

# The Madison Enterprise Recorder

Est. 1865

## Health Guide Section B

Our 149th Year, Number 6

Friday, October 11, 2013

Madison, Florida www.greenepublishing.com

### Family In Need Of Emergency Financial Assistance

A family in the community is in need of emergency financial assistance.

The family includes a husband, who has progressive dementia and needs constant care from his wife, who is unable to work because of the need to care for him.

The couple has temporarily located to another town to live with their son because they have no electricity, unpaid property taxes that have had a certificate purchased against them. The family wants

*Please See Emergency On Page 4A*

### City Manager Tim Bennett Receives Outstanding Rating



Tim Bennett

By Lynette Norris  
Greene Publishing, Inc.

After one year of working with City Manager Tim Bennett, the board of commissioners did an evaluation of his effectiveness in such areas as supervision, leadership, administrative duties, policy, planning, financial management and budget, and relations with the community and government officials. The evaluation asked commissioners to assign a rank of one

*Please See Tim Bennett On Page 4A*

### Woman Arrested For Obstruction, Trespassing

By Jacob Bemby  
Greene Publishing, Inc.

A woman was arrested for trespass and obstruction of justice without violence on Monday evening, Oct. 7.

According to a Madison Police Department report, Officer Jared Dewey was assisting Cpl. Reggie Alexander and Officer David Spicer with an unrelated battery call at Madison Heights, when Cierra Lavondra Jones, 28, of Madison, was outside the C Building being loud and disruptive.

Cpl. Alexander ordered Jones to be quiet

*Please See Arrested On Page 4A*

## Scam Alert

The following information was sent to this newspaper by Madison County Community Bank, but any credit card user and any bank's customer should be aware of this scam.

The bank wrote, "Customers are receiving calls and are being told that their Debit Card has been compromised. The

call says 'for more information press 1.' If you press one, then you will be asked to enter your card number. DON'T DO IT!!!!!! This is not Madison County Community Bank or FIS (our processor calling). We have your card number and would not contact you in this manner if



there were a problem with your card. This is a SCAM to steal your card number. If you have fallen prey to this, please call customer service at our bank so we can cancel your old card number if necessary."

## City Approves Grant Application Request

By Lynette Norris  
Greene Publishing, Inc.

Fire Chief Bruce Jordan addresses the city commission meeting Tuesday evening seeking permission to apply for a FEMA Assistance to Firefighters Grant for the upcoming 2013 AFG Grant Cycle.

The first item that needs replacing is the air compressor system used to fill the air tanks firefighters use to breathe inside smoke-filled structures.

The air compressor system currently being used is over 30 years old; replacement parts are no longer manufactured and are difficult to find; the system is also way behind the curve in technology and safety. It does not meet any of the current safety guidelines for filling air bottles, and cannot fill them consistently without constantly running the compressor.

The department needs the new higher-pressure system for the SCBA (self-contained breathing apparatus). Additionally, replacing the air compressor system now will pave the way for applying for another grant in three years to replace the SCBA being used now with more updated breathing equipment.

The second item, which Jordan classified as something that would be good to have, but not vital like the new air compressor system, would be an exhaust removal system in the bay areas of the fire station. It would protect people who have to work in the truck bay areas, especially during inclement weather when the trucks, which use diesel fuel, have to be running for equipment checks and diagnostics.

The commission, however, saw the exhaust removal system as a safety issue, just as important as the air compressor.

The fire department had to have the city's permission to

*Please See Grant Approval On Page 4A*



Greene Publishing, Inc. Photo by Lynette Norris, October 8, 2013

City of Madison Fire Chief Bruce Jordan asks the city commissioners for permission to apply for FEMA grants to purchase new safety equipment.

## WHAT WE ARE ALL ABOUT



Greene Publishing, Inc. Photo by Lynette Norris, October 9, 2013

Commitment, respect, leadership, positive attitude...all the things that go into Bronco Pride. Dr. Willie Miles, Principal of Madison County Central School, pauses a moment with four Bronco representatives on a recent October morning in front of a bulletin board outlining the MCCA Broncos' goals and aspirations. Pictured Left to right: Camron Francis, Zy'riana Wilson, Willie Miles, Chloe Estrada Diaz and Robert Navarro.

## Preserving Roads Is As Important As Building Them

By Lynette Norris  
Greene Publishing, Inc.

Imagine all you have is a paper napkin for a parachute and dental floss for rope, and your choice is to jump or to climb.

Chris Evers, of Pavement Technology, Inc., speaking to the County Commission as they pondered the gas tax question, proposed the above scenario to illustrate the predicament many local governments find themselves in when it comes to their road systems.

The great recession has brought many of them up to the precipice with infrastructure problems, and many now

have roads systems that are either slowly deteriorating or about to catastrophically fail, but they are critically short of money.

So, a patch here and a patch there, or just take on the worst road and hope the others will last just a little longer? Jump or climb?

However, "you don't have to choose between two bad alternatives," said Evers, adding that he hoped to bring everyone (taxpayers, elected officials and the public works department) together and get them on the same page about two things: 1) don't continue to postpone investment in the infrastructure, and 2) once they

have made that investment, preserve it instead of leaving it to deteriorate in the elements.

Sounds easy, but there are some obstacles. Within the last few years, there has been what Evers describes as a "seismic change" in the state's driving habits; in 2005, the number of vehicles on the road peaked out; after the recession, there was a decline in driving as more people began doing electronic commuting. Currently, there is a nine percent drop in the amount of driving since that peak in 2005. Less driving means less gas used, which mean less gas tax. Additionally, governments are collecting about the

same amount of gas tax they were collecting in the 1930's; the gas tax was never indexed to consumer prices.

Raw materials needed for construction, steel, asphalt and crude oil are becoming more costly and developing nations are absorbing more of those resources.

One solution, raising the local gas taxes, would help. In most cases, voters will typically support a narrow, focused tax like the gas tax, knowing that it is an investment in their road system, or "like insuring that we won't get clogged arteries (road-"

*Please See Preserving Roads On Page 4A*

### Index

2 Sections, 26 Pages		
Viewpoints	2-3A	4-H Week
From Page One	4A	Church/History
Around Madison	5-8A	Classified/Legals
Sports	9A	Health Guide Section B

### Local Weather

<b>Fri</b> 10/11	85/58		<b>Sat</b> 10/12	86/57		<b>Sun</b> 10/13	86/57		<b>Mon</b> 10/14	84/58	
Mix of sun and clouds. Highs in the mid 80s and lows in the upper 50s.			Mix of sun and clouds. Highs in the mid 80s and lows in the upper 50s.			Abundant sunshine. Highs in the mid 80s and lows in the upper 50s.			A few clouds. Highs in the mid 80s and lows in the upper 50s.		

## Madison County Extension Service

### Fall Is A Great Time To Start New Money Habits



**Diann Douglas**  
Guest Columnist

**F**all brings a change of season, so why not work on changing a few habits. It may be time to take a good look at the way you handle money and try a new strategy or two to redirect money where you want it to go. Extension Family Finance Specialists at Rutgers University offer a few ideas:

**\$ Pay yourself first** – This means treating savings with the same priority as a mortgage, rent or car loan payment. The easiest way to “pay yourself first” is to have savings deducted automatically through an employer savings plan. If payroll deductions are not available, make a deposit into savings when you cash or deposit your paycheck.

**\$ Keep good finan-**

**cial records** – Reconcile your bank checking account statement monthly to be sure you know exactly how much money you have to pay for expenses. If you have stocks or mutual funds, prepare a file folder for each one that you own and save the annual summary statement to help calculate your capital gain or loss when shares are sold.

**\$ Insure against large financial risks** – Review your insurance coverage periodically. Family needs change over time, such as the reduced need for life insurance due to grown children who are no longer dependents. Be sure to cover risk such as liability, disability and loss of breadwinner’s income.

**\$ Invest for long term growth** – History tells us that you’ll earn a higher return in stocks or growth mutual funds that invest in stock, over 10 years or more than any other asset class. If you have money invested, don’t panic in these economic times, think long term; the market is coming back.

**\$ Live below your means** – This one is so hard for most Americans, it means spending less than you earn and use the difference to reduce debt and/or save for future fi-

nancial goals. Those sales aren’t a bargain if it takes you months to pay off the bill. To get a handle on spending, keep track by recording every purchase for a month. The easiest way to do this is to carry around a small spiral bound notebook. It may seem like a chore at first, but if you are honest with yourself, you may be shocked to see how much money slips through your hands. Once you have done this, you can begin to rearrange your spending habits and control where you want your money to go.

**\$ Borrow smart** – “Shop” at least three sources before applying for a loan or credit. Compare the annual percentage rate (APR), various fees and other loan features. Always repay the amount owed quickly to reduce interest charges. Break the habit of adding to your credit cards each month.

**\$ Set specific financial goals** – Determine what you want, when you want it, and how much it costs. For example — you want to save a down payment of \$2,000 for the purchase of a car two years from now. That’s a specific amount of money with 24 months to get there. If you do the math; \$2,000 divided by 24 month comes out to

be about \$84.00 savings each month. Your task is to put away \$84.00 each month to accomplish this goal.

**\$ Get educated** – Take some time to learn about personal finance. You can take a class, read books, magazine articles or consult a certified financial planner. The extension service has a wealth of information on money management and we are just a phone call away. If you like online education, go to [www.AmericaSaves.org](http://www.AmericaSaves.org) and learn about spending wisely, saving and investing money.

**\$ Think Positive** - When facing financial challenges, having a positive attitude is important. You can give up and think “I’ll never have enough money” or you can resolve to take action to improve your life. People who think positively, generally experience greater success because they believe that there is a connection between what they do today and what will happen in the future.

For more information on managing money, contact the Madison County Extension Service. *The University of Florida/IFAS Extension – Madison County is an Equal Employment Opportunity Institution.*

## Jacob’s Ladder The Throne



**Jacob Bemby**  
Columnist

**T**he clock above the mantel beats perfect time in sync with the pendulum that swings back and forth. Tick-tock. Tick-tock.

I sit in a rocking chair whose upholstery is faded and worn with the years. My restless five-year-old eyes look from the clock to where she is kneeling on the floor in the middle of the living room, her hands are folded together as she prays. The chair that she kneels at has become the throne of God as she lifts her

prayers to Him.

Although she is getting older, and is widowed and blind, she loves God. She is thankful to Him for everything that He has given her, meager though it may be.

My great aunt, Laura Sealey, died over 35 years ago, but the prayers that she prayed back when I was a child and grew into my early teens, are still being answered today. I wonder how many of those prayers she prayed for me.

I wish that I had the peace and serenity that she had and the ability to cope with life that she had. She put her whole trust into the Lord. Shouldn’t we all be like her and enter into the presence of God and kneel at His throne, even if an old easy chair represents His throne for a moment?

Read Jacob’s blog at [www.jacobbemby.com](http://www.jacobbemby.com). His book, *Higher Call*, is available in Kindle format at [www.amazon.com](http://www.amazon.com) or in paperback at [www.amazon.com](http://www.amazon.com), [www.bn.com](http://www.bn.com) and [www.booksamillion.com](http://www.booksamillion.com) or by sending \$10 plus \$3.99 shipping and handling to Jacob Bemby, P.O. Box 9334, Lee, FL 32059. Contact him at [jacobbemby@hotmail.com](mailto:jacobbemby@hotmail.com).



## Madison County...

### Jail Report

Information in the Jail Report is provided to *Greene Publishing, Inc.*, by the Madison County Sheriff’s Office. All people are considered innocent until proven guilty. Questions about people identified in the report should be directed to the MCSO at (850) 973-4001.



<p><b>10/2</b> Wendy Anne Duke – Escape, resisting with violence, trespass, out of county warrant</p> <p>Fernando Delmone Leland – Petit theft</p> <p>Robert Frances Belinski – Possession with intent to sell a controlled substance, sell of a controlled substance</p> <p>Brandon Octavius McQuay – Posses-</p>	<p>sion with intent to sell crack cocaine, sell of cocaine</p> <p><b>10/3</b> Demetrius Lee Kinsey – Stolen property, theft, VOP (circuit)</p> <p>Christopher Scott Kelley – VOP</p> <p>Lashawndre Renee Hampton – VOP</p> <p>Gregory Rasha wn Graham, Jr. – Possession with intent to sell, sell of crack co-</p>	<p>caine</p> <p><b>10/4</b> Reign Lee Blombergh – Out of county warrant</p> <p><b>10/5</b> Ernest Lionell Long – Driving while license suspended</p> <p><b>10/6</b> Dana Nicole Holly – Burglary of a residence, burglary of vending machine, burglary tools, criminal</p>	<p>mischief, out of county warrant</p> <p>Justin Terrell James – Failure to appear, resisting arrest without violence, no valid driver’s license, no motor vehicle registration, attaching tag not assigned</p> <p>Raymond Quantay McCullough – Out-of-county warrant</p> <p>Juan Hernandez Hernandez – No valid driver’s license, DUI, attaching tag not as-</p>	<p>signed</p> <p><b>10/7</b> Kenny Ray Buskirk – Burglary of residence, burglary of vending machine, burglary tools, criminal mischief, resisting arrest without violence, out-of-county warrant</p> <p>Hope Ashlee McClellan – Petit theft shoplifting</p> <p>William Bernard Baker – Out of county warrant</p> <p>Jerel Termaine</p>	<p>McQuay – Criminal registration</p> <p>Anita Latash Williams – VOP (circuit)</p> <p>Lamar Herbert Edminson – Petit theft</p> <p><b>10/8</b> John Elliott Lewis – Criminal registration</p> <p>She’lahe Imevia Sams – Felon battery</p> <p>Cierra Lavonda Jones – Trespass, obstruction</p>
--	--	--	---	--	--

**Florida Press Association**  
**2013**  
Award Winning Newspaper

**The Madison Enterprise-Recorder**

P.O. Box 772 • Madison, FL 32341  
1695 South SR 53 • Madison, FL 32340  
(850) 973-4141 • Fax: (850) 973-4121  
[greenepub@greenepublishing.com](mailto:greenepub@greenepublishing.com)  
[www.greenepublishing.com](http://www.greenepublishing.com)

<p><b>Publisher</b> Emerald Greene</p> <p><b>Senior Staff Writer</b> Jacob Bemby</p> <p><b>Staff Writers</b> Lynette Norris, Rose Klein</p> <p><b>Graphic Designers</b> Tori Self, Steven Godfrey</p> <p><b>Advertising Sales Representatives</b> Jeanette Dunn Shanna Swope</p> <p><b>Bookkeeper</b> Brooke Kinsley</p>	<p><b>Classified and Legal Ads</b> Chelstie Kinsley Deadline for classifieds is Monday at 3 p.m. Deadline for legal advertisements is Wednesday at 5 p.m. There will be a \$7 charge for affidavits.</p> <p><b>Circulation Department</b> Sheree Miller</p> <p><b>Subscription Rates:</b> In-County \$35 Out-of-County \$45 E-Edition \$25 (\$5 add on to existing subscription) (State &amp; local taxes included)</p>
--	---

- 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.

## Conservative Corner

By Claudia Anderson

### How Do You Explain?

A large percentage of the citizens of our beautiful nation are strongly opposed to the chaotic, socialized health care law that we are being shackled with. It had to be passed in order to “find out what is in it” and yet at this time when it is being implemented, no one person can seem to state that they have read the full 10,000 plus pages explaining this massive “octopus” with its far reaching, poisonous tentacles. Even some early supporters have now called it a “train wreck.” Many doctors are planning to close their practices, a large portion of the workforce most likely will become part time and many employers will be forced into compromising their religious convictions due to the regulations in this law. The first week for sign up has been disaster with comments that it is not ready for “prime time.” The House of Representatives has sent three Bills to the Senate which would fund the government, but not the “train wreck.” It seems that unless they feed the “octopus,” they are uncompromising and at fault for shutting down the government.

**Shutting Down The Government?**  
It has been disclosed that park rangers have been instructed to make people as uncomfortable as possible. Funds have been found to barricade memorials in Washington, come off road side parking areas approaching Mt. Rushmore and provide manpower to enforce the “no admittance” to memorials as directed by the Whitehouse. Quite a bit of expense where normally there is none or where there is a service provided by volunteers or nongovernment employees. 1,100 square miles of open water also is considered unsustainable when government shuts down and is now requiring special patrols to keep boaters out. (Now that is creating discomfort when you come between a fisherman and his catch). Restaurants and privately owned businesses have been closed in and near parks. An 80 year old couple whose property is on park land, was given 24 hours to vacate their home. Websites have been taken down (not Michelle’s). Apparently Camp David, where the president seldom goes, is still fully operational - cooks and all. My granddaughter is dealing with all sorts of closures on her military base, which is typical, but I understand that there are golf courses still open on some bases. Non military Catholic priests will be arrested if they attempt to hold services - even if they want to do it as a volunteer. All because Congress will not “feed the octopus.”

**Look For The Flags**  
Truckers and Overpass Impeachment Demonstrators will be flying flags this weekend in support of the Constitution. Truckers with handcuffs in hand are descending on Washington, intending to circle the city, making the point that politicians who have forgotten their oath to uphold the Constitution need to be arrested. Wow! How many trucks full do you suppose that would be?

These are not Republicans and Democrats, they are Patriots who love their country like the bikers who rode peacefully and orderly through Washington a couple of weeks ago. Thumbs up for speaking up.

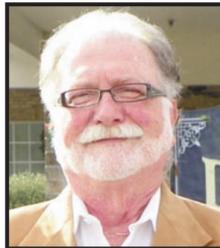
**SILENCE IS NOT AN OPTION!**

**THE REPUBLICAN CLUB OF MADISON COUNTY**  
Meets Monday, October 14, at 12 noon at Shelby’s Restaurant  
**EVERYONE WELCOME**  
Paid for and approved by the Madison County Republican Executive Committee  
[MadisonRepublican@embarqmail.com](mailto:MadisonRepublican@embarqmail.com)

# Viewpoints & Opinions

## Health & Wellness Tips

### Did You Know...



**Frank Nathan**  
Executive Director  
Lake Park of Madison

Some people decide to detoxes or cleanses periodically, particularly after times of excess like the holiday season. How should one do this?

A number of us have experimented with detox kits purchased from health-food stores and noticed huge changes. Some dropped weight, and others found their skin cleared up. Some had to spend the first couple of days in the bathroom until their bodies got used to the new regimen, after which they felt fantastic. Others felt ill during the entire cleanse and remained depleted afterwards. They probably would have been better off not doing the cleanse in the first place.

Our primary organs of detoxification are the liver, gall bladder, kidneys and the skin, and all in all, they do a fantastic job considering what they have to deal with in this day and age. Every one of us has mercury, flame retardants and a whole host of other very unhealthy chemicals in our bodies that are difficult to eliminate. Because of the overwhelming number of chemicals our bodies are now exposed to on a constant basis, it is not surprising our detoxification pathways may be having trouble keeping up. So, to deal with the backlog of toxins, the body stores them in our body fat so they can't easily access sensitive areas that would be harmed by them. Stored

toxins can be a reason some are unable to lose body fat, as releasing them may cause illness.

Toxins, whether they are heavy metals or other chemicals, or whether they are biotoxins from bacteria, viruses, parasites and fungi, impact cell membranes, deforming their shape and distorting their function, which wreaks havoc on body systems. Heavy metals and biotoxins dissolve in fats, easily move through cell membranes and are attracted to fatty areas of the body like the brain and nervous system. This is why many that are chronically ill from neurotoxins can be diagnosed with a large variety of ailments, such as fibromyalgia, MS, ALS, depression, Parkinson's, Autism. Toxicity can also play a role in cardiovascular disease, stroke, diabetes (without family history), infertility, and Rheumatoid arthritis.

