

## Madison Resident Involved In Wreck



By Jessie R. Box  
Greene Publishing, Inc.  
Cody Cimiotta, 20, a resident of Madison, was involved in a single car accident, Friday, May 2. According to the FHP report, Cimiotta was traveling north on CR 255, just north of Coriander Loop. He lost con-

trol of his 2000 Chevrolet Silverado causing the vehicle to travel off the roadway and onto the west shoulder. As a result, the truck's front collided with a tree. The truck's final resting place was facing west on the west shoulder of CR 255. Cimiotta was transported to South Georgia Medical with

a listing of serious injuries. According to the FHP report, it is pending whether this accident was alcohol related. According to Cody Cimiotta's Facebook page, he broke his back and pelvis. He also tore a ligament in his neck and his mouth is wired shut.

## MAN CHARGED WITH BURGLARY AND THEFT



Lonnie Hagan  
Submitted by Madison County Sheriff's Office

Madison County Sheriff Ben Stewart reports that on Sunday the 4<sup>th</sup> of May at approximately 1:08 p.m., the Madison County Sheriff's Office

received a call to respond to a residence in Greenville concerning a burglary and theft. Upon the arrival, Sheriff's Deputies learned that late Saturday night at approximately 11:45 p.m., the owner of a 2002 Ford Explorer had went outside to their vehicle to retrieve some items only to discover Lonnie Yates Hagan sitting inside the vehicle. The owner demanded for Hagan to exit the vehicle and leave the area. The owner did not suspect  
**See Burglary On Page 3A**

## Relay For Life Starts Tonight At 7 P.M.

Come join the Madison County Relay for Life teams and members of the Madison County community as they hold their annual overnight relay walk against cancer. The event starts tonight with a welcoming ceremony that begins at 7 p.m., held at the Madison County High School. After the welcoming ceremony, the relay kicks off with a jubilant survivor lap, followed by a caregiver lap, preceding the evening's activities and entertainment. The event is a real community effort as participants across Madison County have come together to provide food,

donations, entertainment and activities through the long hours of the night. The event will run all evening and end at 7 a.m., Saturday morning. As a reminder, immediately following the Relay for Life event, there will be a 5K run that starts at 8 a.m., on the track to continue raising money for the American Cancer Society's, as well as Madison County's, fight against cancer. For information on the Relay for Life event, contact Renae Williams at (850) 673-8492, or for information on the 5K run, contact Danyel Rucker at (850) 673-8539.  
**See Relay For Life On Page 3A**



## New Home Fire Chief Receives White Helmet

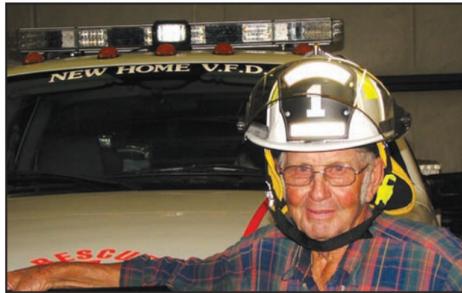


Photo Submitted By Pat Lightcap

Chief Pickels is all smiles when he wears his new white Chief's helmet that he received from the volunteer firefighters at New Home Volunteer Fire Department.

After 36 years of service to New Home Volunteer Fire Department in Madison County, Chief Jack Pickels has earned his first White Chief's helmet.

On the evening of May 5, the members of New Home Volunteer Fire Department held a special meeting at their station to present the helmet to Chief Pickels who was instrumental in starting the all-volunteer department in 1978. He has never wavered from his duties as Fire Chief or in his commitment to Madison County. The members of NHVFD would like to give Chief Pickels a public "thank you" for all of his dedication through the 36 years of guiding the department in fire fighting activities. Chief Pickels is very fiscally conservative with county monies and would never purchase a white helmet for himself. Rather he would spend the funds to better the department and support the needs of the firefighters he supervises. The members decided (without input from Chief Pickels) that it was time for him to wear the white helmet that designates the Chief. The Madison County community thanks Chief Pickels for all that he has done and continues to do.

## Annual Gator Golf Classic, Monday, May 19

Story Submitted  
The 4<sup>th</sup> annual B.F. Killingsworth Gator Golf Classic is coming Monday, May 19 to the Madison County Golf and Country Club. The namesake for the golfing event, B.F., has been the driving force of the Madison County Gator Club Scholarship fund for more than 13 years and has raised more than \$40,000 in scholarship funds to enable students to attend the University of Florida. More than 30 graduates of UF have been students from Madison County that received Gator Club scholarships. This past year, the Madison County Club awarded nine Madison students with scholarships to the university. If you are interested in playing in this year's classic, there are still spots available for the 9 a.m., and 1 p.m., tee times. The event will also have a special treat: Walt's Live Oak Ford will be sponsoring a Hole in One, with the lucky winner receiving a 2014 F150 truck. Other great items will be given away as well. All proceeds from the tournament will go towards the scholarship fund. We appreciate all the sponsors and players because without your support, B.F.'s dream would not be able to continue. For more information contact Stefanie Thomas at (850) 464-1177. Go Gators!

## DISC GOLF TOURNAMENT WILL BENEFIT MADISON YOUTH RANCH

By Lynette Norris  
Greene Publishing, Inc.  
Disc golf? Think of it as frisbee golf; instead of hitting a ball into a hole in the ground, the players throw frisbee-like discs into metal baskets. The idea is much the same as in regular golf, to get through 18 holes/baskets with the fewest number of throws. You won't need clubs, but you'll need discs, and you'll need a good aim and an accurate throw. This Saturday, May 10, you'll have a chance to play disc golf in Madison County's First Ever Disc Golf Tournament. The fun starts at 8 a.m., with on-site registration at the Madison County Youth Ranch, 1647 Captain Buie Road, near Pinetta. The \$15 registration fee includes two rounds of 18 holes. The temporary course will be set up through hundreds of wooded acres throughout the Madison Youth Ranch location. You can play in an Open or Recreational Division. Discs will be available to purchase, and lunch will be sold between rounds. Proceeds from the tournament will benefit the children at the Madison Youth Ranch/Florida United Methodist Children's Home. For more information, contact Craig Wilson at (850) 508-4795 or email him at [craig.wilson@flhealth.gov](mailto:craig.wilson@flhealth.gov).

## Lee Town Meets, Schedules Two Special Meetings

By Jessie R. Box  
Greene Publishing, Inc.  
Lee Town Council schedules two special meetings for the month of May. The first special meeting is May 13 at 6 p.m. The town will have a workshop to discuss the Town Manager candidates. The second special meeting is to interview the candidates for the Town Manager position and to discuss sewer lift station solutions with the architect firm, Reynolds, Smith and Hills on May 19 at 6 p.m. The Lee Town Council discussed the issue with the new lift station not pumping properly at Annett Bus  
**See Lee Town On Page 3A**

## Woman Assaults Deputy



Lisa Gordie  
Submitted by Madison County Sheriff's Office

Madison County Sheriff Ben Stewart reports that on Monday, May 5, at 6:10 p.m., deputies responded to a residence in regards to a suspicious female who was not known by the homeowner looking around the property. The female later identified as Lisa Marie Gordie, departed the property in a black Dodge truck prior to the deputies arriving. After making contact



with the homeowner deputies were informed that Gordie had asked the homeowner if she had any scrap metal that she could have. Deputies located a black Dodge truck matching the description given by the homeowner South of the residence traveling North on the shoulder of the road. Deputies conducted a traffic stop on the Dodge truck and found that Gordie was the driver and a male identified as Jonathan  
**See Assault On Page 3A**

Index			
2 Sections, 26 Pages			
Viewpoints	2A	School	12A
Around Madison	3-10A	Classifieds/Legals	13A
Sports	11A	Health Guide	Section B

Local Weather			
<b>Fri 5/9</b> 88/65 Intervals of clouds and sunshine. High 88F. Winds S at 10 to 15 mph.	<b>Sat 5/10</b> 84/66 Partly cloudy, chance of a thunderstorm.	<b>Sun 5/11</b> 85/67 Isolated thunderstorms. Highs in the mid 80s and lows in the upper 60s.	<b>Mon 5/12</b> 88/65 Partly cloudy. Highs in the upper 80s and lows in the mid 60s.

## Madison County Extension Service



**Diann Douglas**  
Guest Columnist

**Y**ou are thinking, oh no, another national observation about a health issue, do they ever end? The simple answer is no, because the food we eat has a major impact on our health and eating the right kinds of food can help prevent osteoporosis. It is a chronic disease that affects 44 million Americans. According to the National Osteoporosis Foundation; 10 million Americans currently live with the disease and another 34 million are estimated to have low bone density.

Osteoporosis occurs when bones become thin and weaken. Although it is preventable for most people, the risk factors are age, gender, family history, race and bone structure. Older people often experience a loss of bone density; women have less bone tissue and lose bone more rapidly than men. Caucasian and Asian women are more at risk, however, African American and

### May Is National Osteoporosis Prevention Month

Hispanic women are also at risk. If osteoporosis runs in your family, you are more at risk.

You may think bones are solid and set for life. Actually, bones are living tissue needing proper nutrition and exercise to stay healthy. Building strong bones can be the best defense against developing osteoporosis. The first step is getting a balanced diet rich in calcium and vitamin D. Other lifestyle habits include exercise, eliminating smoking and alcohol.

Calcium plays an important role in maintaining healthy bones. Be sure to get calcium-rich foods in your diet each day. Low fat dairy foods are an excellent source of calcium, consume three servings each day. Dark leafy greens and broccoli are considered a good source of calcium, so eat them often. In recent years, more food products have been fortified with calcium such as orange juice and cereal. You need to read the food labels to determine if the product is fortified.

Vitamin D works with calcium to maintain healthy bones; it actually helps your body absorb calcium. Think of it as a key that unlocks the door to allow calcium into

your bones. Dairy foods are fortified with vitamin D, other foods include egg yolks, saltwater fish and liver. Your body manufactures its own vitamin D when you are in direct sunlight. Usually 10 to 15 minutes exposure of hands and arms several times a week is adequate.

Like muscles, bones respond to exercise by becoming stronger. A lack of exercise, particularly as you get older, may contribute to low bone mass. Weight bearing exercise like walking, jogging, stair climbing and dancing will help strengthen bones. Before you start an exercise program, consult your doctor.

On May 19<sup>th</sup>, I will be presenting a program with my colleagues from the Madison County Health Department. Catch the Silent Thief will be presented at 10 a.m., and again at 6 p.m. Learn the facts and what you can do to through food and exercise to prevent the disease. For those who already have osteoporosis, learn what you can do to optimize your health. Register by calling the Extension office at 973-4138.

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

## Something To Think About

By Harvey Greene



**Harvey Greene**  
Guest Columnist

**T**here is an old Celtic saying, "Never trust a man that walks without a limp." It is not talking about a physical limp. It means that you should never trust someone who has not been broken at some point in their life. C. S. Lewis, the author of "The Chronicles of Narnia", and noted apologist, said once that "It is doubtful whether God can use a man greatly until first He wounds him."

This is not a limitation on God, it is a limitation on man. The man who has never lain flat and broken, crying to God for mercy and help, cannot know how great the Power of God truly is. We all have heard, "you don't know what you have until you lose it." Why would you think that the same thing does not apply to God's grace and mercy? The most trustworthy and useful of God's disciples are those that have been truly, and I mean truly, humbled before God.

With that being said, then what would be the greatest sin? That's easy - the opposite of humility - pride. All other sins first spawn from the sin of pride. If you are

### HUMBLE YOURSELF AND PRAY

not first prideful, you would not willingly commit these other sins. All sins against someone else, are preceded by thoughts that your needs outweigh the needs of others. Murder, rape, theft, racism, prejudices, hatred, gossip, bullying, slighting someone, thinking bad thoughts about someone - all of it first stems from us thinking that our needs outweigh the needs of someone else. Our rights outweigh the rights of someone else. I'm better than they are because I am... They should not be allowed to... because they don't... I am better than them because I am a better Christian.

If pride is the greatest sin, would not then the greatest form of pride be that of Spiritual Pride? Spiritual Pride is the thought process that I know the exact meaning of the Bible and what it says, more than anyone else. That is what gives me the right and power to pass sentence over others who disobey. Is that not prideful?

Of course we all think we are right. If we thought we were wrong, we'd change to what we thought was correct. Duh. And I am not saying that there is no place for teaching the Bible. Of course it is our duty to educate and help others. Preachers, teachers, lay persons, even me as I put words on paper. Helping others not only physically but mentally and spiritual-

ly is what this life is all about.

The point I am making, however, is that NO ONE has the ultimate answer. Why? Because you are not God. I am not God. We are human, and therefore in some ways, we are all wrong. The prideful thing is to believe that we are right enough, that I am valid to interpret God's word and use it to dictate punishment on those I deem as less correct.

If we are to believe the Bible, we really have only two choices:

1. *Pride goeth before destruction; a haughty spirit before a fall.*

(Proverbs 16:18)

2. *If My people, which are called by My name, will humble themselves and pray, and seek My face, and turn from their evil ways, then I will hear from heaven and will forgive their sins and heal their land.* (2 Chronicles 7:14)

Sitting in church does not mean you are seeking God. Conversely sitting at home on Sunday does not mean you are not seeking God. "...humble yourself and pray, and seek My face..."

As long you pray for others to change to the way you know God wants them to act, it is not humility. You should be praying for God to change YOU to how HE thinks. Until you genuinely tell God that you have no clue what HE wants, then you have never humbled yourself before HIM.

Think about it.

## Jacob's Ladder



**Jacob Bembry**  
Columnist

**W**ith just a look, she would make me feel like I'd had the worst whipping of my life, but with a soft word and a hug, I knew that she still loved me. I wish that I still had my mama with me and that I could cele-

### Mother's Day

brate Mother's Day with her by giving her a rose and taking her to church with me.

There is no gift that I could give, however; that could match even a small percent of what she is receiving right now. Blessings are showered upon her each day as she rejoices in the presence of the King of Kings.

Jesus told us to not let our hearts be troubled that He was going to prepare a place for us. He had Mama's ready on Jan. 16, 1999. Fifteen years and one week later, my daddy's place was ready also. Their new homes were not built by

just any laborer - they were built by the Master Carpenter.

