

# The Madison Enterprise Recorder Est. 1865

Our 148th Year, Number 5 Friday, October 5, 2012 Madison, Florida www.greenepublishing.com

## Givens To Have Six-Person Jury In Murder Case

By Jacob Bemby  
Greene Publishing, Inc.

Gary Givens, charged with killing James Edward Campbell, will be tried before a six-person jury on Monday, Oct. 22.

Givens was arrested in March on charges of murdering Camp-

bell, who was a retired school principal from New Port Richey.

Givens was also charged with burglary, grand theft and credit card fraud.

Campbell had trusted Givens and his friend, Jeremiah Gillyard, and had allowed



Gary Givens

them to visit at his house.

Gillyard was charged with fraudulent use of a credit card and possession of stolen property.

Evidence in the case included witness statements from citizens in the community

as well as photographs of two suspects using the victim's vehicle and other items stolen from the victim's home.

Because he waived the right for a 12-person jury, Givens will not have to face the death penalty.

## New Roof Being Installed On Treasures Museum



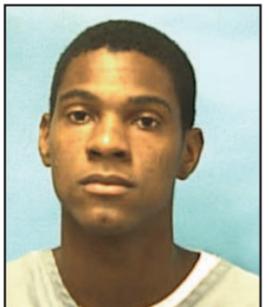
A new roof is being installed on the Treasures Museum. The building houses many early Madison County artifacts, photographs and documents. Ewing Construction of Madison County is currently onsite and working at replacing what is thought to be the building's original roof. This vital project is being funded 100% by the Treasures of Madison County, Inc.

Members of the Treasures of Madison County will be busy in the upcoming months.

Teenie Cave, TMC President, states "We are very excited about the coming year, 2013. It is the celebration of 175 years since Madison and Arianna Livingston sold 160 acres to the Territory of Florida for the establishment of our seat of gov-

*Please see Museum, Page 3A*

## Sex Offender Sleeping At Jail



Lorenzo O'Neil Brasby

By Jacob Bemby  
Greene Publishing, Inc.

Lorenzo O'Neil Brasby is registered as a sex offender in Madison. He is currently a transient, spending the night in the lobby at the Madison County Jail.

Brasby is a 5'7" tall, 162 pound black male. He has black hair and brown eyes.

Aliases used by Brasby include Fred Minor, Baby Thug Brasby and BT Brasby.

Brasby's qualifying *Please see Offender, Page 3A*

## Listen To The Candidates

By Jacob Bemby  
Greene Publishing, Inc.

Go and listen to the candidates on Saturday, Oct. 13, at Damascus Missionary Baptist Church's annex on Martin Luther

King Drive.

The NAACP is sponsoring this event. Each candidate will get to speak about what he or she believes in and will get to answer questions

asked by those in attendance.

The meeting will begin at 10:30 a.m.

For more information, please call Earnest F. Rains, Jr. at (850) 673-7127.

## Time Is Running Out For Front Page Political Announcements

By Jacob Bemby  
Greene Publishing, Inc.

Political candidates, if you have NOT published your front page political announcement, time is running out. Between now and Election Day, there are only four more issues to run a front page political advertisement in either

*The Madison County Carrier or The Madison Enterprise-Recorder.*

We do not run front page announcements the week before an election.

Front page political advertisements are only run once an issue and are on a first come, first serve basis.

*Please see Political, Page 3A*

## Ready To Trick-Or-Treat?



The City of Madison Police Department will be hosting the annual Downtown Halloween on Wednesday October 31 starting at 6 p.m. If your business or organization would like to register to give away candy, please call 850-973-5077.

## Town Of Lee Holds Council Meeting

By Jacob Bemby  
Greene Publishing, Inc.

Lightning strikes hitting the two water towers owned by the Town of Lee were one of the topics of discussion at the Tuesday, Oct. 2, Lee Town Council meeting.

The Council decided to have a company come in and put a trench around the water tower. Rods will be put in the ground and attachments will be made with copper wires. This will be done at both the water tower in Lee and the one on Dale Leslie Drive, south of the Town of Lee.

In other business, the Council received a resignation letter from Town Attorney Monica Taibl, who is closing her private practice and going to work for the Guardian ad Litem program.

The Council also discussed updating procedures for hardships on utility payments, taking a pro-active approach in case such problems arise for those in need.

The Council also approved Town Manager Sarah Anderson writing a letter to the United States Postal Service, asking for a postmaster for the Town of Lee.

*Please see Lee, Page 3A*

## Greene Publishing, Inc. Offers Exclusive Post-Debate Coverage

By Jacob Bemby  
Greene Publishing, Inc.

Greene Publishing, Inc. will offer exclusive post-Senatorial debate coverage on its website ([www.greenepublishing.com](http://www.greenepublishing.com)). The online broadcast will begin at 8 p.m. Wednesday, Oct. 17. The debate between incumbent

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

According to the Florida Press Association, which is partnering with Leadership Florida to sponsor the de-

*Please see Post-Debate, Page 3A*

## Greenville Town Council Meeting Held

By Kristin Finney  
Greene Publishing, Inc.

The Greenville Town Council met in regular session on October 9. The meeting was held at 6 p.m. at the Town Hall.

The motion passed to approve agreement with the Florida Depart-

ment of Correction in relation to the probationers completing community service work.

A special meeting has been set for October 16 to discuss the possible re-evaluation of designated employee salaries.

The discussion for ordinance for prohibi-

tion of Internet cafes and related activities within the town of Greenville was tabled for further consideration.

The motion passed for temporarily closing a portion of US 90 on November 10 for the Veter-

*Please see Greenville, Page 3A*

### Index

2 Sections, 30 Pages

Around Madison	8-9A	Obituaries	4A
Health Guide	B Section	From Page One	3A
Classifieds/Legals	12-13A	History	10A
Fire Prevention	6-7A	Church	11A

### Local Weather

Fri 10/12 86/65



A mainly sunny sky. High 86F. Winds NNE at 5 to 10 mph.

Sat 10/13 85/65



Times of sun and clouds. Highs in the mid 80s and lows in the mid 60s.

Sun 10/14 86/65



Mostly sunny. Highs in the mid 80s and lows in the mid 60s.

Mon 10/15 86/65



Partly cloudy. Highs in the mid 80s and lows in the mid 60s.



# Viewpoints & Opinions

Although apples are available year round, fall is the time of year that apples are ripe for picking. Many varieties ripen in late summer, but since October is in the middle of the picking season, it is designated as National Apple Month, so here are some facts about apples. Apples are among the most popular fruit eaten by Americans, they rank up there beside bananas as the most often eaten fruit. A survey conducted by the U.S. Apple Association revealed Americans eat on average 16.4 pounds of fresh apples and 33 pounds of processed apple each year. Apple products include apple juice, cider, dried, frozen, canned, baby food, apple jelly and vinegar.

Apples have existed for centuries; it is believed they originated in the mountainous area between the Black and Caspian Seas. It is thought the people of this region migrated to Europe, Persia and India, taking apples along with them. Ancient history showed Greeks grew apples in the 3rd century B.C. Apple growing was also popular during the fifteenth century of the Italian Renaissance. France and England became dominate apple growing countries in Europe well into the 1800's.

Exports of fresh apples are estimated to be

## Madison County Extension Service

Diann Douglas  
Guest Columnist



## October Is Apple Month

40 million bushels each year. This accounts for 27% of the total crop grown in the U.S. and it has risen over the past decade due to an increase of disposable income in other countries. Leading markets for U.S. apples are Mexico, Canada, Indonesia, Hong Kong, England and India.

Believe it or not, according to the U.S. Apple Association, apples are grown in every state in the United States. Top producing states are Washington, New York, Michigan, Pennsylvania and Virginia. A weekend drive north will get you into the apple county of Georgia and North Carolina; there you will find many varieties. Two varieties that can be grown in north Florida are Anna and Dorsett Gold. If you would like to try your hand at growing apples, we have a UF Extension publication tailored to apples varieties in Florida.

Can you guess how

many varieties of apples are grown in the United States? Perhaps you guess fifty or one hundred? Well, you might be surprised, according to the U.S. Apple Association; there are 2,500 varieties with the top 10 being the familiar ones you see in the store: Red Delicious, Golden Delicious, Fuji, Granny Smith, Rome, McIntosh, York, Idared and Jonathan.

They say an apple a day keeps the doctor away because apples are very nutritious. A medium apple is only 80 calories, it is fat free, and an excellent source of soluble fiber which helps reduce cholesterol. Apples are a convenient snack food that can be carried along and eaten at any time. Don't overlook using apples in your favorite recipes or find new ones to add interest to your meals. They add flavor to salads, can be cooked with vegetables for interesting side dishes and make great desserts.

Florida's temperatures aren't the best for apple storage; they prefer cool conditions. Apples can be stored at room temperature if you plan to eat them within a week. For longer storage, the fruit and vegetable bin in your refrigerator is the best place.

For more information on food and nutrition, contact the Madison County Extension Service.

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## Jacob's Ladder

Jacob Bemby  
Columnist

## What Heaven Smells Like

I must be getting old because I remember when the word stylus was just a fancy name for a record needle instead of pen like instrument one can use to tap on their phone's keypad or their iPad with. Hey, I can even remember what a record needle was. I even remember what a record was. I remember when people laughed instead of texting LOL if they thought something was funny.

One of the funny things about remembering things is also remembering pleasant smells associated with them. I can remember the smell of a new record, taking it out of its wrapping and putting it on the turntable then dropping the needle and listening to the sweet sounds as it came out.

I can remember the smell of the perfume that a high school crush wore. If I smell it today, my mind will

wander briefly back to high school for a fleeting second.

I remember the smells of breakfast cooking in the house from my childhood and hamburgers and fish frying at my Granny Sealey's house on a Friday night.

I remember the smells of meadows that surrounded my house right after the rain had fallen.

When we think of Heaven, we think of all the peace and happiness there but have you ever stopped to think how pleasant it must smell. I think that Hell must have a rotten, sulfuric smell, but Heaven has to have a pleasant smell. Will it smell like flowers (where no one has allergies)? Will it smell like the most pleasant perfume or cologne?

I don't know what it will smell like but I do know that it will be Home to me.

## Red, White and True Mysteries

### One-Hit Wonder's Novel A Thing Of Beauty

This is the story of Anna Sewell (1820 - 1878), an author who wrote only one book in her short literary career. This one-hit wonder, though, created a classic. Like many authors, her name is unknown to most people. She only attained great fame after she died.