I think the best approach to detoxification is 1) preventing problems through reducing exposure to toxins as much as possible 2) supporting the body's detox pathways through nutrition and lifestyle 3) detoxification protocols if necessary.

1) Reducing toxin exposure: The fewer toxins we come in contact with, the easier it is for our bodies to cope. Although we can't possibly eliminate contact with all chemicals, we can reduce our exposure significantly by being picky about our personal-care products, cleaning products, paints and enamels, and our food, as well as avoiding omega 6 vegetable oils, plastics and unnecessary medications.

2) Nutrition and Lifestyle: Most of the time along with the capsules in a detox kit comes a suggested diet. I think the change in diet is key to the success of

some of these cleanses, and to encourage better function of the detox pathways as well as to avoid negative reactions, starting the diet well ahead of the capsules is probably a good idea. You could consider the diet alone to be the cleanse, and see what happens.

Generally, we have an easier time wrapping our head around eating clean for 10 to 14 days and we can easily commit to that timeframe. A cleanse diet would see the elimination of sugar, white flour, alcohol, caffeine, processed and packaged food. Pesticide/herbicide-free produce would be encouraged. Eating some food raw daily is a good idea. Factory-farmed meat and dairy are reduced or eliminated, so the hormones and antibiotics in those foods don't enter the digestive tract either. Fish is usually suggested which increases omega 3 intake and can improve health as long as the fish is not high in mercury.

If there are problems in the liver and gall bladder, and the bile does not flow, neurotoxins can get stuck in biliary sludge rather than being excreted in the feces. Low-fat diets, high processed-carbohydrate diets, fasting, and/or exposure to pathogens may stop bile from moving. Eating a whole, unprocessed food diet that contains adequate healthy fats can get that bile moving again. Balance between omega 6 and omega 3 is vital. Most people over-consume omega 6 due to high intake of vegetable oils and grains, but many on a health kick may potentially under consume omega 6 if they supplement with too much omega 3, and avoid grains, nuts and seeds. The optimal ratio of omega 6 to omega 3 is 4:1.

If the body is deficient in certain impor-

tant minerals, heavy metals are used as a "stand in." For example, the stand-in for calcium is lead, which is deposited into bones causing osteoporosis and impairing red-blood cell synthesis. Zinc is replaced with cadmium, which accumulates in the kidneys. Manganese is replaced by nickel which is a known carcinogen, and magnesium is replaced with aluminum which is implicated in Alzheimer's Disease

Magnesium itself is a very potent detoxifier because it is utilized in many different detox pathways in the body. Glutathione, an antioxidant normally produced by the body and a detoxifier of mercury, lead and arsenic among others, requires magnesium for its synthesis. As Dr. Carolyn Dean in her book *The Magnesium Miracle* explains, "Research indicates that ample magnesium will protect brain cells from the damaging effects of aluminum, beryllium, cadmium, lead, mercury and nickel. We also know that low levels of brain magnesium contribute to the deposition of heavy metals in the brain that heralds Parkinson's and Alzheimer's. It appears that the metals compete with magnesium for entry into the brain cells. If magnesium is low, metals gain access much more readily. There is also competition in the small intestine for absorption of minerals. If there is enough magnesium, aluminum won't be absorbed.

Magnesium deficiency is very common, as it is difficult to get adequate amounts from food due to our depleted soils. The best food sources of magnesium are kelp and other sea vegetables, nettles, chickweed, unrefined sea salt, and bone broths. Baths using Epsom salts can increase

magnesium levels too albeit very temporarily. Usually supplementation dosages in the range of three to 10mg per pound of body-weight are recommended, and if magnesium citrate or magnesium malate cause too much of a laxative effect, one can try magnesium taurate or glycinate. Another option is ionic magnesium in liquid form from Trace Mineral Research, which can be added to water, soups etc. throughout the day. Those with kidney issues or bowel obstruction need to consult their physician before supplementing with magnesium.

Supporting the body includes the dilution solution - drinking lots and lots of pure water that has been filtered of chlorine, fluoride and other contaminants. Then through urine, sweat and breathing some toxins can be eliminated.

Exercise is important as well in a number of ways. Sweating directly aids in detoxification, and deforming the body through exercise also aids peristalsis in the digestive tract, helping to prevent constipation. Improved circulation makes the entire body function better.

Detoxification methods: Because detoxification protocols actually cause toxins to be released, it is important to have incorporated the above ideas first, and to be healthy before starting on a detox program. You need some reserves that your body can draw on to cope. Otherwise you will just feel very sick.

Using an infrared-light sauna regularly is very effective as a detox tool, as the heat penetrates much deeper into the tissues than a regular sauna would, raising the core temperature, increasing circulation which results in enhanced sweating. The

skin is the body's largest organ, and forcing the body to sweat regularly can improve the skin's ability to do its job. One can sweat out heavy metals, chemicals and other toxins helping to relieve the burden on the liver and kidneys. Also, regularly raising the body temperature can help kill off parasites, viruses and fungi which some people can't successfully eliminate due to a hypothyroid condition resulting in too low a body temperature. Be certain to replace the water and minerals you sweat out by drinking pure filtered water mixed with a pinch of unrefined, sun-dried sea salt, and or perhaps take some help tablets or trace minerals.

Mercury from amalgam fillings can create a toxicity problem for many, and the only real solution is to get them removed by a biological dentist who knows how to do this safely. Mercury is unfortunately also found in many fish, particularly the bottom dwellers like halibut, and also in tuna. Avoiding high-mercury fish is a good idea. Chlorella, a fresh-water seaweed that can be found in health food stores in the form of a greens powder or in capsules, is excellent at removing heavy metals like mercury from the body. The herb cilantro (of which I do not like the taste) works well too.

Once the preparatory work is done, the herbal detox formulas found in health food stores may be all that is needed.

Sometimes general detox protocols are not enough. If you are quite ill and you believe that part of the reason is a toxicity problem, it is worth being tested by a lab. Once the toxin(s) are identified, specific protocols can be implemented to eliminate the problem. As always, check with your healthcare provider.

# HERE'S MY CARD

Get Real auto insurance that comes with a real Agent  
Get real answers about your auto insurance from a real, local agent.  
Call today for a free, no-obligation quote on your Auto, Home, and Life coverage.

850-973-4071 | www.floridafarmbureau.com  
233 W Base St. • Madison

**Freddy Pitts**  
Agency Manager  
freddy.pitts@fbic.com

**Jimmy King**      **Glen King**  
Agent                      Agent  
jimmy.king@fbic.com      glen.king@fbic.com

24/7 Claims Service  
Call 1-866-275-7322

**FARM BUREAU INSURANCE**  
Auto • Home • Life

\*Florida Farm Bureau General Insurance Co.  
\*Florida Farm Bureau Casualty Insurance Co.  
\*Southern Farm Bureau Life Insurance Co., Jackson, MS

**ROOFING SPECIALIST**  
State Certified Building Contractor & Roofing Contractor  
License # CBC 1251818 / CCC 1328133

**QUALITY GUARANTEE!**  
• Commercial / Residential - All Roof Types  
• Fully Insured - Proven Track Record  
• Free Estimates

**Ewing Construction & Roofing**  
Serving Madison & Surrounding Counties  
**Lee 850-971-5043**  
www.ewingconstructionandroofing.com

**THE TREE SPECIALIST**  
**DAY'S TREE SERVICE**  
Free Estimates • Tree Trimming • Debris Clean Up  
Aerial Device • Tree Removal • Bush Hogging  
Stump Grinding  
Call Gene Day 850-948-4757  
6425 NW Lovett Rd. • Greenville, FL 32331  
cell: 850-464-0386

www.peacockslandscaping.com

(850) 464-1484  
Madison, FL 32340

sailpeacock@gmail.com

Irrigation                      Landscaping

**Cooper Tires**

**Hall's Tire & Muffler Center**  
Owners: Daryl & Lee Anne Hall

1064 E. US 90 • Madison, FL  
Beside Clover Farm

**850-973-3026**

# From Page One

## Emergency

Cont. From Page 1A

to return to their home in Madison County, but needs assistance with the following:

- Property taxes to be paid in full in the amount of \$407.67.
- Electricity paid in full in the amount of \$388.62.
- Donations of food or grocery gift cards.
- Gas cards to help them in returning

home.

Donations may be dropped off at the Senior Citizens Council of Madison, Monday through Friday, 8 a.m.-4 p.m.

Any and all donations are greatly appreciated. If there are any questions, please call Lavericia Copeland at the Senior Citizens Center at (850) 973-4241.

## Tim Bennett

Cont. From Page 1A

through ten in most areas, and the results were tallied into a total score of 91.6.

In the final scale, a score of 50-70 equals "satisfactory – meets commission expectations;" 70-90 equals "exceptional – generally exceeds commission expectations" and a score of 90-100 equals "outstanding – substantially exceeds commission expectations."

## Arrested

Cont. From Page 1A

and asked if she lived at Madison Heights Apartments.

Jones answered that she was on the lease of one apartment.

Dewey recognized Jones from a previous call and she had told him that she did not live at the apartments but was just visiting.

As Jones entered an apartment, Dewey

contacted dispatch and had them check on active trespasses for the complex. Jones was identified as having an active trespass warning, which had been signed by her, for all of Madison Heights.

Dewey went to the apartment and arrested Jones for trespass of an occupied structure and obstruction of justice without violence.

## Grant Approval

Cont. From Page 1A

apply for the grants, because they were matching fund grants; the city would have to put in five percent of the cost. For the \$36,000 air compressor system, this would come to a little over \$1800; for the \$50,000 exhaust removal system, \$2500.

The city approved the request, but it remains to be seen as to whether or not the FEMA grants will be awarded to Madison.

The commission also approved an interlocal agreement with the county regarding SW Crane Ave., near the new hospital construction zone. SW Crane Avenue will need repaving and widening for safety reasons af-

ter the construction is over and the hospital opens. It will need to safely accommodate a higher volume of traffic from the hospital, from the new charter high school and from a preschool in that area.

The interlocal agreement with the county allows the county to take on ownership of a city road. With the county assuming ownership, the road can be paved and the necessary safety features installed by the state DOT.

After the road is finished, the agreement will allow ownership to revert back to the city, which will then be responsible for maintaining the road.

## Preserving Roads

Cont. From Page 1A

ways," said Evers. If governments take the time to educate the voters and explain why an increased gas tax is necessary, most of the time, the voters will be supportive.

Currently, Madison County is way behind on the repaving cycle. If the present pace keeps up, roads in the county will have to last three times longer than they were designed for.

Repaving every road in Madison would cost \$47 million, but if Madison does manage to get all those roads paved, it then needs to put a little extra into preserving them and making them last, so that the taxpayers reap the maximum benefit.

Imagine buying a \$47 million piece of equipment and then not taking care of it –

spending nothing on needed maintenance and repairs. Not making those small additional payments for preserving that equipment means it is going to cost those taxpayers when it has to be prematurely junked and replaced. Spending a small amount of money to keep the equipment maintained is a lot better than paying another \$47 million to replace it.

Another analogy Evers referred to was teeth. People don't take care of their teeth by brushing only the tooth that is in the worst condition, nor should they neglect brushing simply because their teeth "look fine." Neither way is good for the ultimate care of the teeth and the longer the patient waits to do anything about it, the worse off he or she will be.

When it comes to preventative maintenance, spending \$1 at the top of the curve, while the roads are still new and in fairly good condition, saves \$3 to \$10 down the road(s), after they have been allowed to deteriorate; spending early and regularly to keep roads at the top

of the curve is like changing the oil in a new car, to keep it in good condition. If a car is not taken care of while it's new, if the oil isn't changed regularly, it won't last as long and the maintenance will be more expensive.

One actual example of a city that made a major investment in its road system is Jacksonville; after spending nearly one billion to completely repave every one of its roads, it made no further investment in keeping them in good condition, and now that initial billion-dollar investment is melting and crumbling away.

Asphalt gets brittle and breaks down over time. In fact, the day it's laid, it's already two years old because the high temperatures used ages the binders so much.

One of the most effective means of road preservation is warm mix as opposed to hot mix asphalt. Warm mix asphalt does not age the binders as much and gives off less noxious fumes than hot mix and has less of a problem with oxidation. Counties

that use warm-mix get higher mileage yields out of their roads.

Another useful tool is a spray that can be applied to the road surface at regular intervals to refresh and rejuvenate the binders in the asphalt and add years to the road's life.

Once the county begins rebuilding or repaving its roads, said Evers, it only makes sense to make them last as long as possible.

After Evers' presentation, the County Commissioners met again to discuss the gas tax, Commissioner Wayne Vickers said that the question has come up year after year. "We've always tried to find a way around it, but this year, there just isn't one."

"A lot of people pass through on the interstate which helps us (when they buy gas)," said Commissioner Ronnie Moore. "We definitely need road improvements."

The commissioners voted 5/0 to approve the five-cent additional local option gas tax and 4/1 to approve the one-cent additional local option gas tax.

## The Bush Wealth Advantage

Our column, "The Bush Wealth Advantage" is our way of giving back to the community with all sorts of insights, relevant news, and practical wealth planning strategies.

### Life Insurance: Where To Start



Stacy Bush, President  
Bush Wealth Management

Whether you are married or single, a parent or without children, life insurance can play a key role in your financial plans. However, millions of Americans have no life insurance coverage whatsoever, and of those who do, many don't have

enough. Appreciating the importance of having adequate life insurance is one step, while assessing your own unique needs is quite another.

#### Where to Start

Many people obtain life insurance when they first have children and then forget about it, except for when the premium bill comes due. But an effective financial plan includes reexamining your life insurance needs continually throughout your life to ensure the assets you've accumulated are protected and to provide additional opportunities to create wealth.

As a starting point, determine your net earnings after taxes as well as your routine living expenses. Other factors to include in your calculations include:

- Any outstanding debt that you owe, such as a mortgage or education loans;
- Future tuition bills for your children;
- Funeral and/or potential uninsured medical costs; and
- How much your surviving spouse might need to adequately fund a retirement nest egg.

Generally, you'll want a benefit that will cover all of these expenses. Some planning specialists believe a good rule of thumb is to buy a policy that would provide the equivalent of five to seven times your annual salary. That standardized approach may work for some people, but in reality your decision may not be that simple.

While ensuring the financial security of loved ones is a critical use of life insurance, there are other ways it can be used to meet planning goals throughout your life. For instance, people in their peak earning years can use life insurance to protect their wealth while accumulating additional tax-deferred assets. Older people can use life insurance as an integral part of an estate planning strategy designed to pass more wealth to future generations.

#### What Type of Policy Is Right for You

Once you have an idea of the coverage you need, evaluate whether term life or permanent life insurance is more appropriate for you.

Term life is the more basic and less expensive form of life insurance -- particularly for people under age 50. A term policy provides coverage for a predetermined period of time, typically one to 10 years, but policies are also available for longer terms. Premiums increase at the end of each term and can become prohibitively expensive for older individuals. Unlike many other policies, term insurance has no cash value and benefits are paid only if you die during the policy's term.

Permanent life insurance combines death benefit protection with a tax-deferred savings component. With permanent life insurance, as long as you continue to pay the premiums, you are able to lock in coverage at a level premium rate for the life of the contract. Part of that premium accrues as a tax-deferred cash value. As the policy's value increases, you may be able to borrow up to 90% tax-free at attractive interest rates. If you do not repay the borrowed money, it will be taxable as income at then-current rates. And if you're younger than age 59 1/2, you may also be subject to an additional 10% IRS early withdrawal penalty.

Determining the right type and amount of life insurance coverage you need is easier said than done. Your financial professional can help you make an accurate assessment of your needs. The cost and availability of life insurance depends on such factors as age, current health, and the type and amount of insurance purchased. Before implementing a strategy involving life insurance, it would be prudent to make sure that you are insured by having the policy approved. There are also expenses associated with the purchase of life insurance. Policies commonly have mortality and expense charges. In addition, if a policy is surrendered prematurely, there may be surrender charges.

**Stacy Bush has practiced independent financial advising in the Valdosta area for 14 years. Growing up on a farm in Donalsonville, Georgia, he is keen to the financial needs of South Georgia and North Florida families. Stacy and his wife, Carla, live in Valdosta with their four children. You can submit questions about this article to askstacybush@pl.com**

**Securities and advisory services offered through LPL Financial, a registered investment advisor, member FINRA/SIPC. The opinion voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.**

830535

## Florida Sex Offender Registry Unveils New Campus Search

A new search is available on Florida's Sex Offender Registry allowing citizens to look for sex offenders who are working, living or going to school on college campuses and institutions of higher learning throughout Florida.

After legislation sponsored by Florida State Senator Eleanor Sobel, the 2013 Florida Legislature allocated funding for FDLE to create a University Search as part of Florida's existing public website registry, <http://offender.fdle.state.fl.us/offender/homepage.do>.

"To enhance public safety and in the spirit of cooperation, the Florida Legislature, the Florida Department of Law Enforcement, and Florida Sheriffs have created greater public awareness of sexual predators on our post-secondary campuses," said sponsor Sen. Eleanor Sobel.

"It's important that each of us remains aware of our surroundings," said FDLE Commissioner Gerald Bailey. "With that in mind, the sex predator/offender campus-search function is a valuable source of public safety information."

Florida's registration law requires sex offenders and predators to report higher education enrollment, employment or vocational activities to local sheriffs' offices. Florida Sheriffs' Offices provide this information to the institution or university and to FDLE for inclusion in the public on-line registry.

Using the University Search, citizens can obtain a list of all sex offenders at a particular institution or campus. Links are included within the search to display the offender's

photograph, offense, and residential information.

"Sex offenders in our system of higher education are a harsh reality. Helping to provide Florida's students the most efficient tools to identify and inform themselves about potential threats in their lives was a logical next step for me," said Sen. Eleanor Sobel.

FDLE encourages all colleges, universities and post-secondary institutions to add the sex offender registry link, [sexoffender.org](http://sexoffender.org), to their school websites to assist students and parents in taking advantage of this new search.

There are more than 60,000 sex offenders and predators on Florida's Sex Offender Registry and more than 600 have active registration information involving postsecondary institutions. To search Florida's Sex Offender Registry, visit <http://offender.fdle.state.fl.us/offender/homepage.do> or visit FDLE's website.



## Obituaries

### Pat Fisher

Frederick "Pat" Fisher from Madison and formerly of Hammononton, N.J., succumbed to his long battle with Parkinson's disease on October 3, 2013 at age 77 with his family by his side.

Pat owned Fisher Trucking of Hammononton and was a master mechanic. He served his country in the US Army as a military policeman (MP) during the Korean War. He enjoyed his family, was an avid fisherman and hunter and was a member of Hooper's Hounds Gunning Club of Blue Anchor, N.J. He was a member of the Hammononton Volunteer Rescue Squad and a Fourth Degree Knight with the Knights of Columbus.

