

Suwannee Democrat

127th YEAR, NO. 35 | 3 SECTIONS, 38 PAGES

Wednesday — February 15, 2012

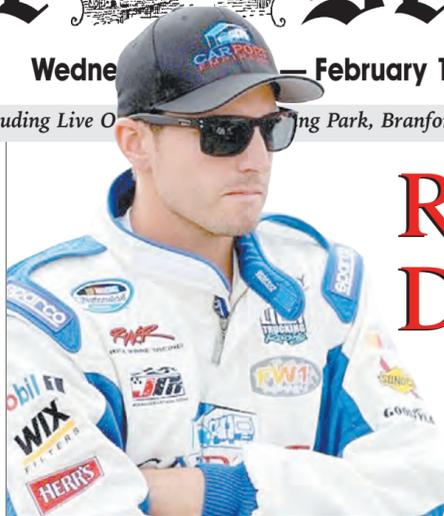
50 CENTS

Serving Suwannee County since 1884, including Live Oak, Branford, McAlpin and O'Brien

CHAMBER SUPERLATIVES



Coming Friday:
Chamber of
Commerce
names citizen,
trailblazer
of the year



Racing in Daytona

Coming Friday:
Local Fain Skinner to race
in Daytona's upcoming
ARCA series Slick Mist 200

Liquor license drawing

714 applications filed

By Jeffrey Boatright
jeffry.boatright@gafnews.com

The application process to be included in the double random drawing for a liquor license in Suwannee County closed Feb. 9 with 714 applications filed, Department of Business and Professional Regulations Director of Communications Sandi Copes Poreda stated in an email Friday.

The final number of applications filed is almost double that of the last updated number the *Democrat* reported on Feb. 7 which was 385 entry forms.

According to Poreda, the double random drawing to select the persons who will be entitled to apply for the licenses will occur after all of the applications have been reviewed and all candidates are determined to be eligible.

The length of time this will take will be determined

SEE LIQUOR, PAGE 12A

Check scam busted



Demetrius Brown
Celestine Collins

By Jeffrey Boatright
jeffry.boatright@gafnews.com

An organized counterfeit check printing and passing operation that involved personal identification information from hundreds of individuals has been foiled after an extensive investigation by the Live Oak Police Department, police reports show.

Arrested in connection with the counterfeit operation were Demetrius K.

SEE CHECK, PAGE 12A



6 97113 07520 1

Branford man killed in wreck



Photo: Rob Wolfe

A Branford man died after the motorcycle he was riding collided with this truck on US 129 South Saturday afternoon.

Two arrested following truck-motorcycle crash

By Jeffrey Boatright
jeffry.boatright@gafnews.com

A Saturday afternoon collision between a pickup truck and a motorcycle on U.S. 129 South resulted in the death of a Branford man and the arrest of two Live Oak men, the Florida Highway Patrol reported.

According to the FHP,

23-year-old Brian Adams of Branford was killed in the crash when his 2007 Honda motorcycle collided with a 1998 Dodge pickup driven by Humberto Machuca, 46, 9468 105th Drive, Live Oak around 4:30 p.m.

Machuca was reportedly

SEE TWO, PAGE 12A



Brian Adams



Humberto Machuca

Manuel Torrez

Crash on I-75 claims a life

By Jeffrey Boatright
jeffry.boatright@gafnews.com

A single vehicle crash on I-75 Monday afternoon claimed the life of a Pennsylvania man, according to the Florida Highway Patrol.

Robert M. Craley, 71, of Airville, Pa., died after the 1995 Dodge Ram 2500 van in which he was driving struck a large tree and overturned.

According to FHP, Craley was driving north on I-75 in the outside travel lane near mile marker 440. The van exited the roadway and drove onto the northbound grassy shoulder. The van

SEE CRASH, PAGE 12A



This wreck on I-75, just north of CR 136 in Suwannee County, claimed the life of a Pennsylvania man Monday afternoon.

Photo: Suwannee County Fire/Rescue

Redistricting gets final nod

Now maps move to the
Florida Supreme Court

By Jeffrey Boatright
jeffry.boatright@gafnews.com

After the Florida House of Representatives approved new House, Senate and congressional maps on Feb. 3, the Florida Senate followed suit and approved the measure on Feb. 9.

According to the Florida Senate Majority Office Press Secretary Allison Aubuchon, the Florida Supreme Court now has 30 days to issue their declaratory judgment on the measure.

To view the maps and to learn more, visit <http://www.floridaredistricting.org/>.

ment on the measure.

"Should that determination be that our plans are indeed valid, the plans will be sent to the United States Department of Justice," Aubuchon wrote in an email. "Should they find no objection, the districts take effect."

However, democrats contend that the maps violate anti-gerrymandering standards that are part of the Fair Districts

SEE REDISTRICTING, PAGE 12A

South county crash leads to arrest

By Jeffrey Boatright
jeffry.boatright@gafnews.com



Phillip Parker

An O'Brien man was arrested for driving while license suspended and leaving the scene of an accident with property damage, the Florida Highway Patrol reported.

According to FHP records, Phillip Wade Parker, 33, O'Brien, was traveling west on 216th Street around 5:05 p.m., Feb. 8, when he illegally attempted to pass the vehicle that was traveling ahead of him.

Reports show that when the driver of the vehicle ahead of Parker activated her left turn signal and slowed to turn onto 41st Road, Parker swerved into the eastbound lane of 216th Street and accelerated, attempting to pass the vehicle in front of him. As the other vehicle turned, Park-

SEE SOUTH COUNTY, PAGE 12A



Campaign underway to save the cats

PAGE 13A

COMING FRIDAY

- » Branford bus company sued in FAMU hazing death
- » Live Oak City Council met Tuesday night
- » Cooking the Wooley Bully way

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BOCC recognizes the service of Danny Hales



The Board of County Commissioners presented John D. (Danny) Hales with a plaque in recognition of his 35 years of service to the county and community. (From left) District One Commissioner Jesse Caruthers, District Three Commissioner Ivy Fowler, John D. (Danny) Hales, District Five Commission Chairman Wesley Wainwright, District Four Commissioner Phillip Oxendine and District Two Commissioner Clyde Fleming.

By *Jeffry Boatright*
jeffry.boatright@gallnews.com

During its regular meeting on Feb. 07, the Suwannee County Board of County Commissioners recognized John D. (Danny) Hales for his 35 years of service to the community.

Hales, who officially retired in October, had served as the Suwannee River Regional Library Director since 1976.

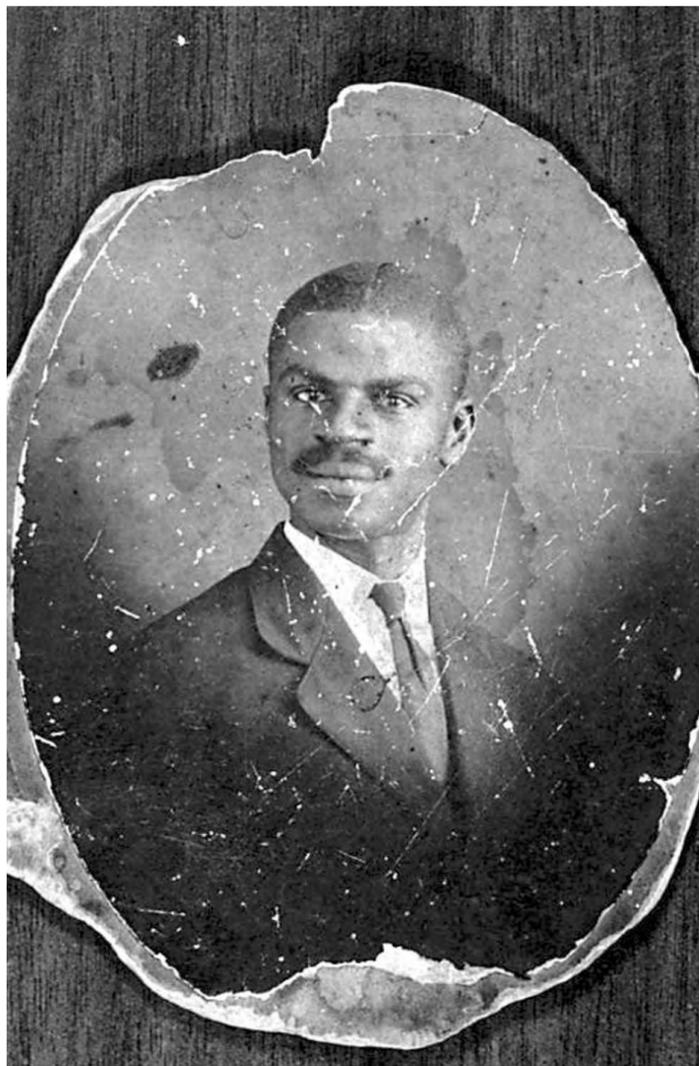
"You have always stood out as a tremen-

dous individual and proven to be a mentor for me," County Commission Chairman Wesley Wainwright told Hales.

Hales exemplified gratitude for the opportunity to serve the citizens of the Suwannee River Valley and thanked the present BOCC as well as past members of the Board.

Each of the commissioners thanked Hales for his hard work and dedication upon presenting him with a plaque as a symbol of their appreciation and recognition.

Life and times of Live Oak



Brought to you by the Suwannee Valley Genealogy Society

Pictured is Chester A. Moore, taken in the 1920s. He was a graduate of Florida Normal and Industrial Institute that was located in Live Oak at that time. The school is now known as Florida Memorial University and is located in Miami-Dade County. Photo is courtesy of the Suwannee Valley Genealogical Society. SVGS is located at 215 Wilbur St. SW, Live Oak. Its library is open 9 a.m. - 5 p.m. Tuesday and Thursday. Go to svgsoc.org for more information.

The McAlpin Community Club

The McAlpin Community Club welcomes everyone to their monthly meetings, which are held on the second Monday of each month.

The McAlpin Community Club asks everyone to mark their calendars and join us on Saturday, May 5, 2012, for our first annual yard sale and fundraising event. The proceeds will help benefit the club's building fund, which hosts a variety of civic groups including two local 4-H Clubs, a Home and Community Education (HCE) Club and volunteer firefighters. If you would like to donate any items for this event, please call Debbie Phillips at 364-7028.

The Club is located at 9981 170th Terrace in McAlpin, directly across from the Post Office on US Hwy 129. Membership fees are \$10 per family per year.

For info call Barbara Parks @ 362-3044 or Debbie Phillips @ 364-7028

Suwannee County Public Housing

The Housing Authority of the City of Live Oak is welcoming everyone to apply for Public Housing. If you fall below the maximum dollar amounts listed below you may be eligible for 1-4 bedroom HUD subsidized housing. If you would like to apply, please stop by our office at 406 Webb Drive, Live Oak, and fill out a pre-application to see if you are eligible. We are under new management and looking for tenants to join our waiting list. All individuals are welcome to apply. If you have any questions feel free to call our office @ 386-362-2123. We look forward to seeing you. We are an Equal Housing Provider.

2012 Income Limits

2 Person	2 Persons	3 Persons	4 Persons	5 Persons	6 Persons	7 Persons	8 Persons
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Suwannee County Community Event

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- What is a MEDICAL home?
- What are the financial limitations of the community?
- Are top quality comprehensive services and leadership available in Suwannee County?

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suwannee living

Weddings Voices for children

The following couples applied for a marriage license the week of Feb. 6 – 10, 2012:

- Nicholas Ryan Kirby to Heather Miranda Register
- David Michael Epstein to Nicole Marie Hand
- Willie James McGee to Melissa Robinson
- Guillermo Serrano Valencia to Regina Elaina Oliver
- Roderick Tyrone Davis to Desiree Nicole Salazar
- Clinton Aaron McCall to Melody Kaye Smith



Lisa Scanlon (left), Lake City Ruby Tuesday manager, presents a \$1,729.07 check to Jeanne Van Arsdall, fundraising committee co-chair for the Voices for Children of the Suwannee Valley Inc. The money comes from the proceeds from a fundraiser held in December. The Voices for Children organization supports the Third Circuit Guardian ad Litem program, which assists more than 400 abused, abandoned and neglected children. For more information, to make a donation or to volunteer call (386) 364-7720.

Lunch planned for Class of 1954

The SHS Class of 1954 is having a "Get-together Lunch" in Live Oak on Monday, Feb. 20, 2012, at 1 p.m. at Sheryl's Buffet on 5th Street. All Class members and friends are invited. For more information please contact Erma Evans Parker – 904-221-1203 or Ken Voyles – 352-861-8650.

Needhams in concert to benefit Love INC

It's going to be a fun evening when a well-known Southern Gospel music family visits Live Oak on Saturday, Feb. 18 as a fundraiser for Love INC (Love In the Name of Christ), a Christian service organization serving Suwannee County. It will be a full evening of good food, entertainment and a silent auction.

The Needhams, a nationally recognized family group, has been touring since 1997 sharing the Gospel with their own unique sound. Audiences across the United States and beyond have discovered a broad spectrum of musicality in The Needhams -- from organically acoustic to energetically progressive. Group members employ their talents through vocals and instrumentation, and songs are presented through a combination of fresh, originally crafted works blended with familiar tunes. Regardless of styling, a Needhams concert flows with family harmony and lyrics grounded in the Gospel.

The family will be in concert at Com-

munity Presbyterian Church, 830 Pinewood Way SE, Live Oak, beginning at 7 p.m. Earlier, a spaghetti supper with all the trimmings will be provided at the church fellowship hall beginning at 5 p.m. A silent auction will begin at 4 p.m., and will feature a wide variety of exciting products donated from throughout the region. This promises to be a very exciting auction. Monies raised through this event will help finance the many ongoing food and services programs of Love INC.

For ticket information, visit the Love INC office at 690 5th St. #5, Live Oak (phone: 386-330-2671); at the New Life Bible Book Store, 1102 Ohio Ave. South, Live Oak; or in Columbia County by calling Rev. Dr. Everett L. Parker at 386-754-8524. Tickets also will be available at the door. Mark your calendars and plan now to attend this important evening of music, food, and fun! For more information, call the Love, INC office at the aforementioned phone number.

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- ✓ FCAT/FAIR

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BY: BRAD WATSON

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OBITUARIES

Carlton Byrd
July 16, 1921
Feb. 9, 2012

Carlton Byrd, 90, Live Oak, Fla., passed away on Thursday, Feb. 9, 2012 after a long illness. The Jasper, Fla. native lived most of his life in Live Oak, owned Byrd Painting in Live Oak for 40 years and was a member of Westwood Baptist Church. Mr. Byrd was also a WWII Veteran while serving in the U.S. Air Force. He is survived by his son: Vernon & Betsy Byrd, Live Oak, Fla.; one sister: Jimmie DuPre, Jacksonville, Fla.; two grandchildren: Stacey & Donnie Bullock, Bradley C. & Amy Byrd, both of Live Oak, Fla.; four great-grandchildren: Jason Bullock, Rachael Bullock, Alexis Byrd and Leigh-Anna Byrd. He was preceded in death by his wife: Johnnie Lucille Landen Byrd. Services were held at 2 p.m. on Sunday, Feb. 12 at Westwood Baptist Church with Rev. Leon Godwin officiating. Interment followed in the Orange Baptist Church Cemetery.

Daniels Funeral Homes & Crematory, Inc., of Live Oak and Branford, FL in charge of arrangements.

Brenda Futch
Sept. 3, 1960
Jan. 30, 2012

Brenda Futch, 51, Live Oak, Fla., passed away on Monday, Jan. 30, 2012 after a long illness. She was life long resident of Live Oak. Mrs. Futch was loved dearly and will be missed by those who loved her. She was an active member of God's Tiny Angels a charity group based in West Virginia.

Mrs. Futch is survived by her husband: Jasper E. Futch, Live Oak, Fla.; mother: Lillie Graham, Live Oak, Fla.; two daughters: Brenda L. Futch and Angela Futch both of Live Oak, Fla.; two sisters: Lynda Eddings, Keystone Heights, Fla. and Diane Brim, Live Oak, Fla.; two brothers: Roger Dale Graham and Doyle Curtis Graham both of Live Oak, Fla.; two grandchildren: Tiffany R. Luman and Courtney D. Boucher both of Live Oak; Two great-grandchildren.

Daniels Funeral Homes & Crematory, Inc., of Live Oak and Branford, FL in charge of arrangements.

Elizabeth Josephine Gay
Dec. 22, 1935
Feb. 10, 2012

Elizabeth Josephine Gay, age 76, of Dowling Park, Florida passed away early Friday morning Feb. 10, 2012 at the Good Samaritan Center in Dowling Park, Fla. following a lengthy illness. She was born in Tampa, Fla. living most of her life in Live Oak. Elizabeth was a member of the First United Methodist Church of Live Oak and associate member of the Bixler

Memorial Chapel of Dowling Park.

She was predeceased by her parents, Charles Theodore Gay and Dorothy Fletcher Cooper.

Survivors include several cousins and very close friends.

Funeral services will be held 10 a.m. Wednesday, Feb. 15, 2012 in the Good Samaritan Center with Rev. John Harper officiating. Interment will follow in the Live Oak Cemetery.

In lieu of flowers contributions may be made to the Advent Christian Village, P.O. Box 4305, Dowling Park, FL 32064.

Please sign the guestbook at www.harrisfuneral-homeinc.net.

Harris Funeral Home & Cremations, Inc., 932 N. Ohio Ave., Live Oak, FL 386-364-5115 is in charge of all arrangements.

Addie Lou Hunt
Sept. 26, 1922
Feb. 9, 2012

Addie Lou Hunt, 89, passed away Thursday, Feb. 9, 2012 in Shands at UF following a short illness. Mrs. Hunt was born in Branford, Florida Sept. 26, 1922, and was a lifelong resident of this area. She was a retired battery assembler for General Electric in Alachua, FL., with 20 years of service, a clerk with Hailey's Dry Goods in Branford for 10 years and a member of Landmark Baptist Church, Branford, FL.. She is preceded in death by her husband, Mack A. Hunt and grandson, Robert Avery.

Survivors include, five daughters, Betty & Fred Moses of Branford, Fla., Vivian & Clifford Pauley of Yawkey, W. Va., Chryal & Glenn Rhodarmer of Waynesville, N.C., Janet & Gary Avery of McAlpin, Fla., Donna & Charles Hurst of Branford, Fla., one son, Michael & Linda Hunt of Lakeland, Fla., eight grandchildren 17 great grandchildren and three great great grandchildren also survive. Funeral services were conducted at 2 p.m. Sunday, Feb. 12, 2012 at Landmark Baptist Church with Rev. Steven Redman officiating. Interment followed in Oak Grove Cemetery. Visitation was Saturday, from 6 p.m. - 8 p.m. at the Funeral Home in Branford.

Juanita Hope McCraney
June 3, 1925
Feb. 11, 2012

Juanita Hope McCraney, age 86, of Live Oak, Fla., passed away Saturday, Feb.

11, 2012 at her home following a lengthy illness. The Lakeland, Fla. native moved to Live Oak in 2005 from Lakeland. She worked for many years as a lab technician. Juanita enjoyed gardening and was an avid country music and folk music fan and a collector of country music memorabilia. She loved playing the keyboard and guitar and was a member of the Willow Oak Baptist Church in Mulberry, Fla.

She was predeceased by her son, Ronn McCraney.

She is survived by two daughters, Linda Perry of Singapore and Lorelei McCraney of Live Oak; three grandchildren and eight great grandchildren.

Memorial services will be held at a later date.

In lieu of flowers contributions may be made to Haven Hospice, 6037 Hwy 90 W, Lake City, FL 32055.

Please sign the guestbook at www.harrisfuneral-homeinc.net.

Harris Funeral Home & Cremations, Inc., Live Oak, FL 386-364-5115 is in charge of all arrangements.

Stewart Henry 'Stu' Perkins Jr.
Oct. 7, 1936
Jan. 28, 2012

Stewart Henry 'Stu' Perkins, Jr., 75, of O'Brien, Fla., passed from this life on Jan. 28, 2012 at his home. The Central City, Ky. native moved to the O'Brien area 26 years ago from Mt. Dora, Fla. Stu was a veteran of the Korean War serving in the United States Air Force. He worked at the Volusia County Sheriff's Office and for the Florida Department of Corrections. He rose to the rank of Major in the Lake County Sheriff's Office where he retired after 36 years of law enforcement. He then worked with the Suwannee County Game and Fish Commission, he was also their gator catcher. He was a deputy as well as in corrections. Stu was very active as a member of the American Legion, Elks Lodge, Branford OES Chapter #112 and also a 32 degree Mason in the Branford Masonic Lodge #130. Mr. Perkins was also a member of the Branford United Methodist Church.

He is survived by his wife: Brenda Perkins, O'Brien, Fla.; daughters: Verna Perry and Marsha Gering, both of De Bary, Fla.; step-daughters: Cathy Hahn, Winter Park, Fla.; Judy Staffieri, Dunedin, Fla.; step-son: David & Terri Staffieri, Lake City, Fla.;

Daniel & Lisa Staffieri, Franklin, Ga.; Michael Staffieri, Columbus, Ohio; sister: Emma Carroll, Springfield, Ky.; brother: Rev. William 'Bill' Perkins, Central City, Ky.; 11 grandchildren; and three great-grandchildren.

A memorial service, with military honors, will be held at 1:30 p.m., Friday, Feb. 17, 2012 at Jacksonville National Cemetery, Jacksonville, FL.

In lieu of flowers the family asks that donations be made to the American Heart Association, PO Box 840692, Dallas TX 75284-0692.

Sign the guestbook at www.danielsfuneral-homes.com

Daniels Funeral Homes & Crematory, Inc., Live Oak & Branford, FL in charge of arrangements.

Victoria E. Smith
July 29, 1930
Feb. 7, 2012

Victoria E. Smith, 81, passed away Tuesday, Feb. 7, 2012 in the Suwannee Valley Care Center, Lake City, Fla.

The Harlan County, Kentucky native was born July 29, 1930 and moved to the Branford area 20 years ago from Kingsport, Tennessee. She was a homemaker and attended Living Springs Family Worship Center, Branford, Fla.

Survivors include two daughters, Jeannie & Randy Pring of O'Brien, Fla., JoAnn Allen of Branford, Fla., one son, Jesse Smith of Branford, Fla., a sister, Marie Blair of Reagan, Tenn.

Daniels Funeral Homes and Crematory, Inc. Branford, FL., in charge of arrangements.



Brian Mathue Adams
Feb. 12, 1988
Feb. 11, 2012

Brian Mathue Adams, 23, passed away suddenly Saturday, Feb. 11, 2012 in Live Oak, Fla. Brian was a member of the 2006 graduating class of Lafayette High School, he enjoyed hunting and fishing. He was employed as a letter carrier for the United States Postal Service, Live Oak, Fla. and was of the Baptist faith. Survivors include his moth-

er, Barbara Scott, Tallahassee, Fla.; father, Leland Adams of Branford, Fla.; two brothers, Sidney & Angela Adams of Branford, Fla., Jefferson and Samantha Adams of Branford, Fla.; nieces and nephews, Morgan, Serena, Samuel, Sidney, Saje, Virginia; paternal grandmother, Viola Adams of Branford, Fla. and companion, Jessica Duda of Lake City, Fla.

Grave side services will be conducted Thursday, Feb. 16, 2012 at 3 p.m. in Maypop Cemetery, Lafayette County, Fla. Visitation will be held Wednesday, Feb. 15, 2012 at Daniels Funeral Home in

Branford from 6-8 p.m. Daniels Funeral Homes & Crematory, Inc., of Live Oak and Branford, FL in charge of arrangements.

DEATH NOTICE

Claude Tanner
Feb. 11, 2012

Claude Tanner, 77, of Branford, Fla., passed away on Saturday, Feb. 11, 2012 in the company of his loving family.

Daniels Funeral Homes & Crematory, Inc., Live Oak & Branford, FL.

Water management staff to spread word on water supply strategies

Over the next two months, David Still and Hans Tanzler, the executive directors for the Suwannee River and St. Johns River water management districts respectively, and other senior staff will speak at county commission meetings within the Suwannee District's (SR-WMD) region to inform the public about water resource issues.

Jon Dinges, SRWMD director of Water Supply and Resource Management, provided a preview of those meetings when he spoke to the Suwannee County Commission on Jan. 17 about water supply planning.

"The District is actively addressing water resource impacts that are occurring across north Florida as a result of groundwater withdrawals," Dinges said. "We believe the Alapaha River Basin, Upper Suwannee River Region, and Upper and Lower Santa Fe river basins may be short of groundwater within 20 years."