I hope, as everyone celebrates Mother's Day this Sunday that they stop and remember all the good times they had with their mothers and how much their mother sacrificed to make sure their lives were just a little bit better - or maybe a whole lot better - than theirs.

I loved my mama. I wish that I had told her that a lot more when she was on earth. Man up, or woman up, and tell your mother that you love her, not just Sunday but every chance you get.

Read Jacob's blog at [www.jacobbembry.com](http://www.jacobbembry.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 Bembry, P.O. Box 9334, Lee, FL 32059. Contact him at [jacobbembry@hotmail.com](mailto:jacobbembry@hotmail.com).

## Conservative Corner

By Nelson A. Pryor, Lee, Florida

### Imperial Presidency

**T**he migration toward the administrative state continues! The President, Obama, highlighted this himself, in his State of the Union address to Congress. There, he pointed out powers he said he was going to use. All with just his "pen and phone."

#### Pen and Phone

He claims power verging on dictatorial! Just look at health care, the Internal Revenue Service treatment of conservative groups, and the National Security Agency's surveillance program, to name a few.

Does the President view himself as above the law? No other President has superseded the laws of Congress by deliberately ordering certain parts of his signature health care law be delayed.

He has also started to selectively choose which laws his administration will enforce. Notably, immigration law. Since 2012, his administration has made the immigration law something like swiss cheese, selective enforcement, as in, full of holes.

He has certainly riled the farmers with his directive to the Environmental Protec-

tion Agency, to override Congress, and exceed the law, to devise and issue rigorous carbon regulations on their own aggressive timetable, as well.

Jonathan Turley, a law professor at George Washington University who has testified before Congress on the issue of executive power, said that: "President Obama has aggregated power in the executive branch to a degree most thought would have been practically impossible."

Congressman Raul R. Labrador, of Idaho, tells the NY Times for April 1, 2014, that constituents who attended his town meetings have this common refrain: *We have a President who has decided to violate the law, who has decided to not comply with certain laws, that he decides which laws he will execute and which laws he will not execute.*

In a conservative State like Georgia, the rhetoric that helped give rise to the original Tea Party movement in 2010 - an emphasis on the Constitution and returning the country to the original straight jacket of the founding fathers - is making a resurgence.

"I think the biggest danger our govern-

ment is facing right now is they're undermining the Constitution," said Melanie Adams, 51, of Powder Springs, Ga. The President, she said, "is assuming powers not granted to him and without a system of checks and balances, we will fall into anarchy and despotism."

Representative Eric Cantor, the majority leader, has just released an addendum to a 33-page report his office had already put out on the "Imperial Presidency."

"Our founding fathers truly believed that government should be a government of the people, by the people and for the people - not a government over the people," said Congressman Paul Broun, who is running for an open seat in the U. S. Senate, from Georgia.

The "Imperial Presidency" fits. Barack Obama because "Barack Obama thinks he's above the law and can do anything he wants with the help of his friends, Nancy Pelosi and Harry Reid."

Take Back America! Stop the Imperial Presidency! It's not too late! Believe! The Country that needs saving is our own!

**NOTE CHANGE - SMART METERS, By Tri County Electric - at JUNE 9 meeting**  
**THE REPUBLICAN CLUB OF MADISON COUNTY**  
**Meets May 12 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)**

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# From Page One

*World News*  
By Rose Klein

## Burglary

Cont. From Page 1A

pect that Hagan had taken anything from the vehicle. The following day, on May 4, at approximately 12:30 p.m., an acquaintance of the victim arrived and they further checked the area and vehicle to discover some prescription pills missing, \$80 in cash and at least one of the pills remaining on the seat where Hagan was seated.

Deputies obtained sworn statements from the victim and located Hagan at 572 NW Oriole Way in Greenville. Deputies engaged in conversation with Hagan concerning his whereabouts the night prior and Hagan confirmed he had been at

the victim's residence and was caught inside their vehicle. Hagan volunteered that he did not take any money or stuff from the vehicle however; deputies had not mentioned or questioned Hagan concerning any money being taken. Hagan became very irritated and was taken into custody without further incident.

Lonnie Yates Hagan was currently out on bond from recent charges of Fleeing/Eluding and two counts of Burglary while armed. Hagan's bond has been revoked and he was charged with the additional charges of burglary and theft.

## Assault

Cont. From Page 1A

Michael Williamson was the passenger, however Gordie provided a false name. While speaking with Gordie and Williamson, deputies observed Williamson conceal a sunglasses case between the passenger seat and center console. Deputies recovered the case and found it to contain Methamphetamine residue, two syringes and two cut straws. Williamson claimed ownership of the illegal drug items. Deputies conducted a probable cause search of the Dodge truck and discovered two shotguns and a .22 caliber handgun that was concealed between the driver seat and the center console. Both Gordie and Williamson were placed under arrest and transported to the Madison County Jail where Gordie's

true name and identity was learned.

Once at the County Jail Gordie became physically violent and grabbed the deputy's holster in attempt to get the deputies gun. Gordie began to fight with deputies and was restrained without injury.

Gordie was charged with possession of a firearm or concealed weapon by convicted felon, battery on law enforcement officer, resisting law enforcement officer with violence, violated probation or community control and the attached tag on vehicle was not assigned.

Williamson was charged with possession of a firearm during a felony, possession of a controlled substance and possession of drug paraphernalia.

## Relay For Life

Cont. From Page 1A

### Relay For Life: May 9-10, 2014

Time	Activity/Entertainment	Laps
6:00 PM	Committee Picture-Meet at Tent Opening Ceremonies Pledge: Lydia Fletcher National Anthem: Roberson	*****
7:00 PM	Welcome Ceremony	*****
7:20 PM	Survivor Lap followed by the Caregiver Lap	*****
7:40 PM	Cake Auction: Ab Townsend	*****
8:00-8:45PM	Becky's Dance Step Studios	*****
8:45-9:00 PM	Inspire Dance Team	Bubbles
9:00-9:30 PM	AKA Kids	Movie Character
9:30-10:00 P M	Zumba with Paige Peavy	Hula Hoop
10:00-11:00 P M	Luminaria Ceremony	*****
11:00-12:00 A M	Volleyball Tournament	ROAD TO RECOVERY Box Car
12:00-12:30 A M	New Testament	Favorite Sports Team
12:30-1:00A M	MISSION MOMENTS AND FREE MUSIC!!!	Flash Light
1:00 AM	Costume Contest	Glow Light Lap
2:00 AM	Scavenger Hunt	Tribute to Teams Music
3:00 AM	NFCC- Sentinel Upstage Players	Cowboy/Cowgirl
3:30-4:30 AM	Jeff Brewer- Cont. Christian Music	Walking Backwards
4:30-5:30 AM	Michael Keeler BAND	Duct Tape (Item to Wear)
5:30 AM	Yoga with Sheila	Silent
6:00-6:45 AM	DANCE PARTY!!!	Muffin Man
6:45 AM	Final Lap & Closing	Muffin Man

## Lee Town

Cont. From Page 1A

Lines. According to Plain, the engineer, Bill Steves, sent in his recommendation for five clean outs. Plain suggested only doing one and waiting to see if it works because there is no guarantee that the first one will work, much less five.

The town council wants to discuss the issue with Reynolds, Smith and Hills, before voting on whether to accept the proposed work order. The town council will have the town attorney, Scot Copeland write a letter requesting a meeting with Reynolds, Smith and Hills on May 19 at 6 p.m.

Plain brought up a legal ad that was placed in The Madison Carrier on March 12 about a water permit for JJJ & T Family Limited Partnership. It stated that the average daily use would be 3.9712 million gallons and the maximum annual withdrawal will be 1449.49 million gallons.

The town council is concerned about how this will affect their water wells since it is less than a mile from the site. The council voted for Copeland and Plain to write a letter requesting a staff report and to be kept in the loop about the decision made.

Ken Daniels, the town's auditor, presented the council with the 2012 - 2013 year audit.

"This past year was a very tough year for the town," said Daniels.

"You've had two years in a row, it has been very atypical and I certainly hope that this is the last one for a while."

According to Daniels, the town's cash flow is down \$57,000 compared to past years.

"We think you are going to have a \$30,000 in revenue excess next year," said Daniels.

Two issue that Daniels said he saw was the lack of payroll not being in categories such as, street, waste and water departments. Also entry classification, the state has a uniform accounting system manual that has to be used and the town needs someone familiar with it due to some misclassifications.

A representative from Jordan & Associates came to discuss the possibility of applying for a grant for comprehensive plan assistance to help reclassify an area of land that is on the East and West side of CR 255 towards I-10. The town council voted to give Town Manager Plain permission to discuss the possibility of the grant with Jordan & Associates.

Also on the agenda was a resolution for the town to take over the maintenance of the traffic signal. The town council made no decision. They want to clarify whether it is upkeep, including changing the bulbs or just paying the electric bill for it.

### Home Ec Students Attempt To Bake Cookies Laced With Marijuana

In Burlington, Iowa, four middle school students were arrested for attempting to bake cookies laced with marijuana. The 13-year-olds made the dough and left it to chill overnight before baking the following day. Other students who discovered the plan alerted school officials. "There was a concerned student that notified the school authorities," said Lieutenant Jeff Klein. "Hats off to that individual...and to parents because he did the right thing." All four students have been suspended and two have been charged with felony delivery of marijuana, while the other two are facing misdemeanor possession charges. The cookie dough was never baked or eaten.

### Teen Invites 89-Year-Old Great-Grandmother To Prom

In Rockford, Ohio, a 19-year-old teen asked his great-grandmother to his prom because she never went to hers. Austin Dennison asked his 89-year-old "Granny DD, Delores Denison, to his prom at Parkway High School. "I asked her if she would be my prom date," he said, "How cool would it be to take my great-grandmother to the prom?" "He was so sweet and adamant about it," Delores said. The two enjoyed dinner at her favorite restaurant, Bob Evans, before the dance, and at the event Austin presented his great-grandmother with a pearl necklace. "It was just wonderful and I just loved all the girls in their fancy gowns and the gentlemen in their tuxedos. It was quite a night," Delores said. "Everyone there just could not have been more polite. Everyone got an A+."

### Pitbull Sentenced To Life In Prison After Mauling

In Phoenix, Ariz., a pitbull has been sentenced to life in prison after mauling a four-year-old boy. Judge Deborah Griffith spared the life of a pitbull dog named Mickey, and instead ruled that he would spend the remainder of his life in a no-kill shelter beside an Arizona women's prison. The judge's sentence was due to the babysitter not watching four-year-old Kevin Vicente, who approached the dog chained in the yard. The chaining, Griffith declared, likely made the dog more aggressive and paired with the negligence of watching Vicente, adults were deemed the contributing factor in the mauling. Mickey has been defanged and will be cared for by female inmates.

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## 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.

- April 30**  
William McKnight III - Burglary and battery, criminal mischief and resisting officer without violence.  
Dylan Eric Welch - Aggravated assault.
- May 1**  
Wilbert Clarence Sears - Criminal restriction.  
Brian Keith Newman - Violation of parole (circuit).  
Michael Lawrence M a r g u l i s - Possess/buy/inhale/in gest harmful chemicals and possession of drug paraphernalia.
- May 2**  
Ira Lee Denson - Driving while under the influence of alcohol or drugs.  
Timothy Leo Miller - Felony Battery; domestic battery by strangulation.  
Jerel Termaine McQuay - Violation of parole.  
Gene Austin McClamma - Serving weekends.  
Maurice Germaine Bennett - DUI.  
Jimmie Lee Davis Jr. - Battery domestic violence.  
Kenny Michael J. Bradley - Driving while license suspended with knowledge and out of county warrant.  
Anthony James Hampton - Possession of controlled substance with intent to sell and sell of a controlled substance/MDMA.  
Dustin Alan Irvine - Violation of parole (circuit).
- May 3**  
Victor Brian Hutcherson - Writ of bodily attachment.  
Kevin Leon Bell Sr. - Violation of parole.
- May 4**  
Lonnie Yates Hagan - Burglary, theft, fleeing and eluding law enforcement officer and two counts burglary while armed.
- May 6**  
Lisa Marie Gordie - Possession of a firearm or concealed weapon by convicted felon, battery on law enforcement officer, resisting law enforcement officer with violence, violated probation or community control and the attached tag on vehicle was not assigned.  
Jonathan Michael Williamson - possession of a firearm during a felony, possession of a controlled substance and possession of drug paraphernalia.

## Obituaries

## Edith Juanita Thomas

Edith Juanita Thomas, 89, died following a heart attack at Advent Christian Village on May 1.

She was born August 18, 1924 in Wewahitchka, Fla. She was the daughter of Novella and John Henry Daniels. She had one brother, Archie Preston Daniels (deceased). She moved to Eagle Lake at a young age and attended Eagle Lake Elementary and Winter Haven High School. She married Joseph W. Thomas of Lee, in September 1947. They were married 66 years. She was a loving wife, mother



and homemaker. She was an exceptional cook and her banana puddings brought happiness to many. To be given a written copy of this dessert recipe was to be given a treasure indeed. She was a Christian who spent much time in prayer. She prayed for many people who may never have known that Heaven was

being called upon for them. She loved. There is no better way to put it and so we will leave it at that.

She lived the last year of her life at Advent Christian Village in Dowling Park. She is survived by her loving husband J.W. Thomas; two daughters: Lanece Vann Condry and Dale Thomas (husband Jerry McDonald); two granddaughters: Jessica Michelle Diericks, who resides in Texas, and Josie Marie Gaskins (husband Daniel Gaskins); one great-granddaughter, Katie Shea Diericks; and sister-in-law, Myrtle Daniels.

The visitation was held Friday, May 2 at Beggs Funeral Home from 5 p.m. to 7 p.m. Graveside service was held Saturday, May 3 at Midway Baptist Church at 2 p.m. Flowers may be sent to Beggs Funeral Home at 235 NW Orange Ave., Madison, FL 32340

## Thomas H. Henderson

Thomas "Tommy" H. Henderson, 79, died Tuesday, May 6, at Madison County Memorial Hospital.

The funeral service will be 11 a.m., Friday, May 9, at Beggs Funeral Home with burial at Evergreen Cemetery in Greenville. Visitation was Thursday, May 8 from 5 - 7 p.m., at Beggs Funeral Home.