Pat was predeceased by his parents, Frederick Fisher, Sr., and Helen (Payne) and brother, Eugene Fisher. He is survived by his loving wife of almost 55 years, Anna May (nee: Giordano); their children and their spouses, Debbie Vitale (Tony) of Hammononton, N.J., Linda Bezick (Bob) of Madison, and Patti Mascioli (Donny) of Hammononton, N.J.; brother, Ronald Fisher (Elaine) of Hammononton, NJ; eight grandchildren, Stefanie Vitale Wilson (Dan) of Atco, NJ, Anthony Vitale, Jr., of Hammononton, Alyssa Mascioli of Hammononton, N.J., Brittany Bezick-Hamel (Michael) and Brooke Bezick of Pensacola, Dustin Bezick of Madison, Deanna Mascioli and Michael Mascioli of Hammononton, N.J.; great grand-daughter, KayLeigh Wilson, of Atco, N.J.; and many nieces, nephews, and friends.

As per Pat's request, there will not be a funeral or viewing. A memorial mass will be held at a later date at St. Vincent DePaul Catholic Church in Madison. To share condolences please go to [www.beggsfuneral.com](http://www.beggsfuneral.com). In lieu of flowers, please make donations in Frederick "Pat" Fisher's memory to Big Bend Hospice electronically at [michaele@bigbendhospice.org](mailto:michaele@bigbendhospice.org) under tribute section or by mail at Big Bend Hospice-attn: Michael Eurich, 1723 Mahan Center Blvd., Tallahassee, FL 32308 or in memory to the Michael J. Fox Foundation for Parkinson's research at [www.michaeljfox.org/Give\\_To\\_Research](http://www.michaeljfox.org/Give_To_Research).

### Lucille Wright Bryant

Mrs. Lucille Wright Bryant, 83, of Madison, died Tuesday, October 1, 2013, in Madison.

Funeral services are scheduled for Mrs. Bryant at 11 a.m., Saturday, October 12, 2013, at St. James Missionary Baptist Church in Madison, with burial following at the Oak Ridge Cemetery in Madison. Visitation will be held from 6-8 p.m. Friday, October 11, 2013, at the Ganzey Funeral Home in Madison, (850) 973-3267.

Survivors include seven children: Betty Singleton (Shadrack) of Orlando, Ruthnette Smith Peacock (Wilmer) of Madison, James Bryant, Jr. (Leslie) of Madison, Cheryl Williams (Leonard) of Orlando, Frankie Bryant of Madison, Terry Bryant of Tennessee, Kimberly Bryant Williams (Rondarrison) of Atlanta, Ga., Shontaye Robinson (granddaughter and daughter) of Madison, Jimmy Hinson of Orlando, Willie Wright (Jean) of Las Vegas, Nev.; 45 grandchildren; a host of great-grandchildren; nieces; nephews; and sorrowing friends.

She was preceded in death by Louise Thompson (Bethel) of Live Oak; Deloris Hinson and Jimmy Hinson of Live Oak; Victoria Bryant; and Roosevelt Wright (Bertha) of West Palm Beach.

### Eugene Davis "Gene" Sheffield

The Rev. Eugene Davis "Gene" Sheffield, 78, of Norman Park, Ga., died Wednesday, October 2, 2013, at his home.

Gravesite rites were held at 11 a.m. Saturday, October 5, 2013, at Deep Bottom Cemetery in Norman Park, Ga., with the Rev. Mira Lewis Barrett and the Rev. Al Lewis officiating.

Born May 30, 1935 in Madison, he was the late of the late Lewis Glosson Sheffield and Alex Gaston Sheffield. He was a retired Methodist minister and pastored several churches in South Georgia, including Tyson Memorial and Doerun United Methodist Churches. After retiring, he served Norman Park/Kimball United Methodist Churches. "To know him was to love him," his family remembered.

In addition to his parents, he was preceded in death by two brothers, James Sheffield and Steve Sheffield; and two sisters, Clara Barrett and Alma Browning.

Survivors include his wife, Martha Sue Sinclair Sheffield of Norman Park, Ga.; two sons, Lewis Glosson Sheffield of Madison, Wisc., and Kenny Sheffield and wife, Kim, of Norman Park, Ga.; one sister, Ruth S. Herndon of Pinetta; a brother-in-law, Hinton Sinclair and wife, Cheryl, of Norman Park, Ga.; and several nieces and nephews.

The family may be contacted at the residence.

Cobb Funeral Home has been entrusted with arrangements.

## COMMUNITY CALENDAR

### {October 12}

The City of Madison and the United States Tennis Association will be holding its second tennis clinic on Saturday, Oct. 12, at the Madison County Central School Gym from 10-11:30 a.m. Children, ages 5-10 are invited for an hour-and-a-half of fun, plus learning about the game of tennis. This is a free clinic with all the equipment furnished. Parents can sign up their children for the clinic at the Mail Room (173 NE Range Ave). Signing up for the clinic will help officials know how many kids to expect. If parents are unable to sign up their children, they can simply bring them to the clinic to join in the fun. Parents and friends are welcome. Older children are also welcome. Teaching the clinic will be City Commissioner Ina Thompson and Charlie A. Jackson of Madison. For more information, and if you would like to volunteer to help, please contact Commissioner Thompson at (850) 973-2328 or (850) 445-7755.

### {October 12}

The Good News Music Festival will be held Saturday, Oct. 12, from 10 a.m.-7 p.m. at the United Methodist Cooperative Ministries Center. Admission is \$10 per person, \$15 per couple and children, 12 and under, get in free. There will be food booths and arts and crafts booths also.

### {October 12}

The Madison County High School class of 1983 is planning their 30-year reunion for Saturday night, October 12. Everyone is encouraged to meet at the Madison Country Club for hors d'oeuvres and dancing at 7 p.m. The cost for the reunion is \$25 per person. Please mail your checks to: MCHS Class of 1983, c/o Sheri Ragans, P.O. Box 131, Madison, FL 32341. If anyone is interested in playing golf that Sat-

urday morning, please contact Sheri at (850) 973-2008 for Tee Time, or for other information.

### {October 13}

Genesis Missionary Baptist Church will hold its second annual Pastor's Pulpit Aide Ministry Celebration on Sunday, Oct. 13, at 3 p.m. Minister Gene Hall, of the Memorial Missionary Baptist Church in Monticello, will be the guest speaker. Everyone is invited to go out and praise the Lord. Dinner will be served. Genesis Missionary Baptist Church is located at 2016 NE Colin Kelly Highway in Madison. Rev. Oliver Bradley is the pastor.

### {October 14}

A smoking cessation workshop will be held on Monday, Oct. 14, at the Madison County Health Department. Get the tools to quit. For more information, call Preston Mathews at (386) 956-5788 or email him at [pmathews@bigbendahec.org](mailto:pmathews@bigbendahec.org).

### {October 15}

A lunch and learn series, Women and Money: Unique Issues will be held at the Lake Park of Madison Nursing Home from noon-1 p.m. Learn about money issues women face over a lifetime. Topics include managing income, protecting assets and helping your money grow. The series is offered by the Madison County Extension Service. For more information, call (850) 973-4138. This program is open to the community and to anyone interested in attending. Lake Park will be providing a lunch, so please contact Ashley Sevor or Karen Kocan at (850) 973-8277 to register.

### {October 17}

The Rotary Prime Rib Dinner fundraiser will take place at Villa Maria Hall from 5-7 p.m. Come in, sit down and eat or get take out. Tickets are \$25 each; see any Rotary member to purchase. This year, the Rotary will also hold

the Rifle Raffle Drawing during the Prime Rib Dinner. Raffle tickets are \$2, available from any Rotary member; buy as many chances as you wish.

### {October 19}

Hickory Grove Founder's Day will be held at Hickory Grove UMC, located off County Road 255 North. Go out early and stay all day. Enjoy cane grinding, syrup making, buy sausages, venison chili and enjoy good singing as well as activities for children. The day will end with an old fashioned message preached by Pastor Tim Blanton, as a circuit riding preacher.

### {October 20}

Midway Church of God will hold its homecoming service beginning at 10 a.m. Bishop Ivester, the state overseer for the Church of God, will be the guest speaker and LifeSong will be the musical guests. Dinner on the grounds will follow morning worship and there will be special afternoon music. Everyone is invited to attend.

### {October 20}

The Rye Family Reunion will be held Sunday, Oct. 20, beginning at noon. All guests are asked to bring a covered dish and enjoy fellowship at the Lee Town Hall Pavilion.

### {October 23}

The Healing Help For Seniors Health Fair is coming to the Greenville Senior Center at 166 SW Onslow St from 10 a.m.-2 p.m., with booths, informative presentations, free lunch and door prizes for attendees. For questions or more information, contact OAA Coordinator Angie Cisco at (850) 973-4241.

### {October 25}

Hanson United Methodist Church will host a pre-Halloween event on Friday, Oct. 25, from 6-9 p.m. There will be a hayride and cookout. Anyone up to 18 is invited.



**Pioneer**  
Excavating & Tractor Services

**Paul Kinsley - (850)464-1230**  
1220 NE OLD VALDOSTA RD PINETTA  
32350



## 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 October 11 - October 17, 2013**

MOON PHASES:	Friday October 11	Saturday October 12	Sunday October 13
● New Moon: Oct. 5 ○ First Qtr: Oct. 11	12:30 AM	1:30 AM	2:20 AM
○ Full Moon: Oct. 18 ● Last Qtr: Oct. 26	*6:45 AM	*7:40 AM	*8:30 AM
● New Moon: Nov. 3	12:55 PM	1:50 PM	2:30 PM
	*7:20 PM	*8:10 PM	*8:55 PM

Monday October 14	Tuesday October 15	Wednesday October 16	Thursday October 17
3:10 AM	4:00 AM	4:45 AM	5:30 AM
*9:20 AM	*10:05 AM	*10:50 AM	*11:30 AM
3:30 PM	4:20 PM	5:00 PM	5:45 PM
*9:45 PM	*10:30 PM	*11:20 PM	



**FORT MADISON SELF-STORAGE**

Hwy 53 South • Madison, FL  
850.973.4004

Unit Sizes:  
5x10 - \$35.00/Month  
10x10 - \$55.00/Month  
10x20 - \$110.00/Month  
(Plus Sales Tax & One-Time \$10.00 Set-up Fee)

## Founder's Day Set For Oct. 19 At Hickory Grove



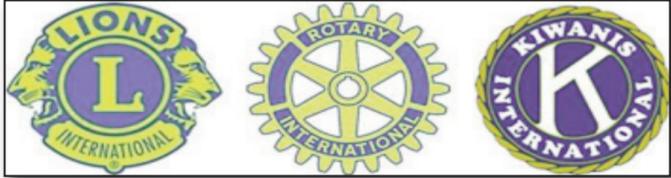
Submitted By Dan Buchanan

Founder's Day is just around the corner, and Hickory Grove members are working long and hard getting ready for nearly 2,500 folks to come and enjoy a day at church. This year, with the new Madison Youth Ranch presently being built, Founder's

Day will have a second purpose, and that is to raise money for this great project that is being constructed right in our back yard! For one thing, the folks from the Florida Methodist Children's Home will be present with a booth telling all about the new facility that is being built. Another thing will be that you can support the

Madison Youth Ranch by purchasing a button to wear at Founder's Day. With a donation of only \$5, you can get a three-inch button showing your support of the Youth Ranch. The church purchased these handsome buttons and will be selling them at the Youth Ranch Booth and in the Country Store. In the picture of our Pastor and his wife, Tim and Tonja Blanton, you can see what the shirts look like. They are a beautiful rich purple with white letters. The front of the shirt says, Hickory Grove SUPPORTS the Madison Youth Ranch. These shirts can be purchased in the Country Store for only \$10. Be sure to get your shirt while there is a supply. This year, Founder's Day will be better than ever. Mark your calendars today and plan to come and visit and stay ALL day. We promise a good time!

## Civic Club Countdown To Fun Fall Fundraisers And Festivals



- OCT. 17**  
Rotary Club – Prime Rib Dinner and Rifle Raffle, Villa Maria Hall, 5-7 p.m. Dine-in or take-out. Dinner tickets, \$25; Raffle tickets, \$2.
- NOV. 2, 9, & 16**  
Lions Club – Turkey Shoot, in front of Greene Publishing, 1695 S. SR 53, 10 a.m.-2 p.m.  
Three Saturdays of target-shooting fun. \$3 per shot; win your round, win a frozen turkey.
- DEC. 7**  
Kiwanis Club – Light Up Madison, downtown Madison street festival and parade, 5-9 p.m.  
Fun for the whole family.

## Halloween Haunts



Greene Publishing Inc. Photo by Lynette Norris, October 2, 2013

These two haunted residences are definitely ready for Halloween.

## Coming in 4 Weeks



**HEY! WE'RE ON FACEBOOK!**

Check us out and become a fan of our page!

[ **Greene Publishing, Inc.** ]

It's never been easier to share your local news with friends and family!

**SEE THE WORLD'S LARGEST CIRCUS UNDER THE BIG TOP**

★ **COLE BROS. CIRCUS OF THE STARS** ★

**VALDOSTA**  
FIVE POINTS SHOPPING CENTER  
3143 N. ASHLEY STREET/ROUTE 41

**MON. OCT. 28 TUES. OCT. 29 WED. OCT. 30**

SHOWS AT 4:30 PM & 7:30 PM DAILY

**FREE TICKETS FOR KIDS AT GOTOTHECIRCUS.COM**

**SAVE \$5 ON ADULT ADMISSION PURCHASED IN ADVANCE**

BUY ADVANCE TICKETS AT **TICKETS.COM** OR CALL 1-888-332-5200

**GoToTheCircus.com**

## Soooieeee! Pigs Are Coming To Madison

By Lynette Norris  
Greene Publishing, Inc.

Some of them are already here. A few are showing up along SW Range Street, and more are expected within the next few weeks. It's the Pig Parade, sponsored by the Rural Area Theater, celebrating the 175th anniversary of the City of Madison. The pigs are objets d'art - pig sculptures, harking back to the early days of Madison history, when livestock roamed the streets of downtown Madison, just like

the people. Eventually, the women of the town said "enough" and took action, putting up fences to keep the livestock contained and the streets of downtown Madison safer and cleaner for everyone.

The Pig Parade is bringing the pigs back - as art, that is. Earlier in the year, several people created pig art to enter in the Pig Parade by the deadline of Sept. 20.

The pigs will be chained to lampposts along SW Range Ave.,

where they will remain on display until November. Then comes the art show judging later in the year, when the pig deemed "Best in Show" will win a cash prize.

The next time you're strolling along Range Ave., take a look at how creative your friends and neighbors can be. Pick out your favorite porker and try to guess who'll win "Best in Show."

As the Pig Parade demonstrates, history doesn't have to be dull. Sometimes it can be pure porcine fun.



Greene Publishing, Inc. Photo By Lynette Norris, September 27, 2013



Greene Publishing, Inc. Photo By Lynette Norris, September 27, 2013



Greene Publishing, Inc. Photo By Lynette Norris, September 27, 2013



Greene Publishing, Inc. Photo By Lynette Norris, September 27, 2013

### We'll Give Your Gobblins a Treat for a Trick

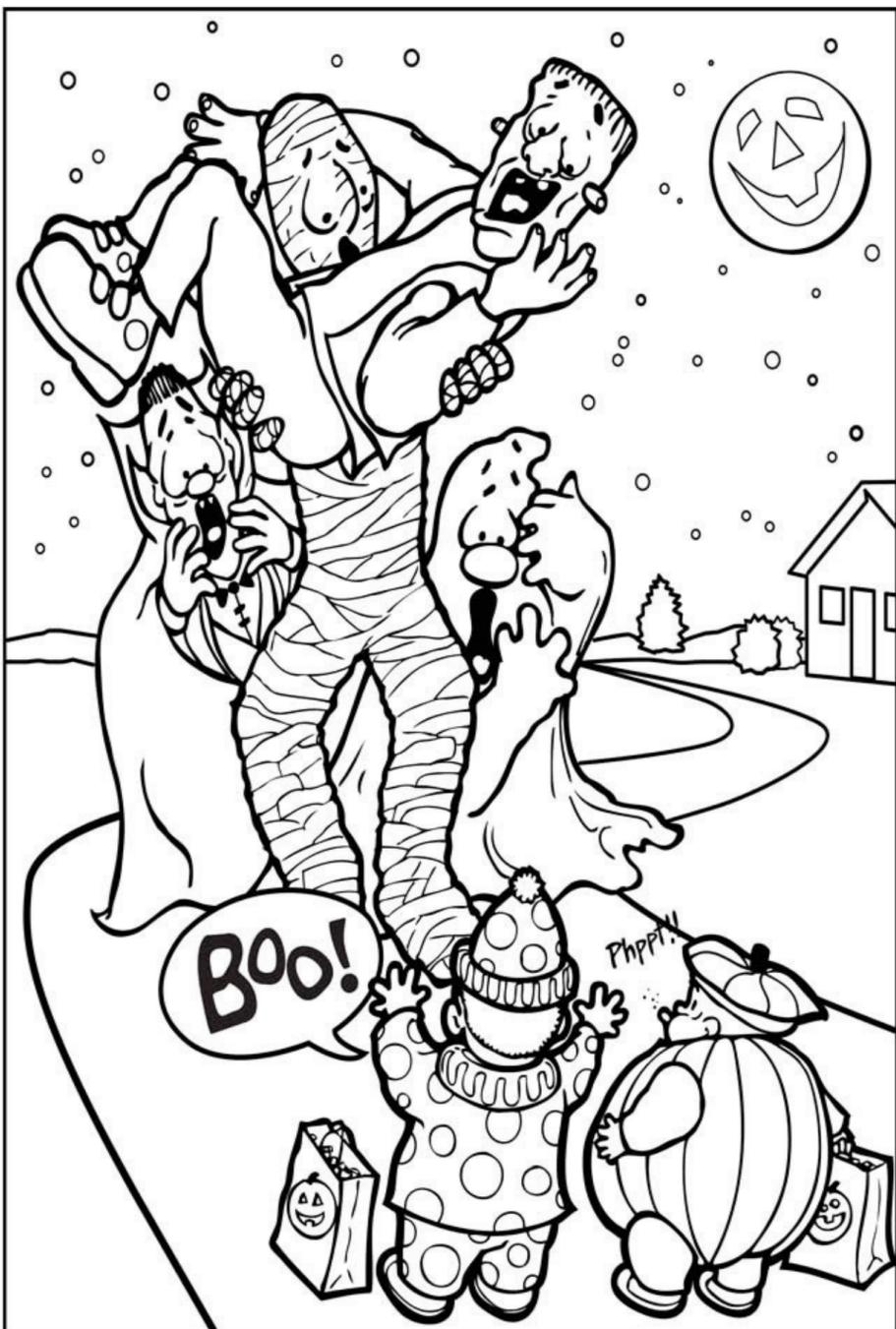
Have your children color this spooky Halloween picture, and we will judge the pictures for a pair of adult tickets to the Cole Bros. Circus Oct. 28, in Valdosta, Ga. (childrens tickets can be printed out for free from [www.gotothecircus.com](http://www.gotothecircus.com)) Judging will be done in three age groups: 0-3, 4-6, 7-10, and a first place winner will be chosen from each group. The deadline for submissions is Friday, October 25 at noon. The winner's names and coloring pages will be published in the paper on Wednesday, October 30.

To enter, simply fill out the information below, have your little ones color the picture and mail entries to P.O. Drawer 772 Madison, Fl. 32341, or drop them by our office located on Hwy 53 South. All entries must be received by 12 p.m. on October 25.

Child's Name \_\_\_\_\_  
Age \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone Number \_\_\_\_\_

Mail to:  
Halloween Coloring Contest  
**GREENE** Publishing, Inc. 