The main character of Anna's story's became very famous, though. In fact, there have been five movies written about the character since Anna penned her one and only novel back in 1877.

Born in England, she was the older of Isaac and Mary Sewell's two children. Her mother was a successful author of children's books, and Anna helped edit her books. This experience contributed to Anna's own success as an author.

When she was 14 years old, she injured both of her ankles one day when she fell on her way home from school. Her injury was treated incorrectly, and she walked with crutches for the rest of her life. She often used horse-drawn carriages to get around, and this also contributed to her success as an author.

You see, the purpose of her one and only book was to create a kinder treatment of horses. It became an immediate bestseller, and has since sold more than 50 million copies to become one of the best-selling books ever written.

Yet when she wrote the book, from 1871 to 1877, her health was so bad that she could barely get out of bed.

It is not all that uncommon to see an author use a first-person, autobiographical style to tell a story these days, but Anna Sewell was one of the very first authors to use this narrative style when she wrote her novel. What made this style interesting, though, was that the main character of her story was a horse.

This meant that - you guessed it - you get the story straight from the horse's mouth (sorry, but I couldn't resist).

And just who was this famous horse, who had five movies made about him? None other than Black Beauty.

In the first movie, released in 1946, Black Beauty was played by a horse named Highland Dale, who also played the title role of the TV show, Fury. Highland Dale was the second-highest paid animal actor in Hollywood at the time, trailing only Lassie.

As the book successfully inspired good treatment of horses, it also inspired good treatment of people, and even though Anna Sewell did not originally intend for it to become a children's book, it has always been a hit with children.

###

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## Madison County...

### Jail Report



<b>10/6</b> Victor Cobix Lopez - Obstruction without Violence. No Valid Driver's License	Axson - Out of County Warrant (Violation of Parole) Jarvis Lamar McQuay - Criminal Registration Only German Franco Ortiz - Violation of Parole (County)	Parole (County) Robert Turner Phillips - Violation of Parole (County) Matthew Kavin Thornton - Failure to Appear
<b>10/9</b> Coby Lamar Johnson - Drivers License (Habitual) Dion'te Markeith	Harvey Oliver Hampton - Violation of	<b>10/10</b> Ronald Edward Lee - Litter Noncommercial Purposes

Did

You

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only city in

the world

located on

two

continents?

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

<b>Publisher</b> Emerald Greene	<b>Classified and Legal Ads</b> Cheltsie Kinsley Deadline for classifieds is Monday at 3 p.m. Deadline for legal advertisements is Wednesday at 5 p.m. There will be a \$3 charge for affidavits.
<b>Editor</b> Jacob Bemby	<b>Circulation Department</b> Sheree Miller
<b>Production Manager</b> Heather Bowen	<b>Subscription Rates:</b> In-County \$35 Out-of-County \$45 (State & local taxes included)
<b>Staff Writers</b> Kristin Finney and Lynette Norris	
<b>Graphic Designer</b> Dee Hall	
<b>Advertising Sales Representatives</b> Mary Ellen Greene, Jeanette Dunn	

-Since 1865-

"Telling it like it is with honesty and integrity."

## The Madison Enterprise-Recorder

Madison Recorder established 1865  
New Enterprise established 1901  
Consolidated June 25, 1908

Published weekly by Greene Publishing Inc., 1695 S SR 53, Madison, FL 32340. Periodicals postage PAID at Madison Post Office 32340. Publication No. 177.400.

POSTMASTER: Send address changes to *The Madison Enterprise-Recorder*, P.O. Drawer 772, Madison, FL 32341-0772.

This newspaper reserves the right to reject any advertisement, news matter or subscriptions that, in the opinion of the management, will not be for the best interest of the county and/or the owners of this newspaper, and to investigate any advertisement submitted.

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.

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# From Page One

## Post-Debate

cont from Page 1A

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

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

## Greenville

cont from Page 1A

an's Day Parade.

The motion also passed for the waiver of Haffye Hays Park fees for use by Madison County Charmettes on October 31 from 6-8:30 p.m.

The resolution of 2012-5 designating the 1978 Fire Engine as surplus to donate to American Legion Post 131 was adopted.

The next regular Town Council meeting will be held on Tuesday, November 13 at 6 p.m. at the City Hall in Greenville. The address is 154 SW Old Mission Avenue in Greenville.

## Lee

cont from Page 1A

After Stephanie Reynolds left as postmaster to become the postmaster in White Springs, the USPS decided to not have a postmaster for the Town. In the letter, the work of Postal Clerk Alison Crutchfield was praised.

There was a discussion about a bereavement policy, allowing employees leave pay in cases of deaths in the family.

Yard sales were also talked about with some question if a person was having one every week in the same location if it was a business, but the Council decided that it was not a business.

The final topic was talk about a contract with the North Florida Broadband Authority to use the Dale Leslie water tower. A previous contract was nixed because of the wording. The Town is asking them to come back with new wording at a future meeting.

**Got news**  
Straight from the horse's mouth?

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The Madison County Carrier  
& Madison Enterprise Recorder

## Unknown Leaders Award To Be Presented

The North Florida Soul Food Festival 2013 presents the North Florida Unknown Leadership Award. Do you know of someone who goes above and beyond the Call of Duty to support their communities? If so, we would like to recognize these individuals from the North Florida Tri-County area for their exceptional community effort in making a different in other people lives.

The Unknown Leaders Awards celebration is design to encourage, activism consist of efforts to promote, impede, or direct social, political, economic, or environmental change in a one sound, one voice in the North Florida communities.

**ELIGIBILITY:** is open to the public in the North Florida community to all eligible residents. Candidates may between the ages of 13 years old and up. Age, race, creed, religion, or gender will not be disqualified.

**CRITERIA:** Submit a 500 word essay on the Topic of "Why he or she deserves to be an Unknown Leader in your area." Submit essay to madisonsoulfood.unknownleaders@gmail.com, in a pdf format.

- Please add the candidate address, and phone number on the essay.

- The candidates, must have demonstrated volunteer work, community service projects, and anything that can describe the effort of the candidate of doing services for their community.

- **DEADLINE FOR ALL ENTRIES IS JANUARY 13, 2013 AT MIDNIGHT**

The Unknown Leaders Celebration will take place February 28, 2013 at the new Madison County Senior Citizens Conference Building, 1161 Harvey Greene Drive, Madison, FL 32341 at 6 p.m.

For more information, email us at: [madisonsoulfood.unknownleaders@gmail.com](mailto:madisonsoulfood.unknownleaders@gmail.com) or call Clifford E. Brown Jr., Director at 850-673-2751.

## Museum

cont from Page 1A

ernment for Madison County and the formation of Newtown, later the city of Madison."

Look for upcoming announcements on Treasures Museum activities at <http://www.treasuresofmadisoncounty.com/>

## Offender

cont from Page 1A

offense is a July 2008 conviction for lewd and lascivious sexual battery with a victim from 12-15 years old.

## Political

cont from Page 1A

To place your political advertisement, please call Emerald or Chelsie at (850) 973-4141,

Conservative  
Corner

By Nelson A. Pryor

Lee, Florida

### IS THE UNITED NATIONS HERE?

In Lubbock, Texas, the County Judge, Tom Head, says he fears the United Nations Organization. He has said that "...he was expecting civil unrest if President Obama is re-elected, and that the president would send United Nations forces into Lubbock, population 233,740, to stop any uprising."

In the New York Times, of 8/28/2012, he further develops his thesis. "He is going to try to hand over the sovereignty of the United States to the U.N.," Mr. Head said, on Fox 34. "O.K, what's going to happen when that happens? I'm thinking worst-case scenario: civil unrest, civil disobedience, civil war, maybe.

And we're not talking just a few riots here and demonstrations. We're talking Lexington, Concord, take up arms and get rid of the guy."

And if the president did send in United Nations troops, Mr. Head continued, "I don't want 'em in Lubbock County. O.K. So I'm going to stand in front of their armored personnel carriers and say, 'You're not coming in here.' And the sheriff, I've already asked him. I said, 'You gonna back me?' He said, 'Yeah, I'll back you.'

"Well, I don't want a bunch of rookies back there," Mr. Head said.

Locally, Mr. Head, has received a vocal chorus of support.

"I believe that we need a sheriff's militia to protect Lubbock County, and get all the sheriffs in Texas to start a militia to protect Texas." Kim Gatewood, told the county commissioners, at one of their public hearings.

#### How the U.N.O. Started

At Yalta, a conference to talk about post WW2 problems, world government, was discussed. Because of President Franklin Roosevelt's health, Alger Hiss was the principle American representative to discuss plans with other nations. The Big Three decided that Alger Hiss was to be the Secretary General of the United Nations Organizing Conference in San Francisco where the Charter was written and adopted. He further had a dual role as Secretary General and top State Department official for U.N.O. affairs.

In 1948, Alger Hiss was exposed as a Communist. And later, was convicted of perjury for denying his Communist party membership.

#### The Push for World Government

Not everyone wants limits to governmental power. And to those, they work to replace our US. Constitution. One form of that opposition to limited government has been a substitution to the U.N.O.

But before the U.N.O., there was the League of Nations. Franklin Roosevelt was involved in that, too.

With the failure to get the U.S. Senate to ratify the League, as a treaty, Franklin D. Roosevelt, as a 1920 candidate for Vice President, made it his number one priority.

He immediately ran into trouble in selling it to the American people. David Pietrusza, in his book: 1920, the Year of the Six Presidents. NY: Carroll & Graf Publishers, 2007, tells of that ordeal.

#### Is our American experiment over?

#### VICTORY OFFICE

Open M-F 11:00 - 2:00, Sat. 10:00 - 1:00  
Join us for Free Movie Night 7:00 PM  
on Debate Nights

#### THE MADISON COUNTY REPUBLICAN EXECUTIVE COMMITTEE

Will meet at 7:00 P.M. Tuesday, Oct. 23, at the Republican Victory Office

#### ALL REPUBLICANS WELCOME

Paid for and approved by the Madison County Republican Executive Committee  
[MadisonRepublican@embarqmail.com](mailto:MadisonRepublican@embarqmail.com)

## Presidential Politics In 1972

### 4th Grade Academy Class



PICTURED Front Row ( Left to right ) are: Mark Akerman, Turner Beggs, Ken Davis, Connie Strickland, Brett Copeland, and Wanda Strickland.

Second Row ( Left to right ) Howard Sims, Frances Cowart, Thomas Fielder, Stevie McMahon, Kathryn Rowe.