He was born on May 27, 1934 to Wallace and Elizabeth "Tootsie" Henderson and lived in Madison most of his life. He liked to hunt, fish, was a gardener and loved all sports. He was a member of Madison Country Club and was a Mason.

He was of the Methodist faith.

He is survived by his wife: Sara Andrews Henderson of Madison; two sons: Ricky Henderson (Elaine) and Gary Henderson (Gail); one brother: Terry Day (Peggy); one sister: Penny Barrs (Junior); four grandchildren: Billy Henderson, Brian Tyler, Ashley Durham and Josh Henderson; and two great grandchildren: Brent Henderson and Harper Riley Durham.

Beggs Funeral Home is in charge of arrangements (850) 973-2258. You may send your condolences to the family by visiting our website at [www.beggsfuneral.com](http://www.beggsfuneral.com).

## Ronnie Dixon

A memorial celebration of life service for Mr. Ronnie Lee Dixon who passed away on May 2, at his home in Tampa, will be held on Saturday, May 10, at noon at University Church of Christ, 14314 Bruce B. Downs Blvd., Tampa, FL 33613. Pastor Steve Patton with Sharon Clemons will be officiating.

Ronnie was preceded in death by his mother, Pearlene Clemons Dixon.

He leaves cherished memories of him with his sons: Cameron Dixon and Damian Dixon; father: Johnnie Dixon, Sr.; brothers: Johnnie Dixon, Jr, Wendell Dixon (Valerie), Dexter Dixon (Regenia) and Melvin Dixon (Cheryl); sisters: Vera Cole, LaVerne Stephens (Joshua), Sandra Shields, Gwendolyn Jonas (David) and Valerie Russell (Joseph); aunts: Ceola Thomas, Hassie Glee, Zera Glee, Modestine Clemons, Alease Clemons, Amanda Rivers and Janie Clemons; nieces: Angela Davis (Cleon), April Dixon, Penny Eldridge (Nigel), Tameika Jonas, Samantha Shields, Tenisha Dixon, Brianna Johnson, Tiaunna Dixon, Michaela Dixon and Leena Eldridge; nephews: Jacques Franklin (Bridgette), Carlos Stephens, Michael Jonas, Jeremy and Justin Johnson, Brayden Dixon, Nigel, Jr. and Pierce Eldridge and Nehemiah Dixon; close extended



family: Vick Steece, The Gleees, Clemons', Evans', Jacksons' and a host of other relatives and sorrowing friends.

Ronnie was a devoted father, son, brother and friend to many. He was born in Madison, on October 30, 1962 to the parentage of Johnnie Dixon, Sr. and Pearlene Clemons Dixon. He accepted Christ and was baptized at the University Church of Christ along with his sons, Cameron and Damian Dixon.

Ronnie graduated from Madison High School in 1980, where he was a member of the baseball team and participated in other school activities. After graduation, Ronnie relocated to Tampa, and was employed for 24 years at United Stationary in Sable Park as a Supervisor and Traffic Specialist. He had a passion for sports, and became a basketball coach and referee in 2009. Ronnie refereed youth basketball and volleyball games for FHSAA-Florida High School Athletic Association and Wide World of Sports at Disney World in Orlando. He was also active in recreational sports, playing in basketball and softball leagues throughout Hillsborough County.

There will not be a viewing. Wilson Funeral Home is in charge of the arrangements. "A Wilson Service." [www.wilson-funeral-home.com](http://www.wilson-funeral-home.com).

## Bobby James

Bobby James, 71, of Greenville, passed on Thursday, May 1, at the Margaret Dozier Big Bend Hospice House. Graveside funeral services are noon Saturday, May 10 at Concord Cemetery in Greenville. Viewing-visitations is 3-7:30 p.m., Friday, May 9 at Tillman Funeral Home of Monticello (850) 997-5553.

A lifelong Greenville resident, Mr. James was a Vietnam-era U.S. Army veteran and a retired forklift operator. He is survived by his loving wife, Dorothy Washington



James; daughters: Dzondria Tillman (T.J.) and Valencia Brown (Cedric); sons: Medgar James (Delores) and Charlie Jackson; mother, Mrs. Jessie Bell Thompson James; sisters: Homer Jean James and Mable Lucas (Freddie); brother, Calvin James; 10 grandchildren, six great-grandchildren, and several nieces, nephews, other relatives and friends. He was predeceased by his father, Eddie Wes James and his two sisters, Myrtis McCray and Eddy Lee James.

## Julia Bevan Yensan

Julia Bevan Yensan, 78, died Tuesday, May 6 at her home in Madison County.

She is survived by her husband: Bob Yensan of Madison; a daughter: Julie Cochran (Allen) of Madison; stepson: David Yensan of Columbia, S.C.; adopted daughter: Danae Addison; and one grandchild: Dalton Cochran. She was predeceased by her father Richard James Bevan, Jr., and her mother Julia sSmith Bevan.

She was a secretary at Apalachee Mental Health for 13 years and worked for the prison for 11 years. She was a member of New Testament Christian Center in Madison.

Visitation will be Monday, May 12 from 6 - 8 p.m., at New Testament Christian Center. The funeral service will be held Tuesday, May 13 at 11 a.m., at New Testament Christian Center in Madison.

## Community Calender

**May 10**  
The Suwannee Valley Humane Society will be hosting their annual Spring Fling as well as celebrating their 30<sup>th</sup> Anniversary, Saturday, May 10, from 10 a.m.-1 p.m. Come out and meet the residents and buy plants, clothes and household items at the Thrift Store. Enjoy refreshments and baked goods that are all reasonably priced and take advantage of the free adoption day for large dogs and adult cats over one year old. For more information or to donate items, email [suwanneevally@embarqmail.com](mailto:suwanneevally@embarqmail.com).

**May 10**  
Cherry Lake Fire Rescue, Inc. is holding a bass tournament, Saturday, May 10 from 6 a.m. until noon (registration starts at 5 a.m.) at the Madison County Public Boat Ramp, located on Cherry Lake, next to the 4-H Camp. The ramp address is 243 NE Public Boat Ramp Rd. Entry fee is \$50 per boat (two fishermen) or \$25 per fisherman. Prize money and a "Big Fish" pot will be awarded. For more information call (850) 929-2354 and leave name and number for call back or email [cfr@embarqmail.com](mailto:cfr@embarqmail.com).

**May 10**  
Help support the Madison Youth Ranch with Madison County's first-ever Disc Golf Tournament at the site of the Madison Youth Ranch 1647 NE Captain Buie Road, near Pinetta. Registration begins Saturday, May 10, at 8 a.m., the tournament begins at 10 a.m., and there will be discs available for purchase. There is a \$15 registration fee that includes two rounds of temporary holes set in hundreds of wooded acres, open or recreational division. You can also buy lunch between rounds. Proceeds will benefit the children at the Madison Youth Ranch. To register, sponsor or get more information, contact Craig Wilson at (850) 508-4795 or email [craigwilson@fl-health.gov](mailto:craigwilson@fl-health.gov).

**May 14**  
Wednesday, May 14, is the final meeting of the 55 Plus Club; the club will take a break over the summer and start up again in September. The entertainment for

the May meeting is a special surprise, so come on out, bring a friend, enjoy the great lunch provided and be prepared to have a wonderful time. The meeting starts at noon at the United Methodist Cooperative Ministries Center on the corner of Hwy. 145 and Dill Street, about five miles north of town. The meeting is free and open to Madison County residents age 55 and up. There are no dues, fees or registration. Just come on out and enjoy good food and fellowship. For directions or more information call UMCOR Coordinator Deborah Brown at (850) 929-4938.

**May 14**  
The Madison County Extension staff invites you to come celebrate with them, 100 years of the National Extension Service. Take a look at some historical pictures while you enjoy cake, Wednesday, May 14 at their open house, from 4 until 5:30 p.m., located at the extension office at 184 NW College Loop. For more information, call the extension at (850) 973-4138.

**May 17**  
Thursday night May 17<sup>th</sup>, at 8 p.m., Cherry Lake P.T.A. will meet at the school. An interesting program is planned, which will include installation of officers and presentation of prizes for 4-H Achievement Day. Members of the Seventh Grade, Section 1, Madison High School, and Mr. Bob Browning, teacher, entertained with a Coca-Cola party in honor of Minnie Mae Dewey. Monday morning following her return from the state Spelling Bee in Jacksonville. Minnie Mae, who is a member of the class, won third place in the contest, in which she represented Madison County.

## WAY BACK WHEN

**May 6, 1949**  
Dr. and Mrs. J L Wardlaw and children of Biscoe, N.C., arrived in Madison the first of the week, to make their home and are residing in Mrs. R H Latham's apartment. Dr. Wardlaw will assume duties with the County Health Department later in the month.

Mr. W H Browning killed a big diamond - back rattlesnake Wednesday morning near his watermelon field on his farm near Lovett. The reptile was about six and one-half or seven feet long and had eighteen rattles and a button. Mr. Browning killed it with a shovel which he threw at it several times.

Members of Mrs. Carlana Dickinson's family honored her with a supper party Tuesday night of last week on the occasion of her birthday, at the home of Mr. and Mrs. Guy Morrow.

A large crowd attended the Madison County Singing Convention at Macedonia Baptist Church Sunday, and enjoyed the singing by various quartets and other special numbers.

**May 12, 1950**  
The Madison Bus Station Café is under new management. Mr. M D Dawkins, formerly of the U.S. Navy will be in complete charge of the Café. Mr. L C Pittman, precious manager, will be in charge of the ticket office.

The Pinetta Future Farmers beat Lee while Madison defeated Greenville in the first game several weeks ago. Friday May 5, Pinetta beat Madison 5-1 in a five inning contest at Lanier Field. This game de-

decided the County Championship and Pinetta came out on top.

Cadet Waldo Kinsey Jr, who is a Senior at Georgia Military Academy, College Park, Ga., was recently promoted to S. Sergeant. He will graduate from the twelfth grade the last of this month, his parents are Mr. and Mrs. Waldo B. Kinsey, Sr. of Pinetta.

Mr. E T Browning, who will receive his degree of Bachelor of Science in Education at the annual graduation, at Florida Southern College, was recently honored with being named on the Dean's list. This is a meritorious recognition in scholarship.

**May 11, 1951**  
Officers for the new year were nominated at the Lions' Club meeting Tuesday as follows: Grady Rea, president; Francis Phillips, secretary; J A Davis, treasurer; J Brookner, lion tamer; J M DuRant, tail twister; Joe Bevan and Fred Summers, directors.

Thursday night May 17<sup>th</sup>, at 8 p.m., Cherry Lake P.T.A. will meet at the school. An interesting program is planned, which will include installation of officers and presentation of prizes for 4-H Achievement Day.

Members of the Seventh Grade, Section 1, Madison High School, and Mr. Bob Browning, teacher, entertained with a Coca-Cola party in honor of Minnie Mae Dewey. Monday morning following her return from the state Spelling Bee in Jacksonville. Minnie Mae, who is a member of the class, won third place in the contest, in which she represented Madison County.

## Lori Collins Loves Working At E.M.S.



**Lori Collins**  
By Jessie R. Box  
Greene Publishing, Inc.

Lori Collins is the Billing Specialist for E.M.S. Collins has been working there for 11 years. Her hometown is Greenville but she now lives in Madison.

Collins loves her job and enjoys coming into work everyday.

"We put family first and I feel like I am helping E.M.S. financially," said Collins about why she loves her job.

As a billing specialist, Collins duties are billing, collection, dealing with insurance companies and cus-

tomers service.

Her favorite book is the Bible and her hero is Jesus. She attends church at the Pine Grove Missionary Baptist Church. The most recent movie that she watched and enjoyed is "Heaven is For Real."

When she is not working, her hobbies include planting plants, going to the beach or river and spending time with her family. She has a husband and four children, three sons and a daughter.

Collins sums herself up as busy. She is a full time worker and mother. Her children range from five-years-old to 14-years-old.

"I have a big admiration of what these guys do here," said Collins about the E.M.S. paramedics and E.M.T.s "I appreciate Juan Botino (E.M.S. Director) and the opportunity that I've had to improve the financial aspect of their job so that ambulance services can be provided to the community."

## Pet Of The Week




Photos Submitted

**Meet Tide!** A young pointer/hound mix, approximately 1 ½ years old. Tide was found as a stray and brought to the shelter where he has been given all necessary testing and is up-to-date on all shots. He weighs about 50 pounds, has a great personality and especially loves people. If you would like to meet Tide, you can visit him at the Suwannee Valley Humane Society, located at 1156 SE Bisbee Loop in Madison.

You can visit Tide and all the other shelter's residents tomorrow at the Humane Society's Spring Fling that runs from 10 a.m. until 1 p.m. While there, you will be treated to a free hot dog lunch and have the opportunity to shop the shelter's bake sale and thrift stores. The shelter will also be having a free adoption day that is only for large dogs and adult cats over one year old.

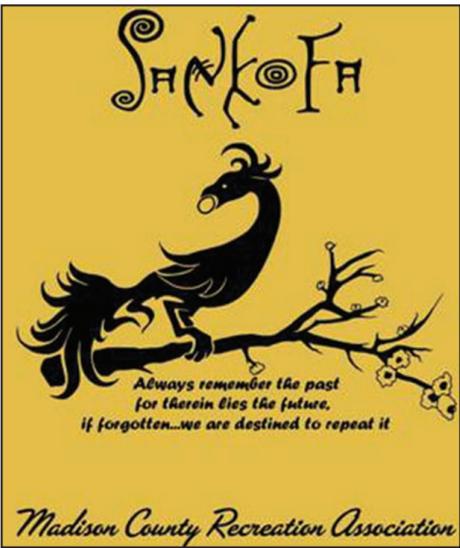
For more information about Tide or the Spring Fling event email [suwanneevalley@embarqmail.com](mailto:suwanneevalley@embarqmail.com).

## Four Contestants Vie For Miss 20<sup>th</sup> of May



Photo Submitted

This year, four young ladies are competing for the title of Miss 20<sup>th</sup> of May, and the \$500 scholarship awarded to the new queen upon her graduation from high school. From left to right: Sarah Jackson, Tyaurie Richardson, Natasha Burnett and Kevisa Moore.



The Sankofa logo was chosen by the Madison County Recreation Association to represent this

year's 20<sup>th</sup> of May Jubilee Celebration. "Always remember the past for therein lies the future. If forgotten...we are destined to repeat it."

