

## Heroin Operation Shut Down



Georgia Wright Hopson



Alesha Elizabeth Wing



Marvin Leon Davis

Three people were busted for possession with intent to sell heroin on Monday, March 18.

Madison County Sheriff Ben Stewart reported that the Sheriff's Office Drug Task Force recently received information of heroin use and sells occurring in Madison County. The Drug Task Force initiated an investigation utilizing specific investigative techniques vthat led to the identity of certain persons involved in the sell and use of the Heroin.

The Madison County Drug Task Force partnered with Investigators of the Taylor County Sheriff's Office Drug Task Force and conducted covert drug buy operations in Madison County. The operations proved successful in purchasing a product that was sold as and presumptively tested positive for heroin. As a result of this investigation, the early stages of a heroin operation in Madison County have been shut down.

Please See Heroin Shut Down on Page 3A

## Ten Commandments To Be Allowed On Courthouse Lawn



Greene Publishing, Inc. Photo By Lynette Norris, March 20, 2013

The County Commissioners vote unanimously to approve placing the Ten Commandments on the courthouse lawn. (Left to right) County Coordinator Allen Cherry, Commissioners Rick Davis (partially hidden) and Ronnie Moore (partially hidden), Court Clerk Tim Sanders, Commissioner Wayne Vickers and Commissioner Clyde Alexander.

By Lynette Norris

Greene Publishing, Inc.

The County Commission voted to allow the Ten Commandments monument to be placed on the courthouse lawn, and the congregation said "amen."

The issue had been brewing for a couple of years prior to the March 20 vote, with the large monument sometimes making appearances at various places around town on the back of a flatbed truck, usually accompanied by signs urging people to contact their county commissioners and advocate for placing the monument on the courthouse lawn. The County Commission had previously voted against allowing this due to a lawsuit in Dixie County regarding a similar situation. However, the Court of

Appeals in Atlanta ruled that those who had filed the suit did not have sufficient standing, not being residents of Dixie County.

With that ruling, County Commissioners revisited the issue in a meeting room packed with supporters of the monument, several of whom addressed the commission in earnest tones, many to "amens" and rounds of applause from those gathered.

Leading off the round of speakers was former County Judge Wetzel Blair, who could not speak to the issue earlier because his position as judge did not allow him to advocate one way or another.

"I could talk all day about the legal issues," he said. "But I believe we have solidarity in our citizens on this. We're a very loving

community...we love each other and I'm proud of the way we love our Lord." The monument, he added, "Is a monument to our past and what we pray is a great future for Madison County.

Alluding to the fear of lawsuits, Kin Johnson told the board that, "The Liberty Counsel would come and defend us if there's any problem."

County Attorney Tommy Reeves also addressed the legal concern, saying that he did not believe that the Dixie County Case was a good precedent, because the suit was dismissed not on legal issues directly involving a monument, but on the lack of standing on the part of the plaintiff. He also added that it would

Please See Commandments Allowed on Page 3A

## Madison County In Top 10 In State Recycling

Updated recycling data released by the Florida Department of Environmental Protection shows that 23 counties reported a 30 percent or higher recycling rate and Florida has maintained at least a 30 percent recycling rate for a second consecutive year. The data shows that nine counties had a recycling rate of 40 percent or more.

Recycling rates are calculated by dividing the total weight of recycled municipal solid waste by the total weight of municipal solid waste. The 2011 data is the most up to date. Under the previous law, counties had until November to report the previous year's data. Under new statutory deadlines, counties must report data by April 1 each year. After review, the Department anticipates having the 2012 data available this July.

"Florida is making strides to reach the 2020 recycling goal of 75 percent," said Jorge Caspary, Director of DEP's Division of Waste Management. "However, Florida's businesses must become more involved in recycling in order for us to achieve success."

Please See Madison Recycling on Page 3A

## Health Education Expo Set For Friday

By Jacob Bemby  
Greene Publishing, Inc.

The North Florida Community College Allied Health Programs and Healthcare Workforce Network will sponsor a free health education expo on the Courthouse lawn on Friday, March 22, from 10 a.m.-2 p.m.

Educational information will be shared on diabetes prevention, skin cancer protection,

stress management, infection control, hypertension info, fitness education, healthy lifestyle habits, stroke prevention, disaster awareness, hospice education, tobacco cessation and Healthy Start.

There will be free blood pressure screenings, free bone density checks, free blood sugar readings and free Body Mass Index (BMI) readings.

## WITHLACOOCHEE RIVER BRIDGE BEING REPLACED



By Jacob Bemby

Greene Publishing, Inc.

By summer of next year, the Florida-Georgia bridge, located approximately four miles north of Pinetta, will be replaced.

Commonly known as the Withlacoochee River Bridge, the structure is 72 years old and has grown weary in its senior years. The bridge has taken a pounding from cars and trucks through those 72

years and has grown too weak and narrow to accommodate many more semi trucks.

The new bridge's dimensions will see an increase in height, width and length.

The bridge is being built at a cost of \$5.3 million.

Travelers will still be able to use the old bridge, which will still be in operation through next summer, when the new bridge should be in place.

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### Local Weather

<b>Fri</b> 3/22	70/57	
Chance of showers. Highs in the low 70s and lows in the upper 50s.		
<b>Sat</b> 3/23	73/66	
Showers and thunderstorms. Highs in the low 70s and lows in the mid 60s.		
<b>Sun</b> 3/24	80/55	
Thunderstorms. Potential for severe thunderstorms.		
<b>Mon</b> 3/25	72/49	
Times of sun and clouds. Highs in the low 70s and lows in the upper 40s.		

## MCHS Concert Band Makes State Finals

MCHS Concert Band Rated Superior For First Time In Over A Decade



On Tuesday, March 12, the Madison County High School Concert Band traveled to Tallahassee for their annual district festival performance assessment. The festival was held at the Florida State University and the concert band performed for a live audience in the FSU Opperman Music Hall. Three judges scored the students based on their overall technique and musicality. After their stage performance in the music hall, students were then adjudicated on their abilities to sight read new music after seeing it for only five minutes. For the first time in over 10 years, the MCHS Concert Band was scored as an overall Superior band. As result of their success, the students are to perform at state finals in April at Florida State Northwestern University, located in Niceville.

## Beware Of Grandparent Scam

The Madison County Sheriff's Office requests all grandparents be aware of the newest scam reported to them, called "the Grandparent Scam."

On March 19, a report was filed with MCSO that a couple had received a phone call from a young person only identifying themselves as their "favorite grandson." When the grandparent called a name of one of her grandsons, they answered, "Yes, it's me" and explained they were in jail and didn't want their parents to find out. The caller asked that they please help them by wiring a large amount of money to a bail bondsman in Panama.

This person was so convincing, the grandparent went to Wal-Mart and tried to wire the money. Fortunately, the transaction did not go through and the grandparent was able to keep her money. After contacting her children, she found out her grandson was at home and not in trouble in Panama.

No one would not drop whatever they're doing to help a grandchild, but before making this happen, please verify and don't be a victim.

Please See Grandparent Scam on Page 3A

# Viewpoints & Opinions

**Madison County Extension Service**  
**Diann Douglas**  
 Guest Columnist



## Reduce Your Intake of SoFAS

Now you are thinking, what in the world is she talking about? To continue our monthly observation of National Nutrition month, I'm talking about **solid fats** and **added sugars** in the food you eat. The most recent update to the Dietary Guidelines has a full chapter on foods Americans need to work on reducing in their daily consumption and these two food categories take top billing. **SoFAS** is the new acronym USDA has coined to describe this trend in the American meal patterns; the "**SoF**" stands for solid fat and the "**AS**" represents added sugars. While the intention is a catchy phrase, it might leave some people scratching their heads.

Let's break this down and look at "**SoF**" first. Fats are categorized into three groups known as fatty acids; they can be saturated, polyunsaturated and monounsaturated. All fats contain a combination of fatty acids, but they are in different amounts. Saturated fats are solid at room temperature and that is where we get "**SoF**", the exception of palm and coconut oils. These fats tend to raise cholesterol levels in the human body, which over time can cause a plaque build-up in blood vessels leading to coronary heart disease. Fats that are liquid at room temperature will be higher in poly or monounsaturated fats and do not contribute to cholesterol levels. These liquid fats are the better choice, but use all fats sparingly.

Trans fats are also a fat that can lead to increased cholesterol levels; these are formed in food processing. When hydrogen is added to a fat to make it more solid, trans fats are formed making the fat more saturated. Synthetic trans fatty acids are found in margarines, snack foods and prepared desserts. Small amounts of trans fats are naturally found in meat and milk foods.

How does all of this information translate into the food choices you make every day? Eat lean cuts of meat and choose low-fat and fat free dairy foods to reduce solid fats and naturally occurring trans fats. Consume less prepared desserts and snacks to reduce trans fats and saturated fats that are added to foods as an ingredient.

Consumers always have questions about margarine, there are so many on the market. Read the ingredient list and start with a spread that has a monounsaturated fat as the major ingredient. Then, read the nutrition label and find the smallest

amount of saturated and trans fats with a higher number of poly or monounsaturated fats.

In food preparation, both monounsaturated and polyunsaturated fats are much better alternatives to solid fats. While they still have the same amount of calories, they have a more positive affect in your body. Oils that are high in monounsaturated fats are canola, safflower, olive and peanut oils. Examples of polyunsaturated fats are corn, cottonseed and soybean oil.

Now, for the "**AS**" or added sugars in SoFAS. By itself, it is not a bad ingredient and it adds sweetness to our foods and serves as a browning agent in many foods and most have few nutrients, and are high in calories. According to the new Dietary Guidelines, added sugar contributes an average of 16% of the total calories in the American diet. This translates into added calories and excess calories can only mean extra pounds.

Sugars come in many forms. Read the nutrition labels, added sugars may be high fructose corn syrup, corn syrup, malt syrup, maple syrup, fructose, dextrose molasses or honey.

Can you guess the food source highest consumption of added sugar? Sugary drinks like soda, energy drinks and sports drink account for 36% of extra sugar in our diet. Sugar sweetened fruit drinks account for about 10% of the extra calories in the American diet. There was no mention of sweetened tea, which is a Southern staple at the table, so I'm not sure if it was a consideration. So, the message is to cut back on food high in sugar and eat them less often.

Solid fats and added sugar can contribute a substantial portion of calories to the American diet. It is estimated that on average solid fats and added sugar contribute up to 800 calories per day to an adult's diet. Remember too, most foods that are high in these ingredients are also low in other nutrients and it is well documented these foods contribute to weight gain. The recommendation from USDA is to eat these foods less often. Instead, focus on nutrient-dense forms of foods from all food groups.

