, October, November, April, May or June. Visible undergarments, sleepwear or outer garments traditionally designed as undergarments such as boxer shorts, or bras. Outer garments or accessories (such as backpacks, jewelry, and purses) which have slogans, signs, images or symbols that: promote drugs, alcohol, tobacco, gang identification, weapons, or lewd sexual behavior or denigrate or promote discrimination for or against an individual or group on the basis of age, color, disability, national origin, sexual orientation, race, religion or gender. Sandals, flip-flops, or flats or otherwise open toed or heeled shoes. Scarves, "doo" rags or bandanas. Hats, headgear or other head coverings inside the school building, except when approved by the principal/designee. Body piercings (nose rings, lip rings, brow piercing, etc.) except for earrings on the ears. All other body piercing jewelry must be removed or concealed. Jewelry or accessories that may be used as weapons, such as chains, spike jewelry or arm bands. Dental grills may not be worn unless they are surgically attached by a physician. Combs, curlers or hair picks. Sunglasses inside the school building. You may wear sunglasses, hats, or other sun-protective wear while outdoors during school hours.

**Dress Code Non-Compliance:** All dress code violations will be handled in accordance with the approved Student Code of Conduct. Students who are unable to change their clothing shall be placed in "In-School Suspension" for the remaining portion of the day. Flagrant repetitive violations may be deemed as defiance of school authority.

Students entering Madison County Central School during the school year will have a two week grace period to get in compliance with the approved dress code policy.

**THIS PRINCIPAL OR HIS DESIGNEE HAS THE AUTHORITY TO INTERPRET WHETHER A STUDENT'S APPAREL/APPEARANCE IS IN-COMPLIANCE WITH THIS POLICY.**



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# Prom 2012



Photo submitted

From left to right, Miranda Gordon, Eryn Alderman and Shelby Hughes, show off their prom dresses.



Photo submitted

Alisann Parks gets into the limo during the 2012 prom.



Photo submitted

Kendal Wilson and Brent Henderson enjoyed a wonderful night at prom 2012.



Photo submitted

Seen from left to right are Brigitte Blanton, Alaina Pickels, Kasey Odom, Taylor Money and Jordan Hughes show off their beautiful dresses for the MCHS 2012 prom.



Photo submitted

Quinesha Farmer poses in her lovely prom dress before the 2012 prom.



Photo submitted

Brooke Kinsey and Drew Richardson pose for a picture before the 2012 prom.



Photo submitted

Makoya Scott and Breon Seabrooks enjoyed a wonderful night at the 2012 MCHS Prom.



Photo submitted

Ryan Kornegay was named the 2012 prom king and Tarvis Peacock was named the 2012 prom queen.



Photo submitted

Kailee Morris and Colton Sheppard take pictures at the gazebo uptown prior to going to the prom.



Photo submitted

Cammie Frakes, left, and Ashley Killingsworth, right, pose for a picture before the 2012 prom.



Photo submitted

Elaine Terry and Toby Fox show off their prom attire before heading to the 2012 prom.



Photo submitted

Hannah Odiorne, left, and Skyler Hanna, right, prepare for a great prom night.

## FEED TIMES

How to use: The major and minor feeding times for each day are listed below. The major feeding times are the best for the sportsman and last about 2 hours, the minor feeding times can also have good success, but last only about 1 hour. Good luck and be careful out there. Major feed times are marked by an asterisk (\*)

### The Week Of May 11-17, 2012

|                     |                     |  |  |
|---------------------|---------------------|--|--|
| <b>Moon Phases:</b> |                     |  |  |
| • Full Moon: May 6  | • First Qtr: May 28 |  |  |
| • Last Qtr: May 12  | • First Qtr: June 4 |  |  |
| • New Moon: May 20  |                     |  |  |

|                          |                            |                          |
|--------------------------|----------------------------|--------------------------|
| <b>Friday<br/>May 11</b> | <b>Saturday<br/>May 12</b> | <b>Sunday<br/>May 13</b> |
| 12:00 AM                 | 12:55 AM                   | 1:45 AM                  |
| *6:20 AM                 | *7:15 AM                   | *7:50 AM                 |
| 12:20 PM                 | 1:20 PM                    | 2:00 PM                  |
| *6:40 PM                 | *7:30 PM                   | *8:10 PM                 |

|                          |                           |                             |                            |
|--------------------------|---------------------------|-----------------------------|----------------------------|
| <b>Monday<br/>May 14</b> | <b>Tuesday<br/>May 15</b> | <b>Wednesday<br/>May 16</b> | <b>Thursday<br/>May 17</b> |
| 2:30 AM                  | 3:10 AM                   | 4:25 AM                     | 4:30 AM                    |
| *8:30 AM                 | *9:10 AM                  | *10:30 AM                   | *10:30 AM                  |
| 2:40 PM                  | 3:20 PM                   | 4:40 PM                     | 4:40 PM                    |
| *8:55 PM                 | *9:35 PM                  | *10:50 PM                   | *10:50 PM                  |

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Photo submitted by Juanita Cone

Polly Ross of Asheville, N.C., and Hans Meinesz, of Berlin, Germany, enjoy lunch. Ken and Judy Teague are in the background.

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Photo submitted by Juanita Cone

Bob Charbonneau of Royal Oak, Mich., and Wayne Baird, Jr. of O'Fallon, Ill., take a break during their visit to Greenville.

## Cyclists Visit Greenville

**BUBBA'S PAMPERED PEDALERS** made their way through Greenville on April 26th while on their Coast2Coast tour from San Diego to St. Augustine.

Thirty-five cyclists left California on March 9th and were averaging 70 miles of travel per day. On this day #47 of the tour, the cyclists left Tallahassee and made it to Greenville around 11:00 am arriving via US

Hwy 90. While enjoying a rest break at Haffye Hays Park the group was greeted by: Elesta Pritchett, Mayor Emeritus; Michael Halley, Councilman; Juanita Cone, the Town's unofficial "Goodwill Ambassador". Cyclists departed Greenville to spend a needed night of rest in Madison in rustic style (TENTS!). The Coast2Coast tour will finish on April 30.



Photo submitted by Juanita Cone

Mayor Emeritus Elesta Pritchett with Dereke Smith of Belfast, Maine.



Photo submitted by Juanita Cone

Ken and Judy Teague of Dallas, Texas enjoy lunch during their visit to Greenville.



Photo submitted by Juanita Cone

Refueling with a hot lunch from the Wharf on Wheels.



## UMCM's Brown Bag Ministries Brings Excitement to Greenville Elementary

The children of Greenville Elementary School always know which Friday is Snack Friday. That's when the "Snack Lady" brings the boxes and boxes of brown bags - one box for each classroom filled with bags and bags of snacks - one bag for the teacher and one for each student in the class - all of them filled will nutritious goodies.

For the last five years, about 30 volunteers have gathered at the United Methodist Cooperative Ministries Center once a month to pack brown bag snack packs for Friday delivery to every student at Greenville Elementary. Over the course of the previous school year (2010 - 2011), UMCM delivered approximately 1,600 snack packs to GES students.

At a cost of about \$2.20 each, the snack packs are surprisingly full. The first time GES Principal Davis Barclay saw the contents of one of the bags, "I was really amazed at how much was in there," he said. Each student and their teachers get a treat of three cereal bars, four slices of bread, peanut butter and jelly cups, graham crackers, fresh fruit or a fruit cup, a pudding cup, a sweet treat and a Bible verse.