"We're working hard to find new water sources and ways to replenish the Floridan aquifer system to meet water demands in those areas," he added.

Dinges noted that as far back as 1988, the United States Geological Survey has documented significant declines in the aquifer.

"Though these water levels go up and down, there is a long-term declining trend felt in some areas within our District, and these statistics are significant," Dinges said. "Though we have been in a

drought for some time, we don't believe lack of rainfall is totally responsible for the trends we're seeing. The only other possibility is pumping from the aquifer system."

A schedule of upcoming meetings is available on the District's calendar at www.mysuwanneeriver.com. For more information, call SRWMD at 386.362.1001 or 800.226.1066 (FL only).

Water Supply Presentation Schedule

Please be aware that the times and dates of these meetings are subject to change. Check the District's calendar at www.mysuwanneeriver.com where any changes will be announced. Meetings in our area.

Hamilton County
February 21, at 6 p.m.
207 NE First St.
Jasper, FL 32052

Lafayette County
February 27, at 5:30 p.m.
Lafayette County Courthouse
120 W Main St.
Mayo, FL 32066

Columbia County
March 1, at 7 p.m.
Columbia County School Board Administration Complex
372 W Duval St.
Lake City, FL 32055

Suwannee County
March 6, at 9 a.m.
Live Oak City Hall
101 SE White Ave.
Live Ok, FL 32064

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Saturday 8:00 am - 5:00 pm

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Viewpoints/Opinions

Suwannee Democrat



MYRA C. REGAN
Publisher



JEFF WATERS
Editor

Members of the Suwannee Democrat editorial board are Myra C. Regan, publisher, and Jeff Waters, editor. Our View is formed by that board.

Editorial objectives for 2012

1. Install a county manager
2. Update our LDRs and comp. plan to better protect resources and plan for growth
3. Multidisciplinary study to look at our diminishing water supply
4. Continue progress on Perimeter Road
5. Reduce duplication of effort by city/county offices and agencies

THE SUWANNEE SCRIBBLER

The Live Oak superhero connection

By Jim Holmes

Have you ever heard of the MegaCon Convention in Orlando?

Well, if you are a comic book or Sci-Fi aficionado, I bet you have. You see, the annual three-day event attracts thousands of dedicated - no passionate - pop culture fantasy fans. In other words, if you have a Star Trek uniform and are seeking a place to wear it where you won't look out of place, or if you think Stan Lee is to comic books what Shakespeare is to the theater, you will want to be at the Orange County Convention Center this Friday, Saturday or Sunday.

What you might not realize however, is that this convention, considered by many to be the premier event of its' type in the entire Southeastern United States, as well as the largest, is the product of a Live Oak woman and her company.

Now for the record, Beth Widera didn't set out to be a super hero convention boss. How it happened may not be worth a comic book of its own (after all, there appear to be no evil villains lurking about and she has not been bitten by a radioactive spider), but it certainly is a tale worth the telling.

Beth's adventure in the parallel worlds of comic books and fantasy fiction dates back to the late 1990s. A career teacher with a Master's Degree in Education, she had moved to the Tampa area, where Beth went to work, not for a school, but for a comic book company. Her job was to find methods of incorporating the art of comic book storytelling into an academic environment.

About this same time however, her employer also bought MegaCon Incorporated, a tiny convention enterprise with a name far more grandiose than its profit and loss statement could justify. And before she could say "Shazam!" Beth's duties were expanded. In addition to finding ways to use comic books in the classroom, she was also assigned to help stage a MegaCon convention.

The new assignment proved fortuitous.

The annual comic book convention, once lucky to attract 3,000, began to grow. Enough so, that when Beth had the opportunity to buy MegaCon from her employer in 2003, she decided it would be a wise move.

Then three-years ago, Beth relocated to Live Oak, so as to live closer to her daughter Christine Alger. In the process, she brought the company with her and Christine became her mother's right hand in running it.

This weekend's Orlando event will be the 19th MegaCon Convention held in Florida and it has become a very big deal among its devotees. Last year's affair attracted some 42,000 people. It's hoped this year's crowd will be even larger. And while kids 10 and under are admitted free, the daily admission fee for everyone else is \$25. Or you can shell out \$60 for the entire three-day event.

For their money, the attendees will be able to wander through nearly 600 exhibits of one type or another, all relating to comic books, comic book art, gaming, toys, film animation or Science & Fantasy Fiction. In other words, and since I'm among their ranks, I think I can say this without insulting anyone - MegaCon is "Nerd Paradise."

Then there is also Beth's stable of VIPs who will be present, including at least 65 established comic book artists and authors, as well as more than 30 actors with bona fide science fiction or fantasy film credentials. Among the many names you may recognize; Marvel Comics' Stan Lee, Tom Felton (Drago of the Harry Potter films), Bruce Boxleitner (Captain John Sheridan of Babylon 5), Brent Spinner (Star Treks' Mr. Data) and Charisma Carpenter (TV's Buffy the Vampire Slayer).

All of whom will be happy to sign an autograph or have a photo taken with you...for a price.

As you can imagine, putting together an event this large and complex is no simple matter. Beth wrestles with thousands of details in preparation for the three-day affair. And having worked with my share of artists and actors over the years, I suspect her task is made even more difficult when you compute in the human ego factor of highly creative people.

Personally, I equate what Beth Widera does to juggling chainsaws, daily, blindfolded! In other words, you need look no farther than our own backyard, if you want to find a real Wonder Woman!

Jim lives in Live Oak.

OPINION

Rising black social pathology

The Philadelphia Inquirer's big story Feb. 4 was about how a budget crunch at the Philadelphia School District had caused the district to lay off 91 school police officers. Over the years, there's been no discussion of what has happened to our youth that makes a school police force necessary in the first place. The Inquirer's series "Assault

on Learning" (March 2011) reported that in the 2010 school year, "690 teachers were assaulted; in the last five years, 4,000 were." The newspaper reported that in Philadelphia's 268 schools, "on an average day 25 students, teachers, or other staff members were beaten, robbed, sexually assaulted, or victims of other violent crimes. That doesn't even include thousands more who are extorted, threatened, or bullied in a school year."

I graduated from Philadelphia's Benjamin Franklin High School in 1954. Franklin's students were from the poorest North Philadelphia neighborhoods -- such as the Richard Allen housing project, where I lived -- but there were no policemen patrolling the hallways. There were occasional after-school fights -- rumbles, we called them -- but within the school, there was order. Students didn't use foul language to teachers, much less assault them.

How might one explain the greater civility of Philadelphia and other big-city, predominantly black schools during earlier periods compared with today? Would anyone argue that during the '40s and '50s, back when Williams attended Philadelphia schools, there was less racial discrimination and poverty and there were greater opportunities for blacks and that's why academic performance was higher and there was greater civility? Or how about "in earlier periods, there was more funding for predominantly black schools"? Or how about "in earlier periods, black students had more black role models in the forms of black principals, teachers and guidance counselors"? If such arguments were to be made, it would be sheer lunacy. If white and black liberals and civil rights leaders want to make such arguments, they'd best wait until those of us who lived during the '40s and '50s have departed the scene.

Over the past couple of decades, I've attended neighborhood reunions. I've asked whether any of us



A
MINORITY
VIEW



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BY WALTER WILLIAMS

recall classmates who couldn't read, write or perform simple calculations, and none of us does. Back in those days, most Philadelphia school principals, teachers and counselors were white. At Stoddard-Fleisher junior high school, where I attended, I recall that only one teacher was black, and at Benjamin Franklin, there

might have been two. What does that say about the role model theory? By the way, Asian-Americans are at the top of the academic ladder, and, at least historically, they rarely experience an Asian-American teacher during their K-through-12 schooling.

Many black students are alien and hostile to the education process. They are permitted to make education impossible for other students. Their misbehavior and violence require schools to divert resources away from education and spend them on security, such as hiring school police and purchasing metal detectors, all of which does little for school safety. The violent school climate discourages the highest-skilled teachers from teaching at schools where they risk assaults, intimidation and theft. At a bare minimum, part of the solution to school violence and poor academic performance should be the expulsion of students who engage in assaults and disrespectful behavior. You say, "What's to be done for these students?" Even if we don't know what to do with them, how compassionate and intelligent is it to permit them to make education impossible for other students?

The fact that black parents, teachers, politicians and civil rights organizations tolerate and make excuses for the despicable and destructive behavior of so many young blacks is a gross betrayal of the memory, struggle, sacrifice, sweat and blood of our ancestors. The sorry and tragic state of black education is not going to be turned around until there's a change in what's acceptable and unacceptable behavior by young people. That change has to come from within the black community.

Walter E. Williams is a professor of economics at George Mason University. To find out more about Walter E. Williams and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.

FROM OUR READERS

Dear Editor,

As a member of the Charter Review committee I would like to respond to Mayor Nobles allegations.

Let me preface this by saying Mr. Nobles is a good man and Mayor Nobles has served this community above and beyond the call of duty. He has obtained grants, been a presence in Tallahassee and an Ambassador for our City. Unfortunately he has grown threatened by an advancing local government and is totally off base in his concept of separation of powers as they refer to the city.

For Mr. Nobles to constantly say he is a victim of some conspiracy is ludicrous. He is inferring that Councilmen Rewis, Thomas, Prins, Yulee and Burch hand picked five people out to get Mr. Nobles. If he truly believes that, his fury should be taken out on the council not the Charter Committee. The tapes are open to the public, two members Chairman Mr. McCullers and Mr. Hale who worked with Mr. Nobles for 30 plus years, on numerous occasions mentioned the good things Sonny did. This is not about Sonny, it is about the position of Mayor.

As things exist today, the Mayor could override anything anyone does at City Hall. The City Administrator could be carrying out the orders of the City Council and the mayor could tell the city administrator to do the opposite. As it exists today, five members of the city council could want a different attorney and the mayor could refuse it. If the mayor did not want to call a special meeting, no special meeting would be called. If a vacancy exists on the city council only the mayor can recommend a replacement. The mayor must approve the appointment of any employee. The mayor may suspend anyone. The Mayor, not Sonny Nobles, currently has these powers which take things out of the Administrator's hands, who is paid \$90,000 a year to run the city and change decisions made by the majority of a five man City Council. The conflict has come up between Mayor and Administrator, Administrator and City Council, and Council and Mayor.

An example would be when the Mayor sent city equipment to Gold Kist a few years ago. The council was not made aware of it, the administrator didn't order it and the mayor forgot he had done it. An example would be when the code enforcement officer was found at a liquor store in a city truck, in Lake City during working hours. The mayor suspended the employee which negated the city council's authority to fire him, due to double jeopardy. The Mayor also emphatically stated he was the only one who could fire the code enforcement officer.

Please address letters to: Letters To The Editor, Suwannee Democrat, PO Box 370, Live Oak, FL 32064. Please include your full name, address and daytime phone number. We ask this so we can verify your letter and discuss any questions about it with you.

Has Mr. Nobles blatantly abused his power as mayor? Absolutely not, has he gotten over zealous, absolutely yes. I believe Mr. Nobles decisions have been what he thought to be in the best interest of the city. Unfortunately, some of those unilateral decisions were not the best, and done without any regard to the city council wishes or the city administrator. We have been fortunate to have good men serving our community, whether they hold the position of mayor, or Mr. Mayor, whether they sit on the charter review committee. There is no guarantee the next mayor will be as interested as Mr. Nobles. So, once again, I postulate this is not about Sonny Nobles, this is about the position of mayor, who still retains a veto.

As for Mr. Nobles "separation of powers", he is simply wrong. The City of Live Oak is a Municipal Corporation. Yes, the American Constitution has separate, but equal branches of government, called the Executive, Legislative, and Judicial. Unfortunately, for Mr. Nobles they do not exist in the city charter. Our system of checks and balances come from a five man council that needs three votes to pass legislation, not one mayor's decision. To imply that the mayor should have more power than the city council is simply wrong. To imply it is equal to five men is just as wrong. Mr. Nobles argument was also shut down by the city attorney, he currently gets to recommend.

Mr. Nobles told the committee he did not want to run the day to day operations of city. Having the power to supervise all aspects of city government, being able to suspend any employee, being the only one to call a special meeting, being the only one to approve the hiring of any employee, being the only one able to recommend people to fill vacancies, being the only one to approve the city attorney, doesn't leave much for the administrator or council.

I submit to you Mr. Nobles, what powers do you exactly want? The power to do what you want regardless of the Council and Administrator? What's wrong with making suggestions to the full time administrator or five man council, instead of usurping their authority for what you, one man wants? The administrator answers to the council the mayor doesn't.

There was absolutely no need to get personal and paranoid. Believe it or not, there was not one person on the committee that didn't respect the job you have done. Thirty something years of public service does not give the right of entitlement, martyrdom, or despotism. It also should not allow someone to insult people who spent a great deal of their free time to do community service.

Tom Daniels

BIBLE VERSE

““A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”” **John 13:34-35 NIV**



Hunnies defeat Lakeland, Ocala in weekend season openers | SPORTS, 1B

Branford News

Serving southern Suwannee County, including Branford, O'Brien and McAlpin



Braxton Koon stands with the Branford Future Farmers of America. The FFA members served food and bussed tables at the Suwannee County Chamber of Commerce banquet last Thursday night at Camp Weed. Koon was installed as a board member at the banquet.

FFA members serve at Chamber banquet

By Misty A. Ward
misty.ward@gafnews.com

The Branford Future Farmers of America earned some community service hours serving dinner to members and guests at the annual Suwannee County Chamber of Commerce banquet last Thursday night at Camp Weed.

In their official dress, the FFA members served salad, dinner, dessert and refilled drinks at the banquet. The group was also in charge of bussing the tables.



Branford Future Farmers of America members log some community service hours working at the annual Suwannee County Chamber of Commerce banquet last Thursday night at Camp Weed. Pictured in back J.T. Byrd, Tori Aderholt, and Lauren Smith.

Branford library hosts activities

On February 6, the Branford Library had a photograph display. Eleven different photographers displayed a total of 37 photographs.

At least 55 people looked at the photos. The picture of the old house by Gail Buchanan won the people's choice award.

On Feb. 16 and 21 at 10 a.m. there is story time for pre-K children. The Valentine's craft table will be set up from Feb. 13 through 18.

The next adult activity is at 6 p.m., on February 20. It will be a Facebook Class. At the class participants will learn about Facebook and will learn how to set up their own ac-

SEE BRANFORD, PAGE 8A

Parcourse at Hatch Park complete



The new Parcourse at Hatch Park in Branford has all four stations in one location. Each station has from eight to 12 different exercises, specifically designed for a total body workout. Each poster board has two sides of differing exercises with varying degrees of difficulty. - Photo by Misty A. Ward

SEE STORY, PAGE 8A

Rotary to host golf tournament

Rotary club of Branford is hosting its annual golf tournament on March 3.

It's three-person scramble with a shotgun start at 8 a.m., at Quail Heights Country Club. There will be team prizes and door prizes.

According to John Lacquey, any golfer to make a hole-in-one on the eighth hole will receive \$10,000 towards a four wheel all-terrain vehicle from McDuffie Sporting Goods.

The proceeds from the tournament will be used to support Rotary sponsored programs including the annual Rotary scholarships the club gives away.

The Rotary club of Branford wishes to thank everyone for their support.

For more information on entry, sponsorship or Rotary, please contact Lacquey at 935-1075.

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Branford News

Branford library hosts activities

Continued From Page 7A

count. There are limited spots, so patrons will have to register in advance.

For more information or to register, stop by the library or call 935-1556.

The photographs pictured were taken by Gail Buchanan. The picture of the old house won the people's choice award.

- Contributed Photo



Olustee Battle Festival celebrates its 34th anniversary in February

Florida's most significant Civil War battle will be commemorated during the weekend of February 17-19, 2012, as Lake City plays host to the 34th Annual Olustee Battle Festival and 36th Annual Battle of Olustee Re-enactment which is held at the actual site of the event in 1864.

The 2012 event marks the 148th anniversary of the Battle of Olustee with more than 2,000 re-enactors from around the country participating in the battle on Sunday afternoon, Feb. 19, beginning at 1:30 p.m. A smaller re-enactment will be held on Saturday afternoon at 3:30 p.m. The entire weekend will be filled with the opportunity to watch medical demonstrations, period music, troop maneuvers, canon fire and the chance to learn about the heroics and lessons provided by the Civil War. The Olustee Battlefield is located 12 miles east of Lake City on U.S. 90.

Meanwhile, downtown Lake City will be a hub of activity on Friday and Saturday, Feb. 17-18 with the sounds and sights of talented voices and dancers on the main entertainment stage. The smells of tempting foods are available at every turn and hundreds of craft booths showcase authentic hand made products and artwork of many genres.

Activities get underway on Friday morning at 9 a.m. with a solemn Civil War Memorial Service at Oaklawn Cemetery where the soldiers who died on both sides are honored.

The day will conclude on Friday with a skirmish between troops at downtown's Lake DeSoto. A mock battle between the

Civil War Ironclads Monitor and Merrimac will held immediately following the skirmish.

Saturday again features free live entertainment, preceded by both the Blue-Grey 5K run and a one-mile fun run. Beginning at 10:30 a.m. the annual Olustee Battle Festival parade will be held, featuring Calvary units along with hundreds of both Confederate and Union troops. There will also be a wide array of other units and exhibits in the parade which lasts approximately 90 minutes.

The Lake City/Columbia County Historical Museum will be open to the public on Friday and Saturday and will also have a special entertainment tent at Wilson Park to portray the period-type traveling entertainment shows that were common during the Civil War period.

Friday is school day at the Olustee Battle Field as several thousand children witness a wide array of educational programming and the authentic troop camps. There also is a sutler's village at the battlefield that provides a glimpse back to the mercantile business of the 1860s. The authentic campsites near the battlefield provides a historic view into the living conditions of the soldiers who fought so valiantly for their respective sides in a war that pitted brother against brother.

Admission to the battlefield is \$2 per person on Friday. Admission is \$7 for adults, \$3 for school age children and preschool children are free on both Saturday and Sunday at Olustee. There is also a shuttle bus service from both the Lake

City Municipal Airport and Baker County Correctional Institute on Saturday and Sunday. Round-trip costs are \$1 for adults and 50-cents for children. The shuttle will save those attending the battlefield a walk of as much as a mile.

The original battle was fought on February 20, 1864 as a force of approximately 5,000 Confederate troops confronted an equal sized force of Union troops, including three regiments of black soldiers, including the famed Massachusetts 54th whose earlier exploits were detailed in the movie "Glory."

The Confederate victory at Olustee was the primary reason that Tallahassee remained as the only southern capitol that didn't fall to Union forces during the Civil War.

During the week leading up to Olustee, re-enactors portraying such luminaries as President Abraham Lincoln and General Robert E. Lee will provide living history programs at several area schools and also put in appearances at the downtown festival and battlefield sites.

First Federal Bank of Florida will be a presenting sponsor again for the 15th consecutive year and will be joined in that role this year by Lifeguard Ambulance Service. First Federal Bank has been one of the top corporate citizens in the Suwannee River Valley for several decades. Originally founded in 1982, Lifeguard was purchased by owners John and Deborah Roche in 1990. Prior to 1998 the company solely provided air ambulance services. The company currently has nine operations in five states, as well as an operation in Costa Rica. Columbia County is Lifeguard's newest operation and it began serving the citizens of this county on June

28, 2011.

The Olustee Battle Festival & Re-enactment has been renowned for the series of historical posters created each year by local artist Duffy Soto. The 2012 festival will mark the 15th year that Soto has produced what has become a collector's item in terms of the poster. The new edition for this year's event will be unveiled in mid-November.

Major co-sponsors for the Olustee Battle Festival include the City of Lake City, Columbia County Board of County Commissioners, Anderson Columbia, Inc., the Columbia County Tourist Development Council, Florida State Parks and the Olustee Citizen's Support Organization.

The year 2012 will mark the fourth year of the Blue-Grey 5K which will get underway at 7 a.m., on Saturday, Feb. 18th. The run will start from in front of the Columbia County Courthouse in downtown Lake City. The run is sponsored by Step Fitness. Registration information can be found on the web site www.stepfitnessonline.com.

In all, the Olustee Battle Festival & Re-enactment draws approximately 40,000 visitors to downtown Lake City and an additional 20,000 to the battlefield during the weekend. From 2000 to 2010 the battle has been named Florida's best historical re-enactment by the readers of Florida Monthly Magazine. The event draws visitors and re-enactors from virtually every state east of the Mississippi River.

For additional information on the Olustee Battle Festival, contact the Columbia County Tourist Development Council at 386-758-1312. Information can also be obtained at www.olusteebattle.com. For battlefield operations go to www.battleofolustee.org.

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Parcourse at Hatch Park complete

By Misty A. Ward
misty.ward@gafnews.com

The new parcourse (pronounced pār,kōrs) is open to the public at Hatch Park.

A parcourse, or fitness trail, is specifically designed outdoor exercise equipment.

The parcourses were set into place by a grant from Blue Cross Blue Shield to Suwannee County School District.

The grant was for the SCSD to "create healthy employees," but Wellness

Coordinator Kathy Wood wanted to do something that would benefit the entire community.

"We wanted to think outside the box. We encourage the employees to use the equipment, but it is not just for employees, it is for the community members too. It will get people outdoors. I think it is just going to be such a great thing," Wood said.

The land for the equipment was donated by the Suwannee County Parks and Recreation department.

SCPR will also be responsible for the maintenance of the equipment.

The course at Hatch Park is located behind the baseball fields next to the small park and sand volleyball pit.

Each station has two sides with about eight to 12 different exercises on each. The exercises, which are described on each side of the panel board, have different options for beginning exercises to more advanced ones, plus each station has workouts for three different days.

The stations include, pulling and back, angle bar and hurdle, power step, agility step, squats and dips, stabilizing and balance, core and torso, and push-up and balance exercises. The workouts are specific for a total body workout. The system was designed by Energi for ages 13 and up.

There is also a parcourse at First Federal Sportsplex, in Live Oak.

According to the American Council on Exercise, adults should get at least 30 minutes of exercise most days of the week, or a minimum of 20 minutes of vigorous exercise three days a week.

SUWANNEE RIVER READINGS Branford 2012



The water levels provided here refer to the height at the US Hwy. 27 bridge in Branford in feet above mean sea level (ft-msl) at the gauging station. In the past the levels were read as gauge height not mean sea level.

February 8, 2012	6.81	February 12, 2012	6.75
February 9, 2012	6.79	February 13, 2012	6.8
February 10, 2012	6.84	February 14, 2012	6.78
February 11, 2012	6.76		

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Overview of Cottage Food Laws and other Regulations to Process and Sell Agricultural Goods and Products

SUWANNEE COUNTY EXTENSION

Date: Tuesday, March 13, 2012
Time: 5:30 PM
Location: Suwannee County Extension Office
 1302 11th St SW, Live Oak, FL 32060



Topics to be discussed will include: Cottage Food Law, Annual food permits and an overview of requirements set by different entities to process and sell agricultural products.

There is no fee for attending this meeting.

To register or for more information call the UF/IFAS Suwannee County Extension Office at (386)362-2771 before March 10, 2012

Extension programs are open to all people regardless of race, color, sex, religion, disability or national origin. In accordance with the Americans with Disabilities Act, any person needing a special accommodation to participate in any activity should contact the Suwannee County Cooperative Extension Service at 1302 Eleventh Street, SW, Live Oak, Florida 32060 or telephone (386) 362-2771 at least five working days prior to the event. Hearing impaired can access the foregoing telephone by contacting the Florida Relay Service at 1-800-955-8770 or 800-955-8772 (TDD).

Thank You

The family of Mattie Beth Curl would like to thank everyone for the care, prayers, calls, visits and food in the recent loss of our family member. We especially would like to thank the caregivers while she was home, Suwannee Health Care nurses and aides, and Dr. Janousek for the loving care they provid-

ed. Our family is so thankful for our friends, Philadelphia and Westwood Baptist Churches and Daniels Funeral Home. We will always remember these people. May God bless them all.

The Family of Mattie Beth Curl

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By Darleen Hinrichs

Village member Al Wilcox is not your ordinary 85-year-old man. Originally from Coffee County, Georgia, Al grew up on a farm, and even as a young boy had an enormous interest in aviation. A flight school opened near his farm before WWII and the attraction grew. He says whenever a plane flew overhead when he was plowing the fields, he ended up with crooked rows. Even now, when he talks about airplanes, the twinkle in his eye grows brighter.