For more information on eating for health or a free copy of MyPlate, contact the Madison County Extension Service at 973-4138.

*The University of Florida Extension/IFAS Extension - Madison County is an Equal Opportunity Institution.*

**Jacob's Ladder**  
 Jacob Bemby  
 Columnist



## God Gave Me Words

I'm not a carpenter, like His Son was, creating things from woods, nails, nor the blood of my brow. Neither did I redeem fallen mankind as He did with woods, nails and the blood of His brows. God did not give me a guitar or the ability to play it. Nor do I have a piano or any other instrument that I might write and play the melodies of beautiful songs.

God did not give me a paintbrush so that with each loving stroke, I may create new life and vibrant works of art that will hang in galleries and museums and be called masterpieces.

God didn't give me a camera to snap photos of things and people and capture that one brief beautiful moment in time. I don't have the talent of one of my friends who can do this. A picture paints a thousand words, but I have to have a thousand or more words to paint a picture.

God gave me a pen and allowed me to put words on paper and create new people, new places. He allowed me to make people fall in love and live happily ever after or to create tragedies where no one will ever be happy. He allowed me to dip the pen into my character's hearts and put their emotions on the page. He allowed me to write poems, song lyrics, biographies, novels, love stories, romances, tragedies and adventures. He allowed me to write about beauty beyond compare and to strip ugliness to its barest and most grotesque. God gave me words to use.

## Madison County...

### Jail Report



**3/12**  
 Braxton Decarlos Wright- Drug Possession, Marijuana (Less than 20 grams)

Latonya Shrease Scott-Criminal Registration (Sale of Cocaine)

Jimmy Lee Weatherspoon-Criminal Registration

Darlisa Rushetta Williams-Grand Theft (2nd Degree)

**3/13**  
 Robert N. Simmons - Driving with a Suspended License, Tag Altercation

Victoria Grace Crawford-Out of County Warrant

Christopher Adam Atchason-Contributing to the Delinquency of a Minor

Raymond Ghent-Writ of Bodily Attachment

Jeremy J. Miller-Criminal Registration

**3/14**  
 Amon Chadrick Tuten-Violation of Probation (County)

Marvin Antonio Jackson-Criminal Registration

Andre Malloy Morrison-Failure to Appear (Felony Violation of Probation)

Willie James Barnes Jr.-Criminal Registration

Shea Marie McGlynn-Violation of Probation(Circuit)

**3/16**  
 Destiny Lamece Bailey-Driving with a Suspended License, Obstruction

Luis Enrique Contreras-Leon-Driver's License

Tommy Lee Phillips Jr.-Burglary, Loitering/Prowling, Possession of Drug Paraphernalia

Jason Leighman-Possession of Marijuana (Less than 20 grams)

Dewayne Alderson Sanders-Trespassing After Warning

**3/17**  
 Ladarrious Jermaine Crumity-Aggravated Battery, Battery on a Person Over 65, Burglary of a Residence, Criminal Mischief

Lorenzo Oneil Brasby-Violation of Conditional Release

Richard Nicholas Afflick-Fleeing

**3/18**  
 Alesha Elizabeth Wing-Principal with Intent to Sell (Heroin), Principal to Sell of a Controlled Substance, Drug Paraphernalia

George Wright Hopson-Possession of a Controlled Substance, Sell of a Controlled Substance

Tamieko Michelle Gallon-Trespassing After Warning

Benjamin Levi Lamberth-Out of County Warrant

Ronald Jay Bishop-Violation of Probation (Circuit) (2 Counts)

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### ANSWER

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1	8	5	9	2	6	4	3	7
9	6	3	5	7	4	1	8	2
3	9	6	2	4	1	7	5	8
7	4	1	8	9	5	2	6	3
5	2	8	6	3	7	9	1	4

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# From Page One

## Heroin Shut Down

### Cont. From Page 1A

On Monday, March 18, the following have been arrested and charged:  
Georgia Hopson, 29, of Lee. Charges: Possession of heroin with intent to sell and sell of heroin. Bond set at \$30,000.00

Alesha Wing, 27, of Madison. Charges: Principal possession of heroin with intent to sell and principal to sell of heroin. Bond set at \$41,500.00

Marvin Davis, 42, of Madison. Charges: Possession of heroin with intent to sell (two counts) and sell of heroin, a controlled substance (two counts). Bond set at \$50,000.00 for current charges and a No Bond on Violation of Probation.

Sheriff Stewart comments that this is the first reported incident of suspected Heroin use and sell that has been investigated by the Madison County Drug Task Force in several years. The Sheriff's Office appreciates expressed concerns and information regarding potential illegal activities and will continue to be proactive and proficiently serve and protect the citizens of Madison County.

## Grandparent Scam

### Cont. From Page 1A

Scam Safety Tips.

- 1) Listen to the caller and take notes, including the person's Caller I.D.
- 2) Don't give the caller any of your personal information.
- 3) Verify your family member's location by using a valid phone number or speaking with other relatives.
- 4) Contact the U.S. Embassy in the country involved and ask for assistance or verification of an arrest.
- 5) Report the scam to your local police/sheriff's office or FBI

Scammers have become more sophisticated in researching their targets, likely using social networking sites such as Facebook to learn about family members who are abroad. Other times, the scammers just cold-call their targets and hope for an easy victim.

The caller posing as the family member also will plead with the grandparent to not contact other relatives for fear of getting into trouble or worrying them, a tactic that helps isolate the victims into giving money.

Many of the scammers often make it sound as if the money needs to be sent urgently, but don't fall for it. If someone actually is arrested or in the hospital, then there should be no such rush.

Unfortunately, once the money is gone, it's gone for good. Victims rarely get their money back.

The scam works because it pulls on the heartstrings of grandparents. Stay alert and don't be a victim.

## Madison Recycling

### Cont. From Page 1A

In November, the Department expanded its Recycling Recognition Program to encourage the commercial sector, schools, public groups and residents not only to recycle more, but also to increase reporting. The Department has an easy tool for companies to track and compare its recycling efforts to that of other businesses — the Florida DEP Business Recycling Tracking Tool. Through the website, which includes free registration, companies can track different types of recycling efforts and produce reports on how those efforts are helping to shrink their carbon footprint. The tracking will help the Department to recognized companies that are doing more to go green.

Recycling provides a direct cost savings to most businesses because the more that is recycled means less waste generated and thus there are lower operating cost for waste management. Residents have motivation to recycle because it allows for reuse of household products and also cuts down on the amount and cost of waste sent to local landfills. The Department encourages residents to recycle at home and find out what recycling efforts are underway at their local schools, their workplace and their community groups. County recycling coordinators can help businesses, institutions and community groups create or improve their recycling efforts.

According to the updated report, Alachua County remains No. 1 in the state for recycling for the second year in a row. Gilchrist County was the most improved county in Florida, increasing its recycling rate from 17 percent in 2010 to 30 percent in 2011.

The top 10 counties based on recycling rate are:

1. Alachua County - 50 percent
2. Lee County - 45 percent
2. Brevard County - 45 percent
2. Marion County - 45 percent
5. Escambia County - 43 percent
6. Martin County - 42 percent
6. Sarasota County - 42 percent
8. Leon County - 41 percent
9. Collier County - 40 percent
10. Madison County - 39 percent

In 2008, the Florida Legislature enacted Florida Statute 403.7032, which established a new statewide recycling goal of 75 percent to be achieved by 2020. Recycling rates have been climbing slowly since 2006. These positive trends are the result of increased awareness by the public and businesses of the benefits of recycling. Recycling materials cuts down on landfill waste, sparks economic activity and reuses products that otherwise would become trash.

To see the complete 2011 Solid Waste Management Report visit [http://www.dep.state.fl.us/waste/categories/recycling/SWreportdata/11\\_data.htm](http://www.dep.state.fl.us/waste/categories/recycling/SWreportdata/11_data.htm)

For more information about the Florida DEP Recycling Recognition Program visit <http://www.dep.state.fl.us/waste/categories/recycling/pages/recognition.htm>

## Commandments Allowed

### Cont. From Page 1A

be better from a legal standpoint not to place the monument on the courthouse steps, but on a specific area of the lawn set aside as a "limited public forum" where private parties could erect "historical" monuments, as Bradford County had done. As for the risk of a lawsuit, if the county were sued in federal court and lost, the count would be liable for court costs and attorney's fees. He recommended drawing up a set of guidelines, working out some kind of indemnification, and picking out the area for the limited public forum.

"It is your duty to act on that, and not act in fear," Blair told the Commissioners, and Benjie Dyal asked, "Why is it so hard to make a decision to put a representation of the Ten Commandments at the courthouse? That represents our laws."

"You know I have to say something," said Rose Gaston as she stood to speak to a round of apprecia-

tive chuckles. "I know that a lot of people think that the Ten Commandments are a Christian thing, but they're just good rules to live by."

Commissioner Rick Davis made a motion to draw up guidelines, with Commissioner Ronnie Moore seconding.

Blair spoke up again, telling the commissioners that "This is going to be a legal issue until the last day on earth...the more rules and regulations you set up, the more vulnerable you are. Any contract can be challenged."

"It's going to come back again and again," said Commissioner Clyde Alexander. "We might as well take care of it now."

"The sooner we vote, the sooner we can put them on the lawn," Moore added.

Joe Peavy pointed out that there were already two historical monuments on the lawn and it

shouldn't be a problem to put a third right in the middle. Donnell Davis, who said he supported the idea of the monument, added that, "We need to place them in our hearts and live them first. When you make this decision, you take them home and live them. Let's honor these words."

There was a call for a vote on the guidelines, but the measure failed 2/3, Vickers Hamrick and Alexander opposing, (Rick) Davis and Moore voting for it.

"You five men are the conscience and soul of this county," Blair told the commission.

After several more minutes of discussion and comments from the public, urging the vote, the Madison County Commission voted unanimously to allow the monument of the Ten Commandments on the Madison County Courthouse lawn. The vote was met with applause and a round of "amens."

## Conservative Corner

By Claudia Anderson, Vice President  
Republican Club of Madison County

### WATER UNDER THE BRIDGE?

Throughout my lives, when past circumstances were brought to ones attention, if considered unimportant or irrelevant, the subject might be dismissed with the statement: "That's all water under the bridge now."

An article from nine months ago has made my mind question: "Did the water go under the bridge or is it washing out the bridge?" Two people, both freedom fighters and patriots, make this a great concern to me.