Third Row ( Left to right ) George Lamb, Bill McCain, Kayla Moore, Harvey Greene, Timmy Roberts, and Clay Blair.

Back Row is Mrs. Andrews, and Paige Hood.

Photo submitted

Back in 1972, Madison Academy students hold up pictures of their favorite presidential candidates that they had received pictures of. It looks like Sen. George McGovern only received one vote, with President Richard Nixon receiving all the rest. Paige Hood holds the sole McGovern photo.

## Obituaries

### Hettie Register Selman

Hettie Register Selman, 91, went peacefully to be with the Lord on Tuesday, September 11, 2012 with her devoted husband of 72 years, Gordon Selman, by her side.

Hettie was born in Chauncey, GA, and lived most of her life in Madison, FL where she met and married her special partner in life, Gordon. They celebrated their 72nd anniversary on July 24, 2012 with family and friends.

Her surviving family includes her husband, Gordon Selman; her son, Gordon "Don" Selman, Jr.; her daughter, Martha; grandsons, Deric and Trey (Jennifer); great-grandchildren, Arthur, Henry, and Lacey Leah; and many loving, loyal nieces & nephews.

There was a celebration of her life on Friday, September 14, 2012 at Beggs Funeral Home Chapel in Madison, with interment at Oak Ridge Cemetery. Officiating was Rev. Tom Ray Kelly and Rev. Gabe Krell, with special music by Jim Cary.

Hettie worked hard all her life as a secretary for Attorney R. Cowart, at Van H. Priest in the store & warehouse. She loved her job as Nursery Supervisor at First Baptist Church, and was an active member until her health declined. She was co-owner of Selman's Sundries Drugstore for 33 years with her husband Gordon, where she also ran the Western Union for several years in the store.

Hettie was preceded in death by all her birth family members which include: Father - Edward Joseph Register; Mother - Annie Mizell Dunn Register; Brothers - Clarence Register, Escol Register, Carlton Register, & Lester Register; Sisters - Hilda Fennell, Essie Mae Cason, and Lessie Thomas. She was also preceded in death by her son-in-law, James H. Roberts, Jr.

Hettie was devoted to her family, her church family, and had a passion for people. She made friends wherever she went, and thoroughly enjoyed sharing with others. She enjoyed gardening, and was a masterful southern cook. She will be remembered for how she gave unselfishly throughout her life. She was a beautiful, generous, joyous, inspiring, and faithful lady.

*"God has you in His keeping. We have you in our heart."* - Rose de Leon



### Frank Elliott Leach

It is with great sadness that the family of Frank Elliott Leach announces his passing after a long battle with colon cancer, Wednesday, September 26, 2012, at the age of 64. Frank was a wonderful son, brother, husband, and uncle.

Frank will be forever remembered by his loving wife and best friend, Cherrie, of 23 years. Frank will also be fondly remembered by his brothers, Alfonso (Rip) Quiton and Walter (Flip) Leach, as well as his sister, Nancy-Lee (Chande) McDermid, and their families. Frank will be profoundly missed by his nieces and nephews as well as extended family members and dear friends.

A prayer service celebrating Frank's life will be held on Saturday, October 13, 2012 at 11 a.m. at The Village Church Chapel in Christian Advent Villiage, Dowling Park, Florida, with Pastor John Harper officiating. A gathering will be held in the Dining Hall thereafter.

Those who desire may make memorial donations, in memory of Frank Elliott Leach, to the American Cancer Society, R.O.C.K. College Scholarship Program, 1-800-227-2345.

### Lonnie (Bob) Davis, Jr.

Funeral services for Lonnie (Bob) Davis, Jr. will be Saturday, October 13, 2012, at 11 a.m. at Mt. Zion A.M.E. Church in Cherry Lake.

Visitation will be Friday, October 12, 2012, at Cooks-Cooper Funeral Home Chapel from 4:30-6:30 p.m.

Cooks-Cooper Funeral Home is in charge of arrangements.





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**Downtown Festival & Art Show**

**October 13 & 14**



Historic Downtown Gainesville from 10 am-5 pm

**Award Winning Fine Arts Festival**

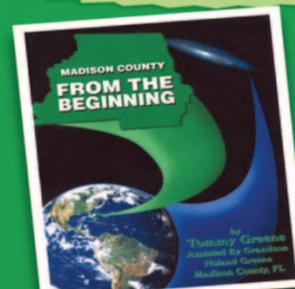
Ranked as the 16th best art show in the nation. Featuring 250 artists, a Children's Imagination Station, entertainment on 3 stages and a Blues Concert at 7 pm on Saturday.

www.gviculturalaffairs.org  
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## COMMUNITY CALENDAR

#### October 14

Homecoming, Midway Church of God, 2485 SE Midway Church Road, Lee. Special music by the Reflectsons. Guest speaker: Bishop Fred Watson. 10 a.m., Sunday School and special music by the Reflectsons. 11 a.m., morning worship followed by dinner on the church grounds. Afternoon sing following dinner.

#### October 14

Homecoming, New Macedonia Baptist Church. Sing with the Calvaliers at 10:30 a.m., followed by morning worship. with Pastor C.J. Moore speaking. A covered dish luncheon follows. New Macedonia is located off Highway 221, south of Interstate 10, Greenville exit.

#### October 17

Open Arms Ministries will host another free lunch for people in Madison County on Wednesday, Oct. 17, from noon until 2 p.m. at the First United Methodist Church, located on South Horry Street in Madison.

#### October 20

A benefit gospel concert will be held Saturday, Oct. 20, for Allen McCormick. The concert will be held at Lee Worship Center, located at 397 SE Magnolia Drive in Lee. McCormick has been ill and recently had surgery to have a toe and part of his foot removed.

#### October 20

Madison County Recreation Association fundraising ball. The event is a black and white formal. It will be held at 7 p.m. on Saturday, Oct. 20, at Divine Events, located at 5806 NE Colin Kelly Highway in Madison. Tickets are \$75 for a group of four. Dinner will be served at 8 p.m. and a silent art auction will be held. All proceeds will go towards the 20th of May Pageant Scholarship Fund.

#### October 21

Madison Church of God is celebrating its 68th Homecoming, Sunday October 21, beginning at 10:30 a.m. Our desire is to "reach the world one soul at a time" as we endeavor to fulfill God's Great Commandment. Keith Ivester, administrative bishop for the Church of God for the state of Florida, will be the guest speaker.

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## The State of the City

# Manager Tim Bennett Gives Six-Month Review

By Lynette Norris  
Greene Publishing, Inc.

The first time City Manager Tim Bennett addressed the Rotary Club, he spoke of what things were like from the vantage point of six days into his new position, speaking of things he had learned as manager or deputy manager of other cities, and what he hoped to bring to Madison as a result.

From the vantage point of six months later, he identified five priorities for the coming fiscal year for the city of Madison, that would "take us at least into the 20th century" if not the 21st.

In the realm of IT services, he described the city's previous financial software as outdated and held together by Band-Aids, adding that it couldn't even be updated because the software's creator had since died. Madison will soon be going to Quickbooks to keep track of its financial information, because the system is "simple, inexpensive and within our skill sets." Employees had already been undergoing training and were aiming to have it implemented by the start of the fiscal year.

Additionally, a Quickbooks-compatible software update for the utilities system, if approved by the City Commission, would create invoices for all city utility service and include meter-reading devices for greater efficiency in the field and the office. If approved in November, training on the new software will begin soon afterwards.

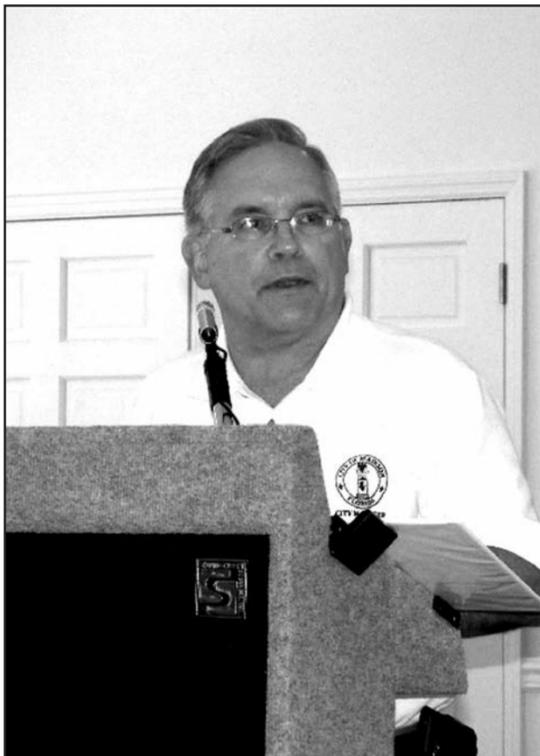
The city will soon ask for bids for an individual or firm to be on call to help with IT issues.

A second priority was a raise for city employees, who have not had an across-the-board raise since 2008.

Number three on the list were some hoped-for major investments in the wastewater infrastructure, including aeration basin diffusers (\$30,000), a digestive waste pump (\$25,000), two drying beds for drying out debris before it is hauled to the landfill (\$25,000) and replacing 350 worn-out sprinkler heads over a period of four years at the spraying field off SR 53 (\$10,000).

Bennett is also pursuing funds from either grants or loans for other improvements to the wastewater facility and for improvements to the city's pipes and manholes. Still in the application process, the grants/loans, if approved, will total \$11 million.

Fourth, Bennett has asked each City Commissioner to identify up to five streets and five sidewalks within their districts as priorities. Staff will



Greene Publishing, Inc. Photo by Lynette Norris, September 19, 2012

**City Manager Tim Bennett gives Rotary Club members an update on Madison.**

then gather cost figures and propose a plan to address these priorities in phases.

Fifth was the maintenance and improvements to the city's parks, as well as looking at possible new parks on Jeannette Circle, which includes a pond, and another on Martin Luther King Drive.

Another initiative the city is looking at is dealing with the issue of abandoned autos, dilapidated structures and overgrown yards in a systematic and organized manner that utilizes the required due process for the property owners.

"It will get political," he said. "Telling them to mow their yards or move that vehicle...it'll get dicey."

The city has already demolished nine structures in the previous fiscal year and is looking at another half dozen structures in the next fiscal year.

Other city initiatives these past seven months

have included selecting a new audit firm, a new police liability insurance, a new city employee health firm, building a shed for the fire department's new ladder truck and working with the county to ensure the future of the Wardlaw-Smith-Goza Mansion.