Al enlisted in the Army Air Corps hoping to be a pilot, but was assigned as an air crew member. Following his military service, he studied engineering at Indiana Technical College. After graduating, he got a job as a manufacturing engineer for General Electric in Fort Wayne, Indiana. He was the number one inventor for his department, developing the special machinery that would build products. A co-worker once asked him, "Do you ever feel guilty for taking money for doing something that you enjoy so much?" Al says they were constantly doing something that had never been done before. He worked for GE for 35 years.

In 1958, Al bought a plane and hired an instructor to teach him to fly. Over the years, he owned four planes, all of them pre-built. He even had an air strip on the farm. On weekends, he and his wife Velma would often fly to Dog Island, off the coast of Tallahassee. They had always wanted to live in Florida. They flew all over the US, Mexico and the Bahamas. His last 15 years at GE, Al was one of the first people approved to use his personal plane for company business.

Velma, an accomplished pianist and organist, could play anything that had a keyboard. Al's talents are not limited to aviation, so he built her a harpsichord in 1975, which took 10 years to complete. A friend hand carved the entire surface of the fruit wood, making the

harpsichord a masterpiece for the eyes as well as the ears. When finished, it produced an amazing sound that Velma enjoyed playing for many years.

In 1983, Al and Velma moved to their dream home on a lake in Quincy, FL. As soon as they got settled, they both became active with Quincy Music Theater. Velma played for the shows. Al helped behind the scenes.

The set director wanted a revolving stage for "Fiddler on the Roof." Al designed and constructed a large disk out of timber and plywood, supported by inverted castors. The disk had notches along the edge, which Al intended to wrap with a steel cable in order to turn the stage. Short on time, he improvised using a rope. With no other way to power the rotation, a 400 lb. member of the theater group would wrap the rope around himself and walk away from the stage, turning the 12,000 lbs. of stage and sets. He was relieved when Al was later able to power the device with the electric motor that was formerly used to open and close the curtains when the building was a movie theater. The revolving stage is still in use at Quincy Music Theater.

Al and Velma enjoyed Quincy, but they knew their isolated home was not the right place for their later retirement years. One day they traveled to ACV to meet friends at the café for lunch. After seeing the community, they purchased a Riverwoods lot that day. They moved into their new home in 1998. Velma quickly got involved in music at ACV and Al continued his passion of building things.

After Velma's death in 2005, Al established an endowment in her memory, which would provide free concerts at ACV, so that people in the area could enjoy the arts that Velma so loved. The very first perfor-

SEE ACV MEMBER, PAGE 11A

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Wilcox's Harpsichord

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Community Currents
Cooking for Senior Adults

By Cliff Burr, ACV Director of Dining Services

As people age, food preparation can become a struggle. As a result, many senior adults simply give up cooking and choose processed foods which are easier to prepare, but are often lacking in nutrition. Others cut their food intake to dangerously low levels. The aging body requires fewer calories but still needs adequate nutrition, according to the National Institute on Aging. If you have the opportunity to cook for your parents or another senior loved one, it will give you the opportunity to help them eat nutritionally balanced meals, maintain a healthy weight and reduce their risk of certain diseases. Are there certain guidelines to follow in cooking for seniors?

As you plan meals, choose foods high in flavor and taste but low in fat. Cook foods that are nutrient-dense in relation to calories. Instead of serving fried okra or squash, bake or boil the vegetables. Choose lower fat foods that offer the same nutritional value, such as skim milk instead of whole or 2% milk. Control the portion sizes you serve to help with weight control. Don't be afraid to offer combinations of foods in very small portions. Try applesauce or yogurt as a side dish with regular hot meals instead of a vegetable that can be eaten with a not so tasty, otherwise bland entrée. A spoonful of sweet applesauce or yogurt helps the entrée go down! Try colorful varieties of foods served in easy to handle small portions. For senior adults who struggle with shaky hands or loss of dexterity, finger foods are a big hit.

Monitor the sodium in the foods you prepare. Season your cooking with herbs and spices instead of salt. Rosemary, thyme, sage, garlic and lemon, orange or lime juice are all great substitutes for salt. Herbs can also be of benefit for seasoning food if onions and peppers begin to bother the digestion. Experiment until you find the right blend that will not upset their stomach, but will adequately season the food.

Read food labels before you buy foods for seniors. Canned beans and vegetables, brand name spaghetti sauce and processed foods are often high in sodium. Make your own sauces; serve beans you soaked and cooked yourself and choose crackers and snacks that are low in sodium.

Serve foods with adequate fiber. Many elderly people suffer from constipation and find eating high fiber foods helps. Beans, whole wheat breads, brown rice and crunchy vegetables all contain fiber. The Tufts University "My Pyramid for Older Adults" recommends eating whole grains as the first step up the pyramid. Cook a brown rice and chicken casserole, or make turkey sandwiches with whole grain bread. Make sure your parents drink plenty of water when eating high-fiber foods.

Prepare meals that include calcium to combat bone loss. Serve foods that include yogurt, low-fat cheese and dark leafy vegetables. According to the University of Iowa Hospitals and Clinics, elderly people need more calcium as they age. Osteoporosis is common among the senior population, especially women. Add powdered milk to casseroles and breads. Buy fat-free ice cream and top it with fresh fruit as an occasional dessert.

Serve regularly scheduled meals if your parent suffers from diabetes, to avoid dips in blood sugar. The National Diabetes Information Clearinghouse states that half of the diabetic population is older than 60. Keep your parents' blood sugar stable and their weight under control by cooking lean meats such as chicken or turkey. Include salmon, fish, fresh fruits and non-starchy vegetables when menu planning. Make recipes from an approved diabetic cookbook.

Five or six small meals per day evenly spaced out are usually more widely accepted than 3 larger meals. Three larger meals may upset the stomach, cause bloating, a feeling of being over full. Four to six much smaller meals throughout the day may be much more acceptable, will maintain a more stable blood sugar throughout the 24 hour

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day and satisfy even the finickiest of eaters.

Cliff Burr has been Director of Dining Services at ACV for nearly ten years. He received his professional training at the University of Florida with a concentration in dietary management and a specialized training program, "Achieving Food Service Excellence" at Purdue University. He is Board Certified with the National Registry of Food Safety Professionals and teaches a certification course recognized nationwide in food safety awareness and management.

Earn (and keep) more money

By Mary Kate Vang
 Social Security District Manager,
 Lake City, FL

You probably already know that there was an increase in Social Security and Supplemental Security Income (SSI) monthly payments at the beginning of the year. If you receive monthly Social Security or SSI payments, you received a 3.6 percent cost-of-living adjustment beginning with your payment for the month of January 2012.

For people who receive Social Security retirement benefits, there's more good news. In addition to receiving a little more each month, you may now earn more income without

offsetting your benefits because the "earnings test" numbers also have gone up.

If you have reached your full retirement age (age 66 for anyone born between 1943 and 1954), the earnings test does not apply and you may earn as much money as you can without any effect on your benefits. However, if you are younger than full retirement age, collecting benefits and still working, we do offset some of your benefit amount after you reach a certain earnings limit. For people under full retirement age in 2012, the annual exempt amount is \$14,640, and if you do reach that limit, we withhold \$1 for every \$2 above that limit from your monthly benefit amount. For

people who retired early, continue working and will obtain full retirement age in 2012, the annual exempt amount is \$38,880 and we will withhold \$1 for every \$3 you earn over the limit from your monthly benefits.

You can learn more about the earnings test and how benefits may be reduced by visiting our website, www.socialsecurity.gov, and searching on the topic "earnings test."

Find out what your full retirement age is at our Retirement Age page, www.socialsecurity.gov/pubs/ageincrease.htm

You also may want to read our publication, How Work Affects Your Benefits. It's available at www.socialsecurity.gov/pubs/10069.html.

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ACV Member Continues to Soar at 85

Continued From Page 10A

mance was a harp-sichord/flute duet, featuring Velma's harpsichord.

About a year before Velma's death, Al decided that he would begin another project. He purchased a kit to build his own airplane out of sheet metal. While he has helped several other people build planes, this is his first solo attempt. He has been building it for 5 years. The average time it takes to complete is 7 years. He says that the most important part is making the bolts that attach the wings, which he has already completed. He is part of the Experimental Aircraft Association, and to maintain your standing with them, you must document that you have built 51% of the plane yourself; the rest can be manufactured parts.

Al went through a serious illness 18 months ago which stalled progress on the aircraft. He has been

working on it again for the past several months. His friend recently completed a plane and invited Al for a flight, allowing Al to take over as pilot. That increased his drive to finish his own plane.

In 2007, Al married fellow ACV member, Fran Brunner, who had also lost her spouse suddenly. They say they are very happy, especially for two people who are complete opposites. Fran is supportive of Al's hobby, with the small exception that it occupies the entire garage, leaving no room for the car. Al fixed that too. He removed the plane's wings. Now, there is room for the car and for him to continue work on the aircraft.

In 2010, Al received an amazing honor from the Smithsonian National Air and Space Museum. They presented him a plaque in recognition of his contribution to "our aviation and space exploration heritage." The plaque states that his name is in-

scribed on NASA's Wall of Honor as a permanent testament to his commitment and passion for flight.

Al Wilcox is obviously

a brilliant man, but incredibly humble. If determination has anything to do with it, one day he will be flying his plane in the skies over ACV.

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The motorcycle following impact with a truck. Photo: Rob Wolfe

Two arrested following truck-motorcycle crash

Continued From Page 1A

driving north on US 129 when he attempted to turn left onto 110th Street by "cutting short" and drove into the path of Adams. The front of the motorcycle struck the right front of the Dodge.

Adams, who would have turned 24 Sunday, was thrown off and was pronounced dead at the scene by Suwannee County Fire/Rescue at 4:45 p.m.

According to FHP, Machuca and passenger, Manuel Rincon Torrez, 45, 11995 110th Street, fled the scene of the crash prior to law enforcement's arrival. Torrez was caught two blocks west on 110th Street. Machuca was located in a wooded area southwest of the crash scene by Department of Corrections K-9 of-

ficers and FHP personnel.

Machuca was arrested and booked into the Suwannee County Jail on charges of leaving the scene of an accident with a death and driving with an expired driver license. Torrez was charged with tampering with evidence.

Adams, a 2006 graduate of Lafayette High School, was an employee of the United States Post Office in Live Oak and will surely be missed by those who knew him. According to Live Oak Postmaster Donna Luse, Brian's father retired from the USPS and area postal workers had watched Brian grow up.

"We've known Brian since he was a little boy," Luse said.

Luse said coworkers often become like family because of the hours spent

working together.

"He would always come in the door with a smile and say good morning, ma'am," Luse warmly recalled. "This is a sad day for us and Brian will surely be missed."

Adams was Lynette Peterson's alternate route driver. She rides a motorcycle for pleasure with her husband and said that she would like to request that folks look out for motorcyclists while driving.

"I just want drivers to take that extra time and to look twice and watch out for motorcycles, please," she said.

As far as Adams, Peterson shared that he was a "very happy young man." "He lived life to the fullest," said Peterson.

See Adams' obituary on page 5A.

South county crash leads to arrest

Continued From Page 1A

er's vehicle impacted the left front of the other vehicle with the right front of his and continued traveling west. The driver of the other vehicle completed the turn onto 41st Road, pulled into a driveway and called 911.

According to reports, Parker then failed to maintain the westbound lane, drove onto the shoulder of the road and struck several large oak trees with the front and left side of his vehicle.

Once Parker's vehicle finally came to a rest, witnesses stopped and attempted to assist him. Records show that he pushed the airbag out of the way and exited the vehicle. Parker then fled the scene on foot, crossed a fence and headed south into some trees, FHP reports show. When he fled the scene, the engine compartment of his vehicle caught fire and before the fire department

could extinguish it, the front end of his vehicle had burned.

Records show that there was a considerable amount of alcohol in Parker's vehicle. Blood stains were on the center console and the steering wheel was bent as a result of Parker's impact during the crash. A witness arrived after the impact and observed Parker behind the steering wheel.

According to the FHP, Parker was located walking northbound on CR 137 approximately four hours after the crash and was arrested. He was covered in blood, cuts and scrapes, FHP reports. Records show that he had red contusion marks on his body as well. Parker was charged with leaving the scene of an accident with property damage, driving while license suspended or revoked and violation of probation.

According to the FHP reports, a DUI arrest was not made due to the time frame.

Redistricting gets final nod

Continued From Page 1A

amendments. Florida voters approved the amendments in 2010. A lawsuit was filed recently challenging the maps.

Aubuchon also commented that the U.S. Department of Justice will have 60 days to make their determination.

Assuming the changes hold up in the Florida Supreme Court and U.S. Department of Justice, Representative Steve Southerland will no longer represent Suwannee and Lafayette counties. The reconfigured congressional district map will place these counties in the Third Congressional District, which will be aligned with what is now the Fourth District of Florida. That seat is currently held by Congressman Ander Crenshaw.

Other changes will impact District 11 of the Florida House of Representatives. That seat, which is currently held by State Representative Elizabeth Porter, will be realigned and become House District 10. It will include Suwannee, Hamilton, Columbia and Baker counties. District 10 will also include portions of Alachua County.

According to House Leadership Press Secretary Ryan P. Duffy, the number of state senate and house seats will not increase.

The majority of what is now Florida's Third Senate District will become Senate District 2. Senator Charlie Dean will continue to represent Suwannee and Lafayette counties, but Hamilton County will join Madison County in Senate District 5 which will be held by Bill Montford.

According to Duffy, the U.S. Constitution (Article I, Section 2) mandates a head count of the everyone residing in the United States every 10 years.

The U.S. Constitution also requires the redrawing of congressional seats based on the census, Duffy added.

Crash on I-75 claims a life

Continued From Page 1A

then continued traveling down the sloped embankment toward the border fence and adjacent tree line on the east side of the roadway. The front of the van then struck the border fence, continued northbound and struck a large tree with its right front before overturning and coming to a final rest on its left side facing southwest.

Craley was pronounced dead at the scene by Columbia County EMS personnel, FHP reported.

Rescue workers from Suwannee County Fire/Rescue stations 1 and 51 responded, along with units from Columbia County.

According to SCFR, Columbia County units returned to their station since the accident was in Suwannee County.

Liquor license drawing

Continued From Page 1A

by the number of applications that include deficiencies and the number of applications that might be determined to be ineligible, Poreda confirmed.

The number of licenses is based on population, according to the DBPR. For every 7,500 residents, one license will be issued. According to the Suwannee County 2010 U.S. Census Bureau numbers, there were 41,551 residents

in the county at that time. Therefore there will only be five licenses issued at this time.

Of those vying for a liquor license through the lottery, there will be only one chance per person and once licenses are issued, only one store or business can operate under that license.

As long as a buyer meets the criteria to hold a beverage license, the license may also be sold from one individual to another.

Check scam busted

Continued From Page 1A

Brown, 31, and Celestine Collins, 41, both of 218 Lafayette Ave., Live Oak.

According to the LOPD, the investigation began in December when a local bank discovered several counterfeit checks that were passed through the institution. While conducting the investigation, detectives were alerted to several more counterfeit checks that were being passed around.

"The investigation revealed that a large amount of checks were passed at several businesses in Live Oak," LOPD Det. Justin Bates said. "After further investigation, it was discovered that the same persons involved in the bank investigation were responsible for the counterfeited checks."

Based on evidence gathered, detectives obtained a

search warrant for the 218 Lafayette Ave. home. The operation was conducted with assistance from members of the Suwannee County Drug Task Force, Third Circuit State Attorney's Office and the Secret Service, Bates said.

"During this operation a large amount of evidence was obtained, including several computers, printers, check stock and the personal identification information of hundreds of individuals," Bates added.

Brown and Collins were arrested on Feb. 9 and charged with an organized scheme to defraud, multiple counts of grand theft, multiple counts of uttering forged checks and multiple counts of forging bank bills. Records from the Suwannee County Jail show that Brown was also charged with resisting arrest without violence.

SCFR calls for service from 2/5/2012 @ midnight to 2/11/2012 @midnight

Total calls for service:

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N/V: 4

Medical Calls: 95

Allergic Reaction: 3

Cardiac: 4

Fire Calls: 23

Trauma: 16

Structure: 2

Motor vehicle crash: 14

Brush fire: 11

Miscellaneous medical call: 24

Vehicle fire: 0

Altered mental status: 1

Motor vehicle crash: 8

Respiratory: 9

Med assist: 2

Diabetic: 2

Hazmat: 0

Weakness: 5

Tree on road: 0

Abdominal pain: 3

Volunteer Fire Responses: 25

Seizure: 1

Responses: 25

Overdose: 2

Responses: 25

CVA: 2

Responses: 25

Standby: 3

E-1 as R-5: 5

LEGAL NOTICE DEADLINE, MARCH 1, 2012

THE DEADLINE FOR FILING APPLICATIONS FOR HOMESTEAD EXEMPTION AND AGRICULTURAL CLASSIFICATION IS MARCH 1, 2012. IF YOU HAVE NOT FILED YOUR NEW APPLICATION WITH THE SUWANNEE COUNTY PROPERTY APPRAISER'S OFFICE, YOU MUST DO SO BETWEEN JANUARY 1ST AND MARCH 1ST TO QUALIFY FOR YOUR HOMESTEAD EXEMPTION AND/OR AGRICULTURAL CLASSIFICATION.

FOR FURTHER INFORMATION CONTACT: LAMAR JENKINS, SUWANNEE COUNTY PROPERTY APPRAISER – 386-362-1385.

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REMEMBER

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Man jailed for sexual battery

By Jeffrey Boatright
jeffry.boatright@gafnews.com

A Live Oak man has been jailed for the sexual battery of a woman and holding her against her will, the Live Oak Police Department reported.

According to a press release by the LOPD, the victim went to the home of Reggie T. Weatherspoon, 37, Live Oak, to visit a friend. Once at the home, the victim and Weatherspoon were talking when Weatherspoon reportedly began touching and making sexual advances toward the victim, reports show.

When the victim attempted to leave the residence, she found that Weatherspoon had locked the door and she could not exit the house.

"At this point, the defendant grabbed the victim by the arms and threw her down on the couch,"

LOPD Det. Justin Bates stated in a press release.

According to Bates, Weatherspoon then sexually forced himself on the victim without her consent. Although the victim attempted to escape, she could not leave until Weatherspoon released her, reports show.

Weatherspoon was arrested Feb. 8 and booked into the Suwannee County Jail on charges of sexual battery and false imprisonment.



Reggie Weatherspoon



Feral cats gather behind and beneath downtown businesses along Warren Street in Live Oak.

Panama City man faces multiple fraud charges

By Jeffrey Boatright
jeffry.boatright@gafnews.com

A Panama City man was arrested on I-10 in Suwannee County, near the U.S. 90 interchange on multiple charges, including possession of counterfeit credit cards and using personal identification of the deceased, Florida Highway Patrol arrest reports show.

According to reports, Glen Miller, 32, Panama City, was stopped by the FHP around 4 p.m., Feb. 8, for two moving violations. When officers detected the odor of raw marijuana and determined that he did not have a valid drivers license, Miller was detained and a probable search was conducted on his vehicle.

Reports show that the search revealed a red suitcase with eight new visa credit cards with separate names and numbers imprinted on each card, a laptop computer, a notebook, a large amount of pornographic material, unknown DVD's and two pair of shoes. The notebook contained approximately 30 detailed entries of people with their biographical information, tax information, addresses, passwords, routing numbers, account numbers and currency amounts in the thousands and other information, authorities say.

The names on the visa cards had check marks by them in the notebook,

records show. Some of the people were born in the 1920s and 1930s and authorities suspect that they are either deceased or incapacitated.

After Miller was arrested, he admitted possession and knowledge of the red suitcase, shoes, pornography and the computer. He admitted knowledge, but not ownership of the notebook and credit cards. However, a handwriting sample of Miller's matched the handwriting found in the notebook, reports show.

Miller was arrested on numerous charges, including illegal use of credit cards, possession of counterfeit credit cards, using personal identification of the deceased, illegal use of credit cards and no valid driver's license.

Miller was booked into the Suwannee County Jail.



Glen Miller

Campaign underway to save the cats

By Jeffrey Boatright
jeffry.boatright@gafnews.com

A new campaign is underway in Live Oak to save the cats. If one local businessman's theory is right, the campaign will considerably reduce the number of feral cats in Live Oak over the long run.

According to Barney Everett, he got the idea from a 2010 edition of Cat Fancy Magazine.

"It is really simple," Everett said. "You trap the cats, neuter or spay them and return them to the very place they were trapped."

Everett has been burdened by the number of feral cats behind his business and other businesses along Warren Street.

"We decided to start a campaign and it is simply called Save the Cats Campaign Live Oak," Everett said.

At this point, Everett and others feed the cats behind the buildings along Warren Street and other locations on a daily basis. Downtown,

they are fed near the retention pond between Suwannee Avenue and Pine Avenue, behind the Supervisor of Elections Office.

"This campaign is not confined to the downtown area," Everett said. "It includes the entire city."

According to Everett, they will begin catching the feral cats in live traps and carry them to be neutered or spayed. Once they are spayed or neutered, the cat's ear will be slightly nipped off at the top to indicate the international sign that he or she has been spayed or neutered.

Everett said that spaying and neutering are safe procedures that can be done when a cat is as young as eight weeks old. The procedures can even be done on mother cats while they are still nursing kittens.

Although the older feral cats will be returned to their environment, the younger kittens will be adopted out to caring homes, Everett explained.

"Eventually, feral cats throughout the city will be spayed or neutered and

will no longer reproduce," Everett said. "After they age and pass away, the colonies of feral cats in the city will dwindle away."

While Everett does not view the feral cats that are downtown as a nuisance, he is concerned about them being hit by cars along Howard Street.

"This is a much better process than euthanizing," Everett said.

Everett and his wife, Sherry, ask for the help of others who love cats and wish to assist in this campaign. Volunteers are needed to help feed and trap the feral cats. The campaign is also accepting donations in the form of money for vet services, cat food, live traps, feed and water dispensers, cages and cat carriers. There will be a donation basket in the Big Wheel Market Place at 127 W. Howard St.

According to Everett, they are also looking into veterinarians who might be willing to work with the campaign.

For more information, please contact Barney Everett at (386) 364-1006 or Sherry Everett at (386) 330-6275.

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— Allie Mae J.

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--	--	--

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(ADA Codes: D5110, D5120)
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Suwannee River League of Cities Northwest Florida League of Cities



The Suwannee River and Northwest Florida League of Cities combined Board of Directors.



FLC 2nd Vice President, P.C. Wu, Judi Wu, Dudley Pates, FLC President Pat Bates, SRLC Director Sonny Nobles. Courtesy photos

1st Annual Joint Board of Directors Meeting and Fellowship Dinner

The Northwest Florida League of Cities (NWFLC) and Suwannee River League of Cities (SRLC) hosted the 1st Annual Joint Board of Directors Meeting and Fellowship Dinner on Jan. 19, 2012, in Greenville, Fla. at the new Honey Lake Plantation. The event was designed to build connections with municipalities across North Florida. The NWFLC and SRLC cover a 27 county

area for a combined total of 70 member cities and towns. Together the NWFLC and SRLC passed resolutions concerning water management, pensions, and Amtrak services.

During the program, Florida League of Cities President Pat Bates, Mayor of Altamonte Springs, presented the SRLC 2011 Municipal Official of the Year to City of Madison Mayor, Jim Catron for his excellence in leadership, civic commitment, public outreach and service to the SRLC and the FLC. President Bates

encouraged attending elected officials and municipal staff to strive for excellence through education and discussed the Florida League of Cities University initiative (FLCU) as a venue toward that goal. Held in a regional summit format, the University invites municipalities to learn ethics policy, revenue management, governance, and economic development.

The FLCU, a partnership of the Florida League of Cities, the Florida Institute of Government and Center for

Florida Local Government Excellence, is offered to municipalities across the state of Florida as a complimentary service.

The Northwest Florida League of Cities, Inc. and Suwannee River League of Cities are the official organizations of the municipal governments (cities, towns, and villages) in the Northwest Florida and Suwannee River region. The NWFLC and SRLC were established to meet and serve the needs of the region's municipal officials.

Backyard Birds – See 'Em and Feed 'Em

The Suwannee River Regional Library will be hosting a program on Backyard Birds- See 'Em and Feed 'Em on Saturday, Feb. 25 at 1 p.m.

