

# Local mother and daughter publish 'Simplicity' book

By Betty Bockoras

Special to the Okeechobee News

The book, "Bring Back Simplicity," begins with Alevene Lantz and her knowledge and memories of earlier days. Alevene is a long-time resident of Okeechobee. Many of Okeechobee's senior citizens will remember the people she writes about, and they'll relate to her experiences from "back when."

Those days were "simple." The depression was going on, but by growing their own food and sewing clothes out of recycled material, people in rural communities like Okeechobee fared well. Alevene includes recipes for swamp cabbage, wild rabbit,

and frog's legs, as well as home remedies for common illnesses.

Elaine Lantz-Davis wrote part II of "Bring Back Simplicity."

"The past is very much a part of our present," said Elaine, "because we need it to draw strength from, now."

Her part of the book offers suggestions to simplify one's life in this fast-paced world—from growing and preserving your own food to making homemade soaps and cleaners. She includes tips from friends in her Yahoo group, who join her in promoting a simpler way of life.

"LaMar's Off the Grid Cabin" can be built for under \$2,000 (pictured on page 130). It's

a great little vacation home or guest house that uses solar power for electricity.

Elaine was born in Okeechobee, but she was raised in Alaska, where her mother and father were missionaries. That, too, was a simple way of life, and she shares some of those experiences in the book. To purchase a copy of Bring Back Simplicity, you may contact one of the authors at 863-763-7584 or 863-261-2892.

This is Alevene Lantz's second published book. Her first book, "A Four-year-old and a Prayer," is about the missionary experiences in Alaska she shared with her husband.



Courtesy photo

**Alevene Lantz and Elaine Lantz-Davis, mother and daughter, published "Bring Back Simplicity" about simpler times.**

## The Library bricks are back!

Once again, the Okeechobee County Public Library is offering Memorial Bricks for sale to be permanently placed in the Library entryway. Whether you want to honor a loved one or commemorate special occasions such as births, graduations, weddings, and more, purchasing a Memorial Brick provides a unique opportunity to leave a lasting symbol of your support for the Okeechobee County Public Library. Two brick sizes are available: 4x8 inch bricks are \$50 and 8x8 inch bricks are \$250. The smaller bricks contain three lines of text and the larger bricks contain six lines of text. Application forms are available at the Library and online at [www.myhlc.org/oke](http://www.myhlc.org/oke).

## Highlands Hammock plans special events

Local area residents can pack up for a day of family fun at any of the upcoming events at Highlands Hammock Park. The first of several fall events begin on Saturday, Oct. 17, at 7 p.m. with Music in the Park concert featuring Groovus. Admission just \$5 per person, accompanied children 12 & under admitted free of charge. Bring a lawn chair and flashlight. All proceeds benefit park improvement projects. Park admission fees of \$6 per vehicle is waived after 6 p.m. on concert nights. Call 863-386-6094 for more information.

On Sunday, Oct. 18, at 3 p.m. Community Drum Circle with the Primal Connection. Bring any instrument you care to play and a lawn chair, all ages are welcome. Park entrance fee of \$6 per carload applies. Contact Fred Leavitt at 863-402-8238 for more information.

Saturday, Oct. 24, at 8 a.m. - 4th Annual Joe Jenkins Time Prediction 5K. The race

and prizes to be awarded for Best Costume and most pledge money raised. Registration fees vary with choice of shirt, call 863-452-1295 x 112. Park admission fee waived for participants.

Saturday, Nov. 7, from 9 a.m. to 4 p.m. 24th Annual Civilian Conservation Corps Festival

Arts & crafts vendors, live entertainment, tram rides, hay rides, pony rides, antique car show and more. This festival honors the men of the CCCs who helped rebuild the country, and our park, during the Great Depression. Park admission of \$6 per vehicle (up to 8 people) applies. Call 863-386-6094 for more information.

that anyone can win! The top 15 people who correctly estimate their time walking, jogging or running a 3.1 mile course will win prizes- no speed is necessary and you may bring your dogs. Registration starts at 7 a.m. day of race, entry fee is \$15. All proceeds will help alleviate some of the medical expenses Joe, a former park ranger, and his family have incurred during his ongoing treatment. Park admission fees waived for all participants. Call 863-386-6094 for more information.

On Saturday, Oct. 31, at 8 a.m.-ARC Halloween 10K/5K Run. Proceeds benefit ARC-providing opportunities to people with disabilities. Awards presented for the 10K run



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## Blessing of the Animals

St. Theresa of the Child Jesus Catholic Church in Buckhead Ridge invited parishioners to bring their pets to church on Oct. 3, for the annual blessing of the animals in honor of the feast day of Saint Francis of Assisi, patron saint of animals.

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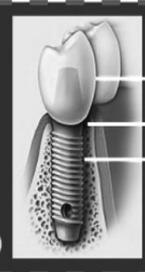
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