Story Submitted

This year, four young ladies will vie for the opportunity to be the spokesperson for the 20<sup>th</sup> of May Jubilee Celebration in the Miss 20<sup>th</sup> of May Pageant. The theme of this year's pageant is "Educated, Elegant and Enduring," which defines the character of each of these young ladies.

The Pageant opens the 20<sup>th</sup> of May Events on Thursday, May 15 at the Madison County Recreation Association complex at 7 p.m., and the admission is \$7.

The four contestants have put in a lot of

time and hard work preparing for the pageant, in addition to selling ads for the souvenir booklets and selling tickets to the event. At the conclusion of the evening, one of these four young ladies will be crowned the 20<sup>th</sup> of May Queen of the 20<sup>th</sup> of May Jubilee Celebration, and will receive the top prize of a \$500 scholarship upon graduating from high school.

The Madison County Recreation Association and Pageant Committee Chairperson, Tami Brown, welcomes the community to attend this event.




As our chapel is nearing completion, we would like to introduce Karen Williams Welch, our Advance Planning/Preneed Specialist to Madison County. She moved to Madison in 1968 when her parents, Jimmy and Sylvia Williams opened JimBob Printing Company. She graduated from Madison County High School in 1981 and also attended NFCC. She married Flynn Welch in 1984 and they have two children, Lukas and Katelyn Welch. Karen began her career with Burns Funeral Home in 2009. She is licensed by the State of Florida as a Preneed Sales and Insurance Agent.

Karen will be at the Madison County Community Bank Conference Room, on the dates listed below, to answer any questions you may have about our new chapel or if you would like to learn more about preplanning/prepaying your funeral. We offer a variety of payment options, including a 5 year, no interest plan. This allows you to "lock in" costs at today's prices, protecting your family from rising costs of services and merchandise.

We value our reputation for providing the highest quality funeral and cremation services, with the personal attention and professionalism to help your family through this difficult time. Recognizing that each family is unique, our staff provides personalized assistance to create a meaningful service that honors the life and memory of your loved one.

**May 13, 15, 20, 22, 27, 29**

**From 9:00 – 12:00    1:00 – 3:00 or by appointment**

**850-973-1337**

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Sponsored by Sheriff Benjamin Stewart




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**May 17, 2014**

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**\$50 entry fee**  
**Includes**  
5 Stand with 25 targets per shooter, 12 gauge ammo, lunch, door prizes and more!

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Time: 9:00 am to 12:00 pm

**OR**

**Event Two**  
Time: 1:00 pm to 4:00 pm

For registration and information contact:  
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Thank You for your Support

## Commissioner Putnam Urges Public To Report Suspicious Fires During National Arson Awareness Week

Submitted by Ray Boothe, Senior Forest Ranger at Perry District Office

Arson responsible for more than 5,000 acres burned in Florida this year. Florida Commissioner of Agriculture Adam H. Putnam today reminded Floridians to report any suspicious activity around wildland fires to help prevent arson. The Florida Department of Agriculture and Consumer Services' Florida Forest Service is bringing attention to the threat of

arson this week during National Arson Awareness Week.

"Although heavy rainfall has reduced the wildfire danger in some parts of the state, the risk of wildfire is still a real threat in Florida," said Commissioner Putnam. "Be alert for suspicious fire activity in the woods. With your help, we can stop arsonists and better protect Florida's people, property and natural resources from devastation."

Wildland arson costs Florida taxpayers millions of dollars



each year. Arsonists have already caused more than 20 percent of the state's wildfires since January, resulting in more than 5,000 acres burned.

"Wildland arson places Floridians at risk, and we will not tolerate anyone who

purposefully endangers our citizens," said Jim Karels, Florida's State Forester.

When reporting suspected woods arson activity, callers should remember the following:

- Call 911 immediately.

Do not approach the suspect.

Identify vehicle descriptions and license plates.

Identify physical descriptions of suspects.

Identify the location where the suspicious behavior was observed.

If you have any information about arson wildfires, contact the state's Arson Alert Hotline at 1-800-342-5869. Callers can remain anonymous and information about arson could result in a reward up to \$5,000.

The Florida Forest Service manages more than one million acres of public forestland while protecting 26 million acres of homes, forestland and natural resources from the devastating effects of wildfire. For statewide wildfire updates and additional wildfire information, visit [www.floridaforestservice.com](http://www.floridaforestservice.com).

For more information about the Department of Agriculture and Consumer Services, visit [www.FreshFromFlorida.com](http://www.FreshFromFlorida.com).

## Junior Auxiliary To Host Mother-Daughter Tea

By Jessie R. Box  
Greene Publishing, Inc

The Junior Auxiliary of Madison County invites you to bring a teacup and dust off your prettiest hat for a Mother-Daughter Tea on Sunday, May 18. The event will take place at the Women's Club from 3 p.m., to 4 p.m. Tea and refreshments will be served.

This event is open to all mothers and daughters of all ages. There is no charge for

admission but guest must pick up reservation tickets at Madison County Community Bank.

The attire is dressy casual. The event does not require you to wear a hat but it is encouraged. Teacups will be provided if you do not have one of your own.

For more information or questions, contact Jamie Andrews at (850) 673-7803. Junior Auxiliary of Madison County also has a Facebook page.

## Everyone Invited To 20<sup>th</sup> Of May Jubilee Celebration

Story Submitted

The Madison Recreation Association invites the entire community to come on out and help celebrate the 2014 20<sup>th</sup> of May Jubilee Celebration. The festival, commemorating the May 20, 1865 reading of the Emancipation Proclamation by Gen. Edward McCook on the steps of the Knott House in Tallahassee, is spread out over four days; it begins with a pageant to select the new Miss 20<sup>th</sup> of May, and finishes up Sunday, May 18, with a Sunday Funday sports and kickball event Sunday at 1 p.m. at the Recreation Complex on Hwy 360, located behind the

old Madison Middle School.

**Schedule of Events, Recreation Complex:**

May 15-Miss 20<sup>th</sup> of May Pageant, 7 p.m. (\$7)

May 16-Fish Fry Tiki Luau, 5 p.m. (\$6)

May 17-Parade, 9 a.m. on Martin Luther King, Jr. Drive, Jacobbi McDaniel, Grand Marshall

Motorcycle & Car Show

Cake Auction

Vendors

Gospel Celebration/Entertainment

Showcase, 11 a.m.

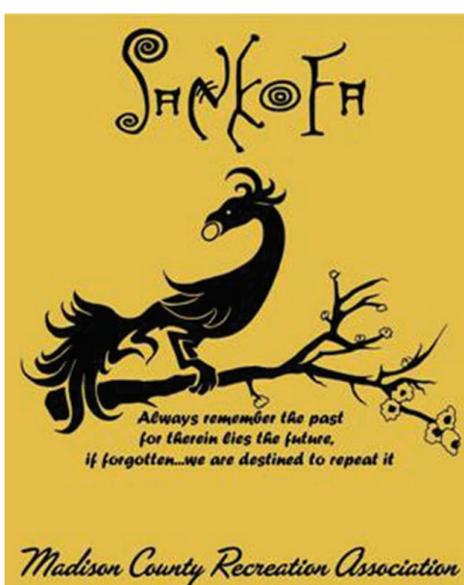
Black & White Social-30 years of age and up, (\$10)

May 18-Closing Events, 1 p.m. Sunday Funday Sports Events

Contact Information: (contacts can also be reached on Facebook)

Tami Brown, Event Information, (850) 673-6702

Ozie Ricardson



The Sankofa logo was chosen as the symbol of this year's 20th of May celebration.

Vendor Space, (850) 464-0073

Dereal Alexander, Bike Show, (850) 464-6178

Willie McGhee, Car Show, (850) 673-1023

Vicki McQuay,

Gospel Celebration, (850) 973-2252

Leon Arnold, Sports Events, (850) 973-7193

(Order T-Shirts online at <https://www.boost-er.com/20pageant>.)

## GRADUATION PICTURES

Honor your Senior by placing his/her photo  
In our special Graduation Edition of the *Madison County Carrier*

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**The Graduation Edition Will Run May 21<sup>st</sup>**  
**Sign Up NOW**  
**Deadline For Picture Entry Is May 15<sup>th</sup>**

## May 14 Is The Last 55 Plus Club Until September

By Lynette Norris  
Greene Publishing, Inc.

Wednesday, May 14 is the last 55 Plus Club meeting for awhile. The club will take a break over the summer and convene again in the second Wednesday in September.

Those in the know say that the May 14 meeting is one you don't want to miss. The special entertainment for the final meeting is going to be a special surprise, so be there by noon!

The 55 Plus Club meets at the United Methodist Cooperative Center on Highway 145 about five miles North of Madison. (Corner of Highway 145 and Dill Street.) There are no fees of any kind, no reservations

are necessary, and all residents of Madison County 55 years old and older, of any race or faith, are welcome to attend.

The lunch for the May 14 meeting will be provided by the Greenville United Methodist Church, with help from Cherry Lake United Methodist Church, so come on out, bring someone with you, and have a great time.

55 Plus Club meets at noon the second Wednesday of the month, September through May, at the UCMC Center. For more information about 55 Plus Club or any outreach ministry of the United Methodist Cooperative, contact Coordinator Deborah Brown at (850) 929-4938.

### Sudoku Puzzle #3263-M

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

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## Madison Rotary Club Inducts New Member



Greene Publishing, Inc. Photo By Lynette Norris, April 30, 2014

Sidney Johnson (left) becomes the newest member of the Rotary Club of Madison, receiving his official Rotary pin from sponsor Jim Stanley (right), as Rotary president Wayne Conger (center) looks on. After the official welcome from club members, Johnson said that he recalled Rotary lunches in North Bay, Ontario, with his father when he was a child, and that it was in connection with Rotary clubs that he met people from different parts of the world. Johnson and his wife moved to Madison ten years ago, buying a farm in the northern part of the county. Through his involvement with the Masons, he met Jim Stanley, who then brought him into the Rotary Club and became his sponsor.

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(THE JEWELERS WORKSHOP)

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## Spence Holben Bikes To California

By Jessie R. Box  
Greene Publishing, Inc.

Spence Holben, a Madison resident, rode a bicycle from St. Augustine, FL to Dana Point, Calif.

His journey started February 13 and ended April 11. He spent 47 days on the bicycle and he traveled a total of 3,053 miles.

"It's just something that I've wanted to do for years," said Holben. "People ask me what cause I did it for and I

tell them a just cause. Just cause I wanted to."

Part of the purpose of Holben's trip was to stop halfway and volunteer with Samaritan's Purse organization.

He stopped for a week in Norman, Okla., to help tornado victims rebuild their homes. He installed the drywall in the houses.

"I loved the experience," said Holben. "There wasn't a day that I wanted to quit

riding because I was sore."

Along the way he would stay with people he knew, stay in a hotel or camp out.

"I stayed in Pie Town, N.M., on the Continental Divide and the first night I got woken up because a house was burning down," said Holben. "I wasn't in any danger. I thought I was because everything was dry. It had snowed that night so there was snow all over the ground and

they say that if it hadn't snowed it would have burnt the whole place to the ground."

He enjoyed his time when he went through the Continental Divide Trail. His newest dream is bicycling the Continental Divide Trail from Canada to Mexico.

"I learned every adventure has a pain in the butt and mine was the seat," said Holben. "You have to accept the struggle with the adventure."



Photo Submitted

After biking to Texas, Spence Holben rests before continuing his journey to California.



Photo Submitted

Spence Holben poses in front of the Welcome to California sign to mark when he made it to California.



Photo Submitted

Spence Holben stands in front of a Joshua tree in Joshua Tree, California.

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## Katie Fulford Shadows At Greene Publishing, Inc.



Katie Fulford

By Rose Klein  
Greene Publishing, Inc.

Katie Fulford, a 9<sup>th</sup> grader at James Madison Preparatory High School, was able to shadow at *Greene Publishing, Inc.* in order to learn more about journalism as a possible career. She worked with this reporter in order to cover a requirement for one of her classes, Career Research and Decision Making. Katie has been a resident of Madison County most of her life and is daughter to Beth Fulford of Madison County and Ernest Fulford of Monticello.

Katie said she loves to write in her spare time and has been writ-

ing since she was very young. She remembers being at her Grandmom's house and writing short stories, printing them out and then stapling the stories together to make a book, and says she even colored in pictures for the illustrations.

The current job market is something that Katie is realistic about and says any job in journalism that was available upon graduation would suit her, but she would like to attend Florida State University in Tallahassee in order to stay close to home.

You can view a sample of Katie's reporting and writing skills by reading today's *Health and Wellness Guide*, where she wrote a compelling article on teens and self-esteem. She also went to the streets of downtown Madison, where she spoke with employees at the Madison County Community Bank on her chosen topic for *Question Of The Week*. Great job Katie!

## Question Of The Week

Greene Publishing, Inc. Photos By Katie Fulford, May 7, 2014



**- If You Were To Write A Book, What Would You Call It And What Would It Be About? -**



Sue Mathews

Title: "Loving People"

About: How much she loves and cares for people.



Marcia Webb

Title: "RV Traveling in Style"

About: RV traveling, "That's my passion!"



Janie Barnes

Title: "Why I Do Not Have Time to Read"

About: All the reasons as to why she does not have time to read because she is too busy loving and taking care of her children.



Don Ashley

Title: "I'm Blessed"

About: He would like to express in his story how blessed he is by having his family and how gracious God has been to him.



Sara Pippin

Title: "Forty Years of Banking"

About: How she loves Madison County Community Bank and that she is truly blessed to be able to work with such outstanding people.



Ginger Robinson

Title: "A Memoir"

About: She would like to write about the good times that she has had with her family and friends. "That's what's important to me."



Hannah Cone

Title: "The Joy of Farming"

About: All about farming and the things farmers have to accomplish.