The program will feature Valerie Thomas and Judee Mundy of Four Rivers

Audubon Society. Ms. Thomas and Ms. Mundy will be discussing how to identify and feed the birds in our backyards. We will also be able to make a pinecone bird feeder to take home at the end of the presentation.

An Ash Wednesday Service

Will be held at 7:00 PM, on Wednesday, February 22, at Jennings United Methodist Church, in Jennings, Florida. All are invited to mark the beginning of the Lenten Season with this very special and moving service. For more information, please call 386-938-4303 or 386-752-8752.

See
Suwannee
Democrat
online

SPORTS



Emily "Pookie Bear" Miller keeps her lead, while Misty "Aqua Holic" Ward, of Branford, goes in for a hip check to the Ocala Cannibals jammer. The ACR Hunnies traveled to Ocala on Sunday night and won 164-88. See more Derby below

Raiders pull upset at district championship



The Bulldogs play Rutherford High School tomorrow night, Feb. 16, at 7 p.m.



A Bulldog feels the pressure from Raiders. - Photos: Paul Buchanan (SuwanneeSports.com)

The Suwannee High School boys basketball team fell to the Rickards Raiders Saturday, Feb. 11, at the district championship game. The final score was 58-55.

Meanwhile the boys are runners-up for the district and will play Rutherford High School (District 1 champs) at Rutherford Thursday, Feb. 16 at 7 p.m.

Congratulations Lakers



Suwannee Parks & Recreation 2011-12 Pee Wee Basketball Championship went to the Lakers. The photo was taken at the championship party that was held at Pizza Hut with each player receiving a basketball achievement award for a great season. They were coached by Jerry

Alexander and assistant coach Gerald Smith.

Pictured from left to right: De'vaughn Frieron, Jaylen Hankerson, Trey Tolliver, Beavon Brock, Austin Smith, Tyrece Freeman, Cy O'steen, Cole Thomas and coach Alexander. Not pictured is Michayla Weatherly.

Courtesy photo

Hunnies defeat Lakeland, Ocala in weekend season openers

By Misty A. Ward
misty.ward@gafnews.com

LAKE CITY, Fla. — Heading into their third season with back-to-back bouts, the ACR Hunnies, a women's flat track roller derby team, took its weekend season opener by storm defeating the Lakeland Derby Dames, 182-147, on Saturday night, in Lake City, at the Skating Palace. On Sunday night, the Hunnies, with members from Suwannee County, defeated the Ocala Cannibals, 164-88, in Ocala.

"I am extremely proud of how well the Hunnies played together this weekend. I saw great improvements in both individual skills and the unity of the team as a whole. Every practice, every game, brings us closer to our true potential," ACR Hunnies president and captain Jeni "Lethal Dose" Davids said.

Davids and Emily "Pookie Bear" Miller, both of Gainesville, were named most valuable players by the Lakeland and Ocala teams following the respective bouts. Davids was MVP blocker and Miller was MVP jammer, on both nights.

The Hunnies had 11 skaters on Saturday night up against Lakeland's 14 members. The Hunnies led throughout the game with a score at half of 105 to 61. The final score was 182-147.

On Sunday night, the Hunnies had 12 skaters rostered against Ocala's 14 skaters. The Hunnies were behind for the first few jams of the bout, but pulled ahead with an ACR power jam. The Hunnies remained in the lead throughout the rest of the game coming out with the victory, 164-88.

"I was a bit concerned that my Hun-

nies would be tired from our winning home bout the night before, but we were able to pull it together and triumph over the Cannibals for two back-to-back wins," Davids said.

The ACR Hunnies consist of athletes, referees and volunteers from Alachua, Columbia and Suwannee Counties, in Florida, and Lowndes County in Georgia.

The national roller derby revival began in 2001 in Austin, Texas, and has

SEE HUNNIES, PAGE 3B

SPORTS



Deangelo Ross (4) sinks a basket under pressure.



A Bulldog keeps the ball from a Raider.



Marcus Lane (5) in action.



De'Andre Devore looks for a shot.



Deangelo Ross (4) in action.



De'Andre Devore looks for an open man. - Photos: Paul Buchanan (SuwanneeSports.com)

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Today's Weather
Local 3-Day Forecast

Wed 2/15	Thu 2/16	Fri 2/17
		
79/55 Times of sun and clouds. Highs in the upper 70s and lows in the mid 50s.	81/58 Occasional showers possible. Highs in the low 80s and lows in the upper 50s.	74/49 Showers possible. Highs in the mid 70s and lows in the upper 40s.
Sunrise: 7:12 AM Sunset: 6:20 PM	Sunrise: 7:12 AM Sunset: 6:21 PM	Sunrise: 7:11 AM Sunset: 6:22 PM

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Florida At A Glance



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SPORTS

Hunnies defeat Lakeland

Continued From Page 1B

been gaining momentum. The new generation of derby pays homage to the theatrical traditions of the past, but plays by bona fide rules, with penalties, referees and champions. Modern day roller derby is a fast-paced, hard-hitting, explosive sport that combines the spirit of creator Leo Seltzer's vision with genuine athleticism.

Since 2001, there are more than 1,150

roller derby leagues in operation worldwide. Nearly every state in the United States has one or more roller derby leagues representing them on a national level.

"Roller Derby has come back as a true hard-hitting, skill based, athletic sport that inspires woman to be whoever they want to be on and off the track," Vice President of the ACR Hunnies Sara "Salma Hectic" Ivines said.

The ACR Hunnies is hosting an open re-

cruitment night at 5 p.m., on Sunday, Feb. 19, at the Skating Palace in Lake City for anyone interested in being a skater, referee or volunteer.

"There is no experience necessary, with a dedicated and skilled coaching and training staff, the Hunnies can teach anyone to skate and play the fastest growing women's sport in the country," Ivines said. "Roller Derby is also a skater run business where volunteers and sponsors are vital and always welcome."

The Hunnies next two bouts are on the road against the Sintral Florida Derby Demons, of Deland, on March 17, and South Florida Roller Girls, of Ft. Pierce, on April 15. ACR will play against the Jacksonville Rollergirls on June 2, in Lake City.

People interested in playing, volunteering, sponsoring or just wanting to know more about the ACR Hunnies, please visit www.acrderby.org, or Davids (352) 870-6166 or info@acrderby.org.



Emily "Pookie Bear" Miller skates to the outside to get around an Ocala Cannibal on Sunday night. The Hunnies won the bout 164-88, in Ocala.



Sara "Salma Hectic" Ivines and Jenni "Lethal Dose" Davids team up to keep the Ocala Cannibals jammer from scoring points. The ACR Hunnies defeated the Cannibals in Ocala Sunday night, 164-88.



The Live Oak Fun Bunch ventured to Lake City on Saturday night to watch the ACR Hunnies season opener against the Lakeland Derby Dames. The Hunnies defeated Lakeland 182-147. Pictured with the Live Oak Fun Bunch is Misty "Aqua Holic" Ward, of Branford. - Staff



Jenni "Lethal Dose" Davids performs a sternum block on the Ocala Cannibals jammer. The Hunnies defeated the Cannibals 164-88. - Photos by Ursula "Tenacious Wrex" Sharp

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FWC receives prestigious land stewardship award from National Wild Turkey Federation

NASHVILLE, Tenn.

The Florida Fish and Wildlife Conservation Commission (FWC) was presented with the 2012 Land Stewardship Award during the 36th annual National Wild Turkey Federation's (NWTf) National Convention and Sport Show Feb. 9-12, sponsored by MidwayUSA.

FWC Chairman Kathy Barco, along with Vice Chairman Kenneth Wright and commissioners Brian Yablonski, Charles Roberts III and Aliese P. "Liesa" Priddy were on hand to receive the award.

"I am honored to accept this award on behalf of the Commissioners and staff of the FWC," Barco said. "It is a reflection of our excellent partnership with the NWTf

and the commitment we hold for proper management of wildlife habitat and preservation of our hunting heritage.

"We are thankful to be working side by side with the membership and staff of NWTf to build a lasting conservation legacy that will be appreciated and enjoyed by many generations to come," Barco added.

The NWTf has given the Land Stewardship Award each year since 1994 to forestry and utility companies and organizations for excellence in land management, partnerships and NWTf project support. The award recognizes those who have done outstanding work to benefit natural resources through land stewardship and partnerships.

The FWC faces the daunting challenge of managing more than 5.8 million acres of public hunting land in a state that expects to double its human population in the next 50 years. The FWC has worked with the NWTf on many projects, including:

Establishing a cost-share program in 1994 that has put more than \$2.2 million into habitat enhancement across 470 projects throughout the state's public wildlife management areas and state forests, impacting over a million acres to date.

Providing approximately \$375,000 to support NWTf cooperative positions, including two biologists and one youth hunting program coordinator since 2006. These positions have fostered the generation of

another \$3 million of cash match and \$2.5 million of in-kind match to impact more than 650,000 acres of public and private lands habitat.

Providing more than \$100,000 of in-kind value through the Florida FWC Private Lands Program in support of NWTf landowner outreach and education, which have reached more than 1,500 landowners representing more than 250,000 acres since 2006.

"The Florida Fish and Wildlife Conservation Commission has helped create a sustainable and healthy future for Florida's fish, wildlife, water and habitat resources and has forged an incredibly productive relationship with the NWTf," said James Earl Kennamer, Ph.D., NWTf chief conservation officer. "Florida FWC's partnerships with the NWTf have enabled us to improve wildlife habitat throughout the state and help pass along our hunting heritage to the next generation."

The NWTf is a nonprofit conservation organization that works daily to further its mission of conserving the wild turkey and preserve the state's hunting heritage. Through dynamic partnerships with state, federal and provincial wildlife agencies, the NWTf and its members have helped restore wild turkey populations across the country, investing more than \$372 million to conserve 17 million acres of critical habitat for all types of wildlife.

Suwannee Legals

IN THE CIRCUIT COURT FOR SUWANNEE COUNTY, FLORIDA PROBATE DIVISION

FILE NO.: 11-110-CP

IN RE: ESTATE OF

JAMES WILLIAM ROBERTSON,

Deceased.

NOTICE TO CREDITORS

The administration of the Estate of JAMES WILLIAM ROBERTSON, deceased, whose date of death was July 1, 2011; File Number 11-110-CP is pending in the Circuit Court for Suwannee County, Florida, Probate Division, the address of which is 200 S. Ohio Avenue, Live Oak, FL 32064. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate, on whom a copy of this notice is required to be served must file their claims with this court WITHIN THE LATER OF 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

ALL CLAIMS NOT SO FILED WILL BE FOREVER BARRED.

NOTWITHSTANDING THE TIME PERIOD SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.

The date of first publication of this notice is February 8, 2012.

/s/ James W. Prevatt, Jr.
JAMES W. PREVATT, JR.
Attorney for Personal Representative
Florida Bar No. 0352012
Prevatt Law Firm, P.L.L.C.
123 East Howard Street
Live Oak, FL 32064
Telephone: (386) 362-7979

/s/ Rebecca Robertson
REBECCA ROBERTSON
Personal Representative
9188 220th Path
O'Brien, FL 32071
02/08, 15

IN THE CIRCUIT COURT FOR SUWANNEE COUNTY, FLORIDA PROBATE DIVISION

FILE NO.: 12-18-CP

IN RE: ESTATE OF

ELOISE S. PARKER

Deceased.

NOTICE TO CREDITORS

The administration of the estate of ELOISE S. PARKER, deceased, whose date of death was December 15, 2011, is pending in the Circuit Court for Suwannee County, Florida, Probate Division, the address of which is 200 S. Ohio Avenue, Live Oak, Florida 32064. The names and addresses of the Co-Personal Representatives and the Co-Personal Representatives' attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court WITHIN THE LATER OF 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF FLORIDA PROBATE CODE WILL BE FOREVER BARRED.

NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.

The date of the first publication of this notice is February 15, 2012.

Attorney for Personal Representatives:
/s/ Matthew C. Mitchell
Matthew C. Mitchell
Attorney for Personal Representative
Florida Bar Number: 0028155

Suwannee Legals

Brannon, Brown, Haley & Bullock, P.A.
P.O. Box 1029
Lake City, FL 32056
Telephone: (386) 752-3213
Fax: (386) 755-4524
E-Mail: mcm@bbattorneys.com

Personal Representatives:
/s/ James C. Parker, Jr.
James C. Parker, Jr.
2535 Jakin Way
Suwanee, GA 30024

/s/ Patsy Borie
Patsy Borie
119 Chestatee Point
Dawsonville, GA 30534
02/15, 22

IN THE CIRCUIT COURT, THIRD JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR SUWANNEE COUNTY PROBATE DIVISION

Case No. 11-116-CP

IN RE: ESTATE OF DENNIS COX
Deceased.

NOTICE TO CREDITORS (Summary Administration)

TO ALL PERSONS HAVING CLAIMS OR DEMANDS AGAINST THE ABOVE ESTATE:

You are hereby notified that an Order of Summary Administration has been entered in the estate of Dennis Cox, deceased, case number 11-106-CP, by the Circuit Court for Suwannee County, Florida, Probate Division, the address of which is 200 South Ohio Ave., Live Oak, FL 32064 that the decedent's date of death was November 7, 2010; that the value of the estate is less than \$75,000 and that the names and addresses of those to whom it has been assigned by such order are:

GLENDIA SCHULTE
8201 GREEN LEVEL CHURCH ROAD
APEX, NC 27523

MICHAEL COX
800 10TH STREET
WASHOUGAL, WA 98671

ALL INTERESTED PERSONS ARE NOTIFIED THAT: All creditors of the estate of the decedent and persons having claims or demands against the estate of the decedent other than those for whom provision for full payment was made in the Order of Summary Administration must file their claims with this court WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE.

ALL CLAIMS AND DEMANDS NOT SO FILED WILL BE FOREVER BARRED. NOTWITHSTANDING ANY OTHER APPLICABLE TIME PERIOD, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER DECEDENT'S DEATH IS BARRED.

The date of the first publication is February 8, 2012.

PERSONS GIVING NOTICE ARE:
GLENDIA SCHULTE
MICHAEL COX

ATTORNEY FOR PERSON GIVING NOTICE
/s/ Branden L. Strickland
BRANDEN L. STRICKLAND, ESQ
STRICKLAND LAW FIRM, PL
3132 Ponce de Leon Blvd.
Coral Gables, FL 33134
PH (305) 442-9110
FI Bar No.: 12169
02/08, 15

IN THE CIRCUIT COURT, THIRD JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR SUWANNEE COUNTY PROBATE DIVISION

Case No. 2011-108-CP

IN RE: ESTATE OF HELEN HILL
Deceased.

NOTICE TO CREDITORS (Summary Administration)

TO ALL PERSONS HAVING CLAIMS OR DEMANDS AGAINST THE ABOVE ESTATE:

You are hereby notified that an Order Admitting Foreign Will to Record has been entered in the estate of Helen Hill deceased, case number 2011-108-CP, by the Circuit Court for Suwannee County, Florida, Probate Division, the address of which is 200 South Ohio Ave., Live Oak, FL 32064 that the decedent's date of death was March 15, 2010; that the value of the estate is less than \$75,000, that the Formal Administration has been filed in Sangamon County, Illinois, and that the Personal Representatives of the above estate are:

KIMBERLY MITCHELL-WHITE
903 Indiana Ave
Springfield, IL 62702
JOANN MITCHELL

Suwannee Legals

13 Green Castle Circle
Springfield, IL 62712

ALL INTERESTED PERSONS ARE NOTIFIED THAT: All creditors of the estate of the decedent and persons having claims or demands against the estate of the decedent other than those for whom provision for full payment was made in the Order of Summary Administration must file their claims with this court WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE.

ALL CLAIMS AND DEMANDS NOT SO FILED WILL BE FOREVER BARRED. NOTWITHSTANDING ANY OTHER APPLICABLE TIME PERIOD, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER DECEDENT'S DEATH IS BARRED.

The date of the first publication is February 8, 2012.

PERSONS GIVING NOTICE ARE:
KIMBERLY MITCHELL-WHITE
JOANN MITCHELL

ATTORNEY FOR PERSON GIVING NOTICE

/s/ Branden L. Strickland
BRANDEN L. STRICKLAND, ESQ
STRICKLAND LAW FIRM, PL
3132 Ponce de Leon Blvd.
Coral Gables, FL 33134
PH (305) 442-9110
FI Bar No.: 12169
02/08, 15

NOTICE OF INTENTION TO REGISTER FICTITIOUS NAME

Notice is hereby given that the undersigned, desiring to engage in business under the fictitious name EXTRA ATTIC SELF STORAGE at 634 Helvenston Street SE, Live Oak, FL 32064, intends to register the said name with the Secretary of State of the State of Florida pursuant to Florida Statutes Section 865.09.

Dated this 9th day of February, 2012.

COLUMBIA BANK, a Florida
Banking corporation
By: Brad Neal
Brad Neal, Vice President

02/15

NOTICE OF REVISED DATES OF PUBLIC MEETINGS and WORKSHOPS OF THE NORTH FLORIDA BROADBAND AUTHORITY

The North Florida Broadband Authority ("NFBA") announced the 2012 meeting schedule originally published in January for the NFBA Board of Directors for all interested persons to attend has changed. The NFBA is a legal entity and public body created pursuant to the provisions of Section 163.01, Florida Statutes, and an Interlocal Agreement among Baker, Bradford, Columbia, Dixie, Clithrist, Hamilton, Jefferson, Lafayette, Levy, Madison, Putnam, Suwannee, Taylor, Union and Wakulla Counties and municipalities of Cedar Key, Cross City, Lake City, Live Oak, Monticello, Perry, White Springs and Worthington Springs, Florida. The NFBA will hold the following public meetings: NFBA Policy and Operations Committee meetings will meet at 10 a.m. on the last Wednesday of each month of 2012 and the October meeting previously advertised incorrectly as the 12th will be held on the 31st at the Program Management Offices, 164 NW Madison St., Ste. 103, Lake City Florida. An informational workshop originally scheduled to be held at 9:00 a.m. on February 22 will be held at 9:00 a.m. on February 27, 2012 at Quail Heights Country Club in the Club House Hall, 161 SW Quail Heights Terrace, Lake City, FL. The NFBA Board of Directors meeting will be held to conduct general business of the NFBA. If a person decides to appeal any decision made by the NFBA with respect to any matter considered at the meeting, such person will need a record of the proceedings and may need to ensure that a verbatim record is made, including the testimony and evidence upon which the appeal is to be made. In accordance with the Americans with Disabilities Act, persons needing special accommodation or an interpreter to participate in this proceeding or have any questions please contact Faith Doyle, Clerk to the NFBA Board at (386) 438-5042 at least two (2) business days prior to the date of the meeting.

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Unit #12 Cynthia Robinson
This unit is extremely behind on her rent. Attempt to contact this individual, even with registered mail has been unsuccessful.

The contents will be sold at the discretion of the storage facility on February 25, 2012.

For information contact Rod at 386-688-2165.
02/15, 17, 22

DATE	OPPONENT	LOCATION	GAME TIME
2/4/12	Pre-Season Classic Columbia P.K. Yonge	Lake City	10:00 AM 2:00 PM
2/7/12	Chiefland	Home	5:00 & 7:00 PM
2/9 & 2/10/12	Bell Tournament	Bell	TBA
2/13/12	Madison	Away	5:00 & 7:00 PM
2/17/12	Rickards	Away	5:00 & 7:00 PM
2/21/12	Santa Fe	Away	5:00 & 7:00 PM
2/24/12	Wakulla	Home	5:00 & 7:00 PM
3/2/12	Rickards	Home	5:00 & 7:00 PM
3/5/12	Santa Fe	Home	5:00 & 7:00 PM
3/6/12	Williston	Away	5:00 & 7:00 PM
3/9/12	Wakulla	Away	5:00 & 7:00 PM
3/15/12	Chiefland	Away	5:00 & 7:00 PM
3/16 & 3/17/12	Bell Tournament	Bell	TBA
3/19/12	Taylor	Away	5:00 & 7:00 PM
3/20/12	Madison	Home	5:00 & 7:00 PM
3/23/12	Columbia	Away	5:00 & 7:00 PM
3/29/12	Lafayette	Home	1:45 & 3:15 PM
3/30 & 3/31/12	Santa Fe Tournament	Alachua	TBA
4/10/12	Lafayette	Away	7:00 PM
4/12/12	Williston	Home	7:00 PM
4/13/12	Columbia	Home	7:00 PM
4/17/12	Districts	Wakulla	TBA
4/27-4/29/12	Regionals	TBA	TBA
5/7-5/12/12	State Finals	TBA	TBA

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SUWANNEE HIGH SCHOOL
2012
Spring Baseball Schedule
"Bulldogs"

DAY	DATE	OPPONENT	LOCATION	TIME
<i>2012 Suwannee Pre-Season Baseball Classic @ Gainesville High School</i>				
Tue.	Feb. 7 th	Suwannee vs. Bradford	Gainesville	4:00
Thur.	Feb. 9 th	Suwannee vs. Ocala Vanguard	Gainesville	4:00
Tue.	Feb. 14 th	Hamilton	Jasper	5:00
Fri.	Feb. 17 th	Fort White	Suwannee	5:00
Tue.	Feb. 21 st	Taylor	Perry	5:00
Thur.	Feb. 23 rd	Eagles View Academy	Suwannee	5:00
Tue.	Feb. 28 th	Bradford	Suwannee	7:00
Fri.	Mar. 2 nd	Rickards*	Suwannee	5:00
Tue.	Mar. 6 th	Columbia	Suwannee	7:00
Fri.	Mar. 9 th	Fort White	Fort White	7:00
Sat.	Mar. 10 th	Taylor	Suwannee	1:00
Tue.	Mar. 13 th	Wakulla*	Medart	6:00
Fri.	Mar. 16 th	Yulee	Suwannee	7:00
Tue.	Mar. 20 th	Bradford	Starke	5:00
Fri.	Mar. 23 rd	Eagles View Academy	Jacksonville	5:00
Tue.	Mar. 27 th	Baker	Glen St. Mary	6:30
Thur.	Mar. 29 th	Lafayette	Suwannee	1:45
Fri.	Mar. 30 th	Rickards*	Tallahassee	6:00
Mon.	Apr. 2 nd	Walton High School	Bonifay, Fl	6:00 CST
Tue.	Apr. 3 rd	Holmes High School	Bonifay, Fl	6:00 CST
Wed.	Apr. 4 th	Chipley High School	Chipley, Fl	4:00 CST
Thur.	Apr. 12 th	Wakulla*	Suwannee	7:00
Fri.	Apr. 13 th	Fernandina Beach	Suwannee	6:00
Tue.	Apr. 17 th	Hamilton	Suwannee	7:00
Thur.	Apr. 19 th	Columbia	Lake City	7:00
Tue-Thur.	Apr. 24 th & 26 th	District Tournament @ Suwannee High School		7:00
Tue.	May 1 st	Regional Quarterfinal	TBA	TBA
Fri.	May 8 th	Regional Semi-Final	TBA	TBA
Tue.	May 11 th	Regional Final	TBA	TBA
TBA	May 17-24	FHSAA Finals	TBA	TBA

* denotes District 2-SA games



Head Baseball Coach - Ronnie Gray
Assistant - Phillip Hurst
Assistant - Glen Green



SUWANNEE

PARKS & RECREATION

LIVE OAK, FL

16 & Under Small-Sided Soccer

Suwannee Parks & Recreation is starting a new small-sided co-ed soccer program for players ages 14 to 16. Practices and games will be held at the NEW Soccer Complex located at the corner of 72nd Trace and CR-795

Registration Dates:
Monday, February 6th - Friday, March 9th

Players must be 14 to 16 years of age as of January 1, 2012

Participants can register at the Suwannee Parks & Recreation Office, located at the First Federal Sportsplex in Live Oak, 1201 Silas Drive.
Or register online at www.suwanneeparksandrecreation.org.