The Snack Lady, UMCM volunteer Stuart Fenneman, is a former teacher herself. After teaching at several other locations, Greenville Elementary was her first teaching position when she came to Madison, and Greenville Elementary became "the love of my life. It really was the children...they were so appreciative of anything and everything you'd do for them." The well-disciplined school and the sweet, well-mannered children are fond memories she still carries with her. Although she spent

many years afterward working in the school district office, her heart remained in the classroom.

Five years ago, when the board of UMCM was deciding on a school for the Brown Bag Ministries Outreach, Fenneman knew it had to be Greenville Elementary.

When the boxes arrive, each labeled with the teacher's name, the school custodian, William Ware, another very important part of Snack Day, is always ready and waiting to load the boxes on his cart and take them around to their destined classrooms. At the end of the day, the teachers pass out the bags to each child as he or she heads out to the bus to go home. If a child forgets to bring the snack pack to the bus, he or she will dash back to the classroom to grab it before going home.

Friday the 20th was Snack Day for April. George Pridgeon, former Principal of GES and a member of the Board of UMCM, was on hand for the occasion, revisiting old memories in the front office as he spoke with Lisa Davis and Janet Cook, the Instructional Coach for GES, who was getting ready to have Kindergarten student Zoe O'Neal led the Pledge of Allegiance over the school PA system.

There will be one more Snack Day for May, and then at the end of the year, the children traditionally draw pictures, make posters and write thank you notes to the volunteers of UMCM.

Acknowledging that there was a need the Brown Bag Ministries filled, Barclay stated, "I would love for everyone to know how much we, the community of Greenville, appreciate what they (UMCM) do. I don't think many people would have thought of it."



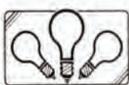
Greene Publishing, Inc. Photo by Lynette Norris, April 20, 2012

**It's Snack Day at Greenville Elementary School.** Front row, left to right: Justin Mosely, representing the second grade; Jasmine Odom representing the first grade, Deja Lee representing Kindergarten, Javonna Wims, also representing second grade. Second row, left to right: Greenville Elementary Principal Davis Barclay, Stuart Fenneman of UMCM, Jarrod Posley representing the fourth grade, Lisa Davis, and George Pridgeon, Board member of UMCM and former Principal of Greenville Elementary School. The fifth graders had already left earlier on a field trip to the Earth Day Presentation at the Capitol Courtyard in Tallahassee, where they will get to see some environmental science up close.

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# Turn Back Time

## Remembrance of Things Past: Martha Blair

By Kristin Finney  
Greene Publishing, Inc.

Martha Blair grew up in Greenville and her memories from growing up there are abundant. Until she was married in 1965, Martha stayed in Greenville and gained many fond memories. She went to Greenville Elementary and Greenville High School. In high school she played basketball. Martha was on the last basketball team that Greenville had until the schools were combined. She was also in the band where she played tenor saxophone and baritone saxophone. She was a majorette. She was also involved in the Future Home Makers of America, BETA Club and the Future Teachers of America.

Being raised in the Christian faith, Martha attended Greenville Baptist Church where she was involved in all of youth programs, taught Sunday School and also taught Vacation Bible School. "We went to church every time the doors opened," said Martha.

Martha's father owned A&M Grocery Store in Greenville when she was younger. "He had us trained to work in the business. I started work-

ing there when I was 9 years old. He was the one that started our work habits," said Martha. She added, "The first job I ever had was taking cans off of the shelves and cleaning the shelves, dusting the cans off and putting them back." Another memory she has of working in the store, "Daddy had hotdogs that he sold on the weekends and of course we had to learn to make the slaw like he did. It wasn't every day slaw like most people have today. People would come from all around to get those hotdogs on Saturday. Then every Saturday when American Bandstand would come on I had to go to the house and watch that. The store was about a five-minute walk from home, so I would go home and then go back to work. I don't think daddy ever realized what I was doing."

"Greenville was the most wonderful town to live in. It was beautiful and the people were beautiful. You never locked your doors. Back then we didn't have AC so all of our windows stayed open. You trusted almost everyone you met. All of the kids were raised by just about everyone in town," she recalled.



Martha Blair

For entertainment Martha and her friends would go down to Seven Bridges. They also enjoyed riding around. They also loved to go to Cherry Lake and Blue Springs. Martha went to the movies in Greenville, which had a theatre back in those days. She recalled, "I got my first charge account when I was 9 years old. I got it so I could buy a dress at Andrews Department Store. I had to pay them 25 cents a week and I got paid 50 cents a week. I would pay them 25 cents and then I used other 25 cents to go to movies in Greenville. We also loved skating on the sidewalks and at the railroad depot. We loved to go fishing in the lily pond."

She also remembered working for her dad at his farm, "I helped pick peas, butter beans and okra. I worked in cotton once and that was enough of that. I also worked in tobacco in the summer. I was a hander but it was a real privilege to be a stringer."

"If I could have had a choice in where I raised my children, it would have been there. But when we left it changed," she stated. Martha married her

husband Delbert in 1965. She attended college at Massey Business College in Jacksonville after graduating from high school. She then worked for the insurance department in Tallahassee for about year. It was at that time that her husband was drafted. The two of them went to Colorado. They came back a year later and Martha helped run the grocery store with her mom for her dad when he had surgery. She stayed there for about a year then she went back to Tallahassee. "When I got pregnant with my daughter we moved from Tallahassee to Greenville and I went to work in Madison with Davis and Browning Attorneys. It then became Davis, Browning and Hardee. I worked for Cary Hardee for 25 years then I retired to stay home and take care of my grandchildren," Martha shared.

Martha is the daughter of Lamar and Alice Andrews. She has one sister, Sarah Henderson, and two brothers, Paul and Bill Andrews. She is married to Delbert Blair and they have one daughter, Paige Blair Peavy. Paige is married to Opie Peavy. Paige and Opie have two children, Lane and J.D. Peavy.

Anyone interested in being interviewed for this article can call 973-4141 and make an appointment with Kristin Finney, or may drop by Greene Publishing, Inc. any day before noon. Those interviewed must have lived in Madison for a large portion of their life, and be able to recall a few things that have changed since that time.

## Way Back When

May 15, 1942

Mrs. C.P. Kelly spent the week in Jacksonville with relatives. She was joined by Miss Emmala Mays Kelly of Camp Blanding for the trip.

Mr. C.L. Hammock of Live Oak assumed the management of the Gulf gas station here in this city Monday. He and his wife and child have moved here to make their home.

Naval Officer Edwards of Tallahassee was at the Madison Post Office Monday contacting local men relative to enlisting in Uncle Sam's Navy.

Jack Perry, who is stationed at Fort Frances E. Warren, Wyoming, is now in the officer candidate school, his many friends will be glad to learn.

May 11, 1962

Mrs. C.C. Morrow is spending a while here at the Hotel Madison.

J.T. Woodward, of Pinetta, was among those in town Tuesday night listening to the election returns, and reported that he would be buying cucumbers next week. Mr. Woodward has established an excellent cucumber business and said in addition he would like to get farmers to grow beets and cabbage and have a market there for these products.

Approximately one hour of the course, Cold War Issues, was filmed by Tom Dunn of Station WCTV last Thursday night. The lecture by Mr. James Moncrief, Chairman of the Social Science Department and discussion by various members of the class, were put on tape for a telecast to be presented by Channel 6, Thursday, May 31, at 10:30 p.m.

J.L. Pate has been elected president of the Greenville PTA.