Beatriz Macia was born in Havana, Cuba and has family members who fought against Communism.

Marielena Stuart, who ran for U.S. Senate in 2012, also opposed and survived the ravages of Communism under Fidel Castro while members of her family were imprisoned, tortured, and executed.

The following comes from the Human Events article by John Haywood 6/11/2012.

### OBAMA WINS COVETED CASTRO ENDORSEMENT

...In a move that enraged Florida's Cuban expatriate community, the Administration granted Raul Castro's daughter, Mariela Castro, a visa to spread Cuban Communist propaganda in the United States... because she's supposedly an expert in gay, lesbian, bisexual, and transgender rights.

The spectacle of a high-ranking Party official from a brutal Communist dictatorship masquerading as a proponent of anyone's "rights" must be confusing to anyone who doesn't understand how "liberalism" really works. ...

*The Wall Street Journal* reports on what Castro has been up to since the Administration put that visa in her hands:

*Notwithstanding her "work" as what she calls "a sexologist," the Communist Party official did not shy away from carrying water for Uncle Fidel and her ... daddy while on American soil. Much of her time was spent promoting the party line and disparaging human-rights defenders. Among other pearls from the child of*

*privilege came the claim that in Cuba "people who dissent don't go to jail." (I doubt that they go free!)*

...Mariela Castro gave the incumbent a nice endorsement during an interview with Christiane Amanpour of CNN... "As a citizen of the world, I would like him to win," said the dictator's daughter. "Given the choices, I prefer Obama."

"He wants to do much more than what he's been able to do," Castro continued – a statement, which is undoubtedly true, and absolutely bone-chilling.

At any rate, Castro concluded, "I believe that Obama needs another opportunity and he needs greater support to move forward with his projects and his ideas, which I believe come from the bottom of his heart." She hopes Obama might develop a relationship with the Cuban Communists "as good or better than we had under President Carter."

### IS THE WATER RUNNING OR WASHING OUT?

The representative of a brutal Communist regime endorsed this man who "might just be as good as Jimmy Carter", if given "another opportunity and ... greater support to move forward with his projects and his ideas, which ... come from the bottom of his heart." "He wants to do much more than what he's been able to do..."

### 9 MONTHS LATER

Yes, Mr. Haywood, it is ABSOLUTELY BONE-CHILLING - in the washout flood of projects coming "from the bottom of his heart" and we can't even see the bridge!

### THE MADISON COUNTY REPUBLICAN EXECUTIVE COMMITTEE

Will meet at 7 p.m. Tuesday, Mar. 26, at the Republican Victory Office

ALL REPUBLICANS WELCOME

Paid for and approved by the Madison County Republican Executive Committee  
MadisonRepublican@embarqmail.com

## Antonio Hiers Receives Diploma at School Board Meeting



Greene Publishing, Inc. Photo by Lynette Norris, March 19, 2013

**Morris Bell of the B.E.A.R. Center takes the opportunity at the March 19 School Board Meeting to present Antonio Hiers with his high school diploma. Describing Hiers as a hard-working student who fought against the odds and won, and who was always willing to go the extra mile to complete his high school requirements for the year 2012-2013, Bell proudly handed the diploma to Hiers as School District Coordinator Davis Barclay, seated behind and to the right of Hiers, looks on.**

## Beatriz Macia Speaks At Republican Club

On December 2, 1961, Fidel Castro pronounced these prophetic words: "I am a Marxist-Leninist and will be a Marxist-Leninist until the last day of my life."

As early as Jan. 12, 1959, Sen. Wayne Morse, of Oregon, told the U.S. Senate: "I am horror stricken by the new blood bath in Cuba."

On Jan. 16, 1959, Castro said: "If the Americans don't like what is happening in Cuba, they can land the marines and then there will be 200,000 gringos dead."

The New York Times for 1/20/1959, reported: "Cuba To Try 1,000 For 'War Crimes.'"

The Republican Club of Madison hosted Beatriz Macia, who spoke of her family's dream, making the "90 miles to freedom," trip.

Castro made the island insane, and the lucky ones got out.

America was the goal. Today, Beatriz Macia is worried about the States of America. Fidel Castro didn't come out of nowhere.

That experience has led her to be a leader in the burgeoning tea party movement.

## Obituaries

### Gladys E. Ferrell

Gladys E. Ferrell, age 73, died Monday, March 18, 2013, in Medart.

Graveside funeral services will be held at 2 p.m., Sunday, March 24, 2013 at Oak Ridge Cemetery, Madison. Visitation will be one hour prior to the service at Beggs Funeral Home, Madison Chapel.

Mrs. Ferrell was born in Madison where she lived most of her life before moving to Thomasville, Ga., 25 years ago, and for the past two years she lived at Eden Springs Retirement home in Medart. She suffered from Alzheimer's for three years. She was constantly doing for others. She was an extremely kind mother to her children, and grandchildren and traveled with them often. She will be greatly missed by all who knew her.

She was preceded in death by her husband: Tommy Ferrell.

Her daughter, Pamela Ferrell of Pinetta; one son, Ben Ferrell of St. Marks; a grandson, John W. Barnett IV of Tallahassee; and a granddaughter, Riley Elizabeth Ferrell of Tallahassee, survive her.

Beggs Funeral Home is in charge of arrangements (850)-973-2258.



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## Wedding Reminder



Darrell and Sue Tuten of Madison are pleased to announce the engagement of their daughter, Laura Lynn to David Colby Roberts, the son of Dave and Tonya Roberts of Monticello.

Laura is a graduate of Madison Co. High School and Saint Leo University and is currently employed as a fifth grade teacher at Suwannee Intermediate School in Live Oak. Her maternal grandparents are Martha Dell Reams and the late Frank Henry Reams and her paternal grandparents are Thelma Tuten and the late Roscoe Tuten.

Colby is a graduate of Aucilla Christian Academy and Florida State University and is currently employed with Aucilla Christian Academy as Head Varsity Football Coach and teaches Bible, History & P.E. His maternal grandparents are Doris Bishop and the late Mordaunt "Heedly" Bishop and his paternal grandparents are Helen Roberts and the late James E. Roberts.

The wedding will take place at 4:00 in the evening, March 23, 2013, at New Home Baptist Church, Madison. A reception will follow at Divine Events, Madison. No local invitations are being sent, but all friends and relatives are invited to attend.

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# Around Madison County

## Madison Garden Club's Fundraiser, A Fun Friday Evening



Greene Publishing, Inc. Photo By Lynette Norris February 22, 2013

**Pretty in Pink, Garden Club President Martha Beggs, along with DeeJay and Master of Ceremonies Ray Williams, welcomes everyone to the Madison Garden Club's 2013 Talent Show. The event was a fundraiser for scholarships and other projects supported by the club.**

By Lynette Norris  
Greene Publishing, Inc.

It had been raining cats and dogs most of the day, but come six o'clock, the poodle skirts, rolled-up blue jeans, bobby socks and saddle shoes were very much in evidence at the Madison County High School Gym, Friday, Feb. 22, ready to rock-n-roll at the Madison Garden Club's 2013 Talent Show and Fundraiser.

But as everyone knows, the Age of Denim covers more than just the Era of Doo-Wop. DeeJay and Master of Ceremonies Ray Williams, (Class of '66, Madison High School), promised a night of rock-n-roll covering 1939 until about 1992.

"In the words of the King, there's gonna be a whole lot of shakin' going on, and then some," he said.

And so there was. Outside, it continued to rain, but inside, about 200 people enjoyed a hot seafood buffet to a selection of music supplied by deeJay Williams, sitting at tables decorated in honor of Marty Robbins' 1957 hit, "White Sport Coat and Pink Carnation" - white table cloths, pink and white carnations and touches of black here and there.

Martha Beggs, Garden Club President, welcomed everyone to the event and thanked all those who had donated prizes for various door prizes and drawings throughout the night: Hall's Tires and Muffler, The Mane Attraction, The Pink Nest, Ameriprise, Harvey's, Shelby's, Ken's Barbecue, Madison County Community Bank, Super Car Wash, the Country Store and Bochnia Auto and a long list of many more.

"And by the way, Elvis is in the building!" she said, referring to the Elvis concert immediately following the Talent Show, which was next on the agenda.

First up was Martha's husband, Ashley Beggs, who spoke briefly about how he had come to love country and western music while living in Amarillo, Texas and listening to Hank Williams. He



Greene Publishing, Inc. Photo By Lynette Norris February 22, 2013

**Ashley Beggs heads the evening lineup.**



Greene Publishing, Inc. Photo By Lynette Norris February 22, 2013

**The Valdosta Bluegrass Connection shows 'em how it's done.**



Greene Publishing, Inc. Photo By Lynette Norris February 22, 2013

**Gotta dance...the toe-tapping rhythms of the Valdosta Bluegrass Connection had Tootie Walley on her feet and moving to the beat.**

then broke into a rousing rendition of "Hey, Good-Lookin." It was of course, dedicated to Martha.

Following Beggs was Taylor Money, accompanied on the guitar by her boyfriend Josh Leverette, as she sang a soft, haunting love song.

Switching gears again, Judson Beggs, A.K.A. "The Georgia Satellite," belted out an enthusiastic "Don't Gimme No Lines (And Keep Your Hands to Yourself)."

Mike Humphry and Bailey Barefoot delivered a medley of gospel greats in two-part harmony, and then the Valdosta Bluegrass Connection took to the stage to play some toe-tapping bluegrass standards that had at least a few people up and dancing.

Then it was time to find out who won the Big Prize of the evening, the 42-inch HDTV - the luck of the draw(ing) went to Roger Powell.

Now, it was time for Elvis. Teddy McMullen of Lee, who has been doing Elvis impersonations for more than three decades, made his dramatic en-



Greene Publishing, Inc. Photo By Lynette Norris February 22, 2013

**"Ladies and gentlemen, Elvis has entered the building."**



Greene Publishing, Inc. Photo By Lynette Norris February 22, 2013

**After performing a few numbers onstage, Elvis croons his way through the audience.**



Greene Publishing, Inc. Photo By Lynette Norris February 22, 2013

**Bailey Barefoot and Mike Humphrey harmonize on some classic gospel greats.**

trance and mounted the stage steps to "Thus Spake Zarathustra."

In the 36-pound costume emblazoned with over 7000 stones and sparkles, he had the showmanship and all the right moves down pat, leading off with "C.C. Rider" and "Johnny B. Good."

Soon, a line of ladies was forming at the edge of the stage, waiting for the colorful scarves Elvis was handing out as part of his act. It wasn't long before he was down on the main floor, working the audience as he serenaded several ladies and left them with scarves draped around their necks.