Practices will begin March 19th at the NEW Soccer Complex



Suwannee Parks & Recreation
1201 Silas Drive
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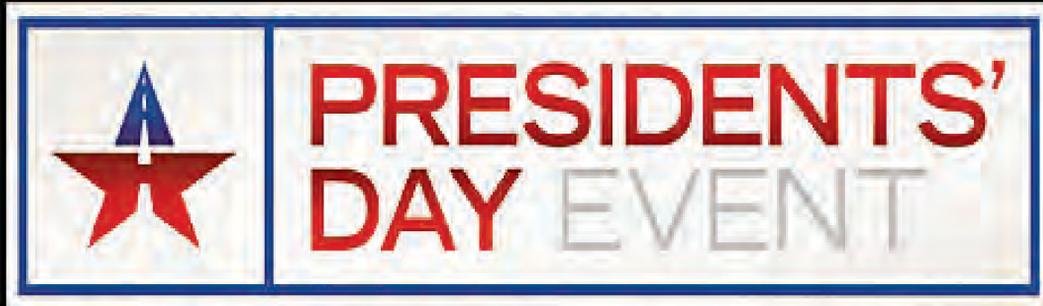




722041dew



ACR Hunnies, front Blair "Acute Exposure" Eckman; second row l-r, Emily "Pookie Bear" Miller, Sara "Salma Hectic" Ivines, Stephanie "Acromankillah" Clark; third row l-r, Stacey "Intimate Terrorism" Michel, Pamela "Tier in Mier" Johnson, Dierdre "Navy Style" Moore-Ivey, Misty "Aqua Holic" Ward; back row l-r, Chad "The Chad" West, Day "Hiro She-Mama" Gore and Jenni "Lethal Dose" Davids. The ACR Hunnies are from Alachua, Columbia, Suwannee Counties in Florida and Lowndes County in Georgia. The Hunnies won both their bouts over the weekend, defeating Lakeland Derby Dames 182-147, on Saturday night, in Lake City, at the Skating Palace. On Sunday night, the Hunnies defeated the Ocala Cannibals, 164-88, in Ocala. - Photos by: Ursula "Tenacious Wrex" Sharp



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North Florida Focus

February 15 & 16, 2012

www.nflaonline.com

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Enjoy Justin Case Band all weekend, Feb. 17-18, at The Spirit of the Suwannee Music Park



The Justin Case Band.

Get ready for a great time dancing, eating, listening to music and being with friends

Justin Case fans, it's your weekend Feb. 17-18 when this awesome band will entertain both Friday and Saturday night in the Music Hall at the Spirit of the Suwannee Music Park (SOSMP) in Live Oak, Fla.

Justin Case is one of the hottest North Florida bands these days and will be rocking the house with brand new top 40 country, classic rock n roll and pure, good funky music Friday and Saturday, Feb. 17-18. Justin Case was recently signed to play the May 2-5, 2012 Suwannee River Jam, the largest country jam in the South.

Formed years ago, this rocking country band packs the house for its events and rocks the rafters to boot! This group of top musicians includes Ronnie Baldwin, Monty Savitz, Matt Johns, Bill Sheddan, Jerry Guy, Frank Freihopher and Dow Young.

Freihofner was born in Miami but now lives in Live Oak and is a singer/songwriter who fell in love with music at an early age. Frank learned early that music has the power to make a bad day good. When he was 16, Frank was invited to sing on stage with the Justin Case Band at a rodeo and fell in love with the crowd. From then on he has performed whenever and wherever he could. In 2004 he became a

member of the Justin Case Band, the band that started his love for music.

Bill Sheddan has been involved in music since the sixth grade. He played trumpet/tuba in concert and marching band and trumpet in jazz band in high school and also sang in two different church youth groups. One night Bill just picked up a bass to play in a barn with some friends and that group became the Twin Rivers Band for five years. In 2004 Bill joined the Justin Case Band where he continues to play bass. Bill says if his mother hadn't dragged him into that band room with a trumpet he would not be the same person today. His children, Bill and Joyce, are in their first year of band and chorus, respectively. Bill says his dream would be to make enough money playing bass to pay the bills.

Jerry Guy's passion for music started at age 11 when his father, Noah N. Guy, bought him a Silver-tone guitar from Sears. The rest is history. His dad taught him the only three chords he knew and from that point on, Jerry taught himself to play a number of instruments, including bass guitar, drums, lead guitar and steel guitar. He has traveled all over the United States with many bands, backing up such singers as Ronnie Milsap, the late, great Vern Gosdin, Herold White, Trilly Cole and Billy Martin among others. Born

in Waycross, Georgia and raised in Tampa, he moved his family to Live Oak and soon became a Justin Case Band member as a guitar and steel player. Jerry also plays Contemporary Christian Rock music in the Lord's house as well.

The newest member of the group, Dow Young, was born in Lake City and raised in Mayo where he still resides. Dow began his musical career singing in church at a young age and fell in love with music. At 22, he joined the "Hardly Traditional" band where members played country and rock music. Last year, Dow became a lead singer and rhythm guitarist with the band.

Ronnie Baldwin started playing drums at age 12 after seeing the Beatles on the Ed Sullivan Show. At 14 he was playing gigs with much older guys in a band called the Surfs. By the time he was 18, Baldwin had formed Butterfly Cover, playing football for Suwannee High on Friday nights then hurrying to shower afterward so he could make it to the gym to play drums for the dance! He also formed the very popular Suwannee River Band. When Baldwin met Ronny McKinley (now of McKinley and Beggs) in 1987 they started playing country music together, forming Justin Case Band. In 1995, Monty Savitz joined with Baldwin and McKinley and the band began looking for very strong vocals. In 2004 lead singer Frank Freihofner and bassist Bill Sheddan joined. In 2007, the multi talented Matt Johns of Lake City

came aboard. Still, for the perfect 3-part harmony for vocals, the guys wanted more. Enter Dow Young, lead singer from Lafayette County, and now you've got some hot cooking vocals going on in this up-dated Justin Case Band. Make your plans now to be part of this weekend's great music when Justin Case Band plays at the SOSMP.

Of course, you know to bring those dancing shoes.

The SOSMP's SOS Café and Restaurant is always open during events and brings wonderful culinary creations to delight you and your guests. The SOS Café and Restaurant in the Music Hall opens at 5 p.m. Monday, Wednesday, Thursday, Friday and Saturday evening for dinner and events, closed Tuesday. Karaoke begins at 7 p.m. Monday and Thursday, Wednesday night is ladies' night with a DJ while Friday and Saturday's live shows begin at 8 p.m. Music Hall admission is \$5 per person with the \$5 deducted from your evening's tab except for special events when prices will be posted. Check out the beautiful new improvements in the Music Hall where there is now a full service bar.

For more information about the Spirit of the Suwannee Music Park, call 386-364-1683, email spirit-it@musicliveshere.com or go to www.musicliveshere.com. You may also contact the SOSMP to purchase your Suwannee River Jam 2012 tickets or to inquire about any of the many exciting events coming up such as SpringFest, Wanees and more.

The Spirit of the Suwannee Music Park is located at 3076 95th Drive 4.5 miles north of Live Oak, FL off US 129 at the famous Suwannee River. The park is 4.5 miles south of Interstate 75 and 4.5 miles north of Interstate 10 off US 129. Keep an eye out for the SOSMP sign and white painted board fence.



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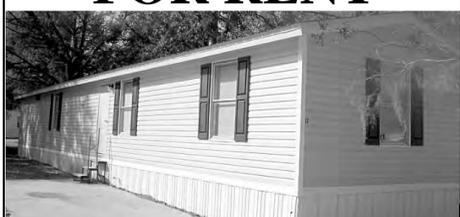
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Celtic Woman to perform at O'Connell Center, Feb. 16



Máiréad Nesbitt - Photo: Jason Fobart



Celtic woman.

Celtic Woman will bring their new North American tour BELIEVE to University of Florida's O'Connell Center at 7:30 p.m. Feb. 16.

The BELIEVE LIVE U.S. tour celebrates a new studio album and companion live concert DVD of the same name. BELIEVE recently debuted at No. 1 on Billboard's World Music and Top Internet Album charts.

The all-female singing sensation - comprised of violinist Máiréad Nesbitt and singers Chloë Agnew, Lisa Lambe and Susan McFadden - will perform classic Irish tunes, such as The Water Is Wide, Green Grow the Rushes, A Woman's Heart and The Parting Glass; timeless pop anthems such as Bridge Over Troubled Water and Sailing; and inspirational songs including You'll Never Walk Alone and Ave Maria under the direction of Emmy-nomi-

nated music producer David Downs. Celtic Woman is backed by their six-piece band, the Aontas Choir and a renowned championship Irish dancer.

Celtic Woman debuted on public television in March 2005 and quickly emerged as a commercial success, selling more than 6 million CDs/DVDs and more than 2 million concert tickets worldwide. Their genre-defining, multi-platinum-selling CD/DVD projects have each held No. 1 positions on the Billboard World Music charts: Celtic Woman (2005), A Christmas Celebration (2006), A New Journey (2007), The Greatest Journey (2008) and Songs From The Heart (2010).

Tickets are on sale and available for this performance. Call 352-392-ARTS (2787) or 800-905-ARTS (toll free within Florida), or visit www.performingarts.ufl.edu for more information.

Get an inside look at the Florida Highway Patrol

Troopers - Inside the Florida Highway Patrol

TALLAHASSEE, Fla. - Have you ever wondered what it is like to be a state trooper? Here is your chance to catch an inside

glimpse! The Florida Highway Patrol announced today the release of Troopers - Inside the Florida Highway Patrol, a documentary that features recruits on the path to becoming a state trooper.

The Center for Faith and Freedom, Inc., doing business as Salt & Light Productions, produced the 92-minute video that follows the 118th recruit class through the training academy, highlights the many

duties performed by the Patrol on an everyday basis and includes touching footage of a law enforcement funeral. The video demonstrates the breadth and depth of the statewide law enforcement agency's

role in achieving the vision of a Safer Florida.

Stuart J. Roth, Founder and President of the Lakewood Ranch based Salt & Light Productions noted, "I felt it was important for citizens all over our state to

understand the dedication and commitment to public service that is exemplified by the FHP. Unfortunately, we often take for granted those individuals whose primary responsibility is ensuring public safety. This documentary will serve to remind us of the sacrifice being made on a daily basis by the men and women of the FHP."

FHP is offering the video to Florida media outlets as a public service. Members of the media may request a free copy of the documentary by emailing a request to MarkBrown@flhsmv.gov. A limited number of copies are available, and requests will be filled on a first come, first served basis.

The DVD is available for purchase at www.Amazon.com.

The Florida Department of Highway Safety and Motor Vehicles provides highway safety and security through excellence in service, education and enforcement. The Department is leading the way to a safer Florida through the efficient and professional execution of its core mission: the issuance of driver licenses, vehicle tags and titles and operation of the Florida Highway Patrol. To learn more about DHSMV and the services offered, visit www.flhsmv.gov or follow us on Twitter @FDHSMV. You can find us on Facebook, too.

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Florida Highway Patrol to ticket aggressive cars and trucks

Big trucks equal big blind spots, so pass safely

Drivers on Florida roadways may want to practice some relaxation techniques before hitting the road this month. The Florida Highway Patrol today announced an education and enforcement campaign to ticket aggressive truck and car drivers. In crashes involving cars and commercial trucks, actions by drivers account for 88 percent of the crashes. Only 12 percent of the crashes are the result of vehicle defects, road conditions or inclement weather. The campaign aims to reduce commercial motor vehicle-related crashes, injuries and fatalities by combining outreach, education and evaluation with targeted enforcement activities to raise awareness among car and truck drivers about safe driving behaviors.

"The Florida Highway Patrol is committed to keeping our roadways safe for all motorists, and we are pleased to partner with the Florida Trucking Association on this safety campaign," said Col. David Brierton. "Whether you are driving a commercial motor vehicle or a passenger car, it

is a driver's responsibility to drive with care."

On Feb. 27 - 29, troopers statewide will be on the lookout for violations attributed to aggressive driving such as: following too closely, unsafe lane change and speeding; committed by truck and car drivers as they interact on Florida highways.

In addition to targeted enforcement, the campaign will use billboard and radio messaging to increase awareness among car and truck drivers of safe driving behaviors around one another and of the heightened risk of receiving a ticket for a violation. In addition, FHP will collaborate with the Florida Trucking Association to conduct activities at schools and community centers around the state to educate drivers on how to share the road safely with trucks.

FTA President and CEO, Mary Lou Rajchel, said, "Safety on Florida's roadways is a cooperative effort by cars and trucks alike. As an industry, safety is at the top of our minds—it matters above all else. We are pleased with the opportunity to take our No Zone message about safe

driving behaviors around big rigs on the road with the Florida Highway Patrol.

Pairing the 'big trucks equal big blind spots' message with the opportunity to 'see what our drivers see' through community education is a unique approach that we believe will promote responsible driving for everyone."

The Institute of Police Technology and Management will conduct surveys prior to and after the education and enforcement campaign to measure the campaign's effectiveness.

The Florida Department of Highway Safety and Motor Vehicles provides highway safety and security through excellence in service, education and enforcement. The Department is leading the way to a safer Florida through the efficient and professional execution of its core mission: the issuance of driver licenses, vehicle tags and titles and operation of the Florida Highway Patrol. To learn more about DHSMV and the services offered, visit www.flhsmv.gov or follow us on Twitter @FDHSMV. You can find us on Facebook, too.

Civil War battle to be commemorated this weekend

148th Anniversary of Florida's Largest Civil War Battle

OLUSTEE —The Florida Department of Environmental Protection's Olustee Battlefield Historic State Park, Florida's first state park, will host the 36th Annual Reenactment of the Battle of Olustee on Feb. 17-19, 2012. Throughout the weekend, more than 2,000 demonstrators will present living history impressions of military and civilian life at the time of Florida's largest Civil War battle.

The Battle of Olustee was fought on Feb. 20, 1864. Full-scale artillery,

mounted cavalry and three African American regiments, took part in the battle that ended with 2,807 casualties and a Confederate victory. The 54th Massachusetts was among the African American troops that fought at Olustee.

The living history weekend features a Civil War-era battle reenactment on Saturday at 3:30 p.m., as well as the reenactment of the Battle of Olustee on Sunday at 1:30 p.m. Period music concerts, lectures, battlefield surgical practices and the lives of both white and black civilians during the war will be portrayed by reenactors. Military camps and drills by infantry and artillery are sched-

uled throughout the weekend.

On Friday, Feb. 17, educational programs are planned for students. School groups may call (386) 397-7009 to register for the event. The fee for Friday will be \$2 per person. Admission on Saturday and Sunday will be \$7 for adults and \$3 for children, pre-school age children are free. Food concessions will be available. Pets are not allowed at the Olustee Battlefield Historic State Park during the reenactment.

The Olustee Battle Civil War Reenactment is sponsored by the Florida Park Service, U.S.D.A. Forest Service, Olustee Battlefield Citizen Support Organi-

zation and The Blue Grey Army of Florida, Inc.

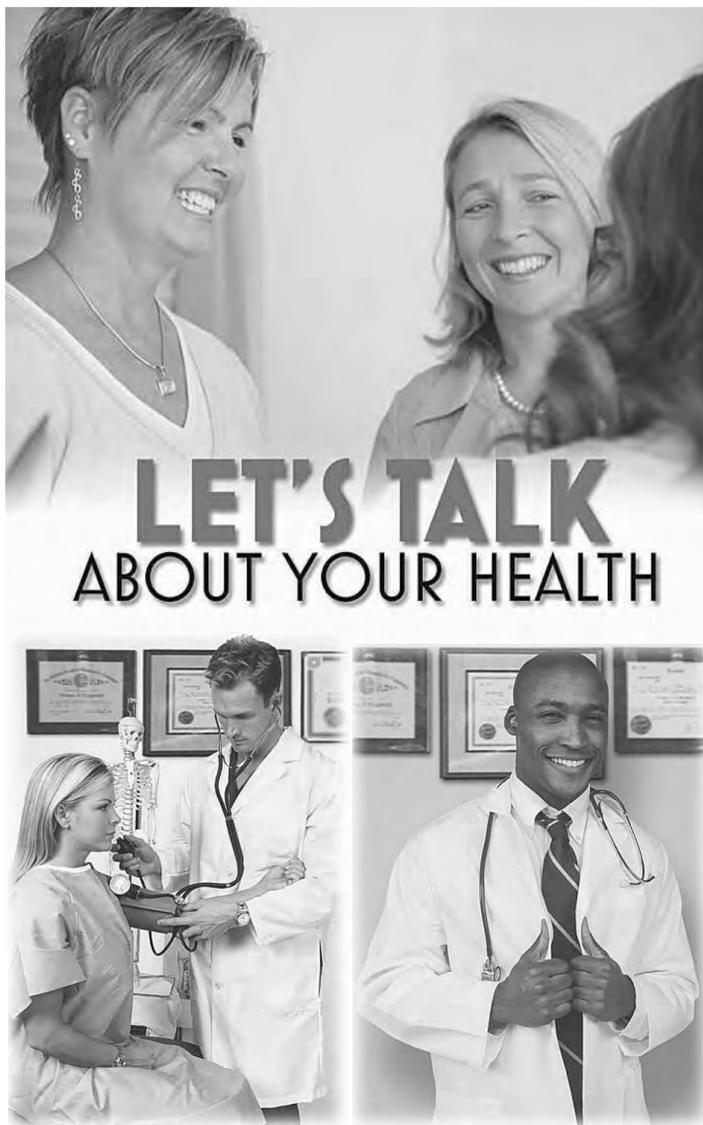
For more information, visit www.floridastateparks.org/olustee or <http://battleofolustee.org>.

This event will take place:

Friday, Feb. 17 - Sunday, Feb. 19, 2012

8 a.m. - 5 p.m.

*Olustee Battlefield Historic State Park
5890 Battlefield Trail Road
Olustee, Florida
(15 miles east of Lake City, 50 miles west of Jacksonville)*



Protect skin from the worst weather has to offer

Regardless of what season it is, skin seems to bear the brunt of weather's wrath. Whether it's the sun beating down in the dog days of summer or the wind whipping around and causing skin to crack when the weather starts to turn cold, skin is never fully safe from the elements.

Each season poses its own unique challenges to skin, and this year figures to be no different. With fall and winter on the horizon, it's important for men and women to practice proper skin care in an effort to protect themselves from dry skin, which can be irritating and unsightly. Though an extra layer of clothing might hide dry, flakey skin from view, it won't do much to relieve the irritation and damage that result from severely dry skin. This fall and winter, consider the following tips to help the skin survive the woes of winter.

* Take quick, temperate showers. It might feel good to get in from the cold and take a hot bath or shower, but this actually breaks down lipid barriers in the skin, potentially robbing the skin of moisture. In lieu of a long, steamy bath or shower, take a quick shower in warm water.

* Moisturize every day. Moisturizers like O'Keeffe's Working Hands and O'Keeffe's for Healthy Feet are designed to relieve dry skin irritation, particularly on those areas of the body that are troublesome during the winter months. Look for creams that contain water and glycerin that will help to draw moisture into the skin and stimulate the body's natural repair process. Moisturizers that are non-greasy, non-oil based and fragrance free tend to work the best to repair dry skin. Oil-based creams will actually repel water that would otherwise hydrate the skin causing further damage.

Men and women should also make moisturizing a part of their nightly routine before going to bed. Skin

temperatures rise during sleep, resulting in increased circulation and healing, so be sure to moisturize each night before going to bed.

* Continue to protect skin from the sun. The sun is just as strong in winter as it is during the summer, and winter sun can do significant damage to unprotected skin, especially when winter sun combines with snow glare. Use a moisturizer with SPF throughout the winter, and apply it to both hands and face roughly 30 minutes before going outside.

* Wear a winter wardrobe. Protective clothing like gloves, scarves and thick socks not only keep us warm through the winter, they also keep skin safe as well. Strong winter winds and below freezing temperatures can damage the skin significantly, so bundle up when going outdoors. And be sure to avoid wet socks and gloves, which can irritate the skin and cause itching and cracking, and might even result in the formation of sores.

* Stay hydrated. Staying hydrated is another skin care pointer people primarily, and incorrectly, associate with summer. But staying hydrated is just as important in the winter as it is during the summer. Staying hydrated is important for overall health. Men and women who enjoy caffeinated beverages like coffee and soda should know that caffeine is a diuretic that draws water out of the skin. So be sure to counter caffeine consumption by drinking plenty of water.

More information is available at www.okeeffescompany.com.



Harsh weather can take its toll on the skin, especially for those who work with their hands. But a solution like O'Keeffe's Working Hands can restore even the most damaged skin in a matter of days.

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Calendar of Events

New York Day
New York Day, for all who have lived anywhere in New York State, will be in the afternoon of March 17 at the Lake City Shrine Club on Brown Road. There will be a social hour with appetizers, a St. Patrick's Day dinner prepared by the Shrine Club, entertainment by "2

Peace"(50's - 80's music), raffles, door prizes, etc. Cost is \$13 per person. Wine and beer, including NY brands, will be available, or BYOB. Casual dress-wear Green for St. Pats! Call the Lloyds at 752-4885 or Bob Pelsoni at 984-5982 for info and reservations (DEADLINE March 10)

Save the Cats Live Oak
Volunteers needed!
T.N.R. campaign to save Live Oaks ferrel cats has been started. Ferrel and stray cats will be trapped, neutered and returned to where they were trapped. All kittens & friendly cats will be adopted out.
Donations needed: Cat food, wet & dry, money for

neutering, traps, carriers, cages, food & water containers etc. Anyone interested in helping in any way please contact Barney or Sherry at 386-364-1006. Donated items may be taken to the Big Wheel Market Place at 127 W Howard St.
The Arc North Florida Trail of Hearts Annual Benefit Ride

Feb. 25. Location is McCulley Farm in Jasper. Join horse lovers from all over the Southeast to ride along the Withlacoochee River. Participate in our Poker Run Game along the trail. Demonstration on therapeutic riding for individuals with disabilities.
Join us for a wonderful day supporting a great cause.

Who care about protecting the health, safety, welfare and rights of long-term care facility residents -- who often have no one else to advocate for them -- are encouraged to call toll-free (888) 831-0404 or visit the program's Web site at <http://ombudsman.myflorida.com>.

All interested individuals

Who care about protecting the health, safety, welfare and rights of long-term care facility residents -- who often have no one else to advocate for them -- are encouraged to call toll-free (888) 831-0404 or visit the program's Web site at <http://ombudsman.myflorida.com>.

The Sparkleberry Chapter

Of the Florida Native Plant Society - meets the second Tuesday of each month, 6:30 p.m., Hatch Park Community Center, 403 SE Craven St., Branford. All are welcome. For information call 386-364-9309.

Grief recovery is a painful process.

GriefShare is a weekly video seminar featuring some of the nation's foremost experts on grief recovery topics. Each Wednesday evening seminar is combined with a grief support group discussion time. GriefShare is held at FBC Live Oak each Wednesday evening at 6:00 p.m.

Volunteers Needed!

Surrey Place Care Center in Live Oak is looking for interested volunteers who would like to share their time and talents with our senior adults. Volunteers enrich the lives of our residents and staff by brightening their days in so many ways!

If you are interested in helping others; if you would like to experience the gratification and sense of purpose that comes from working with senior adults with special needs, then we hope you will accept our invitation to learn more about the volunteer opportunities we have available. Surrey Place Care Center welcomes volunteer involvement in a variety of areas and capacities. Please join us.

Surrey Place Care Center Teri Christian, Quality of Life Director 386-364-5961 act.surrey@signaturehealthcarellc.com

The Arc North Florida

Adults with Disabilities Program. Open to Branford and surrounding adults with intellectual or developmental disabilities. We meet every Friday from 9 AM to 1 PM at the health department building in Branford, FL

For more information please contact the AWD supervisor Lisa Perry at 386-208-1404

www.arcnfl.com/ride
386-362-7143 #5 or jsampson@arcnfl.com

The McAlpin Community Club

The McAlpin Community Club welcomes everyone to their monthly meetings, which are held on the second Monday of each month.

The McAlpin Community Club asks everyone to mark their calendars and join us on Saturday, May 5, 2012, for our first annual yard sale and fundraising event. The proceeds will help benefit the club's building fund, which hosts a variety of civic groups including two local 4-H Clubs, a Home and Community Education (HCE) Club and volunteer firefighters. If you would like to donate any items for this event, please call Debbie Phillips at 364-7028.

The Club is located at 9981 170th Terrace in McAlpin, directly across from the Post Office on US Hwy 129. Membership fees are \$10.00 per family per year.

For info call Barbara Parks @ 362-3044 or Debbie Phillips @ 364-7028

CrossHeir Outfitters Men's and Boys Event

Crossheir Outfitters Team, bringing there Trophy Displays, etc. with Speaker Robert Bradow will be at North Hamilton Elementary School on March 17, 2012 at 4:00 pm with Great Door prizes many Hunt give aways, Free BBQ Supper! More Information you may call Pastor Edgar Wood 386-590-6267 or Johnnie Philman at 386-842-5494 P.O. Box 521 Jasper, Florida 32052 Provided by Pentecostal Deliverance Center men's Ministry Jennings, Florida This is a Tri-County Event Drawing all Men and Boys to have a better walk with the Lord!!