May 12, 1972

New Garden Club officers include: Mrs. Larry King, corresponding secretary; Mrs. Thomas Moffses, treasurer; Mrs. Arthur Koons, recording secretary; Mrs. Sam Mitchell, first vice-president; Mrs. Clyde Cantey, second vice-president; and Mrs. B.G. (Blanche) Wyche, president.

The Historical Society will dedicate the Ellaville Post Officer Marker at 2:30 p.m. on Sunday, May 21.

Mrs. Pearl Olgilvie of Jacksonville and son A.D. spent Wednesday with her brother, Rev. J.R. Collins and family of Cherry Lake.

Friends will be happy to learn Mrs. Lelia Floyd returned from the Madison County Hospital to her home in Cherry Lake on Wednesday.

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## Happenings

At Madison  
First Baptist Church

By Nell Dobbs  
Guest Columnist

From a small spiral notebook...  
Plant smiles  
Grow laughter  
Harvest love

A very blessed Mother's Day!  
As I've said before, Marjell always said when we lose our mothers, we lose our dearest friend! We do know Jesus is our dearest Friend and knows all about us and loves us still.

The words of King Lemuel in Proverbs 31 tell of the things his mother taught him and in my Bible, I've written Preacher Cone's message of May 8, 1988 about a virtuous woman - her worth, her work and her words.

And we think of many women and mothers of faith in Scripture and also those we have known and know. Jesus' mother knew she was highly favored of God and counted herself truly blessed!

Beautiful flowers were placed in church Sunday by Jean McWilliams in honor of Jake and Judy Phillips and in celebration of her dad's birthday (May 6). Brett Frakes prayed the Offerory Prayer.

Our singing is always a blessing! Jim gave special thanks for the choir's special "He is Here."

Preacher's message was about who Jesus really is. He is all of God in one Person and He came at the right time and in the fullness of time.

Not every person will believe on Him, but one day every knee will bow to Him.

We pray comfort for all sad ones - Robert and Peggy Stokes and the family of Mike Benenbaugh, the family of Dr. Patacxil, the family of our cousin, Bud Dobbs of Raiford, who died in an automobile accident on Saturday. Continued prayers for Princess Roebuck and family and thanks for her being in church Sunday. We pray for all ill ones - Mr. Quincy Thomas with some cracked bones. Billie Jean Fuqua in Consulate Health Care in Tallahassee and also Gordon and Hettie Selman there, for Peggy Drummond, Joe Smith, Doris Cowart, Jack Stewart, Vicki Sherrard's brother Richard Kelley in Maine, Al Spurlock, Denise Watts, Sue Downing's niece who is very ill.; Lil Noah, four months old, son of Casey and Matt Andrews, having tests and an MRI yesterday and today in Jacksonville at Children's Hospital.

Work Day at the pastorium will be on Saturday May 19.

Graduates recognition is on Sunday, May 20, and will begin with a special breakfast for them and their immediate families. Our prayers are for them and their plans for the future as they allow God to lead them all their days. Amen!

And may we all seek and pray for the well-being of the place where God has placed us.

## Dowling Park Church Of God To Host Pig Pickin'

By Bryant Thigpen  
Greene Publishing, Inc.

The Dowling Park Church of God is set to host Pig Pickin' this Saturday, May 12, beginning at 1 p.m. The concert is sponsored by the Golden Eagles Senior Ministry, and will be held outdoors. Seating will be provided. The concert will feature four of Florida's finest groups: New Day, Psalm 101, Simple Faith Trio, and Light Soldiers. Concessions will also be available during the concert.

New Day is a group from Kissimmee that brings many years of experience to the platform. The group is a member of the Florida Gospel Music Association. Our members have received awards for Band of the Year, Gospel Post Hall of Fame, Guitarist and Steel Guitarist of the year, Pianist of the year, Instrumentalist of the year and have been nominated multiple times for vocals and music at the Gospel Post Convention.

At the 2010 Gospel Post Convention and Fan Awards the group received the honors of Band of the Year, Male Quartet of the Year, Tenor, Bass and Lead Vocal of the year, Drummer, Guitarist, Bass Guitarist and Sound Technician of the year.

"It is our purpose and desire to tell the world that Jesus saves and can meet every need," stated group manager Wayne Groves. "New Day comes from different parts of the state as well as different walks of life. One thing we all share in common is the Lord Jesus Christ and how he has, and continues to impact our lives and the lives of the people we minister to."

The group Psalm 101 may be new, but not the individuals that comprise this ministry. Bill and Angela Fulkerson have been sharing their 'God-given' talents in churches all over the United States and Overseas for many years.

Psalm 101 is not limited to a certain style and this versatility has opened many doors for them. Angela and Bill are dedicated Christians and faithful to their local church and most of all, to the Lord! They are very serious when it comes to their music ministry because they know it is the work God has called them to do. In a concert with Psalm 101 you will hear Angela's powerful lead vocal on most songs with Bill adding his own style to the harmony blend. Bill is also featured vocalist on a few songs with a country flavor. Bill provides quite the instrumentation with his lead guitar playing. Their son, Cameron joins them on a few songs with his harmonica. You will be blessed as this couple shares their testimonies of God's hand in their lives and ministry. You will leave knowing you have been in the presence of God, encouraged, blessed and challenged.

Simple Faith Trio began in August of 2007, with the sole purpose to witness to the lost and encourage Christians thru testimonies and song.

Since their humble beginnings the Trio has recorded many projects and videos. They have performed at the Florida State Fair and been on

stage with some of today's top groups in Gospel Music. Each one of these men with their unique style and personality sing with heartfelt emotion and contagious excitement. Helping someone find their way to Christ is the purpose of this ministry. When asked what it takes to have Simple Faith Trio come and present a concert, the answer is always the same, "an invitation." The group is comprised of Jeff Shadows, Jerry White and Michael Johnson.

The Light Soldiers travel every weekend with a mission in mind. Their mission is to carry the good news that Jesus is alive and powerful in the lives of believers today. Their ministry is one that incorporates singing and preaching. Light Soldiers consist of: Tony, Loraine and Caleb Silcox.

Information in this article is provided by [newdaymusicministries.com](http://newdaymusicministries.com), [pslam101ministries.org](http://pslam101ministries.org), [simplefaithtrio.com](http://simplefaithtrio.com), and [lightsoldiers.org](http://lightsoldiers.org).

The church will have BBQ pork sandwiches available for purchase. The funds raised will assist the church in beginning a food bank for the community.

For more information, please call Senior's Pastor Robert Osburn, Sr., at (386) 658-1963.

## Your Smile For The Day

A little girl was sitting on her grandfather's lap as he read her a bedtime story.

From time to time, she would take her eyes off the book and reach up to touch his wrinkled cheek.

She was alternately stroking her own cheek, then his again. Finally she spoke up, "Grandpa, did God make you?"

"Yes, sweetheart," he answered, "God made me a long time ago."

"Oh," she paused, "Grandpa, did God make me too?"

"Yes, indeed, honey," he said,

"God made you just a little while ago."

Feeling their respective faces again, she observed, "God's getting better at it, isn't he?"

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Wed ..... 7:30 a.m. Mass  
Thu ..... 7:30 a.m. Mass/Rosary  
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Sun ..... 9:00 a.m. Mass  
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**FOR SALE**

Totally restored 1986 Chevy PU - Silverado short bed 2WD 96,000 miles. NEW: brakes, R134 AC, 4Bbl Carb, Distrib, AM/FM/Cass, exhaust & muffler, interior and paint. O/H auto xmsn, PB, PS, PW, Cruise,Tilt Steering, CB radio, tool box & Linex type bedliner. Looks & runs great. \$6,800.00 Jim 850 242-8680.