Some cost savings the city has either realized or will implement soon include: combining Parks/Recreation and Streets Departments into one Department - the Public Works Department - overseen by one person; exploring the use of natural gas for city vehicles; using second-hand golf carts for meter-reading travels, establishing a "reserve force" of firefighters; looking at telecommunications systems for overcharges and unused phone lines, and several others.

For questions or more information, visit the website [www.cityofmadisonfl.com](http://www.cityofmadisonfl.com), or email [madisoncitymgr@embarqmail.com](mailto:madisoncitymgr@embarqmail.com) or [info@cityofmadisonfl.com](mailto:info@cityofmadisonfl.com).

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**JIM CATRON**  
City Commissioner, District 3



**Practice A Fire Escape Route With Your Family**



Photo submitted by Ben Pickels  
New Home Volunteer Fire Department members are pictured left to right: Howard Pickels, Ben Pickels, Chief Jack Pickels, Brad Pickels, Brownie Pickels (rescue dog), Robert Barrs, Stan Pickels, and Timmy Tuten. Not pictured: Dewitt Andrews, Eunice Andrews, Donnie Tuten, Mickey Tuten, Darrell Tuten, Phillip Howell, Wayne Bass, Kevin Andrews, Donna Andrews, Lisa Tuten, Brian Bish, Donna Pickels, Beverly Pickels, Johnny Henderson, Benjie Dyal, Denise Dyal, and Dewayne Widden.



Photo submitted by Bruce Jordan  
Brandon Fleming and Socrates Pierre are part of Madison Fire and Rescue.

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Photo submitted by Bruce Jordan  
Firefighters from Madison Fire and Rescue include, left to right: Chief Bruce Jordan and Juan Williams.

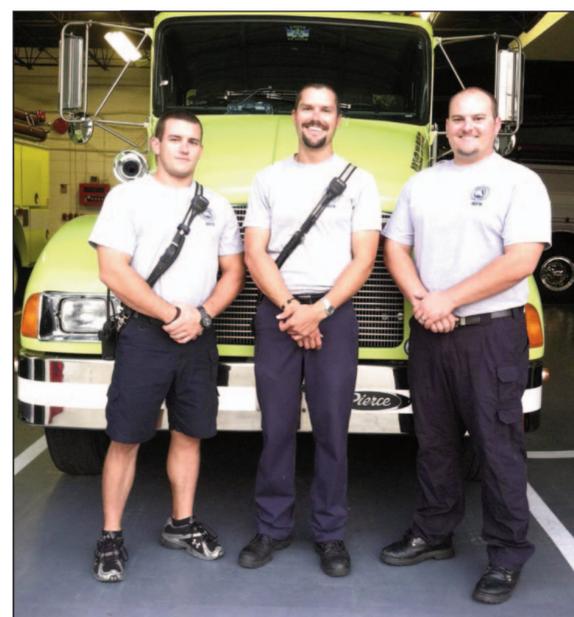


Photo submitted by Bruce Jordan  
Ben Pickels, Dan Studstill and Andy Tellefson, pictured left to right, represent Madison Fire and Rescue.

**BEN STEWART,**  
SHERIFF OF MADISON COUNTY



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**Fire Departments Not Pictured:**

- Lee Volunteer Fire Department
- Greenville Volunteer Fire Department
- Hamburg/Lovett Volunteer Fire Department
- Sirmans Volunteer Fire Department
- Pinetta Volunteer Fire Department



Photo submitted by Bruce Jordan  
Firefighters from Madison Fire and Rescue include, left to right: Matt LaMendola, Chief Bruce Jordan and Chris Johnson.



Photo submitted by Cherry Lake Volunteer Fire Department  
Scott Singletary, chief of Cherry Lake Fire & Rescue, presents Ryan-Casler Smith with a check for money raised during the fundraiser as other members of the Cherry Lake department look on. Pictured left to right: Justin Burt, Donna Cruce, Frank Wyno, Ryan Casler-Smith, Scott Singletary, Dennis Odom, Wally Davis and Dave Norton. Not pictured: Brad Barfield, Paul Kinsley, Allen Moore, Barbara Thrift and Danny McDonald.

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# Around Madison County

## Jeanne Bass Gives Overview Of The "Rails to Trails" Program

By Lynette Norris  
Greene Publishing, Inc.

Florida has had a "Florida Greenways and Trails" system as part of its Department of Environmental Protection since 1999. Popularly known as the "Rails to Trails" program, it has been active in converting old, abandoned railway roadbeds into hiking and biking trails throughout the state that are now used by biking enthusiasts and nature lovers.

In 2005, Madison began turning an old railway roadbed into what would eventually become the "Four Freedoms Trail" that now extends from the trail head at the Withalacoochie River to the north, all the way down to Madison, more or less following the Colin Kelly Highway.

Jeanne Bass of Planning and Zoning for Madison County, spoke to the Kiwanis Club recently to give a brief overview of the history of the "Four Freedoms Trail" and talk about some plans for the future.

When the first segment of the trail was completed, it reached only as far south as Hanson, a length of about six miles. Then, about two years later, the Florida Department of Transportation had some "enhancement money" available, and the county was able to finish the rest of the trail down into Madison, almost doubling its length. The trail, with its picnic areas at several spots, has since proven popular with local residents, nature tourists, and biking enthusiasts.

Currently, road and bridge revenue from gas sales provides some of the funds needed for maintenance, and the organization "Friends of the Trail" was formed, and then incorporated, in order to give it the ability to apply for grant money.

One of the first improvements to be made will be adding restroom facilities at Hanson and Pinetta. Several people who use the trail have pointed out the need for such facilities on such a lengthy trail, especially for families who want to take their children out for a day of bike riding, picnicking and fun.

County Coordinator Alan Cherry added that he hopes to also have a kiosk at the Hanson midway point, displaying historical information about the



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

Jeanne Bass presents an overview of the "Four Freedoms Trail" at a recent Kiwanis Club meeting.

trail and the old rail bed that once ran along that route, eventually tying into the Seaboard rail line. It will also include an etching by Tommy Greene of the old steam locomotive that used to ply those rails.

The trail also has the advantage of being unique to the area; the two counties to the east and west have nothing really comparable to it. The county to the north has expressed interest in tying into the trail, but since it would mean building some sort of bridge over the Withalacoochie, that idea is still in

the talking phases.

"We're right in the heart of a lot of things going on," said Preston Matthews, especially the trend of "nature-based tourism."

Bass agreed, adding that many of the tourists who visit Madison are retirees or others who "don't want to go to the Disney Worlds, the Sea Worlds. They want to get out and walk, bike and get into nature...people who come and utilize the trail are very complimentary of it."

## Treasures Of Madison County And Historical Society Hold Annual Meeting And Merger Celebration



Photo submitted by Justina Cone

Tim Sanders, Rosie Knox, Graham Schorb and Teenie Cave were at the meeting where Knox and Schorb autographed copies of their book, *Canoeing and Camping on the Historic Suwannee River: A Paddler's Guide*.

The 2012 annual meeting and merger celebration was a great success! The newly combined memberships of the Treasures of Madison County, Inc. and the Madison County Historical Society met on September 16. The Madison County Extension Office's conference room was tastefully decorated with native plant materials by the TMC Hospitality Committee (headed by Janet Maier, Past TMC President). As members arrived, they nibbled on delicious finger-foods prepared by Janet Maier, Teenie Cave, Kay Schnitker, Mary Helen Studebaker and Marianne Green.

Jim Sale opened the meeting with an introduction to local author Rose Knox. Ms. Knox did a wonderful presentation on the Suwannee River; complete with scenic slideshow. After the meeting Knox and co-author Graham Schorb autographed copies of their new book *Canoeing and Camping on the Historic Suwannee River, A Paddler's Guide*.

Treasures President Teenie Cave and Madison County Historical Society President Tim Sanders spoke to the membership about the advantages and excitement of combining the two organizations. With the merger, shared goals and assets will allow for the advancement of Madison County's history preservation. Cave also gave a detailed account of the many accomplishments of the TMC since the last annual meeting.

TMC Vice-President Justina Cone, along with her mother Juanita Cone, was on hand at the in-take table to greet and inform members of the various products available for purchase throughout the meeting. The historical DVD, *Treasured Memories & Folklore of Madison County* and two publications, *A History of Madison County, Florida* by Beth H. Sims and *Photographic Treasures of Madison County, FL Volume III* were all items available for purchase. Cone also gave an update on the various ways the organization keeps in touch with members and reaches out to museum visitors. She encouraged everyone to sign up for Treasures Talk, the online e-news that will keep you updated on activities.

Those who prepaid their 2013 Treasures membership during the meeting were placed in a drawing for a chance to win a copy of the historical book *A History of Madison County, Florida* by Elizabeth H. Sims. The lucky winner of the drawing was Sarah Pafford!

The meeting is the first under the newly formed Treasures Historical Committee. Breaking away from tradition of meeting monthly, additional programs will be presented on a quarterly basis. Watch for announcements! You don't want to miss out on the fun.

## Pinetta Elementary Fifth Graders Show Garden Club Style



Photo submitted

Earlier this year, the graduating fifth graders of Pinetta Elementary School displayed the floral arrangement flair they learned from visiting Madison Garden Club volunteers. Front row, left to right: Gage Washington, Logan Spindell, Justin Burnett, Jalen Sanders, Avery Holton, Reed Morse, and Ronan Griffiths. Second row, left to right: Keyshawn Johnson, Allison Buchanan, Stephanie Siplin, M.J. Davis, Tavares Sanders, Jada Sanders, Dylan Thigpen and Jada Hall. Third row, left to right: Dylan Cole, Gabriel Barnes, Noah Blanton, Seth Hollingsworth, Zack Rodriguez, T.J. Rogers, Alyssa Odom and Journey Aust.

## VSU Students Need Your Help To Create A New Twist On Classic Film Noir

*Madison Resident and Greene Publishing Employee, Kristin Finney, Will Produce It*

By Kristin Finney  
Greene Publishing, Inc.

A group of students in Valdosta State University's Mass Media program need your help. The group is in the late preproduction stages of putting together an exciting student film, *Valentine's Rock*.

Greene Publishing's own Kristin Finney will be producing the film. Clay Orr, John Patten and Andrew Parker are directing the film.

*Valentine's Rock* will be a new twist on classic noir style. *Valentine's Rock* is full of drama and suspense and will leave the audience wanting more.