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 2008 Toyota Avalon #77000 <b>\$265 mo.</b>	 2007 Toyota FJ Cruiser #77000 <b>\$273 mo.</b>	 2014 Chevy Captiva #81000 <b>\$306 mo.</b>	 2013 Buick Regal #77000 <b>\$312 mo.</b>	 2010 Toyota Tundra #77000 <b>\$319 mo.</b>
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## ROTARY PRESENTS CHECK TO HOSPITAL BOARD



Greene Publishing, Inc. Photo By Lynette Norris, May 7, 2014

Wayne Conger, president of the Madison Rotary Club, presents a check for \$10,000 on behalf of the club to members of the Hospital Board and hospital administrators, who visited the club to provide an update on the new hospital's progress. The new building is nearing completion and Hospital CEO David Abercrombie expects that they will receive a Certificate of Occupancy from the state, certifying that the facility is move-in ready, in about six weeks, and that the staff and patients will begin moving in sometime later, when everything is coordinated and ready. The Rotary Club's donation will go toward furnishing one of the patient rooms and naming it after the club. Standing with the giant check are, left to right: David Abercrombie, Hospital CEO; Wayne Conger, Rotary Club President; Annette Johnson, Chair of the Hospital Board; Jim Sales, Vice Chair of the Hospital Board; and Dr. Brett Perkins, Chief Medical Officer.



## RECALL UPDATE



### J. Crew

J. Crew is issuing a recall for its Classic Stripe Baby Coveralls because the snaps on the coveralls can detach and pose a choking hazard for young children. Return the product to point of purchase for a full refund. For more information contact: J. Crew Group, Inc. at (800) 261-7422 anytime daily, by email at [24-7@jcrew.com](mailto:24-7@jcrew.com), or online at [www.jcrew.com/baby](http://www.jcrew.com/baby). Click on "Important Notice" for more information.

### Altria Group Distribution

Altria Group Distribution is recalling a 3-in-1 flashlight due to burn hazard. The product, a bronze-colored flashlight that included a compass and matchstick carrying case, was not sold; rather, it was distributed from Jan. to Mar. 2014 as a promotional item for Marlboro cigarettes. If the

foam insert between match heads and striker surface is removed, matches inside the match holder can ignite when they contact the striker surface beneath the compass, resulting in burn injuries. There have been 11 reports of matches igniting inside the product and two reports of the product exploding. Stop using product immediately, and contact Altria Group Distribution (AGDC) toll-free at (888) 597-5387 from 9 a.m. to 10 p.m. ET Monday through Friday and 9 a.m. to 5 p.m. ET Saturday and Sunday about replacement with another product of equal or greater value. For more information visit online at [www.marlboro.com](http://www.marlboro.com) or [www.philip-morrisusa.com](http://www.philip-morrisusa.com) and click on "3-in-1 Flashlight Recall."

### Cycling Sports

Cycling Sports Group is recalling its

2014 Cannondale Tandem Bicycles. The bicycle fork can break and cause the riders to lose control and posing a risk of injury. For replacement or more information, contact Cycling Sports Group at (800) 726-2453 from 9 a.m. to 6 p.m. ET Monday through Friday. Consumers can email the firm at [custserve@cyclingsportsgroup.com](mailto:custserve@cyclingsportsgroup.com).

### RMP Athletic Locker

RMP Athletic Locker is recalling its "Boys' Ripzone Hooded Hoopigan Jackets." The drawstrings in the hood can get caught on playground equipment, hand rails, school bus doors and other moving equipment, posing a strangulation risk. Return jackets to point of purchase for full refund. For more information, contact RMP Athletic Locker Ltd. at (800) 668-5480 from 9 a.m. to 5 p.m. ET Mon-

day through Friday, via email at [skerr@rmpathletic.com](mailto:skerr@rmpathletic.com), or go online at [www.rpzn.com](http://www.rpzn.com), click on the "ABOUT US" tab and open "IMPORTANT INFORMATION."

### Horizon Hobby

Horizon Hobby is recalling the Blade 700 X Pro Series Helicopter Kits. The product is a radio-controlled model helicopter kit and spindle set. The main rotor washer can fail during use, causing the blades to fly off and posing an injury hazard. Customers should stop us-

ing the product immediately and contact Horizon Hobby for replacement washers and instructions on how to install them. They can reach Horizon Hobby toll-free at (877) 504-0233 from 8 a.m. to 7 p.m. CT Monday through Friday, 8 a.m. to 5 p.m. CT Saturday and noon to 5 p.m. CT Sunday, or online at [www.horizonhobby.com](http://www.horizonhobby.com); click on Product Recalls listed under Legal at the bottom of the page for more information.

### White-Rodgers

White-Rodgers is recalling digital home heating and cooling thermostats due to fire hazard; the alkaline batteries can leak onto the circuit board and ignite. Stop using immediately and contact White-Rodgers toll-free at (888) 624-1901 from 7 a.m. to 6 p.m. CT Monday through Friday or online at [www.white-rodgers.com](http://www.white-rodgers.com) and click on "White-Rodgers 1F8x-04xx Thermostat Recall" at the lower left corner of the homepage for more information.

## 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.

### Should You Pay Off Your Mortgage or Invest?



Stacy Bush, President  
Bush Wealth Management

Owning a home outright is a dream that many Americans share. Having a mortgage can be a huge burden, and paying it off may be the first item on your financial to-do list. But

competing with the desire to own your home free and clear is your need to invest for retirement, your child's college education, or some other goal. Putting extra cash toward one of these goals may mean sacrificing another. So how do you choose?

#### Evaluating the opportunity cost

Deciding between prepaying your mortgage and investing your extra cash isn't easy, because each option has advantages and disadvantages. But you can start by weighing what you'll gain financially by choosing one option against what you'll give up. In economic terms, this is known as evaluating the opportunity cost.

Here's an example. Let's assume that you have a \$300,000 balance and 20 years remaining on your 30-year mortgage, and you're paying 6.25% interest. If you were to put an extra \$400 toward your mortgage each month, you would save approximately \$62,000 in interest, and pay off your loan almost 6 years early.

By making extra payments and saving all of that interest, you'll clearly be gaining a lot of financial ground. But before you opt to prepay your mortgage, you still have to consider what you might be giving up by doing so--the opportunity to potentially profit even more from investing.

To determine if you would come out ahead if you invested your extra cash, start by looking at the after-tax rate of return you can expect from prepaying your mortgage. This is generally less than the interest rate you're paying on your mortgage, once you take into account any tax deduction you receive for mortgage interest. Once you've calculated that figure, compare it to the after-tax return you could receive by investing your extra cash.

For example, the after-tax cost of a 6.25% mortgage would be approximately 4.5% if you were in the 28% tax bracket and were able to deduct mortgage interest on your federal income tax return (the after-tax cost might be even lower if you were also able to deduct mortgage interest on your state income tax return). Could you receive a higher after-tax rate of return if you invested your money instead of prepaying your mortgage?

Keep in mind that the rate of return you'll receive is directly related to the investments you choose. Investments with the potential for higher returns may expose you to more risk, so take this into account when making your decision.

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](mailto:askstacybush@pl.com)

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866059

## Meet Your Local Firefighter

# Bruce Jordan

**Title:** Madison Fire Rescue Fire Chief

**Hometown:** Madison

**Why He Chose Firefighting:** Jordan was on inactive reserve with the Army during Desert Storm and was called to Fort Benning for training. He met a smokejumper from Arizona and was interested in that as a career. When he researched he learned that Florida does not have smoke jumpers. He found a firefighter school in Ocala. He went into it with no knowledge of firefighting but soon found out that was what he wanted to do and has been doing it since 1983.

**Favorite Author:** Ernest Hemingway.

**Favorite Quote:** "You don't need to jump out the window if you put the fire out," by Andrew Fredericks.

**Favorite Music:** 80s Classic Rock.

**Favorite Movie:** "Maltese Falcon," "Always" and "Back Draft."

**Favorite TV Show:** "Criminal Minds."

**Favorite Sport:** Baseball. He roots for the Cincinnati Reds.

**Hero:** "My parent because I feel like they did a pretty good job raising me and my three sisters."

**Hobbies:** "Working in my yard when I have a chance and spending time with my family."

**Family:** His wife, Lisa Jordan, works at E.M.S. as Supervisor of A Shift. They have a 13-year-old daughter and an 11-year-old son.

**Sum Yourself Up:** "Sometimes people think I am aloof, hard to approach but I don't think that way. I am working on that."

# Sports

## Lady Warriors Win Third Regional Title Ever



Photo By Tammy Wise-Thrash, May 5, 2014

On May 5, 2014, the Aucilla Christian Academy Lady Warriors won their third Regional Championship title ever in school history. They took the title in 2001 and in 1996. The 2014 Regional Champions, the Lady Warriors, are pictured front row, left to right: Lindsey Davis (bat girl), Kelly Horne, Megan Schofill, Ashlyn Rogers, Taylor Copeland, Natalie Sorensen, Carly Joiner, Brianna Nolan and Monique Restrepo. Pictured in the back row, left to right are: Susan Morgan (assistant coach), Ansley Rogers (assistant coach), Whitney Stevens, Courtney Watts, Gaige Winchester, Ramsey Sullivan, Abigail Morgan, Elizabeth Hightower, Payal Chaudhari, Emma Witmer, Stormie Roberts, Jarod Lauth (assistant coach), Becky Lauth (head coach) and Corey Brandies (team manager).



Photo By Tammy Wise-Thrash, May 5, 2014

Ramsey Sullivan on third base, already has a good start for home plate during the Regional Championship game against Central Florida Christian Academy.

By Fran Hunt  
Greene Publishing, Inc.

The Aucilla Christian Academy Lady Warriors won their third Regional Championship Title, ever, in school history, and skunked both teams in doing so.

The Lady Warriors hit the diamond against Munroe on Saturday, May 3 in the Regional Semi-Finals, in a game, which had been rained out on several occasions earlier in the week, and the Lady Warriors skunked Munroe for a 10-0 victory.

Aucilla scored four runs in the first inning, one run in the fourth inning, two runs in the fifth inning and one run

in the sixth inning.

As a team, at the plate, the Lady Warriors had 30 plate appearances, 28 at bats, 12 hits, four singles, six doubles, two triples, nine RBIs, 10 runs, one walk and five strikeouts.

Whitney Stevens had three plate appearances, three at bats, one hit, one double and two runs.

Emma Witmer had three plate appearances, three at bats and one strikeout.

Natalie Sorensen had three at bats, two plate appearances, one hit, one triple, two RBIs and one strikeout.

Ramsey Sullivan had four plate appearances, three at bats, two hits, one single, one dou-

ble, one RBI, three runs and one walk.

Kelly Horne had four plate appearances, four at bats, two hits, one single, one double, two RBIs and one run.

Abigail Morgan had three plate appearances, three at bats and one strikeout.

Elizabeth Hightower had three plate appearances, three at bats, two hits, one single, one double and one run.

Taylor Copeland had three plate appearances, three at bats, one hit, one triple, one RBI and two strikeouts.

Carly Joiner had four plate appearances, four at bats, three hits, one single, two doubles, three RBIs and three runs.

On the field, the Lady Warriors had 21 total chances, three assists, 18 putouts and a fielding percentage of 1.000.

Witmer had one total chance, one putout and a fielding percentage of 1.000.

Sullivan had two total chances, one assist, one putout and a fielding percentage of 1.000.

Horne had 12 total chances, 12 putouts and a fielding percentage of 1.000.

Morgan had three total chances, three putouts and a fielding percentage of 1.000.

Hightower had one total chance, one assist, and a fielding percentage of 1.000.

Copeland had one total chance, one putout and a fielding percentage of 1.000.

Joiner had one total chance, one assist and a

fielding percentage of 1.000.

On the mound, Hightower pitched six innings, giving up one hit, four walks and striking out 12 batters.

On Monday, May 5, the Lady Warriors went into the Regional Final against Central Florida Christian Academy and waltzed out with an 8-0 win.

Aucilla scored four runs in the third inning, three runs in the fourth inning and one run in the fifth inning.

As a team, at the plate, the Lady Warriors had 30 plate appearances, 28 at bats, 11 hits, six singles, three doubles, one triple, one homerun, seven RBIs, eight runs, two walks and nine strikeouts.

Stevens had three plate appearances, three at bats, two hits, one single, one double, one run and one strikeout.

Witmer had three plate appearances, three at bats, one hit, one single, one run and one strikeout.

Sorensen had three plate appearances, three at bats, one hit, one homerun, one RBI, one run and one strikeout.

Sullivan had four plate appearances, three at bats, one hit, one single, one RBI, two runs and one walk.

Horne had four plate appearances, four at bats, two hits, one double, one triple, three RBIs, one run and one strikeout.

Morgan had three plate appearances, three at bats and one strikeout.

Hightower had three

plate appearances, three at bats, one hit, one single and one strikeout.

Copeland had three plate appearances, two at bats, one walk and two strikeouts.

Joiner had four plate appearances, four at bats, three hits, two singles, one double, two RBIs, two runs and one strikeout.

On the field, Aucilla had 26 total chances, five assists, 21 putouts and a fielding percentage of 1.000.

Stevens had one total chance, one assist and a fielding percentage of 1.000.

Witmer had one total chance, one putout and a fielding percentage of 1.000.

Sullivan had one total chance, one putout and a fielding percentage of 1.000.

Horne had 13 total chances, one assist and 13 putouts.

Morgan had six total chances, six putouts and a fielding percentage of 1.000.

Hightower had two total chances, two assists and a fielding percentage of 1.000.

Copeland had one total chance, one putout and a fielding percentage of 1.000.

Joiner had one total chance, one assist and a fielding percentage of 1.000.

On the mound,



Photo By Tammy Wise-Thrash, May 5, 2014

Whitney Stevens struck out 12 batters during the Regional Championship game against Central Florida Christian Academy on May 5.

Stevens pitched seven innings, giving up three hits, one walk and striking out 12 batters.

In 2011, The Lady Warriors went on to Regionals and defeated Rocky Bayou 2-1 in the Quarter Finals, then downed Laurel Hill 14-0 in the Semi Finals, and they went on to down Eaglesview 9-4 for their second Regional Championship ever. The first year the Lady Warriors took a Regional Title was in 1996.

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## ACA Announces JV Softball Award Winners



Photo Submitted

The ACA JV softball award winners are pictured from left to right: Warrior Award - Cali Burkett, Most Valuable Offensive Player - Camryn Grant and Most Valuable Defensive Player - Ashlyn Rogers.

### YOUR CHURCH DIRECTORY

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Monday Adult Bible Study.....6:00 p.m.  
Tuesday Truck Stop Ministry @ Jimmies  
Auto Truck Stop Lee, FL.....6:00 p.m.  
Wednesday Prayer Meeting & Children's  
Church.....6:00 p.m.