**Children's Dresses...**

Size 3 - white long dress, worn as flower girl dress, sequin/beadwork all on bodice, sequin/beadwork/appliques on bottom, built-in crinoline. - \$50

Size 4 - off white dress, worn as flower girl dress, lace work around bodice, pretty lace work at bottom, cap sleeves - \$25

Size 16 - white long pageant gown, cap sleeves, white sequin work across entire bodice and sleeves, buttons around neck with circular cut-out on back, beautiful gown - \$100

**To Place Your Classified Call 973-4141**

**MOBILE HOMES FOR SALE**

\$15,000. Discounts on doublewides. Must go. Call Mitch at (386)-288-0109.

Cash in a flash for your used mobile home. Will come look and make you an offer. Call Lynn at (386)-365-4774.

6 acres and 28x.80. 4 BR, fenced & cross fenced. Country living at its best. Call Mitch at (386)-288-0109.

Money to lend for doublewides & singlewides with or without property. Call Mitch at (386)-288-0109.

Mobile home financing available for everyone. New and used. Call Mitch and let M.H.M work for you. (386)-288-0109.

**REAL ESTATE FOR SALE**

For Sale: House & Lot In the Town of Suwannee Price reduced for quick sale \$60,000 net to owner. 2 BR/1 BA. Fully Furnished. New Metal Roof, and New Paint. Utility Building with Washer and Dryer. Nice Fruit Trees. 386-719-0421

**FOR RENT**

2 BD Trailer For Rent 869-0916.

**Mobile Homes for Rent**

Various sizes Cherry Lake/Pinetta and Lee areas. Call Jack (850)-464-0776.

**QUIET SANCTUARY**

Small cabin on farm 2 miles out of town. Includes WIFI and Direct TV. \$350 a month. You pay your own electric. 850-673-1117 or 253-1222.

**FOR RENT Condo at Keaton Beach Landing.**

2 BR, 2 1/2 Bath. Website: VRBO #345794. 1-850-971-2811 (Office) 1-850-838-5660 (Cell) hlrbjr@gmail.com

**Renovated 2-story, 3BR/2BATH house.**

Excellent located at 205 Shelby Street. Stucco Exterior. Convenient off-street parking. Free lawn maintenance. \$700.00. Dixie Properties (850) 656-6340.

Super, newly furnished 1BR apartment. Twin beds included, washer/dryer. Owner maintains lawn. Great neighborhood. Located at 193 Shelby Street. Off-street parking. \$500.00. Dixie Properties (850) 656-6340.

**3 BD 2 BA Mobile Home** on lake. Central Heat and Air. 1 year lease. No pets. \$550 rent/\$600 deposit. (850)-929-4333.

**1 BD 1 BA on lake.** 1 year lease. No pets. \$400 rent/\$400 deposit. (850)-929-4333.

**Madison Heights Apartments**

1,2,3 & 4 bedroom apts. Section 8 Housing designed for low income families 150 SW Bumgardner Dr. Madison, FL Phone 850-973-4290 TDD 711 Equal Housing Opportunity

**Greenville Pointe Apartments**

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**FOR RENT**

*Southern Villas of Madison Apartments*

Rental assistance may be available. HUD vouchers accepted. 1, 2, & 3 BR HC & non-HC accessible apts. Call 850-973-8582, TDD/TTY 711. 315 SW Lawson Circle, Madison, FL 32340. Equal Housing Opportunity. "In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, age, disability, religion, sex, and familial status. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW., Washington, D.C. 20250-9410 or call (800)-795-3272 (voice) or (202)-720-6382 (TDD.)" "This institution is an equal opportunity provider and employer." TDD phone number



**Cambridge Manor Apartments**

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**HELP WANTED**

The Third Judicial Circuit currently has the following position available: Trial Court Law Clerk For more information go to: www.jud3.flcourts.org.

**HELP WANTED**

You Can Be A CNA Quest training offering CNA prep classes. No GED or HS diploma required if age 18. Registered nurse instructor. Day and evening classes. 386-362-1065.

**HELP WANTED**

Madison County Memorial Hospital Now Hiring: RN Nurse Manager RN's FT & As Needed Medical Lab Technologist Medical Office Manager CNA FT & PT Please contact Human Resources 850-973-2271 ext 1906 EOE/DFW.

**Commercial Cleaning Service Bid**

Tri-County Electric Cooperative is seeking bids for a commercial cleaning service for our headquarters facility located at 2862 West Highway 90, Madison, Florida 32340. You may pick up bid packets at the above location. All bids must be returned by 4:00 pm May 21, 2012. For more information contact George Webb at 850-973-2285 ext. 217.

**Farm equipment mechanic.** Applicants should have a steady employment history and be mechanically experienced. Skill related salary starting at \$600 per week. Applicants accepted between 9 - 3 weekdays at Full Circle Dairy. 1479 SE Winquepin St in Lee, FL. E-mail resumes or inquiries to kwatts@fullcircle dairy.com.

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**HELP WANTED**

AMCS is looking for a good qualified maintenance technician with experience in multifamily industry. Must have Florida driver's license and pass grace hill testing provided. Please submit your resume for consideration to madison-heights@spts@yahoo.com or mail to 150 SW Bumgardner Dr. Madison, FL 32340.

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**HELP WANTED**

Physics/Mathematics Instructor wanted at North Florida Community College. See www.nfcc.edu for details.

**Deadline for Classifieds**

Every Monday and Wednesday 3 p.m.

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**NOTICE UNDER FICTITIOUS NAME LAW Pursuant to Section 865.09, Florida Statutes.** NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of National Incident Management located in the county of Madison in the City of Pinetta, Florida 32350 intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida. Dated this 11th day of April, 2012. Signed Jeffrey A. Boyette.

5/11

**NOTICE:**

This ad shall serve as a notification of channel enhancements on, or around, June 5, 2012, for Comcast Cable's Madison, Perry and Quitman all digital residential and commercial channel lineups.

- Outside TV will be added to the Sports Entertainment Pack, channel 716.
- C&I (Crime and Investigation) will be added to the Sports Entertainment Pack, channel 717.
- MHC (Military History Channel) will be added to the Sports Entertainment Pack, channel 718.
- TV Games will be added to the Sports Entertainment Pack and Digital Preferred service, channel 721.
- CBS Sports Network will be added to the Sports Entertainment Pack and Digital Preferred service, channel 743.
- WFN (World Fishing Network) will be added to the Sports Entertainment Pack, channel 747.

Please call 1-800-COMCAST (266-2278) with any questions.

**GENERAL INFORMATION**

\*A digital-ready television set and/or digital equipment may be required to receive certain digital channels or certain services. Service charges may apply. Services not available in all areas, restrictions apply. For customers with commercial accounts or bulk rate arrangements, some product, pricing and other information may not apply. Upon proper notice, all pricing, programming, channel locations and packaging are subject to change. For information about all of our product offerings, please visit [www.comcast.com](http://www.comcast.com).