An Ash Wednesday Service

Will be held at 7:00 PM, on Wednesday, February 22, at Jennings United Methodist Church, in Jennings, Florida. All are invited to mark the beginning of the Lenten Season with this very special and moving service. For more information, please call 386-938-4303 or 386-752-8752.

Volunteer Opportunity & Meeting Notice

Florida's Long-Term Care Ombudsman Program needs volunteers to join its corps of dedicated advo-



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NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Developing good habits at an early age and scheduling regular visits helps children get a good start on a lifetime of healthy teeth and gums!

Are you prepared for a dental emergency?

Thousands of dental emergencies—from injuries to a painful, abscessed tooth—take place every day. Would you know what to do if your child broke a tooth or had a tooth knocked out while playing outdoors? What if you had a bad toothache in the middle of the night and couldn't get to the dentist until the next day? Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.

Keep your dental office phone number and an emergency number where the dentist can be reached after hours with other emergency numbers, such as your family doctor, and fire and police departments. Some families post these numbers on the refrigerator or inside a kitchen cabinet door near the phone. Call the dentist immediately for instructions on how to handle a dental emergency.

Toothache: Rinse the mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to remove any food or other debris that may be caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth. This could burn gum tissue. If the toothache persists, try to see the dentist. Don't rely on painkillers. They may temporarily relieve pain but your dentist should evaluate the condition.

Knocked-out (avulsed) tooth: Try to find the tooth! This may not be as easy as you think if the injury took place on a playground, basketball court or while skateboarding, so try to stay calm. Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments. If it's possible, gently insert and hold the tooth in its socket while you head to the dentist. If that's not possible, put the tooth in a cup of milk and bring it to the dentist. Time is critical for successful reimplantation, so try to get to your dentist immediately.

Broken tooth: Rinse your mouth with warm water to clean the area. Use cold compresses on the outside of the cheek to help reduce the swelling.

Tongue or lip bites or wounds: Clean the area gently with a clean cloth and apply cold compresses to reduce any swelling. If the bleeding can't be controlled, go to a hospital emergency room or clinic. You may be able to reduce bleeding from the tongue by pulling it forward and using gauze to put pressure on the wound.

Objects caught between teeth: Try to gently remove the object with dental floss. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object with floss, contact your dentist.

Possible broken jaw: Apply cold compresses to control swelling. Get to the hospital emergency room immediately.

How to Brush

- Place the toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Brush your tongue to remove bacteria and keep your breath fresh.

ADA American Dental Association®

Coloring Sheet

A HEALTHY SMILE IS PRETTY AS A PICTURE!

ADA American Dental Association®

Dental Word Search

Can you find all the hidden words? They can be up, down or diagonal.

WORDS: TEACH, HANDS, MATH, FEEL, HARD, STRAIGHTEN, PATIENTS, TOOTH, SCHOOL

CHILDREN, SCIENCE, LIFETIME, LOOK, WATCH, FIX, LONG, CONTACT, VISIT

ADA American Dental Association®

SECRET MESSAGE!

Den and Buck are decoding a secret message. Join in the fun! Cross off the words in the grid below by following the steps.

	A	B	C	D	E
1	REN	MOUTHBOARD	TONGUE	BASEBALL	BOOK
2	SEALANT	BOVISH	MAGAZINE	DEN	VEGETABLES
3	HAPPY	GLAD	WHEN	CYCLING	GRAPES
4	JOURNALIST	SEN	CARROT	LETTER	POSTCARD
5	AND	SOCCER	SHALE	GEN	MEN
6	BUCKY	PLAQUE	PEAR	FLOSS	WELCOME
7	DUCK	APPLE	LUCK	SWIMMING	EMAIL
8	ENAMEL	TENNIS	FLOOPY	TOOTHPASTE	YOUR
9	NEWSPAPER	FRIEND	BUDDY	CHALFLOWER	TRUCK
10	NEIGHBOUR	ADVENTURER	TEETH	SURPRISE	PLUMBING

- Cross off all 10 letter words.
- Cross off all things you can read.
- Cross off all sports activities in columns B and D.
- Cross off all words with exactly 3 vowels.
- Cross off the first names of the Medtrics and the Smilags.
- Cross off all the words that rhyme with Den or Buck.
- Cross off all the words that are healthy fruits and vegetables.
- If 2 words directly next to each other in a row, have the same meaning, cross them both off.
- Now, read the remaining words in order from top to bottom by rows to find the hidden message.

ADA American Dental Association®

Sipping, Snacking and Tooth Decay

Many parents across the country will issue a common refrain at dinnertime tonight: "You'd better eat that—it's good for you!" There's another old favorite in the parental arsenal of dietary admonitions: "Don't eat that—it'll rot your teeth!" Now more than ever, kids are faced with a bewildering array of food choices—from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It's clear that "junk" foods and drinks gradually have replaced nutritious beverages and foods for many people. For example, the average teenage boy in the U.S. consumes 81 gallons of soft drinks each year! Alarming, a steady diet of

sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common activities may contribute to the tendency toward tooth decay. These include "grazing" habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in tum can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dress-

ing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Reduce your children's risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
- If your kids chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.
- Monitor beverage consumption. Instead of soft drinks all day, children should also choose water and low-fat milk.
- Help your children develop good brushing and flossing habits.
- Schedule regular dental visits.

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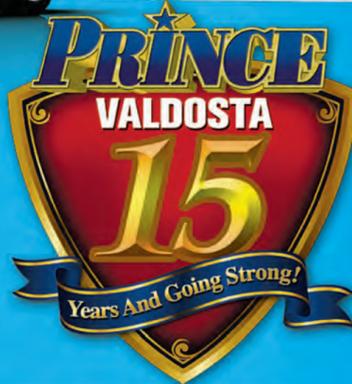
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Calendar of Events

The McAlpin Community Club

The Club is located at 9981 170th Terrace in McAlpin, directly across from the Post Office. Membership fees are \$10.00 per family per year.

For info call Barbara Parks @ 362-3044 or Debbie Phillips @ 364-7028

Navy and Marine Corps Shipmates who served on the USS Columbus CA-74/cG-12 from 1944 through 1976 and the USS COLUMBUS (SSN-762) past and present, if you would like to share memories and camaraderie with old friends and make new ones, please contact Allen R. Hope, President, 3828 Hobson Road, Fort Wayne, IN 46815-4505. Home: (260) 486-2221 - 8 a.m. - 5 p.m. Eastern Time, Fax: 260-492-9771, email: Hope439@frontier.com.

Bingo

Hosted by the American Legion Post 107. Every Tuesday. Early games are at 3 p.m. and evening games are at 7 p.m. Take Hwy. 129, six miles south of Live Oak, turn left at the BINGO sign, then one mile.

American Legion Post Meeting

First Thursday of each month at noon. All military veterans are invited to join us. Contact Randall White for information at 386-984-6245.

Senior citizens

Senior citizens meet the first Monday of each month in the west annex of the Suwannee Co. Coliseum. If you are fifty years old or older or disabled. The dues are \$5 per year. Each member is to bring a covered dish to each meeting. We will be having drawings for gifts which

include complimentary visits for two different restaurants. Door prizes will be given. There will be bingo after the meal. Also, there are trips planned for this group. Please call 330-6319 if you have any questions. Please put Senior Citizens meetings on the first Monday of each month on your calendar. Come join us and enjoy great friends and wonderful fellowship.

REVISION for Feb., March, April, May

The Senior Citizens will meet at the regular time (the first Monday) in Feb. & March. There will be NO meeting in April because of the fair. Also, the meeting for May will be changed to Mon., May 14th, because of elections. All meetings are at 10:30 a.m. in the W. Annex at the Suwannee County Coliseum. Don't forget the changes for April and May. All other meetings will be on the first Mon. of each month at 10:30 a.m. at the Coliseum unless notified. Please call 386-330-6319 if any questions.

Artist Guild

The meetings are held at Suwannee High School at 6:30 p.m. the first Tuesday of each month.

The ARC of North Florida Event dates:

2/25/12 Annual Benefit Trail Ride

3/24/12 14th Annual Lawn Mower Race

5/11/12 The Arc North Florida Golf Tournament

www.arcnfl.com

Addiction Support Group:

Greater Visions faith-based addictions support group meets weekly in two locations. Meetings are held on Tuesday nights at 7:00 PM in Lake City at the Christ Central Church

building on Sister's Welcome Road. The group also meets Thursday mornings at 9:30 AM in Live Oak at the Suwannee Coalition office located at 208 North Ohio Avenue. This group provides spiritual and emotional support in a non-judgmental setting. Come experience the freedom from addictions that is found in Christ. Greater Visions is an outreach of Christ Central but open to anyone. For more information contact 208-1345.

Grief Support group offered at Antioch Baptist Church

GriefShare recovery and support group

Will begin meeting at Antioch Baptist Church in Live Oak each Tuesday at 10 a.m. The church is located at 5203 CR 795 (Boys Ranch Road). GriefShare is 13 weeks starting March 6th ending May 29th, non-denominational group that features Biblical teaching on grief and recovery topics. You can begin the GriefShare sessions at any time. Please call Antioch Church (386) 362-3101 or Kathy Bauman (386) 362-3823 for more information.

Elks Monday Bingo

At Live Oak Elks Lodge 1165, 415 East Howard St. Live Oak. Early sessions 3 p.m. - 6 p.m. and the payout will be on a percentage basis. Late sessions: 7 p.m. - 10 p.m. There will be 29 games each paying \$50. One progressive jackpot either \$50 or \$250. One Bonanza paying \$50. One extra large jackpot starting at \$300 if won on the last number called from the Bonanza game - \$100 consolation prize. Kitchen will be open from 4-8 p.m.

Wellborn neighborhood watch
We meet the last Thurs-

day of each month at the Blake Lowe Building on 4th. Avenue in Wellborn. We start with a social get together at 7:00 PM with a covered dish dinner and have a relaxed general discussion on the events in the community. Immediately following dinner we have an invited speaker to broaden our knowledge of what is happening in our county. Each month we have a speaker that will be interesting and informative. Call Ruth Ford @ 386-963-5334 if you have any questions.

Are you a time traveler?

Wish you could travel back in time? Explore Suwannee County's past with historian Eric Musgrove as he tells of the area's unique history and legends featuring photos, maps and memorabilia. The free presentations are held on the first Tuesday of each month at 6:30 pm at the Suwannee County Historical Museum located just north of the railroad tracks in Live Oak in the old train depot. For more information call Randy Torrence (362-1776) or Eric Musgrove (842-2174).

The Suwannee Coalition

Has changed our annual meeting schedule. We will no longer be meeting monthly. We will meet quarterly - four times per year. Here are the remaining dates we will meet in the upcoming fiscal year: April 5, 2012

The Lake DeSoto farmers market

Lake City, FL, The Lake DeSoto Farmers Market is open every Saturday from 8am to 1 p.m. in Wilson Park, located along Lake DeSoto between the Columbia County Courthouse

and Shands Lakeshore Hospital. For more information about the Lake DeSoto Farmer Market call 386-697-2176 or 386-719-5766.

Alcohol Anonymous Live Oak Group

Voting precinct building, Nobles Ferry Road, Live Oak, FL. Tuesday, Thursday (BBS) and Friday 8 p.m. Contact Rosemary 386-362-6338 or Carl at 386-362-4221.

Bingo, Bingo, Bingo!

Hosted by American Legion Post 107 Every Tuesday, 3 p.m. early games, 7 p.m. evening games. Take Hwy 129, 6 miles south of Live Oak, turn left at the BINGO sign, then 1 mile.

Grief support group

Meeting weekly at First Baptist Church in Live Oak at 6 pm on Wednesdays. Call 362-1583 for more information. Non-denominational - everyone welcome. This is an on-going support group and I would appreciate you placing it in your publication through the fall.

Baptist Men's Meeting at Wellborn Baptist Church

The 2nd Thursday night of every month beginning at 6:30 pm the men of Wellborn Baptist Church and their friends join together to eat and worship together with a special speaker and music. You are invited to come and bring a dessert. The church is located on Highway 90 West between Live Oak and Lake City at the intersection with Lowe Lake Road in Wellborn, FL. Call 386-963-2231 with any questions or visit our website at www.wellbornbaptist.com.

Love Forever

Live Oak Church of Christ, 1497 SR 51 (Irvin Ave) will be open every third Saturday morning of each month for a clothes closet and food pantry, 10:30 - 12 noon.

The Lafayette Republican Executive Committee

Meets the second Monday of each month at the Lafayette Public Library, 120 NE Crawford Street, Mayo, at 7:00 pm. Everyone interested in promoting conservative principles are invited to attend. For more information, please call Carolyn Land at 935-0174.

The Columbia Federated Republican Women

Meet the 2nd Monday of each month, 7p.m., brown bag dinner & social time at 6:30 p.m. Currently we meet in Lake City at the old Guardian ad Litem yellow house on Duval Street just east of the First Baptist Church and across from Advanced Auto. We are committed to advancing the participation of women in all areas of the political system and are dedicated to encouraging and empowering women of all ages and

backgrounds. Visit the Florida Association's web page at

http://www.ffrw.net/home.html. Covering North Central Florida - all women are encouraged to attend and be involved in the political process! For more info contact President Gayle Cannon: 386-303-2616, gcannon@atlantic.net

First Baptist Church of Dowling Park

Free Meals for Seniors. We are a meal site for the Suwannee River Economic Council. Free meals are served for seniors over the age of 60 in the church fellowship hall Monday through Friday from 12 noon to 1 p.m. For more information or to sign up, please contact us at 386-658-2360.

Volunteer Opportunity & Meeting Notice

Florida's Long-Term Care Ombudsman Program needs volunteers to join its corps of dedicated advocates who protect the rights of elders residing in nursing homes, assisted living facilities and adult family care homes. The program's local councils are seeking additional volunteers to identify, investigate and resolve residents' concerns. Special training and certification is provided. All interested individuals who care about protecting the health, safety, welfare and rights of long-term care facility residents -- who often have no one else to advocate for them -- are encouraged to call toll-free (888) 831-0404 or visit the program's Web site at HYPERLINK "http://ombudsman.myflorida.com/" http://ombudsman.myflorida.com.

Christian Mission In Action Ministry

Will serve dinners from 11 a.m. until 1 p.m. second Saturday of every month at Hale Park Recreation Center at 105 East Duval St., Live Oak, FL. For information call Audrey Howell @ 386-364-4560.

Boy Scout Troop 693

Meets at the Live Oak Shrine Club, 11595 100th Street, Mondays, 6:30 - 8:00 p.m. This building is just east of US 129 south, on the same road as the Suwannee Valley Elec. Co-op. Membership is open to all boys 11-17 years old. Come join us for having fun with monthly camping, as well as week-long winter and summer camps! Parents are encouraged to participate as adult leaders, committee members and merit badge counselors.

Wellborn Community Association (WCA)

Meets second Thursday of each month at 7 p.m., at the Wellborn Community Center, 1340 - 8th Avenue, Wellborn. For info contact Wendell Snowden, 386-963-1157, follow us on Facebook, or see

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Internationally Recognized Lively Stones World Healing Ordination Seminar www.willardfuller.com (850)342-1011 March 9-16th, 2012. Lively Stones Fellowship Headquarters 119 Mallard Lane Lloyd, FL 32337. Register - www.gloriamirez.com/ordination.html. Forty-five Hours - **Week Course** - Become Ordained Minister

Auctions

Lender Owned On-Line Only East Tennessee Real Estate Auction. Bidding Begins February 15th, Ends March 1st. 10% Buyer's Premium Lic. #TAL 2199 www.PottsBrothers.com (800)701-8966

Education

ALLIED HEALTH career training- Attend college 100% online. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV certified. Call (800)481-9409 www.CenturaOnline.com

Events

RED GREEN LIVE Experience this hilarious one-man show. April 5th, Tampa Theatre (800-745-3000), April 7th, News-Journal Centre, Davidson Theatre, Daytona State College. (800-595-4849) www.redgreen.com

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7175508Y

Calendar of Events

www.wellborncommunityassociation.com. A Blueberry Pancake Breakfast is held the first Saturday of each month serving blueberry pancakes, sausage, orange juice and coffee. The Annual Blueberry Festival is held on the first Friday & Saturday of June.

Auxiliary of the American Legion Post 107

Hosting Wall of Honor The Auxiliary of the American Legion Post 107 is hosting a Wall of Honor. If you have a friend or relative that is currently in active duty of any of the military branches, we would like to honor him/her by posting a picture and name on our Wall of Honor. It will be located in the American Legion main hall on post 107, the same building bingo is currently held. Please send name, rank and branch of service, along with current photograph, to Teri Hamilton, Americanism Committee Chairman, Legion Auxiliary, 12364 146th Terrace, Live Oak, Florida 32060. 386-362-7978.

Addiction Support Group

Greater Visions faith-based addictions support group meets weekly in two locations. Meetings are held on Tuesday nights at 7 p.m. in Lake City at the Christ Central Church building on Sister's Welcome Road. The group also meets Thursday mornings at 9:30 a.m. in Live Oak at the Suwannee Coalition ofice located at 208 North Ohio Ave. This group provides spiritual and emotional support in a non-judgmental setting. Come experience the freedom from addictions that is found in Christ. Greater Visions is an outreach of Christ Central but open to anyone. For more information contact 386-208-1345.

Senior Luncheon at Wellborn Baptist Church

The 2nd Tuesday of every month beginning at 11, there is a senior luncheon with a special speaker and music. Everyone is invited to come and bring a covered dish. The church is located on Highway 90 West between Live Oak and Lake City at the intersection with Lowe Lake Road in Wellborn, Fl. Call 386-963-2231 with any questions or visit our website at www.wellbornbaptist.com.

Lake Park Line Dancers

Offer beginner lessons Tuesdays 1:00 - 2:15 pm. at Lake Park United Methodist Church in the Fellowship Hall on Hwy 41 S. at S. Essa Street. For info call (229)455-2267.

Line dance

Lessons at Uncle Freddy's, Lake Park next to

KOA Office Across from Outlet Mall I-75 at Twin Lakes Blvd. (Hwy. 376) 5274 Jewell Futch Rd. 2nd Friday/mo. 7 - 8 pm., 4th Saturday/mo. 7 - 8 pm. For more information contact: talbot483@gmail.com or call: 229/455-2267

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Pickin' & Grinnin'

Every Saturday 6 p.m. Spirit of the Suwannee Music Park

If you play an acoustic instrument or just like to sit and listen to good Country, Gospel or Blue Grass music, come on out to the Pickin' shed in the loop camping area. Pot luck dinners the third Saturday of each month. Join us --- its fun ---- its free! Sponsored by Suwannee River Bluegrass Association.

GFWC Woman's Club of Live Oak

Is available for rentals until 11 p.m. Is there a baby shower, wedding reception, holiday party or other event coming up? Please call Julie at 362-7303 to reserve your date and time. Make a wonderful memory.

Narcotics Anonymous

Road to Recovery Group. Meets Tuesday at 7 p.m. and Friday at 7:30 p.m. First United Methodist Church, 311 South Ohio Ave. Live Oak, Fl, Help Line 352-376-8008 or 866-352-5323, http://uncoastna.org The Road to Recovery Group is not affiliated with First United Methodist Church.

Weatherization funding available

Funding is available for Home Repairs in Suwannee County. Families must meet income eligibility requirements for services. Examples of weatherizing repairs that could be avail-

able are installation of doors, windows, insulation, hot water heaters and window air conditioners. For more information, please call the local Suwannee River Economic, Inc. at (386) 362-6079.

Free English Classes

Clases de Ingles - Gratis, aprenden, Pronunciacion, Conversacion -Clases empiesan el 8 de Agosto, 2011, cada lunes y jueves, 7 -9 p.m. Maestra Felicia Doty y el equipo, 386-249-0096. Las clases van estar en la Iglesia Episcopal, San Lukas, 1391 SW 11th St., (Se encuentran la Iglesia en frente del hospital en Live Oak).

Cub Scout Pack No. 408

Tiger, Wolf, Bears and Webelos dens (grades one - five) - every Thursday, Aug.-May only; 6:30-7:30 p.m. at Live Oak Church of the Nazarene.

Mothers of Preschoolers (MOPS) Meeting

Meets second and fourth Tuesday of every month (August-May) at First Baptist Church of Live Oak @ 9:30 am. MOPS International exists to encourage, equip and develop every mother of preschoolers to realize her potential as a woman, mother and leader. Breakfast and childcare are provided. www.mops.org.

I am putting together a family history book

On the descendants of Stephen, William & Sarah Ann Grant. Surnames include Grant, Hewitt, Adams, Land, McCray, McClamma & any other related. If you would like to submit information or photos or are interested, please contact Cher Newell at 386-209-1559 or 386-364-1608.

Stop, drop and Recycle for Adults with Disabilities.

Comprehensive Community Services Inc. Invites you to participate in our recycling project campaign. CCS Clients are recycling - Printer Ink Cartridges, Laser Cartridges, Cell Phones -Any Kind, MP3 Players Drop off at Lafayette Extension Office, Wes Haney Chevrolet, Suwannee Tax Collectors, Live Oak City Hall, or the CCS Office, larger quantities can be picked up. For more information on how your business can join the CCS recycling team call Janet Sampson, 386-362-7143 ext 5

Free Sunday lunch Live Oak

For the past several months a group headed up by Pat and JoAnn Lynch have been serving a free lunch at the community

center in Live Oak the last Sunday of the month. We need volunteers to help set up and serve the meals. If you are interested in volunteering you may contact Pat and Jo Ann Lynch at (386) 935-1076 or Roger Burnside at (386) 935-3343.

Free Sunday lunch Hamilton County

A group headed up by Pat and JoAnn Lynch will be serving a free lunch at the Civic Center in Jasper, on the 2nd Sunday of the month. We need volunteers to help set up and serve the meals. If you are interested in volunteering you may contact Pat and Jo Ann Lynch at (386) 935-1076 or Roger Burnside at (386) 935-3343.

Did you earn your pin?

Reconnect with your shipmates and help preserve the memories. With more than 13,000 members and over 150 chapters throughout the United States, your rank or rate and status are active, retired or honorably discharged are secondary to the purposes of the organization. We are all brothers of "The Pin." We band together to honor the memories of the over 4,000 men who EARNED THE RIGHT to wear "Dolphins" to maintain the bonds of friendship and camaraderie. You are invited to contact us through the address below for more information:

National Contact:

United States Submarine Veterans, PO Box 3870 Silverdale, WA 98383 or 1-877-542-DIVE or www.ussvi.org. Local contact: W. Ray Rausch, 386-209-1473, uss483@windstream.net, 10035 105th Drive, Live Oak, FL 32060.

First Baptist Church of Live Oak, FL

Will begin holding a weekly grief recovery support group. GriefShare is a non-denominational Biblically based 13 week program for people who are struggling with losing a loved one in death. People can enter at any point in the 13 weeks. It will be held at 6 pm on Wednesdays. First Baptist Church is located at 401 W. Howard in Live Oak. For more information, people may call 386-362-1583 or find us on the web at www.fbcliveoak.org.

Haven Hospice hosts

Helping Hands Volunteer Orientation When: Every Tuesday morning at 10 a.m.

Where: Haven Hospice Suwannee Valley Care Center, 6037 W. U.S. Hwy 90, Lake City, Fl. Call Car-

olyn Long at 386-752-9191 for more information.

New Commander Post #107

New Commander Post #107 American Legion is Randall E. White, 386-984-6245 or email at shoreduty@windstream.net

Donate your old cars

People may be thinking of donating their old cars as part of a clean up. The Boys and Girls Clubs would be happy to take their old cars. People donating to the Clubs will not only get rid of the unwanted car but will be contributing to the clubs. Boys and Girls Clubs really work with kids in most communities and offer a safe place for them. If you wish to donate a car, call 800-246-0493. Not only will donors be helping the kids, they will be able to take sale price as a contribution for income tax purposes.

Talent Search

Do you sing or play an instrument? Do you act or dance? Do you like to read or spend time with a friend in wonderful conversation? WE WANT YOU! Suwannee Health Care & Rehab Center is looking for your talent for our residents. Dinner for two - \$45; One night at the Beach - \$125; One hour volunteering to make memories that last forever - PRICELESS! Call: Lynn Brannon, Activities Director 386-362-7860 or 386-590-2961.