P.O. Drawer 772  
Madison, Fl. 32341  
(850) 973-4141



## Kiwanis Installs New Officers For 2013-2014 Gavel Passes To Diane Head

By Lynette Norris  
Greene Publishing, Inc.

At their annual Kiwanis Banquet at Shelby's, with special guests Kiwanis District 3 Lt. Gov. Jim Ledbetter, and incoming Lt. Gov. Heather Locke, the Kiwanis Club of Madison honored several distinctive members and installed a new slate of officers for the 2013-2014 year. Ledbetter congratulated outgoing President Jerome Wyche, someone he had nominated

for the Robert L. Moore Florida Kiwanis Club President of the Year Award for 2012-2013. Each District Lt. Gov. was allowed to nominate only one club president for the award, and Ledbetter chose Wyche for the District 3 nomination, saying that the latter was one of the hardest-working club presidents he had ever met.

Incoming Lt. Gov. Heather Locke then officially installed each of the new officers for 2013-2014.



Greene Publishing, Inc. Photo By Lynette Norris, September 26, 2013

A week after the annual banquet, Jerome Wyche (right) officially passes the gavel to Diane Head (left) at the next regular Kiwanis meeting.



Greene Publishing, Inc. Photo By Lynette Norris, September 19, 2013

Lt. Gov. Locke (left) installs Preston Matthews (right) as President-Elect.

**October is Breast Cancer Awareness Month**

Deadline is 12 P.M. Wednesday Oct. 16 publication will be Friday, Oct. 18

Sponsor a ribbon for only \$5

Sample Ad: Name

- In Honor  
- In Memory  
- Sponsored By

**Call Jeanette at 973-4141 to place your ad**  
or send your check or money order to P.O. Drawer 772 · Madison FL, 32341

In Honor  In Memory  Sponsored By

Name (If Applicable): \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_

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

Sponsor Name: \_\_\_\_\_



Greene Publishing, Inc. Photo By Lynette Norris, September 19, 2013

Diane Head (left) receives her official Kiwanis pin from Lt. Gov. District 3 Heather Locke (right). Diane is the new President of the Madison Kiwanis Club.

we're **ONLINE!**

Get lead stories, classifieds, the Community Calendar & so much more!

**LOCAL NEWS**

www.greenepublishing.com



Greene Publishing, Inc. Photo By Lynette Norris, September 19, 2013

Deena Hames (left) receives her pin from Lt. Gov. Locke (right), installing her as the secretary, continuing from last year.



Greene Publishing, Inc. Photo By Lynette Norris, September 19, 2013

Retired as Kiwanis Club president for 2012-2013, Jerome Wyche (right) is officially installed as immediate past president and first Vice president for 2013-2014.

**Women & Money: Unique Issues**

## Did You Know:

- \$ Women are good about paying bills, but financial literacy goes beyond the checkbook.
- \$ Two thirds of women ages 49 – 70 years of age have faced a financial crisis in their lifetime.
- \$ Women face unique financial issues over their lifespan.

Plan to attend a LUNCH AND LEARN series offered by the Madison County Extension Service:

Dates:

- October 15th Issues Women Face & Money
- October 22nd Protecting Your Assets
- October 29th Investing Basics

Times: 12:00 noon – 1:00 p.m.  
Location: Lake Park of Madison

**RANDAL HARBOWER**  
Industrial Electrician  
Green Circle Bio Energy Inc.

"JOB RESOURCES at EmployFlorida.com helped me find a new job I enjoy earning higher pay than I did before I was laid off."

You too can discover **REAL RESULTS** with Employ Florida.

**EMPLOY FLORIDA MARKETPLACE**

**EmployFlorida.com**  
1-866-352-2345

Employ Florida is an equal opportunity program. Auxiliary aids and services are available upon request to individuals with disabilities. The Employ Florida telephone number may be reached by persons using TTY/TTD equipment via the Florida Relay Service at 711. Disponible en Espanol.

**LIMITED TIME ONLY**

**Florida Residents are just \$9.99 per person plus get a Second Day FREE!**

Florida Residents (Adults & Children) are just \$9.99 per person, plus tax with this coupon. Proof of residency required per adult. Second day free voucher will be issued for each paying member of the party and is valid for use 12/1-12/20/13.

Voucher is non-transferrable. A photo ID matching the name of the person stated on the voucher will be required at time of entrance. Offer valid through 10/31/13.

**GATORLAND**  
Home of the SCREAMIN' GATOR ZIP LINE™

YouTube | Twitter | Facebook

**(407) 855-5496 www.gatorland.com**  
14501 S. Orange Blossom Trail Orlando, Florida 32837

## Cowboys Lose Heartbreaker In Overtime

By Jacob Bemby  
Greene Publishing, Inc.

The Madison County High School Cowboys lost a heartbreaker in overtime 34-33 to Taylor County High School.

The game ended with the score knotted at 27-27 at the end of regulation time.

Taylor County got the ball first in overtime and went ahead 33-27 on a touchdown. The extra point was good and the score was 34-27.

The Cowboys got the ball and also scored a touchdown. The try for the two point conversion failed and the Cowboys lost the first district game played this season by a score

of 34-33. Cumulative offensive stats for the season are:

**RUSHING**  
•Eric Bright – 716 yards on 117 rushes and four touchdowns

•Deontaye Oliver – 278 yards on 55 rushes and one touchdown

•Akevious Williams – 141 yards on 42 rushes and two touchdowns

•James Monlyn – 123 yards on 19 rushes

•Jamond Bruton – 98 yards on 16 rushes

•Jay West – 71 yards on eight carries

•Kenny McQuay – 43 yards on one carry

**PASSING**  
•Akevious Williams – 38 completions out of 89 passes for 633 yards and eight touchdowns

**RECEIVING**  
•Deontaye Oliver – 12 receptions for 268 yards and three touchdowns

•Javon Redding – Seven receptions for 86 yards and two touchdowns

•Ladarius Robinson – Six receptions for 104 yards and two touchdowns

•Coddrick Griffin – Four receptions for 70 yards and one touchdown

•Eric Bright – Four receptions for 24 yards

•Jay West – Two receptions for 27 yards

•Cody Lange – One reception for 28 yards

•Jaquez Arnold – One reception for 21 yards and a touchdown

•Jamond Bruton – One reception for five yards

## Applications Being Accepted For Homecoming Parade

By Jacob Bemby  
Greene Publishing, Inc.

With the theme "Punish the Pirates," Madison County High School hopes to shiver the timbers of the team from Fernandina Beach in its homecoming game on Friday, Nov. 1. Before the game that evening, though, the homecoming parade will be a great place for Cowboys fans to be or participate in. The homecoming queen and her court, who will be crowned on Tuesday evening, Oct.

29, at 7 p.m., will reign supreme over the parade.

Applications are being accepted for the parade. School-related organizations can enter for free but those outside the school will have to pay a mere \$20 entry fee.

All participants in the parade will need to line up behind O'Neal's Country Buffet at 9 a.m., as the traffic will move from west to east from the Madison County Library to O'Neal's Restaurant and on through down-

town Madison, where the parade will turn south at the Court-

house. No candy will be allowed to be thrown from cars and trucks for the safety of students and the community.

To get an application for a car or truck in the parade, please email [elias.paulk@madison-mail.us](mailto:elias.paulk@madison-mail.us).

Applications and entry fees must be at the front office at the high school before Wednesday, Oct. 30.

## MCHS Cowgirls Softball Golf Classic Set For Oct. 12

By Jacob Bemby  
Greene Publishing, Inc.

The inaugural Madison County High School Cowgirls Softball Golf Classic 2013 will be played on Saturday, Oct. 12, at the Madison Country Club.

This is a four-man super ball tournament and teams may sign up at the Madison Country Club, (850) 973-6701, or Madison Sporting Goods, (850) 973-2701. Cost is \$50 per player or \$200 pr team. Mulligans cost \$5 each each and are limited to four per team.

Tee times will be at 8:30 a.m. and

1 p.m., with shotgun starts.

The first place prize will be \$300, second place, \$200 and third place, \$100. There will also be Longest Drive, Closest to the Pin and Longest Putt awards presented for each tee time.

At noon, golfers will eat lunch, which will feature barbecue sandwiches, chips and drinks.

Sponsors are being sought. Corporate sponsorships cost \$200 each, prize sponsorships are \$100 each and hole sponsors are \$50 each.

All funds raised will go to support the 2014 MCHS softball season.

## ACA Cross Country Competes At Panhandle Championships

By Fran Hunt  
Greene Publishing, Inc.

The Aucilla Christian Academy cross-country teams competed in the Panhandle Championships October 5, and the young athletes performed very well.

Apparently the junior varsity runners' times were not counted as a place finish, but they still ran to keep in shape.

The boys finished 11th out of 28 teams, and the girls finished eighth out of 17 teams.

Running for the boys, Braden Mattingly passed two runners to finish 13th, with a time of 17:11.

Gatlin Nennstiel finished 22<sup>nd</sup> with a time of 17:35.

Carson Nennstiel was passed by 12 runners, to finish 86<sup>th</sup>, with a time of 19:22, and setting a personal record.

Taylor Nugent was passed by five runners, to finish 130<sup>th</sup>, with a time of 20:46.

Nick Arceneaux was passed by 18 runners, to finish 156<sup>th</sup>, with a time of 21:37.

Brandon Mattingly was passed by two runners, to finish 162<sup>nd</sup>, with a time of 21:50.

Chaz Hamilton passed five runners, to

finish 163<sup>rd</sup>, with a time of 21:51, and setting a person record.

Traynor Barker finished with a time of 22:45.

Dawson Bishop was passed by 12 runners to finish 185<sup>th</sup>, with a time of 22:57.

Zack Arceneaux was passed by 70 runners, to finish 237<sup>th</sup>, with a time of 28:10.

Dilyn Stowers passed 12 runners, to finish 201<sup>st</sup>, with a time of 23:57.

Jake Freeland finished with a time of 24:09.

Nathan Green finished with a time of 25:36.

Jason Hamilton finished with a time of 33:40.

Running for the girls, Taylor Copeland was passed by one runner, to finish 63<sup>rd</sup>, with a time of 23:34.

Sarah Tharpe passed four runners, to finish 69<sup>th</sup>, with a time of 23:50.

Camryn Grant passed one runner, to finish 73<sup>rd</sup>, with a time of 24:07.

Whitney Stevens was passed by three runners, to finish 75<sup>th</sup> with a time of 24:15.

Abby Reams was passed by four runners, to finish 84<sup>th</sup>, with a time of 25:28.

Grace Beshears was passed by 12 runners, to finish 95<sup>th</sup>, with a time of 26:21.

Marley Restrepo was passed by two runners, to finish 104<sup>th</sup>, with a time of 26:50, and setting a personal record.

Jessica Giddens finished with a time of 26:52.

Hanna Searcy was passed by three runners, to finish 106<sup>th</sup>, with a time of 26:54.

Brittany Hughes finished with a time of 28:16.

Cali Burkett finished 128<sup>th</sup>, with a time of 28:30.

Kaitlin Lane finished with a time of 28:42.

Dena Bishop was passed by two runners, to finish 131<sup>st</sup>, with a time of 28:51.

Chloe Reams finished with a time of 30:05.

Sarah James finished with a time of 31:31.

Samantha Peeler finished with a time of 31:51.

Julianna Lindsey finished with a time of 32:54.

Katie James finished with a time of 34:48.

Sarah Riley finished with a time of 40:45.

## ACA Cross Country Competes At Quail Trail

By Fran Hunt  
Greene Publishing, Inc.

The Aucilla Christian Academy varsity and junior varsity cross country teams participated in the Quail Trail in Thomasville and ran very well. However, statistics were not complete for the JV runners, so they are not included.

Braden Mattingly finished fifth with a time of 17:53.

Gatlin Nennstiel passed one runner to finish seventh, with a time of 17:56.

Carson Nennstiel passed five runners to finish 54<sup>th</sup>, with a time

of 20:38. Nick Arceneaux passed five runners to finish 65<sup>th</sup>, with a time of 21:00.

Taylor Nugent passed one runner to finish 82<sup>nd</sup>, with a time of 21:35.

Zack Arceneaux passed 15 runners to finish 111<sup>th</sup>, with a time of 22:25.

Chaz Hamilton passed three runners to finish 136<sup>th</sup>, with a time of 23:43.

Traynor Barker passed 16 runners to finish 149<sup>th</sup>, with a time of 24:36.

Running for the girls, Taylor Copeland finished 11<sup>th</sup> with a time of 23:17.

Sarah Tharpe passed four runners to finish 21<sup>st</sup>, with a time of 24:32.

Whitney Stevens was passed by four runners to finish 26<sup>th</sup>, with a time of 24:54.

Cali Burkett was passed by 25 runners to finish 68<sup>th</sup>, with a time of 27:47.

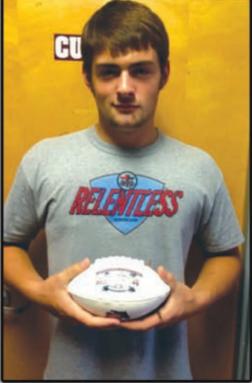
Dena Bishop was passed by 25 runners to finish 69<sup>th</sup>, with a time of 27:51.

Brittany Hughes was passed by 32 runners to finish 74<sup>th</sup>, with a time of 28:16.

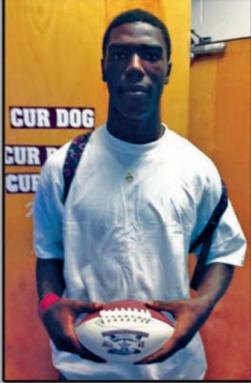
Sarah Riley passed three runners to finish 133<sup>rd</sup>, with a time of 37:49.



SPECIAL TEAMS  
JAMOND BRUTON



OFFENSIVE PLAYER  
DYLAN CRUCE



DEFENSIVE PLAYER  
BRICE HAMILTON

### OCTOBER 4

## FARM BUREAU

# PLAYERS OF THE WEEK

MCHS VS TAYLOR COUNTY HIGH SCHOOL



**Freddy Pitts  
Jimmy King & Glen King  
850-973-4071**



**GREENE Publishing, Inc.**

Add ePub To Any Existing Subscription \$5.00  
ePub Only \$25.00  
Fill out the form below and send it in to:

**Greene Publishing, Inc.**  
P.O. Drawer 772 • Madison, FL 32341  
With money order or check payment made out to Greene Publishing, Inc. in the amount for the In or Out-of-County rate

\$35 In County \$45 Out-of-County  
**\$25 E-Pub**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_

SUBSCRIBE

# NATIONAL 4-H WEEK

OCTOBER 6-12, 2013

**JOHNSON & JOHNSON, INC.**

We Proudly Support The 4-H Clubs And Youth Of Madison County.

**FARM CREDIT OF NORTHWEST FLORIDA**

*Helping Rural America Grow*

Bill Bassett, Loan Officer • 850-997-3545  
925 W. Washington • Monticello, FL 32344  
bbassett@farmcredit.fl.com

IS PROUD TO SUPPORT **NATIONAL 4-H WEEK**  
October 6-12, 2013

Salutes The 4-H Clubs & Youth Of **Madison County**

**Kenny Hall**  
School Board Member  
District 2

**OLE TIMES COUNTRY BUFFET**

1193 N. St. Augustine St.  
Exit 18  
229-259-1600

**Smok'n Pig B-B-Q**

4228 N. Valdosta Rd.  
Exit 22  
229-245-8880

Good Times... Good Friends... Good Food!

## October 6-12 Is National 4-H Week

By Becky Bennett, 4-H Director

As most of you know, Oct. 6-12 is National 4-H Week this year. This is a wonderful time to promote 4-H in our community, recruit new members, and give our thanks for years of unfailing community support. We had a Early Release STEM (Science Technology Engineering Mathematics) Workshop scheduled this week, but had to move it due to a change in the school calendar. The workshop will now be held on October 16 from 1:30-5 p.m. here at the Extension Office, \$5 per youth, space is limited so encourage your club members to reserve their spot.

To go along with our State 4-H community service theme "Serving Those Who Serve Us," I am challenging each club to help Madison County 4-H collect items for military personnel care packages. We will be donating through The Forgotten Soldiers Outreach, Inc. Please note the Florida 4-H in no way endorses any programs of this sort; this organization is based in Florida and was chosen based on its credentials. Here's what you will need to do:

1. Collection will run from now until Oct. 25.
2. Have your club choose two-three businesses/organizations in your community who will allow you to set up a collection box

or bag.

3. Have youth approach the business to ask permission (remember this is their project) to leave the collection box with them until Oct. 25 at which time you will return to collect the box and its items (some businesses may request you leave it for a shorter period of time, please be accommodating with their requests and assure them they are not responsible for the items donated).

4. Print out the two attached documents and adhere them securely to the collection box (this has our logo and specific instructions for items that can be donated).

5. Distribute your boxes to the businesses. Photograph 4-H youth as they are doing this and send them to me along with a description of where they are at and who they are, the paper would like to cover this.

6. Collect your boxes by Oct. 25 and return them to me by Nov. 1.
7. County Council will package and mail off our collected items with a note from Madison County 4-H.

Madison County 4-H will have a booth at the Downtown Halloween festivities on Thursday, Oct. 31, beginning at 6 p.m. If you have a Club representative that has not joined County Council, or who would just like to help the Council hand out candy, please let me know so I can send more details as I re-



**BART ALFORD**  
Madison County School Board Member  
District 5

Is Proud To Support All **4-H CLUBS IN MADISON COUNTY!**

**UF IFAS Extension UNIVERSITY OF FLORIDA**

The Foundation for The Gator Nation  
An Equal Opportunity Institution

4-H Youth Development

**Madison County 4-H**

Serving Those Who Serve Us!

All Donated Items will be used in care packages for military personnel. Thank you for your support!

**Forgotten Soldiers Outreach**  
www.forgottensoldiers.org

**ITEMS NEEDED FOR FORGOTTEN SOLDIERS OUTREACH "WE CARE" PACKAGES**

<b>Travel Sized Items:</b>	<b>Food Items:</b>
Baby Powder	Small Size Peanut Butter
Hand Sanitizer	Beef Jerky
Mouthwash	Crackers
Men's Deodorant	Individual Packed Nuts & Dried Fruit
Shampoo	Individual Packed Drink Mixes
Men's & Women's Shaving Cream	Breakfast Bars
	Snack Bars
	Foiled Tuna Packets
	Coffee
	Microwavable Meals
	(example: Ravioli, Mac & Cheese, Spaghetti & Meatballs, etc.)
<b>Miscellaneous Toiletries:</b>	Ramen Noodles
Qtips	Trail Mix
Bar Soap	Hard Candy
Tampons	Popcorn
Dental Floss	
	<b>Games:</b>
	New Playing Cards
	Puzzle Books
<b>Miscellaneous Items:</b>	
Batteries	
Flea Collars	
Pens/Pencils	
Insect Repellent Wipes	
Silly String	
Socks	
Loose Leaf Paper	
	<b>Packing Supplies:</b>
	Packing Tape
	Snack Storage Bags
	Gallon and Sandwich Storage Bags

The sole mission of forgotten Soldiers Outreach is to support service members of the United States Military, who are currently deployed in countries overseas. The volunteers of this organization prepare and ship "We Care" packages on a monthly basis to registered individuals, squadrons, battalions and hospitals. Each "We Care" package includes snacks, hygiene products, comfort items and mostly importantly—letters of encouragement. It is with the hope of inspiring and encouraging each recipient during their separation from loved ones and friends. Forgotten Soldiers Outreach is committed to our servicemen and women in all world theaters, for as long as they are deployed.