5/9, 5/11

**BID NOTICE**

Notice is hereby given that the Board of County Commissioners of Madison County, Florida will be accepting bids for the following:

**Furnishing all needed materials, equipment, labor and supervision, including Maintenance of Traffic (MOT) to: line grade and compact limestone installed by Madison County and pave SE Bisbee Loop, unpaved section, for a distance of approximately .8 mile and pave NE Lantana Street for a distance of approximately 1.3 miles. This Project is known as SE Bisbee Loop and NE Lantana Street Paving Project Number 2012 - 04.**

Bids may be submitted to the Board of County Commissioners by depositing same at the Board office located in the Madison County Courthouse Annex, Room 219, 229 SW Pinckney Street, Madison, Florida 32340, or Post Office Box 539, Madison, Florida 32341 anytime prior to **4:00 PM on Friday, June 1, 2012. ANY BIDS RECEIVED AFTER SUCH DATE AND TIME WILL NOT BE OPENED AND/OR CONSIDERED.** Bid must be clearly marked with the project number printed on the outside of the front of the bid envelope as follows: **SE Bisbee Loop and NE Lantana Street Paving Project Number 2012 - 04.**

**All Contractors bidding this project must be pre-qualified with the Florida Department of Transportation to be considered.**

Bid Specifications, as well as other pertinent documents, may be obtained from the Madison County Road Department office located at 2060 NE Rocky Ford Road (C-591), 2 miles north of Madison, telephone # 850-973-2156, beginning Wednesday, May 9, 2012. Each contractor interested in bidding these projects is strongly urged to obtain copies of the bid package immediately in order to have time to review it and visit the project locations.

**Please be advised that a MANDATORY PRE-BID CONFERENCE will be held on Wednesday, May 16, 2012 at 2:00 PM in the County Commission Meeting Room located in the Madison County Courthouse Annex Building, 229 SW Pinckney Street in Madison, Florida. BIDS WILL NOT BE CONSIDERED FROM ANY BIDDER WHO IS NOT REPRESENTED AT THIS CONFERENCE.**

Madison County reserves the right to waive any informality or to reject any or all bids.

Bids will be opened on Monday, June 4, 2012 at 9:00 AM in the Madison County Board of County Commissioners meeting room, after which time all bids will be available for public inspection. Award by the Board of County Commissioners is scheduled for June 6, 2012 during the regularly scheduled meeting. All contractors will be notified in writing of the successful bidder.

5/4, 5/11

IN THE CIRCUIT COURT, THIRD JUDICIAL CIRCUIT, MADISON COUNTY, FLORIDA

CASE NO. 2011-82-CA

OLD BLUE SPRINGS, LLC,  
a Florida limited liability company,

Plaintiff,

vs.

GUILLERMO GOMEZ,

Defendant.

**NOTICE OF SALE**

NOTICE is hereby given that, pursuant to Summary Final Judgment of Foreclosure dated April 25, 2012, entered in the above styled cause, I will sell to the highest and best bidder for cash at the Madison County Courthouse in Madison, Madison County, Florida, at 11:00 A.M. on May 24, 2012, the following described property:

PARCEL 13

A PARCEL OF LAND LYING IN SECTION 8, TOWNSHIP 1 SOUTH, RANGE 11 EAST, MADISON COUNTY, FLORIDA, AND BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS: COMMENCE AT THE NORTHEAST CORNER OF SAID SECTION 8 AND RUN SOUTH 89 DEGREES 31 MINUTES 49 SECONDS WEST, A DISTANCE OF 164.41 FEET; THENCE SOUTH 00 DEGREES 00 MINUTES 00 SECONDS EAST, A DISTANCE OF 33.10 FEET TO THE SOUTH RIGHT OF WAY OF N.E. BEULAH CHURCH ROAD; THENCE SOUTH 88 DEGREES 32 MINUTES 07 SECONDS WEST ALONG SAID RIGHT OF WAY, A DISTANCE OF 582.66 FEET; THENCE SOUTH 89 DEGREES 58 MINUTES 13 SECONDS WEST ALONG SAID RIGHT OF WAY, A DISTANCE OF 1,171.42 FEET TO THE POINT OF BEGINNING, FROM SAID POINT OF BEGINNING, AND LEAVING SAID RIGHT OF WAY, RUN SOUTH 00 DEGREES 33 MINUTES 45 SECONDS EAST, A DISTANCE OF 1,278.90 FEET; THENCE SOUTH 89 DEGREES 58 MINUTES 13 SECONDS WEST, A DISTANCE OF 341.03 FEET; THENCE NORTH 00 DEGREES 33 MINUTES 48 SECONDS WEST, A DISTANCE OF 578.09 FEET; THENCE NORTH 89 DEGREES 58 MINUTES 13 SECONDS EAST, A DISTANCE OF 311.03 FEET; THENCE NORTH 00 DEGREES 33 MINUTES 48 SECONDS WEST, A DISTANCE OF 701.81 FEET TO THE SOUTH RIGHT OF WAY OF N. E. BEULAH CHURCH ROAD, THENCE NORTH 89 DEGREES 58 MINUTES 13 SECONDS EAST ALONG SAID RIGHT OF WAY, A DISTANCE OF 30.00 FEET TO THE POINT OF BEGINNING CONTAINING 5.01 ACRES, MORE OR LESS.

AND BEING SUBJECT TO A 10.0 FOOT EASEMENT FOR UTILITIES AND DRAINAGE ON ALL SIDE LOT LINES.

AND BEING SUBJECT TO A 20.0 FOOT EASEMENT FOR UTILITIES AND DRAINAGE ON ALL FRONT AND BACK LOT LINES.

AND BEING SUBJECT TO ALL COUNTY ROAD RIGHT OF WAYS.

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the lis pendens filed herein must file a claim with this court within sixty (60) days after the date of the sale.

**IN WITNESS WHEREOF,** I have executed this Notice and affixed the seal of this Court this 26 day of April, 2012.

  
 TIM SANDERS  
 Clerk of Court.  
 By: Ramona Dickerson  
 Deputy Clerk

(COURT SEAL)

**CERTIFICATE OF SERVICE**

I HEREBY CERTIFY that a true and correct copy of the foregoing has been furnished by U.S. Mail this 26 day of April, 2012, to:

Joshua D. Crapps, Esquire  
Darby & Peete  
Post Office Drawer 1707  
Lake City, Florida 32056-1707.

Ramona Dickerson  
 Deputy Clerk

5/4, 5/11

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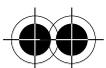
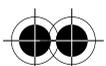
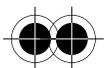
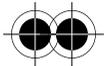
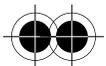
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# Madison Enterprise-Recorder Health & Well-Being Guide

May 11, 2012



# nutrition

# &

# health

# GUIDE

# Coping With IBS

By Lynette Norris  
Greene Publishing, Inc.

IBS, or Irritable Bowel Syndrome, isn't associated with any serious conditions such as colon cancer, but the accompanying diarrhea and constipation can aggravate or cause other conditions such as hemorrhoids.

IBS and its medical treatment are also distinctly different from diverticulitis, even though the symptoms may be similar, and some coping strategies and lifestyle changes, especially diet, may be identical. However, the two conditions arise from completely different pathologies.

Diverticulosis is the presence of abnormal pouches bulging outward from weak spots in the intestinal wall; when these pouches, or diverticula, become irritated or inflamed, causing painful abdominal cramps and bloating, the result is an attack of diverticulitis.

With IBS, the intestine and digestive tract appear structurally normal; what is abnormal is the way the bowel functions – the rhythmic, synchronized contractions of the intestinal muscle that move the food along the length of the intestine are not the normal, gentle contractions. They may be speeded up, moving the food too quickly through the digestive tract, resulting in diarrhea, or the food may be caught between successive waves of contractions that move too quickly to propel it adequately along. Traveling more slowly through the bowel, it becomes hard, causing constipation. In other cases, the intestinal muscles simply contract into painful spasms and don't let go.