The story follows a private detective by the name of Frank Vincent whose partner is murdered. Frank must use his keen detective skills to unravel the case his partner was working on when he was murdered. The story only gets more complicated when red headed femme fatale aptly named Ginger hires Frank on a case. Frank gets tangled up in all kinds of trouble when he finds out that Ginger's case ties into the case he initially set out to solve! Will Frank figure out Ginger's case before the bad guys catch him?

The group is asking for the help of the community to make *Valentine's Rock* possible. If you are interested in donating to support this film please visit their KickStarter site at: <http://kck.st/SyPvMD> or call Kristin Finney at (850)673-1773.

*Valentine's Rock* is expected to be premiered at the VSU Film Festival this December. All donors will be sent a link to a digital copy of the film, receive their name in the credits of the movie and possibly more depending on the amount donated. All sponsorship levels can be seen on the KickStarter page. Thank you for your support!

## Take Stock In ChildrenScholars Wow Madison Kiwanis Club

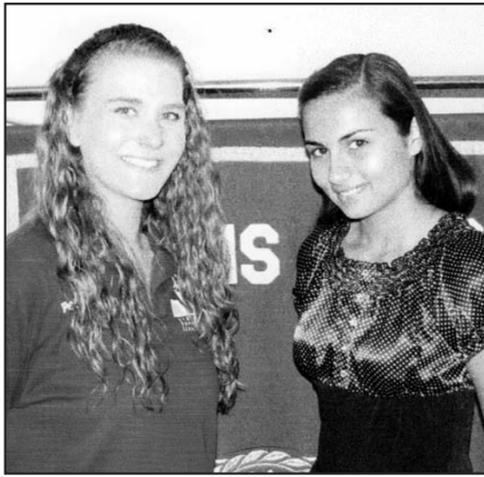


Photo submitted

NFCC student Alana Ellison and MCHS student Anna Robinson shared with Kiwanis about how the Take Stock in Children program had helped them.

Story submitted

Five 'Take Stock in Children' Scholars visited the Madison Kiwanis Club Oct. 4 to share captivating stories about obstacles they had overcome in their lives and the academic success they have reached as a result of their hard work and the helping hand of the Take Stock in Children program.

Jerome Wyche welcomed Madison High School students Anna Robinson, Nathan Harlan, Alex Henderson and Joshua Stafford, along with North Florida Community College student Alana Ellison, who shared their stories about how having a caring mentor to help them, a student advocate (Mrs. B.J. Curtis) in their corner, and a program coordinator who monitored their progress had contributed to making them outstanding TSIC scholars.

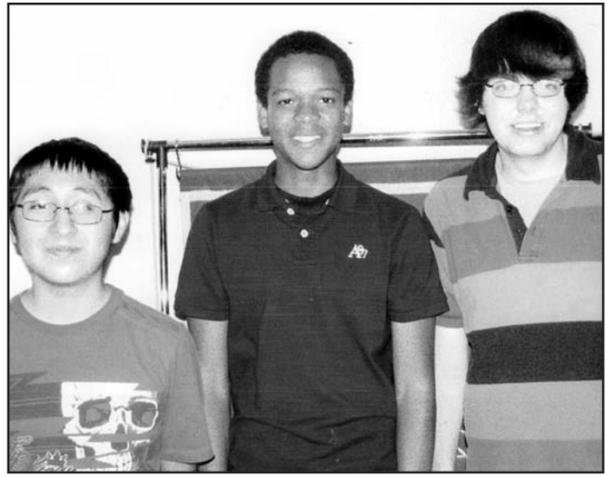


Photo submitted

MCHS students Alex Henderson, Joshua Stafford and Nathan Harlan also spoke about their experience with Take Stock in Children

The students also thanked the Kiwanis for its financial contribution of the Madison County Foundation for Excellence in Education, which has funded 13 Take Stock in Children scholarships through the years, with both two-year and four-year scholarships. MCFEE not only provides the scholarship awards, it also focuses on keeping the scholarship recipients on the right track.

Kiwanis member Jo Willis is also the TSIC Program Coordinator, and several other Kiwanis members, including Susie Williamson, Lucile Day, Mike Von Stetina, Joanne Von Stetina, Oliver Bradley, Diane Head and Roy Ellis, serve as mentors in the program. All received many thanks and gratitude for their dedication to the students of Madison County.

## Military News

### Pvt. Dylan C. Morgan

Marine Corps Pvt. Dylan C. Morgan, grandson of Myrtha Fouraker of Madison., earned the title of United States Marine after graduating from recruit training at Marine Corps Recruit Depot, Parris Island, S. C.

For 13 weeks, Morgan stayed committed during some of the world's most demanding entry-level military training in order to be transformed from civilian to Marine instilled with pride, discipline and the core values of honor, courage and commitment. Training subjects included close-order drill, marksmanship with an M-16A4 rifle, physical fitness, martial arts, swimming, military history, customs and courtesies.

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

Morgan is a 2012 graduate of Madison County High School.



## MCHS Cheerleaders Host Cheer Camp

By Kristin Finney  
Greene Publishing, Inc.

The MCHS JV and Varsity Cheerleaders will be hosting the annual Cheer Camp this month. The camp is for girls in Pre-K through 6th grade. The camp will be held from 4:30-5:30 p.m. on Monday, October 22, Tuesday, October 23, and Thursday, October 25. The cost of the camp is \$30 and allows the girls to do several things. The girls will be able to learn cheers, chants, jumps, etc. They will then give a parent presentation on Thursday, Oct. 25 at 5:30 p.m. The girls that participate in the camp will also be able to cheer with the MCHS Varsity Cheerleaders during the third quarter of the MCHS vs. Gainesville football game on Friday, October 26.

To register, please complete the following and give to any MCHS JV or Varsity Cheerleader; call the school at 973-5061 ext. 106 and leave a message for the Sponsor, Ruth Ann Latner; call/text her on her cell phone at 464-0236; or e-mail her at [ruth.latner@madisonmail.us](mailto:ruth.latner@madisonmail.us).

Student Name: \_\_\_\_\_

Age: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

## Three Memorial Trees Planted Near Woman's Club

By Lynette Norris  
Greene Publishing, Inc.

In 1983, Mrs. W.C. Copeland began the tradition of dedicating memorial trees for former Woman's Club members who had passed away during the previous year. She was also able to choose her own tree before she died, and the dogwood she selected was the very first tree in a tradition that has continued for nearly 30 years. To date, about 160 trees have been dedicated throughout Madison County.

Each tree ceremony includes a brief recitation and prayer, often with family members and other loved ones in attendance.

This year, the club dedicated three new trees along Priest Street, a short, quiet avenue between US 90 and Lake Francis, honoring Agnes Priest Cole, Rosalind Priest Russell (also a past club president) and Eunice Clark.



Greene Publishing, Inc. Photo by Lynette Norris, October 4, 2012.

Club members and family gather around the tree honoring Agnes Priest Cole.



Greene Publishing, Inc. Photo by Lynette Norris, October 4, 2012.

The second tree dedicated was for Rosalind Priest Russell.



Greene Publishing, Inc. Photo by Lynette Norris, October 4, 2012.

The final tree chosen along the quiet little street was for Eunice Clark.

# Turn Back Time

## Remembrance Of Things Past: Life In The South In The John Lewis Agner Home

By Helen Douglas Agner Fligh  
Written years before her death and posthumously printed.

Life in the "Deep South" of my early days took on a beautiful hue—to me. Bring the youngest of seven children, I found, was a nice place to be. Mama, Papa and all my brothers and sisters—Quincy, Nina, Hugh, Edith, Bill (We called him "Willie"), and Carradine Dewey (Dean), were good to me—the "baby." I never felt unloved, unwanted, neglected, or forgotten.

We gathered three times a day around the dining room table to eat. Mama ate at one end of the table, and Papa ate at the other. On Papa's right side were Hugh, next to Papa, then Bill and Quincy on a bench. On a bench on his left were Nina, Dean, me and Edith. We are well. Papa didn't talk much at the table—which was a silent sentinel for us children not to talk much either. He ate, then got up and left the table. The rest of us would "open up" then for a good while after he was gone.

Before we ate, we always bowed our heads to "return thanks," "say grace," or "asked a blessing," we called it. Pap could not, did not, talk plain and we youngest children—and Mama—never did quite agree on what we thought he said in the ritual of asking God's blessing on our food. We finally agreed that God knew what he was saying – and that that took care of the matter.

Mama always held to her certain position on the Matter of Papa's not talking plain, which was that no one ever taught him how to pronounce words. His mother, my mother maintained, had never had the time to attack the problem of teaching thirteen children the "how" of pronouncing words correctly. I was not conscious of the fact that Papa didn't talk plain until relatives and neighbors sometimes had trouble understanding him. I always knew what he said – except the blessing, "or returning thanks."

Papa had a wonderful sense of humor and sometimes it amused and delighted him that certain people would start a particular conversation with him that brought into focus words that he pronounced "funny," they said. He



Photo submitted

The children of John Lewis and Barbara Isabel Stephens Agner: Helen Fligh (who wrote the remembrance), W.J. (Bill), Edith Summers, C.D. (Dean), Nina Williams, and Quincy.

knew they were trying to get him to say a particular word and he would laugh later and tell us how he avoided saying the words they wanted to hear him say.

One day, when he and I were visiting at a cane grinding where several people were present, the man in charge of the syrup asked Papa's opinion about whether or not the syrup was done. "Is this thick enough, John?" the man asked. My father smiled. "It's hick enough to hell," he replied. Some of the people present left the place as they laughed so they would not hurt Papa's feelings.

Knowing my father's off way of talking, I would never have given that answer a second thought, knowing that he meant to say: "It's thick enough to sell." He gave the impression that many men, in fact most men, would sell the syrup without cooking it long enough to thicken the syrup.

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# Church

## Happenings

At Madison  
First Baptist Church

Submitted By Nell Dobbs  
Guest Columnist

Columbus Day, though celebrated the 8th!

What a blessing that he did what he did and what he could and that a new land was found and that we are where we are because God is all-knowing and wise and blessed us to be here! Amen! He has blessed us beyond measure and continues to do so.

Teresa and our Dorcas/Mary Martha Sunday School class met with Lois (Wainright) in her home because she's no longer able to be in church. What a great woman of faith she is and one who has reared her family well and is a blessing to everyone! She spoke of her grandson, Bubba, picking her up and putting her into her hospital bed and what a comfort that was!