Forgotten Soldiers Outreach 3550 23rd Avenue South, Suite 7 Lake Worth, FL 33461 561-369-2933  
www.forgottensoldiers.org

**NORTH FLORIDA PHARMACY OF MADISON**

We Proudly Salute The 4-H Clubs & Youth Of Madison County.

139 SW Macon St • Madison, FL  
Phone 850.973.8120 Fax 850.973.8122

**Mr. B's IGA**

Proud to serve you with the BEST meat in town!

Proud To Salute Area **4-H CLUBS!**

(229) 245-8300  
1405 N LEE ST. VALDOSTA, GA 31601

**CITY OF MADISON FLORIDA**

PROUDLY SALUTES THE 4-H CLUBS & YOUTH OF MADISON COUNTY.

Get Real auto insurance that comes with a real Agent

Get real answers about your auto insurance from a real, local agent. Call today for a free, no-obligation quote on your Auto, Home, and Life coverage.

850-973-4071 | www.floridafarmbureau.com  
233 W Base St. • Madison

**Freddy Pitts**  
Agency Manager  
freddy.pitts@fbic.com

**Jimmy King** Agent  
jimmy.king@fbic.com

**Glen King** Agent  
glen.king@fbic.com

24/7 Claims Service  
Call 1-866-275-7322

**FARM BUREAU INSURANCE**  
Auto • Home • Life

\*Florida Farm Bureau General Insurance Co.  
\*Florida Farm Bureau Casualty Insurance Co.  
\*Southern Farm Bureau Life Insurance Co., Jackson, MS

**Doug Brown**  
Superintendent Of Schools

We Are Proud To Salute The 4-H Clubs & Youth Of Madison County!

# Florida

## Up to our eyeballs in... newspaper readers?

Florida is home to an estimated 1.3 million alligators. That's one gator for every 14 people in the state! But that figure pales in comparison to the **5.1 million Floridians** who read a newspaper yesterday. Like alligators, newspapers have been around a long time, and like alligators they aren't going anywhere.



If you're a reader, you're in good company!

And if you're an advertiser, you can take a big bite of profit pie using Florida newspapers.



Sources: \* Scarborough Research 2012, R2 (Multimedia); Florida Fish and Wildlife Conservation Commission

## Way Back When

### October 15, 1943

John Cherry and John Henry Plant made a shipment of 5,000 pounds of pecans Wednesday, their first of the season. Mr. Cherry reports a good crop of the nuts this season.

The friends of R.M. Johnson will be glad to know that he has been promoted to corporal. R.M. has been on desert maneuvers for some time near Los Angeles.

Mrs. Gladys Clemons received a letter from her husband, Pvt. Leroy D. Clemons, on Oct. 10, stating that he had landed safely in Africa. He writes that he is just fine and hopes to get a letter from home soon.

Robert E. Keeling has been promoted from private to corporal at the Stuttgart Army Air Field in Stuttgart, Ark.

### October 9, 1953

Pvt. Alfred E. Pinkard, son of Mr. and Mrs. J.B. Pinkard, of Madison, has been assigned to Headquarters Battery, 136<sup>th</sup> FA Battalion, Camp Polk, La., for basic training.

Miss Annette Newman is attending FSU. She was a recent visitor with her parents, Mr. and Mrs. Sam Newman.

County Agent O.R. Hamrick and H.D. Agent Mrs. Mamie Daughtrey are in Gainesville this week, attending the State Extension Meeting.

The Madison Tigers of the Madison County Training School opened their 1953 football schedule by defeating Howard Academy of Monticello 31-0.

### October 11, 1963

There are 524 students registered at North Florida Junior College. 400 are full-time students and 124 are part-timers.

Mrs. John Thigpen was honored with a birthday party last Friday with her family and friends at her home.

Dr. and Mrs. John G. Stradler leave next week on a vacation visit with their son and daughter-in-law, Mr. and Mrs. James D. Womack, in Monroe, N.C.

Sandy Howerton is taking basic training in the Army at Fort Jackson, S.C.

## Buried Treasures

From the April 1, 1987 edition of the Madison County Carrier



**Emerald Greene, Madison County's Junior Miss, Competes in the 1987 Junior Miss Florida Pageant**

## Happenings

At Madison  
First Baptist Church

Submitted By Judy Phillips  
Guest Columnist

Last Sunday night we ordained two new deacons, Joe Sherrard and Junior Smith. This was a special time in the lives of these men, their families, and our First Family. These men need your prayer support and encouragement as they serve the families as part of the deacon family ministry at First Baptist.

Coming this Sunday...Church-wide Breakfast ~ Sponsored by our Youth, 9 a.m. Pumpkin Patch Youth Fund Raiser ~ Fellowship Hall. The Youth have sponsored a pumpkin patch. The pumpkins will be available for pick up in the fellowship hall after the worship service. The cost is \$4 per pumpkin.

Continuing his sermons from the "Sermon on the Mount," Bro. Gabe preached from Matthew 5:31-32, "Furthermore it has been said, 'Whoever divorces his wife, let him give her a certificate of divorce.' "But I say to you that whoever divorces his wife for any reason except sexual immorality causes her to commit adultery; and whoever marries a woman who is divorced commits adultery." The title of the sermon was "Marriages." Today's society has strayed so far from the original view of marriage found in Genesis 2:24, "Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh." The main points of the sermon for Believers include (1) Married Believers should have such marriages that would cause unbelievers to imitate them and (2) All of us should strive to hold to the high standard of Genesis 2:24, but when this is found to be impossible, we should seek to follow Jesus teachings in Matthew 5:6-7. We should hunger and thirst after righteousness and apply mercy in abundance. We should reflect the Beatitudes!

Oct. 22 ...Middle Florida Baptist Association Annual Meeting at Beulah Baptist Church from 3-8 p.m. There will be a supper break between the evening and night sessions. Scheduled speakers include Doctrinal Message by Pastor Rick James of Mayo Baptist Church, Missionary Message by Pastor Manning Hicks of Harmony Baptist Church, and Closing Message by Dr. Mike Miller - Director of Missions of Middle Florida Baptist Association.

Trunk or Treat ~ Oct. 30...AWANA will be hosting a Trunk or Treat Event on Wednesday, Oct. 30 from 5:30-7 p.m. Kids can wear costumes. We are looking for folks to decorate their trunks, hatchbacks, or tailgates with a fun Bible theme or message. Be sure to have a goody to pass out that goes along with your theme. You can also help by donating candy, bringing baked goods, serving food, or just being a warm body to pass out hugs. Contact Billy or Kara Washington to volunteer.

OPERATION CHRISTMAS CHILD...Please pick up your box and pamphlet Sunday. Fill the box with items suggested on the pamphlet, include \$7 for cost of shipping, and attach a label on the end of the box. Put two rubber bands around the box for security and bring it back to church. Collection will end on Sunday, Nov. 10 when we will dedicate these boxes during the morning worship service.

GOOD NEWS CLUBS...We have two clubs in our local schools. The Madison County Central School Club meets on Tuesday at 2:45 p.m. There were 29 precious children in the MCCS Club and

25 in the PES Club. The Pinetta Elementary School Club meets on Thursday at 3:15 p.m. Leaders share the Good News of Christ through song, prayer, fellowship and a Bible story each week during the school year. Be a prayer warrior for this group of folks ~ volunteers and students. Carol Bynum is the coordinator for these groups.

Tuesday, 10:00 a.m. Just Older Youth choir... Visit Southern Living for Seniors. Come join us!

Wednesday's Schedule: 5:30 p.m. ~ AWANA, 6 p. m. ~ The Youth and College Group; 6:30 p.m. Prayer Meeting ; 7:30 p.m. ~ Worship Choir rehearsal; and 8:15 p.m. ~ Christmas Choir "SUNDAY NIGHTS @ FIRST".....Our evening service @ First begins at 5 p.m.. This will allow us the opportunity to share in praise, worship, and the Word from 5 p.m. until 5:45 p.m. Then from 5:45 p.m. until 7:30 p.m. a variety of class options will be available to grow your faith. For ADULTS three different classes will be offered. Experiencing God -13 wks. - led by Andrea Krell - Cost \$16

When God's People Pray - six weeks - led by LaVerne Deckard - Cost \$11

Divorce Care - 13 weeks - led by Bro. Gabe, Ann McLeod, and Shelly Smith - Cost \$15 This is a class for those experiencing separation, divorcees or those going through a divorce.

All sessions stand alone, so you can join any one at anytime. Call the church office at 973-2547 to register for these classes so books will be available for you. Please make checks payable to FBC Madison for your class book with the name of the course in the memo. The YOUTH, grades 6-8, will have an opportunity to study the Book of James led by Amy Kendrick and Dave Deckard. For HIGH SCHOOL, 9-12 grades, through COLLEGE/CAREER age folks Melanie Parks, Ray Pike and Ansley Rogers will be leading a study entitled "Forgotten God." The CHILDREN will also have special places. The Preschool Choir, ages 3-6 will be taught by Beth Carey and Carol Bynum. The Children's Choir for those in first-five grades will be led by Jim Carey, Martha Beggs, and Thelma DeHart. And of course, a Nursery will be provided for those babies through age two. Dinner will be served from 7-7:30 for preschool through college. No matter your age or where you are in your walk with Christ, there is a place for you "SUNDAY NIGHTS @ FIRST!" God is doing awesome things!

If you have questions about any of the announcements or prayer concerns, the church staff is ready to serve you. The church office hours are 8:30 a.m. - 4:30 p.m., Monday - Friday. The office phone number is 973-2547 or you can reach the church secretary by email at [1stbaptistoffice@gmail.com](mailto:1stbaptistoffice@gmail.com). We also have a website, [madisonfbc.net](http://madisonfbc.net), that is regularly updated. Our pastor can be reached at [gabekrell@yahoo.com](mailto:gabekrell@yahoo.com). Jim Carey, our music minister can be reached at [muzicman123@gmail.com](mailto:muzicman123@gmail.com).

Coming this Sunday...Church-wide Breakfast ~ Sponsored by our Youth, 9 a.m. followed by Sunday school at 9:45 a.m. where we have classes for nursery through senior adults. Worship begins at 11 a.m. when we will honor the Lord with songs of praise, prayers, offerings, and the spoken word. SUNDAY NIGHTS @ FIRST begins at 5 p.m. Please join us. In the meantime, "Let your light so shine before men, that they may see your good works and glorify your Father in heaven." Matthew 5:16 NKJV.

91.7 FM  
www.wapb.net

## YOUR CHURCH DIRECTORY

**First United Methodist Church**  
850-973-6295  
Rev. Robert E. Laidlaw  
Youth Director: Pock'o Vause

Service of Word & Table .....8:30 a.m.  
Sunday School .....9:45 a.m.  
Worship Service .....11:00 a.m.  
Sunday Youth Meetings (6-12) .....5-6:30 p.m.  
Wednesday: Middle School.....5-6 p.m.  
Dinner.....6-6:30 p.m.  
High School.....6:30-7:30 p.m.

**Mt. Zion A.M.E. Church**  
"A Friendly Church"  
Cherry Lake, FL • 850-929-4355  
Rev. Ralpheal Campbell

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**  
**Living Word Of Faith Fellowship**  
Pastor Rev. Richard B. Sauls • (919) 745-0225  
Pastor Em. Rev. Charles R. Lasseter • (850) 971-5826  
471 SE Magnolia Drive • Lee  
(Located Behind The Old Lee School)

Sunday Services .....10:30 a.m.  
(Special Music & Morning Worship)  
Tuesday Service .....7:00 p.m.  
(Prayer Meeting/Bible Study)  
A CHURCH WHERE EVERYONE IS SOMEONE.

**St. Vincent DePaul Catholic Church**  
186 NW Sumter Street • Madison, FL 32340  
(850) 973-2428  
Rev. Viet Tan Huynh  
Office Hours:  
Monday-Friday 9AM - 4PM

**Weekday Mass:**  
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:**  
9:00 a.m. Holy Hour

# Classifieds . . . . .

**Deadline For Classifieds**  
(850) 973-4141  
3:00 p.m. Every Monday

## SERVICES

Yes we take trades!  
Replace your old home  
with a more efficient and  
much stronger safer home  
now. Call 386-365-8549.

11/7 - rtm, c

I am a retired nurse; and  
want to do private duty  
work with the elderly. If  
you can use me, I am  
available for any shift.  
Excellent references.  
464-7276 (Cell)

run, n/c

## AUCTION

**AUCTION SATURDAY  
OCTOBER 12**  
AT 6:30PM. MADISON  
AUCTION HOUSE. 1693  
SW MOSELEY HALL RD  
(CR360) 850 973-1444  
ITEMS FOR HOME,  
YARD AND SHOP. TO  
MANY ITEMS TO  
LIST. WE ARE AIR  
CONDITIONED.  
PICTURES AT  
auctionzip.com (search  
auction house/madison)  
10% BUYERS PREMIUM.  
MC, VISA, DISCOVER,  
DEBIT CARDS, CHECKS  
AND CASH ACCEPTED.  
AU691 RON COX,  
AB2490.

10/11, pd

## YARD SALE

**Big Yard Sale  
Lots Of Stuff**  
October 17, 18 and 19  
from 8 a.m. till ?  
Located on County Rd 253  
East Cherry Lake Circle at  
the Webb's in Cherry Lake.

10/9, 10/16, pd

**Pinetta Community  
Center/ Pinetta Vol. Fire  
Dept. Community Yard  
Sale and BBQ Dinner  
Sat. Nov. 2, 2013.**  
Plenty inside and outside  
spaces still available. This  
is going to be a HUGE  
event! Spaces are free with  
(2) tables provided by us.  
So girls/guys get busy  
cleaning out that stuff you  
no longer want or need and  
bring it to our sale and  
make yourself some extra  
spending money for the  
Holidays. Small businesses  
are welcome too! Look for  
the Yellow Signs day of the  
sale. Call or text your  
space reservation to  
(850) 251-0999.

10/2, 10/9, n/c

## FOR SALE

**For Sale**  
Upright 20 cf commercial  
freezer - \$200. Also a 12 cf  
refrigerator/freezer - \$200.  
Located in Lee, FL.  
Call (772) 370-6504.

10/11, 10/16, pd

**Asphalt Milling  
For Sale**  
\$350 for 18 ton load  
(850) 464-1230.

8/14 - rtm, n/c

**Newspaper Bundles  
For Sale \$1 each**  
Greene Publishing, Inc.  
1695 S. SR 53 in Madison  
(850) 973-4141.

6/19 - rtm, n/c

**1/4 inch coat galvanized  
steel cable for sale**  
.15 cent a foot. We have as  
much as you need.  
(850) 464-3041.

4/10 - rtm, n/c

## FOR RENT

**2 BD 2 BA Mobile  
Home For Rent**  
4 1/2 miles out of town  
on Hwy 53 North.  
\$500/month.  
(850) 464-0953.

10/11, 10/16, pd

**Check us out on-line  
www.greenepublishing.com**

11/7 - rtm, c

## FOR RENT

**Office Building For Rent**  
Across the street from the  
Courthouse, on Shelby  
Street. (between Owens  
Propane and Burnette  
Plumbing) Newly  
Renovated 1120 square  
foot. Call Emerald Greene  
850-973-4141.

11/7 - rtm, c

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

6/22, rtm, c

## Greenville Pointe Apartments

**\$199 Move-In Special!!**  
**1, 2 & 3 BR HC &**  
**non-HC accessible apts.**  
**Rental assistance may be**  
**available. HUD vouchers**  
**accepted. Call**  
**850-948-3056. TDD/TTY**  
**711. 192 NW Greenville**  
**Pointe Trail, Greenville,**  
**FL 32331. Equal**  
**Housing Opportunity**

run, c

## REAL ESTATE FOR SALE BY OWNER

**House For Sale On  
Georgetown Road**  
\$15,000. If interested call  
(386) 466-4702.

10/9, 10/16, pd

**LAND FOR SALE**  
**OWNER FINANCING**  
1/2 acre lots. \$14,995  
\$1,995 down, \$149 mo.  
City Water, Paved Roads  
Cleared, Underground  
Power DWMHs, Modular  
Homes Hwy 53 North 1/2  
mile. Graceland Estates  
Call Chip Beggs  
850-973-4116  
chipbeggs@embarqmail.com

7/10 - rtm, c

## MOBILE HOMES FOR SALE

New five bedroom three  
bath doublewide home  
must go now. Make offer.  
Selling below cost! Call  
Steve 386-365-8549.

11/7 - rtm, c

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

11/7 - rtm, c

2013 Homes of Merit tape  
and texture starting at \$375  
per month. Call Mike  
386-623-4218.

11/7 - rtm, c

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

11/7 - rtm, c

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

11/7 - rtm, c

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

11/7 - rtm, c

Now is the best time to buy  
a new mobile home! Low  
rates means new homes  
under \$400 month!  
386-365-8549.

11/7 - rtm, c

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

11/7 - rtm, c

## HELP WANTED

**LPN RN and CNA**  
Lake Park of Madison  
Fulltime and PRN  
Positions. Contact Kim  
King HR or Connie Walker  
DON 850-973-8277.

10/2, 10/9, c

**Drivers:** Guaranteed  
Home EVERY Weekend!  
Company: All Miles PAID  
(Loaded or Empty)!  
Lease: To Own NO Money  
Down, NO Credit Check!  
Call: 1-888-880-5916.

10/9, pd

**Quest Training offers a  
professional CNA prep  
class taught by a registered  
nurse.** High pass rates on  
state test. No GED or  
Diploma required if age  
18yr. Day and evening  
classes. 386-362-1065.

10/2 - 10/30, pd

**RN position:** Full time  
nights 7 p.m. - 7 a.m. with  
benefits. Apply in person  
between the hours of  
8 a.m. - 4:30 p.m. at  
Madison Health and Rehab  
Center 2481 West US 90  
Madison, FL 32340  
(850) 973-4880.  
EOE, F/M/D/V.

10/9, 10/16, c

## Employment Opportunity Town Manager/Clerk

Town of Lee is  
currently seeking a  
proven professional for  
the position of Town  
Manager/Clerk.  
Commission-Town  
Manager form of  
government. \$1 million  
budget includes 6  
departments (administra-  
tion, public works,  
water, sewer, streets,  
and recreation  
services). Successful  
applicant must possess  
strong communication,  
leadership, organization,  
management, and computer  
skills. Knowledge in  
preparation and execution  
of budgets, QuickBooks  
(including payroll),  
water, sewer, public works,  
recreation and land  
planning is needed.  
Email your resume to  
leemanager@leefl.com or  
apply at Town Hall, 286  
NE CR 255, Lee FL 32059,  
Monday - Friday,  
8 a.m. - 5 p.m.  
Copies of the full job  
description and application  
can be found on the town's  
website. The Town expects  
to fill the position by  
November 1, 2013.  
The Town of Lee is a drug  
free workplace and an  
Equal Opportunity  
employer and does not  
discriminate on the basis of  
race, religion, color, sex,  
age, national origin or  
disability. **Applications  
Accepted For Open  
Positions Only.**

10/9, c

## PART-TIME LIBRARY AIDE II MADISON PUBLIC LIBRARY

Suwannee River Regional  
Library is seeking  
applicants for two positions  
of a regular part-time  
Library Aide II at the  
Madison Public Library,  
Madison FL. The applicant  
will work approximately 21  
hours per week and also  
be used as a substitute.  
Interested applicants may  
obtain an application at the  
Madison, Greenville or Lee  
Public Libraries, or at the  
Suwannee County Building  
Department, 224 Pine Ave.,  
Live Oak, FL 32064,  
telephone (386) 364-3407  
or Public Works,  
13150 80th Terrace,  
Live Oak, FL 32060,  
telephone (386) 330-2131.  
Applicants are encouraged  
to submit resumes, letters  
of reference and other  
biographical information  
with their applications.  
**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."