If the nerve endings in the intestinal wall are oversensitive, this too can cause painful symptoms. Small gas bubbles that other people would proba-

bly not even be aware of can irritate these supersensitive nerve endings and cause severe, painful cramping.

The biggest impact IBS has on most patients is the way it can put a damper on their overall quality of life. It is fairly common for patients with IBS to switch back and forth between one extreme or the other, constipation and diarrhea, sometimes on the same day; the frequent or unexpected bouts of digestive upset and the accompanying pain may limit one's ability to make or keep plans with friends or family; the thought of enduring or coping with symptoms away from home may lead to avoiding social situations altogether. Painful symptoms can also make sexual activity uncomfortable, or even unappealing.

While the exact cause of IBS isn't known, according to the Mayo Clinic, several factors can play a role, including stress, abnormal levels of serotonin (a hormone associated with brain function, it also helps regulate digestion), hormone changes (which may be why far more women than men are affected), or an imbalance of "good" bacteria in the intestine.

Stress and anxiety have long been known to aggravate digestive disorders, so learning to reduce stress can be helpful in reducing symptoms.

Deep breathing exercises (breathing from the diaphragm and not just the chest area) are often used to clear the mind and relieve overall body stress, but can also relax the abdominal muscles and alleviate painful symptoms. Progressive relaxation exercises, contracting and relaxing muscle groups starting with the toes and working upward through the body can also have benefits. Changing routine or environment to eliminate or reduce stressors can help, as can

...Story cont. on Page 3B...

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# Coping With IBS

Cont. From Page 2B

counseling to change the way patients respond to or handle stress. Others find relaxation benefits in yoga, meditation or message therapy.

Diet, of course, is another big consideration. With many patients, certain “trigger foods” seem to bring on an attack, and these trigger foods vary from one individual to the next; they can include chocolate, alcohol, certain fruits and vegetables, or milk. However, reactions to milk and dairy products alone could indicate lactose intolerance rather than IBS. If foods and drinks with caffeine are the only triggers, the possible cause could be caffeine allergy; reactions to “sugar-free” gum or candies may mean an allergy to the artificial sweetener sorbitol.

If dairy products have to be eliminated, patients still need to get enough calcium and protein from other sources. In some cases, substituting yogurt for milk helps. Yogurt is also beneficial in maintaining proper levels of “good” bacteria in the intestines. Some patients have also gotten relief with such herbs as fennel and peppermint; in other patients, these same herbs can cause heartburn.

In addition to avoiding problem foods, some people find that increasing

fiber in their diet helps, while others do better with a fiber supplement that causes less gas. Another strategy is smaller, more frequent meals throughout the day that mean less food to move through the digestive tract at a time.

Drinking plenty of fluids every day is a big help, and water is the best choice. Beverages with caffeine should be avoided.

Regular exercise like simple walking and stretching has been shown to relieve stress and depression, and the physical activity can help regulate the intestinal contractions. However, before starting any exercise program, it is important to consult a health care professional.

Diagnosing IBS means ruling out other causes for the painful symptoms and depends largely on a physical exam and a complete medical history. Those with close family members who have the condition, and women under 35, are most frequently diagnosed with it.

For more information on IBS, diagnostic procedures, treatments, coping strategies, diet recommendations or alternative forms of treatment, visit [www.helpforibs.com](http://www.helpforibs.com) or look up the Mayo Clinic site at [www.mayoclinic.com/health/irritable-bowel-syndrome](http://www.mayoclinic.com/health/irritable-bowel-syndrome).

## Getting The Most From Your Workout — Top To Bottom

(NAPS)—No matter the season, preparation is key if you want to get the maximum benefit from your workout. Warming up, for instance, is critical whether your sport is basketball, baseball, spring football, lacrosse or soccer.

The same is true when it comes to what you wear—top to bottom. Layering and fabrics all play a role in the success of a workout, especially when the weather is unpredictable.

To help, here are a few tips:

**Choose The Right Apparel:** Wearing comfortable clothing that wicks moisture away from the skin can also make a difference.

To help make finding the right clothing even easier, adidas has introduced Sport Performance Underwear. It features lightweight, ultrasoft, breathable fabric treated with an anti-microbial finish to inhibit odor. The underwear is designed to work with you during your activity for a more ergonomic fit. The company also offers Athletic Stretch and Athletic Cotton briefs and a variety of tops and bottoms made from premium soft cotton for maximum comfort.



**Wearing the right clothing can make a big difference in the quality of your workout.**

To learn more, visit the website at [www.adidas.com](http://www.adidas.com).

**Warm Up:** Warming up before starting your routine helps to reduce the risk of tearing or straining muscles.

**Cool Down:** Many believe gradually reducing the temperature of your muscles can help reduce injury and stiffness.

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## Skin Cancer Awareness Month Reminders from The Skin Cancer Foundation: *How to Prevent Skin Cancer, and Why It's So Important*

Skin cancer is a lifestyle disease, affecting young women, older men and everyone in between. One in five Americans will develop skin cancer in the course of a lifetime; 13 million Americans are living with a history of non-melanoma skin cancer and nearly 800,000 Americans are living with a history of melanoma, the most dangerous form of skin cancer.

But there is good news: because skin cancer is chiefly lifestyle disease, it is also highly preventable.

"About 90 percent of nonmelanoma skin cancers and 65 percent of melanoma cases are associated with exposure to ultraviolet (UV) radiation from the sun," says Perry Robins, MD, President of The Skin Cancer Foundation. "Everyone, regardless of skin color, should make staying safe in the sun a priority and incorporate sun protection measures into their daily life."

### Reduce Your Skin Cancer Risk:

Seek the shade, especially between 10 AM and 4 PM when the sun is strongest. An extra rule of thumb is the "shadow rule." If your shadow is shorter than you are, the sun's harmful UV radiation is stronger; if your shadow is longer, UV radiation is less intense.

Do not burn. A person's risk for melanoma doubles if he or she has had five or more sunburns at any point in life.

Avoid tanning and UV tanning booths. UV radiation from tanning machines is known to cause cancer in humans, and the more time a person has spent tanning indoors, the higher the risk. Those who make just four visits to a tanning salon per year can increase their risk for melanoma by 11 percent, and their risk for the two most common forms of skin cancer, basal

cell carcinoma and squamous cell carcinoma, by 15 percent.

Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. Clothing can be your most effective form of sun protection, so make the most of it with densely woven and bright-or dark-colored fabrics, which offer the best defense. The more skin you cover, the better, so choose long sleeves and long pants whenever possible.

Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.

Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.

Keep newborns out of the sun. Sunscreens may be used on babies over the age of six months, but they should also be protected by shade and clothing. Children are very sensitive to ultraviolet radiation—just one severe sunburn in childhood doubles the chances of developing melanoma later in life.

Examine your skin head-to-toe every month. While self-exams shouldn't replace the important annual skin exam performed by a physician, they offer the best chance of detecting the early warning signs of skin cancer. If you notice any change in an existing mole or discover a new one that looks suspicious, see a physician immediately.

See your physician every year for a professional skin exam.

For more information, please visit The Skin Cancer Foundation's newly redesigned website, [www.SkinCancer.org](http://www.SkinCancer.org). Join the skin cancer conversation on Facebook ([www.facebook.com/skincancerfoundation](http://www.facebook.com/skincancerfoundation)) and Twitter (@SkinCancerorg).