# School



## SSTRIDE Students Send Rehab Residents On Egg Hunt



Photo Submitted

The 8<sup>th</sup> grade SSTRIDE students had a good day at Madison Health and Rehab assisting residents in an Easter egg hunt. Standing in the back row, left to right, are: SSTRIDE Coordinator Selena Phillips, Issac Redding, Bradley Sexton, SSTRIDE Instructor Penny Kurtz, Emmie Phillips, Esther Oro and Alexis Kornegay. Sitting in the middle row, left to right, are: Jed Phillips, Jr., Jasmine Mitchell, Denetra Lee, Kayleigh McIntosh, Georgia Phillips, Haily Deihl, Niesha Davis, Ashton Terry and Kiera Brown. Kneeling in the front, from left to right, are: Johnathon Alexander and Bryce Baldree. Not pictured is Katie Walker.



Photo Submitted

SSTRIDE student, Niesha Davis assists Ruth Yates as she flashes a great smile while showing off her Easter basket full of eggs.



Photo Submitted

The hunt is on as SSTRIDE students take the Madison Health and Rehab residents outdoors to start the egg hunt.

By Rose Klein  
Greene Publishing, Inc.

The 8<sup>th</sup> grade SSTRIDE students, under the direction of SSTRIDE Instructor, Penny Kurtz and SSTRIDE Coordinator, Selena Phillips, visited the Madison Health and Rehabilitation Center, Thursday, April 17, to give residents an egg hunt for

Easter.

Residents were given baskets and with the help of SSTRIDE students, rehab staff and even some family members who attended the hunt, had a great time searching for the colorful eggs. First, second and third place prizes were given to the person finding the most eggs, but Sharon Lee Dawkins, Health

and Rehab's activities director said there were plenty of prizes to go around, even for residents who did not participate.

The students had a good time with the residents, taking them outdoors, placing eggs in their baskets and handing out the furry stuffed bunnies. "It was a beautiful event," said Dawkins.



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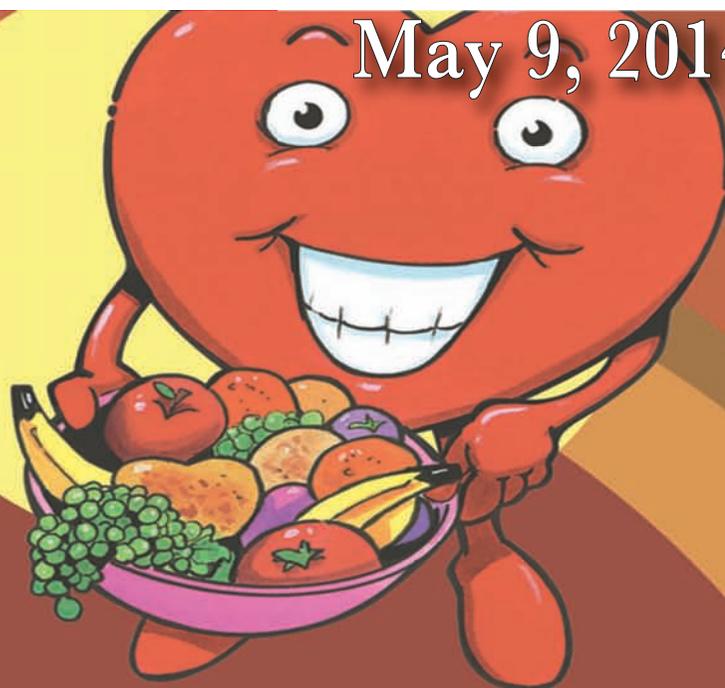
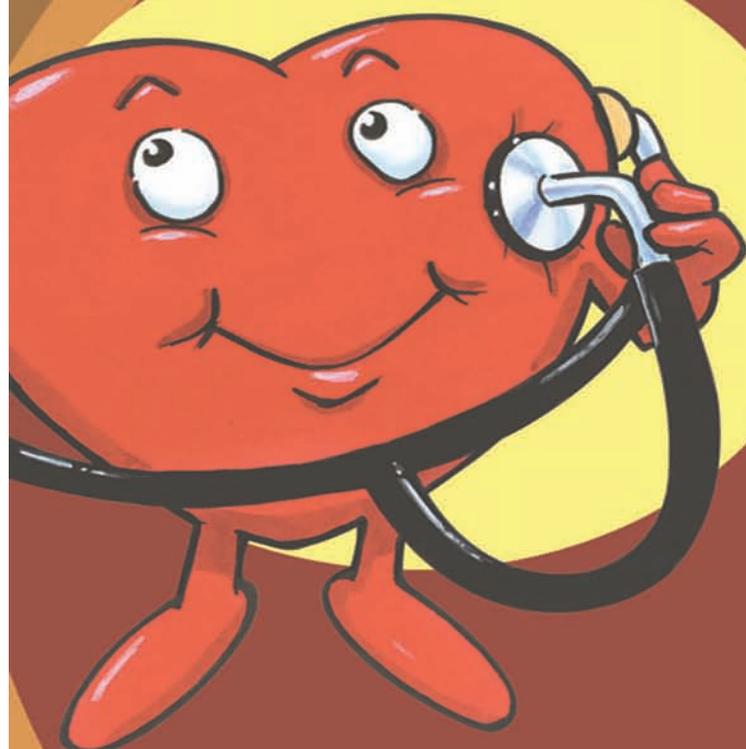
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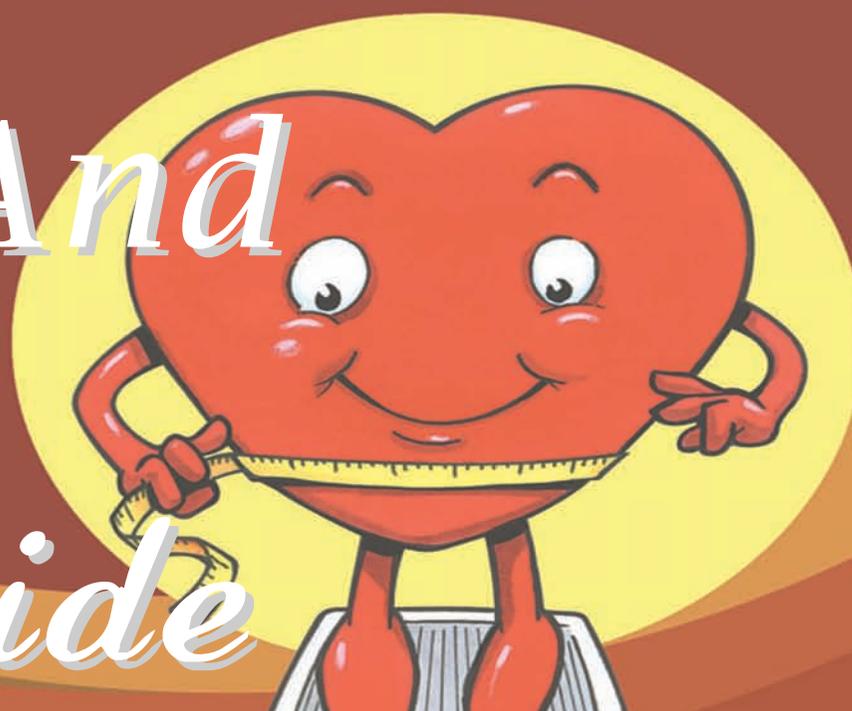
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Madison Enterprise-Recorder  
Section B

May 9, 2014



*Health And  
Wellness  
Guide*





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**Carol Katz**

One of the biggest misconceptions I hear from people in the community is they think "hospice" is a place, when in essence, hospice is a service. Many think it is the Hospice House located in Tallahassee, when instead, hospice services can be provided wherever the patient

wishes to be.

O u r Hospice team is a group of professionals in a variety of fields who work together to provide end-of-life care in the eight county area, including Jefferson and Madison. This can be in the patient's home, a nursing home, an assisted living facility or even the hospital.

If given the opportunity, most of us would prefer our final days be spent in our home, surrounded by loved ones. We would prefer to die a natural death at home without being a burden, financially or emotionally,

on our families. Even when faced with a terminal illness, most would still prefer to spend their time at home, around familiar faces.

But there is a discrepancy between what people say they want and where at the end of life and what actually occurs. Surveys show that an overwhelming number feel it is important to put their wishes about end-of-life care in writing; however, less than 25 percent have actually done so. More than half say they have not talked with a loved one about their wishes.

I want to encourage you to put a plan in

place. The single most important thing you can do is to talk to your loved ones and physicians, and put your wishes in writing. A written plan helps you have a say if you are unable to speak for yourself should you face a healthcare crisis. An advance directive, which should be filled out by any adult regardless of one's health status, provides a broad outline of a person's wishes relating to end-of-life care. It allows an individual to appoint a "health care proxy" — the person they want to speak on their behalf if they cannot. These written instructions/wishes

could have a profound impact on where one will spend their final days.

If you don't have a written plan and don't know where to start, Big Bend Hospice has a free service — PEACE: Planning Early about Care at the End. Trained facilitators can meet with you at no charge to help you complete a document like Five Wishes and instruct you on what to do once that document is completed.

Hospice care is provided anywhere the patient calls home. The key is having a plan so no matter what direction your journey takes; you will have

"peace" for you and your family.

*Carol Katz is the Team Manager for Jefferson/Madison/Taylor Counties of Big Bend Hospice. Big Bend Hospice has been serving this community since 1983 with compassionate end-of-life care along with grief and loss counselors available to provide information and support to anyone in Leon, Jefferson, Taylor, Madison, Gadsden, Liberty, Franklin or Wakulla County. If you would like additional information about services, please call (850) 878-5310 or visit [www.bigbend-hospice.org](http://www.bigbend-hospice.org).*

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## Debbie Kinsey Addresses Lions Club Meeting



Greene Publishing, Inc. Photo By Lynette Norris, April 29, 2014

**Big Bend Hospice volunteer and NFCC nursing student Debbie Kinsey addresses the Lions Club about her nursing student team's community project.**

By Lynette Norris  
*Greene Publishing, Inc.*

After working with the Guardian Ad Litem program for many years, Debbie Kinsey retired and began volunteering for Big Bend Hospice. After four years of volunteering, she discovered that she wanted to do more; she wanted to be able to provide medical care for hospice patients.

She enrolled in the LPN program at NFCC, and after a very tough and challenging course of study, she told the Lions Club that she was set to graduate in "two months, and 17 and a half days" from that date, April 29.

One of the LPN program requirements is a community project, so Kinsey and her team of fellow nursing students, all of whom are from Madison County, chose to solicit donations of Ensure, or money to buy Ensure for Big Bend Hospice patients in Madison. All of it will



Greene Publishing, Inc. Photo By Lynette Norris, April 29, 2014

**NFCC nursing students Jeta Norelius and Debbie Kinsey visit the Lions Club at its April 29 meeting.**

stay in Madison, for Madison patients.

The need is great, she told the Lions Club. Just this past Christmas, there were 27 Madison County residents in hospice care, a number that she predicts will get larger with time as the baby boomer population ages.

"A lot of people would probably choose to die in their own bed, just as I would," said Kinsey. Together with teammate and fellow nursing student Jeta Norelius, she explained to the Lions Club members what their Ensure project was about.

Many patients receiving end-of-life care drink Ensure as their main or only source of nutrition. As the body begins dying, different organ systems begin slowing down and shutting down, including the digestive tract. Changes to the stomach and esophagus may make swallowing difficult. Chewing may become difficult. Appetite may fail due

to illness or medication. Taste buds may no longer function well, making ordinary food unpalatable. Ensure is a way for them to get the nutrition they need for the best quality of life they can have, even as they approach the end.

However, Medicare and Medicaid do not cover Ensure, so Big Bend Hospice provides it to patients who need it, just as they provide other types of palliative care, making the patient comfortable and alleviating pain as much as possible.

"I've worked with children (through the Guardian Ad Litem program) all my life," said Kinsey. "And now I want to contribute to the other end of the spectrum."

Although she is not working as a hospice nurse yet, she is hopeful that she will be soon.

Lions Club members made several individual donations to the Ensure project, and the club as a whole voted to present the project with a \$100 check.

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# Got Stress? Relieve It With Massage Therapy

By Rose Klein  
Greene Publishing, Inc.

When you find yourself thinking on the subjects of money, work, the economy, family responsibilities, relationships, personal health concerns or rising housing costs, chances are you will begin to feel some stress. One definition of stress, whether you Google it or look it up in Webster's, is: physical, chemical or emotional factors causing bodily or mental tension. The fact is, stress has become part of our everyday lives and according to the APA (American Psychological Association); Americans are at a critical crossroads when it comes to stress and our health.

The causes of stress vary for each individual, but the most prevalent causes of stress are those listed above, and listed in the order of significance. Findings from a stress survey conducted by the APA concluded that most Americans are suffering from "moderate to high stress" with 44 percent reporting that their stress levels have increased over the past five years, and don't think those numbers just include adults; stress is also taking a toll on our children. Almost a third of children reported that in the last month they had experienced a physical health symptom often associated with stress.

Symptoms of stress are varied and many, but some of the most common are irritability or anger, fatigue, lack of motivation or energy, headache, depression or sadness, upset stomach or indigestion and muscular tension. If these symptoms are sustained, stress can become chronic and lead to the inability to function normally, evoke a depressed immune system and eventually cause illness.

To combat stress, and its symptoms, self-care should be a priority. According to the APA, only 40 percent of Americans rate their health as very good or excellent. When demands of family, job and other responsibilities come, taking care of ourselves becomes low on our priority list, but in

order to keep stress at bay, it should become our top concern.

Things we can do to stay healthy and as stress-free as possible are to eat healthy foods, get plenty of exercise, learn to say "no" when necessary, take restorative breaks (even 15 minutes can help) and seek out activities that enable you to recover from stressful situations.

One of the best ways to combat stress is massage therapy. Numerous studies have been conducted on the effects of massage and beyond simply "feeling good," massage is proven to have physical, mental and emotional benefits.

Massage works on the body's nervous system to counteract negative responses to stress by relaxing muscle tension, which in turns allows your heart rate, blood pressure and circulation to return to normal. When muscles stay tight for long periods of time, blood circulation decreases and places a strain on your heart, decreases your range of motion, causes pain and discomfort and can leave you feeling fatigued and sore.