10/9, c

## FLORIDA PRESS SERVICES, INC. STATEWIDE CLASSIFIED PROGRAM

STATEWIDE  
CLASSIFIED ADS  
FOR 10/7/2013  
THROUGH 10/13/2013

**Condos for Sale**  
Blue Ridge Mountain Land  
Liquidation! 1.37 acres,  
national forest access, only  
\$9,800. Was \$74,900.  
Hardwood setting,  
breathtaking mountain/  
valley views. Mild climate,  
Tremendous 4 season  
recreation. Paved rds, UG  
utilities, water. Excellent  
financing Call  
1-866-952-5303, x21.

Foreclosed Cabin On 4  
Acres! Just \$89,900. Bring  
your hammer & nails. Great  
fixer upper on beautiful  
wooded rolling land. Enjoy  
wildlife, creeks, ponds, lake  
access. Must see! Call  
877-888-0267, x 436.

**Help Wanted**  
Experienced OTR Flatbed  
Drivers earn 50 up to 55 cpm  
loaded. \$1000 sign on to  
Qualified drivers. Home  
most weekends.  
Call: (843) 266-3731 /  
www.bulldoghighway.com.  
EOE

**DRIVER TRAINEES  
NEEDED NOW!** Learn to  
drive for US Xpress!  
Earn \$700 per week! No  
experience needed! Local  
CDL Training. Job ready in  
15 days! (888) 368-1964.

**Miscellaneous**  
**AIRLINE CAREERS**  
begin here - Get FAA  
approved Aviation  
Maintenance Technician  
training. Housing and  
Financial aid for qualified  
students. Job placement  
assistance. Call AIM  
866-314-3769.

**Real Estate/ Land for Sale**  
**LAND & CABIN**  
**PACKAGE ON**  
**CUMBERLAND**  
**PLATEAU!** 10 Acres and  
1200 sq. ft. cabin \$49,900.  
Minutes from 4 State  
Parks & TN River.  
Call 877-282-4409.

**Real Estate/  
Lots & Acreage**  
Bank Approved Sale. Smith  
Lake Alabama. Deep  
Dockable Home Sites from  
\$59,900 (Take Virtual Tour  
@ LiveLakefront.com). 24  
Prime Lake front lots  
ordered sold October 12th.  
Buy at pennies on the  
dollar - all must go!  
Open or wooded -  
level throughout to the  
water's edge. Make an early  
appointment. Bank's loss -  
Your gain! Don't miss this.  
It's unbelievable land at an  
unbelievable price - Call  
now for early appointment!  
1-877-448-6816.

## Classifieds Work

\$12  
(for 20 words or less)  
Wednesday & Friday & on the  
website  
**Call 973-4141**

## Marshall Health NOW HIRING!

**RN's • LPN's • CNA's**  
Call for Shift Availability

**Under New Management**  
**207 Marshall Dr. • Perry, Florida**  
phone (850) 584-6334 • fax (850) 838-1801  
Drug Free Workplace • Equal Opportunity Employer

## LEGALS

### NOTICE OF SPECIAL MEETING CITY COMMISSION MADISON, FLORIDA

A special meeting of the City Commission, Madison, Florida will be held Thursday October 24, 2013 at 5:30 p.m. at City Hall. The purpose of the meeting is to:  
Discuss and Seek Solutions to the Status of the Woman's Club Building.  
Any person who decides to appeal any decision made by the Commission with respect to any matter considered of such meeting will need a record of the proceedings, and that for such purpose, he or she may need to insure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is based.

10/11

### Notice of Public Hearing

The Planning & Zoning Board of the Town of Lee will conduct a public hearing in Kinsey Hall, located at Lee Town Hall, 286 NE CR 255, Lee FL 32059 on Friday, October 18th at 5:00 p.m., to consider making a recommendation to the Lee Town Council/ Board of Adjustment on a proposed Special Exception under the Town of Lee's Land Development Regulations.

The Lee Town Council/ Board of Adjustment will conduct a public hearing in Kinsey Hall, located at Lee Town Hall, 286 NE CR 255, Lee FL 32059 on Friday, October 18th at 7:00 p.m., to consider the recommendation of the Planning & Zoning Board and to receive public input on the proposed Special Exception.

Special Exception is being requested for parcel # 11-1S-10-1229-000-000 which consists of approximately 16.25 acres and is located on the west side of Corinth Church Road and south of Farm Road. Request is to permit a diesel repair business to be located on this property which is zoned Agricultural.

The Public and interested parties are encouraged to attend and provide input regarding this request.  
For further information, please contact Sarah Anderson, Town Manager, at 850-971-5867. Documents pertaining to this Special Exception request may be inspected by the public at Lee Town Hall, 286 NE CR 255, Lee FL 32059 during normal business hours.

**Public Comments:** IF A PERSON DECIDED TO APPEAL ANY DECISION MADE BY THE COUNCIL, WITH RESPECT TO ANY MATTER CONSIDERED AT ANY SUCH MEETINGS, HE OR SHE WILL NEED A RECORD OF THE PROCEEDINGS, AND THAT, FOR SUCH PURPOSE, HE OR SHE MAY NEED TO ENSURE THAT A VERBATIM RECORD OF THE PROCEEDINGS IS MADE, WHICH RECORD INCLUDES THE TESTIMONY AND EVIDENCE UPON WHICH THE APPEAL IS TO BE BASED.

10/4, 10/11

### BID NOTICE

Notice is hereby given that the Board of County Commissioners of Madison County, Florida will be accepting bids for the following:  
Furnishing all necessary materials, equipment, labor and supervision including maintenance of Traffic (MOT) to: construct roadway improvements on a portion of NW Flowers Road including paving the section from existing pavement and continuing to, and including, the NW Ebenezer Church Road intersection for an approximate distance of 2.77 miles in Madison County, Florida. All improvements shall be in accordance with all plans and specifications to be provided. This project shall be known as **NW Flowers Road Improvements Phase 2, Project Number FY 2014 - 01.**

Bids may be submitted to the Board of County Commissioners by depositing same at the Board office located in Office 219 at the Madison County Courthouse Annex, 229 SW Pinckney Street, Madison, Florida 32340, or Post Office Box 539, Madison, Florida 32341 **any time prior to 4:00 PM on Friday, November 1, 2013.** ANY BIDS RECEIVED AFTER SUCH DATE AND TIME WILL NOT BE OPENED AND/OR CONSIDERED. Bids must be clearly marked on the outside of the front of the bid envelope as follows: **NW Flowers Road Improvements Phase 2, Project Number FY 2014 - 01.**

BID MUST CONTAIN A COPY OF THE VENDOR'S MADISON COUNTY OCCUPATIONAL LICENSE WHERE APPLICABLE, OR CERTIFIED STATE CONTRACTOR NUMBER TO BE CONSIDERED FOR AWARD.

Please be advised that a **MANDATORY PRE-BID CONFERENCE** will be held on Tuesday, October 22, 2013 at 9:00 AM in the County Commission Meeting Room located in the Madison County Courthouse Annex Building, 229 SW Pinckney Street in Madison, Florida. **BIDS WILL NOT BE CONSIDERED FROM ANY BIDDER WHO IS NOT REPRESENTED AT THIS CONFERENCE.**

Bid Specifications, as well as other pertinent documents, may be obtained from the Madison County Road Department office located at 2060 NE Rocky Ford Road (C-591), 2 miles north of Madison, telephone # 850-973-2156, beginning Monday, October 14, 2013. Each contractor interested in bidding these projects is strongly urged to obtain copies of the bid packages immediately in order to have time to review all information and visit the project location prior to the Mandatory Pre-Bid Conference.

Bids will be opened on Monday, November 4, 2013 at 9:00 AM in the Madison County Board of County Commissioners meeting room. Award by the Board of County Commissioners is scheduled for Wednesday, November 6, 2013.  
Madison County reserves the right to waive any informality or to reject any or all bids.

10/11, 10/16



The Madison Enterprise-Recorder  
Madison County CARRIER



**35** In County  
**45** Out Of County  
**25** E-Pub Only  
5 to add to existing

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Renewal: Yes \_\_\_ No \_\_\_

Please mail your filled out form, with payment, to: P.O. Drawer 772, Madison, FL 32341 or Call (850) 973-4141 and we will be happy to assist you!

**www.Greenepublishing.com**

## Erectile Dysfunction

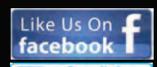
**Drugs May Be Dangerous To Your Health**  
**FREE book by doctor reveals what the drug companies don't want you to know!**

Dr. Kevin Hornsby, MD will mail the first 37 men that respond to this ad a free copy of his new thirty dollar book "A Doctor's Guide to Erectile Dysfunction." He's so sure this book will change your life he will even pay the postage and handling. If the popular pills don't work for you, regardless of your age or medical history (including diabetes and prostate cancer) you owe it to yourself and your lady to read this book. Call Toll Free (800) 960-4255

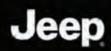
# CASS BURCH FALL SALES EVENT

BUY ANY VEHICLE & GET A WORLD FAMOUS ROCKER!







<p><b>2012 RAM 1500 QUAD</b> V130360 <b>\$25,993</b></p>	OR	<p><b>2013 RAM 1500 CREW</b> Q130258 <b>\$26,993</b></p>
<p><b>2013 RAM 1500 QUAD 4x4</b> V130194 <b>\$27,897</b></p>	OR	<p><b>2013 RAM 1500 LARAMIE 4 DOOR 4X4</b> V130261 <b>\$39,998</b></p>
<p><b>2013 DODGE DART</b> Q130124 <b>\$16,973</b> 39 MPG</p>	OR	<p><b>2013 RAM 2500 4 DOOR 4X4 HEAVY DUTY</b> Q130336 <b>\$31,997</b></p>
<p><b>2013 DODGE CHARGER</b> Q130333 <b>\$24,597</b></p>	OR	<p><b>2013 RAM 3500 DUALLY 4 DOOR HEAVY DUTY</b> Q130313 <b>\$38,969</b></p>
<p><b>2014 DODGE GRAND CARAVAN</b> V140065 <b>\$20,857</b></p>	OR	<p><b>2014 CHRYSLER 300</b> V140071 <b>\$27,897</b></p>
<p><b>2014 DODGE GRAND CARAVAN</b> V140065 <b>\$20,857</b></p>	OR	<p><b>2014 CHRYSLER TOWN &amp; COUNTRY</b> Q140074 <b>\$29,997</b></p>

**Wanna be the biggest winner at 2013 Winnersville Classic? Register to win a Huge 55" Flatscreen TV at any Cass Burch Dealership or at Chick-fil-A on St. Augustine Rd or Inner-Perimeter Rd!**

**UP TO \$2500 REBATE!**  
WITH YOUR TRADE & approved credit when financed with Chrysler Capital  
**ON ALL NEW 2013 RAM 1500 4 DR TRUCKS**  
0% EXAMPLE: V130270 MSRP \$32,630 - \$2502 discount, - \$2500 rebate - \$2500 down = \$25,128/72 = \$349/mth.

**UP TO \$1000 REBATE!**  
WITH YOUR TRADE & approved credit when financed w/Chrysler Capital  
**ON ALL NEW 2013 RAM 2500 & 3500 TRUCKS**  
0% EXAMPLE: Q130336 MSRP \$38,570 - \$2673 discount - \$1000 rebate - \$2500 down = \$32,397/60 = \$539/mth.

888-304-2277  
801 E. SCREVEN ST • QUITMAN, GA

888-463-6831  
4164 N. VALDOSTA RD. • VALDOSTA, GA

**2014 SILVERADO 1500 4 DOOR**



**FIND NEW ROADS**

**\$25,994**

**2013 SILVERADO LT 1500 X-CAB Z-71 4X4**  
C130196  
ALL STAR EDITION Z71 OFF-ROAD, SPRAY-IN BEDLINER  
MSRP \$38,165 DISCOUNT \$8,352  
**\$31,994**

**CHEVY & GM TRUCK/SUV OWNERS (1999 & NEWER) SAVE \$1500 ON 2013 SILVERADO 1500 & SAVE ANOTHER \$1000 ON 2013 SILVERADO 2500**

**2013 SILVERADO LT 2500 HD CREW CAB Z-71 4X4**  
C130080  
DURMAX TURBO DIESEL, ALLISON AUTO TRANS., LOCKING REAR DIFF., SPRAY-IN BEDLINER, Z-71 OFF ROAD TRAILER TOW, REAR VISION CAMERA  
OVER \$9000 DISCOUNT! MSRP \$63,020 DISCOUNT -\$9,107  
**\$43,913**

**2013 CHEVY TAHOE**  
C130214  
**\$36,897**

**2013 CHEVY SUBURBAN**  
C130226  
**\$39,688**

**2013 CHEVY SONIC LT**  
C130229  
41 MPG  
**\$16,859**

**2013 CHEVY CRUZE LT**  
C130041  
39 MPG  
1.4L EcoTEC ENGINE, MY LINK, MP3 PLAYER, USB PORT, REAR VISION CAMERA, ENHANCED SAFETY FEATURES, POWER SEAT  
**\$16,886**

**2013 MALIBU LT**  
C130083  
34 MPG  
**\$21,588**

**2013 CHEVY CAMARO LT**  
C130045  
SUNROOF, NAVIGATION, REMOTELINK, 20" WHEELS, High Intensity Headlamps  
**\$27,797**

**2014 CORVETTE STINGRAY**

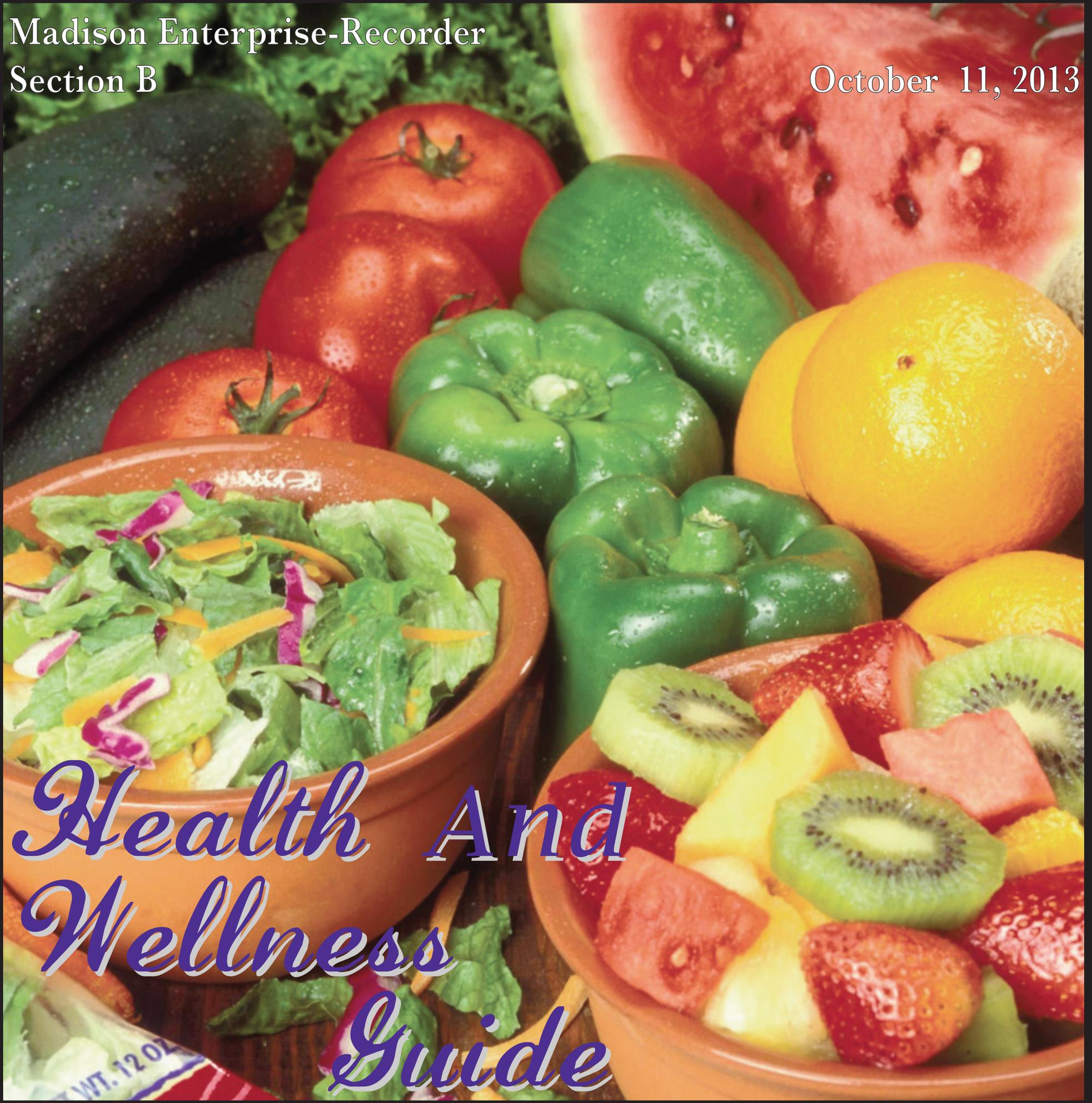


**8640 HWY 84 WEST**  
**229-263-7561**

All prices plus tax, title & Lemon Law fee of \$3 and reflect all applicable factory rebates. Owner Loyalty Bonus Cash Applies On All 2013 Chevy 1500 Silverados. Must provide proof of registration, on a 1999 or newer Chevy or GMC truck. USAA rebate requires proof of USAA membership. Highway mpg per factory window sticker. All prices good through October 12, 2013 or until vehicle is sold, whichever comes first. Must present ad at time of purchase to receive advertised prices.

Madison Enterprise-Recorder  
Section B

October 11, 2013



*Health And  
Wellness  
Guide*

# Morgan Family Dentistry

**A. Lamar Morgan, D.M.D.**

**Daniel L. Morgan, D.M.D.**

**Benjamin L. Morgan, D.M.D.**

- Family Dentistry •
- Endodontics •
- Implants •
- Cosmetic Dentistry •
- Oral Sedation •
- Orthodontics •

- *Most Insurance Accepted* •
- *Financing available* •

**Now With Two  
Convenient Locations**

**Advent Christian Village  
10820 Marvin Jones Blvd  
Dowling Park, Fl 32064  
(386) 658-5870**

**313 N Jefferson St  
Perry, Fl 32347  
(850) 584-2674**

*[www.morgandentalgroup.com](http://www.morgandentalgroup.com)*

From the office of:

**Morgan Family Dentistry**  
**10820 Marvin Jones Blvd**  
**Dowling Park, Florida 32060**  
**386-658-5870**

I Fact Sheet Halitosis I

# A Sensitive Subject

Halitosis, or bad breath, affects more than 80 million people in the United States. In most cases, people with bad breath aren't even aware of the problem. Halitosis has a significant impact, both personally and socially, on those who suffer from it. If you think that you suffer from bad breath, your dentist can help determine the source of the odor. If your dentist believes that the problem is caused from a systemic (internal) source, such as an infection, he or she may refer you to your family physician or a specialist to help treat the cause of the problem.