With a nod to Elvis's love of gospel music, McMullen belted out a powerful "How Great Thou Art," and then ended his show on a patriotic note, with a song dedicated to veterans and those serving in the military.

Then, it was time for Elvis to leave the building.

But word through the grapevine has it that he'll be back next year.



Greene Publishing, Inc. Photo By Lynette Norris February 22, 2013

**Josh Leverett and Taylor Money entertain with a love song.**

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## Mock Crash Scene Held At High School

Madison County Sheriff Ben Stewart reports that on Friday, Feb. 15, Corporal Jason Whitfield, who is assigned to the Madison County Sheriff's Office Traffic Unit, presented a mock traffic crash at the Madison County High School football stadium. Lieutenant William Sircy narrated the event as the scene developed from beginning to end and as the different emergency responders arrived on scene and took action.

The staged traffic crash was a combined effort of participating agencies between the Madison County Sheriff's Office, Madison Fire Rescue, Madison County EMS, Madison County Emergency Management, Shands Life Flight, Madison County High School Drama Class, North Florida Community College and Madison Metals, which graciously donated the vehicles used in the simulated traffic crash.

The simulated crash scene depicted two passenger cars and one motorcycle that had been involved in a head on collision. The collision had been caused by a carload of impaired teenagers that had just left a party. Considering that "Spring Break" is approaching for many schools and colleges, the intent of the simulated traffic crash was to educate and show students of the all too often tragic results of driving while impaired.

The National Highway Traffic Safety Administration statistically reports that driving while intoxicated is one of the leading causes of death of teen drivers. The presentation was shared with the Junior and Senior Classes of the Madison County High School.



Photo Submitted

Law Officials, EMS and firefighters stage a mock crash scene at MCHS.

## ACA Honors Middle School Basketball Players



Photo Submitted

Aucilla Christian Academy recently recognized the middle school boys' basketball team. The boys' team finished with a record of 9-2, for the season. Pictured left to right: Timothy Finlayson (Rookie of the Year), Daulton Browning (Most Improved), Coach Drew Sherrod, and Gatlin Nennstiel (MVP).



Photo Submitted

Aucilla Christian Academy recently recognized the middle school girls' basketball team. They finished with a record of 12-1, for the season.

Pictured left to right: Coach James Burkett, Dena Bishop (Most Valuable Defensive), Cali Burkett (MVP), and Ramsey Sullivan (Most Valuable Offensive).

## Cowboys Compete At Jesse Forbes Invitational

By Fran Hunt  
Special to Greene Publishing, Inc.

The Madison County Cowboys track and field team competed in the Jesse Forbes Invitational on March 1 at Godby High School, and the athletes performed quite well.

Out of 17 competing teams, the girls finished 13th.

The boys' finished 11th out of 17 teams.

In the girls' 100-meter dash, Carlisa Thomas finished 13th with a time of 13.56.

Yasmine Livingston finished 16th with a time of 13.75.

Tatayana Barfield finished 19th with a time of 13.91.

Avoni Weatherspoon finished 22nd with a time of 14.09.

Ty'neshia Arnold finished 29th with a time of 14.46.

In the girls' 200-meter dash Thomas finished 15th with a time of 28.50.

Jhilia Weatherspoon finished 27th with a time of 30.61.

Lytic Mattair finished 30th with a time of 30.91.

In the girls' 400-meter dash Kerria Livingston finished 10th with a time of 1:07.33.

Johnee Woods finished 14th with a time of 1:10.55.

Raven Long finished 16th with a time of 1:10.78.

In the girls' 4 x 100 relay the Cowgirls finished sixth of seven teams, with a time of 53.01.

In the girls' 4 x 400 meter relay the Cowgirls finished seventh out of eight teams competing, with a time of 5:03.77.

In the girls' long jump Mattair finished 10th with a distance of 14-02.00.

Arnold finished 20th with a distance of 11-02.25.

Devon Livingston finished 22nd with a distance of 10-09.00.

In the girls' shot put, Iesha Paige finished 16th with a distance of 26-02.00.

Loretta Burnette finished 23rd with a distance of 23-905.50.

Iman Taylor finished 25th with a distance of 23-02.00.

Natasha Burnette finished 32nd with a distance of 17-06.50.

In the girls' discus throw, Paige finished 18th with a distance of 54.01.50.

Tonizea Wooten finished 19th with a distance of 51-03.50.

Shaquandra Brooks finished 20th with a distance of 47-00.00.

Moesha Frazier finished 23rd with a distance of 36-06.50.

In the boys' 100-meter dash, Javarius West finished 13th with a time of

11.95.  
J a -  
mond Bru-  
t o n  
finished  
23rd with  
a time of  
12.18.



Christopher O'Hara finished 33rd with a time of 12.59.

Eric Brown finished 35th with a time of 12.62.

In the boys' 200-meter dash Alex Brown finished 14th with a time of 24.46.

In the boys' 400-meter dash James Monlyn finished 11th with a time of 54.74.

Quinton Herring finished 34th with a time of 59.92.

In the boys' 800-meter run Shawn galloon finished 29th with a time of 2:39.71.

Jaquez Arnold finished 31st with a time of 2:47.30.

In the boys' 1,600-meter run Houston Wagner finished 29th with a time of 6:02.86.

In the boys' 110-meter hurdles Rashead Joseph finished sixth with a time of 19.10.

In the boys' 3000-meter hurdles Joseph nelson finished seventh with a time of 45.48.

Rashead Joseph finished 10th with a time of 46.26.

In the boys 4 x 100 meter relay the Cowboys finished fifth out of 12 teams, with a time of 45.34.

In the boys' 4 x 400 meter relay the Cowboys finished seventh out of nine teams, with a time of 3:46.05.

In the boys' 4 x 800 meter relay the Cowboys finished fifth out of 10 teams, with a time of 9:17.43.

In the boys' high jump Cha'vez Gee finished ninth with a height of 5-04.00.

In the boys' long jump James Monlyn finished sixth with a distance of 19-09.00.

Deonshay Wells finished 15th with a distance of 18-00.00.

Cha'vez Gee finished 21st with a distance of 17-04.00.

Antenee Tatum finished 28th with a distance of 15-11.00.

In the boys' triple jump, Jaquez Arnold finished 12th with a distance of 36-05.00.

Christopher Cooks finished 16th with a distance of 34-10.00.

Sha'Quan Siplin finished 17th with a distance of 33-11.50.

In the boys' shot put Ira Den-son finished fifth with a distance of 41-02.50.

## FEED TIMES

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

### The Week Of March 22-29, 2013



#### MOON PHASES:

● Last Qtr. Mar. 4 ● New Moon: Mar. 11 ● First Qtr: Mar. 19  
● Full Moon: Mar. 27 ● Last Qtr. Apr. 3

**Friday  
February 22**  
2:20 AM  
\*8:30 AM  
2:40 PM  
\*8:50 PM

**Saturday  
February 23**  
3:10 AM  
\*9:10 AM  
3:20 PM  
\*9:30 PM

**Sunday  
February 24**  
3:45 AM  
\*9:50 AM  
4:00 PM  
\*10:15 PM

**Monday  
February 25**  
4:30 AM  
\*10:35 PM  
4:45 PM  
\*11:00 PM

**Tuesday  
February 26**  
5:20 AM  
\*11:20 AM  
5:30 PM  
\*11:45 PM

**Wednesday  
February 27**  
6:00 AM  
\*12:10 AM  
6:20 PM

**Thursday  
February 28**  
\*12:30 AM  
6:45 AM  
\*1:10 PM  
7:10 PM

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# Church

## Happenings

At Madison

### First Baptist Church

Submitted By Judy Phillips  
Guest Columnist

The First Baptist Worship Choir will present "Because We Believe," AN EASTER AFFIRMATION OF OUR FAITH, during the morning worship service on Sunday, March 24. The orchestra will also have some very special music for the service. The annual church wide Easter egg hunt/covered dish lunch will be held at the Beggs' barn immediately following the service. Fried chicken will be provided. Please bring a covered dish with your favorite side to complete the meal. There will be not be an evening worship service.

#### HOLY WEEK SERVICES DAILY MARCH 25-29 at 12:00 NOON

This is a Madison tradition that I believe is unique to this community. I have enjoyed it for the last twelve years. Mark your calendars now and plan to participate, as you are able.

Monday ~ Grace Presbyterian

Tuesday ~ Shiloh Missionary Baptist

Wednesday ~ First United Methodist

Thursday ~ Mt. Zion A. M. E.

Good Friday ~ First Baptist Church ~ This is your personal invitation to join us as we conclude the weeklong events in the last week of Christ. Our hostess committee/church family is preparing a wonderful meal of sandwiches, salads, deviled eggs, and desserts for us to enjoy around the fellowship tables. You are invited to **JOIN US**.

One just can't say enough about the worship choir and orchestra. They led us into worship with the choruses "No Greater Love" and "Today is the Day." Their special music was entitled "Mercy Said No." Kara Washington and David Fries did an excellent job on their solos and duet. We really do appreciate all the efforts and time the folks put forth to make worship meaningful to us. **ENTER INTO EASTER...**the month long theme was continued in Bro. Gabe's sermon, "Peter's Denial," taken from Luke 22: 54-62. "And they seized him, and led him away, and brought him into the high priest's house. But Peter followed afar off. And when they had kindled a fire in the midst of the court, and had sat down together, Peter sat in the midst of them. And a certain maid seeing him as he sat in the light of the fire, and looking stead-

fastly upon him, said, This man also was with him. But he denied, saying, Woman, I know him not. And after a little while another saw him, and said, Thou also art one of them. But Peter said, Man, I am not. And after the space of about one hour another confidently affirmed, saying, Of a truth this man also was with him; for he is a Galilean. But Peter said, Man, I know not what thou sayest. And immediately, while he yet spoke, the cock crew. And the Lord turned, and looked upon Peter. And Peter remembered the word of the Lord, how that he said unto him, Before the cock crow this day thou shall deny me thrice. And he went out, and wept bitterly."