## Madison Public Hearing Serves Senior Needs

The Area Agency on Aging for North Florida, Inc., has scheduled a Public Hearing to discuss its 2013-2015 Area Plan on Aging.

Special emphasis will be on the Area Agency on Aging's Aging and Disability Resource Center and direct service related to health and wellness programs. In addition, they welcome public input regarding known or perceived needs of seniors and their caregivers in the community.

The date and location is as follows: Wednesday, May 23, at the Senior Citizens Council of Madison County, 1161 Harvey Greene Drive, Madison at 10:15 a.m.

Documents for the Public Hearings will be available for distribution at the location above at the time of the hearing. Copies may be requested by contacting the Area Agency on Aging for North Florida at (850) 488-0055 or by emailing your request to [aaanf@elder-affairs.org](mailto:aaanf@elder-affairs.org). Comments may be submitted to Janice D. Wise, Executive Director, 2414 Mahan Drive, Tallahassee, Florida 32308. Deadline for consideration of comments in this Area Plan is Friday, August 31, 2012.



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## From the office of:

Arthur L. Morgan, DMD  
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## Fact Sheet Periodontal Disease and Diabetes |

# Periodontal Disease and Diabetes

It is estimated that up to 20 million people have diabetes, but only two-thirds of these individuals are diagnosed. Studies have shown that diabetics are more susceptible to the development of oral infections and periodontal (gum) disease than those who do not have diabetes. This relationship causes great concern because serious gum disease may have the potential to affect blood sugar control and contribute to the progression of diabetes. That's why it's important for people with diabetes to visit a dentist on a regular basis and to keep the dentist up to date on the status of the diabetic's oral and overall health.

## How are gum disease and diabetes related?

Because diabetes reduces the body's resistance to infection, the gums are at risk for gingivitis, a reversible form of gum disease usually caused by the presence of bacteria. These bacteria produce toxins that create a sticky film that accumulates on teeth, both above and below the gum line, leading to inflammation. If left untreated, gingivitis can progress to periodontitis, an irreversible destruction of the tissues that surround and support the teeth.

## What other problems are associated with diabetes?

Other oral problems associated with diabetes include thrush (candidiasis), an infection caused by a fungus that grows in the mouth, and dry mouth, which can cause soreness, ulcers, infections,



and cavities. To prevent problems with bacterial infections in the mouth, your dentist may prescribe antibiotics, medicated mouth rinses, and more frequent cleanings.

## How can I stay healthy?

Brush your teeth with an antimicrobial toothpaste containing fluoride and rinse with antimicrobial mouthwash at least two times a day. People with diabetes who receive good dental care and have good insulin control typically have a better chance of avoiding gum disease.

To improve their quality of life and their oral health, people with diabetes need to pay close attention to diet and exercise. People with diabetes should be sure that both their medical and dental care providers are aware of their medical history and periodontal status.

To keep teeth and gums strong, those with diabetes should be aware of their blood sugar levels in addition to having their triglycerides and cholesterol levels checked on a regular basis.

## What is the best time to receive dental care?

If your blood sugar is not under control, talk with both your dentist and physician about receiving elective dental care. Types of dental procedures and appointment length are dependent on the level of diabetic control. Also, schedule morning appointments because blood glucose levels tend to be more stable at this time of day. If you have a scheduled appointment, eat and take your medications as directed. See your dentist on a regular basis, keep him or her informed of your health status,

## Resources

[www.knowyourteeth.com](http://www.knowyourteeth.com)

Brought to you by the AGD, this Web site answers important dental health questions, offers the latest information on current treatments, provides tips for first-rate oral hygiene, and it can help visitors find highly qualified general dentists near where they live.

## 1.877.2X.A.YEAR

AGD's toll-free referral number. Call to locate an AGD member dentist in your area.

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## Leadership Task Force Invites Parents And Students To “Making Proud Choices”



Photo submitted

Leadership task force members are committed to educating parents and youth in Madison County regarding the importance of healthy choices; pictured left to right: Sam Shivers, Ksena Zipperer, Bernice Robinson, Tonya Bell, Angelina Curtis and Shelly Renfroe.

Data from the Florida Department of Health indicates AI DS related illnesses are the leading cause of death for Black women between the ages of 25-44 in Florida. In the US, one in two young people will have an STD by age 25. And in Madison County, Seen pregnancy and sexually transmitted diseases in youth, including HIV/AIDS, occur at rates over 50 percent higher than the state as a whole. Responding to these alarming numbers, local volunteers partnered with representatives from the Florida Department of Education and Ounce of Prevention Fund of Florida to establish a leadership task force whose focus is introducing educational opportunities for parents and youth throughout the community.

Following several outreach planning workshops; task force members conducted brief presentations to over 40 parents and youth, providing them information about the youth STD rates and the effects of births to teens. The group also established strategic partnerships with faith-based sponsors and teen advocacy groups, such as Evergreen Missionary Baptist Church and Boys to Kings. “This situation is urgent and threatens our entire county. All of us must work together to find permanent solutions for our youth, which is why we are offering our facility and staff to support the effort.” Elder Sim Alexander noted.

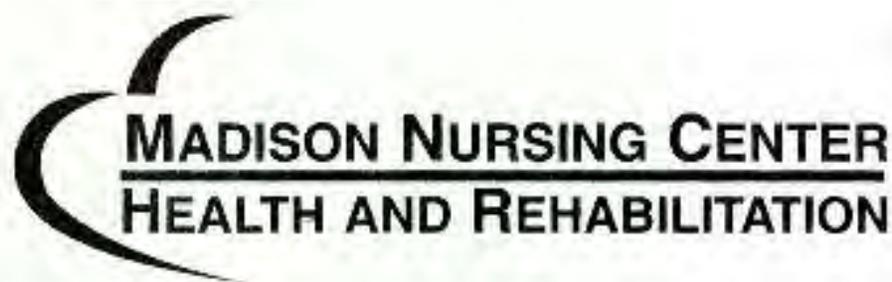
The primary goal of the task force

is to recruit parents to become involved in a coalition that will work to impact teen pregnancy and STD rates in our youth. The task force members also promote a training class for parents centered on the importance of parents as their child’s first sexuality educator entitled, Beyond the Bifds and the Bees. A parent training was held at the North Florida Community College Student Center on March 5th from 6-8 p.m. Hosted by Ksena Zipperer, HIV/AIDS Prevention Education Coordinator from the FLDOE Office of Healthy Schools, and moderated by Sam Shivers of the Madison County Health Department, all in attendance agreed the presentation offered a wide range of useful insights and tools for effectively speaking to youth about the importance and urgency of healthy choices.

To further promote this timely subject, the leadership task force will be teaming with local youth advocates, Merv Mattair and Tonya Bell, who will be presenting a compelling program for teens and parents, titled, taking Proud Choices, which is a co-ed training workshop for youth ages 12-15 and will be held on May 5th and May 12th at Mt. Nebo AME Church from 9 a.m. - 2 p.m. Lunch will be served.

To join the leadership task force or to receive information for your organization or youth; call Craig Wilson at (850) 973-5000, ext. 219, or email him at [craiqwilson@doh.state.fl.us](mailto:craiqwilson@doh.state.fl.us).

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# Achieve Healthy, Beautiful Skin by Prom Night Without Tanning

## UV Radiation from Tanning Beds is Directly Linked to Skin Cancer

As teens around the nation prep for their most glamorous night of high school, The Skin Cancer Foundation encourages young women who are prom planning to steer clear of tanning salons and embrace their natural skin tones, as ultraviolet (UV radiation) from tanning beds can lead to skin cancer. But for girls who can't resist the tanned look, pampering skin with bronzers and sunless tanners is always an option.