Donations needed!

Suwannee County Environmental Watchdogs, a non-profit organization, seeks donations for yard sale merchandise. Info: Sandy, 386-364-8020.

CJBAT tests

Monday - Thursday 5 p.m. (by appointment): CJBAT (Criminal Justice Basic Abilities Test) at NFCC Testing Center (Bldg. #16), Madison. CJBAT is required for acceptance into Corrections & Law Enforcement programs. Photo ID required. Pre-registration & scheduling time and date are required. To register please call 850-973-9451.

College Placement Tests

Monday - Thursday 5 p.m. (by appointment): College Placement Test

(CPT), NFCC Testing Center (Bldg. #16), 5 p.m., Madison. Register in NFCC Student Services 24 hours before test. For information please call 850-973-9451.

TABE tests

Monday - Thursday 5 p.m. (by appointment): TABE (Test of Adult Basic Education) at NFCC Testing Center (Bldg. #16), Madison. TABE is required for acceptance into vocational/technical programs. Photo ID required. Pre-registration & scheduling time & date are required. To register please call 850-973-9451.

Love a mystery?

Try locating your ancestors by working on your family tree. The Suwannee Valley Genealogy Society invites you to join and learn how to find your ancestors. Membership is \$30 for a single member or \$35 for a family. Corporate membership is also available for donations of \$100 or more (tax deductible). Meetings are held on the first Thursday of each month at 7 PM at the Genealogy Center at 215 Wilbur Street SW in Live Oak. The library is open on Tuesday and Thursday from 9 a.m. until 5 p.m. and the talented folks there will be glad to help. For more information call Jinnie or Alice at 386-330-0110.

Free English-speaking and literacy classes

Provided by Columbia County School District's Career and Adult Education Program. Where: Wellborn, Florida, Unity of God Ministries, Inc., 12270 County Road 137 When: Every Thursday, 5:30 p.m.-8 p.m. Activities for children will be provided. Please contact 386-755-8190 for additional information.

Suwannee County Republican Executive Committee Meeting.

First Thursday, 7 p.m. The meeting will be held in the council chambers of Live Oak City Hall at 7 p.m. City Hall is located on the corner of White St. and US 90 in Live Oak. For more information please visit our website: www.suwanneegop.com or call Mary Lou Sharp at 386-963-5213



STATEMENT OF NONDISCRIMINATION

Suwannee Valley Electric Cooperative, Inc. is the recipient of Federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended. Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States on the basis of race, color, national origin, sex, religion, age or disability shall be excluded from participation in admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities.

The person responsible for coordinating this organization's nondiscrimination compliance efforts is the Executive V.P./CEO. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file a written complaint with this organization, or write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, or call (202) 720-5964 (voice or TDD). "USDA is an equal opportunity provider and employer." Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.

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Stephen Foster State Park announces spring workshops

-Participant registration now underway-

WHITE SPRINGS – The Florida Department of Environmental Protection's Stephen Foster Folk Culture Center State Park will host photography and Photoshop workshops in Feb. and March, including a new three series Digital Photography workshop taught by Don Williams.

Digital Photography Level One will be held Feb 20, March 19 and April 16, from 10 a.m. until 12:30 p.m. This workshop teaches participants how to plan good photography, create photographic composition and the shooting effects of both color and black and white. Students will learn when to use fill flash, depth of field, linear perspective and also the effect on a two dimensional photograph. Instruction includes macro photography for close ups

plus exposure priorities and settings. A hands-on out door photography session is also planned. Students will need to bring their own camera; either film or digital is acceptable.

Digital Photography Level Two will take place Feb. 20, March 19 and April 16, 2 p.m. to 4:30 p.m. each day. Level Two extends the basic skills learned in Level One. You will learn how to work with ISO settings, studio set up and lighting, lens differences and the eleven guidelines for awesome photography. A hands-on outdoor session is also planned. Students need to bring their own camera.

Photoshop Class Level One will take place Feb. 20, March 19 and April 16, from 6:30 p.m. - 8:30 p.m. Photoshop Level One will take your photography to the next level with hands-on experience in creating amazing photographs with

Photoshop software. You will learn to enhance your photographs using lighting and color adjustment. Experience how to use clone and eraser tools, work with layers and add text. A laptop computer with Photoshop or Photoshop Elements is recommended but not required.

Photoshop Class Level Two will be held Feb. 21, March 20 and April 17, at 6:30 p.m. to 8:30 p.m. This is great follow up after Photoshop Level One to extend your skills and learn the use of Photoshop tools, work with hue and saturation, continue into advanced layers, filters and other artistic features. Students need a laptop with Photoshop software.

All classes are \$30 with a limit of 10 students per class. Price includes park admission. Classes will be held in the Jeanie room. For more information on the workshop or to register, please call the park Gift Shop at (386) 397-1920 or visit

www.stephenfosterCSO.org. To learn more about the park, visit www.FloridaStateParks.org/stephenfoster.

These events will take place:

Feb. 20, March 19, April 16, 2012
Digital Photography Level One- 10 a.m. - 12:30 p.m.
Digital Photography Level Two- 2 p.m.

4:30 p.m.
Photoshop Level One- 6:30 p.m. - 8:30 p.m.
Feb. 21, March 20, April 17, 2012
Photoshop Level Two- 6:30 p.m. - 8:30 p.m.

Stephen Foster Folk Culture Center
State Park
Jeanie Room
White Springs, Florida

At the Gaylord, it's smile and say cheese

By Dave Zuchowski
CNHI News Service

On a recent January afternoon in our nation's capital, I walked into the Old Hickory Steakhouse, the Gaylord Hotels' signature restaurant, with plenty of time before my appointment to watch maitre d' fromage, LaVonia Smith, prepare her cheese cart for that evening's dinner crowd.

Just what, you might ask, is a maitre d' fromage? It's the same question I posed to the restaurant's general manager, John Hackett, a food and wine-knowledgeable young man who took me on a quick tour of the Steakhouse.

"Think of a maitre d' fromage as the equivalent of a sommelier," Hackett explained as we strolled past the restaurant's white marble bar and "cheese cave," really a glass-enclosed, temperature and moisture-controlled cabinet that fits inside a wall in one of Old Hickory's five dining rooms. "As a sommelier is to wine, so too is a maitre d' fromage to cheese."

Further on, Hackett pointed out the Spanish cedar humididor, full of imported cigars, ready for purchase and smoking on the restaurant's cigar terrace, then led me into the main dining room, a lofty room overlooking the gorgeous Woodrow Wilson Bridge and flight path into Reagan National Airport, not to mention the Washington Monument in the distance.

Turning my attention away from the DC landmarks, I met up with the young maitre d' fromage, an enthusiastic aficionado of all things cheese ever since she had her first taste of Ossaqu-Iraty, a smooth, slightly sweet cheese made from sheep's milk in the Northern Basque area of France.

A cut way above an ordinary cheesemonger, Smith trained in-house under cheese maestro, Carolyn Stromberg, and took classes at the Artisanal Premium Cheese Center in Manhattan. She also beefs up on the subject by reading "Culture," considered the premier cheese mag-

azine on today's market.

In addition to picking each hand-crafted, artisanal cheese served at the Steakhouse, she carefully re-wraps every cheese in the case daily to make sure they breathe (like wine) and that the temperature in the "cave" ranges between 45 and 55 degrees F. to keep them at the peak flavor and texture.

Each evening, Smith chooses around 17 cheeses from the cave, displays them artfully on her cart and adds condiments that compliment her choices such as sweet glazed walnuts, marcona almonds and dried Turkish apricots.

"With one of our cheese plates, you get virtually a balanced meal full of calcium, protein and good fatty and amino acids," said Smith, who changes the cheese selections one or two at a time every couple weeks.

Later, at the end of our meal, Smith rolled by with her enticing cart and handed us a cheese menu, subdivided into cow, goat, sheep, blue and mixed sections. As we perused the list, she told us about the history of some of the cheeses.

Even though we'd already shared a tender and tasty pork chop raised at the Niman Ranch without the use of antibiotics or hormones and an exquisite Cowboy ribeye from the award-winning Harris Ranch in California, we just had to try some of Smith's cheeses. Picking six from the extensive list, we chose one from each cheese category as an exercise in comparison.

Smith then cut one ounce portions of each and placed them in a circle around our plates starting with the mildest at the six position on a clock and proceeding in a clockwise direction to the sharpest.

Our beautifully composed cheese plate served nicely as dessert, the finishing touch to our meal, although Smith explained that many of her patrons like to start rather than finish their meal with a selection of her artisanal offerings.



LaVonia Smith, maitre d' fromage at the Old Hickory Steakhouse, prepares her cheese cart. (Photo by Bill Rockwell)

"It's all a matter of personal preference," she said.

For more information on the Old Hickory Steakhouse and the Gaylord national Hotel, phone 301-965-2000 or visit web-

site gaylordhotels.com.

Dave Zuchowski is a travel writer for CNHI News Service. Contact him at owlscribe@yahoo.com.

Wild Adventures seeks to hire 200 at job fair

Positions available in several areas

Valdosta, GA –Wild Adventures Theme Park (WA) employs a large work force, providing hundreds of job opportunities to the local community every year. The park is currently

assembling its team for the 2012 season, and looks to fill approximately two hundred positions at an upcoming job fair Wednesday, February 15 and Thursday, February 16, at the park. All interested applicants are required to complete an online application to re-

ceive an invitation to participate in the job fair and the interview process.

WA has positions available across all areas of the park and the job fair is organized based on those areas of interest. Interviews for positions in Aquatics,

Attractions, Guest Services, will be take place Wednesday, February 15, 2:00 p.m. – 8:00 p.m. and interviews for positions in Merchandise, Games, and Food & Beverage will be Thursday, February 16, 2:00 p.m. – 8:00 p.m. All applicants are encouraged to dress in business attire. High school applicants must bring their school transcript and college students may either bring their transcript or resume to the job fair.

must apply and register online at www.wildadventures.com/jobs to receive an invitation to participate in the job fair. WA now provides an easy and eco-friendly online application process, giving applicants the opportunity to search job positions, apply, and upload resumes online. The park no longer accepts paper or e-mailed applications.

Wild Adventures is a Georgia Certified, Drug Free Workplace and an Equal Opportunity Em-

Interested applicants

ployer. More information about job opportunities at WA and instructions on how to apply are available at www.wildadventures.com/jobs.

Wild Adventures is a 170-acre theme park located in Valdosta, Georgia. The park features one of the largest ride collections in the South, hundreds of exotic animals, Splash Island Water Park, the region's largest water park, shows, festivals and all-star concerts. The park is owned and operated by Herschend Family Entertainment (HFE), a company specializing in family entertainment. For more than half a century, HFE has owned, operated or partnered in 26 properties across ten states, including Branson, Missouri's Silver Dollar City; operating partner with Dolly Parton in Tennessee's Dollywood and Dollywood's Splash Country; operating partner in Atlanta's Stone Mountain Park and owners of Ride the Ducks amphibious tours in six cities.

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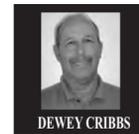
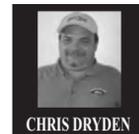
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DELIZIOSO!

Deliciously healthy Italian recipes

FAMILY FEATURES

Chef Mary Ann Esposito, host of the PBS television show “Ciao Italia,” knows all about the joys and benefits of cooking with olive oil. Olive oil is 100 percent natural, contains no cholesterol, trans fats, sodium or sugar. It adds a delicious splash of flavor to any recipe. As a rule of thumb, she says, substitute an equal amount of olive oil for other cooking oils.

Here are some more of her tips for eating deliciously with Filippo Berio Olive Oil:

■ **Extra Virgin Olive Oil:** Has a rich, full flavor, fragrant aroma, low acidity and deep greenish-gold color. It's ideal for salad dressings, marinades, sauces, roasting potatoes and dipping bread. Drizzle it over air-popped popcorn for a healthier snack, and use it in Chef Mary Ann's recipe for Marinated Carrot, Caper and Sweet Red Pepper Salad.

■ **Olive Oil:** Has a rich golden color; perfectly balanced with a mild flavor. It's ideal as a base for sauces and for sautéing meat, poultry, fish or vegetables. Try it in Chef Mary Ann's recipe for Eggplant Rolls.

■ **Extra Light Olive Oil:** Has a subtle taste and light bouquet, which allows natural flavors of food to come through. It has a high smoke point, which makes it perfect for frying, stir-frying and baking. For a great breakfast, use it to scramble eggs. For dinner, try it in Chef Mary Ann's recipe for Devilish Chicken.

Visit www.filippoerio.com and www.ciaoitalia.com for more healthy, delizioso recipes from Chef Mary Ann.



Chef Mary Ann Esposito is an accomplished cookbook author and the creator and host of “Ciao Italia,” the longest-running cooking series on television.



Devilish Chicken

Serves 4

- 1 3 1/2 to 4-pound free-range, organic chicken, butterflied
- 1/4 cup Filippo Berio Extra Light Olive Oil
- Fine sea salt
- Freshly ground black pepper
- Cayenne pepper or dried hot red pepper flakes
- 1 cup dry white wine
- Lemon wedges

To butterfly chicken, place it on a plastic cutting board, breast side down. With kitchen shears or a boning knife, cut along both sides of backbone and remove and discard the bone or save for stock. Turn chicken over skin side up and flatten it by pressing down with hands or a meat pounder.

Coat chicken completely with olive oil, then season with salt, pepper and cayenne to taste. Transfer chicken to a dish, cover, and marinate for several hours. This step can be done the day before.

Preheat grill. When coals are white or a gas grill temperature reaches 500°F, place chicken on grill, breast side down. Cook, turning frequently, and keeping the fire under control so as not to burn the chicken.

About 10 minutes into grilling, begin basting chicken with wine. Continue basting every 10 minutes. The chicken is cooked when a meat thermometer inserted into the thigh-bone registers between 175°F and 180°F.

Transfer chicken to a cutting board, and cut into serving pieces. Serve hot with lemon wedges and a squirt of lemon juice. Use your fingers, not a fork, to eat.



Marinated Carrot, Caper and Sweet Red Pepper Salad

Serves 4

Marinade

- 1/3 cup Filippo Berio Extra Virgin Olive Oil
- 1 1/4 teaspoons salt
- Freshly ground black pepper
- 1 tablespoon minced garlic
- 1/4 cup red wine vinegar
- 2 tablespoons salt-packed capers, well rinsed

Salad

- 4 large carrots, peeled and cut into 2-inch-long matchstick pieces
- 1 tablespoon salt
- 2 large sweet red bell peppers cut into thin, 2-inch-long strips
- 1 cup thinly sliced fennel bulb
- 1/4 cup minced flat leaf parsley
- 2 tablespoons minced mint

Combine all marinade ingredients in a 12 x 9-inch rectangular glass or ceramic dish. Mix well. Set aside.

Fill a 12- to 14-inch sauté pan three-quarters full with water. Add carrots and salt. Bring to a boil and cook until a knife tip easily pierces carrots. Drain in colander and transfer to dish with marinade. Toss well.

Add peppers and fennel and toss again. Let stand at room temperature for at least 1 hour, tossing occasionally to meld the flavors. Just before serving, toss parsley and mint into salad.

Serve at room temperature.

Eggplant Rolls

Serves 8

- 1 large eggplant (7 to 8 inches long), stem removed, cut into 8 1/4-inch-thick lengthwise slices
- 2 tablespoons Filippo Berio Olive Oil
- 2/3 cup minced fresh oregano or mint
- 1 teaspoon fine sea salt
- 1/2 teaspoon coarsely ground black pepper
- 1/2 cup pine nuts
- 1 1/2 cups tomato sauce
- 1 cup toasted bread crumbs, made from stale bread

Chef's Secret: Purchase eggplants that are very shiny, have intact stem tops, show no bruising or soft spots and feel heavy.

Preheat oven to 350°F, or fire up the grill. Brush eggplant slices on both sides with olive oil and place in single layers on slightly oiled rimmed baking sheets. Bake for about 10 minutes, or just until soft. Set aside to cool. Alternatively, grill eggplant slices on both sides until they soften and grill marks appear.

Mix oregano (or mint), salt, pepper and pine nuts together in a bowl. Spread a couple of tablespoons of the mixture along length of each eggplant slice, and then roll slices into bundles.

Spread 1/2 cup tomato sauce in the base of a 12 x 9-inch casserole dish. Place eggplant bundles in rows in the dish and spread remaining sauce evenly over top.

Cover dish with aluminum foil and bake for 30 minutes. Uncover, and bake 5 minutes longer.

Serve hot and sprinkle bread crumbs on top.

Monthly Meetings

Alzheimer's Support Group 2011

Meets the 3rd Thursday of each month except December in the Good Samaritan Center Private Dining Room at 3:00 PM. Advent Christian Village Good Samaritan Center (nursing home), 10676 Marvin Jones Blvd Dowling Park, FL 32064

The Lafayette Republican Executive Committee meets the second Monday of each month at the Lafayette Public Library, 120 NE Crawford Street, Mayo, at 7:00 pm. Everyone interested in promoting conservative principles are invited to attend. For more information, please call Carolyn Land at 935-0174.

Wellborn Community Association (WCA) - Meets second Thursday of each month at 7pm, at the Wellborn Community Center, 1340 - 8th Avenue, Wellborn. For info contact Wendell Snowden, 386-963-1157, follow us on Facebook, or see www.wellborncommunityassociation.com. A Blueberry Pancake Breakfast is held the first Saturday of each month serving blueberry pancakes, sausage, orange juice and coffee. The Annual Blueberry Festival is held on the first Friday & Saturday of June.

Road To Recovery group of Narcotics Anonymous. we meet every Tuesday at 7pm and Friday at 7:30 pm at First United Methodist next to Bank of America. For information call: 386-330-4327

Lafayette County Historical Society meeting

The Lafayette County Historical Society Meetings are held the 4th Thursday of every month at 7 pm at the Library, highway 51, in Mayo. Please feel free to join us and bring your historic pictures, documents and stories. If you have any questions please email lafayettechs@gmail.com. You can also find us on Facebook!

The Sparkleberry Chapter of the Florida Native Plant Society will meet the second Tuesday of the month, April 12, 6:30 p.m. at Hatch Park. Directions: Once you have turned onto 247, 403 SE Craven St is the 7th block from 129 - you make a right onto SE Craven, Hatch Park is a few blocks down the road on the left.

La Leche League of Live Oak

La Leche League of Live Oak- Meets third Thursday of every month at the Suwannee County Museum, 208 North Ohio Avenue, Live Oak, Florida. La Leche League is an international organization dedicated to providing education, information, support, and encouragement to women who want to breast feed. All breast feeding mothers and mothers-to-be are welcome to come to our meetings or call one of our Leaders for breast feeding help or information. Babies are always welcome at our meetings. Contact Laura Bashaw at 386-623-1440 or look for us on Facebook.

Happy Homemakers-second

Wednesday; Suwannee County Coliseum Complex, 1302 Eleventh Street, Live Oak. Info: 386-362-2771.

Live Oak Artist Guild - first Tuesday; 6 p.m.; 213 NW Second St., Live Oak.

Live Oak, Suwannee County Recreation Board - second Wednesday; 5:30 p.m. Suwannee Parks & Recreation offices, 1201 Silas Drive, Live Oak; Info: 386-362-3004.

MOMS Club - second Wednesday; 11:15 a.m. at the fellowship hall of Bethel Missionary Baptist Church, go West on US 90 - seven miles from I-75, and 1-1/2 miles from the Columbia/Suwannee County line, 12 miles from Live Oak; Info: 386-397-1254,

MOMSclubofLiveOakLakeCityFL@alltel.net

North Florida Chapter of Newborns in Need - first Tuesday; 10 a.m.-1 p.m.; in the small conference room at Suwannee River Regional Library, 1848 US 129 South, Live Oak.. Please join them if you crochet, knit, sew, serge or can cut out or package. Help them take care of the premature babies in our area. Info: Mabel Graham, 386-590-4075.

Live Oak Senior Citizens - first Monday; 10:30 a.m.; Exhibition II Building, Coliseum Complex, 1302 SW Eleventh St., Live Oak; escorted tours available, prices vary; Deposits due at registration, balance due before trip. Info: Walter and Charlene Howell, 386-842-2241.

American Legion Post 107 - The Harry C. Gray II Memorial American Legion Post No. 107 - business meeting, first Thursday at noon at 10726 142nd St., east of US 129 (Blue Lake Road), McAlpin. This is to accommodate both those who cannot travel after dark and those who work during the day. Info: Randall e. White 386-984-6245 or shoreduty@windstream.net.

North Florida Conservation and

Airboat Alliance -North Florida Conservation & Airboat Alliance Meets 1st Tuesday of the month (except Dec) @ Cowboy's BBQ. President-Randy Howard 590-4884,

Secretary/Treasurer-Patty Williams 961-5399 or pattywilliams@consultant.com for more information. All meetings covered dish; airboaters and sportsmen working to keep public lands and waterways open for everyone to use and enjoy. No December meeting. Preside-Winston Williams; Vice President - Garry Garrison; Secretary-Treasurer Patty Wood-Williams. Info: Winston Williams, 386-362-6716; or e-mail pattyannwood@realtyagent.com.

North Florida Hope Share - second Tuesday, 6 p.m., Suwannee County Sheriff's Office, Criminal Division Training Room, (old Mastec building), 1902 NE Duval St., Live Oak. Non-profit support group for grieving parents and family members. Light refreshments served. Info: Missy Norris, 386-364-3789 or 386-364-4064

Suwannee County Chamber of Commerce - second Thursday; 7:30 a.m.; 816 South Ohio Ave. Live Oak; Info: 386-362-3071.

School Advisory Council (SAC) - meets at 6 p.m., third Tuesday, in the media center at SES, 1748 South Ohio/Martin Luther King Jr. Avenue, Live Oak. All interested parties are welcome to attend.

Suwannee Valley Genealogical Society - first Thursday; 7 p.m., Wilbur St., Live Oak; Open Tuesdays and Thursdays, 9 a.m.-noon and 1-5 p.m.; Info: 386-330-0110.

Tourist Development Council - Suwannee County - fourth Tuesday; 1 p.m.; 816 South Ohio Ave. Live Oak; Info: 386-362-3071.

Wellborn Neighborhood Watch - last Thursday, 7 p.m., Blake Lowe Building, 1517 4th Ave., Wellborn; Info: Bruce or Jane, 386-963-3196.

Vision Seeds, Inc. Vision Seeds Inc./Community Development Unity & Empowerment Organization will be meeting the first Saturday of each Month at 1 p.m. at 110 Lafayette Ave SW until further notice. We're encouraging community and spiritual leaders to join us. Together, we can make a difference. Otha White Sr./President; Call 386-364-1367 for info; e-mail me @ otha_whitesr@yahoo.com or visionsseedsinc@windstream.net.

Suwannee County: Council for Progress of Suwannee County - second Tuesday; 7:30 a.m.; 816 South Ohio Ave. Live Oak; Info: 386-362-3071.

Suwannee County Conservation District - third Thursday, 7 p.m., at USDA Service Center located on 129 S., Live Oak. Open to the public. Info: District Office, 386-362-2622, ext. 3.

Suwannee Chapter of the Florida Trail Association meets the second Monday of the month at the Suwannee River Water Management District office, 9225 CR 49 Live Oak. Interesting programs are presented and hikes are announced at each meeting. Contact: 386-362-3256.

American Legion Auxiliary Unit No. 107 - first Saturday; 10 a.m.; Harry C. Gray II Memorial American Legion Post No. 107, 10726 142nd Rd., Live Oak. Info: Hilde Schmid 386-776-2123.

American Legion Post 132 - second Saturday; 9:30 a.m.; Wellborn Masonic Lodge, on CR 137, downtown Wellborn; Info: Gerald McKean, 386-963-5901

Bible college classes offered - Third Saturday, from 2-5 p.m. at 104 Beech St., NE, Live Oak. Yearning to learn more about the Word? Can't attend classes full time? Maybe this is your answer. Info: Dr. Simpson, 386-364-1607 or 386-344-4192.

Bluegrass Pickin - Suwannee Valley Bluegrass Pickin - first Saturday, 7 p.m., Otter Springs Resort Lodge, 6470 SW 80th Ave., Trenton. It is free to the public, in a nice, air-conditioned building. Info: Cloud Haley, toll-free 800-990-5410.