When Bro. Gabe said to me the title of the sermon, I replied, "ugh." I'm too much like Peter. Just like Peter in the courtyard we may be nearby and feel the cause we are fighting is a lost cause. However, just like Peter we have lessons to learn. We, too, must be broken. Jesus wants us to be strong for Him, pray more, read our Bible more, and be salt and light to the earth. We will be targets. We will fail; even deny we know Christ by our response to the world. Bro. Gabe pointed out that earlier in this same chapter, Jesus said, "Simon, Simon, behold, Satan asked to have you, that he might sift you as wheat: but I made supplication for thee, that thy faith fail not; and do thou, when once thou hast turned again, establish thy brethren." Jesus knew Satan had hold of Peter. Jesus prayed for him. He knew Peter would "weep bitterly" and turn again. If we are a child of God, Jesus knows us just this intimately as well. Bro. Gabe concluded the sermon with something John, the beloved disciple, said, "My Little children, let us not love in word, neither with the tongue; but in deed and truth. Hereby shall we know that we are of the truth, and shall assure our heart before him: because if our hearts condemn us, God is greater than our heart, and knows all things." 1 John 3:18-20.

#### "Because We Believe"

Join us this Sunday for Sunday school and worship at Madison First Baptist as we "enter into Easter." **IT'S FRIDAY...BUT SUNDAY'S COMING!**

## Holy Week Services Scheduled For March 25-March 29

By Jacob Bemby  
Greene Publishing, Inc.

From the Monday after Palm Sunday, March 24, until Good Friday, March 29, several Madison churches of various denominations will celebrate Holy Week with community-wide noon services, followed by a time of food and fellowship. Each weekday, a different church will host a service with prayer, music and a guest pastor or the pastor of the church delivering the spiritual message for the day.

On Monday, services will be held at Grace Presbyterian Church, located at 668 N. Washington Avenue in Madison.

On Tuesday, services will be held at Shiloh Missionary Baptist Church, located at 221 SW Martin Luther King Drive in Madison.

On Wednesday, services will be held at the First United Methodist Church, located at 328 SW Rutledge Street in Madison.

On Thursday, services will be held at Mt. Zion AME Church, located on Martin Luther King Drive in Madison.

On Friday, services will wrap up with a Good Friday service at the First Baptist Church in Madison. First Baptist is located at the corner of US Highway 90 and Meeting Street, in Madison.

## Celebrate Easter At Honey Lake Plantation

By Jacob Bemby  
Greene Publishing, Inc.

Honey Lake Plantation will host a church service, gospel brunch and egg hunt on Sunday, March 31.

According to the Plantation, "Amidst 100s of eggs will be two golden eggs for a free family kayaking trip, family fishing trip or family skeet shoot." The winner will get his or her choice.

Between the brunch and the egg hunt, guests can take a hayride, listen to music, decorate Easter crafts, ride horses, pet bunnies and create memorable photos in the family photo fun booth.

The church service will be held at 10 a.m. Brunch will follow from 11 a.m.-1:30 p.m. At 1:30 p.m., the egg hunt begins.

Reservations for brunch are encouraged.

## Pinetta First Baptist Food Pantry Changing Operations To Once A Month

By Jacob Bemby  
Greene Publishing, Inc.

The food pantry at Pinetta Baptist Church has changed to only one day of each month in operation.

Anyone living in the Pinetta area is able to go the food pantry from 9 a.m.-4 p.m. on the second Tuesday of each month to get food they may need.

The food pantry had been operating twice a month.

The people at the food pantry appreciate your understanding in this matter.



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# Your Church Directory

#### First United Methodist Church

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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

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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.

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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:

9:00 a.m. Holy Hour

## Church Bulletin Bloopers

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge - Up Yours!'

# Turn Back Time



## Toddletime Nursery enjoys Valentines Day

Twenty-six pre-schoolers at Princess Roebuck's Toddletime Nursery enjoyed a Valentine party Friday, Feb. 13. Pictured in their red valentine hats with valentines and ready for refreshments at this table are (back row, left to right) Amy Wynn, Jessica Kinsey, Charlotte Dempsey, Joey Knight,

Dale Thigpen Jr., and Michael Pinkard. (Front row, left to right) Jason Richard, Billy Tolar, Jake Adams, Jamie Brooker, Mandy Wiggins, and Lee Rogers. (CARRIER photo by Dale Thigpen)

### Buried Treasures

By Kristin Finney  
Greene Publishing, Inc.

Each week, Greene Publishing, Inc. will publish one of the many buried treasures found in our archives. These treasures might be pictures of people from the past, ads from the past or interesting stories long since forgotten. Keep an eye on our upcoming editions; you might be the next Buried Treasure.



The North Florida Junior College cheerleaders have done a superb job cheering the college basketball team on this year, and were pictured on CARRIER camera at a recent home game as they posed for fans.

Left to right are Kim Holley, Deonne Williams, Sherry Rowe (top), Suzanne Sanders, Sandra Dixon, and Sophia Cooks. (CARRIER photo by Fred Howard.)

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*-Henry Steel Commager*

## Way Back When

**March 26, 1943**  
There will be a practice blackout in Madison Tuesday night, March 30, sometime between 9 o'clock and 12 o'clock.  
Mr. T.J. Eppes has this week received an invitation to attend the dedication of the memorial to Thomas Jefferson in Washington, D.C. on April 13, 1943, at 2:30 in the afternoon. The invitation was issued by the Department of the Interior and the National Park Service, builders of the memorial. Mr. Eppes is the great-great-great grandson of Thomas Jefferson. Maria Jefferson, Thomas Jefferson's daughter married John Wales Eppes and their son was Frances Eppes and his son was Thomas Jefferson Eppes. Mr. Eppes of this city, being the third Thomas Jefferson Eppes, and for several generations the oldest son of an oldest son in the Eppes family, has been named for the greatest exponent of democracy our country has ever had. Mr. and Mrs. Eppes expect to attend the dedication ceremony of the beautiful memorial to their famous ancestor.  
The Greenville Pirates boys' basketball team made a creditable showing in the Class B basketball tournament in Daytona Beach last weekend before losing to Homestead 52-26 in the championship game.  
Pvt. Alton W. King, son of Mrs. Ruth King of Lovett, graduated March 22 as an airplane mechanic from Kessler Field's B-24 (Liberator Bomber) School.

**March 20, 1953**  
C. Vernon Ragans is Madison's new Studebaker dealer and has just received four beautiful new 1953 Studebakers at his place of business at the corner of Dade and Duval Streets.  
Mr. and Mrs. Everett Flournoy, Jr. and baby of Athens, Ga., were here for a short visit with Mr. Flournoy's grandmother, Mrs. H.D. Warnock.  
Arden Brown was one of the FSU students to make the Dean's List for the first semester. He is a freshman and is currently holding a Lewis scholarship. He turned in the House of Representatives' scholarship he previously held. He is the son of Mr. and Mrs. Doyle Brown.  
Mrs. C.A. Langford returned Wednesday from a several weeks' visit in Altha with relatives.

**March 23, 1973**  
NFJC prayer group will meet at the home of Mrs. Shelby Brothers on Washington Street on Sunday at 8 p.m.  
E.B. Browning, Sr. will discuss "Founder's Day" on the North Florida Scene on Tuesday, March 27, at 1:05 p.m.  
Lions Club members heard an interesting talk by Bob Furlough, of Tallahassee, who spoke on changes in mental health procedures brought on by the recently passed Baker Act.  
Winn-Dixie price check: ground beef, 3 lb. package, \$2.59; chuck steak, 98 cents a pound; and large eggs, 59 cents a dozen.

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11/7 - rtn, n/c

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run, n/c

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10/3 - rtn, n/c

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 Call (850)-464-2239.

6/27 - rtn, n/c

**For Sale**  
 99 Black GMC Sonoma for sale by owner. \$3,600. Call (850) 464-7544.

11/14 - rtn, n/c

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

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

Size 7-8 - off white dress, worn as a flower girl dress, overlay of lace over entire dress, probably knee to calf length - \$25

Size 8 - white, long dress, lace around neck with decorative bodice - \$25

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

### Teen dresses.....

Size 8 - Baby blue dress with a flower design on the bottom half of the dress. Has a beautiful train and also a beaded design on the top half of the dress.

Size 8 - A fuchsia strapless gorgeous dress. The dress has a sequined design down the left side and laces up in the back. There is also a train on this dress and a split.

Size 8 - 10 - A turquoise dress that has sequined straps that criss cross across the back. The dress is also sequined in the stomach area and is made out of see-through material. Also has a beautiful long train in the back.

Size 10 - A beautiful, elegant, flowing emerald green dress. Has eye-catching beaded straps that criss cross in the back along with a beaded design in the front of the dress.

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

## REAL ESTATE FOR SALE BY OWNER

**Greenville, 3/2, nice house** on 6 high and dry city lots. New windows, roof, heat & ac, siding, master shower. \$92,000.00 Possible owner financing. 850-599-5121.

1/18 - rtn, c

**Near Lloyd; 3/3 double wide.** Very nice with lots of tile and hardwood, fireplace, skylight, screenroom, carport, workshop on 5 beautiful acres with live stream, woods and fenced pasture. Asking \$129k, possible owner financing. 850-599-5121.

1/18 - rtn, c

## MOBILE HOMES FOR SALE

2006 Fleetwood home. Super clean and looks brand new. Call Mike at 386-623-4218.

11/7 - rtn, c

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11/7 - rtn, c

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11/7 - rtn, c

Nice triplewide, fireplace, glamour bath, sliding glass doors, new metal roof. Must sell now. Reduced to only \$22,900 cash. 386-365-8549.

New and used homes starting as low as \$6,500 on doublewides. Call Mike 386-623-4218.

11/7 - rtn, c

Blow out pricing on all 2012 mobile homes. Making room for new 2013 homes. Call Mike 386-623-4218.

11/7 - rtn, c

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Used single wide 16x80 3 bedroom 2 bath home ready to go at \$15,900. Call Mike 386-623-4218.

11/7 - rtn, n/c

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3/13 - rtn, pd

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6/22, rtn, c

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run, c

## HELP WANTED

The Third Judicial Circuit currently has the following position available:  
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3/20, c

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3/6 - 3/27, pd

**Madison Health and Rehabilitation Center, EOE, F/M/D/V**  
 Benefits for full-time: health and dental insurance, life insurance and Paid Time Off (PTO). Apply in person at Madison Health and Rehabilitation Center 2481 West US 90 Madison, FL 32340. Certified Nursing Assistant with Long Term Care experience F/T 3-11, P/T 3-11. **Cook/Dietary Aide**. Experienced preferred. Full time weekdays and alternating weekends. Willing to train the right person.