We sing, "Safe in the Arms of Jesus," "Leaning on the Everlasting Arms," "Precious Lord, Take My Hand and Lead Me Home" and many more. It made me think of Hilda's and Jimmy's Gina Rivers writing "My Grandmother's Hands" and she said I could use it and I say many thanks.

### My Grandmother's Hands

I Remember my Grandmother, Silvira Clide Stewart Agner and her hands:

Short nails and white gold wedding bands on the left hand

Rolling and pinching off biscuits  
Poking a hole in the biscuit to make a "syrup jug"

Wearing a thimble on her right hand

Weaving her needle in and out of a quilt stretched on a frame

How did she make those tiny stitches?

How many times did she prick her fingers?

Patting grandbabies' backs  
She made each grandbaby (and greatgrand) feel like her favorite.

Snapping beans  
Shelling peas

Shaking a jar of fresh milk to make butter

Peeling and slicing tomatoes  
My mouth waters for a hot fresh biscuit dripping with tomato juice and mayonnaise!

Tattooing my wedding tiara  
Holding a Grace Livingston Hill book as she sat quietly for a few moments

Carefully opening each Christmas present that we chose just for her

Finding that favorite Scripture in her Bible

Folding her hankie into a baby doll to keep me amused during church

Patting my knee as I sit next to her

Did she ever get tire of cooking and cleaning? Of doing for others?

Combing and twisting her white hair to put in a bun

Folded in prayer  
well-worn, soft, creased with many years of service

Recently, my cousin Sandy held my hand

and said, "Your hands feel like Grandmother's"

Make it so, Lord. May mine be as loving as hers.

(First published in "Fun Facts Magazine," Grace Rivers, Editor, Issue 20)

I was blessed to read Joe Boyles telling of his grandmother.

We are so blessed that God has given long life to so many in our church, some able still to come to church, others not. Elma Waldrep was 97 on Sept. 8, now in Southern Living for Seniors; Mildred Bruner, 97, at St. Augustine Plantation in Tallahassee; Jargo Clark, Geneva Massey, Gordon Selman and others.

As Preacher was baptizing Lil Riley Beggs, he said Riley is a sixth generation believer in our church! How wonderful! How wonderful Scripture is being fulfilled of the blessings down fifth and sixth generations! Blessings on him and on those who love him and came to share!

A short video was shown about the Christmas shoeboxes. We give thanks for Sally Johnson's beautiful playing as Lynne Sapp is healing from heart surgery in Gainesville. Bill Brown prayed the offertory prayer. Worship Choir sang, "I Shall Wear a Robe and Crown" and Preacher's message was about spiritual gifts from I Peter 4:7-11. The end of all things is at hand. Be serious. Pray. Love fervently, for love covers a multitude of sins. Be hospitable. Be good stewards of God's grace. Glorify God. Praise Jesus and more!

Many are ill. Several have had serious surgeries. Joe Sherrard had triple bypass surgery on Oct. 4. Sandra Shannon had knee surgery. Lynne Sapp had heart surgery. Pray for Barbara Greiner. Preacher Jake had a bad fall. Butch Baker underwent a procedure at Mayo Clinic. Lil Jack McLeod has a bad hurt knee. Pray for Mikey Wilson, Pat Raines, Louise Pulliam and the many with pneumonia.

Remember "Books for Sunday School."

Come to "Know What You Believe," Sunday, Oct. 14, 5 p.m.

Remember always to rejoice and give thanks! Amen.

## LifeSong To Host "Singing for a Cause" In Madison

Come out for dinner and a concert while supporting a great cause on Saturday, October 13, in the auditorium at Yogi Bear's Jellystone Park. The park is located off I-10 exit 258 in Madison.

Dinner will be served at 6 p.m., and the menu will consist of: chicken and rice, green beans, corn, roll, drink and dessert. A donation of \$6 is requested for the meal.

The music will begin at 7 p.m., and will feature LifeSong of Madison. There is no admission charge for the concert, however, a love offering will be received.

The group is composed of Bryant Thigpen (baritone); Ethan Brooks (lead); and Jessica Ratliff (alto). What makes this group unique is that it is made up of young people who love to sing traditional southern gospel music.

"It's not common when I can say I'm the oldest member of the group, and I'm only 24," Thigpen laughed. "We just grew up singing southern gospel music and we love it."

On their latest recording, Never Alone, the group recorded many songs that might not be familiar to southern gospel fans, but they made sure to include classics that have been requested. The group dug back into the mid 1950's and 1960's and recorded two classics, "I Believe He's Coming Back," and "What A Lovely Name."

Also on the project is crowd favorites such as, "His Name Was John," "Child, Child," "Speak To The Mountain," "Silver And Gold," and their title cut, "I'm Never Alone."



**LifeSong**  
"Singing For A Cause"  
**Concert**  
**Dinner & Concert Combo**  
Date: October 13, 2012  
Location: Yogi Bear Park  
Dinner at 6pm & Concert at 7pm  
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"I'm Never Alone" has such a powerful message. In this life we're constantly tossed curve balls. You can wake up one morning and everything be just fine, and by the time you lay down that night your life could be totally rearranged. The message we want people to hear in this song is no matter what they're facing, as a Christian, we don't have to go through these trials alone. God promised that He would never leave us nor forsake us. I think that's the greatest promise He ever made us."

The group will spend time during the concert sharing personal testimonies and singing songs from their latest release.

For more information, please call (850) 464-0114 or visit [www.lifesong-gospel.com](http://www.lifesong-gospel.com).

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# YOUR CHURCH DIRECTORY

### First United Methodist Church

850-973-6295  
Rev. Robert E. Laidlaw  
Brian Sanderson, Youth Pastor  
Service of Word & Table .....8:30 a.m.  
Sunday School .....9:45 a.m.  
Worship Service .....11:00 a.m.  
Wed. Jr. High Youth (grades 6-8).....5 - 6:00 p.m.  
Wed. Sr. High Youth (grades 9-12).....6 - 7:30 p.m.

### Mt. Zion A.M.E. Church

"A Friendly Church"  
Cherry Lake, FL • 850-929-4355  
Rev. L.L. Jefferson  
Sunday School .....9:45 a.m.  
Pastoral Sunday (1st & 3rd Sunday).....11:00 a.m.  
Youth Church(2nd Sunday) .....11:00 a.m.  
Pastoral Sunday (4th Sunday) .....11:00 a.m.

### Lee Worship Center

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Pastor Em. Rev. Charles R. Lasseter • (850) 971-5826  
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Tue .....7:00 p.m. Novena/Mass  
Wed .....7:30 a.m. Mass  
Thu .....7:30 a.m. Mass/Rosary  
**Weekend Mass:**  
Sat .....5:30 p.m. Mass  
Sun .....9:00 a.m. Mass  
CCD Class after Sunday Mass  
Reconciliation:  
Sat 4:45 p.m. - 5:15 p.m. Prior to Mass  
Also by appointment  
**First Friday:**  
4:30 p.m. Adoration  
5:00 p.m. Novena  
5:30 p.m. Benediction  
**First Saturday:**  
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10/10, 10/17, pd

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10/3, 10/10, c

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run, n/c

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2/8 - rtn, n/c

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10/10, 10/17, pd

**Inside Yard Sale**  
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**Teen dresses.....**  
 Size 14 (child's size 14 but dress is for a teen division approximately 13-15) - GORGEOUS lime green dress, strapless but with spaghetti straps that criss cross across the back, sequins spotted across the entire gown, built-in crinoline - absolutely gorgeous. - \$300 (paid over \$500 for it) Call 850-973-3497 and leave message.

3/3, run, n/c

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2/8 - rtn, n/c

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10/10, 10/17, pd

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10/3, 10/10, pd

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8/24 - rtn, c

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6/27 - rtn, n/c

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7/18 - rtn, n/c

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8/29 - rtn, n/c

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10/3, 10/10, c

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# M.A.P Support Group Stays Active

## *Needs Communities Help With Fundraisers*

By Kristin Finney  
Greene Publishing, Inc.

The Autism Support Group of Madison will hold their November meeting on November 8. This group, also known as M.A.P. (Madison Autism Parents), meets every second Thursday of the month. The group is for parents, relatives, guardians and friends who have been touched by Autism.

The November 8 meeting will include a special speaker who will teach about gluten free cooking and products. The meetings are held at 6 p.m. at the Madison County Extension Office. The address is 184 Northwest College Loop in Madison.

Team M.A.P. will be participating in the Autism Walk in Tallahassee. They will be hosting many fundraisers, one of which is selling Team M.A.P. t-shirts. All of the proceeds made from the shirts will go to the Autism Institute at Florida State University.

The group is led by Leslie McLeod, she said, "This group is for anyone who has been touched by autism. It is to bring awareness and to show



those who have been touched that they are not alone. There are a lot of us here. There are over 10 families in Madison that have children with autism. You are not alone!"

For more information about M.A.P. please contact Leslie McLeod at (850) 929-4931. You can also find out more about the fundraisers and group activities on Leslie McLeod's Facebook page.



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# Florida's Silver Alert Plan Is Four Years Old

Florida's Silver Alert Plan is four years old. The Silver Alert Plan sends out statewide alerts shortly after a senior suffering from dementia or Alzheimer's goes missing. Since Silver Alerts began, 539 Florida seniors have been located safely - 68 of those a direct result of a Silver Alert.

"Seniors who become lost or disoriented face risks of serious injury," said Florida Department of Law Enforcement Commissioner Gerald Bailey. "The Silver Alert system has exceeded our expectations for both usage and successful recoveries."

"Seniors make up almost a quarter of Florida's population, and that is expected to increase to 35 percent by 2030," said Florida Department of Elder Affairs Secretary Charles Corley. "The success of the Silver Alert program demonstrates the commitment by all of Florida's citizens to protect vulnerable members of our families and our communities."

Florida's Silver Alert Plan was initiated by an executive order signed on Oct. 8, 2008, and was codified into law by the Florida legislature in 2011. It is a standardized system to aid local law enforcement in the res-

cue of an elderly person with an irreversible deterioration of intellectual faculties (such as dementia or Alzheimer's) who goes missing. The plan calls for the broadcast of information via the media and highway message signs (when a vehicle is involved) to enlist citizens in the search for an endangered senior.

Under the Silver

Alert Plan, local law enforcement agencies are encouraged to develop policies and procedures that work best in their respective jurisdictions. If the missing senior is driving a vehicle, local agencies contact FDLE's Missing Endangered Persons Information Clearinghouse to request activation of a State Silver Alert and

use of the Florida Department of Transportation's dynamic message signs.