## What causes bad breath?

Typically, bad breath originates in your gums and tongue. It is caused by waste from bacteria in the mouth (typically called periodontal disease), decayed food particles, other debris in your mouth, and bad oral hygiene. The decay and debris produce a chemical compound that causes the unpleasant odor. Bad breath may occur in people who have a medical infection, diabetes, kidney failure, or a liver malfunction. Even stress, dieting, snoring, age, and hormonal changes can have an effect on your breath. Xerostomia (dry mouth) and tobacco also contribute to the problem.

## What is morning breath?

Saliva is the key ingredient in your mouth that helps keep odor under control because it helps wash away odor-causing food particles and bacteria. When you sleep, however, salivary glands slow the production of saliva, allowing bacteria to grow inside the mouth, which causes the bad odor, or "morning breath." To alleviate morning breath, brush your



teeth and eat a morning meal. Morning breath also is associated with hunger or fasting. If you skip breakfast, the odor may reoccur—even if you've brushed your teeth.

## Do certain foods or drinks cause bad breath?

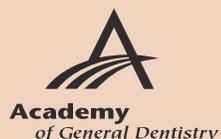
Very spicy foods, such as onions and garlic, and drinks like coffee may be detected on a person's breath for up to 72 hours after digestion. In addition, certain diets, especially ones that eliminate carbohydrates, increase the chances of halitosis.

## How can I control bad breath?

Visit your dentist regularly because checkups will help detect any systemic causes. Checkups also help to get rid of the plaque and bacteria that build up on your teeth.

It is important to practice good oral hygiene, including brushing and flossing your teeth at least twice a day to remove bacteria, plaque, and food particles. To alleviate odors, clean your tongue with your toothbrush or a tongue scraper (a plastic tool that scrapes away bacteria that builds on the tongue).

In addition, be sure to drink plenty of water. Try chewing sugar-free gum that contains xylitol—it also may help control odor. If you have dentures or a removable appliance, such as a retainer or mouth-guard, clean the appliance thoroughly before placing it back in your mouth. Before you use mouthrinses or deodorizing sprays or tablets, talk with your dentist, because some of these products do little to eliminate bad breath. Instead, your dentist can recommend products that have proven successful.



## Resources

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

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.

**877.2X.A.YEAR**

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

## It's 10 p.m....Do You Know Where Your Health Insurance Card Is?

By Lynette Norris  
Greene Publishing, Inc.

For someone who has just had a purse or wallet stolen, dealing with replacing a driver's license is enough of a headache, never mind the credit cards and the worry that the thief now perhaps has Social Security numbers and bank account numbers.

However, now there is a new item that is becoming a hot property – the health insurance card.

The health insurance card may at first seem like something that would take a back seat to all the other ID replacement worries; after all, doesn't your doctor's office require photo identification for all doctor visits?

True, but for identity thieves, there are ways around that, creating fake photo ID being only one of them.

Medical identity theft is making the news more and more, apart from identity theft in general. When a thief has your health insurance card, he has your health insurance policy number and a way to defraud your health insurance company out of thousands of dollars.

Since many people don't think of a health insurance card in quite the same way as say, a

driver's license, a Social Security card or a credit card, they may not realize the kind of damage that can be done until they find their allowable coverage maxed out at their next doctor visit – especially if they're not accustomed to keeping up with a health insurance card with the same single-mindedness as they would a driver's license, and are less likely to panic if their health insurance card turns up missing. After all, their health insurance company can always send them a replacement.

The reality is that the health insurance card has now joined the ranks of extremely sensitive bits of documentation that should be regarded as just as damaging in the wrong hands as a stolen credit card would be. Guard your health insurance card like you would a credit card or driver's license, and if your purse or wallet is stolen with your health insurance card inside, call your health insurance company with the same speed and alacrity as you would call your credit card company. The health insurance company needs to know that your policy number is now in the wrong hands. They may need to change your policy

number, much the same way your bank would change your account numbers.

Guard your health insurance card with the same eagle eye as you would your other ID. When you have to present your card to the receptionist at the doctor's office, make sure you get it back along with your driver's license or other photo ID. Don't hand it over, sit down in the waiting room and then forget about it.

If feasible, lock your health insurance card away somewhere until you need it for a doctor visit. Don't carry it around in the glove compartment or above the visor of your car.

Picture your insurance card as an envelope full of money, thousands of dollars, if it will help you visualize how you need to safeguard it.

Take some precautionary steps. Look at your card, and if there is a clearly identified toll-free number for reporting missing or stolen cards, copy it down somewhere safe. If there isn't, call the company before an emergency (like a missing or stolen card) and ask them what number they prefer you use for that purpose. Keep that number safe and handy.

Review statements from your health insurance company the same way you would a bank statement. Look for suspicious charges.

And as always, never, ever give out personal information over the phone.

Be aware, and stay safe.

## DA Dermatology Associates

OFTALAHASSEE

*Serving the  
Community for 25 Years*

*Dermatology Associates specializes in  
Skin Cancer Screenings, Treatments for  
Acne, Rosacea and Eczema, Cutaneous  
Surgery, Mohs Micrographic Surgery, and  
Cosmetic and Laser Services.*

- Armand B. Cegnetta Jr., M.D.
- Marc J. Inglese, M.D.
- Okanta B. Jackson, M.D.
- Gordon Low, M.D.
- Stephen C. Richardson, M.D.
- Bob E. Sami, M.D.
- Ravi R. Ublani, M.D.
- Jessica S. Yoon, M.D.
- David J. Dolson, M.D.
- Meredith McKinney, M.D.



**Marc J. Inglese, M.D.**

**Dr. Inglese is Now Seeing  
Patients in Madison, Florida**

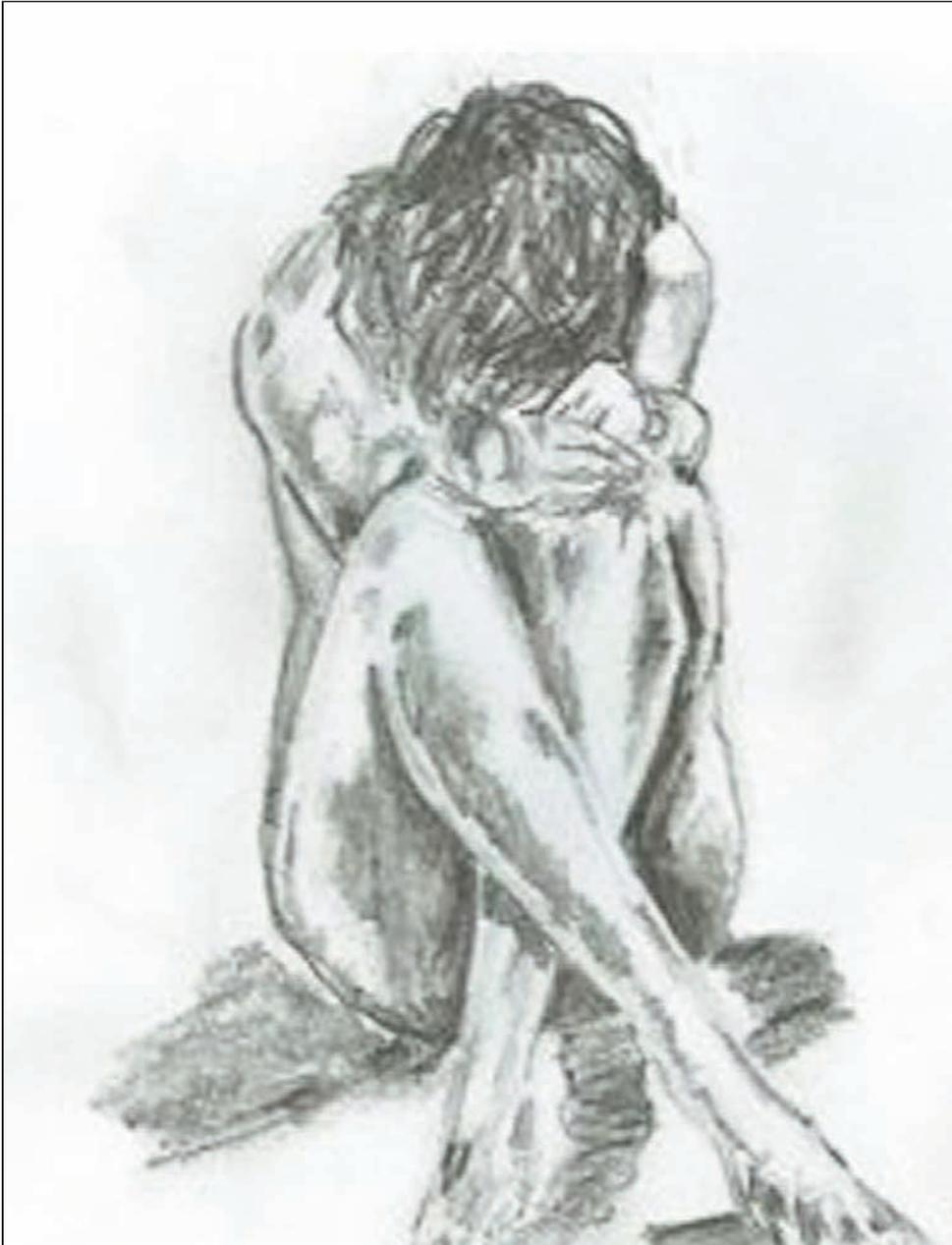
**Call 877-4134  
for More Information**

MADISON OFFICE: 235 SW Dade Street • Madison, FL 32340  
(Corner of Dade St. & Shelby Ave.)

TALLAHASSEE OFFICES:  
1704 & 1707 & 1708 Riggins Road • 1714 Mallard Center Blvd. • Tallahassee, Florida 32308  
Call for an Appointment (850) 877-4134 • Fax: (850) 942-4112  
Visit us online at [www.DA1FL.com](http://www.DA1FL.com)

**Ronald Cummings,**  
**BRACES DDS, MS BRACES**  
1378 Timberlane Rd. • Tallahassee, FL  
850-893-5018  
[www.drcummings.com](http://www.drcummings.com) • [smile@drcummings.com](mailto:smile@drcummings.com)  
Dental School: University of Michigan  
Continuing Ed: University of N. Carolina  
Certifications: School of Orthodontics  
Insurance Accepted: Most all insurance

## How To Recognize And Get Help For Depression



Depression is unfortunately a widespread problem among U.S. seniors, affecting approximately 15 percent of the 65-and-older population. Here's what you should know, along with some tips and resources for screening and treat-

ments.

### Recognizing Depression

Everyone feels sad or gets the blues now and then, but when these feelings linger more than a few weeks, it may be depression. Depression is a real illness that affects mood,

feelings, behavior and physical health, and contrary to what many people believe, it's not a normal part of aging or a personal weakness, but it is very treatable.

It's also important to know that depression is not just sadness. In many seniors it can

manifest as apathy, irritability, or problems with memory or concentration without the depressed mood.

To help you get some insight on the seriousness of this problem, here's a rundown of the warning signs to be vigilant of.

- A persistent feeling of sadness.
- A lost interest in hobbies or activities that were previously enjoyed.
- Feelings of guilt, worthlessness or hopelessness.
- Trouble concentrating, remembering or making decisions.
- Feeling anxious, restless, or irritable.
- Loss of energy or motivation.
- Inability to sleep or sleeping too much.
- Not eating or eating too much.
- Thoughts about dying or suicide.

A good resource for identifying depression is Mental Health America, a national nonprofit organization that offers a free online depression screening test at [www.depression-screening.org](http://www.depression-screening.org).

There's also National Depression Screening Day which is occurred on October 10 this year. Sponsored by Screening for Mental Health, this is a completely free service that provides depression

screenings by mental health professionals at hundreds of locations across the country. The test takes less than 15 minutes to complete, and is available to people of all ages. To find a site near you visit [helpyourselfhelpothers.org](http://helpyourselfhelpothers.org).

Also be aware that Medicare now covers annual depression screenings as part of their free Welcome to Medicare visit for new beneficiaries, and free annual wellness visits thereafter.

### Get Help

If you are suffering from depressive symptoms, you need to see your doctor for a medical evaluation to rule out possible medical causes. Some medications, for example, can produce side effects that mimic depressive symptoms – pain and sleeping meds are common culprits. It's also important to distinguish between depression and dementia which can share some of the same symptoms.

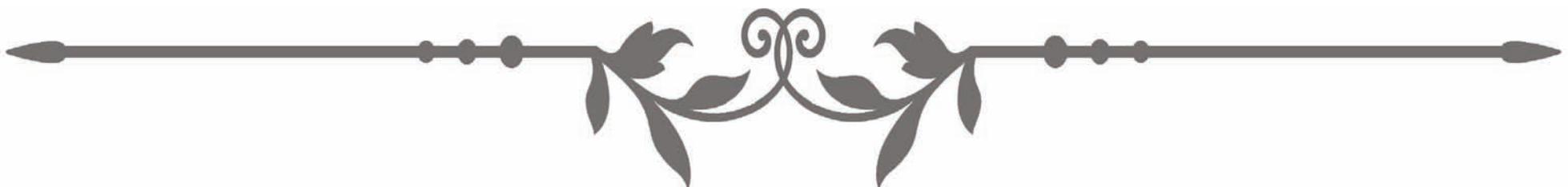
If you're diagnosed with depression, there are a variety of treatment options including talk therapy, antidepressant medications or a combination of both.

Cognitive behavioral therapy (CBT) is a particularly effective type of talk thera-

py which helps patients recognize and change destructive thinking patterns that leads to negative feelings. For help finding a therapist who's trained in CBT, ask your doctor for a referral, check your local yellow pages under "counseling" or "psychologists," or check with the Association for Behavioral and Cognitive Therapies ([abct.org](http://abct.org)), or the Academy of Cognitive Therapy ([academy-ofct.org](http://academy-ofct.org)).

Another treatment worth mentioning is a relatively new procedure called transcranial magnetic stimulation (TMS). This FDA-approved treatment uses a small electromagnet placed on the scalp right behind the left forehead, and delivers a tiny electric current to the part of the brain linked to depression. TMS is currently available in about 420 psychiatrist offices around the country (see [neurostartms.com](http://neurostartms.com)) and is very effective for older patients.

The National Institute of Mental Health offers a variety of free publications on depression that you can order at [info-center.nimh.nih.gov](http://info-center.nimh.nih.gov), or call 866-615-6464.



# Silver Alert Program Helps Save Seniors

By Jacob Bemby  
*Greene Publishing, Inc.*

Celebrating its fifth-year, Florida's Silver Alert program is designed to send out alerts shortly after a senior citizen with Alzheimer's or dementia goes missing.

Since its inception, there have been 712 alerts issued and 92 individuals found as a result of someone seeing a Silver Alert and recognizing the individual and calling law enforcement.

The Florida Silver Alert plan began after then-Gov. Charlie Crist signed an executive

order on Oct. 8, 2008. The Florida legislature made it law in 2011.

The plan alerts local law enforcement, who help in the rescue of elderly people with Alzheimer's or other related diseases which alter their mental faculties. It uses the media to broadcast the information, as well as uses highway message signs if there is a vehicle involved. It has also partnered with AAA South to issue notifications to AAA automotive service vehicle drivers in Florida.

If the missing senior happened to be driv-

ing a vehicle, the Florida Department of Law Enforcement's Missing Endangered Persons Information Clearinghouse is requested to activate the Florida Silver Alert and use the Florida Department of Transportation's dynamic message signs.

Follow-up assistance is provided to the senior once he or she has been recovered through the Department of Elder Affairs, the Area Agencies on Aging and Florida's Memory Disorder Clinics.

# Greenville Holding Health Fair For Seniors

By Lynette Norris  
*Greene Publishing, Inc.*

The "Healing Help For Seniors Health Fair" is coming to the Greenville Senior Center, Wednesday, Oct. 23, from 10 a.m.

until 2 p.m.

The Center, located at 166 SW Onslow Street, will have lots of information on senior health concerns, with informative presentations, vendor booths and

door prizes. A free lunch will also be served to fair attendees.

For questions or more information, contact OAA Coordinator Angie Cisco at (850) 973-4241.



# LPM

## Lake Park Of Madison

Skilled Nursing & Rehabilitation Community

Come Visit

# "Park Place"

Our Private Suites In  
Our Transitional  
Rehabilitation Unit

Services We Provide Are:

Physical Therapy • Speech Therapy • Occupational Therapy

Out Patient Therapy • Nutritional Programs

IV Management • Respite Care • Wound Care Program

Come and see what makes us different.

We welcome your visit at any time.

For information, or to  
schedule a tour, please contact:

Karen Kocan, Admissions; Conie Walker, DON;

Ashley Sevor, Director of Social Services;

Frank Nathan, Executive Director

259 SW Captain Brown Rd.

Madison, Florida

(850) 973-8277

Fax (850) 973-3648

Lake Park of Madison accepts Medicare,  
Medicaid, Private Pay, and Managed Care.

We are convenient to Madison, Monticello, Perry,  
Jasper, Live Oak, Lake Park, Valdosta and Tallahassee.



*The Art Of Caring*

## Beating Heart Disease, Know The Facts

By *Eliot A. Brinton MD, FAHA, FNLA*

Heart disease is America's number-one killer. Yet many of the negative outcomes associated with the disease are preventable, thanks largely to cholesterol-lowering drugs called statins.

Unfortunately, statins don't work if patients don't take them, yet as many as three-quarters of patients stop taking their statin medication within the first year.

This has to change. In the quarter-century since statins were first introduced, dozens of clinical trials in hundreds of thousands of patients have shown that statins can prevent heart attacks and stroke and help save lives. In one study of over 17,000 patients in 26 countries, statin users had 54% fewer heart attacks, 48% fewer strokes, and 20% fewer deaths, compared with

patients who took a placebo.

Statins work mainly by reducing patients' levels of LDL, or "bad," cholesterol by as much as 50%. High levels of LDL can lead to atherosclerosis, or hardening of the arteries, which is the primary cause of heart disease.

So why do so many patients stop taking their statins - or refuse them in the first place?

A common concern is the myth that statins cause liver damage. Statins can increase the blood levels of some liver enzymes, and so it has been assumed that they can harm the liver, or even lead to liver failure. But according to a recent study in the *Lancet*, a prestigious medical journal, statin-induced hepatotoxicity - the scientific term for liver damage - "is a myth." The study found that patients taking statins suffered no additional liver

damage compared to people who didn't. The U.S. Food and Drug Administration has even removed the recommendation that liver enzymes be monitored routinely in statin-taking patients.

Another major recent concern about statins is that they can cause diabetes.

Statins can indeed raise blood sugar levels slightly - and thus increase the risk of developing diabetes by about 10% or so.

A recent article, however, in the *Journal of the American College of Cardiology* has clarified this point, finding that statin use only increased the incidence of diabetes in patients who already had multiple risk factors for the disease. In a commentary on the study, Dr. Gregory Nichols of the Kaiser Permanente Center for Health Research said, "We can now be reasonably

comfortable that statins increase diabetes only among people who are probably going to develop it anyway."

Statins reduce the risk of cardiovascular events even in patients who develop diabetes, and the risk-benefit ratio of statin use remains positive; even for patients at high risk of developing diabetes.