3/20, 3/27, c

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3/15 - rtn, n/c

## Town of Greenville Deputy Clerk

The Town of Greenville (pop 837) is seeking a highly motivated and qualified individual with excellent interpersonal skills for the position of Deputy Clerk. The Deputy Clerk reports directly to the Town Clerk. The Deputy Clerk will assist the Town Clerk in preparing the budget; maintaining official records; transcribing all council meeting minutes; preparing and administering the Town utility billing system and other clerical duties as required. The individual must possess a high school diploma or higher and have experience in budget and finance. Excellent multitasking, communication and computer skills are essential. Must pass full background check and drug testing. Must be bondable. Salary negotiable depending upon qualifications. Apply through Job Service. Position open until March 27, 2013 at 12 noon. Equal Employment/Affirmative Action Employer

3/15, 3/20, c

## HELP WANTED

### Town of Greenville Accountant

The Town of Greenville (pop 837) is seeking a highly motivated and qualified individual for the position of external Accountant. The Accountant will report to the Town Council. The Accountant will be responsible for weekly payroll (including all liability payments, i.e. payroll tax deposits, child support, credit union and retirement), Monthly bank reconciliation (currently 17 accounts), Quarterly payroll reports (941, UCT-6), annual payroll reports (W2's, 1099's, etc.) and Council payments. This position would require a maximum of 6 to 7 hours per month. Salary is negotiable depending upon qualifications. Send resume and references to: Town of Greenville, P. O. Box 235, Greenville, FL 32331  
 Equal Employment/Affirmative Action Employer

3/15, 3/20, c

### PART-TIME LIBRARY AIDE II GREENVILLE PUBLIC LIBRARY

Madison County is currently seeking applicants for the position of regular part-time Library Aide II at the Greenville Public Library. Interested applicants may obtain an application at the Greenville, Madison or Lee Public Libraries, or at the Suwannee County Human Resources Office, 224 Pine Ave., Live Oak, FL 32064, telephone (386) 362-6869. Applicants are encouraged to submit resumes, letters of reference and other biographical information with their applications. All applications must be returned to the Human Resources Office in Live Oak. This position is open until filled. The Suwannee County Board of County Commissioners is an equal employment opportunity employer that does not discriminate against any qualified employee or applicant because of race, color, national origin, sex, including pregnancy, age, disability, or marital status. Spanish speaking individuals are encouraged to apply. "Successful completion of a drug test is a condition of employment." EE/AA/V/D.

3/20, c

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## --- LEGALS ---

### NOTICE UNDER FICTITIOUS NAME ACT

TO WHOM IT MAY CONCERN:  
 Notice is hereby given that, pursuant to the "Fictitious Name Act", Section 865.09 of the Florida Statutes, upon receipt of proof of the publication of this notice the company designated below will register the following fictitious name with the Division of Corporations, Florida Department of State, Tallahassee, Florida:

LS FIELD SERVICES

under which said company will be engaged in business in Hamilton and Madison Counties, Florida.

The company interested in said business enterprise is as follows:

LS Farm Services Florida, LLC  
 2214 J. Frank Culpepper Road  
 Lake Park, GA 31636

DATED at Lake Park, Echols County, Georgia, this 20th day of March, 2013.

3/22

IN THE CIRCUIT COURT FOR MADISON COUNTY, FLORIDA.  
 CIVIL DIVISION  
 CASE NO. 402012CA000178XXXXXX  
 BANK OF AMERICA, N.A.,  
 Plaintiff,  
 vs.  
 JOHN SULLIVAN A/K/A JOHN W. SULLIVAN, et al.  
 Defendants.

### NOTICE OF SALE PURSUANT TO CHAPTER 45

NOTICE IS HEREBY GIVEN pursuant to an Order or Summary Final Judgment of foreclosure dated March 12, 2013, and entered in Case No. 402012CA000178XXXXXX of the Circuit Court in and for Madison County, Florida, wherein BANK OF AMERICA, N.A. is Plaintiff and JOHN SULLIVAN A/K/A JOHN W. SULLIVAN; UNKNOWN SPOUSE OF JOHN SULLIVAN A/K/A JOHN W. SULLIVAN; UNKNOWN TENANT NO. 1; UNKNOWN TENANT NO. 2; and ALL UNKNOWN PARTIES CLAIMING INTERESTS BY, THROUGH, UNDER OR AGAINST A NAMED DEFENDANT TO THIS ACTION, OR HAVING OR CLAIMING TO HAVE ANY RIGHT, TITLE OR INTEREST IN THE PROPERTY HEREIN DESCRIBED, are Defendants, I will sell to the highest and best bidder for cash on the West Side of the Madison County Courthouse, 125 SW Range Avenue, Madison, FL 32340 County, Florida, 11:00 a.m. on the 27 day of April, 2013, the following described property as set forth in said Order or Final Judgment, to-wit:

A PORTION OF THE EAST HALF (E 1/2) OF THE EAST HALF (E 1/2) OF SECTION 4, TOWNSHIP 2 SOUTH RANGE 4 EAST, BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS: BEGIN AT A CONCRETE MONUMENT MARKING THE SOUTHEAST CORNER OF SAID SECTION 4; THENCE SOUTH 89° 58' 23" WEST ALONG THE SOUTH LINE OF SAID SECTION 4 A DISTANCE OF 1337.24 FEET TO A CONCRETE MONUMENT MARKING THE SOUTHWEST CORNER OF THE SAID E 1/2 OF E 1/2; THENCE NORTH 00° 31' 56" WEST ALONG THE WEST LINE OF SAID E 1/2 OF E 1/2 A DISTANCE OF 1781.76 FEET TO THE APPROXIMATE CENTERLINE OF A COUNTY GRADED ROAD; THENCE NORTH 84° 26' 27" EAST ALONG SAID CENTERLINE A DISTANCE OF 128.55 FEET; THENCE NORTH 88° 14' 23" EAST ALONG SAID CENTERLINE A DISTANCE OF 108.55 FEET; THENCE SOUTH 78° 55' 12" EAST ALONG SAID CENTERLINE A DISTANCE OF 100.25 FEET TO THE INTERSECTION OF SAID CENTERLINE WITH THE EAST LINE OF SAID SECTION 4; THENCE SOUTH 00° 40' 23" EAST ALONG SAID EAST LINE A DISTANCE OF 188.04 FEET TO THE POINT OF BEGINNING. SAID LANDS SITUATE, LYING AND BEING IN MADISON COUNTY, FLORIDA.

ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FROM THE SALE, IF ANY, OTHER THAN THE PROPERTY OWNER AS OF THE DATE OF THE LIS PENDENS MUST FILE A CLAIM WITHIN 60 DAYS AFTER THE SALE.

DATED at Madison, Florida, on March 12, 2013.

TIM SANDERS  
 As Clerk, Circuit Court  
 By: *Patricia Dickinson*  
 At Deputy Clerk

SHD Legal Group P.A.  
 Attorneys for Plaintiff  
 PO BOX 11438  
 Fort Lauderdale, FL 33339-1438  
 Telephone: (954) 564-0071  
 Service E-mail: [answers@shdlegalgroup.com](mailto:answers@shdlegalgroup.com)

3/22, 3/29

### IN THE CIRCUIT COURT, THIRD JUDICIAL CIRCUIT, IN AND FOR MADISON COUNTY, FLORIDA.

OLD BLUE SPRINGS, LLC, a Florida limited liability company,  
 Plaintiff,  
 CASE NO. 12-103-CA  
 v.  
 STEPHA ANTOINE,  
 Defendant.

### NOTICE OF ACTION

TO: STEPHA ANTOINE and all others whom it may concern:  
 YOU ARE NOTIFIED that an action to foreclose a mortgage on the following described property in Madison County, Florida:

Lot 13, Block A, of RIVER TRACE, a subdivision according to plat thereof recorded in Plat Book 2, pages 28-30, public records of Madison County, Florida.

has been filed against you and you are required to serve a copy of your written defenses, if any, to it on JOSHUA D. CRAPPS, Darby & Peele, Plaintiff's attorneys, whose address is 285 Northeast Bernardo Avenue, Post Office Drawer 1707, Lake City, Florida 32056-1707, on or before April 15, 2013, and file the original with the Clerk of this Court either before service on Plaintiff's attorneys or immediately thereafter; otherwise a default will be entered against you for the relief demanded in the complaint.

DATED this 27 day of February, 2013.



TIM SANDERS, Clerk of Circuit

By: *Patricia Dickinson*  
 Deputy Clerk

3/15, 3/22

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All classifieds and legals can also be found on our website at [www.greenepublishing.com](http://www.greenepublishing.com)

All legals are also published at [www.floridapublicnotices.com](http://www.floridapublicnotices.com)

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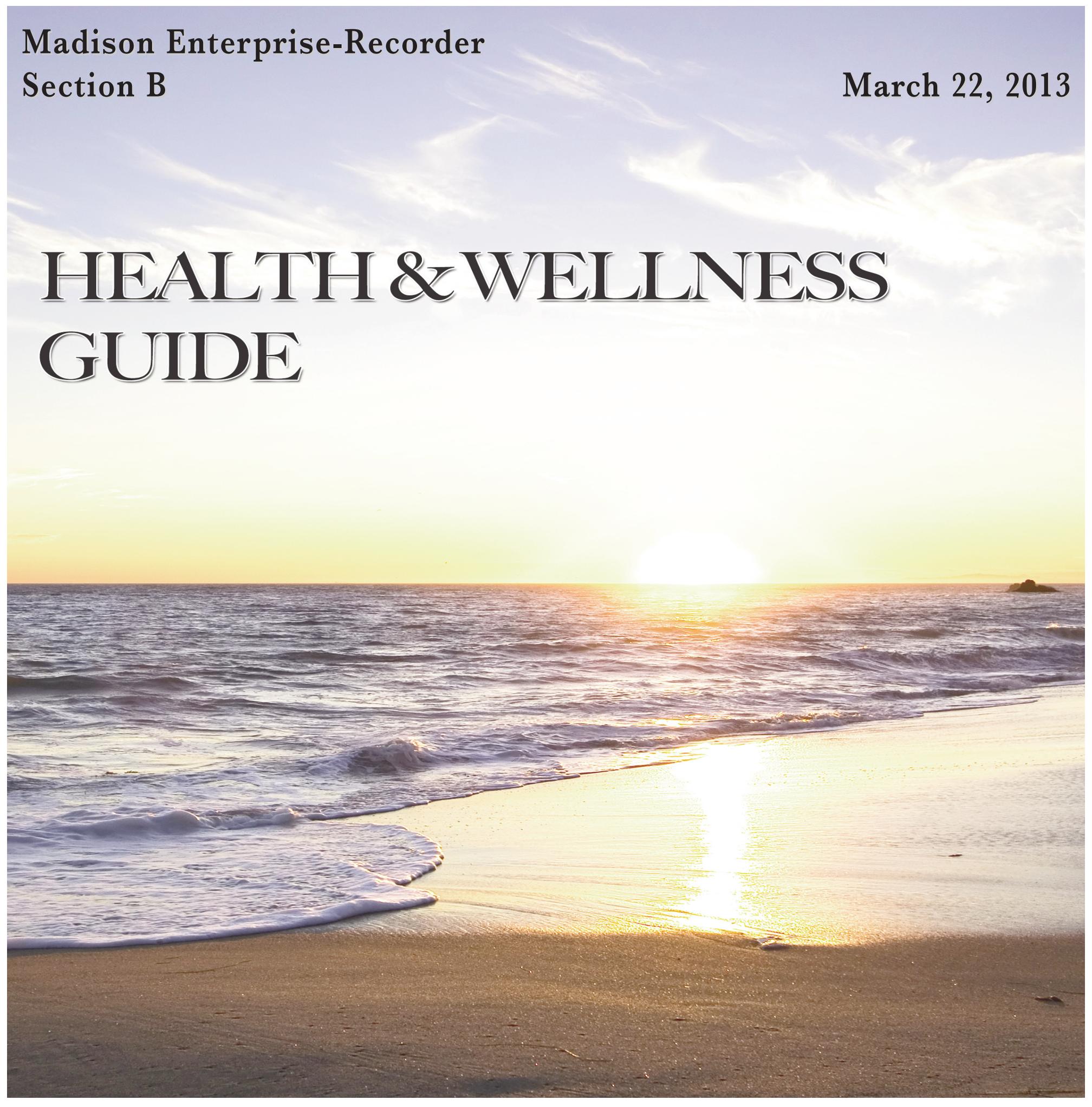