Once the person has been recovered, the Department of Elder Affairs, in coordination with the Area Agencies on Aging and Florida's Memory Disorder Clinics, works to provide follow-up assistance to the senior.



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# Art Therapy At Big Bend Hospice

Neither artistic skill, nor prior art experience is required to benefit from Art Therapy services. Big Bend Hospice's Art Therapy (AT) and its Art Therapist and Internship Supervisor, Mindi Rojas, are the "hidden treasures" within the Big Bend Hospice (BBH) Bereavement team.

Art Therapy facilitates artistic expression to enhance emotional, mental, and physical well-being. Art Therapists work with patients and family members utilizing Art Therapy to achieve a variety of patient and family goals including enhancing quality of life, facilitating life review, promoting relaxation, encouraging self-expression, and increasing social interactions. It stimulates patients.

Mindi Rojas is an ATR-BC- this is the highest credential in the Art Therapy field. Mindi first joined BBH as an intern in 2004 for Bereavement Services. Later she was hired in January 2010 after working with kids in trauma at Turn About in Tallahassee.

Mindi has supervised four interns in the Art Therapy program over the past two years

and this semester, she welcomes Frances Morris. Frances is in her second year at FSU working on her Master's in Art Therapy and will be providing Art Therapy services to patients, families, and hospice bereaved through April, 2013. Prior to coming to FSU, Frances received her bachelor's degree at Vassar in New York. As an undergraduate, Frances took classes in studio art and psychology.

When asked why Art Therapy, Frances responded, "I have been a passionate artist and art therapy allows me to use my gift to help others." Frances will be with BBH from August through April (two semesters).

Art Therapy includes all types of art: sculpture, drawing, mosaic, painting, etc. How does it work? One example is a "water color relaxation" technique used to reduce anxiety and promote relaxation. Through the use of painting, patients and family members are taught breathing techniques, which they are able to see through brush strokes created on paper. Their breathing becomes more relaxed. *...Story cont. on Page 5B...*



Photo submitted

Mindi Rojas and Frances Morris

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# Art Therapy

Continued from Page 4B

Another art therapy intervention is "Bridge Drawing." This is an assessment tool which allows the patient or family member to establish goals and then track their progress in art therapy. When people accept the offer to use Art Therapy as part of the grief process, many are surprised to see the feeling in their artwork. Sometimes things such as color choice or selection of art material can show a person where they are in their grief cycle. This allows them to work through their emotions. The artwork offers a tangible piece that people can review over time to see their progression in grief.

Art Therapy is a holistic approach that affects a person physically, emotionally, cognitively, spiritually and even socially. It offers opportunities to participate in group settings. A Big Bend Hospice patient was out in the common area of an assisted living facility doing a painting when others came by commenting on the artwork. This gave the patient, who had been withdrawn and isolated, an opportunity to talk with others about his work and engage in socialization.

One interaction that stands out with Mindi

involved an Alzheimer's patient who did a painting of a sunset during their first art therapy session. Mindi brought the painting back with her every time she came to visit. "The patient didn't remember me but she did remember the painting," says Mindi. "It allowed her to be relaxed, less anxious, during our time together."

Art Therapy also offers a tangible legacy for patients to leave with their families. One patient and his daughter who has Down syndrome engaged in a hand tracing art directive. The father listed all the things he loved about his daughter around his hand. After his death, she kept this memento to remind her of the love of her father and the time they spent working on this art project together.

Another therapeutic intervention used in Art Therapy is the creation of a "mask." Patients are asked to portray emotions they show others on the outside portion of a mask. Then they are to create the inside portion of the mask to illustrate feelings they keep to themselves. In many cases what is conveyed on the outside is more orderly and appealing than the chaos displayed on the

inside. It provides insight to a grieving person on how they are portrayed in person versus what is felt in their heart.

BBH is fortunate to offer these types of services but due to current funding it is on a limited basis. Art Therapy is a unique opportunity for people of all ages - children, teens and adult - to express themselves creatively while dealing with stress, grief and loss. Art can produce a powerful release of feelings that can be healing to the mind, body and spirit.

To refer a patient or family member for Art Therapy services, or for more information, please contact Mindi Rojas, ATR-BC at (850) 878-5310 or [mindi@bigbendhospice.org](mailto:mindi@bigbendhospice.org).

Big Bend Hospice has been serving our community since 1983 with compassionate end-of-life care along with grief and loss counselors available to provide information and support to anyone in Leon, Jefferson, Taylor, Madison, Gadsden, Liberty, Franklin or Wakulla county. If you would like additional information about services, please call 850-878-5310 or visit [www.bigbendhospice.org](http://www.bigbendhospice.org).



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Fact Sheet Implants

# The Replacements

When people lose or break their teeth, the teeth may be replaced with implants. What's involved, and what are the benefits? Read on to learn more.

## What are implants?

Dental implants are artificial tooth roots that are surgically anchored to the jaw to hold a replacement tooth or bridge in place. One of the major benefits of implants is that they do not rely on neighboring teeth for support and they are permanent and stable. Implants are a good solution to tooth loss because they look and feel like natural teeth.

## What are implants made of?

Implant material is made from different types of metallic and bone-like ceramic materials that are compatible with body tissues. Most implants are made of titanium, which bonds well with bone and is biocompatible, making it an ideal material for implants.

## How are implants placed?

First, a general dentist, oral surgeon, or other specialist will perform surgery to place the implant's anchor in the jaw. The surgery can last several hours, and it may take as long as six months for the jaw bone to grow around the anchor to hold it firmly in place. Once the implant is stable and the gums have healed, the dentist or specialist makes the artificial teeth and fits them to the post portion of the anchor. Your dentist will work with you to create an implant that fits well and is comfortable and attractive.

## Who places the implants?

Depending upon their training, general dentists, oral surgeons, or other specialists can place implants.



## Who should get implants?

Implants are not an option for everyone. Because implants require surgery, patients must be in good health, have healthy gums, and have adequate bone structure to support the implants. While lack of adequate bone support is a limitation, additional procedures may be available to create a good implant site. People who are unable to wear dentures also may be good candidates. The success rate for implants decreases dramatically among those who suffer from chronic problems, such as clenching or bruxism, or systemic diseases, such as diabetes. Additionally, people who smoke or drink alcohol may not be good candidates. For more information, talk to your dentist.

## What is the difference between implants and dentures?

While implants are permanently fixed in the mouth, dentures are removable. A conventional removable full denture depends upon support from the bone and soft tissues rather than being solidly fixed in place; as a result, dentures may not offer as much stability as implants.

**Implants are a good solution to tooth loss because they look and feel like natural teeth.**

## How do I care for implants?

Poor oral hygiene is a main reason why some implants fail. It is important to floss and brush around implants at least twice a day. Your dentist will give you specific instructions on how to care for your new implants. Additional dental cleanings (up to four times per year) may be necessary to ensure that you retain healthy gums.

## How will I adjust to implants?

Most people adjust to implants immediately; however, some people feel slight discomfort and notice differences in chewing or speech for a short time. Patients will soon see a difference in their confidence level and enjoy their new smile.



## Resources

[www.agd.org](http://www.agd.org)

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# Capital Regional Women's Health Welcomes New OB/GYN

Capital Regional Women's Health welcomes Dr. Stephanie Cruz Lee to Capital Regional's Women's health practice. Dr. Lee is now accepting new patients.

In addition to delivering babies, Dr. Lee's areas of clinical interests include abnormal menstrual bleeding, minimally invasive gynecological surgery, infertility and menopausal hormone therapy. She is board eligible in Obstetrics and Gynecology, a junior fellow of the American College of Obstetricians and Gynecologists, a member of the North American Menopause Society and of the American Society for Colposcopy and Cervical Pathology.

"It is an honor to welcome Dr. Stephanie Cruz Lee to our Women's Health practice. We are confident that her experience and fluency in Spanish and English will be an excellent addition to this practice," says Brian T. Cook, President & CEO.

Dr. Lee received her Bachelor of Science from Nova Southeastern University in 2001 and her medical degree from the Florida State University College of Medicine in 2006. She completed her residency training at the University of Florida College of Medicine Jacksonville in 2010. During her residency, she received several awards honoring her performance, teaching and research endeavors.



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She and her husband, Matthew Lee, MD, an orthopedic spine surgeon enjoy traveling and spending time with their four children.

To learn more about Capital Regional Women's Health visit: <http://capitalregionalmedicalgroup.com/specialists/womens-health> or call: 850-877-5589 to make an appointment.



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# October Is National Breast Cancer Awareness Month

Detecting any cancer at an early stage is the key to improved survival and decreased mortality rates. In fact, research indicates that regular mammograms and clinical breast exams can reduce breast cancer mortality by 30% among women 50 years and older.

The statistics below provide a look into breast cancer in Florida women.

### By the Numbers

>13,000 - The number of women diagnosed with breast cancer each year in Florida since 2007.

2.6 - Drop in the age-adjusted death rate of Florida breast cancer over the ten-year period from 2002 (23.2 per 100,000) to 2011 (20.6 per 100,000).

8,354 - Number of breast cancer deaths in Florida in the three-year period from 2009 to 2011.

63% - Percentage of Florida women age 50 or older that reported receiving a clinical breast exam within the past year.

65% - Percentage of Florida women age 50 or older who reported that they receive a yearly mammogram.

### Breast Cancer Disparities

34% - The percent decrease in the age-adjusted mortality rate from breast cancer among Caucasian women between 1981 and 2008.

10% - The percent decrease in the age-adjusted mortality rate from breast cancer among African American women between 1981 and 2008, increasing the existing racial disparity.

Source: *Florida Cancer Data System and 2010 Florida Behavioral Risk Factor Surveillance System*



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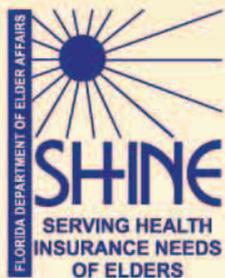
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# Tallahassee-Based Alzheimer's Project, Inc. Hosts 11th Annual "Forget-Me-Not" Walk And Fall Festival

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

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

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

The Pilot Club of Tallahassee will also be helping children "protect their brain for life" by fitting and distributing a limited number of bicycle helmets for free.