Massage therapy releases those contracted muscles and pushes blood toward the heart, easing the strain on this vital organ. Massage also increases circulation to allow more nutrients and oxygen to your cells and carries away metabolic waste that causes you to feel drained. Massage decreases chronic pain, strengthens the immune system, improves nerve function, improves skin tone and helps you to sleep better.

With all these benefits, plus a lot more, it's a



Greene Publishing, Inc. Photo By  
Rose Klein, April 4, 2014

**Franny Davenport,** owner of **Falling Waters Wellness Spa** on **SW Range Avenue**, stands beside a tranquil picture in one of her **massage rooms**.

*Story cont on page 7B*

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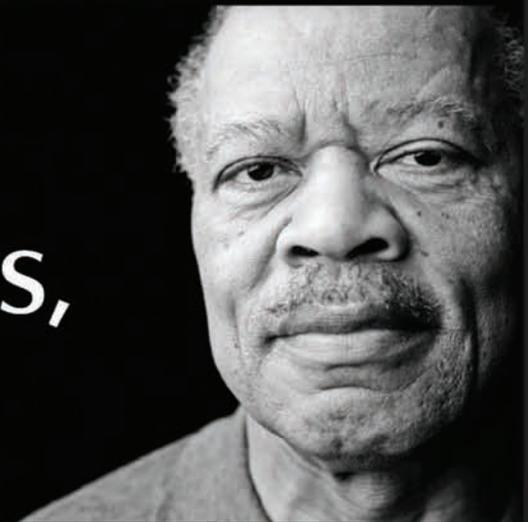
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# Sugar And Spice And Everything Nice: The Effects Of A High-Sugar Diet

By Lynette Norris  
Greene Publishing, Inc.



“Childhood obesity” has become an everyday phrase, and chances are, if one were to visit a mall or pass by a playground, it would seem that there really are a lot more overweight and obese children than there used to be.

The same goes for adults. Look around any mall, grocery store, or other public gathering place and it seems that there are a lot more overweight adults – even young adults – than there used to be.

Statistics bear this out as shown in “America’s Sugar Addiction: How Our Need For a Sweet Fix Has Expanded Our Waistlines,” in Addiction Treatment magazine (Aug. 22, 2013). In 1960, the average weight for an adult male was 169 pounds. In 2010, it was 195 pounds. For women, the average weight was 142 pounds in 1960. By 2010, that had climbed to 166 pounds.

In 1960, one out of every 10 adults was obese (defined as being more than 20 percent over the person’s ideal body weight). By 2010, it was three out of every 10 adults.

The incidence of diabetes has also risen, affecting one in 100 people in 1960, rising to seven out of 100 in 2010.

In looking at the average diet during that same time, the amount of sugar consumed per person averaged 78 pounds per year in 1960; five decades later, in 2010, that amount had risen to an average of 130 pounds per person, per year.

People drink four times more soda per year than they did in 1960 (48.8 gallons in 2010 as opposed to 12.3 gallons back then).

The rise in average weight and obesity levels seems to coincide with a rise in the consumption of sugar the last 50 years. The average American diet today derives approximately 16 percent of its calories from sugar. Based on an 1800-2600 calorie diet, that corresponds to 18-26 teaspoons (about half a cup) of extra sugar a day. Many Americans get about 500 extra calories a day from excess sugar, or about what it takes to gain a pound a week. Most experts rec-

ommend no more than 6 teaspoons (100 calories) a day for the average woman and 9 teaspoons (150 calories) a day for the average man.

Sugary sodas and punches are the biggest culprits as far as consuming much of that extra sugar, and the liquid calories do not leave the person feeling “full” or “satisfied” for very long; often they leave the person craving even more sugary beverages. Nor do they provide anything in the way of nutrition, which is why they are called “empty calories.”

Ironically, many Americans are health-conscious now more than ever. Organically-grown foods and low-fat food products, most of which were not even around in 1960, keep gaining in popularity.

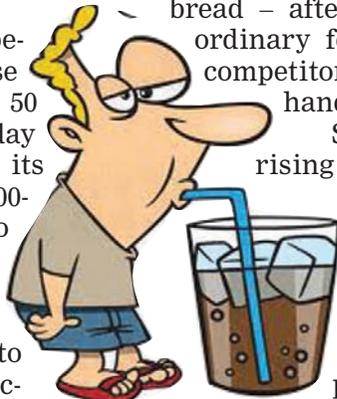
The problem is that not only do many people consume more sugary sodas, it’s also that they rely on processed food for a large part of their diet (as they have for several decades now), and these processed foods now contain a lot more sugar than they used to.

When Americans’ health consciousness began rising and the “health food” movement took off in the late 60s and early 70s, high-fat food fell out of favor with many people. Food companies responded with low-fat food products.

However, without the fat to carry the flavor, a lot of those diet foods were bland and flat. Many food processors began adding extra salt and sugar to put flavor back in the product. A study conducted by the UK Daily Mail’s Mail Online, April 29, 2014, found that many popular “diet” food items contained up to 20 percent more sugar than the full fat version.

Also, sugar is now present in a lot more than just the “usual suspects” (soda, candy, and cake). In addition to hiding in “diet foods,” it also turns up in everyday foods like tomato sauce, canned soups, tonic water, crackers, marinades, fat-free salad dressings, and bread – even whole wheat bread – after food companies discovered that ordinary foods with added sugar beat their competitors in taste tests and outsold them handily.

Sugar is not the only culprit in the rising obesity rates, but it is one of the main ones, and because of the greatly increased consumption of sugary drinks in the past few decades, and because sugar has also become a “hidden” ingredient in many “diet” and “normal” foods people don’t readily think as sweets.



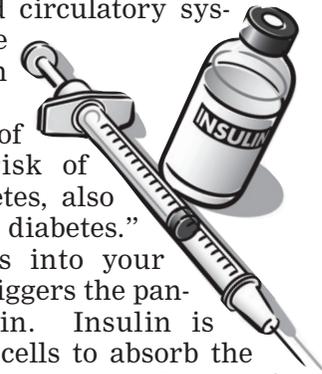
Several nutritionists and health professionals have done more in-depth studies of the effects of a high-sugar diet on a person’s physical and mental well-being, from the well-known expanding waist and higher risk of diabetes, to more recent evidence indicating that too much sugar can even affect a person’s mental health.

One of the most well-known effects of consuming too much sugar is weight gain. That extra sugar your body does not immediately need for energy is easily converted into triglycerides; this is a type of fat that is stored around your waist, hips and thighs. According to an article in the 2006 “American Journal of Clinical Nutrition” many studies over the years have documented the association between excess sugar and obesity, particularly the accumulation of belly fat. The effects of excess weight on the body is also well-documented, including stress on weight-bearing joints like the knees and hips, strain on the heart and circulatory system, and conditions like hypertension and high cholesterol levels.

Another effect of excess sugar is the risk of developing type 2 diabetes, also known as “adult-onset diabetes.” Sugar in the diet goes into your bloodstream, where it triggers the pancreas to release insulin. Insulin is required for the body’s cells to absorb the sugar and convert it into energy. Constantly dumping high amounts of sugar or other highly refined carbohydrates into the bloodstream kicks the pancreas into high gear to produce high amounts of insulin. Once the insulin is dumped into the bloodstream, sugar levels in the blood drop, and very rapidly. This is the “crash” that many people experience after a sugar binge.

There are also indications that eating too much sugar can suppress your immune system’s ability to fight bacteria, viruses and parasites. According to a 2009 study, eating sugar depressed the immune system response of healthy volunteers by up to 50 percent, for a period of about five hours. Constantly feeding your body excess sugar at every meal means your immune system could be functioning at half-capacity all day.

Chronically high insulin levels from excess sugar are also associated with risk of some cancers, heart diseases, polycystic ovarian syndrome, acne and even myopia,



*Story cont. on page 11B*

## Massage Therapy Cont. From Page 4B

wonder that the almost half of the American population who call themselves stressed, would not consider massage therapy.

Franny Davenport, owner of Falling Waters Wellness Spa in downtown Madison, has been doing massage since 1985, and says she knows firsthand the positive effects massage can have on the human body. Davenport began her massage therapy practice after being given a gift certificate for massage from a friend and after receiving her own massage, Davenport was so convinced in the therapy that she quit her job, went to school and became a massage therapist herself. In 1992, she became serious about her massage business and opened

her doors fulltime. She tried several locations before resting at her current location on Range Avenue, where she has been for the past seven years.

Davenport is a real believer of the therapy and has proof in the clients she cares for; some for as long as 17 years. She says massage definitely addresses a person's issues related to stress, but can also prevent larger issues from developing. Massage also addresses the physical, chemical and emotional side of stress according to Davenport by "connecting mind, body and spirit." She offers the example of caregivers, who have constant responsibility and who are so emotionally connected to those they are caring

for, they can become physically and emotionally exhausted. Davenport says it is important for them to stay emotionally and physically released in order to stay strong enough to do their labors of love.

Falling Waters offers all types of massage; therapeutic Swedish, deep tissue, massage for the elderly as well as pre-natal massage. To help the battle of stress, Davenport also offers body scrubs, clay wraps, facial treatments and relaxing foot soaks. Falling Waters Wellness Spa is located at 244 SW Range Avenue in Madison. Franny Davenport can be reached at (850) 973-3318. Stress relief could only be a phone call away.

# Healthy Living

## BODY IS THE TEMPLE

By Harvey Greene

I had given some thought as to whether this topic should be addressed under the heading of a health column or my typical philosophical twaddle. But ultimately health is part philosophy.

I have always preached that any type of medicine (not pills, Medicine) cannot really work unless it contains at least somewhat of a holistic approach – you cannot heal the body unless you also address the mind and the spirit.

So many times I have asked patients if

they smoke or drink, and receive the response, "Of course not. I'm a Christian." (By the way, when we ask these questions, don't get upset. It is not a judgment. It's our job. We are supposed to ask these questions.)

What gets me, however, is not the indignant response. My head-shaking comes when the same patient follows their "Of course not; I'm a Christian" comment with, "I stopped taking the (pressure / sugar / cholesterol) medicine. I didn't think I needed

it." Or "Well I don't

really check my sugar (or pressure)."

Excuse me, Huh?

You are upset when I ask if you drink alcohol, because the Bible tells you your body is a temple. Yet you don't mind desecrating the temple with cholesterol or sugar? I'm sorry. Huh?

Uncontrolled diabetes will kill you much faster than a drink a day. Uncontrolled high blood pressure will kill you much faster than a drink a day. By the way, controlled means according to the num-

Story Cont. On Page 10B

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# CDC Announces First Case Of Middle East Respiratory Syndrome Coronavirus Infection (MERS) In The United States

Press Release from Center for Disease Control

Middle East Respiratory Syndrome Coronavirus (MERS-CoV) was confirmed Friday, May 2 in a traveler to the United States. This virus is relatively new to humans and was first reported in Saudi Arabia in 2012.

"We've anticipated MERS reaching the US, and we've prepared for and are taking swift action," said CDC Director Tom Frieden, M.D., M.P.H. "We're doing everything possible with hospital, local and state health officials to find people who may have had contact with this person so they can be evaluated as appropriate. This case reminds us that we are all connected by the air we breathe, the food we eat and the water we drink. We can break the chain of transmission in this case through focused efforts here and abroad."

On April 24, the patient traveled by plane from Riyadh, Saudi Arabia to London, England then from London to Chicago, Illinois. The patient then took a bus from Chicago to Indiana. On April 27, the patient began to experience respiratory symptoms, including shortness of breath, coughing, and fever. The patient went to an emergency department in an Indiana hospital on April 28 and was admitted on that same day. The patient is being well cared for and is isolated; the patient is currently in stable condition. Because of the patient's symptoms and travel history, Indiana public health officials tested for MERS-CoV. The Indiana state public health laboratory and CDC confirmed MERS-CoV infection in the patient this May



2.

"It is understandable that some may be concerned about this situation, but this first U.S. case of MERS-CoV infection represents a very low risk to the general public," said Dr. Anne Schuchat, assistant surgeon general and director of CDC's National Center for Immunizations and Respiratory Diseases. In some countries, the virus has spread from person to person through close contact, such as caring for or living with an infected person. However, there is currently no evidence of sustained spread of MERS-CoV in community settings.

CDC and Indiana health officials are not yet sure how the patient became infected with the virus. Exposure may have occurred in Saudi Arabia, where outbreaks of MERS-CoV infection are occurring. Officials also do not know exactly how many people have had close contact with the patient.

So far, including this U.S. importation, there have been 401 confirmed cases of MERS-CoV infection in 12 countries. To date, all reported cases have originated in six countries in the Arabian Peninsula. Most of these people developed severe acute respiratory illness, with fever, cough and shortness of breath; 93 people died. Officials do not know where the virus came from or exactly how it spreads. There is no available vaccine or specific treatment recommended for the virus.

*Story Cont On Page 9B*

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## CDC Cont. From Page 8B

"In this interconnected world we live in, we expected MERS-CoV to make its way to the United States," said Dr. Tom Frieden, Director, Centers for Disease Control and Prevention. "We have been preparing since 2012 for this possibility."

Federal, state, and local health officials are taking action to minimize the risk of spread of the virus. The Indiana hospital is using full precautions to avoid exposure within the hospital and among health-care professionals and other people interacting with the patient, as recommended by CDC.

In July 2013, CDC posted checklists and resource lists for health-care facilities and providers to assist with preparing to implement infection control precautions for MERS-CoV.

As part of the prevention and control measures, officials are reaching out to close contacts to provide guidance about monitoring their health.

While experts do not yet know exactly how this virus is spread, CDC advises Americans to help protect themselves from respiratory illnesses by washing hands often, avoiding close contact with people who are sick, avoid touching their eyes, nose and/or mouth with unwashed hands, and disinfecting frequently touched surfaces.

The largest reported outbreak to date occurred April through May 2013 in eastern Saudi Arabia and involved 23 confirmed cases in four healthcare facilities. At this time, CDC does not recommend anyone change their travel plans. The World Health Organization also has not issued Travel Health Warnings for any country related to MERS-CoV. Anyone who develops fever and cough or shortness of breath within 14 days after traveling from countries in or near the Arabian Peninsula should see their doctor and let them know where they travelled.

## Teens Battle Body Image And Self-Esteem

By Katie Fulford  
Greene Publishing, Inc.