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Section B

March 22, 2013

# HEALTH & WELLNESS GUIDE



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## Giant Mosquitoes Hatch Summer Invasion Of Florida

By Jacob Bemby  
*Greene Publishing, Inc.*

An infestation of giant mosquitoes will swarm into the Sunshine State this summer, according to University of Florida etymologist Phi Kaufmann.

The scientific name for the mosquito is *Psorophora ciliata*. It is commonly called a gallonipper. The mosquito can grow up to four times the size of an average mosquito.

The mosquitoes lay eggs at the edges of flood prone areas. The eggs can lay dormant for years. Once the area becomes saturated with rain,

however, the eggs will hatch.

Scientists say that, given enough rainfall, the mosquitoes could hatch this summer.

Kauffman said that he wouldn't be surprised to see the infestation this year, considering the number of mosquitoes last year and the heavy rainfall from Tropical Storm Debby.

The mosquito is native to the eastern half of the continent. The female is the one that people will have to look out for. She feeds on blood night and day and can even bite through clothes.

Kauffman says that he can attest to the fact that the bite really hurts.

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## Just One Pre-Prom Tan Can Be Dangerous A Young Melanoma Survivor's Regrets



Teenagers tempted to head to the tanning salon before prom should think twice: just one indoor tanning session per year in high school or college boosts the risk of developing potentially deadly melanoma by 20 percent, and each additional session during the same year raises this risk almost another two percent. The risk of basal cell carcinoma (BCC), a common nonmelanoma skin cancer, increases by 25 percent after only one to two indoor tanning sessions. The risk soars to 73 percent after six or more sessions.

"A tan, whether you get it on the beach or in a tanning bed, damages your skin," says Perry Robins, MD, President of The Skin Cancer Foundation. "Despite what you may hear at the tanning salon, a tan doesn't come without consequences: the cumulative damage caused by ultraviolet (UV) radiation can lead to skin cancer, as well as wrinkles, brown spots, and other signs of premature skin aging."

### A Young Melanoma Survivor Shares Her Regrets

Chelsea Price was just 23 years old when she was diagnosed with Stage III melanoma. The Virginia native tanned indoors as a teenager before vacations and special events, including prom. Since her diagnosis, Price's treatment has included several invasive surgeries, which have left her with multiple scars on her neck and back. Although she is currently cancer-free, Price diligently continues to have skin checks, CT scans and treatments every three months.

"My battle has been ongoing, and it has not been easy. It has included repeated trips to the hospital, multiple surgeries and visible scars," said Price, now 25. "If I could do things over again I would have avoided tanning beds at all costs. My scars are a constant reminder of this painful journey, and I can't shake the feeling that I wouldn't have them if I had accepted my natural skin tone and protected my skin the way I do now."

### Tips for Sunless Tanning

The Skin Cancer Foundation has always recommended that women embrace their natural skin tone. However, those who can't resist the bronzed look but won't sacrifice their health to achieve it should consider sunless UV-free tanners. Sunless tanners effectively produce an even "tanned" look without causing skin damage. The days of unsightly orange streaks are over; new self-tanners are easier than ever to apply and more capable of providing natural-looking color. They are available in many different formulations, including creams, lotions, gels, pump sprays, aerosols and wipes. For best results, consider these tips:

Prep your skin. Exfoliate skin with a scrub or loofah and follow up with a moisturizer to ensure even application.

Follow the package directions closely. For example, wait at least 12 hours after shaving to apply (to avoid dark spots in hair follicles) and don't use on skin with active eczema.

Be patient. Self-tanners can take 30-60 minutes to produce visible color on the skin, and this color typically lasts about five days.

Repeat as necessary. Generally, the product should be reapplied daily for two to three days, until the desired shade is achieved. Then, reapply about three times a week to maintain the shade.

Go to a pro. Professional spray tans are an option for those who want to safely achieve a bronzed look in a hurry. Many salons provide automated

...*Story Continued on page 4B...*

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# Skin Cancer

Continued from Page 2B

application of high concentration, no-rub, aerosolized non-UV tanning products, while others provide a customized airbrush tan. When receiving a professional spray tan, wear protective gear for the mouth, eyes and nose to prevent ingestion or inhalation.

Don't rely on sunless tanners for sun protection. Even if your self-tanner contains sunscreen, reapply a separate broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every two hours when outdoors. Note that sunscreen is not the only form of sun protection. The Skin Cancer Foundation has always recommended that everyone follow a complete sun protection regimen that includes seeking shade, covering up with clothing, including a wide-brimmed hat and UV-blocking sunglasses, in addition to daily sunscreen use.

For those ready to give up their tans, The Skin Cancer Foundation advocates embracing one's natural skin tone, like many celebrities do. The Foundation's Go With Your Own Glow™ campaign features print public service advertisements, developed to encourage women to love — and protect — their skin, whatever its natural hue. Go With Your Own Glow™ relies not just on health and safety information but also on fashion and beauty trends to convey the message that tanning is unhealthy and simply no longer in style.

More information is available at [SkinCancer.org/glow](http://SkinCancer.org/glow).

## Care for HIV Patients by NPs and PAs Is Increasing at a Rapid Pace

Nurse practitioners (NPs) and physician assistants (PAs) play an important and growing role in the delivery of HIV care and in providing high-quality care that addresses patients' HIV and primary care needs.

Nearly all adult HIV clinics (87 percent) employ NPs and PAs

Short-term health outcomes and quality-of-care measures seem equivalent between NP and PA clinicians and physicians

NPs and PAs performed similarly on 6 of 8 quality measures and were superior in two measures compared with infectious disease-trained physicians and general medicine HIV experts

Patient satisfaction is higher and health service costs are 12.5 percent lower for NPs compared with primary care physicians

NPs and PAs are proponents of early antiretroviral therapy (ART) initiation to prevent HIV transmission

Patients are being treated, evaluated, and managed in HIV/AIDS clinics that provide case management and inpatient services resulting in:

Improved patient outcomes

Decreased patient admissions

Increased access to ART because many NPs and PAs work in rural areas

Patient experience and continuing medical education in HIV care are widely believed to be important components in qualifying clinicians to treat HIV-infected patients.

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# CAPITAL AREA RED CROSS HOSTS A DINNER AND SILENT AUCTION TO COMBAT MEASLES

*Funds raised will protect over a thousand at-risk children around the world*

On Thursday, March 28, the American Red Cross Capital Area Chapter will be holding a dinner and silent auction in support of the Measles & Rubella Initiative – a partnership committed to reducing measles deaths globally.

The Measles & Rubella Initiative is a global partnership committed to ensuring no child dies from measles or is born with congenital rubella syndrome. Founded originally as the Measles Initiative in 2001, it's led by the American Red Cross, the United Nations 4 Foundation, the U.S. Centers for Disease Control and Prevention, UNICEF and the World Health Organization. Since 2001, the Initiative has supported 80 countries to deliver more than one billion doses of measles vaccine, helped to raise measles vaccination coverage to 85 percent globally, and reduced measles deaths by 74 percent.

While significant progress has been made thanks to the Measles & Rubella Initiative and its supporters, measles still kills an estimated 139,300 each year – mostly children less than five years of age. That means approximately 380 die from measles-related complications each day. Yet measles can be completely prevented with two doses of a safe, effective and inexpensive

vaccine.

The American Red Cross encourages the entire community to take part in this fundraiser to help combat measles and rubella. There will be barbecue generously donated by the Tallahassee Lions Club, music, and a number of different silent auction items donated by various local businesses through-  
out the communi-  
ty.

**WHO** Capital Area Chapter Red Cross

**WHAT** Dinner and Silent Auction

**WHERE** Capital Area Chapter Red Cross  
1115 Easterwood Drive  
Tallahassee, FL 32311

**WHEN** 7 PM

**COST** Adult: \$30 Couple: \$50 Student/Child: \$10

**MEDIA CONTACT** Allison Kraemer: (352) 209-5024  
Victoria Shornak: (304) 932-8674

For more information, please visit [www.tallyredcross.org](http://www.tallyredcross.org)  
or [www.measlesrubellainitiative.org](http://www.measlesrubellainitiative.org).

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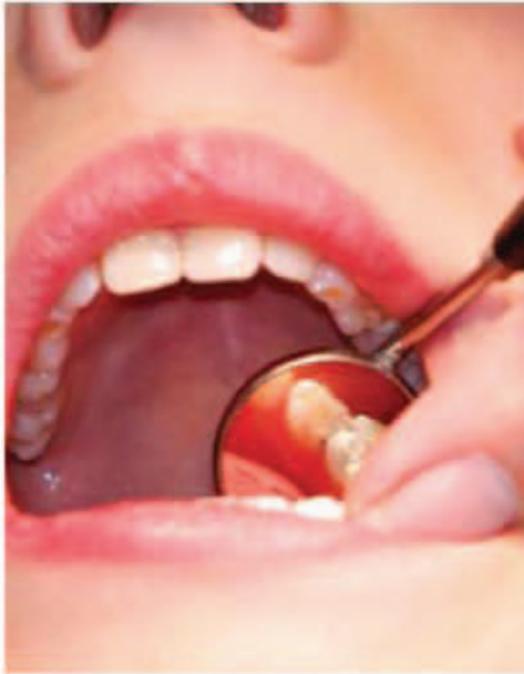
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# AGD:FACTSHEET

Compiled for you by the Academy of General Dentistry



## TOOTH DECAY

### What causes tooth decay?

Tooth decay, also known as caries or cavities, is an oral disease that affects many people. Natural bacteria live in your mouth and form plaque. The plaque interacts with deposits left on your teeth from sugary and starchy foods and produces acids. These acids damage tooth enamel over time by dissolving, or demineralizing enamel, which weakens the teeth and leads to tooth decay. Tooth decay is not life threatening and is highly preventable.