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

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

## About Alzheimer's Project, Inc.:

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



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## NAMIBikes Florida: State Event On Nov. 3; Cyclists will 'Fight Stigma & Ride' To Help Individuals And Families Affected By Mental Illness

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

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

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

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

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

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

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

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

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

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

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

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

### About NAMI

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Located in Tallahassee, NAMI Florida and dedicated volunteer leaders throughout the state work to raise awareness and provide free education, advocacy and support groups benefitting thousands of families and individuals each year.



**National Alliance on Mental Illness**

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# Recent Meningitis Outbreak May Result In More Drug Company Oversight

By Lynette Norris  
Greene Publishing, Inc.

The recent reports of a meningitis outbreak have caught attention not only because of the numbers of illnesses and death across several states, but also because of its unusual origin: contaminated vials of steroid medication used as painkiller injection. As many as 13,000 people with chronic back pain and other complaints received injections from the vials, manufactured by a Massachusetts pharmaceutical company. The company recalled three lots of the vials

Sept. 25 when the contamination was discovered.

Since then, about 120 people in half a dozen states have contracted the illness and according to latest available reports, the death toll stands at 12, including at least one meningitis death here in Florida.

Meningitis is a painful, serious infection and inflammation of the thin membrane that covers and protects the brain and spinal cord, like the skin covers and protects the body. It affects people of all ages, and may require ongoing treatment as it runs its course; sometimes, it can even be fatal.

The most common types of meningitis are caused by various types of bacteria or viruses. Bacterial meningitis usually has a rapid onset with sudden appearance of symptoms, while viral meningitis, especially the type that appears after a case of the mumps, may develop gradually over several weeks. Classic symptoms of both can include: fever; severe, persistent headache; chronically stiff and painful neck, especially when trying to touch

the neck to the chest; vomiting; decreased consciousness; seizures; eye pain and sensitivity to light; feelings of muscle aches and weakness; tingling throughout the body, and skin rash.

The illness can also have a fungal source. Fungal meningitis is a rare form, but this was the case with the contaminated vials of steroid pain medication. However, unlike bacterial and viral meningitis, the fungal form is not contagious.

As many as 13,000 patients received injections from the contaminated vials, according to the CDC. However, very few of those will ultimately contract the disease, despite being exposed; the expected infection rate is about five percent of the 13,000, meaning that there could ultimately be 600 to 650 confirmed cases before the outbreak is over. Because the incubation period for this type of meningitis is about a month, the rest of the 13,000 not yet showing any symptoms may have to wait for several anxious weeks before they can be sure they won't contract the illness.

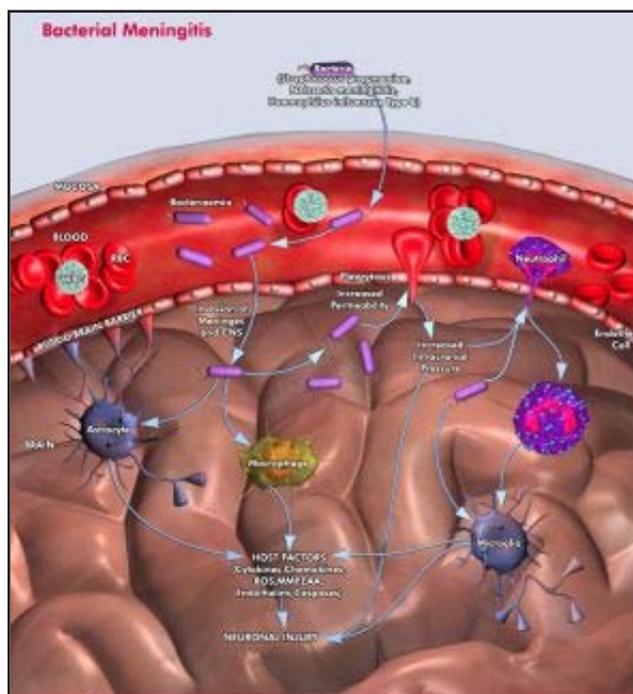
What has health

dosages for various client companies.

The federal Food and Drug Administration regulates only the individual drug ingredients. The compounds are regulated by the state in which they are located, and regulations vary from one state to another.

Some health officials are calling for more uniform, centralized regulation for pharmacy compounders to prevent a future occurrences like the present outbreak; according to the CDC, the tainted vials from the Massachusetts company were shipped to 76 facilities in 23 states.

So far, the outbreaks has claimed lives in five states — Tennessee, the hardest hit state, Michigan, Maryland, Virginia, and Florida.



officials alarmed about this particular outbreak is the unexpected source. Several officials are saying that the episode highlights a potentially dangerous gap in the regulations for the pharma-

ceutical industry — that of “pharmacy compounders” or companies that take individual drug ingredients and compound them, mixing and packaging them into different medications or specific

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# S **THE SAVVY** SENIOR



## How to Compare Medicare Prescription Drug Plans

### Dear Savvy Senior,

Is it important to compare Medicare Part D prescription drug plans every year? My pharmacist recommends it, but it's such a hassle sorting through all those different plans. What can you tell me?

### Confused Beneficiary

#### Dear Confused,

Because all Medicare Part D prescription drug plans can change their costs and coverage each calendar year, comparing plans every year during the open enrollment period (which is Oct. 15 – Dec. 7) is still the best way to ensure you don't miss out on your best deal for 2013, especially if you take a lot of medications.

Here are a few tips and resources that can help you compare plans with the least amount of hassle.

#### Online Tool

If you're comfortable using a computer, you can easily compare Medicare's drug plans yourself online. Just go to Medicare's Plan Finder Tool at [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan), and type in your zip code or your personal information, the drugs you take and their dosages, and select the pharmacies you use and you'll get a cost comparison breakdown for each plan available in your area.

This tool also provides a five-star rating system that evaluates each plan based on past customer service records, and suggests generics or older brand name drugs that can reduce your costs.

It's also important to keep in mind that when you're comparing drug plans don't judge a plan strictly by its monthly premium cost. Low-premium plans are often associated with higher prescription co-payments and may end up being more expensive. Look at the "estimated annual drug costs" that shows how much you can expect to pay over a year in total out-of-pocket costs – including premiums, deductibles and co-pays.

Also, be sure the plan you're considering covers all of the drugs you take with no restrictions. Some plans may require you to get permission or try a number of cheaper drugs before they will cover certain prescriptions.

#### Get Help

If you need some help with this or if you don't have Internet access to compare the plans yourself, ask your kids, grandkids or a trusted computer-savvy friend to help you, or you can call Medicare at 800-633-4227 and a customer service representative will do it for you over the phone for free.

Another resource that you can call on for help is your State Health Insurance Assistance Program (SHIP), which provides free one-on-one Medicare counseling in person or over the phone. They also conduct seminars during the open enrollment period at various locations throughout each state. To find the contact information for your local SHIP visit [shiptalk.org](http://shiptalk.org), or call the eldercare locator at 800-677-1116.

#### Smaller Donut Hole

You also need to know that Medicare's "donut-hole" coverage gap will shrink a little more next year. In 2013, Medicare Part D beneficiaries that hit the coverage gap will receive a 52.5 percent discounts on brand-name drugs, and a 21 percent discount on generic medications.

For 2013, the coverage gap begins when your total drug cost exceeds \$2,970 (that includes your share and the insurer's share of the costs) and ends when combined spending is \$6,733.75. After that, your Part D plan usually covers around 95 percent of your remaining drug costs for the year.

#### Low Income Assistance

Also, be aware that if you're a low-income beneficiary and your annual income is under \$16,755 or \$22,695 for married couples living together, and your assets are below \$13,070 or \$26,120 for married couples, you may be eligible for the federal Low Income Subsidy known as "Extra Help" that pays Part D premiums,

deductibles and copayments. For more information or to apply, call Social Security at 800-772-1213 or visit [socialsecurity.gov/prescriptionhelp](http://socialsecurity.gov/prescriptionhelp).

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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# Five Tips For Women To Deal With Everyday Aches And Pains

*Don't let everyday household chores be painful. Treat aches right away.*

(StatePoint) As a woman, you most likely experience aches and pains from your daily activities no matter what your lifestyle entails. In fact, a recent study shows 89 percent of women experience some type of muscle or joint pain every year, and 63 percent experience it weekly, according to ProAct, an independent marketing research firm.

But whether the discomfort stems from a day at work, strenuous exercise or housework, pain has its price — from feeling tired and low on energy, to contributing to feelings of stress, depression and frustration.

Before discomfort gets the better of you, reduce your risk for pain and relieve the aches you already have with these simple measures:

- **Avoid overexertion:** Don't save all your heavy-duty chores for one weekend, especially if you're not regularly active. "If you suddenly spend the whole day cleaning out your basement, or climbing ladders to clear gutters, muscle strain or overexertion is highly likely," says family physician Elena Klimenko, M.D. "You have to let muscles build up gradually."

The same goes for working out. Consult a physician or fitness professional to build an exercise routine safely.

- **Relax:** Hot baths, gentle stretching and meditation can help prevent and relieve stress-related muscle tension and stiffness. Even if it means putting the kids to bed early or turning your phone off for an hour, incorporate stress-free down time into your busy day, every day.

- **Relieve:** Next time you experience pain, avoid popping conventional painkillers that masks symptoms. "A

homeopathic medicine works with your body to relieve not only pain, but also swelling, which is a common reason for pain," says Dr. Klimenko. "It does so without the risk of drug interactions or complications, even if combined with pharmaceuticals."

For example, Dr. Klimenko recommends Arnicare Gel from Boiron, an over-the-counter gel that can be applied anywhere on the body to reduce muscle pain and stiffness, swelling from injuries, and bruises. Because it relies on a natural active ingredient, you can safely use it as a first line therapy to relieve pain. More information can be found at [www.Arnica.com](http://www.Arnica.com).

- **Maintain a healthy weight:** Excess weight puts undue stress on joints. Try a diet that promotes joint and tissue health. Eat foods high in Omega-3 fatty acids like salmon. Add flaxseeds to salads or try cooking with mustard seed, ginger, turmeric or cayenne pepper, all of which have anti-inflammatory properties.

- **Take breaks from computer work:** ProAct's research shows that women's aches and pains stem more from daily activities like sitting at a computer too long than from injuries. Be sure to take periodic walking breaks or sit on a ball to keep muscles activated.

While modern life has created challenges that lead to aches and pains, Dr. Klimenko says women don't need to grin and bear it. "You can take proper care of yourself to avoid pain and treat aches naturally before they get out of hand."

For more natural health tips, follow Dr. Klimenko's blog at [www.DrElenaKlimenko.com](http://www.DrElenaKlimenko.com).

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