Another concern is how statins interact with other medications. As many as 75% of medications - including warfarin, beta-blockers, antidepressants, and anti-HIV medications, among others, are metabolized through one set of pathways in the liver; called Cytochrome 450 (CYP450). When these, and some other medications, are taken with statins there can be "unanticipated adverse reactions or therapeutic failures." A recent survey of over 10,000 statin users found

that 84% were taking a prescription, over-the-counter medication, or dietary supplement that could adversely react with their statin.

Patients prescribed statins should ask their doctors whether the medicines or supplements they're already taking can adversely interact with statins.

Such conversations can help choose the best statin treatment to a patient's unique medical history, cultural perspective, and personal circumstances - and result in a personalized treatment plan.

This year, 785,000 Americans will have a heart attack, and nearly 600,000 will die of heart disease. That's more than one person every second.

Statins are our most important tool in the fight to prevent these terrible causes of suffering and death. Indeed, widespread

statin use accounts for much of the progress we've made against heart disease over the past two decades. The problem, however, is far from solved. Patients can and should be proactive by having their cholesterol levels checked - and by following up with their doctors to start or continue whatever treatments may be needed, whether changes to diet and lifestyle or the use of a statin or other medication regimen.

Statins will work only if we take them - intelligently.

*Dr. Eliot Brinton is the Director of Atherometabolic Research at the Utah Foundation for Biomedical Research and was recently a co-author of the largest U.S. survey of statin users, the Statin USAGE survey, which was sponsored by Kowa Pharmaceuticals America, Inc.*

# SURGICAL AND MEDICAL CARE OF THE EYES

850-942-3937 (EYES)

## CATARACT SURGERY

- State Of The Art, No Shot, No Stitch, No Patch
- Premium Lens Implant
- Wave Front Lasik
- Laser Glaucoma Surgery And Testing
- Comprehensive Medical Eye Care

**THOMAS L. LAWRENCE, MD PA**  
OPHTHALMOLOGIST

3401 Capital Medical Boulevard • Tallahassee, FL 32308  
Capital Health Plan • BCBS • Medicare • Most Insurances Accepted

## Health Life Hacks 101

By Amber Houston  
Greene Publishing, Inc.

All around the internet, people are posting about “Life Hacks,” simple, low-budget ways to make life easier. These include repurposing ideas, cleaning tips, cooking tricks, and more. But which ones can be trusted?

Here are eight health-related Life Hacks, that have been tested, researched, and verified.

**“Putting Vodka on your face reduces the chances of acne breakouts by tightening your pores.”**

This Life Hack is true. Alcohol, such as isopropyl alcohol that can be found in any pharmacy, is astrin-

gent. Many facial soaps are also astringent. The word astringent derives from the Latin *astringere*, which means to bind together, which is exactly what astringent soaps and treatments do to the skin—tighten or bind together the pores. What gives these treatments astringency is alcohol content, or use of other astringent ingredients such as lemon oil or oak bark. Alcohol, even the stuff that was made to drink, is also astringent by its nature, so vodka would work to tighten the pores and prevent acne breakouts. To use, soak a cotton ball in vodka, and gently apply to acne-prone areas, rubbing in small circles to

help exfoliate.

**“Feeling too hot? Run your wrist under a cold tap for at least 5 minutes. It’ll cool your blood down.”**

This Life Hack is true, and pretty self-explanatory. The veins in a person’s wrist are close to the surface, and running cool water over them cools the blood. A person can also dab a little water on their temples to cool off. Several websites recommended this technique for cooling off at summer weddings or other outdoor events. Naturally, this works both ways, so if someone is cold and can’t get warm, run very warm water over your wrists.

**“If you’re ever**

**feeling upset, exercise. You’ll feel 100 times better.”**

This Life Hack may be exaggerating a little, but it is fundamentally true. Exercise relieves stress. The Mayo Clinic relays three reasons for this. First, exercise releases endorphins in your brain. These endorphins are what make what is usually referred to as “runner’s high.” Any form of exercise can result in a runner’s high, though, so if running isn’t the most enjoyable, take heart: yoga, aerobics, swimming and more releases endorphins. Second, it is “meditation in motion.” Exercise forces the exerciser to think about the actions they

are doing, and not the stresses of the day. Third, it improves mood. Exercising brings a feeling of self-confidence, improves sleep patterns, and reduces depression and anxiety.

**“Want whiter teeth? Gently rub the inside of a banana peel around your teeth for two minutes. The minerals will absorb into your teeth and whiten them!”**

This Life Hack is (surprisingly) true. Even a few dentists have taken a stance online, and verified its accuracy. Southeast Family Dental of Indianapolis, Ind. writes this: “That’s right, the high amounts

of potassium, magnesium, and manganese in the ripe banana can be applied to the teeth to remove stains and whiten them.” They suggest peeling the banana from the bottom up so that the stringy peel pieces do not come off. They say to then cut a square of the peel to make it easier to handle for two minutes, and then to brush with the toothpaste of choice. Bananas are also high in calcium and vitamin D, and these two properties will help strengthen teeth as well as whiten them.

**“Want to lose weight? Don’t eat anything four hours**

*...Story continued on 9B...*

# TOBACCO FREE MADISON



Come and see how you can be part of building  
a tobacco free legacy in Madison County.

For more information please call

**973-5000**



For more information go to  
[www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com)

# Life Hacks 101

## Continued from Page 8B

**before you go to bed. It makes a huge difference."**

This Life Hack is partially true. The "four hour" part is a little excessive, but a recent study has proven that eating before bed has a direct correlation with weight gain.

In a study led by Dr. Satchidananda Panda of the Salk Institute for Biological Studies, rats were separated into two groups. One was allowed to eat at will, and one was only offered food during an eight-hour period. The group that ate whenever they pleased showed 70% more fatty

deposits. This is because the constant eating outside of a patterned routine threw off the rats' metabolic cycles (and therefore affected their metabolism). Tam Fry of the National Obesity Forum suggested three meals a day, and no late night snacking.

**"Eating tomatoes helps to prevent sunburn. Tomatoes provide the best defense against sun damage."**

This Life Hack is quite surprisingly true. Although it can be contended that some people are so susceptible to sunburn that nothing helps, NBC News has this to say about toma-

atoes: "This is true, thanks to tomatoes' high lycopene content. Volunteers in one study who consumed five tablespoons of tomato paste daily for three months had 25 percent more protection against sunburn. Even better, skin had more collagen, which prevents sagging. German scientists also report that higher skin levels of this antioxidant correlate to fewer fine lines and furrows. Toss some on top of some romaine lettuce for the perfect skin-health salad: six leaves of romaine lettuce provide more than 100 percent of your daily value

of vitamin A, which revitalizes skin by increasing cell turnover." Who knew?

**"Want to get rid of bad breath? Brushing your teeth is important, but it's more important to brush your tongue: that's where bad breath starts."**

Also true. The Mayo Clinic backs this claim up as well, saying, "Giving your tongue a gentle brushing removes dead cells, bacteria and food debris. Use a soft-bristled toothbrush or a flexible tongue scraper. Another option is to use a toothbrush with a built-in tongue cleaner

on the back. Try to clean as far back on your tongue as you can without gagging because the bacteria tend to collect toward the back."

**"Drinking two cups of water before meals can make you lose an average of 4.5 more pounds within 12 weeks than if you don't."**

The poster of this Life Hack seems to be quoting a recent study reported on by Catherine Paddock, Ph.D. with *Medical News Today*. Participants in the study were split into two groups: those who did and didn't drink

two glasses of water (16 ounces or a pint total) before each meal. The water drinkers shed 15.5 pounds by drinking the allotted water and using a low-calorie diet. The non-water drinkers lost only 11 pounds with the same diet and no water before meals. This occurred over a 12-week period, just as the Life Hack mentioned.

While readers might want to research Life Hacks before implementing them—especially when they refer to health and wellness—it seems some jewels of knowledge can be found as part of the Life Hack craze.



- Homelike Atmosphere
- Newly renovated private rooms
- Semi-private accommodations
- Close to family and friends
- Physician visits as needed
- Nursing: RN, LPN, CNAs
- Staffed above requirements with warm, friendly staff
- Plan of care meeting within 72 hours with resident and family (includes discharge planning)
- Registered Therapists for evaluation and treatments
- Restorative Nursing Program
- Wound Prevention Precautions
- Courtesy van transport to medically necessary appointments
- Podiatry and Mental Health Services provided on-site
- Individual and group activities daily, outdoor and off-campus
- Menu selection for meals
- Cable TV
- Salon Services
- Courtyard with gazebo and gardening area
- Fishing pond with dock



★ ★ ★ ★ ★ **FIVE STAR FACILITY**

- WiFi for wireless access
- Designated outdoor smoking area
- Chaplain and worship services
- Resident Council
- Assistance with Medicaid applications
- Only Federal contractor for VA in Madison County

Centrally located in the heart of  
Madison County within 30 miles of  
Valdosta and Quitman, Ga.,  
Perry, Live Oak and Monticello;  
and 50 miles from Tallahassee, Fl.

**2481 West US 90, Madison Fl. 32340**

(Between the high and central schools)

**(850) 973-4880**

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

## Flu Shots, Shingles Shots, And Pneumonia Shots

By Lynette Norris

*Greene Publishing, Inc.*

Why get flu shots? Why get any shots for that reason?

That may be the reaction of the average healthy adult. They may reason that they're not elderly, not prone to illnesses, hardly ever get sick, etc. Besides, those shots cost money.

The other side of the coin is, why take the chance on getting sick and missing a week or more of work, especially if you're paid by the hour?

The reality is if you get hit with Type A flu virus, you may be staying home for a week or more. Even if you were capable of dragging yourself to work, you would be highly contagious and your coworkers would hate you for it. The aches and pains of this type of flu

can be debilitating, and the nausea can make it a challenge to even keep the medication down for the first two or three days. Type A is capable of infecting both animals and humans, although humans are more likely to get it. The most common hosts for this type of virus are birds. Type A flu viruses are also the ones that cause the flu epidemics.

Type B flu infects only people. Sometimes the symptoms are milder than type A flu, but other times it can knock a patient just as flat out. It's a gamble as to how sick it will actually make you, but it can get bad.

Type C flu affects only people and it has milder symptoms. It won't make you quite as sick, but it can make you contagious and not very popular with your

coworkers if you try to work through a bout of this. Type C viruses are not responsible for major epidemics.

Now – what about shingles?

The lifetime risk of getting shingles is about one in three for the average adult. People who have had chicken pox as children already have the shingles virus in their blood. A shingles vaccination keeps the virus from becoming active and erupting into a painful rash that some patients describe as “burning like fire.” The reason the shingles rash is so painful is that the virus infects the nerve endings as well as the skin.

The older a patient is, the more severe the effects can be, which is why shingles vaccinations are recommended

for people 60 and older, although the vaccines can be administered to younger individuals. Unlike flu vaccines, which have to be administered every year, the shingles vaccine need only be administered once.

For pneumonia, the different forms of pneumococcal vaccines designed to protect different age groups (children, adults 19-65 with certain risk factors, and elderly people over 65) provides protection that can last for several years and should be renewed periodically, according to a person's age and general health.

As always, there are certain individuals who should not be given vaccinations, such as pregnant or nursing women, or patient with compromised immune systems.

For more information about who does and who doesn't need vaccinations, visit the CDC's website at [www.cdc.gov/vaccines/vpd-vac](http://www.cdc.gov/vaccines/vpd-vac), or speak to your health care provider.

Locally, some vaccinations are available at the CVS pharmacy in downtown Madison. The flu shot vaccine is currently available, and as of press time, vaccines for shingles and pneumonia were expected to arrive soon. You do not need an appointment, but the best time to go to avoid a long wait is before 3:30 p.m. and earlier in the morning. For more information, call (850) 973-3019.

Winn Dixie Pharmacy also offers flu shots this year, and as of press time is awaiting shipment of shingles vaccines. The best time to go is between

11 a.m. and 1 p.m. For more information, call (850) 973-2719.

North Florida Pharmacy off SR 53 offers all three vaccines. The best time to go is between 10 a.m. and 2 p.m., but the pharmacist is not in on Thursdays. For more information call (850) 973-8120.

The Madison County Health Department offers flu shots and pneumonia shots, but call first to make an appointment during the regular hours of operation, Monday through Friday. The Health Department also does not bill anyone's health insurance, so payment is required when the vaccinations are received; \$20 for the flu shot and \$75 for the pneumonian shot. For more information, call (850) 973-5000.

# The New Madison County Memorial Hospital



## Hospital Board

Annette Johnson, Chair

Jim Sale, Vice Chair

Oliver Bradley, Secretary

Shirley Joseph, Director

Ben Harris, Director

Howard Phillips, Director

# Coming Summer of

# 2014

*Faith • Family • History*

## Blood Donors Observe Breast Cancer Awareness Month

### *Think Pink, Give Red In October*

Blood donors play a crucial role in the lives of breast cancer patients. More than 230,000 people are expected to be diagnosed with breast cancer in the next year. What many people may not realize is that due to the harsh effects of chemotherapy, many cancer patients often require blood transfusions.

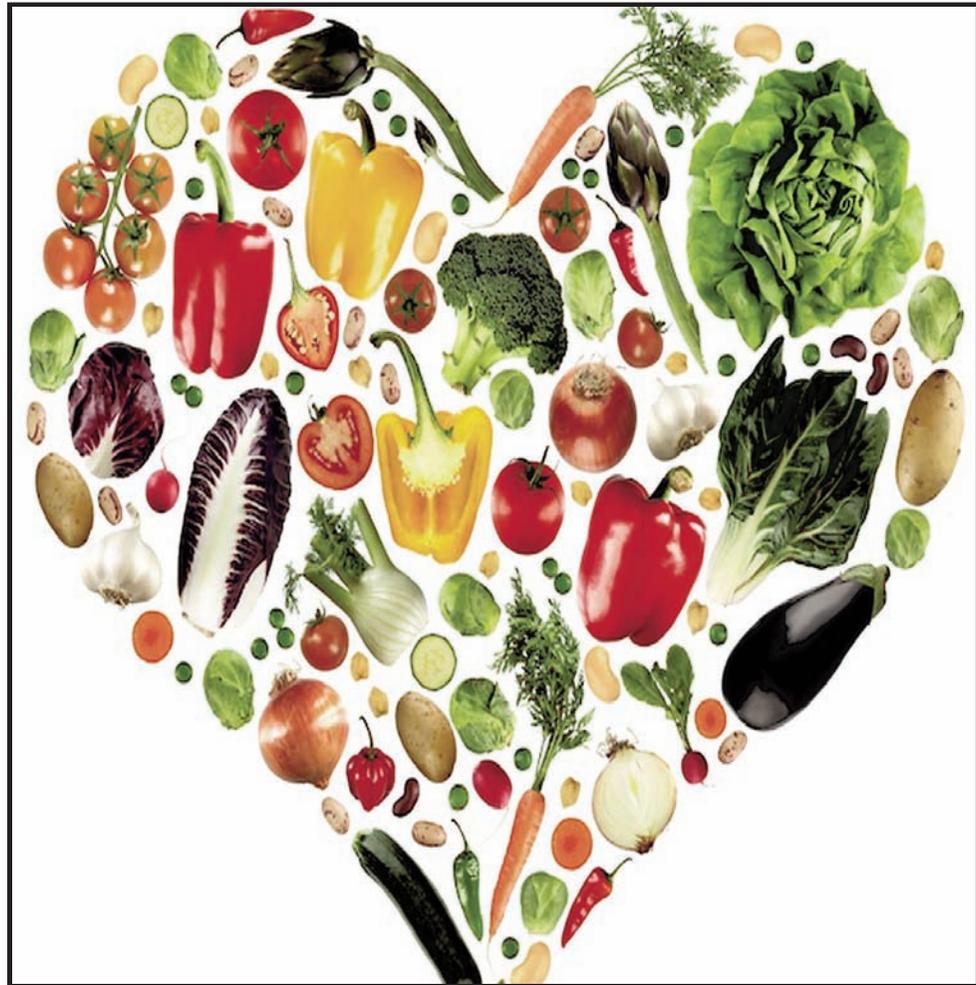
As the nation observes Breast Cancer Awareness Month all blood donors who donate blood or platelets at any OneBlood Donor Center location

between October 1 and October 20 will receive a Pink Awareness Ribbon car magnet. Plus, donors will be able to dedicate their lifesaving donation by completing a special "I donate in honor of" card. The card can honor someone who has fought or is currently fighting breast cancer. These special cards will be displayed in the donor centers throughout October.

All blood donors receive a wellness check-up including blood pressure, temperature, iron count and cholesterol

screening. Blood donors must have a valid ID to donate blood.

Every two seconds, someone needs a blood transfusion. Blood donations profoundly affect the lives of patients in our community. In many cases one donation can save up to three lives. Generally, healthy people age 16 or older who weigh at least 110 pounds can donate blood. For more information about donating blood, center locations and hours, please visit [www.oneblood.org](http://www.oneblood.org).



The Power to  
**Prevent Elder Abuse**  
Is in Your Hands

Elder Abuse.  
Neglect. Exploitation.  
It happens to **your** friends,  
neighbors and family.

To Learn More, Call:  
**1-800-96-ELDER**  
(1-800-963-5337)

To Report Abuse, Call:  
**1-800-96-ABUSE**  
(1-800-962-2873)

DEPARTMENT OF  
**ELDER AFFAIRS**  
STATE OF FLORIDA

DEPARTMENT OF  
**DCF**  
COMMUNITY SERVICES

PREVENT  
**ELDER ABUSE**

# LAFAYETTE CHIROPRACTIC CLINIC

*Whiplash?*

An immediate spinal examination  
will ensure a healthy, rapid recovery.

*Therapeutic Massage.*

The number one preventative  
health measure for stress reduction.

*Headaches.*

We believe they are not a pain  
you are forced to live with.

**30 Years of Service**

**Jan Elkjaer Jensen**  
CHIROPRACTIC PHYSICIAN

1844 Fiddler Court, Suite B  
Tallahassee  
(850) 222-2952

Now Accepting Most  
Medical Insurances.



# NORTH FLORIDA PHARMACY

**OF MADISON**

**FREE**  
**Local Delivery**  
**Ask Us About It!**



Karen Wieland, Liz Brooks,  
Linda Bezick, A.J. Troller,  
Brittany Keen

*Come See Us For All  
Your Pharmacy Needs!*

**Serving  
Madison County**

139 SW Macon Street • Madison, FL 32340 Phone: 850-973-8120 • Fax: 850-973-8122

## Denture Wearer? Mouth Pain?

*Compassionate, Experienced and Professional*

- Improved Smile • Increased Confidence
- Better Dental Health and Greater Comfort
- Dentures, Partials, Implants, On-Site Denture Lab



William T. McFatter III  
DDS, FAGD, FICOI, FADIA

BeachtonDenture.com

**FREE Adjustments For 1 Year**

Same Day Service on:

Dentures, Acrylic Partials, Repairs & Extractions  
Mon - Thur 7:30 to 4:30 by Appointment



US Hwy 319 (between Tallahassee & Thomasville)

1 1/2 Miles North of the FL & GA State Line

**CALL 229-377-6588**

**1-800-521-7275**



**NORTH AMERICA**  
Madison Bottling Plant  
NestleWatersFL.com

**Drinking water  
is the right choice for  
healthy family hydration.**