### What types of foods may contribute to tooth decay?

Foods containing carbohydrates (starches and sugars), such as soda pop, candy, ice cream, milk, and cake, and even some fruits, vegetables, and juices, may contribute to tooth decay.

### How can cavities be prevented?

The acids formed by plaque can be counteracted by the saliva in your mouth, which acts as a buffer and remineralizing agent. Dentists often recommend chewing sugarless gum to stimulate saliva flow. However, the best way to prevent cavities is to brush and floss regularly. Fluoride, a natural substance that helps to remineralize the tooth structure, makes the tooth more resistant to the acids and helps to correct damage produced by the plaque bacteria. Fluoride is added to toothpaste and water sources to help fight cavities. Your dentist also may recommend that you use special high concentration fluoride gels, mouth rinses, or dietary fluoride supplements. In addition, professional strength anti-cavity varnish or sealants may be recommended.

### Who is at risk for cavities?

Because we all carry bacteria in our mouths, everyone is at risk for cavities. Those with a diet high in carbohydrates and sugary foods and those who live in communities without fluoridated water are likely candidates for cavities. Also, those with a lot of fillings have a higher chance of developing tooth decay because the area around the restored portion of a tooth is a good breeding ground for bacteria. In general, children and senior citizens are the two groups at the highest risk for cavities.

### What can I do to help protect my teeth?

The best way to combat cavities is to follow three simple steps:

- Cut down on sweets and between-meal snacks. Remember, sugary and starchy foods put your teeth at risk.
- Brush after every meal and floss daily. Cavities most often begin in hard-to-clean areas between the teeth and in the fissures and pits on the biting surfaces of the teeth. Hold the toothbrush at a 45-degree angle and brush inside, outside, on top of, and in between your teeth. Replace your toothbrush every few months. Only buy toothpastes and rinses that contain fluoride.
- See your dentist at least every six months for checkups and professional cleanings. Because cavities can be difficult to detect, a thorough dental examination is very important. If left untreated, cavities can lead to permanent loss of the tooth structure, root canal therapy, and even loss of the tooth.

For more information, talk with your general dentist.

## Do you have questions about dental health?

At the AGD's Web site, you can search more than 300 oral health topics, post a dental question, sign up for e-newsletters, find an AGD dentist, and more.

Visit us at [www.agd.org](http://www.agd.org).



**In general, children and senior citizens are the two groups at highest risk for cavities.**

#### RESOURCES

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# A.S.K. Hosting T-Shirt Fundraiser and Awareness Walk

By Kristin Finney  
Greene Publishing, Inc.

Everyone in the county and surrounding areas are asked to please come show your support for Madison's "Autism Support Kids" organization. ASK members are selling t-shirts to help raise funds for the children. The proceeds raised will go to helping the kids go to a camp at Cherry Lake this summer that is specifically designed to meet Autistic needs.

The ASK group will also be holding a walk on April 13 at Lanier field from 8 a.m.-noon. The run and walk events will begin at 9 a.m. There will be a one-mile fun run for kids, with a \$1 entry fee. Adult will be able to participate in a 5K run/walk. For more information about the run or for vendor applications, please contact Becky Bennett at the Madison Extension Office (850) 973-4138.

Everyone is welcome to come participate in the walk if they are able, and, if not, to come purchase a shirt to help the children. The costs of the shirts are \$20 for adult shirts and \$10 for youth shirts. If you are interested in purchasing a shirt, or if you have any questions, please contact Leslie McLeod.



Photo submitted

The ASK group of Madison is selling t-shirts for a fundraiser. The t-shirts cost \$20 for adult shirts and \$10 for youth shirts.

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# Nail Fungus Can Be A Problem for Warm Weather Feet

By Lynette Norris  
Greene Publishing, Inc.

Some of those gorgeous weeks of incredible mild weather back in February, and even January, may have had people thinking about summer, with its sandal and flip-flop weather. However, if someone has picked up a nail fungus over the winter, or has a nail fungus problem that has persisted for years, warm weather presents a problem. While others are breaking out the cute flip-flops and summery sandals, someone with a nail fungus infection may be more inclined to stick to sneakers and other closed-toe shoes, depending on the severity of the condition.

What is nail fungus, what causes it and how can people get rid of it?

Nail fungus, or onychomycosis (on-i-ko-mi-KO-sis) is an infection of one or more nails, and is far more common in toenails than fingernails, because feet spend more time in dark, often damp environments where a fungus can thrive once it gets a toehold. Also, proper blood circulation can be more problematic in the feet than in the hands, making it hard for the body's immune system to detect an infection in the feet and boot it out.

The first indication of a fungal infection is often a white or yellow spot just under the tip of the nail. It later spreads deeper into the entire nail, causing it to thicken, turn yellow or otherwise discolor, and develop crumbling edges. In some cases, the person affected may notice a slightly foul odor coming from the nail. Severe conditions can be painful, even causing the nail to separate from the nail bed, but often it is the unsightliness of the nail and the persistence of the condition that is the most bothersome.

Because the condition can persist indefinitely if not treated, it is best to see a doctor at the first sign of fungal infection.

Typically, the fungus that causes nail infections belongs to a group of

fungi known as "dermatophytes" (although certain yeasts and molds can also cause problems). If that word sounds familiar, you may have seen Digger the Dermatophyte in the television commercial for a popular prescription nail fungus remedy.

These fungi thrive in warm moist environment, including swimming pool areas and showers. They can invade the skin through tiny, even invisible cuts or other breeches, or through a small separation between your nail and its nail bed. Once in this warm, moist pocket, it grows and spreads from one spot to an entire nail. Left untreated, it can even spread from one nail to another.

When it comes to who is most likely to pick up nail infections, men are more likely than women, but the single most common risk factor is age. The older a patient is, the more susceptible he or she is to getting an infection. The main reasons are diminished blood circulation to the extremities, and the slower growth rate of nails, along with natural thickening, that makes them more susceptible to fungi.

Other risk factors include those with a family history of nail infection, people who working in humid environments, people who perspire heavily, wearing socks and shoes that trap moisture next to the skin, going barefoot in damp public places (swimming pools, gyms and shower rooms), or having other medical conditions such as psoriasis, athlete's foot, or diabetes.

Treatment of nail fungus is important for more than just appearances. Left untreated for a long period of time, a fungus can result in permanent nail damage. If someone has other medical conditions, such as diabetes, or a suppressed immune system, the infection can spread to more than just the nail, affecting the feet as well and posing a serious health risk.

...Story Continued on Page 10B...

## The New Madison County Memorial Hospital



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# Nail Fungus

Continued from Page 9B

Timely treatment of nail fungus can avoid such complications.

A patient might start out by making an appointment with his or her family doctor or a general practitioner, who may then refer the person to a dermatologist or podiatrist.

In order to make the most of the appointment, have the following information ready for your doctor:

A list of all medications, vitamins and other supplements you are taking.

A list of all symptoms you are experiencing, even if they don't seem related to the infection

A list of any major stresses or lifestyle changes

Any family history of nail infections

In order to diagnose the condition, a doctor may take some scrapings from under the affected nails and have these tested to determine what kind of fungi or other microorganism is causing the condition. Once that is determined, the best course of treatment may be an oral medication, a topical one, or a combination of both.

The problem nail fungus is that it can be difficult to treat and take a long time to clear up. Recurrent infections are common. There are some over-the-counter medications, but these are usually not very effective. Some of the most effective treatments with many patients are the drugs terbinafine (Lamisil) and itraconazole (Sporanox).

There is also a prescription topical treatment, an anti-fungal nail lac-

quer known as ciclopirox (Penlac). It is painted on the infected nail and the surrounding skin once a day for seven days, then the buildup is removed with alcohol, and another week of daily application begins.

Very severe and painful cases may require surgical removal of the nail in addition to medications and creams to treat the nail bed. In cases like this, it may take up to a year for the new nail to grow back.

The key here is patience. With typical infections, you may have to take these medications anywhere from six to twelve weeks and it may take as long as four months for any infection to be completely gone; furthermore, you won't see the end result until a new uninfected nail has had time to grow out and completely replace the old one. Even then, the infection can sometimes recur.

Sometimes, people use home remedies in addition to their medications, because standard treatment takes so long. Two remedies that have anecdotal recommendation, but have never been tested for effectiveness under controlled clinical conditions are vinegar and Vicks Vapo-Rub.

While a warm vinegar soak can't be proven to cure nail fungus, some studies have indicated that it can inhibit certain bacterial growth. As long as it doesn't irritate your skin, soak your feet daily for 15-20 minutes in a mixture of one part white vinegar to two parts warm water, then rinse your feet well and pat dry.

As for Vicks Vapo-Rub, there is no direct evidence other than folklore and anecdote. Consult your doctor about how often you can or should apply this product.

To prevent nail fungus or keep it from coming back, here are the most effective means:

Keep all your nails short, dry and clean. Thoroughly dry hands and feet, especially between the toes, after bathing.

Wear synthetic socks designed to wick away moisture. You can also wear

*...Story Continued on Page 11B...*

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# Nail Fungus

Continued from Page 10B

synthetic socks under cotton or wool socks.

Use antifungal spray or powder regularly, on feet and inside shoes.

Never go barefoot in public places.

Alternate open-toed and closed-toed shoes. Take off your shoes during the day - if you can - and let your feet air out.

Choose a reputable manicure and pedicure salon that sterilizes its instruments.

Give up nail polish and artificial nails. These can trap moisture and fungus.

Always wash your hands thoroughly after touching an infected nail to keep the fungus from spreading nail to nail.

With summer just a few months away, now is the time to begin taking care of any feet and nail problems so that you'll be ready for flip-flop and sandal weather...and keep taking care of your feet year-round so that they stay healthy.

Your feet will thank you.

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