Chamber of Commerce - Suwannee County - second Thursday; 7:30 a.m.; 816 South Ohio Ave. Live Oak; Info: 386-362-3071.

Christian Mission In Action Ministry will meet quarterly the first Monday of the month at Triumph The Church and Kingdom Of God In Christ at 410 Taylor Ave., Live Oak, FL. For more information call Audrey Howell @386-364-4560.

Suwannee County Republican Executive Committee to meet The Suwannee County Republican Executive Committee meets in the council chambers of Live Oak City Hall, US 129, at 7 p.m. on the first Thursday of the month. If the first Thursday is the first day of the month, the meeting will be held on the following Thursday. Each meeting has a guest speaker or current issues will be discussed. All are welcome to attend. For more information call

Chairman Carl Meece at 386-776-1444. **Christian Mission in Action Ministry** - free food and clothing give-away, second Saturday, 11 a.m.-1 p.m., at John H. Hale Community Park and Recreation Center, Duval Street, Live Oak; Info: Audrey Sharpe, 386-364-4560.

Council for Progress of Suwannee County - second Tuesday; 7:30 a.m.; 816 South Ohio Ave. Live Oak; Info: 386-362-3071.

Disabled American Veterans Chapter No. 126 - second Thursday; 6 p.m.; 226 Parshley St., S.W, Live Oak; Info: 386-362-1701.

Disaster Animal Response Team (DART) - first Tuesday, 5:30 p.m., Companion Animal Hospital, 605 N. Houston Street, Live Oak. DART helps out with pets, livestock, horses, birds and all animals during natural disasters. Volunteers needed. Info: 386-208-0072.

Dowling Park Volunteers - first Saturday; 1100 hours (11 a.m.); training each following Saturday at 1100 (11 a.m.); 22992 CR 250, Live Oak.

Drug Free Coalition of Suwannee County - last Thursday, 5:30 p.m. at 813 Pinewood Way, Live Oak. Info: Mary Taylor, 386-362-2272, suwannee_coalition@mac.com, www.drugfreesuwannee.com.

Fibromyalgia support group - first Monday, 6 p.m., at Suwannee River Regional Library, 1848 Ohio Avenue South, Live Oak. Feel free to bring family members. Info: 386-842-5206.

GFWC Woman's Club of Live Oak - first Friday; noon; 1308 Eleventh Street, Live Oak.

Girl Scout Leaders, Girl Scouts of Gateway Council - first Monday; 7 p.m.; First Advent Christian Church, Live Oak; Info: Peggy Rudser, membership specialist, 212 N. Marion Ave., Suite 230, Lake City, FL 32055, 386-758-3230 or toll-free 866-295-1727.

Hamilton County Tourist Development Council - second Wednesday; 1 p.m.; 1153 US 41 NW, Suite 4, Jasper (courthouse annex); public is welcome. Info: 386-792-6828.

Healthy Horizons, a chronic illness support group - meets at 6:30 p.m., second and third Thursdays at Christ Central Ministries, 1550 Walker Ave. SW, Live Oak. Group discussion, educational materials and friendly support provided to enable all to live to their fullest potential. All who live with a chronic condition are invited to attend. Open to all members of the community. Info: Church, 386-208-1345.

Home and Community Educators (HCE) - first Wednesday, 9:30 a.m., at Suwannee County Extension Office, Coliseum Complex, 1302 Eleventh Street, Live Oak; new members welcome; Pleasant Hill-second Monday, at 10 a.m.; McAlpin Community Center, McAlpin; Formerly known as Pleasant Hill Home Extension Club. Short business meeting, followed by a workshop of different projects for the community. Visitors are always welcome. Info: Donna Wade, president, 386-963-3516, or Barbara Parks, 386-362-3044.

Happy Homemakers-second Wednesday; Suwannee County Coliseum Complex, 1302 Eleventh Street, Live Oak. Info: 386-362-2771.

Humane Society, Suwannee Valley - Animal Shelter - second Monday; noon; at the shelter located on Bisbee Loop, south entrance, in Lee off CR 255, Madison County; Info: toll-free 866-Adopt12, 866-236-7812, www.geocities.com/suwanneehs.

Leona 4-H Community Club - first Monday; 7 p.m.; home of Avon and Betty Hicks, 6107 180th St., McAlpin; Info: Betty Hicks, 386-963-4205; Pam Nettles, 386-963-1236.

Live Oak Artist Guild - first Tuesday; 6 p.m.; 213 NW Second St., Live Oak.

Live Oak Senior Citizens - first Monday; 10:30 a.m.; Exhibition II Building, Coliseum Complex, 1302 SW Eleventh St., Live Oak; escorted tours available, prices vary; Deposits due at registration, balance due before trip. Info: Walter and Charlene Howell, 386-842-2241.

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North Florida Hope Share - second Tuesday, 6 p.m., Suwannee County Sheriff's Office, Criminal Division Training Room, (old Mastec building), 1902 NE Duval St., Live Oak. Non-profit support group for grieving parents and family members. Light refreshments served. Info: Missy Norris, 386-364-3789 or 386-364-4064.

Suwannee Chapter of the Florida Trail Association - second Monday; 7-9 p.m.; Suwannee River Water Management District, US 90 and CR 49, Live Oak; Info: Sam Bigbie, 386-362-5090; Don Neale, 386-362-4850; Sylvia Dunnam, 386-362-3256.

Suwannee County Chamber of Commerce - second Thursday; 7:30 a.m.; 816 South Ohio Ave. Live Oak; Info: 386-362-3071.

Suwannee County: Council for Progress of Suwannee County - second Tuesday; 7:30 a.m.; 816 South Ohio Ave. Live Oak; Info: 386-362-3071.

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Suwannee County Republican Executive Committee - first Thursday, 7 p.m., Suwannee County Regional Library on US 129 S in Live Oak. All welcome. For more information call Carl Meece at 386-776-1444 or 386-984-8605.

Suwannee County Democratic Executive Committee - first Thursday, 7 p.m., Spirit of the Suwannee, Hwy 129 N, Live Oak; All welcome. Info: Monica, 386-330-2036.

Suwannee County Development Authority - second Tuesday; 5:30 p.m.; 816 South Ohio Ave. Live Oak; Info: 386-362-3071.

Suwannee County Tourist Development Council - fourth Tuesday; 1 p.m.; 816 South Ohio Ave. Live Oak; Info: 386-362-3071.

Suwannee County Senior Citizens - first Monday; 10:30 a.m., Exhibition II Building, Coliseum Complex, 1302 SW Eleventh St., Live Oak; escorted tours available, prices vary; Deposits due at registration, balance due before trip. Info: Walter and Charlene Howell, 386-842-2241.

Suwannee Elementary School (SES) School Advisory Council (SAC) - meets at 6 p.m., third Tuesday, in the media center at SES, 1748 South Ohio/Martin Luther King Jr. Avenue, Live Oak. All interested parties are welcome to attend.

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Pet Talk: Include dental hygiene for dogs



By Pet Talk staff
CNHI News Service

An ounce of prevention may be worth a pound of cure, but when it comes to Spot or Fluffy's health, practicing good dental hygiene may make a ton of difference.

"In fact, an animal's teeth may be more important to its overall health than most pet owners realize," says Dr. J.R. "Bert" Dodd, clinical associate professor at the Texas A&M College of Veterinary Medicine & Biomedical Sciences.

"Human dentists have done a really good job of educating

people on practicing good preventive dental health, but often we do not think about preventive dental health for our pets," Dodd says.

Overall, dental health can be an indicator of current or future health challenges for humans and pets.

"As goes the mouth, so goes the health. Taking care of your pet's mouth and keeping it nice and healthy should help the animal live longer," Dodd said. Preventive dental care includes regularly brushing your pet's teeth and getting an oral evaluation and dental cleaning at least annually by your veterinarian.

Some pet owners may question the importance of dental health maintenance for pets based on their own experience with childhood pets, but veterinary medicine has come a long way over the past 20 years.

"It used to be that most of our pets died at younger ages, so periodontal disease did not have a chance to impact their health and cause damage to their kidneys, livers or other vital organs. Veterinary medicine has advanced such that we are now better able to treat these diseases and our animals are living longer, healthier lives," Dodd explains.

Dental therapy for pets includes many of the same procedures that help humans maintain healthy teeth, gums, and mouths. Available treatments include oral surgery, periodontics, endodontics, restorations, and even orthodontics on furry patients as needed. Some of these procedures may be offered by your family veterinarian or you may be referred to a board certified veterinary dentist.

Dodd says it is important that pet owners become aware of the serious consequences of ignoring a pet's dental health.

"Periodontal disease is a disease of neglect. If preventative dental health is not practiced and periodontal therapy is ignored, other health complications may follow," says Dodd.

Teeth, gum, or mouth problems can cause infections and disease, or they can be symptoms of serious illness in veterinary patients.

"The teeth are 42 little patients in a dog's mouth, so they

need to be well taken care of and treated with respect," Dodd says.

"It is best to begin home care when your puppy or kitten is between 8 and 12 weeks old; however, it is never too late to start," he notes. "The first step is to train your pet to accept brushing of the teeth and the best way to approach that is to establish a routine of brushing your pet's teeth with gauze around your finger. It may be helpful to use beef or chicken broth with dogs or tuna water with cats to get them accustomed to the routine instead of using cleaning agents."

Once a pet is familiar with the daily routine, you can switch out the gauze for a finger brush or a very soft toothbrush. Then you can incorporate using pet toothpaste. Do not use toothpaste intended for people because the ingredients can cause stomach issues in your pet if ingested.

Between the age of 4 months and 7 months all of the "baby" teeth should fall out and be replaced with adult teeth. It is important to monitor this process and make sure that the "baby" teeth do in fact fall out and not stay in the mouth when the adult teeth erupt. These persistent teeth can lead to malocclusion and severe periodontal disease due to crowding and rotating of the erupting teeth. Prompt veterinary attention can help prevent these problems.

Contrary to some beliefs, it is important not to give pets bones from leftover food to chew on. In addition to gastrointestinal issues, bones can cause teeth to break which leads to additional visits to the veterinarian and further medical problems.

More and more pet owners are recognizing the connection between healthy teeth and their animal's overall well being, Dodd believes. When you make a dental appointment for yourself, it might be a good idea to make a veterinary appointment to have Spot and Fluffy's teeth cleaned and checked also. An ounce of dental prevention could lead to a longer, healthier life for you and your pet.

Pet Talk is a service of the College of Veterinary Medicine & Biomedical Sciences, Texas A&M University.

National Watermelon Promotion Board will hold March 10, 2012 convention

WRIGHTSVILLE BEACH, NC —

The National Watermelon Promotion Board (NWPB) will hold a nomination convention in conjunction with the North Carolina Watermelon Association Meeting on Saturday, March 10, 2012 at 8 a.m. at the Holiday Inn Sunspree, Wrightsville Beach, N.C. to nominate qualified watermelon producers and watermelon handlers to fill open positions as directors of the Board.

District 2 — The Florida counties of Alachua, Baker, Bay, Bradford, Calhoun, Citrus, Clay, Columbia, Dixie, Duval, Escambia, Flagler, Franklin, Gadsden, Gilchrist, Gulf, Hamilton, Hernando, Holmes, Jackson, Jefferson, Lafayette, Leon, Levy, Liberty, Madison, Marion, Nassau, Okaloosa, Putnam, Santa Rosa, St. Johns, Sumter, Suwannee, Taylor, Union, Wakulla, Walton, Washington, and the states of North Carolina and South Carolina

The NWPB encourages all women, minorities and persons with disabilities who

qualify as watermelon producers and handlers to attend the meeting and run for nomination to the NWPB.

All watermelon producers and handlers in District 2 are encouraged to attend and vote to nominate their representatives to the NWPB. Nominations are submitted to the U.S. Department of Agriculture (USDA), and the Secretary of Agriculture makes the final appointments to the NWPB. The newly appointed Board members term of office will begin on Jan. 1, 2013, and end Dec. 31, 2015.

The Board members administer promotion and research programs for watermelon. The NWPB works to increase consumer demand for watermelon and expand domestic and foreign markets through its marketing, consumer public relations and education programs. The non-profit Board works with an administrative staff to enact retail, foodservice and media promotions and research programs.

All Board members are required to attend two meetings each year to become familiar with and develop the Board's vari-

ety of marketing, research and education programs.

The NWPB represents about 2,200 commercial watermelon producers, handlers and importers that finance all of the Board's programs through assessments on watermelons as authorized by the Watermelon Research and Promotion Act. The 37-member Board is currently comprised of 14 producers, 14 handlers, 8 importers, and a member who represents the public.

Board members are nominated by their peers, and nominations are submitted to the U.S. Secretary of Agriculture, who makes final appointments to the Board. These board members oversee all aspects of the Board, including setting policies and deciding how the Board's budget is invested in promotion, research and education programs. The USDA's Agricultural Marketing Service monitors the Board's operations.

To be eligible for nomination, producers must grow 10 or more acres of watermelon, and handlers must be the first handler of watermelon, according to §1210.306

and §1210.308 of the Watermelon Research and Promotion Plan.

The NWPB will allow proxy voting for Board nominees. Individuals wishing to vote by proxy should prepare signed, dated statements, including the proxy voter's printed name, address, telephone number, identity as an importer, and the name of the individual authorized to cast the proxy vote. These statements should be given to those authorized to cast the proxy vote, who will then provide the statements to the NWPB no later than March 9th, 2012.

The producers and handlers appointed to the Board will represent the NWPB's interests throughout the district in meetings and other forums, and should be dedicated to supporting the Board's marketing, promotion, research and education programs.

Additional information regarding the elections and nomination procedures may be obtained by contacting NWPB Director of Operations & Industry Affairs Rebekah Dossett or Industry Affairs Manager Andrea Smith toll-free at (877) 599-9595.

FWC receives prestigious land stewardship award from National Wild Turkey Federation



NASHVILLE, Tenn. —

The Florida Fish and Wildlife Conservation Commission (FWC) was presented with the 2012 Land Stewardship Award during the 36th annual National Wild Turkey Federation's (NWTf) National Convention and Sport Show Feb. 9-12, sponsored by MidwayUSA.

FWC Chairman Kathy Barco, along with Vice Chairman Kenneth Wright and commissioners Brian Yablonski, Charles

Roberts III and Aliese P. "Liesa" Priddy were on hand to receive the award.

"I am honored to accept this award on behalf of the Commissioners and staff of the FWC," Barco said. "It is a reflection of our excellent partnership with the NWTf and the commitment we hold for proper management of wildlife habitat and preservation of our hunting heritage."

"We are thankful to be working side by side with the membership and staff of NWTf to build a lasting conservation

legacy that will be appreciated and enjoyed by many generations to come," Barco added.

The NWTf has given the Land Stewardship Award each year since 1994 to forestry and utility companies and organizations for excellence in land management, partnerships and NWTf project support. The award recognizes those who have done outstanding work to benefit natural resources through land stewardship and partnerships.

The FWC faces the daunting challenge of managing more than 5.8 million acres of public hunting land in a state that expects to double its human population in the next 50 years. The FWC has worked with the NWTf on many projects, including:

Establishing a cost-share program in 1994 that has put more than \$2.2 million into habitat enhancement across 470 projects throughout the state's public wildlife management areas and state forests, impacting over a million acres to date.

Providing approximately \$375,000 to support NWTf cooperative positions, including two biologists and one youth hunting program coordinator since 2006. These positions have fostered the generation of another \$3 million of cash match and \$2.5 million of in-kind match to im-

pact more than 650,000 acres of public and private lands habitat.

Providing more than \$100,000 of in-kind value through the Florida FWC Private Lands Program in support of NWTf landowner outreach and education, which have reached more than 1,500 landowners representing more than 250,000 acres since 2006.

"The Florida Fish and Wildlife Conservation Commission has helped create a sustainable and healthy future for Florida's fish, wildlife, water and habitat resources and has forged an incredibly productive relationship with the NWTf," said James Earl Kennamer, Ph.D., NWTf chief conservation officer. "Florida FWC's partnerships with the NWTf have enabled us to improve wildlife habitat throughout the state and help pass along our hunting heritage to the next generation."

The NWTf is a nonprofit conservation organization that works daily to further its mission of conserving the wild turkey and preserve the state's hunting heritage. Through dynamic partnerships with state, federal and provincial wildlife agencies, the NWTf and its members have helped restore wild turkey populations across the country, investing more than \$372 million to conserve 17 million acres of critical habitat for all types of wildlife.

Downtown Festival & Art Show Climbs in National Rankings

GAINESVILLE, Fla. —

Gainesville's Downtown Festival & Art Show continues to climb in the rankings among the best fine art shows in the country. In 2010, "Sunshine Artist Magazine," America's premier show and festival publication, ranked the festival no. 16 and now Greg

Lawler's "Art Fair SourceBook" has recognized the 2011 Downtown Festival & Art Show as the 27th best fine art festival in the nation.

This is the fourth time in its 30-year history that the City of Gainesville Parks, Recreation and Cultural Affairs' Downtown Festival & Art Show has made

the "Art Fair SourceBook's" list. Of the 11 Florida art festivals that also made the top 100 list, the Downtown Festival & Art Show was the ranked third in the state. The "Art Fair SourceBook" provides critiques and sales-based ratings for 600 of the top selling art shows, festivals and craft shows across the country.

This year, the Downtown Festival & Art Show will celebrate 31 years of excellence in art and music expression on Saturday, Nov. 3 and Sunday, Nov. 4 from 10 a.m. to 5 p.m. Located in the heart of historic downtown Gainesville, the festival will showcase artwork from 250 of the nation's top artists and feature

a mixture of fine art, food and entertainment that draws more than 100,000 visitors to downtown Gainesville each year.

For more information on the 31st annual celebration, visit www.gvlculturalaffairs.org or our Facebook page at <http://www.facebook.com/DowntownFestivalandArtShow>.

FAMILY FEATURES

A bake sale is a sweet way to support any charitable cause, whether it's raising money for new uniforms or donating to a local animal shelter. These tips and recipes from the celebration experts at Wilton will make bake sale treats that stand out among the rest — it's a piece of cake.

- Baking delicious goodies is just the start to a successful bake sale. Add some dazzling details. The eye-catching finishes on Bake-Sale Ready Cupcakes — swirls of colorful icing topped with jumbo sprinkles and butterfly decorations, complete with vibrant wraps — will ensure they sell out fast.
- Serve sweets-on-a-stick like Kaleidoscope Cookie Pops and School Star Cereal Treat Pops. Favorite treats are more fun and easier to eat when customers can just grab them and enjoy.
- Offer size options. Sell some cupcakes and mini breads by the "eaches" and cookies by the pop. Have dozens available, too.
- Wrap goodies using treat bags and ribbon, or pack in colorful, easy-to-transport boxes — making them perfect gifts customers will want to keep for themselves.

Visit www.wilton.com for other bake sale ideas and recipes, and for all of your baking and decorating supplies.

Coconut Lime Mini Breads**Breads**

- 1-1/2 cups all-purpose flour
- 1 teaspoon finely grated lime zest
- 1/2 teaspoon baking powder
- 1/2 cup (1 stick) butter, softened
- 1 cup granulated sugar
- 3 eggs

- 1-1/2 teaspoons coconut extract
- 1/3 cup unsweetened coconut milk

Topping (optional)

- 1/2 cup confectioners' sugar
- 1 to 2 teaspoons fresh lime juice
- 3 tablespoons toasted sweetened flaked coconut

Preheat oven to 350°F. Line cavities of Petite Loaf Pan with Petite Loaf Baking Cups.

In medium bowl, combine flour, lime zest and baking powder. In large bowl, beat butter and sugar with electric mixer until light and fluffy. Add eggs one at a time, mixing well after each addition. Stir in coconut extract. Add flour mixture alternately with coconut milk to butter mixture; mix until well combined. Divide mixture evenly into baking cups.

Bake 25 to 28 minutes or until toothpick inserted in center comes out clean. Cool loaves in pan 10 minutes. Remove loaves from pan; cool completely.

To make icing, combine confectioners' sugar and lime juice in small bowl to desired consistency. Drizzle icing over tops of loaves, allowing icing to run down sides. Sprinkle with toasted coconut.

Makes 9 petite loaves.

Zucchini & Apple Bread

- 2-1/2 cups all-purpose flour
- 1-1/4 cups granulated sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 3/4 cup vegetable oil
- 3 eggs
- 1 teaspoon vanilla extract
- 1 medium zucchini, shredded (about 1-1/2 cups)
- 1 medium apple, peeled, cored and shredded (about 1 cup)
- 3/4 cup chopped pecans or walnuts

Preheat oven to 325°F. Spray 9 x 5-inch loaf pan with vegetable pan spray.

In large bowl, combine flour, sugar, cinnamon, baking powder, salt and nutmeg. In medium bowl, whisk together oil, eggs and vanilla. Stir into flour mixture. Stir in zucchini, apple and pecans, mixing until just combined. (Do not overmix.) Turn mixture into prepared pan.

Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool bread in pan 10 minutes. Loosen edges of bread from pan. Remove bread from pan; cool completely.

Makes about 12 servings.

Kaleidoscope Cookie Pops

- 2-3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 1-1/2 cups granulated sugar
- 1 egg
- 1-1/2 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- Round Comfort Grip Cutter
- Assorted Colors Cookie Icing
- Assorted Jumbo Sprinkles or other favorite Sugars and Sprinkles
- Cookie Treat Sticks
- Candy Melts candy (optional)

Preheat oven to 350°F.

In small bowl, combine flour, baking powder and salt. In large bowl, beat butter and sugar with electric mixer until light and fluffy. Add egg and extracts; mix well. Do not chill dough. Divide dough into 2 balls. On floured surface, roll each ball into a circle approximately 12-inch diameter x 1/8-inch thick. Dip cookie cutter in flour before each use. Bake cookies on ungreased cookie sheet 8 to 11 minutes or until cookies are lightly browned. Cool cookies completely.

Outline and fill-in cookie with Cookie Icing. Add zigzag border to some cookies. If desired, pipe alternating circles of colors onto cookie surface; immediately pull toothpick through icing from center of cookie to outer edge, pulling colors through. Or, arrange sprinkles and sugars on iced cookie surface. Let dry.

Attach sticks to back of cookies with icing or melted candy. Let dry.

Makes about 2 dozen cookies.

Bake Sale-Ready Cupcakes

- Assorted Primary, Gold or Silver Baking Cups
- Favorite cupcake recipe or mix
- Buttercream or Chocolate Buttercream Icing
- Golden Yellow or other desired Icing Color
- Jumbo Stars and Jumbo Nonpareil Sprinkles
- Butterfly or other favorite Icing Decorations

Preheat oven to 350°F. Line cavities of standard muffin pan with baking cups.

Bake your favorite cupcakes in prepared pan. Cool completely. Color buttercream icing with icing color. Pipe tip 1M buttercream or chocolate buttercream icing swirl on cupcake top; insert icing decoration.

Each cupcake serves 1.



Brighten up Bake Sales

School Star Cereal Treat Pops

- 1/4 cup (1/2 stick) butter or margarine
- 4 cups mini marshmallows
- 6 cups crisp rice cereal
- Cookie Treat Sticks
- Cookie Icing
- Assorted Sprinkles

Spray Star Cookie Treat Pan and rubber spatula or wooden spoon with vegetable pan spray.

In large saucepan, melt butter. Add marshmallows; cook and stir until melted. Remove from heat and add cereal; mix well. Press into prepared pan; insert cookie sticks. When cool to touch, remove from pan. Repeat with remaining cereal mixture. (If mixture becomes hard to work with, microwave at 50 percent power 30 to 60 seconds to soften.)

Outline treat with Cookie Icing; add Sprinkles. Let dry. Makes about 2 dozen pops.

Candy Bark

- 2 packages (12 oz. ea.) White or Light Cocoa Candy Melts candy
- Rainbow Chip Crunch or other Sprinkles or Sugars

Line 10.5 x 15.5-inch cookie pan with parchment paper.

Melt Candy Melts candy following package instructions; spoon into prepared pan. Tap pan on counter to remove air bubbles; if needed, smooth top with large spatula. Sprinkle on Rainbow Chip Crunch. Chill until firm, about 15 minutes. Remove parchment from pan; break candy into smaller serving pieces.



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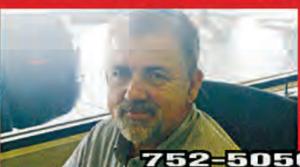
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