"While tanning may seem like an easy way to achieve glowing skin before prom, just one trip to the tanning salon can mean the difference between healthy skin and premature skin aging that can lead to skin cancer later on," said Deborah S. Sarnoff, MD, Senior Vice President of The Skin Cancer Foundation. "Avoiding indoor tanning during the teen years is especially critical when you consider that over the past 40 years, rates of melanoma, the most dangerous form of skin cancer, grew by 800 percent among young women."

The risks of indoor tanning are real—those who make just four visits to a tanning salon per year can increase their risk for melanoma by 11 percent, and their risk for the two most common forms of skin cancer, basal cell carcinoma and squamous cell carcinoma, by 15 percent. Yet as a recent report released by leaders of the U.S. House of Representatives Committee on Energy and Commerce revealed, salon owners and workers continue to put young women's lives in jeopardy by touting the false benefits of tanning to teens and denying the known

risks of indoor tanning.

Additionally, researchers now believe that the eight-fold increase in melanoma incidence among young women over the past 40 years is linked to the prevalent use of tanning beds, and that incidence will continue to rise in this high-risk population.

Prom goers are advised to pamper their skin before the big night to pull off a natural, dewy complexion—the hallmark of genuine beauty. For teens that aren't ready to "go with your own glow," the Foundation suggests using sunless tanning products for a bronzed look. Here's how:

### Sunless Glow:

Sunless tanners effectively produce an evenly tanned look without causing skin damage. They are available in several formulations, from lotions that darken skin gradually to variations that cater to people with naturally lighter or darker skin tones. These products contain added fragrances for improved smell as well as special ingredients for minimal streaking and uneven tanning.

Before applying self tanner, exfoliate skin with a scrub or loofah and moisturize skin to create a base that helps the tanner absorb evenly into the skin. Wait at least 12 hours after shaving to apply self tanner. Since these products can cling excessively to dry skin and result in an uneven skin tone, avoid applying too much to particularly dry areas, such as the knees and elbows.

Most importantly, even if a sunless tanning product contains an SPF, The Skin Cancer Foundation recom-

mends using a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day, and reapplying every two hours, or immediately after swimming or sweating. For extended outdoor activity, use a broad spectrum, water-resistant sunscreen with an SPF of 30 or higher. In addition to regular sunscreen use, a sun protection regimen should include seeking shade and covering up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.

###

**Editor's Note:** The Skin Cancer Foundation has many experts available to comment on indoor tanning issues. Additionally, the Foundation has access to individuals willing to share their personal experiences with indoor tanning and skin cancer.

### For more information, please contact:

Carla Barry-Austin (212-725-5641;

[cbarryaustin@skincancer.org](mailto:cbarryaustin@skincancer.org))

Becky Wiley (646-583-7988; [rwiley@skincancer.org](mailto:rwiley@skincancer.org))

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### About The Skin Cancer Foundation

The Skin Cancer Foundation is the only global organization solely devoted to the prevention, early detection and treatment of skin cancer. The mission of the Foundation is to decrease the incidence of skin cancer through public and professional education and research. For more information, visit [www.SkinCancer.org](http://www.SkinCancer.org).



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# Protecting Your Pet From Parasites

(NAPS)—Pet owners now have an easy way to protect their pets from the unpleasant experience of a tapeworm infestation.

How do you know if your dog has tapeworms? Traditional testing methods use a stool sample (feces) to detect many parasites, including hookworms and roundworms. But if your dog has tapeworms, this test will often be negative. In most cases, the diagnosis is made when you see these segments crawling either on the fresh stool sample or on your dog's rear end.

But what do they look like? Well, bits of tapeworms are most commonly compared to cucumber seeds or grains of rice, just wigglier. When they dry out, the tapeworm segments become hard and yellowish in color (think sesame seeds) and may stick to the hair, fur or even your pillow.

New research from Auburn University shows that tapeworm infections in dogs may be much more widespread than previously recognized. The new testing method indicated that 45 percent of over 1,000 pet dogs tested positive. Earlier studies placed that average at 1 percent prevalence of tapeworms found in dogs.



Prescription products can protect your dog from tapeworm infestation.

Most tapeworm infections occur when your dog eats a flea or small mammal that carries an early stage of the worm. They are not directly transmittable to you (unless you eat fleas and small mammals), and most tapeworm species

cause minimal health problems, with a few exceptions.

“Since winter has been mild across the country, we can expect to see an increase in parasites, with fleas and wild animals bringing in a variety of problems,” states Dr. Heidi Lobprise. “Even when you are providing flea control on your pet, it’s difficult to control every pest in the environment, so you need to be aware that diseases such as tapeworms can still be transmitted.”

How can you protect your dog? Fortunately, with a little knowledge and one easy step, you can keep heartworms, tapeworms and other worms from rearing their ugly heads. Prescription products available from your local veterinarian like Iverhart Max<sup>®</sup> (ivermectin/pyrantel pamoate/praziquantel) Chewable Tablets can help. Iverhart Max Chewable Tablets are a once-monthly preventative that can help treat and control roundworms, hookworms and tapeworms. Contact your local veterinary clinic and you can start protecting your dog today; or to learn more, log on to [www.virbacpets.com](http://www.virbacpets.com) or [www.petsandparasites.org](http://www.petsandparasites.org).



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# The Truth About Apple Cider Vinegar

By Kristin Finney  
Greene Publishing, Inc.

For generations, old wives tales have told of health remedies and health benefits that can be gained from a variety of household items. One such item is vinegar. The most popular rumored benefit of vinegar speaks of its weight loss powers. Others include its ability to fight diabetes, prevent acne and fight high cholesterol. But before you go out and start sipping from a bottle of vinegar, there are some facts that you should know.

All of the claims relating to vinegar and its health benefits are based on little to no supporting research. One test published in Diabetes Care in 2007 found that two diabetes patients had positive changes in blood sugar in the morning after consuming two tablespoons of apple cider vinegar the night before. This is the only reputable study that has been performed on humans that has discovered these benefits.

Some studies have been done on lab rats that claim that vinegar helps with other health issues. One study published in the Pakistan

Journal of Biological Sciences claimed that diabetic rats that were fed apple cider vinegar saw an increase in their good cholesterol. Another published in Bioscience, Biotechnology and Biochemistry claimed that apple cider vinegar and other types of acetic acid might help lower blood pressure.

Some people claim that vinegar is beneficial in losing weight. However, these claims are based on a single study found in Bioscience, Biotechnology and Biochemistry that saw weight loss in obese people who ate acetic acid every day for 12 weeks. Another study published in Journal of Agricultural and Food Chemistry making the same claims was performed on mice.

Claims have been made that vinegar can help fight acne when applied to pimples. If a person were to test this theory it is recommended that they mix one part vinegar to three parts water, due to vinegar's ability to burn skin. Other popular health benefits claimed about vinegar include its ability to prevent and fight dandruff and lice.

The issue with a person listening to these old

wives' tales is the potential for extreme side effects. Taking undiluted vinegar in any form, liquid or pill, can cause serious damage to the esophagus, digestive tract, bones, and tooth enamel. Vinegar applied directly to skin can also cause serious burns.

Before taking vinegar pills or adding vinegar to your health regimen, it is recommended that you talk to your doctor to learn about all of the risks involved and whether vinegar is truly the best option for you.

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