A teenager goes through many things both physically and emotionally, causing their self-image to constantly change. Sometimes the result of these changes are positive while others are negative and affect the teen's body image along with self-esteem, which happens to play a major part in their everyday life.

Between magazines, television shows, social media, and popular movies, teenage girls can get the impression that fashion models, along with celebrities, have "perfect" bodies, when in fact Photoshop and lighting play a major role in how they are portrayed. These teen girls like to idolize these women and hope to one day look, as well as act, just as they do. Some will even go to great lengths and literally do whatever it takes to accomplish this goal.

Teenage boys, on the other hand, are not nearly as verbal but also have similar situations. They compare themselves to buff athletes and feel that their bodies do not measure up. Boys who are extremely concerned about weight and image are more likely to be depressed, and more likely to engage in high-risk behaviors

such as binge drinking and drug use.

Self-esteem is important due to the fact that feeling good about yourself can affect your mental health and how you behave. Unhealthy body image is directly related to low self-esteem. Once low self-esteem is formed this negative view fills every thought, producing faulty assumptions and ongoing self-defeating behavior. As a result 75 percent of girls with low self-esteem reported engaging in negative activities like cutting, bullying, smoking, drinking or disordered eating. This drastically compares to only 25 percent of girls with high self-esteem.

Teens who have high self-esteem often have positive and confident thoughts and feelings about their body. Having a healthy body image means recognizing the individual qualities and strengths that make you feel good about yourself beyond weight appearance, and resisting the pressure to try and strive for the "perfect" body that you see in advertisements and in the media. If parents are worried about their teen's self-esteem the thing to do is to just speak with them on ways to help improve their thoughts and feelings on the subject.

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Temple Cont. From Page 7B

bers WE say – not the “that’s good for me” numbers you use. Ignoring proper care is improper.

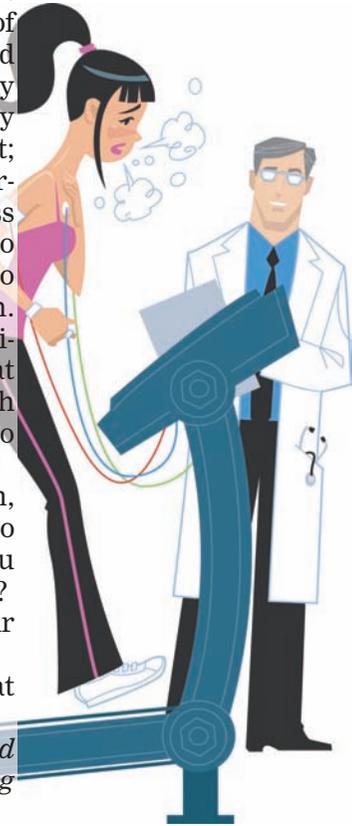
Please do not get me wrong, dedicated reader. I do not assume to preach at you from the realm of the sanctimonious. I admit that I have desecrated a temple or two from time to time, and I have my less than healthy habits, including that last thirty or so pounds I need to lose. That is not my point; we all fall short of perfect. My point is that ignoring your health is no less a crime and no less harm, than many of the “sins” you hold so heinous. Passive desecration of a temple is no less a bad thing than active desecration. Cholesterol, diabetes, high blood pressure, obesity, sleep apnea, stress – these are all things that are desecrating your body and will kill you much faster than that drink a day which you think is so evil.

If I told you that your child had a problem, which if not addressed would kill them in five to twenty years, would you act on it? Of course you would. Why do you not do the same for yourself?

Mind-Body-Spirit. If we are to believe that our body is a temple, then treat it like one.

Call your primary care up and make that appointment you’ve been avoiding.

*Harvey Greene is a Physician Assistant, and works in Madison, Fl. at Madison Life Spring Clinic, 248 NE Hancock St. (850) 973-9980.*



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## Sugar And Spice Cont. From Page 6B

according to an article in 2003 in "Comparative Biochemistry and Physiology Part A."

David Sack, M.D., wrote of how sugar can affect mental health as well as physical in "Where Science Meets the Steps," Sept. 2, 2013.

Symptoms of depression and other mood disorders can be aggravated by the constant roller-coaster of high blood sugar levels followed by crashes. One theory is that sugar suppresses a hormone BDNF that is already low in individuals with depression and schizophrenia. Sugar is also tied to chronic inflammation, which impacts the brain and other systems in the body. One interesting statistic is that countries with high sugar intake also have high rates of depression.

Sack also writes about the possibility of sugar addiction, since sugar triggers the release of the "feel-good" chemical dopamine in the brain. Over time, excessive levels of dopamine can change the structure of receptor centers in the brain.

What Sack calls the "Standard American Diet," full of fat and sugar, may not cause anxiety, but Sack believes that it worsens symptoms of anxiety and impairs the body's ability to cope with stress. Excess sugar may also cause impairment of cognitive abilities like learning and memory.

Kristin Kirkpatrick, M.S., R.D., L.D., Manager of Wellness Nutrition Services at the Cleveland Clinic, points to a 2013 study in the Journal of the American Heart Association that suggests excess sugar can affect the pumping mechanism of the heart and could increase the risk of heart failure. The findings specifically pinpointed a sugar molecule known as G6P, that, over time, can be responsible for changes in the muscle protein of the heart.

Excess sugar can also lead to "leptin resistance." Leptin is a hormone that signals the brain when the body has had enough to eat. When the leptin stops working, the person has no internal signal that the body has had enough food, which can lead to overeating.

Sugar and alcohol have similar toxic liver effects on the body according to a 2012 paper published in Nature magazine. The excess sugar takes similar metabolic pathways in the liver as the ethanol in alcohol, increasing the risk for some of the same chronic conditions.

These indications are from excessive con-

sumption of sugar, specifically, refined sugar in sweetened beverages and candy; Kirkpatrick notes that other simple sugars like the lactose found in milk and the simple sugars from fresh fruits are less worrisome because they also have high amounts of disease-fighting compounds and fiber that makes us feel full and helps us limit how much we eat. Empty sugar calories in sodas and candy don't contribute to a feeling of fullness, and without that physical cue to stop eating, it is much easier to consume far too much.

A little sugar is not harmful, just as a little salt is not. In fact, our bodies need a little of both in order to work properly. It is the excessive amounts that are harmful, and for people who want to limit their sugar intake and keep tabs on how much sugar they actually ingest, it takes more than just cutting out the sweets. They also need to look closely at the ingredient labels on cans and packages of processed food.

Unfortunately, the FDA requires only that food companies list naturally occurring sugars already in the food as a "grams per serving" line item. Any sugars added later, to enhance flavor, don't fall under that requirement and can be hidden away in the long list of ingredients at the bottom, with no indication as to how much has been added. Food companies take advantage of that loophole to the fullest, and can get quite creative when it comes to using sugar synonyms and long, chemical-sounding names. Some even rename the sugars using words like "organic" to make them sound better.

It's mostly up to the individual to become a bit of a food detective and learn the various aliases that added sugars hide behind.

Anything in an ingredient list that includes the word "sweetener" or "syrup" is sugar. "Organic evaporated cane syrup" sounds healthy, but it's a masquerade for sugar. "Concentrated fruit juices" used as sweeteners sound okay, but the fruit juices used, such as white grape, apple or pear juice are usually the least nutritious, and by the time they are processed and concentrated down to their sugary base, there are generally little or no nutrients left to speak of. Ingredients ending in "-ose" such as dextrose, fructose, glucose, lactose, levulose, maltose and sucrose are sugars, but sometimes there are variations such as dextran,

diastase, diastatic malt, barley malt or ethyl maltol.

Additionally, some food companies use three or more different kinds of sugar, because they can use less of each kind of sugar that way. Since ingredients are listed by weight, the sugar names can appear even further down on the ingredient list, giving the impression that there is even less added sugar than there actually is.

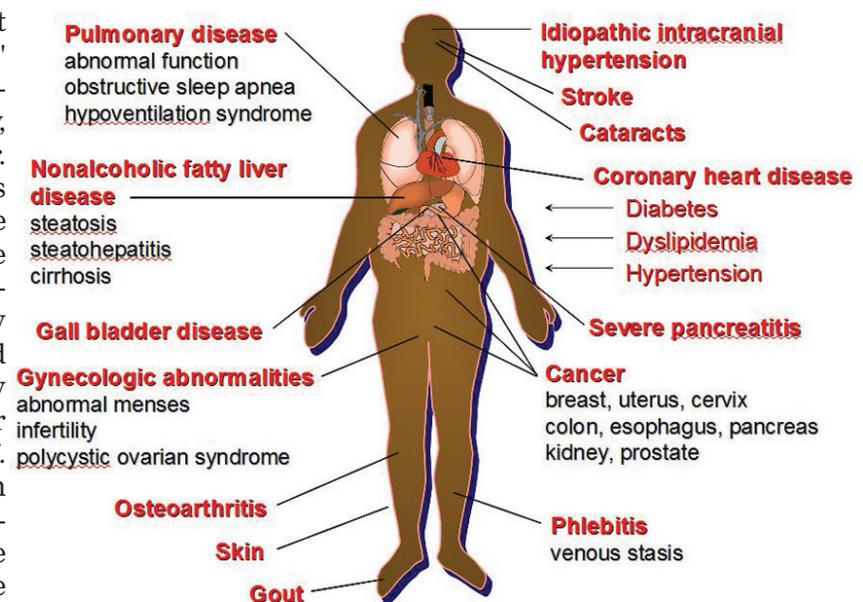
In addition to checking the ingredients on food labels, another strategy is to increase the amount of fresh fruits and vegetables in the diet, and choose those with a low glycemic index. These are digested more slowly and release sugars at a steady rate over a long period of time rather than all at once.

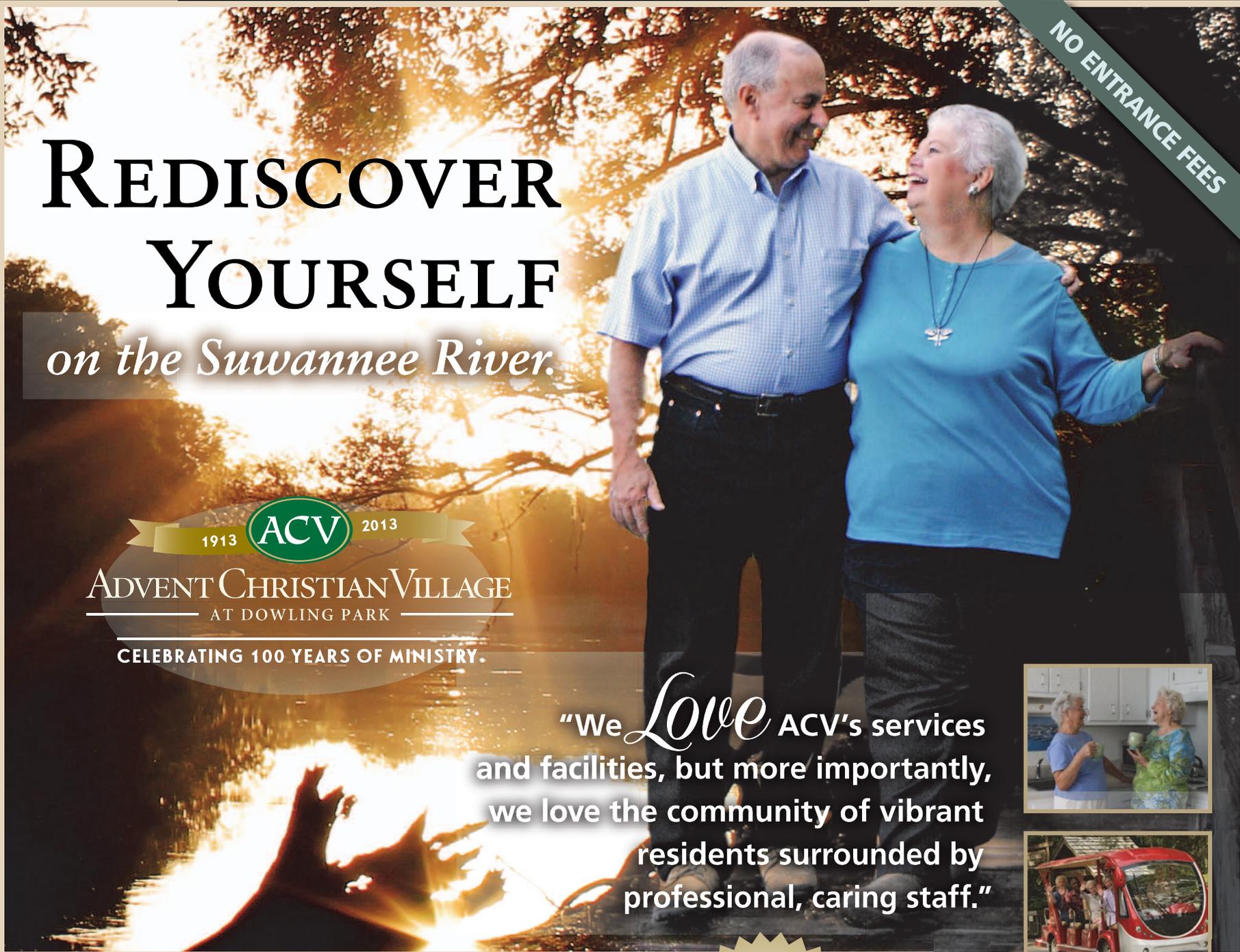
The human body does need sugar in moderate amounts for energy, and the best kind of sugar is the natural sugars in fruits, vegetables and milk, which contains lactose. These sugars come with a host of fiber, anti-oxidants, vitamins, minerals, disease-fighting compounds and other benefits, unlike the empty calories in refined sugar. Complex, slowly digested sugars from natural sources are also less stressful on the body, because they do not subject it to wildly fluctuating blood sugar levels.

For more information on glycemic levels of most common foods, visit such websites as [www.glycemicedge.com/glycemic-index-chart](http://www.glycemicedge.com/glycemic-index-chart), or [www.lifetimefatloss.com/glycemic-index-list-of-foods.html](http://www.lifetimefatloss.com/glycemic-index-list-of-foods.html). To determine how much sugar you need per day, based on your diet, weight, overall health and level of activity, talk to your health care provider or nutritionist.



## Medical Complications of Obesity





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